



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

# HEALTHtoday

## Albany County Introduces Community Health Needs Assessment and Community Health Improvement Plan

### Inside This Issue:

- Albany County Plans
- Rabies Clinics
- Hold the Sodium
- Spring Cleaning to Prepare for Emergencies
- The Burning Truth About Indoor Tanning
- Did You Know?

### 2014 Rabies Vaccination Clinics for Pets

(Albany County residents only, please.)

#### Tuesday, June 3

Bethlehem Town Park  
Elm Avenue, Bethlehem  
4:00 - 5:30 pm for cats  
and ferrets  
5:30 - 7:00 pm for dogs

#### Saturday, September 13

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 15

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 (518)  
447-4620 or 447-4625

The Albany County Department of Health is committed to improving the health and wellbeing of our community.

We participate in many partnerships aimed at measuring the current health status of our community and identifying opportunities to make a difference in the health of our residents, with particular attention to those who are poor and vulnerable.

As we have done for many years, we play a major role in the Healthy Capital District Initiative (HCDI), an organization dedicated to improving the health of the residents of Albany, Rensselaer and Schenectady Counties.

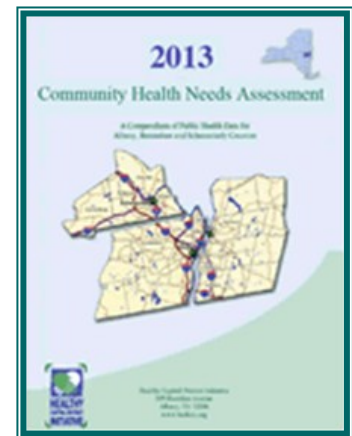
In June 2013, HCDI completed the *2013 Community Health Needs Assessment* (CHNA) for the Capital Region. The CHNA gathers and analyzes a broad range of available public health data and information. This included a survey of over 3,000 residents of the Capital District providing input on local public opinion about health. The final report provides a profile of the current health status and health delivery in the Capital Region and identifies major health issues in the communities we serve. The CHNA is the result of meetings with HCDI member organizations and community input.

The information from the CHNA was used to develop a *Community Health Improvement Plan* (CHIP). The Albany County Department of Health and other local health departments, area hospitals, health insurers, and community organizations have identified the top health priorities for the region. For each priority area they have worked together to determine some of the major barriers to good health and have developed initiatives to greatly reduce them. The CHIP will guide the activities of the Albany County Department of Health and

community partners for the next three years to improve the health of the region.

The CHNA and CHIP can be found at the following link:

[www.albanycounty.com/health](http://www.albanycounty.com/health)



Albany County's plan has three priority areas:

#### Asthma

Reduce the prevalence of uncontrolled asthma in Albany and Rensselaer Counties with particular attention to ZIP codes with the highest incidence of asthma in the cities of Albany and Troy.

#### Diabetes

Reduce the prevalence of Type 2 diabetes in the cities of Albany, NY and Troy, NY.

#### Behavioral Health

Reduce opiate abuse, both illicit and prescribed, in Albany and Rensselaer counties; and

Reduce tobacco use in people with mental health needs.

For more information and how you can get involved in implementing the Albany County Community Health Improvement Plan, please contact Public Health Education at (518) 447-4693.

## Hold the Sodium!

The 2010 Dietary Guidelines for Americans recommend limiting sodium (including salt) to less than 2,300 milligrams (mg) per day. Individuals who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease should limit intake to 1,500 mg of sodium per day. These groups make up about half the U.S. population and most adults.

Studies show that on average U.S. adults consume more than 3,400 milligrams of sodium per day. An estimated 77 percent of this comes from processed and restaurant foods. Eating too much sodium is a major contributor to high blood pressure, a leading cause of stroke, coronary heart disease, heart attack, and heart and kidney failure in the United States.

Research has shown that lowering the average sodium intake of the adult population to 1,500 milligrams per day could prevent 16 million cases of high blood pressure and save an estimated \$26 billion per year in health care costs. People who reduce their sodium intake benefit from

improved blood pressure and reduce their risk for developing other serious health problems.

Sample Label for  
Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	

In September 2013, the New York State Department of Health was one of five states and communities to receive funding from the Centers for Disease Control and Prevention (CDC) to collaborate with Albany and Steuben counties to implement a *Sodium Reduction in Communities Program*. This program will create healthier food environments to reduce sodium intake through the introduction of policy, system, and environmental changes.

The Albany County Department of Health, in collaboration with Albany County Department of Aging and Cornell Cooperative Extension of Albany County, is working to reduce the sodium content in meals served at senior centers and home-delivered meals.

We are also partnering with Albany Medical Center and St. Peter's Health Partners to decrease the sodium content in hospital meals served to staff and visitors. These partners already use many fresh foods, minimize their use of processed foods and, when possible, try to meet the nutritional needs of customers.

### To reduce your risk of heart disease and stroke:

- Know your recommended limits for daily sodium intake.
- Choose to purchase healthy options.
- Read the Nutrition Facts label while shopping to find the lowest sodium options of your favorite foods.
- Eat a diet with lots of fresh fruits and vegetables.
- Limit processed foods high in sodium.
- When eating out, request lower sodium options.

## Spring Cleaning to Prepare for Emergencies

After the cold, blustery and snowy winter we've had in Albany County, the opportunity to open windows and dust off the sills is welcome. Get a head-start on spring cleaning while also ensuring safety and preparedness throughout your home by following these suggestions:

- Clear the area around your windows in case they must be used as an exit.
- Do not stack items near exits and pathways. This could create hazards by items falling down and causing injuries, or by blocking emergency exits.
- Inventory your emergency kit, as well as your kitchen cabinets and pantry, in order to replace expired food and replenish your supply of bottled water.
- In older homes, make sure the area around wall heaters is not blocked. If using a space heater, keep it at a distance of at least three feet from clothing, bedding, draperies and furniture.
- Go through your garage, closets and sheds to dispose of hazardous items you may no longer need, such as old paint or chemicals.
- Store combustible and/or flammable items in a safe area, away from sources of heat, flame or sparks.

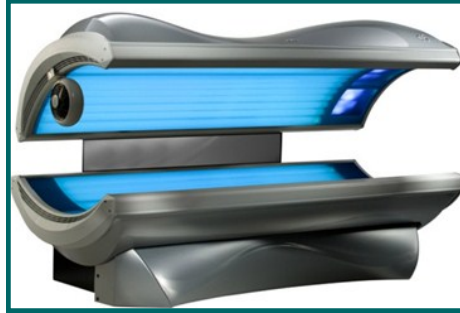


Feeling overwhelmed at the idea of spring cleaning for emergency preparedness? Focus on one room or area at a time. Also, remember to share your tips and ideas with family and friends.

Adapted from: Hall, Elizabeth; February 25, 2012; Preparedness Facts: Spring cleaning a good opportunity to make home, work space safer. The Hanford Sentinel.

## The Burning Truth About Indoor Tanning

Tanning is a result of skin injury and damage. It is the body's response when your skin is exposed to UV radiation. The skin becomes damaged and produces extra color to protect itself against the UV radiation. This color makes the skin look darker. Exposure to UV radiation increases your health risks.



UV radiation is a form of energy from sunlight or from a tanning device such as a sunlamp, tanning booth or tanning bed that is not visible to the eye. Exposure to UV radiation, whether from an indoor tanning device or from natural sunlight, increases health risks for everyone. UV radiation is a human carcinogen and can cause skin cancer. Overexposure to UV radiation from tanning devices can cause burns and injury to the skin and eyes, premature aging of the skin and allergic reactions. It can also reduce immunity, making your body less able to fight infection, and may worsen existing medical conditions.

Factors that put you at increased risk for developing skin cancer:

- Lighter natural skin.
- Family or personal history of skin cancer.
- History of sunburn early in life.
- Skin that burns, freckles, reddens easily, or is painful in the sun.
- Blue or green eyes and blond or red hair.
- Certain types and/or a large number of moles.

Indoor tanning devices are NOT any safer than tanning in natural sunlight. The UV radiation produced by indoor

tanning devices can cause the same damage to the skin as natural sunlight. If you burn easily and don't usually tan in natural sunlight, you should also avoid indoor tanning.

For persons who choose to expose themselves to UV radiation from indoor tanning devices:

- Make sure the tanning facility has their permit posted somewhere visible.
- Pay attention to and read the WARNING sign next to each tanning device.
- Know that the operator of the tanning facility is responsible for cleaning each device in between users.
- Always wear protective eyewear. If you don't have your own, request it from the tanning facility operator. They are required to provide these for you free of charge every time.
- Know your skin type and exposure limits recommended by the manufacturer of the tanning device.
- Seek medical attention for severe burns, allergic reactions and unusual skin lesions or sores.
- Report any injuries or adverse reactions promptly to the tanning facility operator.

The Albany County Department of Health now regulates thirty (30) tanning locations in Albany County. As of August 15, 2012, anyone seventeen (17) years of age and younger is not allowed to use ultraviolet (UV) radiation devices such as tanning beds in New York State. Regulations require that a parent or legal guardian provide approval before they would be allowed to use indoor tanning devices. Persons eighteen (18) years of age or older must provide photo identification before using indoor tanning devices. The regulation allows for inspection of commercial tanning locations; increases the public's knowledge of the hazards of indoor tanning; minimizes user injuries; and limits tanning access by minors.

### **WARNING**

**Tanning devices emit  
ULTRAVIOLET RADIATION**

**FOLLOW INSTRUCTIONS  
AVOID OVEREXPOSURE**

**WEAR PROTECTIVE EYEWEAR**

**MEDICATIONS OR COSMETICS  
MAY INCREASE YOUR  
SENSITIVITY TO UV RADIATION**

**IF YOU DO NOT TAN IN THE SUN,  
YOU ARE UNLIKELY TO TAN FROM  
THE USE OF THIS PRODUCT**

*Some language borrowed from the New York State Department of Health.*

## Did You Know... ?

Pertussis (Whooping Cough) is a disease on the rise. Tdap Vaccination is recommended for all adults. Pertussis is a highly contagious disease and is spread through the air by infectious droplets. It is very serious for young infants.

### Are you...

- A new parent?
- A child care provider?
- A health care provider?
- An adult in contact with infants less than a year old?



If you answered **YES** to any of these questions, Tdap is for you! Contact your doctor or the Albany County Department of Health for a vaccine at (518) 447-4589.

### 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](mailto:ACDOHnewsletter@albanycounty.com)

[www.albanycounty.com/health](http://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

Home visiting for pregnant women, 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