



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



WHO WE ARE

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.

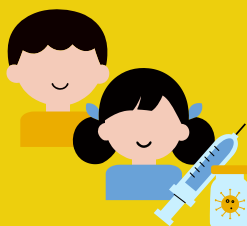
HOW WE SERVE OUR COMMUNITY

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's Mobile Health Clinic brings health screenings, educational information and health provider referrals to underserved residents.

Visit <https://essexcountynjhealth.org/mobile-health-clinics/> to view a schedule for the mobile clinic

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



July is: UV Safety Month

UV EXPOSURE IS THE LEADING CAUSE OF MOST SKIN CANCERS. SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S., AND TREATMENT CAN INVOLVE MORE THAN JUST REMOVING A MOLE. IT'S IMPORTANT TO FOLLOW SUN SAFETY PRACTICES YEAR-ROUND TO PROTECT YOUR SKIN.

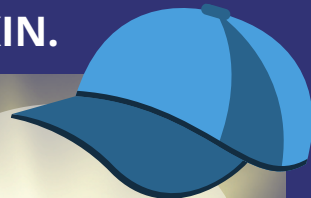
EXAMINE YOUR SKIN REGULARLY FOR ANY CHANGES OR SUSPICIOUS MOLES



WEAR SUNSCREEN WITH SPF OF 30 OR HIGHER EVERYDAY, CLOUDY OR SUNNY



COVER EXPOSED SKIN WITH CLOTHING OR A HAT



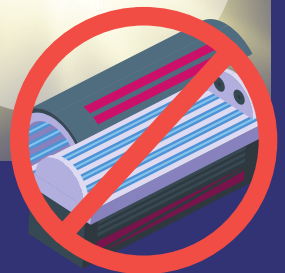
PROTECT YOUR EYES WITH SUNGLASSES THAT BLOCK 100% OF UVA AND UVB RAYS.



SEEK SHADE DURING THE PEAK SUN HOURS OF 10:00 AM TO 2:00 PM



AVOID TANNING BEDS AND INDOOR TANNING DEVICES



Putting Essex County's Health First

Sarcoma Awareness Month

July 2025

Sarcoma is a type of cancer that develops where connective tissue is located. This could be bones, muscles, fats, nerves, and blood vessels.

Different Types:

Two Main Types:

- Bone Sarcoma
- Soft Tissue Sarcoma

Did you know?

- Sarcoma is known as the "Forgotten Cancer"
- Sarcoma is rare. It only makes up about 1% of all adult cancers.
- Sarcomas account for 15% of childhood cancer diagnoses.

Signs & Symptoms

- A lump that may not be painful
- Bone pain
- A broken bone with no known cause
- Persistent fatigue

Risk Factors

- Certain genetic conditions
- Increased exposure to radiation
- Chemical exposure
- Smoking

Treatment

Treatment depends on type, location, and stage

- Surgery
- Radiation Therapy
- Chemotherapy
- Targeted therapies

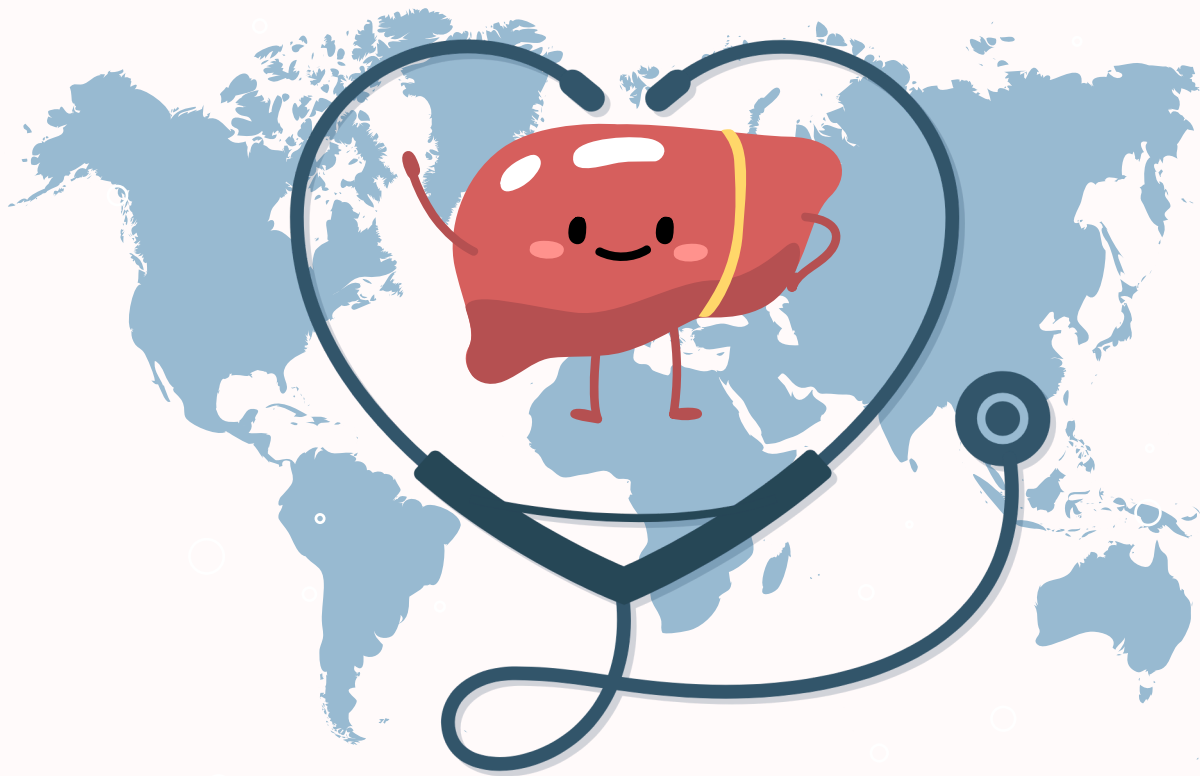


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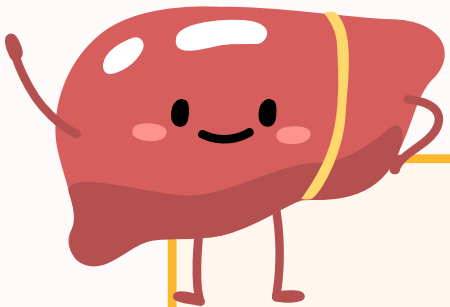
WORLD HEPATITIS DAY

July 28, 2025



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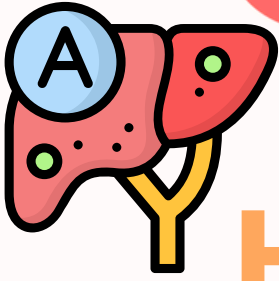


Hepatitis is a disease that causes inflammation to the liver. Let's explore the five types.



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WORLD HEPATITIS DAY

Hepatitis A

Overview

It is a contagious liver infection caused by a hepatitis A virus. It spreads through contaminated food, water, poor proper hygiene, and person-to-person contact.

Risk Factors

- International travelers
- Those not vaccinated
- Poor sanitation
- Lack of safe water
- Occupation with increase risk exposure

Symptoms

Can include:

- Fever
- Nausea
- Fatigue
- Abdominal pain
- Loss of appetite

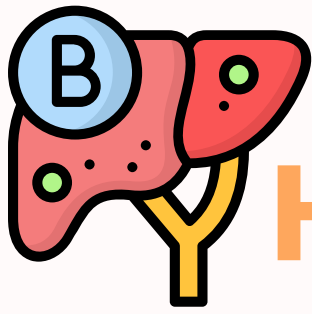
Prevention

The most effective ways to prevent Hepatitis A is by vaccinating and practicing proper hygiene.



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WORLD HEPATITIS DAY

Hepatitis B

Overview

It is caused by a Hepatitis B virus that can cause an acute or chronic infection. It is transmitted through bodily fluids. Severe cases can lead to cirrhosis & liver cancer.

Risk Factors

- Sharing of needles
- Unprotected sex
- Being born to an infected mother
- Occupation with increase risk exposure

Symptoms

Can include:

- Jaundice
- Dark urine
- Fatigue
- Abdominal pain
- Nausea

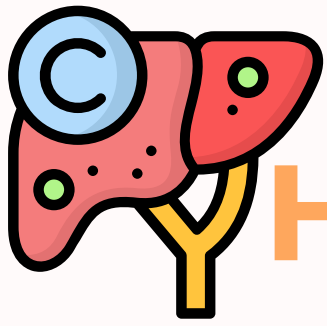
Prevention

The best prevention method is to practice safe sex and to get vaccinated against it.



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WORLD HEPATITIS DAY

Hepatitis C

Overview

Hepatitis C is a blood-borne virus that can cause acute or chronic infection, potentially leading to cirrhosis or liver cancer.

Risk Factors

- Injection drug use
- People with HIV
- Infants born to people with HIV
- Persistently abnormal ALT liver enzyme levels

Symptoms

Can include:

- Jaundice
- Dark urine or clay colored stool
- Fatigue
- Joint pain

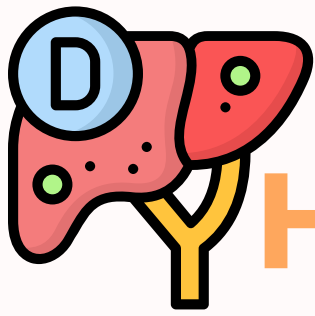
Prevention

The best way to prevent Hepatitis C is by avoiding contact with infected blood and bodily fluids.



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WORLD HEPATITIS DAY

Hepatitis D

Overview

Hepatitis D is a viral liver infection that occurs if a person has already been infected with Hepatitis B. Severe symptoms can cause liver damage and death.

Risk Factors

- Person who uses or injects drug
- Already infected with HBV
- HIV positive

Symptoms

Occur 3-7 weeks after infection.

- Jaundice
- Joint pain
- Dark urine
- Clay colored stool

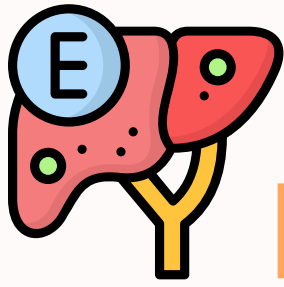
Prevention

The best way to prevent it is by vaccinating against Hepatitis B as it also protects against Hepatitis D.



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WORLD HEPATITIS DAY

Hepatitis E

Overview

Hepatitis E is a usually mild liver infection that can resolve on its own but may be serious for pregnant people and those with weakened immune systems.

Risk Factors

- Poor sanitation
- Older age
- Consuming contaminated food and water
- Weak immune system

Symptoms

- Fatigue
- Fever
- Nausea
- Abdominal pain
- Jaundice

Prevention

CDC recommends to drink only purified water when visiting countries where hepatitis E is common and by avoiding raw or undercooked pork, venison, and wild boar meat.



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OVERVIEW

Orofacial clefts, a common birth defect, occur when a newborn's lip or mouth does not fully develop.

- Cleft Lip: Opening in baby's upper lip.
- Cleft palate: Opening located on the roof of a baby's mouth.



RISK FACTORS

- Having a family history
- Smoking or drinking during pregnancy
- Diabetes before pregnancy
- Certain infections during pregnancy (e.g. rubella)

CLEFT & CRANIOFACIAL AWARENESS MONTH

PREVENTION

For those pregnant:

- Take folic acid to help prevent birth defects.
- Avoid smoking and alcohol
- Get vaccinated against infections
- Attend early and regular prenatal care.

FACTS

- In the United States, approximately 7,000 babies are born with orofacial clefts each year.
- Orofacial clefts occur very early in pregnancy.
- Cleft palate can occur with or without cleft lip.



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