

## Healthy Ulster Council Meeting

January 10, 2019

Attendance: Stacy Kraft of UCDOH, Melinda Herzog of CCEUC, Tara Kleinhans of CCEUC, Wendy Johnson of UCDOH, Danielle Whiteley of Central Hudson, Nicholas Colon of Breast & Prostate Cancer Peer Education Center/Hitch.org, Sharon Avgush of IFH, Christine Noble of OFA, Marge Gagnon of Rose Women's Care Services, Emily Flynn of City of Kingston, Maria Elena Ferrer-Harrington of HAHV, Lynda Brady of MiSN, Christina Carranceja of IFH, Brittany Furrow of IFH, Yashuda Gurung of IFH, Shannon Hester-Jenkins of Central Hudson, Jacqueline Kellachan of MiSN, Vincent Martello of UCDOH, Diane Mueller of OFA/Red Cross/UC BOCES/Pinnacle Learning Center, Sendy O'Brien of MiSN, Rosemary Quinn of SUNY Ulster Health & Safety Institute, Gloria Valdez of Breast & Prostate Cancer Peer Education Center/Hitch.org

Introductions

"Protecting You and the Public: The Importance of Immunization" by *Wendy Johnson*

- Why Vaccinate:
  - Individual immunity: long-term or lifetime protection; protects from a variety of diseases; travel vaccines
  - Herd Immunity: protects against the spread of the disease; protects against those who are unable to receive vaccinations or who have not received the full series of vaccines; reduces the likelihood of an outbreak
- Success of Vaccines:
  - Eradication and elimination of disease: smallpox, polio, measles, Hib (declined by greater than 99%, HPV (dropped in women to 1%)
  - Decrease in morbidity (illness or harm) and mortality of Vaccine Preventable Diseases (VPD)
- Disease Re-emergence:
  - Low immunization rates can result in re-emergence of disease previously eliminated. Example: Measles - the most infectious disease known to man. Current measles outbreak in Rockland County, NYC and Orange County
- Myths and Misconceptions:
  - "Overloaded Immune System"; "Disappeared Diseases"; "Hygiene and Better Nutrition Are Responsible for the Reduction in Disease Rates"; "Natural Immunity is Better Than Vaccine-acquired Immunity"; Thimerosal – a widely used preservative in biological and medical products
- Influenza:
  - A or B; fever, muscle aches, sore throat, headache, fatigue and often comes on quickly; ill for several days and can lead to pneumonia and even death
  - You can be protected from the flu through previous exposure though every few years the virus mutates enough to produce a new strain
  - The flu vaccine reduces a person's overall risk of having to seek medical care at a doctor's office for flu illness by 40%

- To protect yourself: good health habits, hand washing, avoid touching your face, avoid close contact with sick people, get a medical evaluation for treatment with antiviral drugs, get vaccinated
- We All Play a Role:
  - Make sure you, your kids and your loved ones are up to date with your shots.

#### Movement Break

#### “The Roads We Share” by Rose Quinn

- Who we are –
  - 20 years of community traffic safety education through the Governor’s Traffic Safety Committee (GTSC) and National Highway Safety Administration (NTSA). MHSI partners with SUNY Ulster and is supported by the Ulster County Traffic Safety Board
- Mission -
  - To identify traffic health risks with data supported research and address these risks using community based education and outreach. We work with community partners in order to provide services specific to higher risk populations and to improve the health and safety in our region by mitigating traffic and road risks through education.
- Why do we do the work we do –
  - There are 40,000 deaths nationally in 2018, 6,000 of those were pedestrian deaths; 1.35 million worldwide deaths every year due to traffic crashes; -18% in overall fatalities in NYS over 3 years; 3,400 worldwide deaths daily; 400 cyclists killed every year in NYS
    - Vision Zero – program out of Europe that has been adopted in NYC whose goal is zero crash related deaths through education, engineering and enforcement
- What do we do -
  - Child passenger safety: clinic, staff development and trainings, fitting station appointments, community education programs at preschool and elementary school programs, technician training
  - Young driver education: working in collaboration with driver’s ed. programs, victim impact speakers for assemblies and classes, health fairs and parent teen contracts for distracted driving, Battle of the Belts
  - Bike and pedestrian programs: clinics, helmet fittings, youth and adult safety programs, safety advocacy

#### Discussion:

- Check out [healthylulster.net](http://healthylulster.net) under the community tab to find the 2018 Annual Report and other valuable resources.
- Maria Ferrer: Free Mental Health Awareness Training program for youth; October 11 SUNY New Paltz International Conversation on Mental Health
- Maternal Infant Services: open enrollment for 2019 ends Jan. 31
- Office for the Aging: ACES Project education being released this year; free transportation and medical visits for seniors; car fit services for seniors; mall walk every Tuesday at 10 a.m.
- Health and Wellness City of Kingston: get involved!

- Traffic Safety: car seat or other traffic training services for kids and adults; Women's bicycling festival March 31 (tentative date)
- Ulster County Dept. of Health and Mental Health: conduct research, keep data and communicate about health in the County; developing the opioid action plan and task force for the county; conducting the community health improvement plan; get your immunizations!; Smoking Program and mid-town mechanics bicycle repair program for youth starting Feb. 4 and will be listed on Healthy Ulster County Events Network
- Breast and Prostate Cancer Peer Education Program: education and services, not limited by insurance or status
- Central Hudson: consumer outreach program works with seniors and low-income populations; veterans grant; low-income discount program for HEAP
- Institute for Family Health: partner with community agencies; O+ Wellness committee recruiting panelists and other people for discussions; located in Kingston, New Paltz and Ellenville