



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



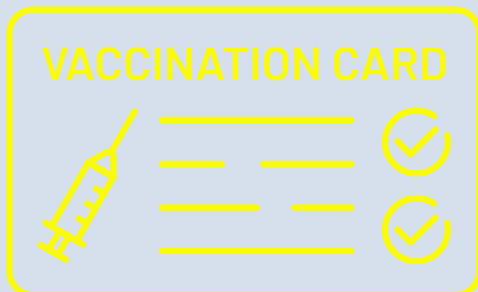
MOBILE HEALTH CLINIC

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://www.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/imunizations](https://www.essexcountynjhealth.org/imunizations) 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 CHILDHOOD OBESITY MONTH

CHILDHOOD OBESITY

A MEDICAL CONDITION THAT AFFECTS CHILDREN AND ADOLESCENTS WHERE THE CHILD IS WELL ABOVE NORMAL BODY WEIGHT FOR THEIR AGE AND HEIGHT.

PHYSICAL ACTIVITY

CHILDREN SHOULD AIM TO HAVE ABOUT 60 MINUTES OF ACTIVITY PER DAY. THIS IS CRUCIAL IN THE FIGHT AGAINST CHILDHOOD OBESITY.

HEALTHY EATING

A CHILD'S DIET SHOULD CONTAIN ADEQUATE AMOUNTS OF FRUITS, VEGETABLES, MEATS, DAIRY, AND GRAINS TO SUPPORT A HEALTHY BODY AND MIND.

SLEEP

SLEEP IS VERY IMPORTANT FOR YOUR CHILD'S PHYSICAL DEVELOPMENT. ENSURE THAT YOUR CHILD GETS AT LEAST 8-10 HOURS OF SLEEP EACH NIGHT.

USDA GUIDELINES

THE U.S. DEPARTMENT OF AGRICULTURE UPDATED NUTRITIONAL GUIDELINES EMPHASIZING ON THE IMPORTANCE OF FRUITS AND VEGETABLES VISIT: WWW.USDA.GOV/TOPICS/FOOD-AND-NUTRITION

