

# WHAT THE HEALTH!?

## Addressing Our Public Health

**Healthy Communities:** People's health, longevity, and well-being are all connected to the community in which they live. Think about the food you eat, exercise you get, and resources that are available to you.

**Violence Prevention:** Violence is impacting our health through suicide, gun violence, intimate partner violence, and child abuse. There are several agencies in the county that can assist you, but when in doubt, call law enforcement.

**Rural Health:** Rural communities, like Tioga County, often have a higher rates of chronic diseases, addiction, and limited access to primary care and prevention services.

**Technology and Public Health:** Technology can be a great tool to encourage positive health and behavioral changes, as well as to get health information out quickly. Make sure you Like Tioga County Public Health on Facebook!

**Climate Change:** Climate change is happening and it is impacting our health. Rising temperatures can lengthen the warm weather season, which is why we are seeing Deer Ticks that spread Lyme disease out for more of the year.

**Global Health:** Across the world, communities still struggle with preventable and often-neglected diseases. Staying up-to-date on vaccinations is one of the best ways to prevent the spread of certain diseases.



### Rabies Vaccination Clinic:

Saturday, April 27<sup>th</sup> from 2-4pm at Hickories Park in Owego  
Don't forget to Pre-Register at [www.health.ny.gov/go2clinic/54](http://www.health.ny.gov/go2clinic/54)

APRIL 2019

**THINK  
BEFORE  
YOU DRINK.**

ALCOHOL AWARENESS MONTH



### April is Alcohol Awareness Month

- 19% of adults in Tioga County reported heavy or binge drinking.
- In 2017, alcohol was involved in 33% of driving deaths that occurred in Tioga County
- 49% of Tioga County students in 8th, 10th, and 12th grade reported that they have drunk alcohol at least once in their lifetime
- 24% of Tioga County students in 8th, 10th, and 12th grade reported that they have used alcohol in the past 30 days.

April 2019