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Licensed Home Care Services Agency



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Health People, Healthy Community
For the Health of it...
Weekly news column
February 26, 2015

Nola Goodrich-Kresse, MCHES
Public Health Educator

Genesee, Orleans and Wyoming Public Health Column

The Genesee, Orleans and Wyoming County Health Departments are encouraging county residents to "Think Health." Taking time to think about your health and taking positive health steps will lead to healthier outcomes. Learning something new every day is one way to "Think Health"...

When the Health Department is mentioned many people may think about when they put in a new septic system, took their pets to a free anti-rabies vaccination clinic or even went to get much needed preventative vaccinations for themselves and their children.

One of the services Public Health Nurses provide at many Health Departments is maternal and child health visits. These visits are voluntary and are for all parents of newborns. Each time there is a pregnancy and a new baby introduced to your family there are many adjustments to be made. Each child is different and new issues may arise that a Public Health Nurse may be able to provide information to assist in your adjustment.

Services may include the following:

- Prenatal Services by Referral: Your healthcare provider may refer you to the Public Health Nursing team to provide home visits to provide support and education during pregnancy and childbirth education classes. These services are generally provided by a Certified Childbirth Educator.
- Postpartum / Newborn Services: Our nurses will provide health education and guidance for newborns, new moms and their support systems. They can assist with in-home breastfeeding support and help with monitoring the baby's growth at home. They will also provide materials to community resources.

"Healthy People in a Healthy Community"

- **Lead Poisoning Prevention:** Lead poisons people, especially children. Once inside their bodies it can cause all sorts of health problems with little or no symptoms. Lead can be found in paint, dust, soil and water. Having your child tested at ages one and two is highly recommended and New York State regulations require medical providers to test children for lead at age one year and again at age two years. They must also assess children for lead risk at each well-child visit, and test children up to age six years if a risk for lead poisoning is found. Your health department may be able to assist with testing and can provide more information about the importance of lead testing.
- **Immunizations:** The Health Department participates in the Vaccine for Children program providing childhood vaccinations to all children under 19 who currently do not have a healthcare provider. The nursing staff can answer questions about the schedules and what vaccinations are right for you and your family.

Congratulations on your new baby! Our nurses enjoy meeting the families and new babies. Working with your health care provider, Public Health Nurses can provide ongoing pregnancy, postpartum and parenting support to parents of newborns. Whether this is your first child or you are expanding your family the Public Health Nursing staff is here to help with information and support. For more information or to set up an appointment, contact your county Health Department.

This Sunday, March 8th, Daylight Savings Time begins...remember to turn your clocks ahead 1 hour either before going to bed on Saturday or first thing Sunday morning. Check your smoke and carbon monoxide detectors and change batteries too!

Orleans County Health Department call: 585-589-3278 or check out our website at: www.orleansny.com/publichealth. For current health related information, you can also find us on Facebook and Twitter. Our user name for both is OrleansCoHealth.

Genesee County Health Department call: 585-344-2580 ext. 5000 or visit their website at www.co.genesee.ny.us/departments/health/index.html

Wyoming County Health Department call: 585-786-8890 or visit their web site at www.wyomingco.net/health/main.html.

If you would like to ask the Public Health Educator a health related question to be answered in a future column, e-mail her at Nola.Goodrich-Kresse@orleanscountyny.gov. The Health Department reserves the right not to answer any questions deemed unsuitable.