News Release

Date: January 9, 2020
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department Releases 2019-2021 Community Health Assessment

The Clinton County Health Department, along with UVM Health Network-CVPH, its partner in community health assessment and planning, is pleased to announce the release of the 2019-2021 Clinton County Community Health Assessment (CHA). The assessment is a comprehensive report that evaluates and identifies priority issues related to the health and wellbeing of all residents of Clinton County.

After a year’s long process, that included participation by partner organizations and stakeholders from across the county, two top priority health issues have been identified: Prevent Chronic Diseases and Promote Well-Being and Prevent Mental and Substance Use Disorders. The assessment process included a review of over 300 different health metrics. A survey of community residents added 1,600 local voices to the process. Providers of health, mental health, education and human services, along with representatives of the business community, shared their insight into the state of health in the county via surveys and at a community health priority setting session. Representatives from these sectors joined CCHD and UVMHN-CVPH in a Priority and Focus Area Finalization Process.

The goal of the CHA is to develop shared strategies to address the priority issues and improve the community’s health. These strategies are outlined in a work plan included in the CHA. Specific activities aimed at focus areas within each priority issue will be completed by various partners over the next three years. Healthy Eating and Food Insecurity, Tobacco Prevention and Chronic Disease Preventive Care and Management, along with, Well Being and Mental and Substance Abuse Disorders and Prevention will be addressed.

The priority areas selected for 2019-2021 are the same as those identified in the previous CHA. Mandy Snay, Director of Health Planning & Promotion at the Clinton County Health Department states, “Having both residents and health professionals weigh in and choose the same priority issues speaks to the complexity of these issues and the need to work together for collaborative, lasting solutions. By not changing course, we are able to build off of the great work toward health improvement already happening in our community.”

The Clinton County 2019-2021 Community Health Assessment and the resulting community health improvement plan can be found at clintonhealth.org.

About the Clinton County Health Department:

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News Release

Date: January 15, 2020
For Immediate Release
Contact: 518-565-4840

FLU CASES CONTINUE TO RISE

Plattsburgh, January 14th, 2020: Cases of influenza, more commonly known as flu, continue to rise in New York State and across the Country. Clinton County Health Department would like to remind residents that it is not too late to get your flu shot. Even in cases where the vaccine does not fully prevent you from getting the flu, it still helps your body fight the virus and you are less likely to end up being hospitalized with flu.

Please also take these precautions to keep yourself and everyone around you healthy:

- Avoid close contact with people who are sick.
- Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- If you are sick stay home. People with flu are contagious for up to seven days after symptoms begin.
- Cover your mouth and nose with a tissue when coughing or sneezing. Do not sneeze or cough directly into uncovered hands.

Those who get the flu should contact their health care provider to determine if they are a candidate for treatment with anti-viral medications. Anti-virals can lessen the severity and duration of the flu. They work best when started within 48 hours of first symptoms.

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News Release

UVHN Elizabethtown Health Center Becomes ‘Breastfeeding Friendly’

Elizabethtown, NY February 4th, 2020 UVHN Elizabethtown Health Center was officially designated as a New York State Breastfeeding Friendly Practice on January 30th, 2020, making them the first designated health care practice in Essex County. UVHN Elizabethtown Health Center was supported in this effort by the Creating Breastfeeding Friendly Communities grant at the Clinton County Health Department.

According to pediatrician and provider champion, Dr. Michael Celotti, “Creating a breastfeeding friendly environment for patients, visitors, and employees is a positive step in ensuring breastfeeding moms feel encouraged and supported.” He adds that “Providing a comfortable space for moms to nurse and pump creates a welcoming atmosphere that promotes healthy behaviors.”

As part of the process, the practice has implemented policies and procedures such as; ongoing staff training, maintaining a breastfeeding friendly office environment and facilitating internal and external referral opportunities for mothers and infants. The practice also promotes a culture within the office that supports breastfeeding as the nature way to feed one’s baby.

The Ten Steps to a Breastfeeding Friendly Practice include:

1. Develop and maintain a breastfeeding friendly office policy.
2. Train all staff to be breastfeeding friendly by promoting, supporting and protecting breastfeeding.
3. Eliminate infant formula and formula company materials from your office.
4. Create a breastfeeding friendly office environment.
5. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the prenatal period.
6. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the postpartum period.
7. Encourage breastfeeding mothers to feed newborns only breast milk.
8. Teach mother about maintaining lactation when separated from their infants.
9. Identify your local breastfeeding support network and foster collaborative working relationships and referral systems.
10. Provide comprehensive breastfeeding support to new mothers.

-more-
Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the American Academy of Pediatrics (AAP), the American Congress of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO) and the US Department of Health and Human Services recommend exclusive breastfeeding for the first six months, with continued breastfeeding as long as mutually desired by mother and infant.

For more information about receiving Breastfeeding Friendly Designation: https://www.health.ny.gov/community/pregnancy/breastfeeding/

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News Release

Date: February 27, 2020
For Immediate Release
Contact: 518-565-4840

Respiratory Illness Preparedness

Plattsburgh, February 27, 2020. As concerns over a novel (new) respiratory illness grow, Clinton County Health Department (CCHD) wants to remind residents that we’ve been practicing for this for years. Not just the Health Department but all of us! We cover our coughs. We wash our hands and stay home when we’re sick. Don’t we?

Messages about standard measures to stop the spread if infection are repeated by CCHD and other public health professionals around the state, the nation, and around the world as the flu season begins and throughout the year. “Sometimes we feel like a broken record,” states Karen Derusha, Supervising Public Health Educator and spokesperson for the department. “Hearing the same message over and over again may get tedious but these simple steps save lives.” Prevention measures for the new (novel) coronavirus, known as COVID-19 are the same as measures used to prevent the spread of flu. At this time, it is still more likely that an individual in the United States will contract flu than become ill with COVID-19.

Local public health partners have been preparing in other ways too. Health departments have Emergency Preparedness Plans that are reviewed and updated routinely. There are Continuity of Operations Plans (COOPs) that outline when certain day-to-day operations may be suspended, allowing more staff to focus on monitoring and prevention steps. Other organizations, businesses and schools throughout our community have COOPs as well.

Since December, CCHD has been monitoring information provided by the Centers for Disease Control and Prevention (CDC) and the New York State Department of Health. Information has been shared with health care providers, and between border patrol, emergency service providers and others. Organizations that are part of the Clinton County Multi-Agency Coordination (CCMAC) group, which meets monthly, have begun reviewing their own plans, as have school districts and other entities. “Systems developed during previous outbreaks such as SARS, MERS, H1N1 and Ebola have helped to prepare us,” states Ms. Derusha. In the meantime, she reminds residents to take these precautions to protect themselves from contracting any respiratory illness.

- Wash your hands often. If soap and water are not available, use an alcohol based sanitizer.
- Avoid touching your eyes, nose or mouth.
- Disinfect frequently touched surfaces that may harbor germs.
- Avoid close contact with anyone who is ill.

Take these steps to protect others.

- Cover your cough.
- Sneeze into your elbow or a tissue, then throw the tissue away.

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“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations*
Stay home when you are ill.  
Do not return to work, school or attend social activities until your fever is gone for at least 24 hours without use of fever reducing medicines.

Ms. Derusha also notes that “COVID-19 is a new virus. The public health community is working hard to learn all it can about this virus to keep people safe.” That may include asking people to avoid close contact with others. She notes that today is a good day to check your own preparedness plan. Visit https://www.ready.gov/pandemic for tips. “If you had to stay home, would you have sufficient food, water and medication on hand? Generally we advise a 3-10 day supply. That’s a good place to start.”


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"Working Together for a Healthier Community"