



LIVING HEALTHY

SNAPSHOT REPORT

Regional Health
Statistics and
Resources that
Support a Healthy
Lifestyle



Adirondack
Rural Health
NETWORK



CONTENTS

Adirondack Health Institute is an independent, non-profit organization supporting hospitals, physician practices, behavioral health providers, community-based organizations, patients and others in our region to transform health care and improve population health.



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RESOURCES

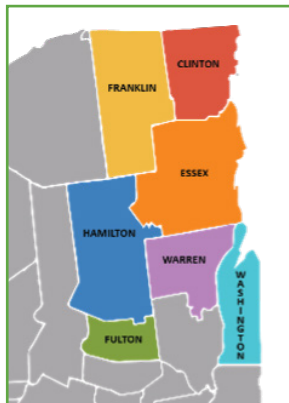
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THE ADIRONDACK RURAL HEALTH NETWORK

The Adirondack Rural Health Network (ARHN) is a program of Adirondack Health Institute (AHI) supported by the New York State Department of Health, Office of Health Systems Management, Division of Health Facility Planning, Charles D. Cook Office of Rural Health. ARHN works to further the efforts of the NYS Department of Health's Prevention Agenda.

The ARHN region covers Clinton, Essex, Franklin, Fulton, Hamilton, Warren, and Washington counties. In line with the local health departments and hospitals, ARHN is focused on efforts under the Prevention Agenda Priority Areas: Prevent Chronic Disease and Promote Well-Being and Prevent Mental and Substance Use Disorders.



The Prevention Agenda 2019-2024 is New York State's health improvement plan, the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. The Prevention Agenda Prevent Chronic Disease Action Plan focuses on:

Focus Area One

Healthy Eating & Food Security

Focus Area Two

Physical Activity

Focus Area Three

Tobacco Prevention

Focus Area Four

Chronic Disease Preventive Care & Management

For more information, visit: www.ahihealth.org/arhn and www.health.ny.gov/prevention/prevention_agenda/2019-2024/.

CANCER SCREENINGS

Chronic Disease is defined as conditions that last one year or more, including asthma, heart disease, stroke, diabetes, and certain cancers such as breast and colon cancer.

CANCER SCREENINGS:

Breast Cancer:

It is recommended that women between the ages of 50 and 74 years of age get mammograms every two years, as they are at an increased risk for breast cancer. Screenings include mammograms and MRIs but can also include self-exams.

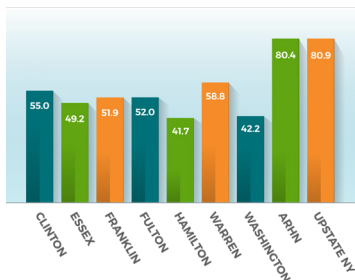
Colorectal Cancer:

It is recommended that adults between the ages of 45 and 75 years of age should be screened for colorectal cancer. Screening tests include stool tests, flexible sigmoidoscopy, and CT colonography.

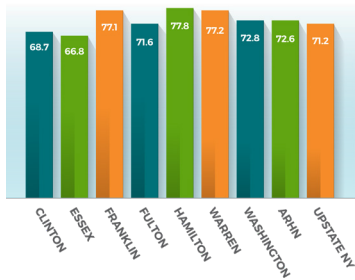
Chronic Disease Prevention:

Knowing a person's family history and making healthy choices can help reduce that person's chances of chronic diseases. Getting routine medical care can help prevent and address concerns early and help a person live a happy and healthier life.

Percentage of women aged 50-74 years receiving breast cancer screening based on recent guidelines, 2018



Percentage of Adults aged 50-75 years receiving colorectal cancer screening based on recent guidelines- 2018



The information from the charts above came from the Behavioral Risk Factor Surveillance Survey.

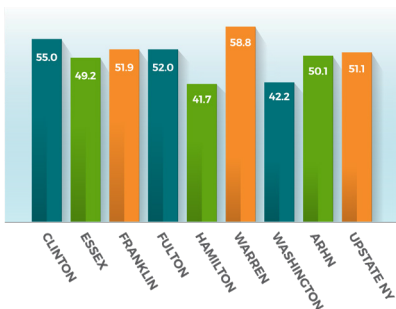
Visit <https://health.data.ny.gov/Health/Behavioral-Risk-Factor-Surveillance-System-BRFSS-H/j5y7-eb4n/data> for additional guidance.

Visit <https://www.cdc.gov/cancer/dcpc/prevention/screening.htm> for more information.

For cancer related resources, visit the American Cancer Society at www.cancer.org.

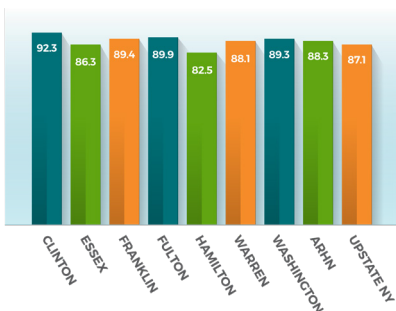
CHRONIC HEALTH CONDITIONS IN THE ARHN REGION

PERCENTAGE OF ADULTS WHO HAD A TEST FOR HIGH BLOOD SUGAR OR DIABETES WITHIN THE PAST THREE YEARS, 2021



This information came from the Behavioral Risk Factor Surveillance Survey. Visit <https://health.data.ny.gov/Health/Behavioral-Risk-Factor-Surveillance-System-BRFSS-H/jsy7-eb4n/data> for additional guidance.

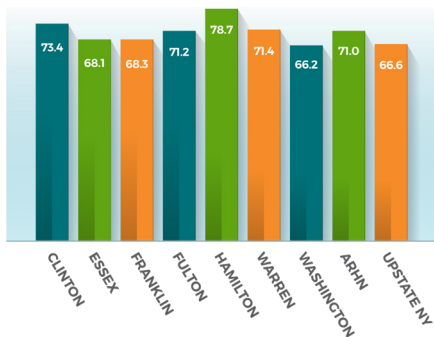
AGE-ADJUSTED PERCENTAGE OF ADULTS WITH REGULAR HEALTH CARE PROVIDER-OVER 18 YEARS OF AGE, 2018



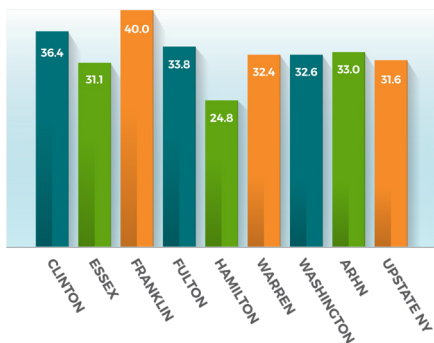
This information came from the Behavioral Risk Factor Surveillance Survey. This information came from the NYS Prevention Agenda Dashboard. Visit https://apps.health.ny.gov/public/tabvis/PHIG_Public/pa/reports/#county for additional guidance.

CHRONIC HEALTH CONDITIONS IN THE ARHN REGION

PERCENTAGE OF ADULTS OVERWEIGHT OR OBESE, 2021



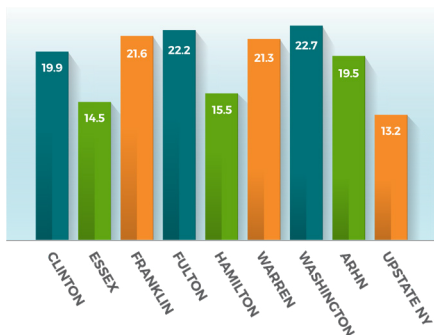
PERCENTAGE OF ADULTS AGES 18+ WHO ARE OBESE, 2021



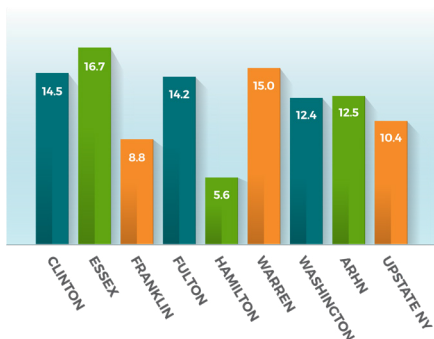
This information came from the NYS Prevention Agenda Dashboard.
 Visit https://apps.health.ny.gov/public/tabvis/PHIG_Public/pa/reports/#county
 for additional guidance.

CHRONIC HEALTH CONDITIONS IN THE ARHN REGION

PERCENTAGE OF ADULTS 18+ WHO SMOKE, 2021



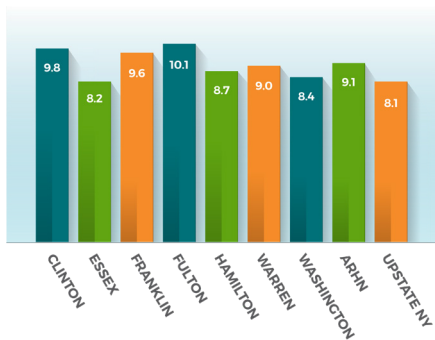
PERCENTAGE OF ADULTS WITH CURRENT ASTHMA, 2021



This information came from the Behavioral Risk Factor Surveillance Survey. Visit <https://health.data.ny.gov/Health/Behavioral-Risk-Factor-Surveillance-System-BRFSS-H/jsy7-eb4n/data> for additional guidance.

CHRONIC HEALTH CONDITIONS IN THE ARHN REGION

PERCENTAGE OF ADULTS WITH CARDIOVASCULAR DISEASE (HEART ATTACK, CORONARY HEART DISEASE, OR STROKE), 2021



This information came from the Behavioral Risk Factor Surveillance Survey. Visit <https://health.data.ny.gov/Health/Behavioral-Risk-Factor-Surveillance-System-BRFSS-H/jsy7-eb4n/data> for additional guidance.



RESOURCES



RESOURCES

HEART ATTACK SIGNS & SYMPTOMS

HEART ATTACK SYMPTOMS

- Chest Discomfort
- Discomfort in Other Areas of the Upper Body
- Shortness of Breath

STROKE SYMPTOMS

- Face Drooping
- Arm Weakness
- Speech Difficulty

IF YOU OR SOMEBODY YOU KNOW EXPERIENCES THESE SYMPTOMS,
CALL **911** IMMEDIATELY!

*This information came from the American Heart Association.
Visit <https://www.heart.org/> for additional guidance.*



DIABETES

Diabetes affects how a person's body turns food into energy. Food is broken down into sugar, or glucose, and released into your bloodstream. As blood sugar increases, it signals to a person's pancreas to release insulin. Insulin works to convert sugar into energy for a person's body to use. With diabetes, a person's body doesn't make enough insulin, and too much blood sugar stays in your bloodstream which puts that person at risk for health problems. Genetics, age, and lifestyle play a role in your health and could contribute to how at risk you are for diabetes.

ARE YOU ACTIVE? Yes No

DO YOU HAVE FAMILY MEMBERS

WHO HAVE DIABETES? Yes No

ARE YOU OVER 45 YEARS OF AGE? Yes No

ARE YOU OVERWEIGHT? Yes No

HAVE YOU BEEN DIAGNOSED WITH

HIGH BLOOD PRESSURE ? Yes No

If any of your answers fell in the red, you could be at risk for pre-diabetes or type 2 diabetes and should see your doctor to discuss your health.

These quiz questions and information come from the American Diabetes Association and is available at <https://diabetes.org/diabetes-risk-test>.



EATING HEALTHY

Being physically active and eating a variety of healthy, nutritious foods and drinks can help manage weight and lower your risk for chronic diseases.

HEALTHY FOOD OPTIONS:

- **Whole Fruits**
(ie. apples, bananas, berries, oranges)
- **Vegetables**
(ie. broccoli, peppers, spinach, sweet potatoes)
- **Whole grains**
(ie. brown rice, whole wheat bread)
- **Proteins**
(ie. chicken, turkey, eggs, seafood, nuts)
- **Low-fat or Fat-free dairy**
(ie. milk, yogurt, cheese)
- **Oils**
(ie. vegetable oil, olive oil)

LIMITING EATING OUT AND FAST FOOD CAN HELP LOWER YOUR CONSUMPTION OF:

- **Salt (Sodium)**
- **Added Sugars**
- **Saturated Fat**

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Size up **Servings**

Consider the **Calories**

Get Less of these **Nutrients**

Get Less of these **Nutrients**

Use **% Daily Value (%DV)** as a Guide

- 5% DV or less per serving is considered low
- 20% DV or more per serving is considered high

This information came from the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, MyHealthFinder available at <https://health.gov/myhealthfinder>.

Visit <https://ahihealth.org/arhn> for more resources and information.

PHYSICAL ACTIVITY



Activity can include taking a walk around the neighborhood, going for a bike ride, visiting the local parks around the community, or starting a workout program.

BENEFITS OF BEING ACTIVE INCLUDE:

- Better sleep
- Less anxiety
- Lower blood pressure
- Reduce risk of developing dementia, heart disease, diabetes, certain cancers (such as breast and colon cancer) and more.

WANT MORE INFORMATION?

**VISIT
MYHEALTHFINDER
AT HEALTH.GOV**

Additional Resources:

Visit cdc.gov/physicalactivity/index.html to learn about the benefits of physical activity.

SMOKING CESSATION RESOURCES

Cigarette smoking is the leading cause of preventable death in the United States. Smoking affects almost every part of your body and causes more than 480,000 deaths each year. Smoking increases a person's risk for developing heart disease, stroke, and lung cancer. It can affect fertility, bone health, teeth and gums, and is a cause of type 2 diabetes. Ninety percent of smokers start smoking before 18, with the average starting age of smokers being 13 years of age.

1 IN 3 SMOKERS WILL DIE OF A TOBACCO-RELATED ILLNESS



**NY SMOKERS' QUITLINE 1-866-NYQUITS (1-866-697-8487)
OR VISIT [HTTPS://WWW.NYSMOKEFREE.COM/](https://www.nysmokefree.com/)**

This information came from the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, MyHealthFinder available at <https://health.gov/myhealthfinder>.

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For additional resources to support a healthier life,
please contact your primary care provider or local
public health department.

For more information, visit: www.ahihealth.org/arhn.