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HEALTHtoday

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2016 Rabies Vaccination Clinics for Pets

(Albany County residents only, please.)

Saturday, September 10

Village of Colonie
Municipal Garage
2 Thunder Road, Colonie
1:00 - 2:30 pm for cats
and ferrets
2:30 - 4:00 pm for dogs

Saturday, November 12

Village of Green Island
Public Works Garage
Cohoes Avenue, Green
Island
1:00 - 2:30 pm for cats
and ferrets
2:30 - 4:00 pm for dogs

Donation: \$8.00 per animal

Questions? Call the
Division of Environmental
Health Services at (518)
447-4620 or 447-4625

Fight the Bite

The warm weather is a great time to get outside and enjoy the outdoors, but with the warm weather come pesky ticks and mosquitoes. Protect yourself against bug bites this summer. Mosquitoes and ticks have the potential to spread disease.

Reduce your risk of tick and mosquito bites:

Wear insect repellent with at least 20% DEET and follow the label directions.

Stay on cleared, well-traveled trails.

Wear enclosed shoes, long pants, and long-sleeved shirts.

Wear light colored clothing to spot ticks easier.

Reduce mosquitoes and ticks around your home:

Drain or remove sources of standing water outside your home. This helps

reduce the number of places mosquitoes can lay their eggs and breed.

Keep screens on windows and doors to keep mosquitoes outside.

Keep grass cut short.

Create a tick safe zone around your home.

Remove ticks right away:

Check yourself, children and pets whenever you have been outdoors.

Use fine point tweezers to remove attached ticks right away.

For a video on how to properly remove a tick, visit <https://www.health.ny.gov/diseases/communicable/lyme/>

For more information on ticks and mosquitoes, go to www.health.ny.gov



Prediabetes: Know Your Risk

Over 1 in 3 adults have prediabetes.

Prediabetes is when your blood sugar is higher than normal but not high enough to be called diabetes.

In Albany County, over 92,000 people are living with prediabetes. Over 83,000 of them do not know it.

People with prediabetes have a higher risk for getting type 2 diabetes in 5 years. Diabetes puts you at risk for serious health problems like heart disease, stroke, kidney failure and blindness.

Many people do not have signs for prediabetes:

Find out your risk. Take the prediabetes risk test at <https://doihaveprediabetes.org/>

Talk to your doctor to know for sure. A simple blood test can let you know if you have it.

You can reduce your risk for prediabetes:

Be more active. Walk, bike, and exercise more.

Eat healthy. Make half your plate fruits and vegetables.



diabetes as well. ACDOH is setting up eight (8) National Diabetes Prevention Programs in Albany County. These classes share ideas for eating healthier and becoming more active. ACDOH is also working with neighborhoods to make it easier to get out and walk safely. Worksites and local convenience stores are working with us to improve healthy food choices as well.

Small changes do add up to make big healthy changes for you that can last a lifetime. **Start today!**

If overweight, lose 5% to 7% of your body weight. That's just 10 to 14 pounds for a 200 pound person.

The Albany County Department of Health (ACDOH) is working to prevent

Source: Centers for Disease Control and Prevention (August 2016). Prediabetes. Retrieved from <http://www.cdc.gov/diabetes/basics/prediabetes.html>

September is National Preparedness Month

This year's theme is:

Don't Wait. Communicate. Make Your Emergency Plan Today!

Your family may not be together if an emergency happens. Families should take the time to make an emergency plan, including deciding on where to meet to ensure that you can reunite during and after an emergency. It's important to make a plan now so that you will know what to do, how to find each other, and how to communicate in an emergency. Have one out-of-town contact for each family member to contact via text during an emergency. Pick a meeting spot in your neighborhood if you have to get out of the house quickly. Know the exits in your home and practice them twice a year.

Visit www.ready.gov/september for more information about National Preparedness Month.

To receive emails about emergency preparedness tips, visit albanycounty.com/health and click on the red "Sign up now" button.

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S
PrepareAthon!



Stay Safe at Home

Housing conditions can affect your health. Lead poisoning, injuries, respiratory diseases such as asthma, and quality of life issues have been linked to substandard housing units. Residents of these units are also at increased risk for fire, electrical injuries, falls, rodent bites, and other illnesses and injuries. Other issues of concern include exposure to pesticide residues, indoor toxins, tobacco smoke, and combustion gases.

Take the following simple steps to make your home healthy:

Adopt a smoke-free home. The leading cause of residential fire deaths is smoking. To reduce the risk of deaths from fires, check smoke alarm batteries regularly.

Never run cars, lawnmowers and other combustion devices inside the garage. Always operate a safe distance from windows and doors.

Install grab bars in bathtubs. Add handrails and good lighting in stairwells to protect occupants from fall-related injuries.

Vacuum carpets often to remove allergens that trigger asthma attacks and allergic reactions.

Properly ventilate rooms with high humidity, such as bathrooms, kitchens, and basements, to prevent moisture buildup and mold.

The Albany County Department of Health's Healthy Neighborhoods Program, in collaboration with Cornell Cooperative Extension of Albany County, offers a FREE health and safety survey of homes. Special attention is provided for residents living in Albany County zip codes 12202, 12206, 12208, 12209, and 12210. During a visit, the home is assessed for environmental health and safety issues. For problems



identified during the visit, an outreach worker provides education, referrals and products to help residents correct or reduce housing hazards. As of June 2016, the Healthy Neighborhoods Program completed 523 home visits leading to 103 referrals to an Albany County Department of Health certified asthma educator.

For more information on the Healthy Neighborhoods Program call (518) 765-3512 or (518) 765-3521, or email JK2762@cornell.edu

Eliminate sources for mosquito breeding at home, too.



Places where mosquitoes may breed

Did You Know?

The most common chronic preventable disease of childhood is dental caries (cavities). Professionally applied fluoride varnish is a proven strategy to help prevent cavities from forming and even reverse early signs. Fluoride varnish can be applied in dentist and primary care provider offices as soon as teeth start to emerge.



Recognizing the important role primary care providers could play in addressing dental caries, Albany County Department of Health (ACDOH) Public Health Nurses reached out to pediatric providers to discuss implementing fluoride varnish application into their practices as a standard of care.

In May 2016, ACDOH nurses visited a pediatric office and provided information on the value of applying fluoride varnish to the teeth of young children, trained staff in the application of the varnish, and assisted office staff in setting up a system so they could receive reimbursement for this service.

The practice will soon offer thousands of children ages 0-6 years access to important preventive dental care services they may not have received had this initiative not been implemented. This is of particular importance in Albany County where many of the municipalities lack a fluoridated water supply.

Health Today is distributed by:
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Mission Statement

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

We work with many community partners to offer a variety of programs and services to achieve our mission and accomplish the following: prevent communicable and chronic diseases, injuries, and disabilities; protect against environmental hazards that threaten health and safety; promote the health and wellness of our citizens and our communities; and prepare for and respond to public health emergencies.



Public Health
Prevent. Promote. Protect.

Services Available at Albany County Department of Health

(518) 447-4580

Clinical Services

Dental Services for Children, Immunizations, STDs and Tuberculosis

Communicable Disease Program

Information and education for health care providers and county residents

Environmental Health Services

Regulation of children's camps, hotel/motels, lead, migrant labor camps, mobile home parks, pesticide notification law, pools/beaches, private/public water and septic, public food service, rabies, tanning facilities, tattoo/piercing, tobacco, toxic substance and indoor air quality, vermin control and nuisances

Health Education and Wellness

Information, education and instruction for youth and adults, businesses, schools, and community groups

HIV/AIDS/STD Education

HIV Testing and Counseling

Maternal and Child Health Programs

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

Public Health Emergency Preparedness Program

Public health emergency planning and response, trainings and exercises, and community preparedness

