

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



COMMUNITY HEALTH ASSESSMENT, 2023

The Essex County Office of Public Health Management (ECOPHM) and the Healthy Essex Coalition partner to improve the health of all Essex County residents through extensive collaboration. Conducting the Community Health Assessment (CHA) was the first step in identifying community strengths and challenges used to prioritize strategies aimed at improving health.

MOBILE HEALTH CLINIC

Essex County and RWJBarnabas Health have partnered together to provide 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.

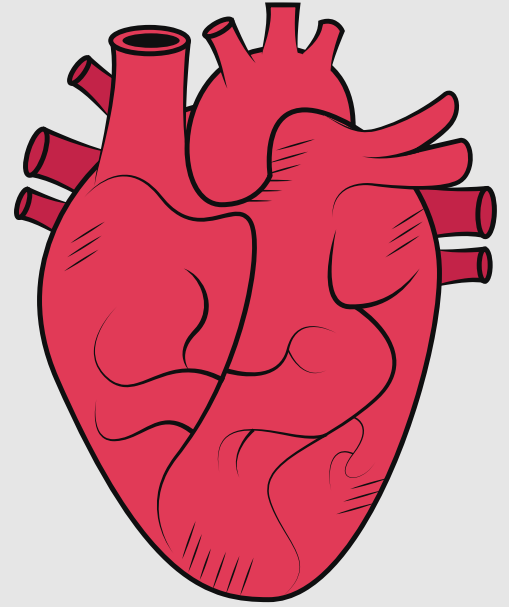


Scan the QR Code
below for our
Mobile Health
Clinic Schedule





American Heart Month



Heart Disease is the number **1** cause of death in America.

One person dies every 33 seconds in the United States from cardiovascular disease.



CENTERS FOR DISEASE CONTROL AND PREVENTION HEALTHY HABITS TO PREVENT HEART DISEASE:

Choose healthy meals, drinks, and snacks.


Maintain a healthy weight and get at least 30 minutes of exercise daily,

Don't Smoke.





**The Essex County Office of Public Health
Management has partnered with the Bloomfield
Health Department and the Autumn Leaves
Foundation to bring awareness to
Eating Disorders.**



**February is Eating Disorder
Awareness Month**

@autumnleavesfoundation



**Scan the QR
Codes for more
information on
Eating Disorders.**



**National Eating Disorders
Association**

**National Alliance for Eating
Disorders**