

A BIENNIAL
NEWSLETTER FROM
THE MORRIS COUNTY
OFFICE OF HEALTH
MANAGEMENT

PROVIDING
HEALTH EDUCATION
SERVICES FOR:

BOONTON TWP.
DENVER TWP.
HANOVER TWP.
HARDING TWP.
MENDHAM TWP.
MONTVILLE TWP.
MORRIS PLAINS BORO.
MORRISTOWN

Special points of interest:

- January National Radon Month
- February 3 National Wear Red Day
- March Colorectal Cancer Awareness Month
- March Save Your Vision Month
- April Alcohol Awareness Month
- May Mental Health Month

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Your Health Matters



Public Health
Prevent. Promote. Protect.

Volume II Issue I

January 2017

Winter Safety

It may still be warm outside, yet winter safety starts with being prepared. Some suggestions include:

- Winterize your home. Install weather stripping, insulation, and storm windows. Clean out gutters and repair roof leaks.
- Check your heating system. Have it serviced by a professional to make sure that it is clean, working properly and ventilated to the outside. Inspect and clean fireplaces and chimneys.
- Be prepared for weather related emergencies, including power outages. Stock foods that need no cooking or refrigeration and store drinking water in clean containers. Keep your cell phone fully charged. Have an up-to-date emergency kit with flashlights, extra batteries, and other items you may want to have.
- When participating in winter sports, use helmets for children when ice skating, skiing, and snowboarding.
- Have an emergency kit for your car in case you are stranded during a snow storm. Kit items include a warm blanket, hand warmers, snow shovel, flashlight, and extra batteries, snacks, and a first aid kit.
- Wear appropriate outdoor clothing. Layers of light, warm clothing, mittens, hats, scarves, and waterproof boots. Limit time young children spend outside. Your body begins to lose heat faster than it can produce in cold weather.

Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the

victim unable to think clearly or move well. Because you may not know it is happening, hypothermia is dangerous.

Frostbite is an injury to the body that is caused by freezing. It causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. At the first sign of redness and pain in any skin area, get out of the cold or protect any exposed skin.

Taking preventive actions is the best defense against dealing with extreme-cold weather conditions.



Mosquito Season is Just Around the Corner



Even though winter has just begun, it will be spring before we know it.

The best way to prevent illnesses caused by mosquito bites is to lessen the mosquito population.

When spring comes, it is best to check around your home for standing water. Mosquitos will use almost any container that holds water to breed, including flower pots, cans, buckets, discarded tires, wheelbarrows, and clogged gutters along with similar other items.



This Year, Become a Better Bystander

When disaster strikes, bystanders are on the scene helping the injured before emergency responders arrive. In the first few moments after a disaster, the actions that bystanders take to help others can make all the difference. Bystanders, even those with little or no medical training, can become heroic lifesavers during disasters.

You can begin by resolving to lend a hand when someone around you is hurt and needs

your help; in addition, by helping others around you to get involved. This not only saves lives, but also builds community health resilience and national health security.

Health security is about making sure people are protected and resilient in the face of events that can harm their health and the health of others around them. By being educated, informed and an active bystander, you can be an incredibly important part

of health security.

There are many opportunities to assist others while medical personnel are assisting the most critical. Helping apply first aid, stopping bleeding or comforting survivors are things that bystanders can help with.

Training is an important part, but being willing to take care of someone who may desperately need it in that moment is just as important.

Carrying someone who is hurt or injured to safety, providing comfort, or helping someone find medical care are things most of us can do.

Training is available to you in first aid, family care, AED, CPR, and emergency care—all of which create better bystanders.

Bystanders don't just stand by! They can save lives. To learn more about national health security visit: www.phe.gov/nhss.

Source: Public Health Emergency ASPR Blog

Screening Saves Lives: Reducing the Risk of Colorectal Cancer



Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find these polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early - when treatment works best. For colorectal cancer, screening saves lives.

You should begin screening for colorectal cancer soon after turning 50, and then continue getting screened at regular intervals. However, you may need to be tested earlier than 50 or more often than other people if you or a close relative have had colorectal polyps or colorectal cancer, or you have inflammatory bowel disease. Ask your doctor if screening is right you.

There are factors that can contribute to the risk of developing colorectal cancer such as smoking or diabetes, whereas healthy habits like maintaining a healthy weight, avoiding tobacco and taking part in regular exercise put you at lower risk of developing colorectal cancer. Reducing risk is not the same as preventing cancer.

The one healthy habit that has the

potential to prevent colorectal cancer alone is the colonoscopy. The American Cancer Society recommends you start routine screening at age 50 (or earlier for those with a family history or other risk factors).

For colorectal cancer, prevention through screening really pays off.

You can help prevent colorectal cancer by taking action:

- Doing regular aerobic exercise
- Maintaining a healthy weight.
- Making healthy food choices most of the time, such as increasing fruits and vegetables.
- Avoiding tobacco use.



Improving the Food Environment: A Focus on Sodium

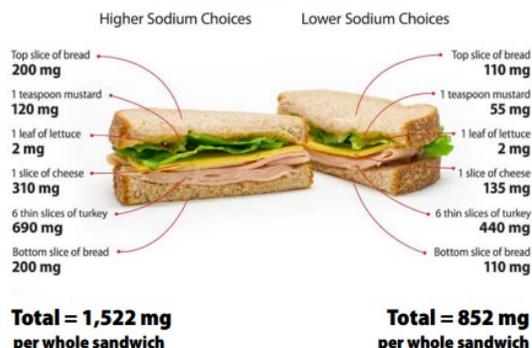
Most of the sodium we consume is in the form of salt, and the vast majority of sodium we consume is in processed and restaurant foods. Your body needs a small amount of salt to work properly, but too much is bad for your health.

The 2015 – 2016 Dietary Guidelines for Americans recommend that Americans consume less than 2,300 milligrams (mg) of sodium each day as part of a healthy eating pattern. The average daily sodium intake for Americans age 2 years and older is more than 3,400 mg.

What does 2,300 mg of salt look like? It is ¼ teaspoon of table salt. Americans get most of their daily

sodium – more than 75% - from processed and restaurant foods. Nutrition labels help us understand the amount of sodium in the foods we purchase, but many times sodium levels are not listed on menus.

Choose wisely—sodium content can vary within food categories

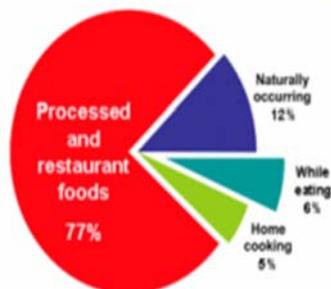


Research strongly shows a relationship between consuming too much salt and raised levels of blood pressure. High intakes of sodium contribute to heart attacks and strokes as well. Nearly 400,000 deaths each year are attributed to high blood pressure and decreasing sodium intake could prevent thousands of deaths annually.

Drinking water contains small amounts of sodium although the amount is regulated by Federal and New Jersey Drinking Water Standards. For healthy individuals, the sodium intake from water is typically not significant because a much greater intake of sodium is from salt in the diet. Water softeners also add sodium to water but the amount is dependent on the hardness of the water. The sodium should not be an issue for most healthy adults. However, persons on sodium restricted diets should seek the advice about drinking water from their health care providers.

Understanding how much sodium is in your diet is the first step and then making choices that work with your lifestyle to reduce the sodium is next.

Most Sodium Comes from Processed and Restaurant Foods



April is “Distracted Driving Awareness Month

There is no safe way to make a call while driving – not even hands-free. Deny distractions and #TakeBackYourDrive!

<http://vrl.ht/9933A>



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured. Take a stand to prevent falls.

STEADI Stopping Elderly Accidents, Deaths & Injuries



Stay Independent: Prevent Falls

Every year millions of older people - those 65 and older - fall. In fact, more than one out of four older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

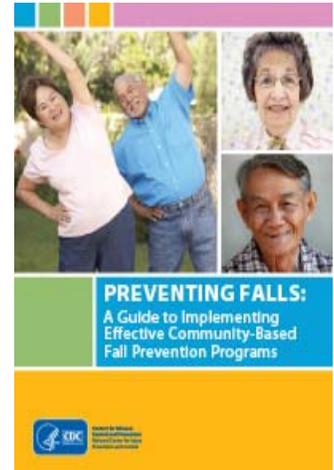
Falls can be prevented. There are some things that you can do to keep yourself from falling.

- Do strength and balancing exercises. Making your legs stronger can help improve balance. Tai Chi is a good example of an exercise to improve strength and balance.

- Have your eyes checked by an eye doctor at least once a year.
- To evaluate your risk of falling, talk to your health care provider,

Make your home safer.

- Get rid of things you can trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.
- Use a steady step stool to reach things on higher shelves.



Hip Fractures Among Older Adults

- Each year over 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually falling sideways.
- Women experience three-quarters of all hip fractures.
- Women fall more often than men.
- Women more often have osteoporosis.

The chances of breaking your hip increase with age.

MORRIS COUNTY PROUD TO BE STIGMA-FREE

The Morris County Stigma-Free Communities Initiative is a county-wide program which aims to eradicate the stigma associated with mental illness and substance use disorders. The program is dedicated to raising awareness of these illnesses by creating an environment where affected individuals are supported in their efforts to achieve wellness and recovery.

The Morris County Freeholders passed a resolution supporting the designation of Morris County as a Stigma-Free Community in April 2016. There is a Stigma-Free Toolkit for municipalities and towns at the following link:

<http://hs.morriscountynj.gov/wp-content/uploads/2016/09/Stigma-free-toolkit.pdf>

What is Mental Illness?

Mental illnesses refer to disorders generally characterized by poor regulation of mood, thought, and/or behavior.

Mental illness encompasses a variety of disorders ranging from depression, anxiety, bipolar disorder to substance and alcohol use disorder. Mental illnesses can affect persons of any age, race, religion or income.

It is estimated that 1 in 4 adults experience a diagnosable mental disorder in a given year (approximately 61.5 million Americans) and 1 in 17 adults live with serious mental illness such as schizophrenia or bipolar disorder. Yet more than half will not seek treatment.

Despite its prevalence in our society, mental health still has stigma attached to it.

For more information on the disease of mental illness, visit: www.nami.org.

Stigma is the primary barrier to wellness.



Traveling? Know before you go!

The Zika virus continues to be transmitted in 50 countries. There are five things you need to know:

1. Zika spreads primarily through infected mosquitoes. You can also get Zika through sex.
2. The best way to prevent Zika is to prevent mosquito bites. Use EPA-registered insect repellent, wear long sleeves and long pants; stay in places with air conditioning or screens; remove standing water around your home.
3. Zika is linked to birth defects. Infection during pregnancy can cause serious birth defects. If you are pregnant or planning on becoming pregnant, take all recommended precautions.
4. Pregnant women should not travel to areas with Zika.
5. Returning travelers infected with Zika can spread the virus through mosquito bites.

CDC'S RESPONSE TO ZIKA
WHAT WE KNOW

AND WHAT WE DON'T KNOW.

What we know

- Zika can be passed from a pregnant woman to her fetus.
- Infection during pregnancy can cause certain birth defects.
- Zika is spread mostly by the bite of an infected Aedes species mosquito.
- These mosquitoes are aggressive daytime biters. They can also bite at night.
- Zika is not currently found in the continental US. The mosquitoes that carry Zika are found in some areas of the US.
- Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue.
- There is no vaccine or medicine for Zika.

Whether its Chikungunya, Dengue, or Zika virus, protecting yourself from insect bites is important.

Remember to:

- Wear insect repellent (with at least 30% DEET for adults, children 5-7)
- Cover up (use Permethrin based repellent on clothing or gear)
- Keep mosquitoes outside. Install or repair broken screens.
- Get rid of stagnant water in and around your home.
- Zika is known to transfer during sexual intercourse, Zika has been seen to transfer into pregnancy. If planning to travel to areas with Zika, please remember to use condoms.
- Do not forget to RE-APPLY repellent. Always use sunscreen for sun protection first before applying repellent.



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.

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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

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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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