

A BIENNIAL  
NEWSLETTER FROM  
THE MORRIS COUNTY  
OFFICE OF HEALTH  
MANAGEMENT

HEALTH EDUCATION  
SERVICES SERVING:

TOWNSHIP OF  
BOONTON,  
TOWNSHIP OF  
DENVER, BOROUGH  
OF MORRIS PLAINS,  
TOWN OF  
MORRISTOWN,  
MONTVILLE  
TOWNSHIP

### Special points of interest:

- August is National Immunization Awareness Month
- September is National Childhood Obesity Awareness Month
- September is Healthy Aging Month
- October is National Breast Cancer Awareness Month
- November is American Diabetes Month
- December 1st is World Aids Day

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# Your Health Matters



**Public Health**  
Prevent. Promote. Protect.

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## Food Safety

With autumn around the corner, New Jersey residents look forward to apple-picking season. Food safety, however, should not be forgotten in the coming months. Whether out in the field picking apples or eating baked apple pie, eating apples can be a risk.

This year caramel apples were contaminated with a strain of *Listeria monocytogenes* (Listeria). While this bacteria can cause Bacterial Meningitis, it can cause Listeriosis when ingested in food and water. Listeriosis is usually linked to soft cheeses and produce, but this year's outbreak was the first example of infected apples in recent years. Also, recently a multistate outbreak of Listeriosis was linked to an ice cream creamery.

Foods that are commonly associated with Listeria are:

- Raw (unpasteurized) milk
- Mexican-style cheeses made from pasteurized milk have caused Listeria infections.
- Deli meats and hot dogs
- Refrigerated smoked seafood unless it is in a cooked dish
- Stored ready-to-eat, refrigerated foods. The longer they are stored in the refrigerator, the more chance Listeria has to grow, as being in the refrigerator does not stop this bacteria's growth.

Safe food handling practices include:

- Refrigerate leftovers within 2 hours in shallow covered containers and use within 3-4 days.
- Be careful to avoid cross-contamination in the refrigerator or other places in the kitchen.
- Use a thermometer to make sure your refrigerator is 40°F or lower and your freezer is 0°F or lower.

In addition, the FDA recommends thorough washing and handling of food in a clean and safe kitchen environment.

Individuals at risk for Listeriosis include pregnant women, people with weakened immune systems and older adults. It is recommended that these groups avoid hot dog and luncheon meats, soft cheeses and refrigerated smoked seafood.

For more information on Listeria, visit: Centers for Disease Control and Prevention: <http://www.cdc.gov/listeria>

More information on Listeria and Bacterial Meningitis on p. 5.



## The Great American Smokeout—November 19, 2015

E-cigarette use tripled among middle and high school students from 2013 to 2014. While eliminating smoke, e-cigarettes still utilize nicotine, which experts warn is just as dangerous in E-cigarettes as in other tobacco products. Also, recent studies note that most e-cigarettes contain the same addictive form of nicotine as in cigarettes, increasing the likelihood that an e-cigarette smoker will develop an addiction.

The U.S. Preventive Task Force suggested

recently that e-cigarettes are not an effective way to quit smoking. Since studies suggest that 75% of e-cigarette users also smoke traditional tobacco products, more Americans are turning to alternative methods of quitting smoking. These include behavioral interventions, support groups, and nicotine replacement options.

November 19th marks the American Cancer Society's Great American Smokeout, a day (STORY CONTINUES ON P. 2)



## Smokeout (continued from p.1)

encouraging Americans to quit tobacco smoking. Whether smokers make a plan on November 19th to quit in the near future, or make a plan in advance and quit on November 19th, the Great American Smokeout allows people to take charge of their health.

### How to quit:

- Pick a quit date. Sooner is better than later.
- Let loved ones know you are quitting so they can

support you.

- Remove reminders of smoking, such as ashtrays, matches, lighters, and cigarettes in your house and car.
- Identify your smoking triggers as certain activities and feelings are linked to your smoking.
- Develop coping strategies in advance
- Have places you can turn to for immediate help such as a quit line, support group or good friend.

- Getting active and eating healthier also improve your ability to quit.

You can sign up for Smoke-free TXT: <http://smokefree.gov/smokefreetxt>

Preparing to quit resources: <http://smokefree.gov/steps-to-prepare>

**“Depression in older adults occurs in 25 percent of those with illnesses, such as arthritis.”**  
-Center for Medicare Services

## Arthritis and Quality of Life

Arthritis is our nation’s most common disability, affecting 46 million adults. Studies suggest arthritis, aside from its physical impact on the body, negatively affects mental health. An individual’s quality of life, comprised of health, comfort and happiness, is significantly compromised by the disability. The Center for Medicare Services estimates that depression in older adults occurs in 25 percent of those with illnesses, including arthritis.

However, there are ways to prevent and/or reduce the symptoms of arthritis and maintain quality of life. Alongside self-management and joint protection, maintaining a healthy weight can prevent or manage osteoarthritis. Another useful strategy for boosting mood and overall quality of life is physical activity.

### Physical Activity as Pain Reliever:

Researchers suggest that physical activity for those with ar-

thritis can help improve mental health and overall quality of life. The Center for Disease Control and Prevention (CDC) calls physical activity the ‘Arthritis Pain Reliever’ for its physical and mental benefits. If a person performs exercise at a moderate-intensity, the benefits are numerous.

The following exercise programs are proven to reduce pain, improve function, mood and overall health:

- Arthritis Foundation Exercise Program (AFEP)
- Active Living Everyday (ALED)
- Arthritis Foundation Aquatic Program (AFAP)
- EnhanceFitness (EF)
- Fit & Strong!
- Walk With Ease (WWE)

If you or a loved one is experi-

encing a decreased quality of life due to arthritis, consider learning more about one of these programs. Each one includes tips for stretching, working out through pain, avoiding unhealthy exertion and how to develop an effective workout plan.

⇒ For more information on arthritis and physical activity, go to [www.cdc.gov](http://www.cdc.gov)

⇒ For more information on arthritis and depression, go to: [www.NJhealthmatters](http://www.NJhealthmatters)

⇒ For an Arthritis aquatic program in Morris County [www.chiltonhealth.org](http://www.chiltonhealth.org)



## Get Smart with Antibiotics

### Taking Action:

- The best way to fight antibiotic resistance is to learn how to properly use antibiotics. If you have a bacterial infection, talk to your doctor about a prescription and take the antibiotic exactly as the doctor prescribes.
- Never save antibiotics for future illnesses or share leftover antibiotics.
- Preventative measures, such as practicing good hand hygiene and getting recommended vaccinations also decrease antibiotic-misuse.
- If you have a bacterial infection, ask your doctor to administer tests to determine the right antibiotic for you.

Get Smart about Antibiotics Week is November 16-22 this year. Hosted by the CDC, this international campaign teaches cautionary use of antibiotics worldwide. If antibiotics are overused, harmful germs become resistant and as a result, become **harder to fight**.

### The Numbers

In the United States, at least 2 million people experience infections with bacteria that are resistant to antibiotics and at least 23,000 people die due to these infections every year. According to the CDC, antibiotic overuse is the single most important factor contributing to antibiotic resistance worldwide. While antibiotics are prescribed commonly by doctors, many of the doctor and hospital prescribed antibiotics prescribed are ineffective and unnecessary.

### Common Errors

- Antibiotics can cure bacterial infections, not viral infections. Treating viruses such as colds or flu with antibiotics is ineffective and can compromise oth-



er people's health.

- Future bacterial infections may grow resistant to antibiotics taken during a viral infection.
- Children can react poorly to prescribed antibiotics. The CDC estimates that antibiotics are the most common cause of child-emergency department visits for harmful drug reactions.
- Providers commonly prescribe antibiotics for children who have the common cold. As children may have up to nine colds every year, this incorrect antibiotic-use may compromise a child's health and increase antibiotic resistance.

**“30-50% of doctor and hospital prescribed antibiotics are ineffective and unnecessary.”**  
**-Center for Disease Control and Prevention**

## Checking for Breast Cancer

Nearly 25% of women in Morris County have not had a recent breast exam at a doctor's office. Considering the high rate of breast cancer in Morris County (nearly 15%) these numbers suggest that breast exams, no matter your age, may effectively reduce your risk of dying from breast cancer.

During a regular breast exam, your doctor may find a lump or change in the breast indicating a serious problem, such as breast cancer.

As breast cancer is the most common cancer among American women, regularly ask your doctor to conduct clinical breast exams to ensure your health.

However, if you are 50 to 74 years old, the United States Preventive Task Force recommends a screening mammogram every two years. If you are 40 to 49 years old, be sure to talk to a doctor about when you should start getting a screening mammogram.

(STORY CONTINUTES ON P. 4)



The New Jersey Cancer Education and Early Detection Services (NJCEED) provides free screenings for colorectal, breast, cervical, and prostate cancers for uninsured or low-income individuals over 40. For more information call the Morris County office at **1-800-447-3337**.



## Checking for Breast Cancer *(continued from page 3)*

Nearly 40% of women in Morris County who are 40 and older have not had a mammogram in the past two years.

### Reducing the risk

While regular exams can help detect breast cancer, the CDC recommends lowering your risk of breast cancer in the following ways:

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get enough sleep.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens).
- If you are taking or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your babies, if possible.



For more information on breast cancer, go to [www.cdc.gov](http://www.cdc.gov)

For data on breast cancer in Morris County, go to: [www.njhealthmatters.org](http://www.njhealthmatters.org)



## Healthy Baby and Vaccinations

Young children need protection from vaccine-preventable diseases. Children up to six years old are especially vulnerable if not immunized, the Center for Disease Control (CDC) reports. In fact, parents who do not immunize their children put them at risk and endanger other children and adults.

Measles, in particular, made

national news last year when the formerly-eradicated disease returned in California. Health officials believe that the disease managed to thrive again due to anti-vaccine beliefs and practices. New Jersey reported three cases of the measles in 2015. The NJ Department of Health urges families to ensure that vaccinations are up to date, especially for young kids.

To help parents with the vaccination process, the CDC provides a recommended immunization schedule for children from birth through six years old. Parents seeking guidance for scheduling their children's vaccines can follow this schedule:

<http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

## Fruits and Vegetables

School starts in September, and parents should keep nutrition in mind. A low intake of fruits and vegetables can lead to indigestion, energy decline and increased risk of chronic diseases— all of which can ruin a school day.

The CDC recently reported that less than 15% of Americans met their daily recommended fruit and vegetable intake. While Americans cite convenience, affordability and taste as responsible for their low intake, their health suffers as a result.

Getting kids to eat vegetables, a daily struggle for some parents no matter their child's age, however getting kids to eat vegetables doesn't have to be so hard. With plenty of creative ways for kids to eat veggies, parents can relax knowing their child is eating well.

Some fruits and vegetable strategies for kids:

—>Serve vegetables (such as broccoli, celery and carrots) with dipping sauce.

—>Create challenges for kids to eat different colors of fruits and vegetables daily.

—>Add fruits and vegetables to dishes your child loves.

—>Have kids help grow, cook and prepare fruits and vegetables.

—>Take your child to the grocery store and let them choose fruits/vegetables to bring home.

For more tips, go to

<http://njaes.rutgers.edu/health/>

and learn about healthy choices today!



## Listeria and Bacterial Meningitis (continued from page 1)

Bacterial meningitis is caused by any one of several bacteria. The most common bacteria causing meningitis in children and adults in the U.S. are *Neisseria meningitidis* ("meningococcus"), *Streptococcus pneumoniae* ("pneumococcus") and are recommended in older patients with decreased immunity, *Listeria monocytogenes*. *Haemophilus influenzae* type b (Hib) was a common cause of meningitis in infants and young children until the Hib vaccine was introduced for infants. Vaccines are available for both *Neisseria meningitidis* and *Streptococcus pneumoniae*, recommended for all children and adults at special risk.

## Medical Reserve Corps



The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit [www.njmrc.nj.gov](http://www.njmrc.nj.gov).

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DENVERVILLE,  
BOROUGH OF  
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TOWN OF  
MORRISTOWN,  
MONTVILLE  
TOWNSHIP**

Important Numbers

**GENERAL**

NJ211  
2-1-1  
North Jersey Red Cross  
(973) 538-2160  
Poison Information  
1-800-222-1222  
Mental Health Hotline  
1-877-294-4357

**MORRIS COUNTY**

Health Management  
973-631-5484  
Emergency Management  
973-829-8600  
Sheriff's Office  
973-285-6600  
Prosecutor's Office  
973-285-6200

**NEW JERSEY**

Communicable Disease Service  
1-609-826-5964  
State Police

Address

Morris County Office of Health  
Management  
PO Box 900  
634 West Hanover Avenue  
Morristown NJ 07961

[www.morrishealth.org](http://www.morrishealth.org)

The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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