



Suicide Prevention Awareness Month: Hope, Connection, and Support

September is Suicide Prevention Awareness Month, a time to raise awareness, promote hope, and remind people that asking for help is a sign of strength. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), suicide is preventable, and healing is possible after a crisis or suicide loss.

We All Have a Role to Play

Suicide can affect individuals, families, and entire communities. During Suicide Prevention Awareness Month, we can help by learning about suicide, recognizing warning signs, and creating opportunities for open and compassionate conversations. Sometimes, simply letting someone know that you care can make a meaningful difference. If you are concerned about someone, listen without judgment, encourage them to seek support, and help connect them with appropriate resources. SAMHSA emphasizes that everyone has a role in suicide prevention.

Know Where to Turn for Help

If you or someone you know is experiencing a mental health crisis, suicidal thoughts, or emotional distress, help is available 24 hours a day, 7 days a week. Call or text 988 to reach the 988 Suicide & Crisis Lifeline and connect with a trained crisis counselor. You can also use the online chat through the 988 Lifeline.

Remember: You are not alone, and support is available.

This September, let's work together to reduce stigma, encourage conversations about mental health, strengthen connections, and share messages of hope. A caring conversation today could make a difference in someone's life.

Learn more: [SAMHSA Suicide Prevention Awareness Month Resources](#)



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Child Passenger Safety Week

September 20-26, 2026



Child Passenger Safety Week is a great time to remind parents and caregivers that children are best protected in a crash when they are correctly buckled in the right seat for their age and size.

Car seats and booster seats have height and weight limits. To maximize safety, children should stay in each seat until they outgrow either of those limits. The safest place for all children under 13 is the back seat, as frontal air bags are designed for adult passengers.

Vehicle crashes are a leading cause of death for children, and research from NHTSA shows that 46% of car seats are misused. Common issues include children being in the wrong types of car seats for their age and size, and car seats being installed incorrectly – both of which leave children vulnerable to injury in a crash. Every day in 2024, two children 14 years old and younger were killed in traffic crashes and another 349 were injured in traffic crashes while riding in passenger vehicles.

Keeping a child in the right seat for their age and size can make all the difference in a crash. Of the child passengers killed in crashes in 2024, more than a third (39%) were unrestrained. Car seats have been shown to reduce fatal injury by 71% for infants under 1 year old and by 54% for toddlers 1 to 4 years old in passenger cars.

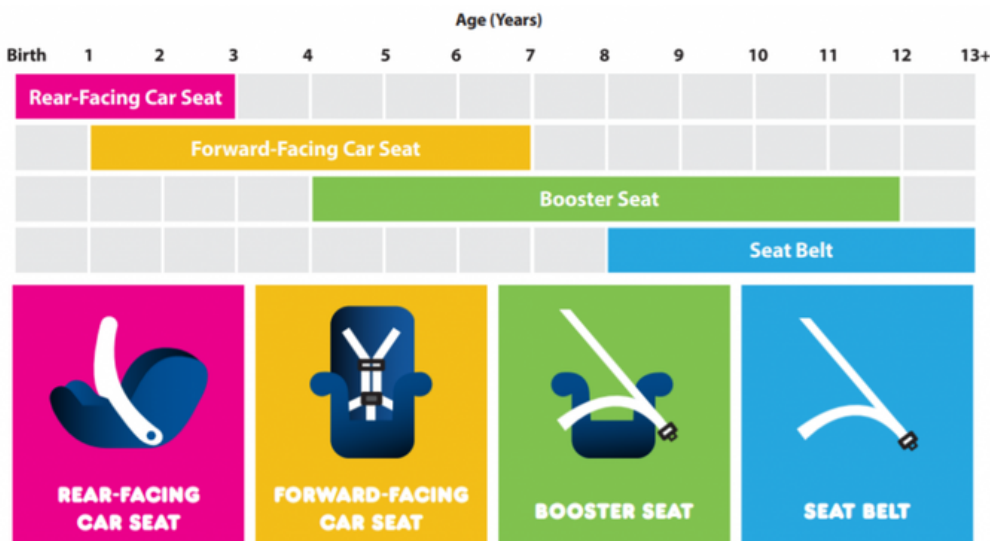
Infants have the highest rate of restraint use among children who survived fatal crashes in 2024: For those 1 year old and under, 97% of those children were buckled. Once a child outgrows a rear-facing car seat, he or she is ready for a forward-facing car seat with a harness. Only after reaching the maximum height or weight limits of a forward-facing car seat – which takes longer than most parents think – a child should be buckled in a booster seat until large enough to fit in an adult seat belt correctly.

Booster seats are a critical step between harnessed car seats and adult seat belts. If the seat belt doesn't fit a child correctly, it won't offer them the optimal protection in a crash. In 2024, the number of children killed in passenger vehicle crashes was highest for children ages 8 to 12. Once a child is ready to use a seat belt, parents should ensure that it fits correctly – that the seat belt lies across the upper thighs and is snug across the shoulder and chest, away from the face and neck.

Warren County Health Services is always available to help the community with car seat resources. Public Health provides free car seat installation checks for all. Warren County is able to provide safe and appropriately sized car seats to residents of Warren County who meet the distribution criteria.

Contact one of our certified Child Passenger Safety Technicians at 518-761-6580.

For more information on child passenger safety, go to [NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat).



National Childhood Obesity Month

About 1 in 5 American children have obesity. Compared to children with healthy weight, children with obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, high blood pressure, and mental health concerns like depression and anxiety.

Children with obesity are more likely to have obesity as adults. Adults with obesity have higher risks for stroke, many types of cancer, heart disease, type 2 diabetes, premature death and mental health issues.

Factors that influence obesity include genes, eating patterns, physical activity levels, access to health care, and sleep routines. Also, conditions where we live, learn, work, and play affect access to healthy food and safe places to be physically active.

Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

What Families Can Do

- **Model a healthy eating pattern:** Adopting healthy eating patterns as a family can help children grow and maintain a healthy weight as they age. Eat real food including a variety of protein, dairy (without added sugars), vegetables, fruits, healthy fats, and whole grains.
- **Move more as a family:** Help your children move more by being active as a family. Walking the family pet, riding bikes, having races in the yard, all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.
- **Set simple routines for sleep:** Healthy sleep patterns improve attention and behavior and can help to prevent type 2 diabetes, obesity, and injuries. Good sleep helps improve mood and memory and is essential for our emotional well-being. Children who don't get enough sleep are at risk for unhealthy weight gain.
- **Replace screen time with family time:** too much screen time can lead to poor sleep, weight gain, and poor mental health. Turning off screens an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep.

For more information and resources about childhood obesity visit www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx



Fruit & Vegetables- More Matters!

Why eat more fruits and veggies?

- To stay strong and active. Healthy foods like fruits and veggies have the vitamins, minerals, and nutrients your body needs.
- To lower your health risks. Eating a healthy diet with lots of fruits and veggies can help you lower your risk for chronic health conditions like heart disease and type 2 diabetes.
- To manage your weight. Eating healthy and getting physically active can help you stay at a healthy weight.
- To set a positive example. If you have children, how you eat can impact their food choices for years to come. Set them up for success!

High Protein Fruits & Vegetables

(Ranked in order of amount of protein per cup)

Vegetables

1. Green Peas – 1 cup: 8.6 g protein
2. Spinach – 1 cup: 5.2 g protein
3. Artichokes – 1 cup: 4.8 g protein
4. Sweet Corn – 1 cup: 4.7 g protein
5. Avocado – 1 cup: 4.6 g protein
6. Asparagus – 1 cup: 4.3 g protein
7. Brussels Sprouts – 1 cup: 4 g protein
8. Mushrooms – 1 cup: 4 g protein
9. Kale – 1 cup: 3.5 g protein
10. Potatoes – 1 cup: 3 g protein

Fruits

1. Guava – 1 cup: 4.2 g protein
2. Avocado – 1 cup: 3 g protein
3. Apricots – 1 cup: 2.2 g protein
4. Kiwi – 1 cup: 2.1 g protein
5. Blackberries – 1 cup: 2 g protein
6. Oranges – 1 cup: 1.7 g protein
7. Bananas – 1 cup: 1.6 g protein
8. Cantaloupes – 1 cup: 1.5 g protein
9. Raspberries – 1 cup: 1.5 g protein
10. Peaches – 1 cup: 1.4 g protein

Tips to get more fruits & veggies in your life

- Try a new veggie recipe – try the recipe with a new vegetable.
- Keep a bowl of fruit handy where the entire family can see it.
- Cut up fruits and veggies to grab and eat on the go.
- Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
- Sauté veggies with olive oil and add your favorite spices. Dunk them in your favorite low-fat dressing, hummus or low-fat dip.
- Throw baby carrots or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
- Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.

Healthy Aging Month

September is Healthy Aging Month, a great time to focus on the positive aspects of growing older and the small steps we can take to stay healthy, active, and engaged.

Healthy aging is about more than just preventing illness. It includes taking care of your physical health, staying connected with others, keeping your mind active, and finding activities that bring you joy and purpose.

Here are a few simple ways to support healthy aging:

- Stay active: Regular walking, stretching, or other physical activity can help maintain strength, balance, and energy.
- Eat well: Choose a variety of fruits, vegetables, whole grains, lean proteins, and plenty of water.
- Keep your mind active: Read, learn something new, work on puzzles, or try a new hobby.
- Stay connected: Spend time with family, friends, neighbors, or community groups. Social connections can support overall well-being.
- Keep up with health care: Schedule regular checkups and screenings, and talk with your health care provider about any concerns.
- Make time for yourself: Getting enough rest and enjoying activities you love are important parts of a healthy lifestyle.

Remember: Healthy aging doesn't require making big changes all at once. Small, consistent steps can make a meaningful difference. This month, choose one healthy habit to start—or one you would like to continue—and celebrate the progress you make!

Rabies Clinics

Warren County Public Health is holding 6 rabies vaccination clinics in 2026. Both initial and booster rabies vaccinations will be given. A \$10 donation is requested for each pet, but no one is turned away due to financial hardship.

This year, pre-registration will be required - no walk ins. Go to <https://www.warrencountyny.gov/healthservices>.

Registration will only be open during registration dates. Call Warren County Public Health at 518-761-6580 with questions and help registering.

Remaining 2026 Clinics

September 26th 10am-Noon
Queensbury Community Center
742 Bay Rd
Registration dates: 9/16/26-9/23/26

October 17th 10am-Noon
Queensbury Community Center
742 Bay Rd
Registration dates: 10/7/26-10/14/26





Ovarian Cancer Awareness: Know the Signs



September is Ovarian Cancer Awareness Month, a time to raise awareness about ovarian cancer and the importance of recognizing its possible signs and symptoms.

Ovarian cancer can affect women of all ages, and its symptoms may be easy to overlook because they can be similar to common digestive or menstrual concerns. Possible symptoms include bloating, pelvic or abdominal pain, feeling full quickly, changes in bowel or bladder habits, and unusual fatigue. When these symptoms are new, persistent, or unusual for you, it is important to talk with a healthcare professional.

There is currently no reliable routine screening test for ovarian cancer for women at average risk. Knowing your body and paying attention to changes can help you recognize when it may be time to seek medical advice.

Risk can be influenced by factors such as age, family history, and certain inherited genetic changes. If ovarian or related cancers run in your family, talk with your healthcare provider about your personal risk and whether genetic counseling may be appropriate.

Awareness can make a difference. Learn the signs, know your family history, and don't hesitate to speak with a healthcare professional about symptoms or concerns.



Prostate Health & Cancer



The prostate is a small gland that helps make the fluid part of semen. It's found just below the bladder. The prostate is part of the male reproductive system.

Prostate cancer is one of the most common types of cancer. Prostate cancer is usually found early, and it often grows slowly. Most people with prostate cancer are cured. Individuals diagnosed with prostate cancer often have many different treatment options to choose from. Treatment decisions should be made in consultation with your doctor.

Prostate cancer, especially in the early stages often does not have symptoms. When symptoms do occur they often include blood in the urine, blood in semen, increased need to urinate, and trouble urinating.

As the disease progresses symptoms can include accidental leaking of urine, back pain, bone pain, weight loss, weakness in the arms or legs and feeling very tired. Make an appointment with your doctor if these symptoms occur or something doesn't seem quite right.

There is no clear cause of prostate cancer but there are some things you can do to reduce your risk

- Choose a healthy diet with lots of fruits and vegetables, stay active and exercise most days, maintain a healthy weight, don't smoke and if you do smoke quit.

Get regular check-ups with your doctor and share any changes you are experiencing with your urine including how much and how often you need to urinate and any other changes that might be concerning. Visit the [Mayo Clinic, Prostate Cancer](#) page for more information.

Back-to-School: Stay Healthy and Avoid Getting Sick

As children head back to school, they are spending more time around classmates, teachers, and friends—which can make it easier for germs to spread. A few simple healthy habits can help keep everyone feeling their best throughout the school year.

Wash your hands often. Encourage children to wash their hands with soap and water for at least 20 seconds, especially before eating and after using the restroom, coughing, sneezing, or playing outside.

Cover coughs and sneezes. Use a tissue or cough and sneeze into the inside of your elbow. Remember to throw used tissues away and wash your hands afterward.

Stay home when sick. If your child is feeling unwell, keeping them home can help them recover and prevent spreading illness to classmates and teachers.

Get enough sleep. A regular bedtime routine and plenty of sleep can help children stay healthy, focused, and ready to learn.

Eat healthy foods and stay hydrated. Nutritious meals, snacks, and plenty of water help support overall health and energy.

Keep vaccinations up to date. Talk with your child's healthcare provider to make sure recommended vaccinations are current.

With these simple steps, families can help make the back-to-school season a healthy and successful one!



AUGUST PROGRAM SPOTLIGHT

Stream Clean-Up at Hovey Pond Park



Health Education staff was on hand at Hovey Pond Park with Warren County representatives, Warren County Soil and Water Conservation District, and Queensbury Recreation to hand out tick removal kits and talk tick illnesses during Friday's Hovey Pond/Warren County Bikeway cleanup.

Naloxone Distribution Day



Health Education staff partnered with Alliance for Positive Health, Fidelis, and Hope & Healing to spend the day providing naloxone kits and education to our local community members.

Teddy Bear Picnic



Public Health staff attended Crandall Library's annual Teddy Bear Picnic to encourage healthy habits including nutrition, car seat safety, and positive interactions with pediatricians!

Breastfeeding Awareness Walk



WIC and Health Education Staff raised awareness on the benefits of breastfeeding at their annual walk in Glens Falls.

SEPTEMBER EVENTS

**September
1st
1pm-2pm**

Fall Prevention The Conkling Center

Preregistration Required. Contact: Tricia Golden- Program Manager
tgolden@theconklingcenter.org or 518-793-1494

Fall Prevention Queensbury Senior Center

Open to the Public! Call 518-761-8224 for more information

**September
16th
11am-12pm**

**September
18th
4pm-5pm**

Family Emergency Preparedness Hillview Library

Open to the Public! Call 518-668-3012 for additional information.

OFA Senior Fall Festival North Creek Ski Bowl Town Park

Tickets: \$5. Can be purchased in house at OFA or at your local meal site. RSVP by September 4th. Call 518-761-6347 for more information.

**September
24th
10am-1pm**

**September
26th
10am-12pm**

Rabies Clinic Queensbury Community Center

Registration required, visit <https://www.warrencountyny.gov/healthservices>
Registration dates: 9/16/26-9/23/26

For more information about any of these events, visit our website or facebook, or call 518-761-6580.