

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

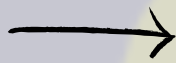
Monthly Health Newsletter

Mobile Health Clinic Coming to a Neighborhood Near You



Essex County and RWJBarnabas Health are partnering together to present Mobile Health Clinics throughout the County. These clinics will bring health screenings, educational information and referrals to underserved residents. It is part of our ongoing initiative to promote wellness and healthy lifestyles. For a schedule of upcoming clinics, scan the QR Code or visit Essexcountynjhealth.org/

Scan the QR Code
on the right to
view the Mobile
Health Clinic
Weekly Schedule



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

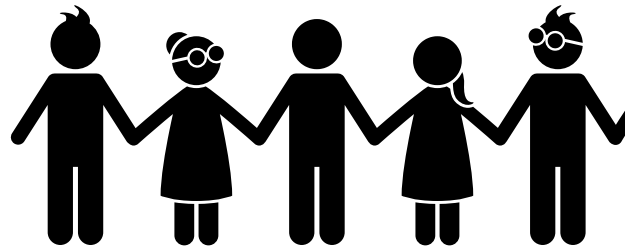
Joseph N. DiVincenzo, Jr.



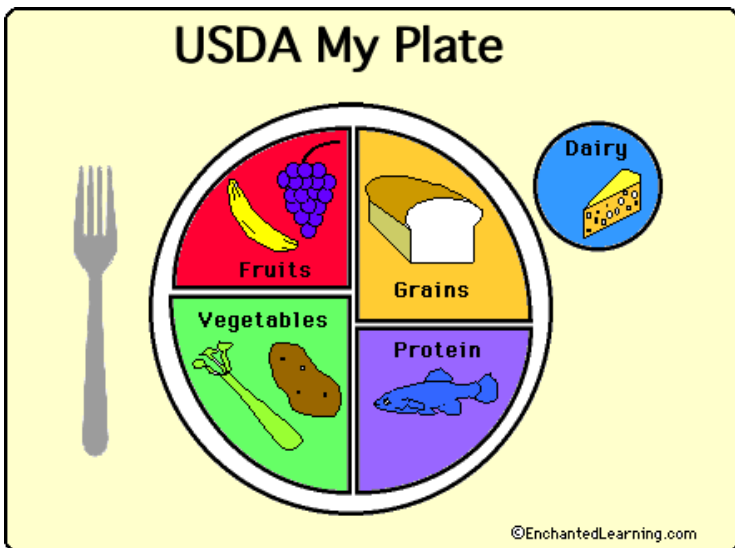
September is National Childhood Obesity Awareness Month



Childhood obesity is a serious health problem in the United States where 1 in 5 children and adolescents are affected.



Obesity can lead to type 2 diabetes, heart disease, and some cancers. A healthy diet and regular physical activity help people achieve and maintain a healthy weight starting at an early age and continuing throughout life.



The US Department of Agriculture food icon "My Plate" suggests the proportion of various food groups in our diet. It lets us know the relative proportions of the food groups that we should eat each day.