



Herkimer County HealthNet

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HealthNet's Move For Life Program Reaches Over 500 Participants



Herkimer County HealthNet (HCHN) organized the New York State Department of Health's "Move 4 Life" Program that ran from September 25 through November 6 throughout Herkimer County. More than 25 worksites in Herkimer County took part in Move For Life. Local businesses that participated included two Partners Trust branches and HBE Groups in Herkimer and Dolgeville. Various Herkimer County Governmental Departments also took part such as the Sheriff's Department, Probation, County Clerk's Office, Treasurer's Department, Public Health, Department of Social Services and the Highway Department. Some Herkimer County schools also

participated including: Oppenheim-Ephratah, Richfield Springs, Little Falls, Dolgeville, Ilion and the Herkimer County BOCES. Other Herkimer County employers who participated were WIC, Cornell Cooperative Extension, HARC, Herkimer County Historical Society, CNY-DSO, Frank J. Basloe Library and the USDA. HCCC's Fitness Center opened the Program to its users as well. "Move 4 Life" is designed to help increase physical activity; which research has shown can improve employee relations and morale, reduce absenteeism, enhance recruitment and retention of healthy employees and reduce health care costs.

Herkimer County Public Health helped HCHN organize the program. A Kick-Off Luncheon was held on Wednesday August 30th at Herkimer County BOCES.

Together the worksites had over 500 employees participate in the Program. These employees logged more than 4500 hours of physical activity during the course of the Program; which translates into more than 180 days of physical activity.



Herkimer County BOCES Students and Staff who participated in the Move for Life Program.



(Left to Right) Rachel Shaver, Barb Johnson and Linda Robbins of Cornell Cooperative Extension pose with their Move for Life T-Shirt

For more information on VITAL Visit the National Hypertension Association's Website @ www.nathypertension.org

HCHN Sponsors VITAL Program at Oppenheim

Herkimer County HealthNet has purchased materials from the National Hypertension Association to provide the VITAL Program to Oppenheim-Ephratah Elementary School. VITAL is a program designed for early elementary students, that promotes

healthy eating habits and the importance of physical activity. The NHA has donated materials for two classrooms in addition to the four classrooms HCHN is sponsoring.

VITAL's curriculum incorporates games, songs

and other engaging activities such as hula-hoops and pedometers.

Oppenheim-Ephratah is also the recipient of a \$2,000 grant from HCHN to promote nutrition education and healthy eating habits in their elementary school.

Excellus Blue Cross/Blue Shield Donates Funds in Support of HCHN's Dental Education Initiative

Excellus Blue Cross/Blue Shield, Utica Region presented HCHN with a Community Health Award for \$4,000. Community Health Awards are designed to assist agencies in providing programs that address specific needs of children, the underserved and disabled. The award will be used to support HCHN's Dental Education Program.

HCHN will use the funds to purchase The

Berenstain Bears Visit the Dentist. The book is distributed to each child attending the program.

HCHN's Dental Education Program reaches over 1000 children per year by visiting all pre-k, kindergarten, fourth grade, and Head Start classrooms, as well as all Prenatal Care Assistance Programs (PCAP), Children's Immunization Clinics and WIC sites in Herkimer County.

During the Program, students are taught the importance of regular brushing and how to properly use a toothbrush and floss.

In addition to the book each student is given an age-appropriate toothbrush, floss and fluoride toothpaste. Herkimer County Public Health supports HCHN's educational efforts by providing the Community Educators to conduct the program.

Herkimer County HealthNet Forms Speakers Bureau

In order to increase the opportunities for Community Education in Herkimer County, HCHN has formed a Speakers Bureau. HCHN plans to offer speakers on a wide variety of topics utilizing the expertise of volunteers from health and human

service organizations throughout Herkimer County. These volunteers are available to speak at community meetings or functions.

Some of the topics that are available from the Speakers Bureau include: Assertiveness Training,

Child Development, Diabetes, Nutrition, Parenting and Women's Health Issues.

For more information, a copy of the Speakers Bureau Brochure or to book a speaker contact HCHN at 315-867-1552.

NYSDOH Awards Rural AED Program Grant

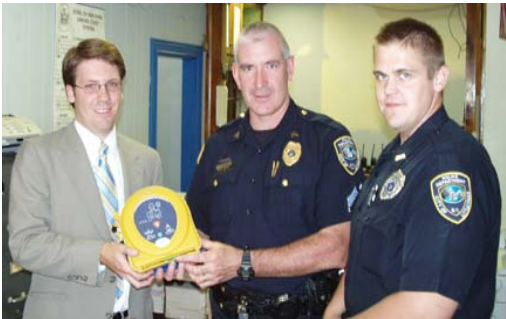
The New York State Department of Health offers the Rural Access to Emergency Devices Program to increase access to life-saving devices among rural first-responders. Herkimer County HealthNet was awarded a grant under this program to purchase three Automated

External Defibrillators (AEDs). The AEDs were distributed to the Herkimer County Sheriff Department and Little Falls Police Department.

The Sheriff's Department received a Samaritan AED manufactured by Heartsine Technologies. This AED will be housed

in DMV Building of the Herkimer County Office Complex.

Little Falls Police Department received two Good Samaritan AEDs manufactured by Heartsine Technologies. The AEDs will be kept in two of the Police Department's patrol cars.



Adam Hutchinson of the Herkimer County HealthNet presents Sgt. Joseph Servidone and Officer Justin Leszczynski of the Little Falls Police Department with an AED.



Herkimer County Sheriff Chris Farber (middle) and Captain Thomas McGrail (right) are given an AED by Herkimer County HealthNet employee Adam Hutchinson (left).

HealthNet Joins Healthy Start Partnership

HCHN, Mohawk Valley Perinatal Network, Public Health, Community Maternity Services, WIC and Cornell Cooperative Extension have joined together to promote healthy weights for women of childbearing age by forming The Healthy Start Partnership. The Partnership's first goal is to increase acceptance of breastfeeding among women and the community.

A letter from the Partnership was sent to local

employers, providers and school nurses. The letters explained that breastfeeding provides benefits to both mothers and their children, including lowering the baby's risk of developing obesity and asthma and that those healthier babies provide benefits beyond the home. Also included in the mailings were additional literature and resources on promoting the acceptance of breastfeeding.

The Partnership has also

pooled its resources to fund a media campaign to help educate the community-at-large on the benefits of breastfeeding. The media campaign includes television PSAs on cable and broadcast channels, radio PSAs and a billboard on a major highway in Herkimer County.



Results of a two year study showed that while 93% of formula fed infants fell ill in two years, only 59% of breastfed infants fell ill.

Overall, the community experiences lower healthcare costs for healthier, breastfed infants.

There is a cost savings of \$3 for every \$1 invested in breastfeeding support.

*For resources on Breastfeeding Support and its Benefits please visit:
www.herkimerhealthnet.com*

...To improve the health and well being of Herkimer County residents.

HCHN in existence since 1990 has continuously expanded and has served as an effective forum for Herkimer County providers to identify, discuss, and resolve health and social service issues and concerns.

As a direct result of grants by the New York State Department of Health—Office of Rural Health, HCHN significantly increased levels of coordination and collaboration among health and social service providers. The grants have enabled HCHN to complete needs assessments and identify priorities requiring the collective attention of HCHN and its participating partners.

These collaborative efforts yielded sufficient evidence of the value of HCHN allowing it to seek implementation funding to move from an informal organizational structure to a 501(c)(3) non-profit corporation under New York State Law.

www.herkimerhealthnet.com



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Smoke Free Mohawk Valley Recognizes HCHN Tobacco Company Donation Policy

Smoke-Free Mohawk Valley Mohawk Valley held its annual “Clearing the Air” Awards Luncheon. At the luncheon Herkimer County HealthNet was awarded one of Smoke-Free Mohawk Valley’s “Clearing the Air” awards; along with other local businesses and

organizations that have adopted policies not to accept donations or advertising dollars from tobacco companies.

In 2006, HCHN officially adopted a zero tolerance policy for accepting donations from any tobacco company or any subsidiaries of those

companies. “Policies such as these, if adopted statewide, will curb the current strategy of the tobacco industry to associate themselves with nonprofit agencies as a marketing ploy.” Executive Director Phyllis Spinner wrote in a letter to Smoke-Free Mohawk Valley.