



**Cayuga County Health and Human Services**  
160 Genesee Street  
Auburn, NY 13021

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**Contact: Deanna Hoey, Public Health Educator**  
**Phone: 315-253-1458**  
**Fax: 315-253-1156**

**Kim Abate, Senior Public Health Educator**  
**Phone: 315- 253-5709**  
**Fax: 315-253-1156**

## **County Health Rankings Released**

Today, the Robert Wood Johnson Foundation along with the University of Wisconsin released the 2011 County Health Rankings. These Rankings show where we live, learn, work and play influence how healthy we are and how long we live.

The County Health Rankings show how Cayuga County ranks on factors that influence its overall health ranking. Factors including: health insurance status, levels of education and income, access to healthier, more nutritious foods; and access to smoke-free air to breathe were all taken into account when determining health rankings.

The Rankings indicate that Cayuga County has shown improvements since rankings came out last year in areas such as healthy behaviors and access to clinical care. Factors influencing healthy behaviors include: smoking, diet and exercise, alcohol use and risky sex behavior. We can credit local community agencies for improvements in such areas as their focus remains dedicated to improving the overall health of the community. Although we have made improvements in these areas, we are currently ranked in the lower half of the 62 counties in New York State. Two areas that we need to significantly improve upon are social and economic factors as well physical environment. We are not surprised to see that we need improvement in the social and economic factors as the downturn of the economy has impacted everyone.

We already are making significant strides to improve the physical environment of Cayuga County through the Creating Healthy Places to Live, Work and Play grant that was recently awarded to the Cayuga County Health Department. The focus of this five year

grant is to increase people's access to healthier foods and create safer environments for physical activity.

The purpose of the County Health Rankings is to show health officials, government representatives and the community where each county stands compared to others. The Rankings illustrate to health officials where focus needs to be directed in order to improve overall health.

The Health Department's mission is to promote and protect the health and well-being of the individuals, families and the community we serve. We look forward to the continuing our on-going collaborations with community organizations to further our efforts in improving the health of our community.

For more information or to see where Cayuga County ranks please visit the Cayuga County Health Department Web site: <http://co.cayuga.ny.us/hhs/doh/index.htm>

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