



Essex County Office of Public Health Management



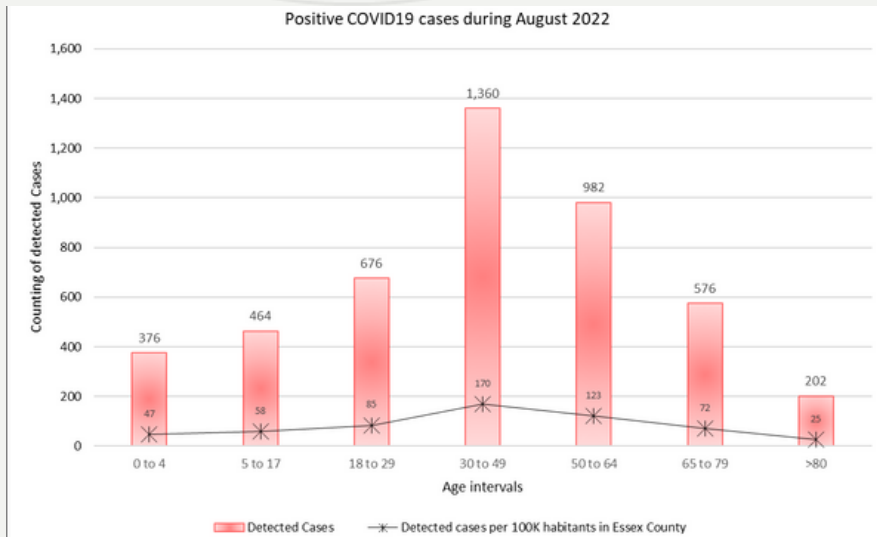
**Joseph N. DiVincenzo, Jr.,
Essex County Executive**

**The Board of County Commissioners
And the Essex County Office of Public
Health Management**

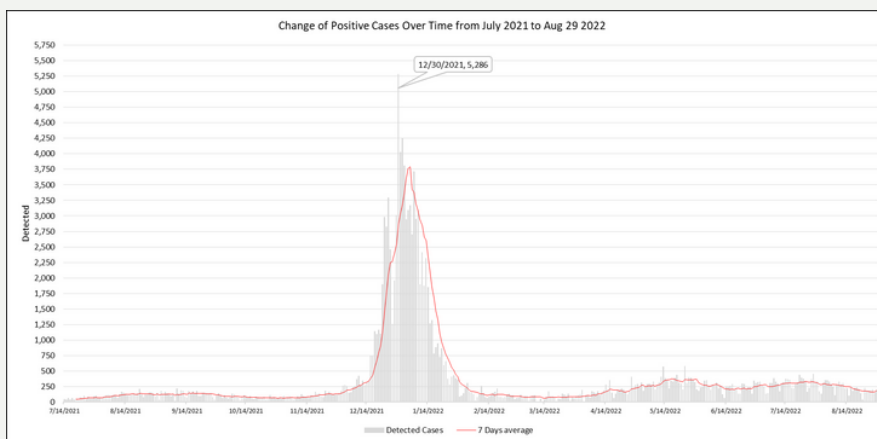
Through our Office of Public Health, we are committed to promoting the health and well-being of our residents. The tips and information included in this newsletter can help guide you on a path toward a healthier lifestyle.

Joseph N. DiVincenzo, Jr.

COVID-19 Updates for Essex County



The graph depicts the number of detected COVID-19 cases during the month of August 2022 and positive cases per each 100 thousands habitants of the County of Essex.



The graph shows the change over time of COVID-19 cases in the County of Essex.

National Childhood Obesity Awareness Month



Obesity affected about 14.7 million children and adolescents aged 2-19 years in 2017-2020.

How Families Can Prevent Childhood Obesity

- 1** Develop a Healthy Eating Pattern
Eat food products that follow nutrition guidelines.
- 2** Be Physically Active Throughout the Day
Children ages 6–17 years need at least 60 minutes of physical activity every day.
- 3** Set a Consistent Sleep Routine
Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior.