

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.



Scan the QR Code
below for our
Mobile Health
Clinic Schedule





American Stroke Month

Stroke Awareness **F.A.S.T.** Warning Signs

F is for Face Drooping

A is for Arm Weakness

S is for Speech Difficulty

T is for Time to call 911

Other symptoms include:

Numbness on one side of the body, confusion, trouble seeing, trouble walking, severe headaches.

What is a Stroke?

A stroke is an emergency situation when blood flow to your brain is stopped. Brain cells begin to die after just a few minutes without blood or oxygen and, when brain cells die, brain function is lost. This makes someone unable to do things that are controlled by that part of the brain.



Risk Factors include: High blood pressure, heart disease, diabetes, lack of exercise, obesity, smoking, excessive alcohol use, illegal drug use, age, race, and genetics.

[Click here or visit American Stroke Association for more information](#)



"Maintaining good health is important for our quality of life. We encourage women of all ages to take advantage of our Women's Health Month Event to take control of their personal wellness."

Joseph N. DiVincenzo, Jr.



Women's Health Month Event



ESSEX COUNTY BRANCH BROOK PARK

Cherry Blossom Welcome Center:
Between Heller Parkway & Mill Street, Newark, NJ 07104



Wednesday May 8, 2024
1:00 PM - 6:00 PM

Services:

- Mammography Screening
- Pap Smear Screening
- Blood Pressure Screening
- Cervical Cancer Prevention
- Sexual Assault & Violence Education/Resources
- Child & Maternal Health Resources
- HIV Screening On-site & Test kits
- COVID-19 Vaccine & Test kits

SCAN TO SCHEDULE:



Vaccines and all other services will be walk-in!

Takeaways:

- Ice Cream.
- Certificate of attendance/completion.
- Resources/Referrals.