

5/1/18-ONEIDA AND HERKIMER COUNTIES NEED TO START EXERCISING AND CUT BACK ON THE PIZZA. THEY'RE RANKED AS THE 52ND AND 43RD HEALTHIEST COUNTIES IN NEW YORK ACCORDING TO A NEW REPORT. THE ANNUAL STUDY FROM THE ROBERT WOOD JOHNSON FOUNDATION LOOKS AT HEALTH FACTORS FROM DIET AND SMOKING TO AIR POLLUTION AND ACCESS TO MEDICAL CARE. ACCORDING TO THOSE FACTORS SARATOGA COUNTY IS THE HEALTHIEST PLACE IN THE STATE, WHILE THE BRONX IS THE WORST.

5/4/18-195-THOUSAND DOLLARS. THAT'S HOW MUCH IT COSTS THE AVERAGE SMOKER IN NEW YORK TO LIGHT UP. THE FIGURE COMES FROM A NEW STUDY BY WALLETHUB, WHICH FOUND THE EMPIRE STATE WAS THE MOST EXPENSIVE STATE IN THE NATION FOR SMOKERS. THE NEARLY 200-THOUSAND DOLLAR FIGURE IS BASED ON A PACK A DAY BETWEEN THE AGES OF 18 AND 69. BUT IT'S JUST A FRACTION OF THE 2-POINT-3 MILLION DOLLARS THE HABIT ENDS UP COSTING BOTH THE SMOKER AND THE STATE IN HEALTHCARE COSTS FOR CANCER, HEART DISEASE, AND STROKE.

5/21/18-FLU SEASON IS OFFICIALLY OVER. THE STATE DEPARTMENT OF HEALTH SAYS INFLUENZA INFECTIONS ARE NO LONGER PREVALENT IN NEW YORK. THAT'S THE OFFICIAL MEASURE OF HOW WIDESPREAD THE DISEASE IS. THE LAST TIME IT WASN'T PREVALENT WAS BACK IN DECEMBER. JUST OVER 400 PEOPLE TESTED POSITIVE FOR THE INFECTION LAST WEEK, A MAJOR TURNAROUND FROM THE THOUSANDS OF CASES REPORTED EVERY WEEK EARLIER THIS YEAR. NOW THE HEALTH DEPARTMENT HAS A FEW MONTHS TO GET READY FOR NEXT YEAR'S FLU SEASON.

5/22/18-OVER 700-THOUSAND MORE NEW YORKERS HAVE SIGNED UP FOR COVERAGE THROUGH THE STATE'S HEALTH INSURANCE EXCHANGE. THAT'S ACCORDING TO THE STATE DEPARTMENT OF HEALTH. THIS YEAR'S FIGURES SHOW ONE OF THE BIGGEST ENROLLMENT SPIKES SINCE THE EXCHANGE OPENED. ONEIDA COUNTY SAW THE BIGGEST INCREASE IN THE STATE, WITH A WHOPPING 47 PERCENT INCREASE IN THE NUMBER OF PEOPLE SEEKING COVERAGE. HERKIMER COUNTY WASN'T FAR BEHIND WITH A 39 PERCENT JUMP. MOST OF THOSE ENROLLEES WILL QUALIFY FOR MEDICAID COVERAGE