

A publication of the Albany County Department of Health

HEALTHtoday

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Rabies Pet Vaccination Clinics (\$8 donation per animal)

Tuesday, June 4
Bethlehem Town Park
Elm Avenue, Bethlehem
cats & ferrets 4:00—5:30pm
dogs 5:30—7:00pm

Saturday, September 14
Village of Colonie Municipal
Garage
2 Thunder Road, Colonie
cats & ferrets 1:00—2:30pm
dogs 2:30—4:00pm

Saturday, November 16
Village of Green Island
Public Works Garage
Cohoes Ave., Green Island
cats & ferrets 1:00—2:30pm
dogs 2:30—4:00pm

Little Teeth, Lifetime Habits

According to the Centers for Disease Control and Prevention (CDC), "Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems such as eating, speaking, playing, and learning." The CDC also reports that over 19% of children ages 2 to 19 years have untreated cavities. Furthermore, Black non-Hispanic children, Hispanic children from Mexico, and children living below 200% of the poverty level are more likely to have untreated cavities.

In Albany County, and especially in the City of Albany, many children have tooth decay. According to the Healthy Capital District Initiative, untreated tooth decay was found in 53.5% of the over 1,500 Albany County children participating each year in the Seal a Smile school-based dental health program in schools in low income neighborhoods. On average, 3.3 untreated cavities were found per child. Over 6% of children seen had significant dental problems requiring urgent dental care, including pain or active infection.

The Albany County Department of Health (ACDOH) Dental Program sees many low-income children, most who

live in the City of Albany where there is no fluoride added to the water. Often these children have advanced dental decay, some so extensive that hospital care is required. The ACDOH Dental Program provides dental care for these children and works to ensure that cost is not a barrier to receiving services. The program also focuses on community outreach and education on the importance of proper dental care for children and pregnant women.



Fortunately, tooth decay diseases seen in children are preventable. The CDC reports that a combination of fluoride and dental sealants has the potential to eliminate tooth decay in school age children. This along with regular brushing, proper nutrition and regular dental care promises to improve the health of the next generation.

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Rethink Your Drink

Sugary drinks contain added sweeteners and are high in calories as a result. Sugary drinks include soda, fruit drinks, fruit punches, sports drinks, teas and coffees, energy drinks and flavored milk. Most of these have very little nutritional value and can add too many calories to our diet.

Negative health effects of sugary drinks include weight gain, obesity, diabetes, heart disease, and tooth decay in children. In Albany County, more than 62% of the population is overweight or obese. Just one fruit drink, soda, or energy drink contains more added sugar than most young people should consume in an entire day. Even some juices have added sugars, unless the label says 100% juice. Adults who drink more than one serving of soda a day are 27% more likely to be overweight or obese. Drinking just one 12-ounce can of a sugary drink a day can mean gaining 15 extra pounds a year.

Americans consume 200 to 300 more calories daily than 30 years ago, with the largest single increase due to sugary drinks. In the 1950s, drinks were served in 7 ounce portions and 12 ounces was considered king-size.

Now the average children's size is 12 ounces and a "large" size at fast food chains and gas stations varies from 32 to 64 ounces. These sugary drinks contain about 380 calories and 22 teaspoons of sugar (32 ounces) to 780 calories and 54 teaspoons of sugar (64 ounces), and no nutrients. Would you tear open 54 sugar packets as a snack? Try water, seltzer, unsweetened tea or fat free milk instead.



So how can you be more sugar savvy? Rethink your drink!

To lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may

be to think about what you drink. Reduce the number of sugary drinks you drink and replace them with flavored seltzers, waters, or unsweetened teas.

Be aware of portions – if a 20 ounce bottle of soda says a serving is 10 ounces, try to only consume that amount and save the rest for the next day.

Limit or eliminate children's consumption of sugary drinks, even 100% juice. Two small juice boxes (6.75 ounces each) contain more sugar than one can of soda. Limit servings to 4 ounces of 100% juice per child per day.

Drink more water or seltzer – make it tasty with a squeeze of lime, a piece of fruit or a stalk of mint.

Reduce temptation – don't keep sugary drinks in the house, and encourage your worksite or apartment building to replace sugary drinks in beverage vending machines with lower calorie options.

See <u>www.sugarydrinkfacts.org</u> or <u>www.cutyoursugar.org</u> for more facts about sugary drinks.

Shelter-in-Place: How Can I Prepare?

On Friday, April 19, 2013, nearly 1 million people in the City of Boston were asked to shelter-in-place as authorities searched for the two men believed responsible for the Boston Marathon bombings. For many, this was the first time they ever heard the phrase shelter-in-place, which means to take immediate shelter where you are at the time of an emergency incident. This could be at home, work, school, or anywhere in-between. Authorities may notify the public by Emergency Alert Systems on radio and television, automated phone calls, and electronic road signs. In Boston, the police even communicated with residents via Twitter.

If instructed to shelter-in-place here in Albany County, would you be ready? Have you pre-identified a large room in your home to serve as a shelter? Without time to run to the grocery store, would you have enough food, water, and other necessities for your family for at least 3 days? What about your pets? Assembling a disaster preparedness kit now, containing these items and more, will give you peace of mind prior to any emergency, whether a natural disaster, or tragic incident like in Boston.

For more information, please visit: www.registeredandready.com

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Albany County Health Rankings

New rankings on county health show that Albany County is among the healthiest in the state.

The Robert Wood Johnson Foundation and the University of Wisconsin's Population Health Institute released the fourth yearly County Health Rankings. Every county in the country is rated on Health Outcomes (how healthy we are) and on Health Factors (how healthy we can be) at www.countyhealthrankings.org.

In the 2013 County Health Rankings, Albany County scored high on Health Factors, ranking 11th out of 62 counties in the state. Health Factors measure health behaviors, clinical care, social and economic conditions, and physical environment. In addition, Albany County scored in the top half on Health Outcomes, ranking 27th out of 62 counties in the state. Health Outcomes measure mortality (i.e. early death) and general health.

As in the past three years of the national County Health Rankings, Albany County ranks in the top quarter for Health Factors and in the second quarter for Health Outcomes. The County Health Rankings show where Albany County is on factors that influence its overall health and show that Albany County has strengths in the following areas:

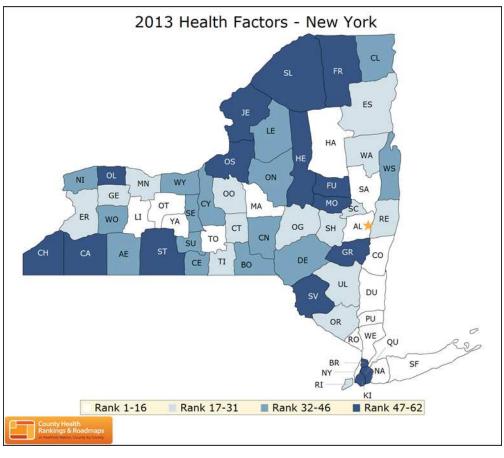
- Health Behaviors, ranked 15th out of 62 counties
- Clinical Care, ranked 6th out of 62 counties
- Social and Economic Factors, ranked 16th out of 62 counties, and
- Physical Environment, ranked
 15th out of 62 counties

The Rankings also shed light on factors that are making our residents unhealthy. The Rankings indicate that Albany County is at-risk for poor health when it comes to adult smoking, excessive drinking, sexually transmitted infections, violent crime, and limited access to healthy foods.

This report will be used to build on successes and mobilize community partners to implement programs and policy changes to promote overall health in Albany County. As an example, the Healthy Capital District Initiative (a partnership of area hospitals, health insurers, local health departments, and others) is conducting a community health planning process to identify local health needs and collaboratively implement health improvement interventions. In addition, the Albany

County Strategic Alliance for Health focuses on lowering risk factors that lead to chronic diseases by promoting physical activity, reducing tobacco use, and improving nutrition, including access to fresh fruits and vegetables in the City of Albany's Arbor Hill, West Hill, North Albany, and South End neighborhoods.

Though Albany County ranked very well in many factors that affect health, there is always room for improvement. Health is everyone's responsibility. Working together, we can make Albany County an even healthier place to live, learn, work and play.



Do You Know...?

How to Capture a Bat?

- 1) Never touch a bat
- 2) Bats can have rabies
- 3) If you find a bat in your home, don't release it, CAPTURE IT!



For more information on rabies prevention and an <u>instructional video on how to capture a bat</u>, go to www.health.ny.gov/diseases/communicable/zoonoses/rabies

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Mission Statement

"The Mission of the Department of Health is to prevent diseases, epidemics, and injuries; to protect against hazards that affect health and safety; and to promote the healthy development of children and the wellness of all Albany County residents."

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, 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

