



Daniel P. McCoy, Albany County Executive
James B. Crucetti, MD, MPH, Commissioner of Health

A publication of the Albany County Department of Health

Fall/Winter
2014

HEALTHtoday

Improving Health for Women of Childbearing Age

Inside This Issue:

- Ebola: What You Need to Know
- Improving Health for Women of Childbearing Age
- Bye-Bye, Polystyrene Foam
- Albany County Citizen Corps Wins National Awards
- Manage Your Diabetes for a Healthy Life
- Did You Know?

Ebola:

What You Need to Know

Albany County Department of Health is working closely with New York State Department of Health to get the most current information from across the state, country, and world on Ebola. Albany County has been strengthening its preparedness in the event of an Ebola case and will continue to make every effort to assure that Ebola does not pose a risk to Albany County residents.

Please see our website for more information and a video PSA on Ebola:

[www.albanycounty.com/
Government/Departments/
DepartmentofHealth/
ebola.aspx](http://www.albanycounty.com/Government/Departments/DepartmentofHealth/ebola.aspx)

To improve health outcomes for women of childbearing age and their families (including preterm birth, low birth weight, and infant and maternal mortality), the Albany County Maternal and Infant Community Health Collaborative (MICHC) has been established to target Medicaid-eligible individuals and populations residing in high need communities (i.e. cities of Albany, Cohoes).

At MICHC, we want women to achieve their best health before pregnancy, during pregnancy and after pregnancy. Community Health Workers are available to assist high need women access and navigate healthcare and other essential support services, conduct home visiting, and provide group and individual education. As of October 1st, 2014, MICHC has served 150 women providing assistance with health insurance enrollment,



connections to family planning services, and linkages with healthcare providers.

Contact Us

Anyone can refer an individual for MICHC services – a doctor, nurse, agency, school employee, or family member. Clients can even self-refer.

For more information on the Albany County MICHC program, please call (518) 447-4684.

Health Disparities in Albany County

Between 2010 and 2012, Albany County's teen pregnancy rate (20.6 per 1,000 females age 15-17 years) decreased and is lower than the New York State Prevention Agenda objective (25.6). However, the teen pregnancy rates for African Americans (49.3) and Hispanics (46.8) is dramatically higher than for Whites (9.9). The disparity in Albany County infant mortality is significant as well. Among African Americans, 21.2 infant deaths occur per 1,000 live births, compared to 5.4 White infant deaths per 1,000 live births.

Bye-Bye, Polystyrene Foam

Recently, Albany County instituted a ban on polystyrene foam containers in chain restaurants to reduce waste in the community. Polystyrene foam is not biodegradable and there is currently no available way to recycle it in Albany County. Other communities with similar bans include Miami, Minneapolis, New York City, Portland (OR), San Francisco, Seattle, and Washington, D.C.



Effective November 1, 2014, the Albany County Department of Health is responsible for conducting inspections of chain food establishments' compliance with the law and responding to related complaints.

The ban on polystyrene foam is consistent with Albany County's Go Green effort to limit pollution and encourage energy conservation. You, too, can help Albany County Go Green by following these tips:

Recycle cans, plastic, glass bottles and used paper.

Recycle batteries, cell phones and other electronics.

Give up paper bills, have them sent electronically.

Donate usable clothes, shoes, and housewares.

Albany County Citizen Corps Wins National Awards

The Albany County Citizen Corps recently received a White House Champion of Change Award and Federal Emergency Management Agency (FEMA) 2014 Individual and Community Preparedness Award for Outstanding Local Citizen Corps Initiatives.

The Albany County Citizen Corps is a coalition of government agencies, emergency response volunteer units, non-profit organizations and faith-based groups that work cooperatively towards a common goal of increasing emergency preparedness throughout our community. Since 2009, the coalition has led creative initiatives, conducted preparedness trainings, and provided engaging resources to local individuals and families.

Earlier this year, the Albany County Citizen Corps partnered with the Capital District Child Care Coordinating Council to provide educational emergency preparedness resources to children, families, and providers. Most recently, the Albany County Citizen Corps collaborated with the University at Albany School of Public Health on a preparedness training specific to Karen refugees and their community leaders.

Another distinct project of the Albany County Citizen Corps has been the creation of a virtual volunteer reception center website, www.RegisteredandReady.com, which was acclaimed by FEMA. Anyone interested in joining an emergency response volunteer group in Albany County can use this website to register and be ready to respond in the event of an emergency.

Would your agency or organization be a valuable partner for the Albany County Citizen Corps? New members and ideas for emergency preparedness initiatives are always welcome. Visit www.registeredandready.com/partners/citizensCorps.aspx to learn more.



Manage Your Diabetes for a Healthy Life

Diabetes means too much sugar (glucose) in the blood. Sugar comes from the food we eat and provides energy for our bodies. Insulin is a hormone made in our pancreas that controls sugar levels in the blood. If there is not enough insulin, sugar levels rise in the blood and diabetes occurs.

The good news about diabetes is that it can be treated. Appropriate treatment is important in order to

avoid damaging the eyes, brain, heart, kidney, feet, and nerves. Eating healthy and getting regular exercise are key to staying well with diabetes.

An objective of the Albany County Department of Health Community Health Improvement Plan is to reduce the prevalence of diabetes by:

Supporting diabetes self-management.

Providing educational resources for patients and providers.


Expanding school, community and worksite wellness programs.

Expanding opportunities for physical activity in communities.




Learn more about diabetes and available community resources in the Capital District Diabetes Education and Support Service Guide. You can request a copy by calling the American Diabetes Association at (518) 218-1755.

EVERY 17 SECONDS

SOMEONE IN THE U.S. IS DIAGNOSED WITH DIABETES



ALBANY COUNTY AFRICAN AMERICANS ARE ALMOST 4X MORE LIKELY TO BE HOSPITALIZED FOR SHORT-TERM COMPLICATIONS OF DIABETES THAN NON-HISPANIC WHITES

COMMON MYTHS		THE FACTS
It's possible to have "a touch of sugar."		No. A "touch of sugar" means you have diabetes. Either you have it or you don't.
People with diabetes need to follow a special diet.		People with diabetes benefit from the same healthy food that is good for anyone else.
You have to lose a lot of weight for your diabetes to improve.		Losing 10 to 15 pounds can improve your blood glucose, blood pressure, and cholesterol.

Did You Know... ?

Get the Flu Vaccine! It's the best way to prevent flu.

- Everyone aged 6 months and older should receive the flu vaccine each year.
- Starting this flu season, the nasal spray flu vaccine is the recommended choice for healthy children 2 to 8 years old. Recent studies suggest the nasal spray may work better in younger children.
- Do not delay getting the flu vaccination for your 2 to 8 year old if the nasal spray is not readily available. They should be given the flu shot instead.

For more information on flu vaccination for children 2 to 8 years old visit:

<http://www.cdc.gov/flu/about/qa/nasalspray-children.htm>

Back to Basics: Hand Washing

One of the most basic rules of sanitation and infection control in our modern lives is hand washing, yet studies show that the general public either fail to wash their hands as long as recommended or fail to do it entirely.



The Centers for Disease Control and Prevention (CDC) recommends washing hands with soap and (hot or cold) water, lathering for at least 20 seconds. To know for sure you are washing long enough, sing or hum the "Happy Birthday" song twice through. Rinse hands well, dry with a paper towel or air dry. Make sure to focus on areas often missed, like fingernails and between fingers.

Distributed by:

Albany County Department of Health
175 Green Street
Albany, NY 12202

Phone: (518) 447-4580

Fax: (518) 447-4698

Email: ACDOHnewsletter@albanycounty.com

www.albanycounty.com/health

Mission Statement

"The Albany County Department of Health strives to protect and promote the health of individuals, families and communities."



Public Health
Prevent. Promote. Protect.

Albany County does not discriminate on the basis of race, religion, color, national origin, sex, gender, age, gender identity or expression, sexual orientation, disability, genetic information, veteran status or marital status in its programs and activities.

Services Available at Albany County Department of Health

(518) 447-4580

Clinical Services

Immunizations, Tuberculosis, STD and Children's
Dental Services

Communicable Disease Program

Information and education for health care
providers and county residents

Environmental Health Services

Regulation of public food service, pools/beaches,
children's camps, hotel/motels, tattoo/piercing,
tanning facilities, private/public water and septic,
rabies, lead and tobacco

Health Education and Wellness

Information and education for individuals,
businesses, schools, and community groups

Maternal and Child Health Programs

Outreach and home visiting for women before and
during pregnancy, parenting families, and children

Public Health Preparedness

Emergency planning, Pandemic Flu and bioterrorism
awareness

HIV/AIDS/STD Education

HIV Testing and Counseling

Daniel P. McCoy, Albany County Executive
James B. Crucetti, MD, MPH, Commissioner of Health

