



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



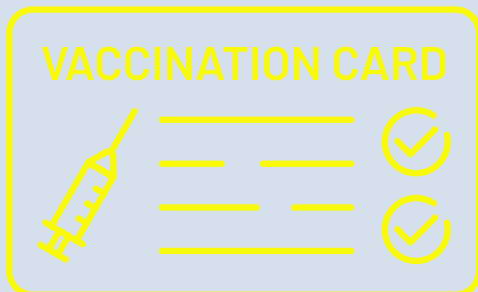
## MOBILE HEALTH CLINIC

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](https://Essexcountynjhealth.org).

Scan the QR Code below  
for our Mobile Health  
Clinic Schedule



## VACCINES FOR CHILDREN PROGRAM



Vaccines For Children Clinics are available by appointment only and offer free ACIP Vaccines to children through 18 years of age. To schedule an appointment or learn more, call our Call Center at 973-877-8456. Visit [essexcountynjhealth.org/immunizations](https://essexcountynjhealth.org/immunizations) for eligibility requirements.



## 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.





## NATIONAL

# Breastfeeding

## MONTH

### HEALTHY EATING:

IT IS IMPORTANT THAT YOU HAVE AND FOLLOW A HEALTHY EATING ROUTINE. YOU SHOULD EAT THE RIGHT AMOUNT OF CALORIES WHILE BREASTFEEDING. MONITOR YOUR FLUID INTAKE TO LOWER RISK OF DEHYDRATION.

### REDUCE THE RISK:

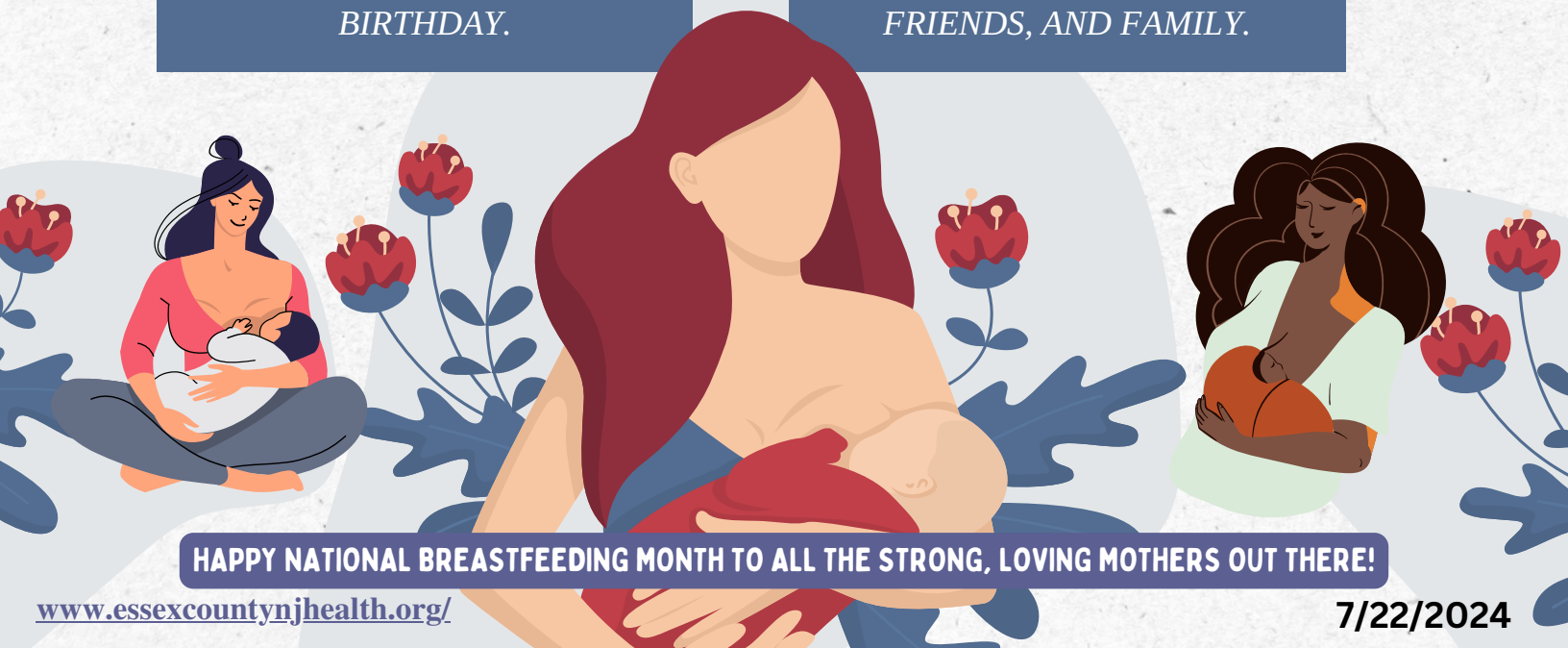
BREASTFEEDING HELPS REDUCE THE RISK OF ASTHMA, OBESITY, DIABETES, EAR INFECTIONS, AND SIDS. IT CAN ALSO REDUCE YOUR RISK OF HIGH BLOOD PRESSURE, DIABETES, BREAST AND OVARIAN CANCER.

### HEALTHY START:

THE BEST SOURCE OF NUTRITION FOR YOUR BABY IS BREAST MILK IN THE FIRST 6 TO 12 MONTHS OF LIFE. YOU MAY CONTINUE GIVING BREAST MILK AFTER THEIR FIRST BIRTHDAY.

### SUPPORT:

TAKE ADVANTAGE OF THE VARIOUS RESOURCES IN YOUR AREA SUCH AS: PEDIATRICIANS, LACTATION SERVICES, BREAST MILK DONATIONS, BREASTFEEDING COURSES, FRIENDS, AND FAMILY.



HAPPY NATIONAL BREASTFEEDING MONTH TO ALL THE STRONG, LOVING MOTHERS OUT THERE!