Schoharie County
Department of Health

Schoharie County Public Health Matters

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A Healthy Community Starts with You!

To build a healthy community, we need the foundation of healthy residents in the county. Each one of us needs to take steps to ensure good health. Here are some helpful tips to jumpstart your new healthy lifestyle.

Fitness

- Wear a pedometer. Aim for 30 minutes of brisk walking and a total of 10,000 steps per day.
- Exercise with a partner, two or three times per week, walk, jog, skate, ski, etc.
- Use the stairs instead of elevators or park at the far end of the parking lot if possible breathe. Take full abdominal breaths several times during the day.

Nutrition

- Resolve to change a simple eating habit; eat more vegetables, fruit and fish.
- Choose whole grains.
- Take time to eat breakfast.
- Snack on healthy foods like fruit either fresh or dried.
- Make a strategy for limiting your food and alcohol intake at parties, get-togethers, barbecues, etc.
- Try not to eat late at night, leaving a minimum of two hours before sleeping.
- Enjoy many types of foods, but in moderation.

Stress Management

- Block out an hour each week for yourself to relax.
- Simplify your life by organizing a messy room, garage, or basement.
- Play with a pet.
- Get a massage.
- Turn off the TV and listen to music. Control your schedule and make time for reflection and relaxation.

Social Health

- Volunteer.
- Invite friends over.
- Start a new family tradition; invite a neighbor that lives alone to dinner.

Special points of interest:

- Fall injuries among older adults in New York State are increasing! See Page 2
- Chinese manufacturers are now substituting cadmium for lead in children's toys. See Page 3
- MRC Volunteers help vaccinate over 1,000 Schoharie Residents. Our thanks to a great group is on Page 4.

Learn 12 Ways to Good Health

1. Wash your hands often.
2. Stay warm.
3. Manage Stress.
4. Travel Safely.
5. Be Smoke-free.
6. Get Check-ups and vaccinations.
7. Watch the kids—keep them safe.
8. Prevent injuries.
9. Handle and Prepare food safely.
10. Eat Healthy.
11. Be Active.
12. Protect Pets from Rabies– Keep vaccinations up-to-date.

From the CDC.

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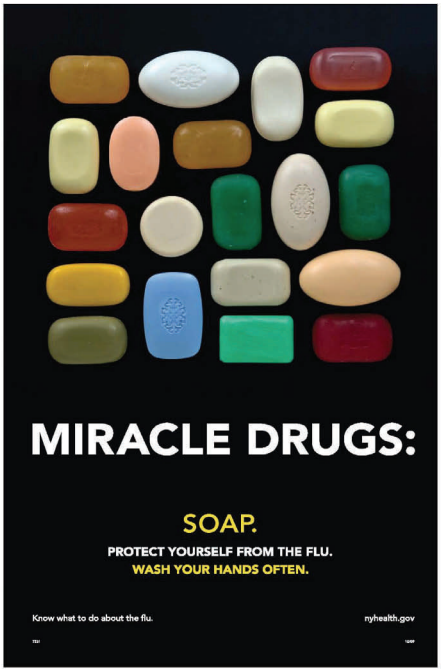
The Lighter Side

This newsletter provides general information only. Our readers should consult with their primary health care provider for all health issues and concerns.

Protect Yourself

Looking for an easy way to boost your chances of staying healthy? It's pretty simple. Start by washing your hands. The Centers for Disease Control and Prevention says hand washing is the best way to help stop the spread of germs to others. Protect yourself and loved ones by washing hands frequently with soap and water and get your flu shots as soon as you can. If you do get sick, stay home to avoid spreading germs to others. For more information visit our web site at http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.jsp or visit nyhealth.gov



Falls in Older Adults in New York State

Falls are the leading cause of injury, deaths, hospitalizations and emergency department visits among adults 65 and older. Falls can result in lasting, serious consequences, affecting mobility, independence and mental health.

Every day, because of a fall:

- 2 older New Yorkers die
- 136 older New Yorkers are hospitalized
- 215 older New Yorkers are seen in Emergency Departments (ED)
- Falls account for $1.5 billion in annual hospitalization charges and $123.5 million in annual outpatient emergency department changes.
- 60% of adults 65 and older who are hospitalized due to a fall end up in a nursing home or rehabilitation center
- Among adults 65 and older who are hospitalized due to a fall, 10.8% suffer a traumatic brain injury and 28.4% experience a hip fracture
- Fall injuries among older adults in New York State are increasing!
- From 2001 to 2007:
  - ⇒ Rate of fall-related deaths increased 13%
  - ⇒ Rate of fall-related hospitalizations increased 15%

Four things YOU can do to prevent falls:

1. Begin a regular exercise program.
2. Have your health care provider review your medicines.
3. Have your vision checked.
4. Make your home safer.

See related story "Making Home Safer for Older Adults" on page 4.

Source: CDC and NYSDOH

BE AWARE Cadmium is the New Lead

Chinese manufacturers are now substituting cadmium for lead. Unfortunately, cadmium is no less dangerous.

Cadmium is a heavy metal. It is found naturally in soil. Exposure to microscopic amounts results in adults suffering no ill effects. Children are vulnerable to toxic metal and their bodies absorb substances like lead and cadmium which has a negative affect on brain developments.

Cadmium accumulates in the kidneys over time. Cadmium has been linked to breast cancer, cardiovascular disease, obstructive pulmonary disease and reduced bone density.

After strict guidelines for the amount of lead allowed in children's toys and jewelry were put into place, Chinese manufacturers began substituting cadmium for lead. They realized that cadmium can be obtained cheaply and that as an easily malleable substance, it can readily be substituted for lead.

Items examined in the initial investigation were found to contain very high levels of cadmium (84-91 percent by weight). These products were sold in chain stores such as Wal-Mart and Claire's in late 2009. They were also found at dollar stores in Ohio, California, New York and Texas. Wal-Mart has already pulled the suspected items off of its shelves.

Substituting Cadmium for Lead — "There's nothing positive that you can say about this metal. It's a poison," said Bruce Fowler, a cadmium specialist and toxicologist with the US Centers for Disease Control.

Your Personal Go-Kit Top Eleven!

Source: CARD (Collaborating Agencies Responding to Disasters)

Keep a "Go-Kit" in your home, work and car – if an emergency strikes, you just pick up the kit and GO! Here is a list of the top eleven items that should be in your bag:

Food
Water
Clothes
Flashlight
Whistle
Duct Tape
Garbage Bags
Radio
First Aid Kit
Identification Papers
Personal Support Items
(e.g. medication, eyeglasses, hearing aid)

Five Easy Things You Can Do to Be Prepared:

CARRY a keychain flashlight and whistle with you everywhere
Remember the code: 1= Yes, 2 = No, 3 = HELP!
NOTE important information – contacts and resources – and keep it safe
ASK about preparedness – at your children's school, your work, or your neighborhood group
TELL people what they need to know – how to contact you, how to evacuate, how to prepare
PACK a go-kit that you can carry with you to leave safely in a hurry

Medical Reserve Corps News

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http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.html

Today's Health Tomorrow's Future

Public Health
Prevent. Promote. Protect.
Schoharie County Department of Health

MRC Volunteers Assist with Vaccination

During November and December of 2009 and January 2010 Schoharie County MRC volunteers were called upon to assist the Schoharie County Health Department to help vaccinate Schoharie county residents as part of a collaborative, community effort to prevent an outbreak of H1N1 flu virus in Schoharie County.

Approximately 40 Medical Reserve Corps volunteers participated in H1N1 vaccine Point of Dispensing Sites (PODS) held throughout the county at various locations. These volunteers which included medical professionals and support staff alike assisted in many roles including administering vaccines, medical screening, registration, forms completion, and providing direction to residents seeking vaccines. Over 1000 county residents were vaccinated at these PODS thanks to the assistance of our Medical Reserve Corps volunteers. A heartfelt thanks to each of you!

The Schoharie County Medical Reserve Corps (MRC) is comprised of local medical and nonmedical community residents who are registered, trained and willing to respond to public health and other types of emergencies as well as assist with nonemergency public health activities throughout the year. Volunteers are called upon when the response to an emergency or disaster requires more personnel and resources than local emergency response programs have on hand. In addition to being trained in Point of Dispensing, Incident Command System (ICS) and Personal Safety and Preparedness, MRC volunteers are also trained to assist in emergency shelter operations .

To register as a Schoharie County Medical Reserve Corps volunteer please visit

www.schohariecounty-ny.gov/CountyWebSite/Health/MRC/mrcindex.html

For more information visit www.medicalreservecorps.gov or call (518) 295-8365.

medical reserve corps

Medical Reserve Corps (MRC) Training Dates

Pre-registration required to mrcvolunteer@co.schoharie.ny.us or (518) 295-8365

Wednesday **5/5/10** **6:00-8:00pm**	**Location: Schoharie County Emergency Management Office** **EMO Training Room (2nd Floor)** **Depot Lane, Schoharie, NY**	**MEDICAL SPECIAL NEEDS SHELTERING** ***Offered by the University at Albany, Center for Preparedness*** **This course is intended for anyone who may volunteer or be assigned to work in a special medical needs shelter during a disaster response.**

Our MRC Trailer readied for a Point of Dispensing (POD) Clinic.