

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



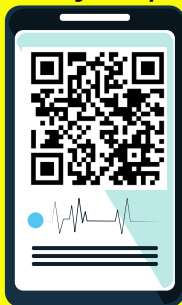
## ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

The Essex County Office of Public Health Management serves as a vital component in the broader public health system, working to protect and improve the health of individuals and communities through proactive measures and collaboration. By addressing both immediate health concerns and long-term health strategies, the OPHM strives to foster a healthier future for all of Essex County.



### VACCINE FOR CHILDREN

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](http://essexcountynjhealth.org/imunizations) for eligibility requirements.



### 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, visit [Essexcountynjhealth.org](http://Essexcountynjhealth.org).

# 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.



FEBRUARY IS:

# AMERICAN HEART MONTH



## 6 Tips to Protect Your Heart



**Manage**  
cholesterol,  
blood pressure,  
or diabetes



**Choose Healthy**  
Foods and  
Drinks



**Limit Alcohol**  
Consumption



**No Smoking**



**Do Daily**  
Exercise(s)



**Maintain A**  
Healthy Weight