



SCHOOL NURSE *Newsletter*

CDC Youth Report

The CDC recently published their *Youth Risk Behaviors Survey Data Summary & Trends Report for Dietary, Physical Activity, and Sleep Behaviors: 2013-2023*.

This report provides the most recent surveillance data, the 10-year trends, and 2-year changes in health behaviors and experiences among high school students in the US.

For the full report, including more detailed findings, visit the [CDC's website](#).

HERE ARE SOME KEY FINDINGS IN 2023:

Dietary Behaviors

Just over half of high school students **ate fruit daily, ate vegetables daily, and drank plain water at least 3 times per day.**



Less than 1/3 did not drink soda and less than half of students did not drink sports drinks.



About **1 in 4** high school students ate breakfast daily.



Male high school students were more likely than female students to eat fruit daily, eat breakfast daily, and drink plain water at least 3 times per day.



Physical Activity Behaviors

About **1 in 4** students were physically active for at least 60 minutes daily.



Just over half of high school students played on a sports team.

About **1 in 4** attended a physical education class daily.



About **1 in 6** met federal guidelines for both aerobic physical activity and muscle-strengthening activity.

About **1 in 4** got at least 8 hours of sleep on an average school night.



Save The Date:

**Wednesday,
June 11, 2025,
from 8 AM to 5 PM**

*SUNY Fredonia
Campus*

2025

**HOPE AND
HEALING
CONFERENCE**

of Western New York



This full-day event, celebrating its 10th anniversary, promises to be a milestone gathering of change makers, professionals, and community members as we explore vital topics in mental health, substance use prevention, treatment and recovery, and overall wellness.

MOBILE HEALTH

The Mobile Health Clinic is ready for another season! Our walk-in clinics will be held throughout the county!

FREE:

- **Immunizations**
Call 716-753-4491 for an appointment. Immunizations are free to those who qualify.
- **Narcan & Fentanyl Test Strips**
- **STD Education**
- **Condoms**
- **Breastfeeding Support**
- **Child Development Screenings**
- **Blood Pressure Screenings**

and other Health Department program information



**View our
Mobile Clinic
calendar [HERE](#)**



May is Mental Health Awareness Month

The **Chautauqua County Department of Mental Hygiene** has everything you need to help celebrate Mental Health Awareness Month. This year, the theme is **“Small Steps. Big Impact.”** Mental health matters and every small step can create a big impact. During this month, the focus is on breaking the stigma, fostering open conversations, and encouraging simple yet meaningful actions that support well-being. Whether it’s practicing self-care, reaching out to a friend, or educating each other on mental health, these small steps add up to creating a healthier, more supportive community.

Mental Hygiene has created a Toolkit filled with resources to help spread awareness and spark conversations. **What’s in the Toolkit?**

- **Art Contest Information**
- **Two Intro Videos**
- **Educator Tips**
- **Social Media Toolkit**
- **#MentalHealthRocksCHQ Campaign**
- **Spirit Week**
- **Monthly Calendar**

[Access the Toolkit Here](#)



Mental Hygiene Services
716-753-4104



E-cigarettes

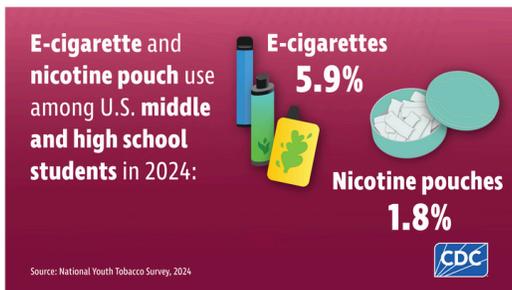
E-cigarettes are the most commonly used tobacco product among U.S. youth. No tobacco products, including e-cigarettes, are safe, especially for children, teens and young adults.



Use the term **e-cigarettes** and **aerosol** when discussing these products. The tobacco industry uses the term **vape** or **vapor** to cut the tie between traditional tobacco products.

CDC findings

- In 2024, e-cigarettes were the most commonly used tobacco product among middle and high school students in the U.S.
- Most youth who vape want to quit and have tried to quit.
- Most tobacco use, including e-cigarettes, starts and is established during adolescence.
- More female than male students reported e-cigarette use.
- Current use of e-cigarettes varies by race and ethnicity.
- Many young people who use e-cigarettes also use other tobacco products, including cigarettes and cigars.



We have a supply of 11x17 posters developed by the NYSDOH to promote *This is Quitting*, a free, confidential text-message service. Please let us know if you would like some to post at your school.

[EMAIL US](#)

Why do youth use e-cigarettes?

Widespread advertising in retail settings, and on the internet, television, streaming services, and movies has contributed to e-cigarette use. Some e-cigarettes also cost less than regular cigarettes.

Advertising



Flavors



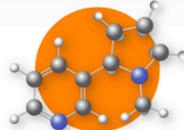
Most U.S. middle and high school students who use e-cigarettes use flavored products. They come in a variety of youth-friendly flavors, including fruit, candy, and mint.

The most common reasons U.S. middle and high school students give for trying an e-cigarette is that they were curious, or because a friend or family member used them.

Social influences



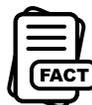
Nicotine



Nicotine is the main addictive substance in e-cigarettes. Young people can start showing signs a nicotine addiction quickly, sometimes before the start of regular or daily use. Because the adolescent brain is still developing, it is uniquely susceptible to nicotine.

EMPOWER Vape-Free YOUTH™

This campaign encourages middle and high school educators to speak with students about the risks of e-cigarettes and nicotine addiction.



[Fact sheets for educators](#)



[Quitting and coping videos](#)



[Conversation cards](#)



[Additional resources](#)

Rabies

The Environmental Division of the Chautauque County Health Department is charged with the prevention of human cases of rabies in Chautauque County. This includes promoting pet rabies vaccinations, investigating potential rabies exposures (animal bites & scratches) that are reported to the Department, and submitting certain animal specimens to the NYS Department of Health Wadsworth Laboratory for rabies testing.

Animal bites are managed in Chautauque County by following the protocol for reporting, advising, investigating, and consulting medical professionals. **All animal bites are required by law to be reported to the Chautauque County Health Department as soon as possible.** Any exposure involving wild animals or animals suspected of having rabies requires immediate reporting and follow up.

**It is important to note that if a person wakes up to a bat in an area where they have been sleeping, or a bat is located in a room with an infant or someone unable to communicate, they should contact the Health Department immediately for guidance. Bat bites or scratches can happen without knowledge when a person is sleeping.*

For more information regarding rabies, please visit healthyhq.com.

Guidance for exposure and bites:

Domestic Animal



Wild/Feral Animal



Bat



Wash all wounds thoroughly with soap and water and seek medical attention immediately.



Contact the Chautauque County Health Department for guidance and/or to submit an exposure form at 716-753-4481.



Is animal available for testing?

Yes, submit animal for testing and await further guidance regarding a rabies post exposure vaccine.



No, exposed individual should receive rabies post exposure vaccine.

Measles Update

As of **May 2nd, 2025**, a total of **935** confirmed measles cases have been reported by 30 jurisdictions in the U.S. 13% of confirmed cases were hospitalized, with 3 confirmed deaths.

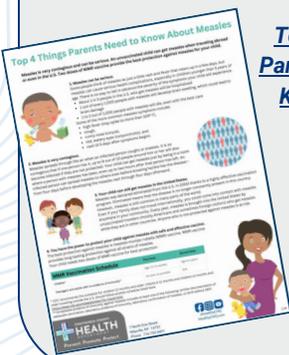
Confirmed Measle Cases

U.S.	N.Y.S.	Chaut. Co.
935	4	0

There have been 12 outbreaks (defined as 3 or more related cases) reported in 2025, and 93% of cases (869 of 935) are outbreak-associated.

For more information on measles, including up to date reporting, and yearly comparisons, visit the CDC's website.

Top 4 Things Parents Need to Know About Measles




We look back 100 years when the County hired its first Public Health Nurse!

Visit HealthyCHO.com for the full series of articles.

100 years of PUBLIC HEALTH NURSING



Bubble Play

Not only is **BUBBLE PLAY** an easy way to have fun with children, it's also a fun way to work on a host of developmental skills, such as:



Tuberculosis

The Chautauque County Health Department is keeping a close eye on confirmed active tuberculosis cases across the U.S.

What you need to know about tuberculosis:

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine.

Not everyone infected with TB germs becomes sick. As a result, two TB-related conditions exist: latent TB infection (or inactive TB) and TB disease. If not treated properly, TB disease can be fatal.

CDC recommends that people that are at increased risk should be tested for TB.

Click for more information:

[Active TB vs. Inactive TB](#)

[Signs & Symptoms](#)

[How it Spreads](#)

[Prevention & Testing](#)

[Treatment](#)



We are proud to announce the 60th anniversary of the formation of the Chautauqua County Health Department (CCHD)!

Upon the recommendation of a special study committee formed in 1960, the County Board of Supervisors voted to establish a County Health District in August of 1964. The Board of Supervisors named a nine member Board of Health to supervise the operations of the newly created Department of Health which officially began operations on January 1, 1965.

Today, the CCHD employs a staff of fifty-two people to manage NYSDOH mandated environmental and community health services attending to the health needs of county residents.

Visit [HealthyCHQ](#) for the full story and other related articles.

Safety Classes



Chautauqua Safety Village offers a variety of classes for students. Certain classes are offered to area schools and community groups, while other are offered to individuals.

- Fire Safety** (all ages)
- Traffic, Bike & Pedestrian Safety** (all ages)
- First Aid** (ages 9-13)
- Home Alone Virtual** (3rd - 8th Graders)
- In-School Education** (ages 11+)
- Heartsaver® Class** (ages 12+)
- Babysitter Course** (ages 12+)
- Distracted Driving** (ages 16+/Junior & Seniors)

More from [Chautauqua Safety Village](#)

CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.



Eating Disorders

What are Eating Disorders?

Eating disorders are serious, but treatable, mental and physical illnesses that can affect people of all ages and genders. There is no single cause of an eating disorder and the risk/impacts of any eating disorder can be severe and may lead to long-term health problems if not diagnosed and appropriately treated.

Types of Eating Disorders:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Other Specified Feeding or Eating Disorders (OSFED)
- Rumination Disorder



- Pica
- Unspecified Feeding or Eating Disorder (UFED)

Warning Signs of Eating Disorders in a School Setting

Eating disorders can have profound effects on cognitive and emotional functioning and may have a negative impact on student behavior and school performance. Eating disorders can decrease the ability to concentrate and focus, make students less active and more apathetic, and lead them to be withdrawn, and engage in fewer social interactions. They can also impair the immune system and make students more vulnerable to illnesses.

There are signs and symptoms that could indicate a student is at risk, however not every person with an eating disorder will experience all or any of these symptoms—only an expert can diagnose.

Signs & Symptoms



Educator Toolkit

The National Eating Disorders Association has developed Educator and Parent Toolkits that provide eating disorder common myths, impacts, school strategies, tips for school nurses, and much more!

Parent Toolkit

PLEASE SHARE THE:

QUICK TIPS *for parents*

In this issue, parents will receive tips on how to talk to their kids about the harms of e-cigarettes, information on rabies prevention and exposure guidance, as well as food safety tips this summer!

[Download and Share](#)

We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.



LHDSchoolSupport@chqgov.com



716-753-4491