



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



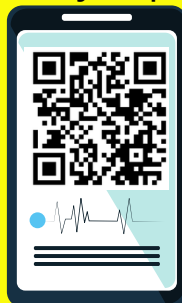
ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

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/immunizations 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, scan the QR Code or visit [Essexcountynjhealth.org](https://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, 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

May: Mental Health Awareness Month



May is the month we break the stigma surrounding mental health. Educate yourself and others, share your experiences, challenge myths, and use respectful language to create a more understanding and supportive environment for those with mental health conditions.



Self care tips to enhance your mental wellness:

- Engage in physical activity.
- Practice relaxation techniques.
- Get eight hours of sleep.
- Practice mindfulness.

Gratitude Challenge



Write a list of all that you are grateful for; it has been shown to improve your mood.





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WOMEN'S HEALTH MONTH



HOW CYSTIC FIBROSIS AFFECTS THE REPRODUCTIVE SYSTEM



What's Affected?

- **Thick Cervical Mucus**

Makes it harder for sperm to reach the egg, reducing chances of conception.

- **Irregular or Absent Periods**

Caused by low body weight, poor nutrition, or chronic illness.

- **Fertility Challenges**

Women with CF are not infertile, but may have reduced fertility.

May need support from fertility specialists or assisted reproductive technologies.

- **Pregnancy Risks**

Increased risk of complications such as preterm labor, gestational diabetes, and lower birth weight.

Requires specialized prenatal and CF care.

- **Menopause Considerations**

Earlier or more difficult menopause.

CF increases risk of osteoporosis and hormonal imbalance

Quick Reminder

Women with CF are living longer, healthier lives — and
motherhood is absolutely possible.

Proactive planning and care make all the difference.



Created on: 4/29/2025
“**Putting Essex County's Health First**”



Joseph N. DiVincenzo, Jr., Essex County Executive
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May 2025

Stroke Awareness Month

In the United States, stroke is the fifth leading cause of death. Therefore, it is important to recognize the signs of a stroke within the first few minutes. Memorize the signs of a stroke with the **BE FAST** acronym.

KNOW THE SIGNS OF A STROKE: BE FAST



**B
E**

BALANCE LOSS

EYESIGHT CHANGES

**F
A
S
T**

FACIAL DROOPING

ARM WEAKNESS/ DROOPING

SPEECH DIFFICULTY/SLURRED SPEECH

TIME TO CALL 911

Created on: 4/28/2025

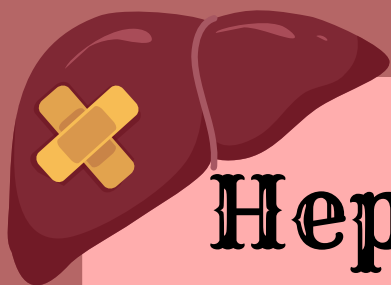
"Putting Essex County's Health First"



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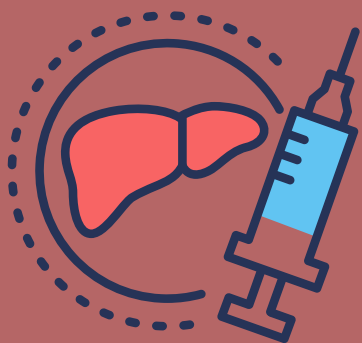
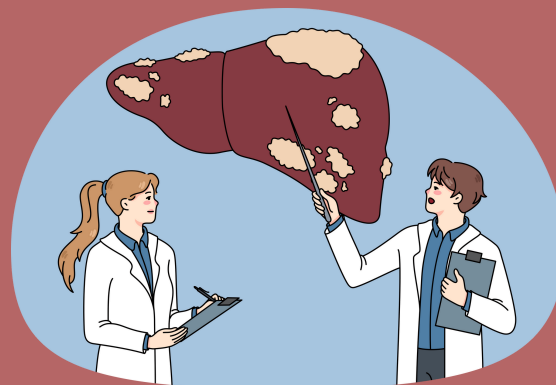


MAY 2025



Hepatitis Awareness Month

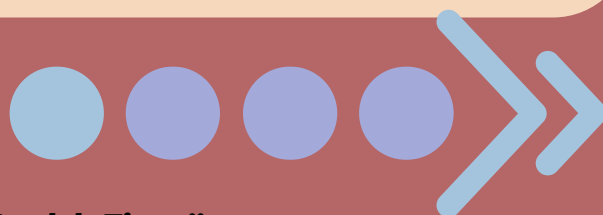
Hepatitis is a viral infection that causes inflammation of the liver. There are five types of hepatitis viruses, but in the United States, types A, B, and C are the most commonly diagnosed.



Resources

A vaccination is available for Hepatitis A and B. Essex County Office of Public Health Management's Vaccine For Children program offers Hep A and Hep B vaccines for children who are uninsured/underinsured. Call **973-877-8456** to book an appointment for your child.

Find out more information about the different types of Hepatitis viruses on the next page!

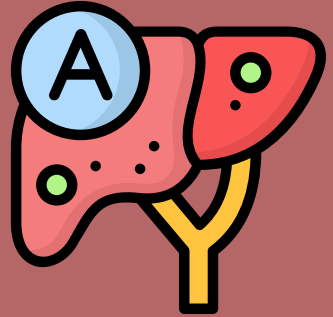


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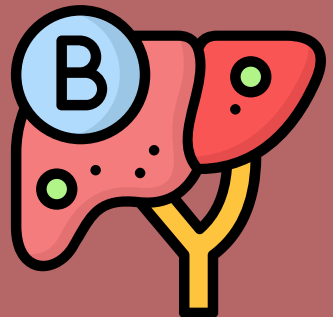
Hepatitis A

A liver infection caused by the hepatitis A virus (HAV). It spreads through contaminated food, water, or close contact, even without symptoms. A safe vaccine and good hygiene, like handwashing, help prevent it. Vaccination is especially important for people who use drugs, are homeless, have liver disease, or were recently incarcerated.



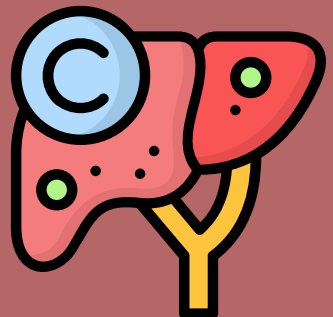
Hepatitis B

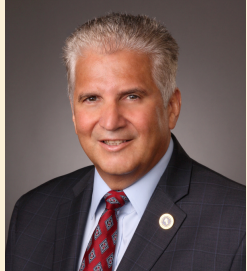
A liver infection caused by the hepatitis B virus (HBV) that can become chronic and lead to serious liver damage or cancer. It spreads through blood, sexual contact, shared needles, or from mother to baby. A safe vaccine is available for infants, children, and at-risk adults. Testing is recommended for all adults and pregnant women. While there's no cure, treatments can help prevent serious liver problems.



Hepatitis C

A liver infection caused by the hepatitis C virus (HCV), with most cases becoming chronic and leading to liver disease or cancer. It spreads through blood exposure, often by sharing needles, unsafe tattoos, or during childbirth. There's no vaccine, but avoiding risky behaviors helps prevent it. Testing is recommended for all adults, pregnant women, and people at ongoing risk. Most people can be cured with 8-12 weeks of treatment.





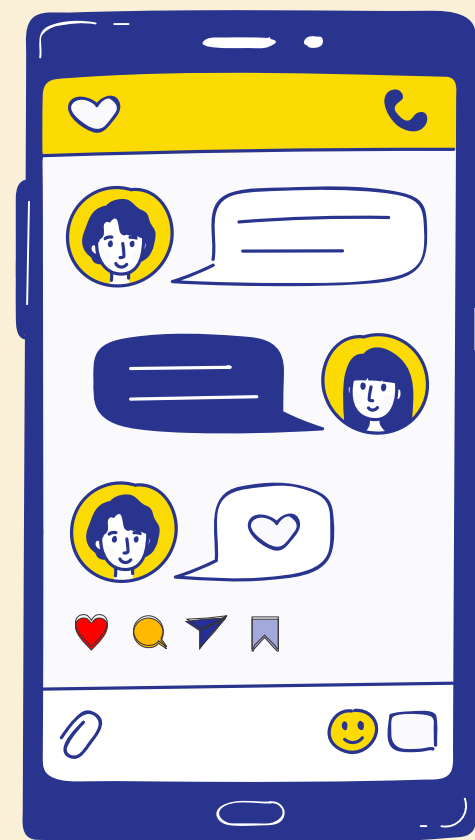
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