

To Your Health: July 2018



"Seal a Smile" Hits Record Breaking Numbers at Local Schools



Whitney Young Health and the [Healthy Capital District Initiative's](#) collaborative dental program "[Seal a Smile.](#)" provides school-based preventive dental services such as screenings, cleanings, fluoride, and sealants.

This year we provided dental care to more students and more schools than ever before at record breaking numbers. 3,564 students over 51 schools were seen during the 2017-2018 school year, up 311 students and 4 schools compared to last year.

Whitney Young Health Blood Pressure Control Program Featured in NACHC Video

In 2017, the [National Association of Community Health Centers \(NACHC\)](#) was awarded funding to bring Self-Measured Blood Pressuring Programs into 9 community health centers, which included Whitney Young Health.

This program allows our patients, like D'Angelo to learn what their blood pressure is, and how to monitor and manage it every day so that they are more in control of their health.

Check out the video [here](#).

Whitney Young Health's Dietitian and Nursing Staff Host Healthy Eating Camp for Kids



Molly Ward, RD, CDN, CDE, WYH's Registered Dietitian and Nutritionist, along with our Nursing staff hosted the first ever "Whitney Wellness Warriors Kids Kamp," at our Albany Health Center. the kids got to sampled vegetables they've never tried before while the mom's learned how to make delicious afternoon snacks using the vegetables as well.

At the end of the session, everyone gathered around for a quick exercise lesson thanks to

Deshaya, our Volunteer Program Manager. Stay tuned for more "kamp" sessions throughout the summer!

Local University Students Take Tour of Albany Health Center



Students from [Union College](#) and the National Health Systems went on a tour of our Albany Health Center where they saw day-to-day operations at WYH and talked to providers in Pediatrics, Behavioral Health and CPTS about their specialties.



[University at Albany's School of Public Health](#), along with students from Costa Rica, took a tour of our Albany Health Center and learned about the U.S. health system from a Federally Qualified Health Center's perspective.



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