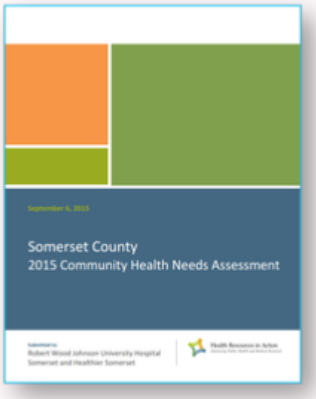
Volume 5, Issue 3
May/June 2018

Public Health Focus

News from the Somerset County Department of Health

Community Health Needs Assessment Survey

The Somerset County Department of Health
requests input on the Community Health Needs Assessment Survey!



Robert Wood Johnson Barnabas Health, in collaboration with Healthier Somerset, is currently working on the 2019 – 2021 Community Health Needs Assessment.

Somerset County Department of Health partners with Healthier Somerset (a coalition comprised of representatives from healthcare, government, business, education, non-profit organizations, and faith-based communities in Somerset County) throughout the year on initiatives to improve the health and well-being of everyone who lives and works in Somerset County.

What is a Community Health Needs Assessment?
A community health assessment (sometimes called a CHA), also known as community health needs assessment (sometimes called a CHNA), refers to a state, tribal, local, or territorial health assessment that identifies key health needs and issues through a wide-ranging collection of information and examination of the that information provided.

The community health assessment includes information from focus groups, interviews and a community survey. The community survey plays an important role in capturing the current health needs from Somerset County residents.

Take the Survey!
As part of Healthier Somerset, we need **YOUR** assistance! An online survey has been created to capture this information. To participate in the survey, go to rwjbh.org/chna. The results from this survey will be used to help identify the needs and to develop strategies to improve the overall health of the county.

The community health assessment conducted in **2015** identified the following areas for improvement:

1. Mental Health and Substance Abuse
2. Obesity
3. Chronic Disease
4. Access to Care

To learn more about the current Community Health Improvement Plan, visit:
http://healthiersomerset.org/chip_goal_areas.html

2018 Community Health Needs Assessment Survey

Let's shape the future of health care for your community together!

Please go to **rwjbh.org/chna** and share your thoughts regarding health needs for you, your family and neighborhood.

The survey will take approximately 10 minutes and all responses are kept completely anonymous. Your feedback will help inform future health care programming and services for your community.

Thank you!

RWJBarnabas HEALTH

Public Health
Prevent. Promote. Protect.

Paul Masaba, MD, MPH & TM
Director of Health/Health Officer

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Women's Health Week

**National Women's Health Week starts each year on Mother's Day to encourage women to make their health a priority.
Here are some things women can do to live a safe and healthy life!**

NWHW
NATIONAL WOMEN'S HEALTH WEEK

Get Recommended Screenings and Preventive Care

Protect your health by getting the care you need to prevent disease, disability, and injuries. Preventive care can keep disease away or detect problems early, when treatment is more effective. Many insurance plans offer preventive services for women at no cost. Talk to your health care provider to learn more about what screenings and exams you need and when.

Get Moving

With the weather warming up, it's the perfect time to get outdoors and get active. Physical activity is one of the most important things you can do for your health. It has many benefits, including lowering your risk for heart disease, which is the leading cause of death for women.

- It is recommended that adults do at least 2½ hours a week of aerobic physical activity that requires a moderate effort. This doesn't have to be done all at once, but it's important to get at least 10 minutes of exercise at a time.
- Adults should do strengthening activities at least 2 days a week that include all major muscle groups. Strength and balance training can help to reduce the chances for falls.

Healthy Eating

Nutrition is an important component of a health lifestyle.

- A healthy eating plan includes: fruits, vegetables, whole grains, fat free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats and added sugars.
- Women need 400 micrograms of folic acid every day for the healthy new cells that the body makes daily, like skin, hair and nails. Folic acid is also important to help prevent major birth defects when pregnant. Two ways you can get folic acid, is to take a vitamin containing it or eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day.
- Avoid drinking too much alcohol. Excessive alcohol use has effects that increase many harmful health conditions and can lead to the development of chronic diseases. Binge drinking for women is 4 or more drinks in a single occasion and heavy drinking is consuming 8 or more drinks per week.

Prioritize Mental Health

Research has shown that positive mental health is associated with improved health.

- Getting enough sleep is important for overall health. Adults need 7-8 hours of sleep each night.
- Find healthy ways to cope with stress.

Practices Healthy Behaviors

- Wear sunscreen —Ultraviolet rays can damage your skin, increasing your risk for skin cancer and skin aging.
- Use prescription drugs only as directed by a doctor.
- Be smoke free. More than 170,000 American women die of disease caused by smoking each year.

**For more information, visit:
https://www.cdc.gov/features/nwhw/**

Participate in National Women's Week

Here are some simple ways you can celebrate #NWHW:

- ✔ Cook something healthy!
- ✔ Sip on water instead of soda or sugary drinks
- ✔ Attend a fitness class
- ✔ Turn on your favorite music and dance!

Participate at work!

- ✔ Encourage everyone to stand at your next meeting
- ✔ Organize a walk at lunchtime with coworkers
- ✔ Bring in light weights that you can use at your desk

**For more ideas, visit:
https://www.womenshealth.gov/nwhw**

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It's Mosquito & Tick Season!

Mosquitoes and ticks can spread many diseases and make you really sick. Before any outdoor activity, whether it be hiking, gardening, playing golf, or just being outdoors, make sure you are protecting yourself and family from mosquito and tick bites.

It's that time of year again! Mosquito bites can be more than an annoyance and itchy. They can spread viruses that make you sick or, in rare cases, cause death. Although most kinds of mosquitoes are just nuisance mosquitoes, some kinds of mosquitoes in the United States and around the world spread viruses that can cause disease.

Female mosquitoes breed by laying eggs in standing water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

When used as directed, insect repellents are the **BEST** way to protect yourself and family members from getting sick from mosquito bites.

Viruses spread by mosquitoes in New Jersey

- ✔ West Nile virus
- ✔ Eastern equine encephalitis

In other areas, mosquito-borne diseases include:

- ✔ Chikungunya
- ✔ Dengue
- ✔ Jamestown
- ✔ Canyon virus
- ✔ La Crosse encephalitis
- ✔ Malaria
- ✔ St. Louis encephalitis
- ✔ Yellow Fever

Prevention

Use insect repellent: Use an EPA-registered insect repellent with one of the following active ingredients: **DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone**

Cover up: Wear long-sleeved shirts and long pants.

Keep mosquitoes outside: Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

FIGHT the BITE!
www.co.somerset.nj.us/health
#FightheBite

It's a good idea to take preventive measures against ticks all year, but it's especially important to be extra cautious during the warmer months (April-September) when ticks are most active. In New Jersey, common ticks are the following:

- Black-legged "deer" tick
- American dog tick
- Lone star tick

The early signs of tick-borne diseases generally include:

◊ Skin rash, general tiredness, fever and/or chills, headache, stiff neck, muscle aches, joint pain, dizziness

Watch for these symptoms and talk to your doctor if you've been bitten by a tick.

Viruses spread by ticks in New Jersey

- ✔ Anaplasmosis
- ✔ Babesiosis
- ✔ Ehrlichosis
- ✔ Lyme Disease
- ✔ Rocky Mountain spotted fever

Tick-borne diseases are illnesses that spread to humans through infected ticks

For information on mosquitoes and ticks, visit: www.cdc.gov

How to Prevent Tick-Borne Diseases

* Avoid wooded areas with high grass and a lot of leaves, as these are places where ticks are likely to hide. Walk in the center of trails.
* Use an EPA-registered insect repellent on exposed skin and clothing according to the instructions on the product label. DEET may be used on skin and Permethrin should only be used on clothing and outdoor gear.
* Wear long, solid, and light-colored clothing with pants tucked into socks.
* Bathe or shower as soon as possible after coming indoors.
* Always check yourself and your clothes as well as your kids and pets after walking or playing outdoors.

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How to Stay Healthy with Backyard Poultry

Owning backyard chicken and/or other poultry can be a great experience, however, it could also cause illness from Salmonella and other germs. It's so important to wash your hands after touching a bird or anything in their environment, so you don't get sick!

How do people get Salmonella from live poultry?

Although live poultry may appear clean, they may have some Salmonella germs in their droppings or on a part of their bodies, such as their feathers, feet and beaks. These germs can not only get on the cages and dishes they use, but it could get on the hands, shoes and clothes of people who care for them. Germs on your hands spread easily to other people and surfaces, that's why it is so important to wash hands immediately with soap and water after touching poultry or anything in the area they live and roam.

How do I reduce the chance of a Salmonella infection?

- Wash your hands with soap & water right after touching live poultry or anything in the area where they live & roam.
- Keep live poultry outside of the house.
- Set aside a pair of shoes to wear while caring for poultry & keep those shoes outside.
- Don't let children younger than 5 years, adults older than 65, or those with weakened immune systems, handle or touch chicks, ducklings, or any other live poultry.
- Don't eat or drink in the area where the birds live or roam.
- Don't kiss or snuggle your birds & then touch your face or mouth.
- When cleaning any equipment or materials used for the birds, stay outside.
- Buy birds from hatcheries that participate in the U.S. Department of Agriculture National Poultry Improvement Plan.

Tips for Safe Handling Eggs from Backyard Poultry

- Wash your hands with soap & water after handling eggs, chickens, or anything in their environment
- Clean the coop, floor, nests, & perches on a regular basis, this helps to keep the eggs clean
- Collect eggs often. Eggs that spend more time in the nest can get dirty or break. Any eggs that are cracked should be thrown out.
- Eggs with dirt or debris cam be cleaned with fine sandpaper, a brush or cloth. Don't wash the eggs, the colder water can pull bacteria into the egg.
- After collecting the eggs, refrigerate them.
- Cook eggs thoroughly
- Know local regulations around selling eggs.

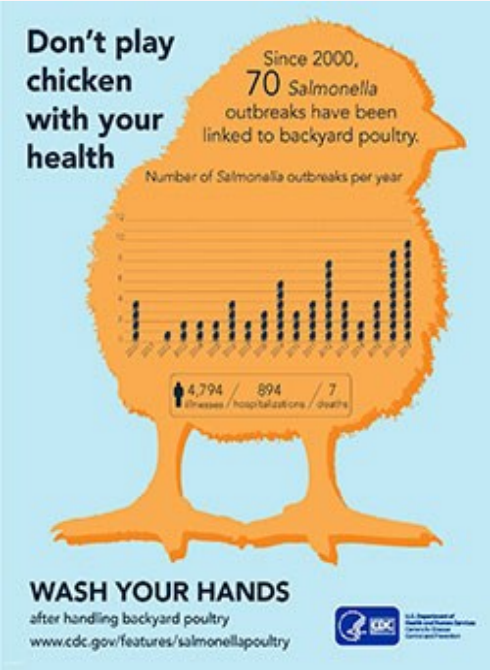
https://www.cdc.gov/features/salmonellapoultry/index.html

What is Salmonella?

A bacteria that makes people sick. It typically lasts for 4 to 7 days and most people recover without any treatment. In some cases, diarrhea may be so severe that the patient needs to be hospitalized.

Signs of Salmonella

- Diarrhea
- Vomiting
- Fever
- Abdominal cramps



Resources!

Healthy Families and Flocks poster
https://www.cdc.gov/healthypets/resources/backyard-flock-8x11.pdf

Healthy Pets, Healthy People
https://www.cdc.gov/healthypets/

Wash Hands when Leaving Animal Exhibits
https://www.cdc.gov/healthypets/resources/exhibits-hand-washing.pdf

National Health Observances

National Cancer Survivors Day® - June 3rd

Survivorship is the challenge faced daily by millions of Americans who have a history of cancer. Current statistics note that nearly 10 million people are cancer survivors. Today, over 62 percent of all persons with cancer are living 5 years after diagnosis. Survivorship, however, is not just about long-term survival. Instead, it is about one's quality of life from diagnosis onward. It is living with, through, and beyond cancer.

As detection and treatments have improved, many types of cancers have shifted from acute to chronic diseases, and some cancers are now highly curable. The statistics are positive, but numbers do not really tell very much about how persons with cancer survive—physically, psychologically, socially, economically or spiritually. They do not tell us how people with a cancer diagnosis learn to live with fear and uncertainty or how they manage to be hopeful.

For more information visit: https://www.canceradvocacy.org/resources/communicating-with-your-doctor/

SCDOH in Action!

In honor of National Cancer Survivors Day, the Cancer Support Community of Central NJ will host a beautiful celebration at the Wings of Hope on Saturday, June 2nd, 2018. This day is a celebration for cancer survivors, and inspiration for those just beginning their journey, and a gathering of support for all those affected by cancer. There are activities for the whole family including a fun 1 mile walk, educational resources and lots of fun and games culminating in the release of butterflies. The Morris Somerset Regional Chronic Disease Coalition (RCDC) will be there exhibiting, to support this day. For more information and or to register for the walk visit: **http://cancersupportcnj.org/wings/**.

National Hurricane Preparedness Week—May 20-26

For our area, hurricane season starts on June 1st and runs until the end of November, with the peak occurring between mid-August and late October. With hurricanes, threats can occur including, high winds, heavy rainfall and potential flooding may occur.

Make sure you and your family are prepared **before** hurricane season starts, with these tips:

- ⇒ Know where you can go – know local hurricane evacuation routes to take and have a plan for where you can stay
- ⇒ Make an emergency "go-bag" - some items to include are: a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information
- ⇒ Prepare supplies in your home, if you are not ordered to evacuate. Plan for supplies in case you lose power and water for several days and you are unable to leave your house due to conditions.
- ⇒ Make a family emergency communication plan.
- ⇒ Sign up for local emergency alerts. Many towns have text and/or email alerting systems for emergency notifications. To sign up for Somerset County alerts, visit: https://www.co.somerset.nj.us/about/emergency-alerts

Terms to Know!

Hurricane Watch

Conditions are possible within the next 48 hours

Steps to take:

- ✔ Listen to local officials and review evacuation routes
- ✔ Review the items in your disaster supply kit; Add any additional supplies to fit the needs of your family.

Hurricane Warning

Conditions are expected within 36 hours

Steps to take:

- ✔ If given, follow evacuation orders from local officials.
- ✔ Check in with family and friends

For more information on hurricanes, visit: https://www.ready.gov/hurricanes.

medical reserve corps

How will *you* help during the next emergency?

Learn more about the Somerset County Medical Reserve Corps at **www.co.somerset.nj.us/health**

Events & Resources

Health Observances

May

Skin Cancer Awareness Month
#skincancer

National Physical Fitness and Sports Month
#MoveInMay

May 6-12
National Hurricane Preparedness Week
#HurricanePrep

May 13-19
National Women's Health Week
#WomensHealth

June

Men's Health Month
#MensHealthMonth

National Safety Month
#NationalSafetyCouncil

Pet Preparedness Month
#PetPrep

Look for more tips on these topics by following SCDOH on social media

May 7 & 9 **Free Skin Cancer Screening**
5:00pm-7:00pm
Hunterdon Regional Cancer Center—2100 Wescott Drive, Flemington NJ
To determine eligibility & to register: Call (908) 237-5445
Registration is mandatory

The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
Early Detection Best Protection
www.co.somerset.nj.us • 908-231-7155

May 8 **Free Skin Cancer Screening**
9:00am—3:30pm
Memorial Sloan Kettering Basking Ridge
136 Mountain View Boulevard
Fourth Floor Dermatology Suite—Basking Ridge, NJ

Please note: MSK employees, established patients, & those screened last year are excluded from the screenings. To make an appointment, call **908-542-3396**.

The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
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May 8 **Ovarian Cancer: Signs, Diagnosis, Treatment**
6:30pm—Refreshments / 7:00pm Program
Bernards Township Library—32 South Maple Avenue—Basking Ridge, NJ
RSVP 908-204-2520 or health@bernards.org

June 1, 17, 22, 24, & 27 **SCDOH will be at the ballpark—**Somerset Patriots—TD Ballpark
Going to the game? Come & visit us to learn about a number of health topics!

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Early Detection Best Protection
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June 16 **Free Skin Cancer Screening**
9:00am-11:00am
RWJ Somerset Family Practice—110 Rehill Avenue, Somerville, NJ
The screening is for anyone who has not seen a dermatologist in the last two years and has not been diagnosed with skin cancer.
To schedule an appointment, call 908-685-2814

For a calendar of programs, please visit www.co.somerset.nj.us/health

Interactive Web Calendar!

The Morris-Somerset Regional Chronic Disease Coalition (RCDC) has developed a calendar to recognize Skin Cancer Awareness Month. This interactive web calendar provides easy links to other informational resources. For more information about the RCDC, visit: https://www.co.somerset.nj.us/health/RCDC/index.aspx

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https://twitter.com/schealthdept

Like us on Facebook!
https://www.facebook.com/SomersetCountyNJ

For more information visit our website: www.co.somerset.nj.us/health

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