



NEW YORK CITY HEALTH DEPARTMENT SERVICES

Union Square

Subway

UNION SQUARE

UNION SQUARE



PROMOTING AND PROTECTING
**THE HEALTH OF
ALL NEW YORKERS**

Our health is determined by where we live, grow, work and play. Many factors, including discriminatory policies and limited resources, cause some neighborhoods to have worse health outcomes than others.

The Health Department is committed to narrowing the gap in health outcomes by promoting racial equity and social justice through its policies and programs. Central to these efforts, we provide services at low- to no-cost and in multiple languages, regardless of your financial or immigration status.



This booklet is divided into four categories that reflect the major goals of our work. They are based on **Take Care New York 2020 (TCNY 2020)**, the Health Department's blueprint for giving everyone the chance to live a healthier life.

Visit nyc.gov/health or call 311 to learn about **TCNY 2020** or for more information about other Health Department services.

Promote Healthy Childhoods

- Nurse-Family Partnership
- Newborn Home Visiting Program
- Early Intervention
- Child Care Inspections

Create Healthier Neighborhoods

- Healthy Homes
- Responsible Pet Ownership
- Food Safety
- Neighborhood Health Action Centers

Support Healthy Living

- Health Bulletins
- Healthy Eating and Active Living
- Tobacco Control
- Disease Control

Increase Access to Quality Care

- Health Insurance Enrollment Services
- Confidential Clinics
- Chronic Disease Prevention
- Mental Health
- Records



PROMOTE HEALTHY CHILDHOODS

We are committed to supporting the healthy development of our youngest New Yorkers.

Nurse-Family Partnership

Nurse-Family Partnership is a home visiting program for women who are pregnant with their first baby. Nurse visits continue until the baby is 2 years old. The program is committed to improving the health, well-being and self-sufficiency of low-income first-time mothers and their children. Visit nyc.gov/health and search **Nurse-Family Partnership**.

Newborn Home Visiting Program

The Newborn Home Visiting Program supports first-time mothers and their newborns during the first few weeks after birth. A public health professional visits families at home to help with breastfeeding, provide health and safety tips and connect families to resources. Visit nyc.gov/health and search **Newborn Home Visiting Program**.

Early Intervention

The Early Intervention Program provides support for families with children younger than 3 years old who have developmental delays or disabilities. Visit nyc.gov/health and search **Early Intervention**.

Child Care Inspections

The Health Department licenses, regulates and inspects child care programs to protect children's health and safety. Use the NYC Child Care Connect service to search for permitted child care programs, including child care centers, school-based child care and summer camps. You can also compare your center to others across the city and sign up for free text and email updates about your child care provider. Visit nyc.gov/health and search **Child Care**.





CREATE HEALTHIER NEIGHBORHOODS

We are determined to make our neighborhoods safer and cleaner.

Healthy Homes

The Health Department inspects homes to reduce environmental hazards, especially related to lead poisoning and asthma. It also partners with health, housing and community-based organizations to provide training and technical assistance on how to reduce lead hazards and asthma triggers, such as cockroaches and mice, in the home. Building owners are required to safely fix peeling paint and keep housing free of pests. If you are a tenant, report peeling paint or rodents to your building owner right away. If the building owner does not fix the problem, call 311 or visit nyc.gov/311.

Responsible Pet Ownership

The Health Department issues dog licenses and responds to dog bites and to cases of animals with rabies. In New York City, all puppies and kittens should get their first rabies shot between 3 and 4 months of age. The New York City Health Code also requires that dog owners license their dogs and attach the license tag to their dogs' collars while in public. To apply or renew a dog license, visit nyc.gov/doglicense or call 311 to request to have a paper copy mailed to you.

Food Safety

The Health Department permits and regulates food service establishments (FSEs) and provides training and certification courses for restaurant operators, mobile food vendors and soup kitchen/ summer feeding workers.

The Department also inspects FSE operations and facilities at least once a year to check that they meet the food safety requirements in the New York City Health Code. To find out what the law requires or to see inspection grades, visit nyc.gov/health/restaurants.



Neighborhood Health Action Centers

The Health Department's Neighborhood Health Action Centers are part of New York City's plan to bring more health and community services to New Yorkers.

The Action Centers will open in neighborhoods with high rates of diabetes, heart disease and other chronic diseases. They will also provide space for community-based organizations and Health Department staff to work together to reduce health inequities at the neighborhood level. For more information, visit nyc.gov/health and search **Neighborhood Health Action Centers**.



SUPPORT HEALTHY LIVING

We aim to promote healthy choices that New Yorkers can make every day to live longer and healthier.

Health Bulletins

The Health Bulletin is the Health Department's flagship publication about health topics that concern all New Yorkers.

Call 311 to request a free copy in your language, or visit nyc.gov/health/pubs. For a free email subscription, visit nyc.gov/health/pubs.

Healthy Eating and Active Living

Healthy eating and active living can help you lose weight, manage stress, have more energy and set a good example for your children. The Health Department's nutrition programs encourage all New Yorkers to eat nutritious food and stay active. For more information, visit nyc.gov/health and search **Eating Healthy**.

Spend \$5 using EBT at a farmers' market and receive a \$2 Health Buck.

Health Bucks are \$2 coupons that can be used to buy fresh fruits and vegetables at all farmers' markets in NYC. All farmers' markets that accept Supplemental Nutrition Assistance Program (SNAP) benefits will give one Health Buck to each customer for every \$5 spent using Electronic Benefits Transfer (EBT).

Tobacco Control

The Health Department works with the New York State Smokers' Quitline to provide free services, such as medications, counseling and group support, to help you quit smoking. For information and resources, call 311 or visit nyc.gov and search **NYC Quits**.

Disease Control

The Health Department monitors infectious diseases and outbreaks, works with communities to prevent them, and provides guidance to help you stay healthy. For more information, call 311 or visit nyc.gov/health.





INCREASE ACCESS TO QUALITY CARE

We want to make sure all New Yorkers have access to high-quality health care that is linguistically and culturally appropriate.

Health Insurance Enrollment Services

The Health Department's Certified Application Counselors can help you understand your health insurance options and enroll in Medicaid, Child Health Plus, the Essential Plan or a private plan. Help is available regardless of your financial or immigration status. Call 311 or visit nyc.gov/health and search **Insurance** for more information.

Confidential Clinics

Health Department clinics offer low- to no-cost vaccine and sexual health services, and no-cost Tuberculosis (TB) services. Visit nyc.gov/health and search **Clinics** for more information.

Chronic Disease Prevention

Chronic diseases such as asthma, diabetes and high blood pressure can be controlled by eating healthy, exercising and taking your medications. The Health Department provides services and resources to help New Yorkers prevent or manage illness. Call 311 to find a doctor, or for information about low- to no-cost health insurance.

Mental Health

The Health Department promotes mental health and access to treatment and care for children and adults with mental health or substance-use problems. To find a mental health professional, visit nyc.gov/nycwell or call your health insurance plan. In an emergency, call 911.

To find information about overdose prevention or clean injection equipment, visit nyc.gov/health and search **Alcohol & Drug Use**.

Records

The Health Department issues and makes changes to birth certificates and death certificates. Its Citywide Immunization Registry also issues vaccine records. Call 311 or visit nyc.gov/health and search **Certificates** or **Citywide Immunization Registry** to learn more.



RESOURCES

Get Services in Your Language

We are committed to providing language services, including written translations and free in-person or telephonic interpretation.

Visit nyc.gov/health and search **Language Services** to learn more. You can also print or download an “I speak” card that you can take to City agencies to request free language services.

Learn more

Visit nyc.gov/health and search **Community Health Profiles** to read a full report of your neighborhood’s health.

Search **Center for Health Equity** to find out what the Health Department is doing to eliminate health inequities and promote racial and social justice.

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