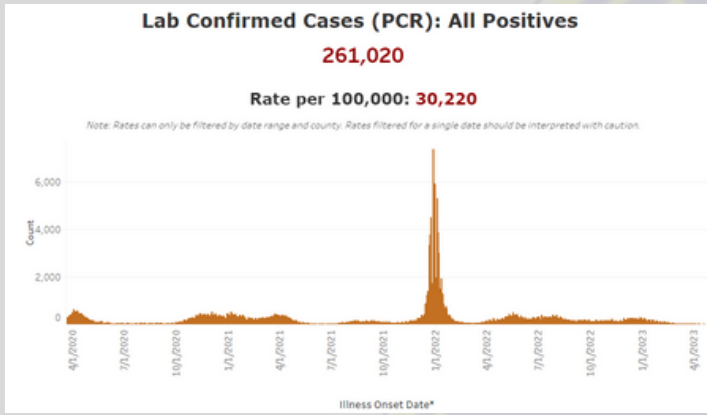


ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

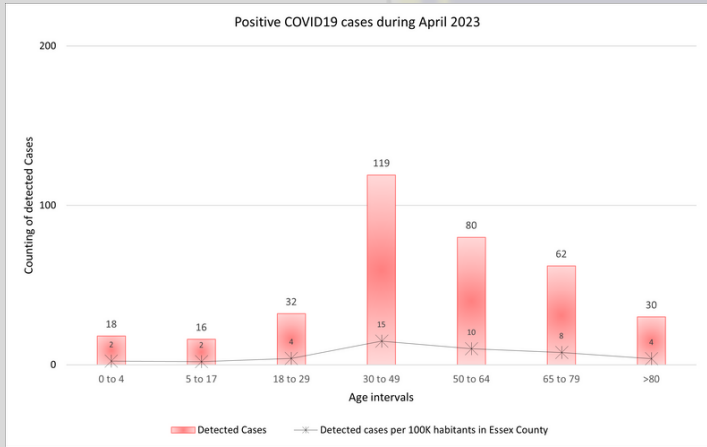
Monthly Health Newsletter

COVID-19 Updates for Essex County



The graph depicts the number of confirmed COVID-19 cases from and positive cases per each 100 thousand habitants of the County of Essex.

Source: NJDOH



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



Joseph N. DiVincenzo, Jr.,
Essex County Executive
The Board of County Commissioners

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.





NWHW

NATIONAL WOMEN'S HEALTH WEEK

MAY 14 - MAY 20, 2023



National Women's Health Week

is celebrated each year to encourage women and girls to make their health a priority.



How to Make your Health a Priority

Click the underlined words for more information.

Get regular checkups, including a yearly Well-Woman Exam.

Stay active by adding at least 30 minutes of exercise to your daily routine.



Eat a healthy and balanced diet.



Prioritize your mental health and learn how to cope with stress.





Joseph N. DiVincenzo, Jr.,
 Essex County Executive
 The Board of County Commissioners
 Essex County Division of Public Health Management




"To help us better understand the needs of our residents, we are conducting a community survey. The survey will help us identify areas of concern, learn about health issues that are important to our residents and be proactive when planning our public health initiatives. We hope that you take just a few minutes to complete our on-line questionnaire."

Joseph N. DiVincenzo, Jr.

Is Essex County Healthy?

The Healthy Essex Coalition is conducting a survey to understand the concerns and health needs of Essex County residents.

✓ Essex County residents who are 18 and older are encouraged to participate. 



Complete the survey & enter
 \$20
 RAFFLE



To access the survey, open your camera app and point it at the QR Code on the left. Tap the banner on top of the screen to access the survey.

Click the upper right corner to select the language desired.

SURVEY LINK 

<https://strategiehealthadvisers.surveyparrot.com/s/essexcommunityvoices/tt-vcDm9EuJVYxFmP6vKmx8J>

Putting Essex County First