



Obesity has become a known growing public health threat reaching epidemic proportions globally. Interventions require a multifaceted evidence-based approach from a public health perspective to identify solutions to the problems facing children and families regarding obesity. Step Up Seneca – Get active, Be Well program was developed as a result of a review of Seneca County’s health indicators as reported in our 2010-2013 Community Health Assessment. In response to these findings the Seneca County Public Health Department and New York Chiropractic College (NYCC) have been partnering to improve health and increase physical activity levels among Seneca County residents.

Complimentary 6-month memberships to the NYCC are being offered to individuals and/or families who meet specific criteria. The program primarily focuses on those individuals who would otherwise not be able to financially afford the opportunity and/or do not have private health insurance that may cover the cost of a gym membership. In addition to full use of all the facilities at NYCC, nutritional counseling services are also available. Individuals and families chosen must be motivated and ready to make positive changes in their daily living.

Commitment involves active participation with minimal use of the NYCC Athletic Department ten to twelve times a month. Free nutritional certificates are also available at the health center located on campus. Program participants will have their height and weights documented upon entry and exist. NYCC will provide successful participants an opportunity to extend their membership for a full year based upon a review of the individual and/or families’ health improvements.

If you would like to refer yourself or family please contact:

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