



# THE PUBLIC HEALTH CONNECTION

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The full 2010 Annual Health Services report will be available April 2011, go to [www.clintonhealth.org](http://www.clintonhealth.org)

## 2010 Annual Report Highlights

### Maternal Child Services

Clinton County MOMS program had 335 participants in 2010; a decrease of approximately 8.3% from last year. The total number of visits also decreased from an average of 5.8 to 4.7 visits per participant. A new focus regarding smoking during pregnancy by mothers giving birth to LBW (low birth weight) babies was begun in 2010. Sixty-four percent of women delivering a LBW baby smoked. Increasing smoking cessation continued to be a challenge the MOMS team faced almost daily. The carboximeter, which measures blood carbon monoxide, was offered to participants at enrollment and at subsequent visits. This helped educate expectant parents on the risks of smoking and second hand smoke to the unborn baby.



### Communicable Disease

H1N1 was just winding down when SUNY Plattsburgh reported to Clinton County Health Services Unit a suspect case of Mumps. Eventually a total of eleven cases were identified as part of this outbreak. Other outbreaks were pertussis, and a Hepatitis A outbreak in a boy scout camp downstate that was linked to Clinton County.

### STIs and HIV

The rate of Chlamydia cases was down 10%, while gonorrhea has doubled since 2009. This may be in part due to expanded use of urine testing. The Health Services Unit continued to provide free HIV testing that provides preliminary results in about half an hour. This testing was offered on a monthly basis at an on site clinic. September 2010 began with a significant change in the HIV law, to require that providers routinely offer HIV testing to patients ages 13-64yrs. Learn more at Grand Rounds at CVPH on April 15th. (See "Save the Date", page 2.)

### TB

No cases of active TB were diagnosed in 2010. There were 69 chest clinic visits for LTBI, and a total of 214 tuberculin skin tests were performed.

### Immunization Program

CCHD gave 3425 influenza vaccines in 2010 in addition to flu vaccine at many convenient vendors, such as Walmart, Target, and most pharmacies. State totals will be collected in 2011.

Clinton County had 22 cases of

invasive pneumococcal disease reported in 2010, a high rate compared with other counties in the state. CCHD vaccinated 423 adults with pneumococcal polysaccharide vaccine (PPSV23) in 2010.

### Emergency Preparedness

CCHD continued to train in preparedness activities in cooperation and coordination with our local partners, CVPH, SUNY, law enforcement, and others. In September, several staff members participated in an international communicable disease drill at a Quebec border crossing. The Plattsburgh Post Office also held an anthrax drill with participation from CCHD Environmental Health Unit and the Health Services Unit.

## We're on Facebook!

Did you know that the CCHD is now on Facebook? On our page you can find links to health promotion resources, event information, press releases, alerts and so much more. So log on to your facebook account and search for CCHD, 'like' our page to become a fan and receive our messages on your facebook wall, you won't miss a thing! Don't have a facebook account? Visit the Clinton County Health Department's website at [www.clintonhealth.org](http://www.clintonhealth.org) and click on the icon in the upper left corner of the page to view our page without having to create a facebook account.



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Clinton County does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, or disability in employment or the provision of services.

## MOMS Launches New Program



The Clinton County Health Department will launch a "Prenatal Wellness

for Life Program" this spring. The primary focus of the program is to highlight benefits of safe physical activity during pregnancy.

Women enrolling into the MOMS program will be asked to participate in the Prenatal Wellness for Life program. Each woman will receive information on physical activity and good nutritional choices in pregnancy, a pedometer, light weight exercise band, a floor mat and flip cards which demonstrate safe prenatal exercises. Participants will be surveyed at two separate times during the pregnancy and once at postpartum to determine if they increased physical activity and felt any of the benefits. Each woman's nutritional intake will also be assessed to determine if the program has influenced better food choices.

## ATFN Helps Youth

CCHD's Adirondack Tobacco Free Network (ATFN) is working to reduce in-store tobacco marketing to children. A way to reduce youth exposure is through a ban on the display of tobacco products. Stores can sell tobacco products but the products will be placed in drawers and cabinets behind registers, out of sight. Many countries including Canada have adopted tobacco display bans. For more information on tobacco marketing and display bans visit [www.tobaccofreeNYS.com](http://www.tobaccofreeNYS.com) or call ATFN at 565-4993.

## Medicine Collection Day- Saturday, March 26<sup>th</sup>

Everyone is encouraged to bring in unwanted non-controlled medications to the pharmacy counter at any Kinney's location to be disposed of properly. This includes non-controlled prescription medications, over the counter medications, topical, medication vials and pet medications. They cannot accept sharps, illegal drugs, controlled medications, biohazardous materials, household hazardous waste or personal care products. An informative poster can be found at the following website: [http://www.dec.ny.gov/docs/administration\\_pdf/dontflushposter.pdf](http://www.dec.ny.gov/docs/administration_pdf/dontflushposter.pdf)

Have controlled substances/prescriptions you want to dispose of safely? See next article...



## DEA Holding Second Nationwide Prescription Drug Take-Back Day Saturday, April 30, 2011.

From 10am-2pm everyone can drop off controlled substances at any of the following locations:

- \* SUNY Health Center, SUNY Campus, Plattsburgh
- \* Plattsburgh Police Dept. 45 Pine St. Plattsburgh
- \* Rouse's Point Fire Station 48 Lake St, Rouse's Point



## Cancer Services Program in Clinton County

The Cancer Services Program (CSP) of Clinton County, part of the Clinton County Health Department, is a grant funded program through the state and federal government. The program provides FREE breast, cervical, and colorectal cancer screenings to eligible uninsured men and women in Clinton County. The screenings covered include; breast exams, pap and pelvic exams, mammograms and colon cancer screenings. The CSP will also cover diagnostic procedures to rule out cancer and if someone is diagnosed, they will be connected with an insurance to cover their treatment. If you or someone you know is a man 50+years or woman 40+years without health insurance please call 518-562-7112 to schedule an appointment. Early detection truly does save lives.

## Save the Date

**Friday April 15 at 12-1pm:**  
Grand Rounds-New NYS Laws on HIV Testing  
(CVPH-Auditorium B)

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