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FOR IMMEDIATE RELEASE

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PUTNAM COUNTY DEPARTMENT OF HEALTH LAUNCHES NEW HEALTH SURVEY

Pedometer Incentive Helps Boost Motivation to Burn Holiday Calories Away!

A new, expanded health survey of Putnam County residents is being conducted by the Putnam County Department of Health and those who complete the anonymous online questionnaire will receive a high-quality pedometer as a gift. The 2012/13 *Live Healthy Putnam* Health Survey focuses broadly on the health trends of Putnam County, expanding from the previous 2010 questionnaire on nutrition and physical activity.

“The data we collect from residents will help guide us as we plan how to address the County’s key health priorities,” explains Allen Beals, MD, Commissioner of Health. “The pedometer is offered as an incentive, but serves an additional purpose as well. Research has shown pedometer use is linked with increased activity. The theory is that by improving self-awareness, it boosts motivation and simplifies goal-setting.”

The new survey, like the earlier one in 2010, includes questions on dietary and physical activity habits, particularly important given the growing obesity epidemic in the U.S. Unfortunately Putnam County has not been immune to these trends. Other topics covered that are important to

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overall health are mood, depression, and substance use and abuse. All residents, 18 years or older, are eligible to participate and pedometers will be distributed to all who complete it (while supplies last). Residents can access the survey by visiting www.putnamcountyny.com and clicking on the “Take the Quiz” link for the Live Healthy Putnam online Health Survey. Once completed, the last page of the survey should be printed and brought to the Health Department to redeem a pedometer.

The results of the 2010 survey are also posted online. Simply type “nutrition” into the search box at the bottom of the County’s home page and “Nutrition and Physical Activity Survey Quiz Results” will be the top-returned result. *The Live Healthy Putnam* initiative was established in 2007 to reduce the incidence of chronic diseases such as diabetes and cardiovascular diseases and improve the health and well being of Putnam County residents.

The Health Department’s mission is to improve and protect the health of the county’s nearly 100,000 residents through prevention of illness and injury. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. 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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