



County of Rockland Department of Health NEWS RELEASE

Date: February 17, 2010
FOR IMMEDIATE RELEASE
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Health Department announces February is Cancer Prevention Month

Pomona, NY – The Rockland County Cancer Institute of the Rockland County Department of Health announces that February is Cancer Prevention Month.

“By following these five simple steps – don't smoke, be active, eat right, maintain a healthy weight, and get screened - you can significantly reduce your risk of cancer. There are many programs available right here in Rockland County that can help you do just that,” said Dr. Joan Facelle, Rockland County Commissioner of Health.

QUIT SMOKING:

- Put it Out Rockland is a free adult smoking cessation program open to Rockland County residents and employees. Participants can attend the 8-week group sessions or one-on-one sessions. Eligible participants receive free nicotine patches, gum, or lozenge. For more information, call (845) 364-2651 or visit www.putitoutrockland.com.

BE ACTIVE:

- The Walk It! Program at the Palisades Center is a mall-walking club brought to you by Good Samaritan Hospital, Palisades Center, and the Rockland County Department of Health Steps to a Healthier Rockland County program. Participants earn prizes for walking at the mall. Register at the Mall Customer Service, Level 1 or online at www.rocklandsteps.org.
- RC Walks is an 8-week, self-monitored walking program. In order to take the challenge, simply pledge to walk for 30 minutes at least 5 days a week. Participants receive a free pedometer. Call (845) 364-2500 for more information or to sign up.
- Trail Tracker is an incentive-based scavenger hunt that encourages Rockland residents to take a walk by exploring Rockland County parks. The best way to incorporate daily physical activity is by walking and that is what the RC Walks Trail Tracker Program is all about, as you explore our county's park system, win prizes, and have fun with family and friends! For more information or to register for this program, visit www.rocklandsteps.org.
- Winter Wonderland Physical Activity Challenge (1/23/10 – 3/23/10) is designed to help residents of all ages stay physically active during the winter months. Rockland residents will have several chances to earn prizes and be eligible for raffle drawings. Registration is free, however there is a fee associated with some of the program components. Register for the Challenge at www.rocklandsteps.org or at the Palisades Center Customer Service Desk on Level 1.

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EAT RIGHT:

- The Healthier Dining Restaurant Program is designed to empower residents to make healthier food selections when dining out at local restaurants. Ninety Rockland County restaurants currently participate by highlighting healthier food selections and allowing you to substitute for healthier choices. When dining out, look for the program decal on the door and labels on the menu and take a step towards a healthier you. Visit www.rocklandsteps.org.

MAINTAIN A HEALTHY WEIGHT:

- Lose to Win is an 8-week program developed by Nyack Hospital where participants learn to lose weight safely, make healthy food choices, and exercise correctly. For more information or to register for this program, call (845) 348-2589.

GET SCREENED:

There are many tests that can help detect cancer early when it's easier to treat and that can also detect abnormalities before they become cancer. Talk to your doctor about your own cancer risk, which screening tests are right for you, when you should get them and about other steps you can take to protect yourself.

- The Rockland Cancer Services Partnership program provides FREE breast, cervical and colorectal cancer screening tests and follow-up services to uninsured or under-insured County residents who meet eligibility requirements. For more information and appointments, call (845) 369-0742 EXT. 1

Steps to a Healthier Rockland County (www.RocklandSteps.org) is an initiative of the Rockland County Department of Health which helps Rocklanders live healthier, longer, and better lives by addressing three chronic disease related risk factors - physical inactivity, poor nutrition and tobacco use and exposure.

The Rockland County Cancer Institute offers education about cancer prevention and early detection, multi-lingual outreach into the community, and referrals to services in the County. For more information call (845) 364-3857 or visit www.RocklandCancerInfo.com.

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