



City Health Information

UPDATED
AND REVISED

June 2004

The New York City Department of Health and Mental Hygiene

Vol. 23(3):11-18

10 STEPS to a LONGER and HEALTHIER LIFE More Information for Providers



1. HAVE A REGULAR DOCTOR OR OTHER HEALTH CARE PROVIDER

- Information on public insurance programs:
www.nyc.gov/html/doh/html/hca/plus2.shtml

2. BE TOBACCO-FREE

- Treating nicotine addiction: www.nyc.gov/html/doh/downloads/pdf/chi/chi21-6.pdf

3. KEEP YOUR HEART HEALTHY

- Clinical guidelines for blood pressure control:
www.nhlbi.nih.gov/guidelines/hypertension/index.htm
- Clinical guidelines for cholesterol control:
www.nhlbi.nih.gov/guidelines/cholesterol/index.htm
- Clinical guidelines for diabetes: www.nyc.gov/html/doh/downloads/pdf/chi/chi22-3.pdf

4. KNOW YOUR HIV STATUS

- The Department's public STD clinics:
www.nyc.gov/html/doh/html/std/std2.shtml
- A list of syringe exchange programs:
www.harmreduction.org/resources/usnep/newyork/hours.html

5. GET HELP FOR DEPRESSION

- 9-item, self-administered PHQ-9 screen for depression: www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/questionnaire
- A clinical guide for the recognition and treatment of depression: www.nyc.gov/html/doh/downloads/pdf/chi/chi23-1.pdf

6. LIVE FREE OF DEPENDENCE ON ALCOHOL AND DRUGS

- Brief counseling for alcohol dependence:
www.niaaa.nih.gov/publications/aa43.htm

- Becoming a certified buprenorphine provider:
http://buprenorphine.samhsa.gov/bwns/waiver_qualifications.html
- Alcoholics Anonymous: www.nyintergroup.org

7. GET CHECKED FOR CANCER

- Colon cancer screening: www.nyc.gov/html/doh/html/cancer/cancercolon_actionkit.shtml
- Cervical cancer screening: www.ahcpr.gov/clinic/uspstf/uspsscerv.htm
- Mammography screening:
www.ahcpr.gov/clinic/uspstf/uspสบra.htm

8. GET THE IMMUNIZATIONS YOU NEED

- Immunization information for providers:
www.nyc.gov/html/doh/html/imm/immpinfo.shtml

9. MAKE YOUR HOME SAFE AND HEALTHY

Domestic Violence

- Recognizing and treating victims of domestic violence (brief guidelines from the American Medical Association): www.opdv.state.ny.us/health_humsvc/health/deskref.html

Lead Poisoning

- Legally mandated childhood blood lead screening, risk assessment, and risk reduction education:
www.nyc.gov/html/doh/downloads/pdf/chi/chi23-5.pdf

10. HAVE A HEALTHY BABY

- Folic acid:
www.cdc.gov/doc.do/id/0900f3ec800523d6
- Contraception, including emergency contraception:
www.nyc.gov/html/doh/html/ms/ms6.shtml