

A BIENNIAL
NEWSLETTER FROM
THE MORRIS COUNTY
OFFICE OF HEALTH
MANAGEMENT

HEALTH EDUCATION
SERVICES SERVING:
TOWNSHIP OF
BOONTON,
TOWNSHIP OF
DENVER, HARDING
TOWNSHIP,
MENDHAM
TOWNSHIP, 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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A Growing Problem: Diabetes

According to the CDC, 29.1 million people have diabetes. That's about 1 out of every 11 people.

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and amputations of the leg and foot.

Approximately 34 percent of U.S. adults aged 18 and older had prediabetes in 2015. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. A person who has prediabetes is at high risk for developing type 2 diabetes and other serious health problems.

There are 3 types of diabetes which include Type 1, Type 2 and gestational diabetes. Type 2 diabetes accounts for the majority of all diagnosed cases of diabetes.

Type 1 diabetes is when the body does not produce enough insulin and requires daily insulin injections.

Type 2 diabetes is when the body produces insulin but does not use it well.

Gestational diabetes only occurs in women who are pregnant.

Symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands in feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal

There is no cure for diabetes, however diabetes can be prevented by maintaining a healthy diet, a healthy body weight, exercising regularly and avoiding



tobacco use.
For more information please
visit: www.diabetes.org

Men's Health

June is designated as Men's Health. The focus is on increasing awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. Research shows that men do not see physicians for physical exams as often as women, men are more likely to be uninsured

than women, and about 30,000 men in the U.S. die each year from prostate cancer. Smoking prevalence is higher among men than women. Heart disease and cancer are the top two leading causes of death for males of all races in the U.S.

Regular checkups and age appropriate screenings can improve your health and extend your life. Here are some steps men can take each day to improve their health:

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- Get 7-9 hours of sleep.
- Be smoke-free.
- Exercise at least 2.5 hours a week.
- Maintain a healthy diet including fruits and vegetables.
- Pay attention to your body for signs and symptoms of illness.
- Keep track of your blood pressure, blood glucose, cholesterol, and body mass index numbers.
- Go for routine checkups and screenings.

For more information on Men's Health visit:

<https://www.cdc.gov/Features/MensHealthatCDC/>

“The most commonly diagnosed cancers among men include cancers of the prostate, lung, colon and rectum, and bladder.” - Centers for Disease Control and Prevention

Eye Health Tips and Prevention for All Ages

Fun Fact

Did you know approximately 14 million individuals aged 12 years and older have visual impairment, among which more than 80% could be corrected to good vision with refractive correction.

Babies, Children & Teenagers

Parents, protect your child's eye health by getting information about recommended vision screenings and learning the signs of developmental eye problems that you should watch for in your child. If you are a teenager, there are particular eye health issues you should be aware of to ensure a lifetime of good eye health. Learn the signs of eye problems that you should look for, as well as the healthy eye habits you should develop now.

Young Adults

Although many young adults don't experience symptoms of eye disease, it is important to know your eye disease risks and maintain a healthy lifestyle for good vision. Learn about appropriate vision screening and healthy eye habits to ensure a lifetime of eye health.



Adults 40—60

Middle age is a time when

symptoms of many eye diseases begin to emerge and when other diseases can develop without any symptoms at all. It is crucial for adults with no symptoms or no risk factors for eye disease to get a baseline eye examination at the age 40 so treatment can start early. Learn what to do now to see better later.

Adults Over 60

Normal aging of the eye does not lead to vision loss. Vision loss is the result of eye diseases, injuries or both. If you experience vision problems or even if you do not it is important to see your eye doctor. Learn the importance of regular eye exams, what to look for and what to do to preserve your vision.

For more information on eye health visit: www.aao.org American Academy of Ophthalmology



Keep Your Eyes Healthy and Happy

- Eat lots of fruits and vegetables which contains Vitamin A, C, and E.
- Wear eye protection and sunglasses
- Keep a distance of 8-10 feet when watching television and always take a break.
- Have a regular eye exam at least every 12 months.





Whole Grains Month

September 2017 #WholeGrainsMonth



Whole Grain Fun Facts

- The American Heart Association recommends eating six to eight servings of grain foods, especially whole grains, per day.
- The FDA recommends looking for products that are labeled as "100 percent whole grain" instead of "whole grain" to get the most whole grain content.
- Popcorn is one type of whole, grain enjoyed by many people. It comes from a special type of corn called *Zea mays everta*. This the only type of the corn that can "pop." Make sure to go light on the butter and salt.



June: Sorghum

In the U.S., sorghum is planted in June, a good time for us to "plant" information about sorghum in people's minds. Most sorghum in this country is grown for animal feed, but that's changing, as food manufacturers discover the neutral flavor and good nutritional profile of sorghum. And who knew? You can even pop sorghum like popcorn!

July: Wheat

At mid-year, we'll honor wheat, the grain that makes up about 70 percent of the grain consumed in the U.S. Much of our wheat is harvested in June, so wheat-country farmers have long celebrated the grain's bounty in July, when they can rest from their labors and enjoy a good festival.

August: Rye and Triticale

In Scandinavia, where rye is the main grain consumed, the harvest begins in August, and people look forward to enjoying bread and porridge made from the new grains. Triticale, a hybrid of wheat and rye, makes a great partner, sharing August's honors.

September: Rice and Wild Rice

For two decades, September has been recognized as Rice Month, and we are continuing that tradition. Though it is not actually a kind of rice, Wild Rice is also celebrated in September, a time when this uniquely American whole grain is harvested, and when the wild rice fields offer sustenance and repose to flocks of migrating birds.

October: Corn

King Corn rules in October, a month that has been proclaimed as "Poppin' Popcorn Month." Known as "maize" in most of the world, corn is actually the most widely-grown crop in the Americas, where it originated.

November: Millet and Teff

During November we focus on two grains not widely known: millet and teff (which is a type of millet). In November, Taiwan's indigenous Bunun people hold a huge millet festival – you can even see the traditional singing of the millet hymn on YouTube. Meanwhile, across the globe in Ethiopia, teff is being harvested in November, to be made into injera, the country's traditional spongy flatbread

December: Buckwheat

Blini, small buckwheat pancakes, are a longtime holiday tradition in Eastern Europe and Russia, and these days, a popular treat for Christmas celebrations. Buckwheat (which is not a kind of wheat!) also turns up on French tables in Brittany's galettes (savory crêpes), Japan's soba noodles, and many more dishes worldwide.

For more information on each grain please visit: <https://wholegrainscouncil.org/whole-grains-101/grain-month-calendar>. Oldways Whole Grain Council

September is Pain Awareness Month

What We Have Learned

In 30 years of helping each other, we have learned a lot. Here is a bit of that wisdom:

- We need the support of others who experience and understand chronic pain.
- Recognizing emotions helps us to understand ourselves.
- While our pain is certainly



not all in our heads, attitudes and expectations do make a difference.

- Learning how to relax is essential. It helps prevent tension and redirects our attention to other things we have some control over.
- Staying active, within realistic limits, can help us remain flexible and strong and reduce our sense of suffering.
- It is important to set realistic goals and chart our progress toward them.

Good communication with your health care provider is vital to getting the help you need to live well in spite of your pain.

For more information on chronic pain and pain management please visit: <https://theacpa.org/default.aspx>
American Chronic Pain Association

Upcoming Flu Season

The best way to prevent the seasonal flu is to get vaccinated every year. Everyone 6 months and older should receive a yearly flu vaccine. To find a flu clinic near you visit: <https://www.cdc.gov/flu/consumer/prevention.htm>.

Great American Smokeout



Make a plan to begin a tobacco free life by participating in the American Cancer Society Great American Smokeout on the third Thursday in November. This day is set aside for all smokers to make a plan to quit smoking for good.

Approximately 40 million American adults still smoke and tobacco use remains the single largest preventable cause of disease and premature death in the county.

The health benefits begin the moment you stop

smoking.

The American Cancer Society can help you by providing quit-smoking programs, resources, and support that can increase your chance of quitting and staying quit.

To get help and learn more, visit cancer.org/smokeout or call 1-800-227-2345 for free tips and tools.

You Can Take Steps to Prevent West Nile Virus

West Nile is a virus you can take steps to prevent. September is peak season for West Nile virus.

The virus is spread to people from mosquito bites. Mosquitoes get infected by feeding on infected birds. Anyone can get West Nile virus, but many people do not have the illness. Only about 20 percent of people who are infected will develop symptoms.

People over age 50 are more likely to develop symptoms of West Nile virus and should take special care to avoid mosquito bites.

The best way to protect yourself from getting West Nile virus is to prevent mosquito bites. Follow these steps to reduce your risk of being bitten by mosquitoes:

- Wear shoes and socks, long pants and a long-sleeved

shirt when outdoors at dusk or dawn when mosquitoes are most active.

- Use an EPA-registered insect repellent such as those with DEET, picaridin, or oil of lemon eucalyptus. These products can be used on skin or clothing. Choose a product that provides protection for the amount of time spent outdoors. Permethrin is another type of insect repellent. It can only be used on clothing. ALWAYS follow the directions on the product label.
- Keep mosquitoes outside by fixing or installing window and door screens.
- Drain standing water and empty water from buckets, flowerpots, cans and other items. A small amount of standing water can be enough for a mosquito to lay eggs.



Mild symptoms include flu-like illness with fever, headache, body aches, nausea and sometimes swollen lymph glands or a skin rash on the chest, stomach and back.

Severe symptoms include high fever, neck stiffness and swelling of the brain (encephalitis) which can lead to coma, convulsions and death. Less than 1% of infected people will develop severe symptoms. Older people and people with compromised immune systems may have severe illness.

For more information and tips visit: <https://health.morriscountynj.gov/public/disease/westnile/>

The Importance of Breastfeeding

According to the World Health Organization (WHO), breastfeeding reduces child mortality and has health benefits that extend into adulthood. Exclusive breastfeeding is recommended for the first six months of life followed by continued breastfeeding with appropriate complementary foods for up to two years old or beyond. Breastmilk provides all energy and nutrients that an infant needs for the first months of life, promotes sensory and cognitive development, and protects the infant against infectious and chronic disease. For more information about breastfeeding please visit: <https://www.womenshealth.gov/breastfeeding/>

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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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

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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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