

# 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. **To view the 2023 Community Health Assessment, visit our website under the Projects Tab.**

## 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](http://Essexcountynjhealth.org).



Scan the QR Code  
below for our  
Mobile Health  
Clinic Schedule





# Colorectal Cancer

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control, and abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer.

## Symptoms

Abdominal pain, aches, or cramps that don't go away, diarrhea, constipation, sudden weight loss, changes in bowel habits, and blood in or on your stool (bowel movement).

## Risk Factors

Inflammatory bowel disease such as Crohn's disease or ulcerative colitis, personal or family history of colorectal cancer or colorectal polyps, lack of regular physical activity, a diet low in fruit and vegetables, a low-fiber and high-fat diet, or a diet high in processed meats, being overweight, alcohol consumption, and tobacco use.

## Screenings

Screening tests can find precancerous polyps early, so that they can be removed before they turn into cancer. Centers for Disease Control and Prevention (CDC) recommends beginning screenings at age 45 or sooner if you have some of the above risk factors.