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FOR IMMEDIATE RELEASE

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Putnam County's 2011 Nutrition and Physical Activity Survey Results Announced
As National Public Health Week Begins

Brewster, NY— April 2 through 8 is National Public Health Week and the Putnam County Department of Health is announcing results of its first health survey of county residents, while joining with partners across the country to promote active living and healthy eating. Since 1995 National Public Health Week has served to call attention to key issues for improving the public's health, while recognizing past contributions of the public health sector.

Results from 692 Putnam respondents showed that most follow general nutrition and physical activity recommendation guidelines. Highlights being released this week include:

- 57% of respondents reported exercising at least once a week—of these more than half reported exercising at least four times a week.
- 34% engaged in moderate intensity exercise, 32% in light exercise, and 18% in at least some vigorous exercise.
- 25% of respondents exercised as a family.
- Work and family responsibilities, plus lack of time, were the top two reasons cited for limiting physical activity.
- 90% reported that healthy eating is a priority for their family.
- 42% reported eating as a family every day; 32% report eating together 4 to 6 times a week.
- While 34% report being overweight, almost half also reported having a family member who was overweight.

The 2011 Nutrition and Physical Activity Survey was conducted as part of the county's ongoing chronic disease prevention program, the *Live Healthy Putnam* (LHP) initiative, which began

in 2008 when the Health Department enlisted the support of local restaurants and other food establishments in a voluntary ban on trans fat. Food Service providers who agreed to comply with this Health Department recommendation were issued a red-check sticker with the words, “We Checked for You,” that could be displayed in the window to alert consumers that they had eliminated all artificial trans fats in food preparation.

Today the LHP initiative has evolved to include a 30-member, countywide coalition, which continues to spearhead efforts to improve the health and well-being of residents, not only by promoting behavior change, but by improving the environment as well. One such enhancement included the purchase of outdoor exercise equipment for Veteran’s Memorial Park through funds obtained from a New York State Department of Health grant.

For more information on the LHP initiative, visit the *Live Healthy Putnam* section of the county website at www.putnamcountyny.com/livehealthyputnam . Complete 2011 Nutrition and Physical Activity Survey results will be posted later this spring and a follow-up survey is planned for fall 2012. For a complete listing of restaurants which have voluntarily banned trans fat, visit <http://putnamcountyny.com/livehealthyputnam/nutrition/transfat/restaurantlist.htm>.

The Health Department’s mission is to improve and protect the health of Putnam County residents through prevention of illness and injury. For more information, please visit our website at www.putnamcountyny.com; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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