



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



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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 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.

Essex County Community Health Assessment:

Older Adults (65+)

Older adults are valued community members that often find themselves isolated from the communities they are a part of. Findings from this assessment reveal that seniors are lacking certain accommodations and skills that would otherwise aid them in achieving a higher level of well-being and health.

Insured vs. Uninsured/Underinsured

In Essex County, approximately 87% of respondents to the Community Voices Survey reported having some form of health insurance. Of those, 81% see a primary care provider regularly. Among those with a primary care provider, 30% rely on Federally Qualified Health Centers (FQHCs) for care. However, 13% of respondents do not have a regular primary care provider and primarily seek healthcare at emergency rooms or urgent care centers.

Populations of Special Interest

Low-Income Residents

In Essex County, 15% of residents are living below the poverty line, and 29% are affording only basic needs.

Essex County also has significant gaps in income equality.

Caregivers and Caretakers

Essex County caregivers and caretakers play a crucial role in maintaining the wellbeing of children, people with disabilities, and the elderly. Often, middleaged adults are caring for both elderly parents and their own children (sandwich generation)

Youth and Young Adults (high school and college age)

According to the US Census, about 13% of Essex County residents are aged 20-29, 25% are under the age of 19, and about 6% of those are under the age of 5. Youth in Essex County encounter a wide range of opportunities and obstacles in academics, societal pressures, mental health struggles, and overall health.

[MORE INFO](#)





Joseph N. DiVincenzo, Jr., Essex County Executive
 The Board of County Commissioners
 And the Essex County Office of Public Health Management



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March is: National Nutrition Month

FOCUS ON NOURISHING YOUR BODY WITH NUTRIENT-DENSE FOODS AND MAKING SUSTAINABLE CHOICES THAT ALIGN WITH YOUR LIFESTYLE.

Eat a Balanced Diet: Fill your plate with a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Aim for colorful meals that provide essential nutrients to fuel your body.

Hydrate: Drink plenty of water throughout the day to stay hydrated and support your body's functions. Limit sugary drinks and opt for water as your primary beverage choice.

Stay Active: Incorporate regular physical activity into your daily routine. Whether it's going for a walk, jogging, swimming, or practicing yoga, find activities you enjoy and make them a priority.

Healthy Living: Make healthy eating a sustainable lifestyle choice, rather than a temporary diet. Enjoy new recipes, cook with loved ones, and explore new healthy food options to make healthy eating enjoyable.



"Putting Essex County's Health First"