

Brought to you by the:
**Ulster County Partners
In Public Health
Healthy Women
Planning Council**

*Building bridges to ensure the
health of women in
Ulster County*



HEALTHY ULSTER PARTNERS:

Maternal Infant Services Network

www.misn-ny.org

Health Alliance of the Hudson Valley:

Fern Feldman Anolick Breast Health Center
Oncology Support Program of Benedictine

www.hahv.org

Community Heart Health Coalition

www.chhculster.org

Tobacco Free Action Coalition (TFAC)

www.tobaccofreeactioncoalition.org

Institute for Family Health:

Ulster County Healthy Start

www.institute2000.org

Cancer Services Program

www.health.ny.gov/diseases/cancer/services

Ulster County Department of Health

ulstercountyny.gov/health

Ellenville Regional Hospital

www.ellenvilleregional.org/

Family of Woodstock:

Child Care Council of Ulster County

www.familyofwoodstockinc.org

Planned Parenthood Mid-Hudson Valley

www.plannedparenthood.org/mid-hudson-valley

SUNY Ulster

www.sunyulster.edu

SUNY New Paltz

www.newpaltz.edu

Cornell Cooperative Extension of Ulster County

www.cceulster.org

American Cancer Society

www.cancer.org

YWCA of Ulster County

www.ywcaulstercounty.org

PiPH Planning Councils



Ulster County
Partners in Public Health



Healthy Women

Visit the Healthy Ulster
website for area events, public re-
sources, and a chance to help make
Ulster County the healthiest county
in New York State.

www.HealthyUlsterCounty.com



HealthyUlster
county



Michael P. Hein
Ulster County Executive

Healthy Families

Healthy Guidelines

Fit & Trim Habits For You and Your Family

Healthy Food Tips:

- Eat a diet rich with whole grains
www.choosemyplate.gov
- Eat 2 cups of fruit & 3 cups of vegetables every day
- Limit salt and sugar intake as much as possible
- Plan quick, healthy, and easy meals
- Decrease portion sizes
- Check calorie amounts when eating out and choose wisely
- Shop the perimeter of the grocery store

Physical Activity Tips

- Engage in 30 minutes of physical activity every day
- Find a friend to keep you motivated
- Make it fun: Dance! Play sports! Walk! Jump Rope! Do Yoga!

Healthy Women, Healthy Babies

Get Healthy before Pregnancy:

- Don't smoke, & if you smoke quit
1-866-NY-QUITS www.nysmokefree.com
- Get treated for chronic conditions like diabetes and high blood pressure
- Practice safe sex to prevent STIs and HIV
- Take a folic acid supplement every day
- Make a Reproductive Life Plan

Have a Healthy Pregnancy:

- Get consistent prenatal and postpartum care
- Wait 39-40 weeks for a full term baby unless there is a medical reason to give birth sooner
- Sign up for Text 4 Baby
www.text4baby.org

After Baby Comes:

- No smoking in the home or car
- Breastfeed exclusively for a minimum of 6 months
- Get help if you feel blue or depressed at any-time
Toll Free (855)-631-0001
www.postpartumny.org
- Take baby to well baby and sick baby MD Visits

Sign up for Health Insurance:

Family Health Plus (adult insurance program)
Child Health Plus (children's insurance program)
1-800-453-4666

Reduce Breast Cancer Risks

Lower Your Risk Factors:

- Maintain a healthy body weight
- Exercise regularly
- Avoid alcohol use
- Reduce stress
- Learn your genetics and family history
- Limit your exposure to environmental contaminants
- Limit use of oral contraceptives-Talk to your doctor about alternative forms of contraception

Get Regular Screening:

- **Between age 20 – 39:** clinical breast exam (CBE) every 3 years
- Self breast exam and immediately report any changes to your health care professional
- **Age 40 and over:** yearly mammogram and yearly clinical breast exam (CBE)
- Self breast exam – immediately report any changes to your health care professional

Women at High Risk:

Talk with your doctor about starting mammograms at a younger age and the use of other diagnostic modalities to use in conjunction with mammograms and CBE.

Uninsured or Underinsured:

- NYS Cancer Services Program
Toll Free (855) 277-4482