



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.

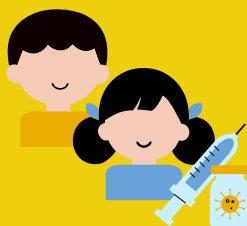
HOW WE SERVE OUR COMMUNITY

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

Step into the month with tips and tricks to be the best you!

MEN'S HEALTH MONTH

1

Eat Healthy



Ensure a balanced diet in meals

2

Get Active



Try to exercise 150 minutes per week

3

Get enough sleep



Reach for the recommended 7-9 hours a night

4

Mental Health



Take time for yourself and do things you enjoy

5

Prevention



Visit your doctor regularly & schedule preventative screenings



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The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



BIRD FLU



Avian influenza, commonly known as BIRD FLU, is a disease caused by infection with avian (bird) influenza Type A viruses. These viruses naturally spread among wild aquatic birds and can infect domestic poultry and other bird and animal species. While avian influenza viruses do not normally infect humans, rare cases of human infection have been reported.



Current Scope:

As of May 2025, there have been two reported human cases of Avian Influenza in New Jersey.

Prevention Measures

Avoid Contact: Don't touch wild birds.
Use Protection: Wear proper gear when handling poultry.
Cook Thoroughly: Heat poultry and eggs to 165°F.



Symptoms:

Symptoms can range from mild (e.g., conjunctivitis, upper respiratory symptoms) to severe (e.g., pneumonia). The severity depends on the specific virus and individual health factors.

Recommendations

Report Sick or Dead Birds: If you encounter sick or dead birds, contact local authorities or the New Jersey Department of Environmental Protection.



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National Migraine and Headache Awareness Month

You are not alone!



Did you know?

More than 38 million people in the United States experience migraines or some type of tension headache

Most Common Types of Headaches:



Tension
Migraines
Cluster

Signs & Symptoms:

Intense head throbbing
Pain that last up to hours or days
Light & Sound Sensitivity
Nausea



It may be a concern when you experience:

- 1) Signs of high fever, confusion, stiff neck
- 2) No relief of chronic or unbearable pain
- 3) Prevention of eating or drinking
- 4) Sudden severe headache with no known cause



Talk to your doctor about Migraine and Headache management plans



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June: PTSD Awareness Month

PTSD or “Post Traumatic Stress Disorder”
is a mental health disorder that impacts
those who have experienced or witnessed
traumatic events

Let's go over the facts:



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True or False?

**“Those who are
military veterans or
those who were
involved in military
combat have PTSD”**



TRUE



FALSE

PTSD can happen to anyone who
has faced a traumatic event, ^{it is}
not limited to veterans.



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True or false?

**“PTSD happens
right after a
traumatic event”**



TRUE



FALSE

In reality: PTSD can happen at anytime. It does not always happen as soon as a traumatic event happens. Symptoms that occur can range from a month to a couple of years.



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True or false?

**“PTSD cannot be
treated or managed”**



TRUE



FALSE

It can be treated! Resources such as psychotherapy, support groups, and certain medications can help to reduce symptoms and help those regain a feeling of control in their life.



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True or false?

**“Everyone
experiences the
same symptoms”**



TRUE



FALSE

Signs and symptoms can vary depending on the individual.

Possible Signs:

Reliving the event: Flashbacks, upsetting memories, or
distressing thoughts

Avoidance: Avoiding people, places, or thoughts that
remind you of the trauma

Negative feelings: Feeling down about yourself or the
world, possibly feeling distant from loved ones



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Resources:



National

 988 Suicide & Crisis Lifeline

Call/text 988 anytime for free, confidential support.

988lifeline.org

 SAMHSA National Helpline

1-800-662-HELP (4357) for treatment referrals & support.

samhsa.gov/helpline

New Jersey

 NJ Mental Health Cares

1-866-202-HELP (4357) for statewide mental health support.

njmentalhealthcares.org

 PerformCare NJ

Behavioral health services for youth & families.

performcarenj.org

Essex County

 Essex Office of Public Health Management.

essexcountynj.org/health

 Family Connections (East Orange)

Counseling & support for individuals and families.

familyconnectionsnj.org

 Family Service League/SAVE of Essex County (Montclair)

Counseling, trauma recovery, and crisis intervention.

familyserviceleague.org



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JUNE: Alzheimer's & Brain Awareness month

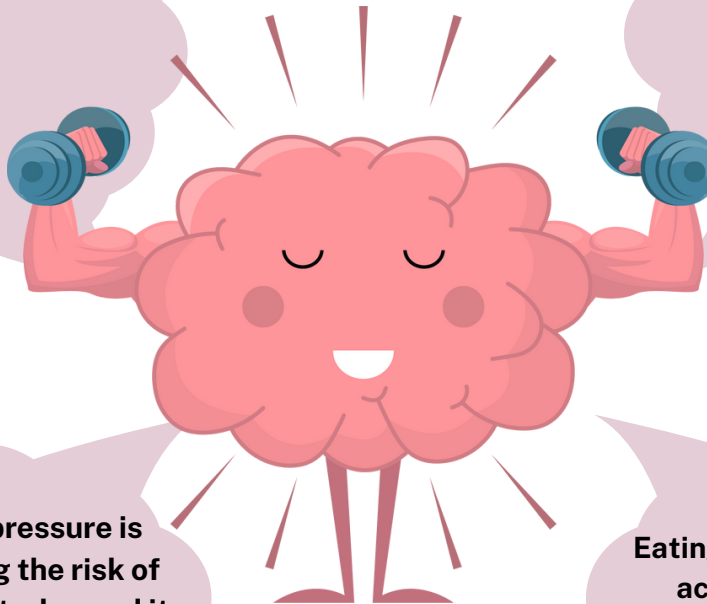
55 million people worldwide are living with Alzheimer's or another form of dementia. It is important to take action for you and loved ones by being aware and improving brain health.

Challenge your brain with games

- Playing chess
- Sudoku puzzles
- Read books
- Crosswords
- Memory games

Pursue life-long learning

- Learn a new language
- Learn new sport (rock climbing, pickle ball, yoga)
- Play a musical instrument
- Take adult education classes



Managing blood pressure is crucial for reducing the risk of heart disease and stroke, and it may also help prevent or delay Alzheimer's disease. High blood pressure, especially during midlife, is considered a risk factor for cognitive decline later in life.

Eating foods rich in omega-3 fatty acids, vitamin C, B vitamins, choline, magnesium, vitamin D, and zinc can support brain health by reducing inflammation, improving cognitive function, protecting brain cells, and enhancing memory and mood.

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



Word Search

CHALLENGE YOUR BRAIN!

Word Search Instructions:

Find and circle all the hidden words in the puzzle. Words may appear in any direction—even backwards! Cross off each word as you find it. Have fun!

N	V	M	S	C	I	E	N	R	E	D	Q
O	I	L	E	A	R	N	I	N	G	R	F
I	T	V	I	T	A	M	I	N	C	Y	B
T	A	S	W	R	R	M	P	T	P	N	L
N	O	T	D	O	E	E	G	J	I	R	M
E	B	D	C	O	G	N	I	T	I	V	E
V	R	R	P	N	U	G	A	R	K	E	M
E	F	A	A	A	B	F	Y	U	T	O	O
R	M	M	D	I	I	O	R	G	O	L	R
P	U	R	P	L	N	K	O	M	E	L	Y
D	P	U	Z	Z	L	E	S	K	E	E	H
P	H	E	A	L	T	H	U	A	S	S	T

BOOKS

LEARNING

SCIENCE

BRAIN

MEMORY

VITAMIN C

COGNITIVE

PREVENTION

YOGA

HEALTH

PUZZLES

ANSWER KEY ON NEXT PAGE



Answer Key

N	V	M	S	C	I	E	N	C	E	D	Q
O	I	L	E	A	R	N	I	N	G	R	F
I	T	V	I	T	A	M	I	N	C	Y	B
T	A	S	Y	R	R	M	P	T	P	N	L
N	O	T	D	O	E	E	G	J	I	R	M
E	B	D	C	O	G	N	I	T	I	V	E
V	R	R	P	N	U	A	A	R	K	E	M
E	F	A	A	A	B	F	Y	U	T	O	O
R	M	M	D	I	I	O	R	G	O	L	R
P	U	R	P	L	N	K	O	M	E	L	Y
D	P	U	Z	Z	L	E	S	K	E	E	H
P	H	E	A	L	T	H	U	A	S	S	T