

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





Access to Care-Feasibility Study



Essex County is invested in furthering our efforts to understand the health needs across our county and the opportunities or pathways to implement sustainable solutions to address them. After completing a comprehensive Community Health Assessment (CHA) in 2023, we were able to obtain valuable insight into the county’s health needs. The CHA needs assessment was the first step in enhancing our overall capacity to improve the health of all county residents.

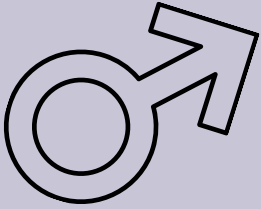
Now, we are excited to announce we have begun the next phase. The Essex County Office of Public Health Management (ECOPHM) is conducting a county-wide Access to Care Feasibility Study. The purpose of this study is to investigate and improve access to preventative and primary healthcare services in Essex County.

We continue to enhance and address the healthcare needs of all of Essex County. Working together we will continue Putting Essex County’s Health First.





MEN'S HEALTH MONTH



PREVENTATIVE CARE

Get regular check ups to monitor your blood pressure, cholesterol, glucose, and weight to catch potentially dangerous conditions early and get proper care, if needed.

REDUCE UNHEALTHY BEHAVIORS

- Avoid smoking to reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
- Limit alcohol consumption and reduce long-term health risks.
- Limit fatty, unhealthy foods to reduce your risk of diabetes, high blood pressure, and being overweight/obese.

EXERCISE 30 MINUTES PER DAY

Regular exercise can reduce health risk, improve mental health, quality of life and well-being. A 30-minute walk per day can improve your health.

MANAGE STRESS

Prioritize stress by getting more sleep and taking time to relax.