



HEALTH BULLETIN

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Suffolk County Executive

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Commissioner

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Do you know that almost 1 in 10 teenagers reports being physically abused by a boyfriend or girlfriend in the last year?

Many others are sexually or emotionally abused by their dating partners. Unhealthy relationships can start early and last a lifetime. Yet many teens do not report abuse because they are afraid to tell friends and family. **February is National Teen Dating Violence Awareness & Prevention Month.** Parents and care givers can do much to prevent teen dating violence and abuse. One of the most important things you can do is keep the lines of communication open with your kids. Take some time this month to learn how you can make a difference:

- ✓ Be a role model - treat your kids and others with respect.
- ✓ Start talking to your kids about healthy relationships early - before they start dating.
- ✓ Get involved with efforts to prevent dating violence at your teen's school.
- ✓ Call the National Dating Abuse Helpline at 1-866-331-9474 or text "loveis" to 77054, if you are worried about your teen.

To find out more about how to prevent dating violence, visit

<http://www.cdc.gov/features/datingviolence/>

If you are a victim of dating or domestic violence, refer to the attached listing of services or visit www.suffolkcountyny.gov/Departments/CountyExecutive/FamilyViolence

♥ American Heart Month ♥

Heart disease is the leading cause of death for both men and women in the United States, and stroke is the third leading cause of death. In addition, heart disease and stroke result in serious illness and disability, decreased quality of life, and hundreds of billions of dollars in economic loss every year. Currently more than one in three adults live with one or more types of cardiovascular disease. Fortunately, it is preventable.

Risk factors for heart disease are physical inactivity, poor diet, tobacco use, high blood pressure, high cholesterol, overweight and diabetes.

Over time, risk factors cause changes in the heart and blood vessels that can lead to heart attacks, heart failure, and strokes. It is critical to address risk factors early in life to prevent the potentially devastating complications of chronic cardiovascular disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ♥ Watch your weight.
- ♥ Quit smoking and stay away from secondhand smoke.
- ♥ Control your cholesterol and blood pressure.
- ♥ If you drink alcohol, drink only in moderation.
- ♥ Get active and eat healthfully.

Suffolk County joins the American Heart Association on February 6, 2015 to celebrate National Wear Red Day and raise awareness in the fight against heart disease in women.

Task Force to Prevent Family Violence 2014-2015

If you are in danger, call 9-1-1. If you are experiencing domestic violence but are not in immediate danger, help is available.

(631) 360-3606 ASK FOR HOPE
(631) 666-8833 ASK FOR HOPE
(631) 329-2200 ASK FOR HOPE
(631) 395-1800 ASK FOR HOPE
(631) 329-2200 ASK FOR HOPE

Domestic violence agencies offering direct services:

- Suffolk County Coalition Against Domestic Violence "SCCADV"
631-666-7181
- Victims Information Bureau "VIBS"
631-360-3730
- The Retreat
631-329-4398
- Brighter Tomorrows, Inc.
631-395-1801
- Services for the Advancement of Women "SEPA Mujer, Inc."
631-650-2307
- Crime Victims Center at Parents for Megan's Law
631-689-267

Agencies on the task force that also provide domestic violence services

- Education and Assistance Corporation
631-439-0480
- Federal Employment Guidance Services, Inc.
516-496-7550
- HerStory
631-676-7395
- Long Island GLBT Services Network (Gay & Lesbian Youth)
631-665-2300