

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](http://www.misn-ny.org)

Health Alliance of the Hudson Valley:  
 Fern Feldman Anolick Breast Health Center  
 Oncology Support Program of Benedictine

[www.hahv.org](http://www.hahv.org)

Community Heart Health Coalition

[www.chhculster.org](http://www.chhculster.org)

Tobacco Free Action Coalition (TFAC)

[www.tobaccofreeactioncoalition.org](http://www.tobaccofreeactioncoalition.org)

Institute for Family Health:

Ulster County Healthy Start

[www.institute2000.org](http://www.institute2000.org)

Breastfeeding Initiative of Ulster County

[www.breastfeedingulstercounty.wordpress.com](http://www.breastfeedingulstercounty.wordpress.com)

Cancer Services Program

[www.health.ny.gov/diseases/cancer/services](http://www.health.ny.gov/diseases/cancer/services)

Ulster County Department of Health

[ulstercountyny.gov/health](http://ulstercountyny.gov/health)

Ellenville Regional Hospital

[www.ellenvilleregional.org/](http://www.ellenvilleregional.org/)

Family of Woodstock:

Child Care Council of Ulster County

[www.familyofwoodstockinc.org](http://www.familyofwoodstockinc.org)

Planned Parenthood Mid-Hudson Valley

[www.plannedparenthood.org/mid-hudson-valley](http://www.plannedparenthood.org/mid-hudson-valley)

SUNY Ulster

[www.sunyulster.edu](http://www.sunyulster.edu)

SUNY New Paltz

[www.newpaltz.edu](http://www.newpaltz.edu)

Cornell Cooperative Extension of Ulster County

[www.cceulster.org](http://www.cceulster.org)

American Cancer Society

[www.cancer.org](http://www.cancer.org)

YWCA of Ulster County

[www.ywcaulstercounty.org](http://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](http://www.HealthyUlsterCounty.com)



Michael P. Hein  
 Ulster County Executive



**HealthyUlster**  
 county

**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](http://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](http://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](http://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](http://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