

9/4/18-MAKE SURE YOUR CHILDREN HAVE A COMPLETE VACCINATION RECORD. THAT'S THE MESSAGE FROM STATE OFFICIALS. ALL STUDENTS ARE REQUIRED TO HAVE THEIR VACCINATIONS ON FILE ACCORDING TO RULES FROM THE NEW YORK DEPARTMENT OF HEALTH. THE MANDATE WILL IMPACT MOSTLY NEW STUDENTS ENTERING KINDERGARTEN. PREVIOUSLY, THEY WERE ABLE TO ATTEND CLASSES WITHOUT HAVING COMPLETED A FULL CHILDHOOD VACCINATION SCHEDULE. NOW ANY STUDENT WITHOUT THE REQUIRED SHOTS WILL HAVE TO SCHEDULE THEM TO CONTINUE ATTENDING SCHOOL.

9/17/18-LOCAL HEALTH OFFICIALS ARE ONCE AGAIN ENCOURAGING RESIDENTS TO GET A FLU VACCINATION. AT THE SAME TIME, IT LOOKS LIKE THIS YEAR COULD BE A RELATIVELY MILD SEASON. LAST YEAR THE UTICA ROME AREA WAS POUNDED BY TWO WAVES OF FLU INFECTIONS. IN RESPONSE LOCAL HOSPITALS RESTRICTED VISITATIONS TO HELP PROTECT VULNERABLE PATIENTS FROM SECONDARY INFECTIONS. OFFICIALS SAY EARLY VACCINATIONS ARE IMPORTANT FOR YOUNG CHILDREN, THE ELDERLY, AND PREGNANT WOMEN, AND MOST INSURANCE PLANS FULLY COVER THE SHOTS. VACCINATIONS ARE AVAILABLE AT MOST DRUGSTORES AND CLINICS RUN BY YOUR COUNTY HEALTH DEPARTMENT.

9/18/18-THE GOOD NEWS IS THAT NEW YORK HAS ONE OF THE LOWEST OBESITY RATES IN THE NATION. THE BAD NEWS IS THAT ONE IN FOUR RESIDENTS ARE STILL OBESE. THAT'S ACCORDING TO A NEW REPORT FROM THE TRUST FOR AMERICA'S HEALTH. IT RANKED NEW YORK 45TH IN THE NATION FOR OBESITY. COLORADO HAD THE HEALTHIEST POPULATION, WITH AN OBESITY RATE OF 22.6 PERCENT, WHILE WEST VIRGINIA TOPPED THE CHARTS AT A WHOPPING 38.1 PERCENT. THE FULL REPORT IS AVAILABLE AT [STATE OF OBESITY DOT ORG](http://STATEOFOBESITY.DOT.ORG).