



SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES



Office of Minority Health Fellowship Overview



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New York State Public Health Corps Fellow II



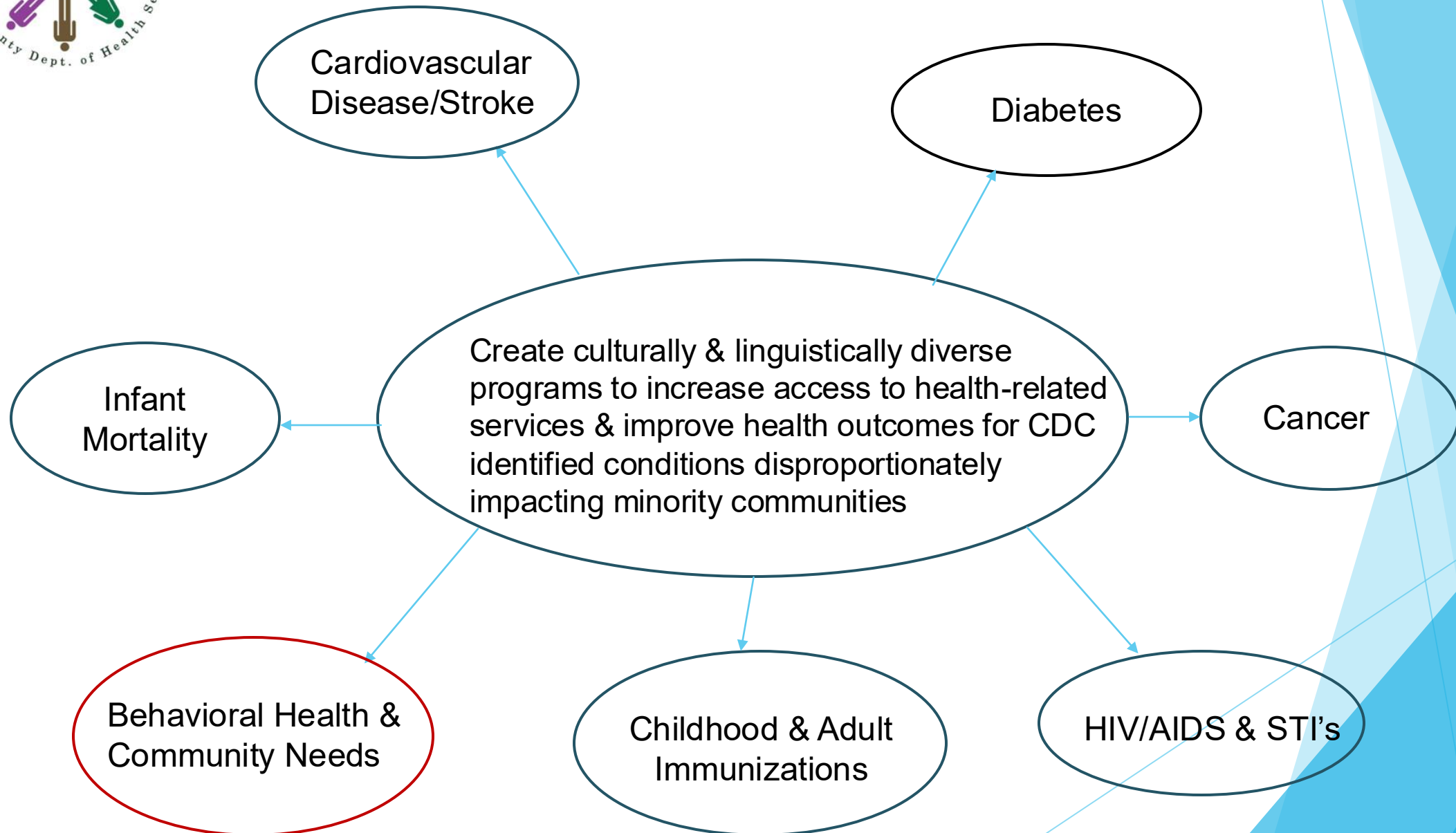
Suffolk County and Office of Minority Health (OMH)

- ▶ Suffolk County is home to ~1.5 million residents and covers 910.9 square miles of land area, making it the 20th largest county in New York
- ▶ OMH launched in December 2005
- ▶ Dedicated to addressing health disparities and inequities for racially and ethnically diverse and underserved populations in Suffolk County





OMH Mission





OMH Goals

Increase	Increase healthcare access and information for racial and ethnic minorities and other marginalized communities
Collaborate	Collaborate with community, faith-based and grassroots organizations that serve racial and ethnic minorities and assist them in implementing health education and promotion programs
Increase	Increase community awareness about existing health disparities
Improve	Improve the cultural competency level of all health professional staff within the Suffolk County Department of Health Services
Collect and Analyze	Collect and analyze data on racial and ethnic minorities to better determine the health needs of these communities in Suffolk County



Suffolk Showers

“A Healthy Baby Begins with You”

- ▶ Part of the US DHHS Office of Minority Health campaign to educate African American, Latinx, and Native American/Indigenous women on decreasing risks related to infant mortality
- ▶ Open to all pregnant women in Suffolk County, but aimed at recruiting the aforementioned populations
- ▶ Ongoing, quarterly basis program at community spaces
- ▶ From 2008-2025, Suffolk Showers has educated and assisted **817** pregnant women in Suffolk County

YOU ARE INVITED!
“A Healthy Pregnancy Begins with You,”
Suffolk Baby Shower Program
Explore New Trends in Care for You & Soon-to-be-Born baby

*If you would like to Register or have questions contact:
Suffolk County Office of Minority Health
@ 631-854-0378
OMH@suffolkcountyny.gov

baby & family fair
Games, Refreshments & Prizes
EXPECTANT PARENTS WELCOME!
When: Septemeber20, 2023
5:00pm- 7:30pm
Where:Riverhead Public Library 330 Court St, Riverhead ,NY 11901

Sun River Health
Perinatal Health Services Program
allied



Suffolk Showers

“A Healthy Baby Begins with You”

- ▶ Presentation topics:
 - ▶ Benefits of Breastfeeding
 - ▶ Newborn & Pediatric Care
 - ▶ Prenatal Nutrition
 - ▶ Signs of Preeclampsia
 - ▶ Questions to ask Your Doctor!
- ▶ Programs also include raffles and games where mothers can win baby clothes, gift baskets, and keepsake gifts
- ▶ Every mother receives a take home gift and an educational information & resource packet





Suffolk Showers

“A Healthy Baby Begins with You”



Suffolk Shower Program
in Wyandanch NY –Sun
River Health Center



SCDHS Health
Commissioner
Gregson Pigott MD, MPH



Suffolk Showers program at the
Riverhead Public Library



Nature Walk Series

- ▶ A new pilot program started in 2024 to encourage physical activity & introduce residents to nature spots in Suffolk County
- ▶ Created due to environmental health concerns and barriers for minority populations
- ▶ Program format: short chat with healthcare provider → guided bird watching → environmental/conservation experts discussion
- ▶ Walks are free and offered bilingually in English and Spanish
- ▶ We have had 164 nature walk participants



Nature Walk Series: Exploring Health & Conservation

Join us for our final community walk of the year. We'll start with a women's health talk from a local provider, followed by a guided nature walk to explore birds, wildlife, and the link between personal well-being and access to safe, natural spaces.

**October 25th
10am-12pm**

**Sears Bellows County Park
65 Bellows Pond Rd.
Hampton Bays, NY**

Registration:

To register call or email SCDHS Office of Minority Health at
631-854-0378 OMH@suffolkcountyny.gov

How to Prepare for your Nature Walk!

- Wear light-colored clothing, long pants & sleeves.
- Consider using bug repellents & walk along the center of trails.
- Conduct frequent clothing checks & carefully inspect your body for ticks.
- Bring water, wear sunscreen (at least SPF30) and consider wearing a brimmed hat & comfortable, supportive shoes (no flip flops).



Un paseo bilingüe con educación impartida en español.



Nature Walks Series



2025 Nature Walks: Belmont Lake, Lakeland County & Cordwood Landing Parks



SC Multicultural Advisory Committee (SC MAC)



- ▶ A Regional Committee of the NYS MAC for Suffolk County who advises the NYS Office of Mental Health and the SC Division of Mental Hygiene
- ▶ SC MAC has about 30 substance use and mental health member organizations
- ▶ SC MAC works to:
 - 1) **Create** programming for diverse individuals with mental health and emotional challenges
 - 2) **Ensure** policies, programs, and activities are culturally, spiritually, and linguistically inclusive
 - 3) **Remove** barriers and disparities in recovery
- ▶ Recent MAC programming: Mental Health 101, Veterans Mental Health, LGBT 101, Gambling Addiction, Perspectives on Self Injury, Behavioral Health Issues in Indigenous Communities



SC MAC



SC MAC Community Mental Health Forums: Boys and Girls Club in Bellport and Mattituck-Laurel Library



Community Events





Thank You!

- ▶ Questions?
- ▶ Office information:
 - ▶ P: 631-854-0378
 - ▶ E: omh@suffolkcountyny.gov
- ▶ Social Media:
 - ▶ Facebook: [suffolkcountyhealth](https://www.facebook.com/suffolkcountyhealth)
 - ▶ Instagram: [suffolkhealth](https://www.instagram.com/suffolkhealth)
 - ▶ X: [SuffolkCoHealth](https://twitter.com/SuffolkCoHealth)



Our Office Team