

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



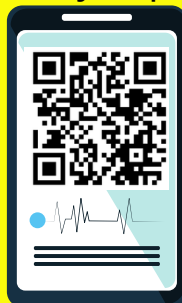
ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

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 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.

JOSEPH N. DIVINCENZO, JR., ESSEX COUNTY EXECUTIVE
THE BOARD OF COUNTY COMISSIONERS

MAYA HARLOW, M.S., MCHES, REHS, H.O.
DIRECTOR/ HEALTH OFFICER
OFFICE OF PUBLIC HEALTH MANAGEMENT

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, middle-aged adults are caring for both elderly parents and their own children (sandwich generation).

Youth and Young Adults (high school and college age)

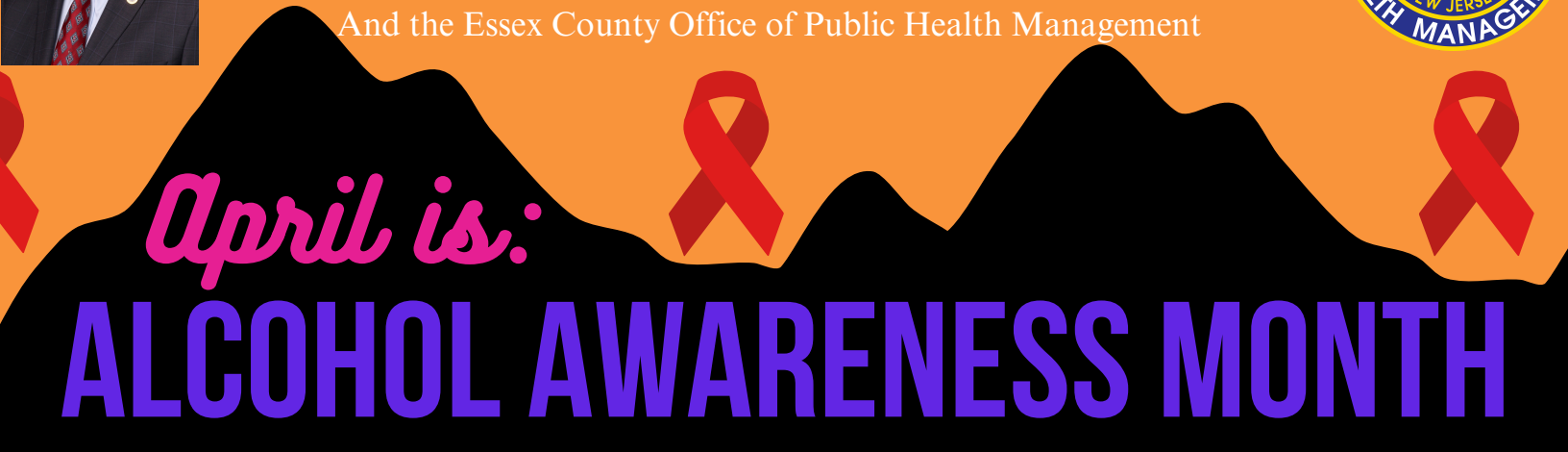
According to the US Census, about 13% of Essex County residents are aged 20-29, 25% are under the age of 19, and about 6% of those are under the age of 5. Youth in Essex County encounter a wide range of opportunities and obstacles in academics, societal pressures, mental health struggles, and overall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

[MORE INFO](#)





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



April is:

ALCOHOL AWARENESS MONTH

The hidden toll of alcohol on mental health

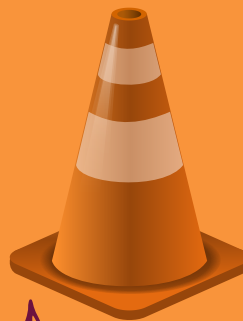
- It is a common myth that alcohol can help reduce stress and ease the mind.
- Alcohol is a depressant that can interfere with the balance of neurotransmitters (chemical messengers) in your brain. This impacts your emotions, thoughts, and behavior.



Alcohol impacts the part of your brain responsible for inhibitions, which is why you may initially feel more relaxed, less anxious, and more confident after drinking.

However, these effects are temporary. As alcohol continues to affect your brain chemistry, it can lead to negative emotions such as anger, depression, or anxiety, even if you were feeling fine before drinking.

Additionally, alcohol slows down your brain's ability to process information, making it more difficult to accurately understand your feelings and assess the potential consequences of your actions.



Safe Drinking

- Know your limit
- Pace yourself
- Eat while drinking
- Count your drinks
- Do not drive
- Stay hydrated

