

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

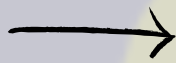
Monthly Health Newsletter

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.





What is Diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. There are 3 types: Type 1, Type 2, and Gestational Diabetes (Diabetes while pregnant).

With diabetes, your body doesn't make enough insulin and, when there isn't enough insulin, too much blood sugar stays in your bloodstream. This can cause serious health problems over time.

What is Pre-Diabetes?

Pre-diabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes.

About 96 million American adults —more than 1 in 3— have pre-diabetes.

Of those with pre-diabetes, more than 80% don't know they have it.



[Click Here for More Information](#)

What are Diabetes Risk Factors? (Type 2)

- Having pre-diabetes.
- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with Type 2 diabetes.
- Being physically active less than 3 times a week.
- Having had gestational diabetes.



American Diabetes Month

How do you Prevent Type-2 Diabetes?

Lifestyle changes can reduce one's risk for Type 2 Diabetes.



The CDC recommends regular physical activity and getting at least 150 minutes a week of brisk walking or a similar activity. This means 30 minutes a day, five days a week.

