



Public Health
Prevent. Promote. Protect.
Yates County, NY

YATES COUNTY PUBLIC HEALTH

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Public Health Director

Date: April 21, 2023
To: **Everyone Living in Yates County**
From: Doug Sinclair
Regarding: **Your Health**

Welcome to Yates County Public Health!

Our role in this county is to help you find ways to be healthier and avoid diseases.

If you are thinking about being healthy, here are a few things to consider:

- **Good food matters.** Try to make healthy choices most of the time. If you have trouble getting good food you are not alone. Here are some [things to try](#).
- Find ways to exercise. Most of us have limitations, pick something you can do and keep doing it.
- **Mental health matters...** just as much. If you think you need some help, [reach out](#).
- Think about how much alcohol you drink, and be honest with yourself.
- Work on getting rid of tobacco. It's not easy, but things will get slowly better after you quit.
- Sometimes improving your health can be a team sport... [here are some things that might help](#).

If you are trying to avoid diseases, here are a few more things to keep in mind:

The #1 cause of death in Yates County is cancer.

- Some cancers are hard to avoid, but if you catch them early you have a better chance of surviving or having less change in your life related to treatment. [Get screened](#).
- Other cancers are related to things you can work on like tobacco use, alcohol use, being overweight, and getting too much sun without protection. Consider working on these things, and maybe [get some help](#).

The #2 cause of death in this county is heart disease.

- Coronary artery disease leads to myocardial infarction (heart attack) and there are risk factors you can work on. Risks that you cannot fix include your genes (parents) and age.
- Risks that you may be able to control include high blood pressure, high cholesterol, diabetes, and use of tobacco or alcohol. [Get screened](#) by your doctor, and get treated if you need to.
- Good news... if you work on avoiding a heart attack, you are also avoiding stroke.

The #3 cause of death is unintentional injury.

- Pay attention on the road and minimize distractions. Skip alcohol or drugs if you have to drive.
- Pay attention at work. Vehicles, equipment, chemicals, and other tools we use can be dangerous.

If you need some details about what we mean by all this, please click [here](#).

“To bring about a healthier, safer, better informed community.”

Early Intervention

Preschool Special Education

Children with Special Health Care Needs

Disease Control & Immunizations

Lead Poisoning Prevention

Rabies

Health Education

Emergency Preparedness

Maternal & Child Health Program