

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



WHO WE ARE



The Essex County Office of Public Health Management works to protect and improve community health through prevention, response, and collaboration — building a healthier future for all.

VACCINE FOR CHILDREN

Free ACIP vaccines are offered by appointment for kids up to 18 years old.

Scan QR code for more information or call us at 973-877-8456.



SCAN



LEARN MORE ABOUT OUR PROJECTS



SCAN CODE

MOBILE HEALTH CLINIC

Essex County's Mobile Clinic offers screenings, health info, and referrals to underserved residents. Scan here to view a schedule for the mobile clinic



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

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

OCTOBER IS BREAST CANCER AWARENESS MONTH

1 IN 8 WOMEN WILL BE
DIAGNOSED WITH
BREAST CANCER IN HER
LIFETIME. THAT'S ONE
PERSON EVERY 2
MINUTES IN THE U.S.

THE TWO MOST COMMON
RISK FACTORS OF BREAST
CANCER ARE BEING BORN
FEMALE AND GETTING
OLDER.

IN 2025, IT'S
ESTIMATED AMONG
WOMEN IN THE U.S.
THERE WILL BE
316,950 NEW CASES
OF INVASIVE BREAST
CANCER



CREATED: 09/11/2025

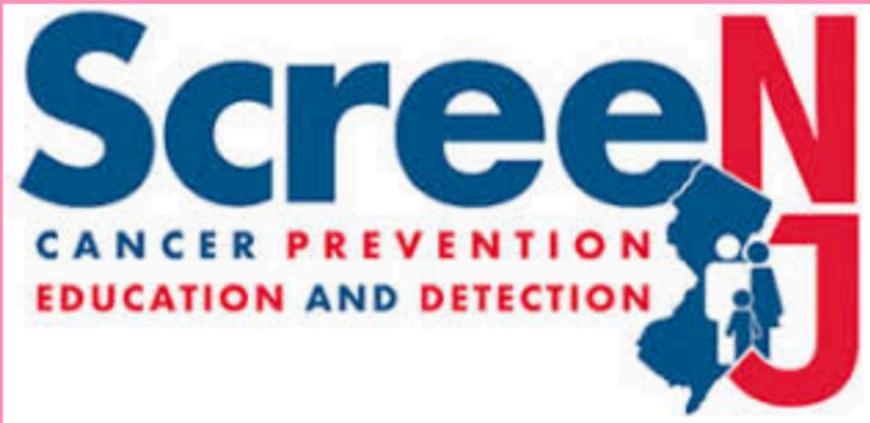
Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



SCREEN, SUPPORT, SURVIVE: COMMUNITY TOOLS FOR BREAST HEALTH



Montclair Breast Center

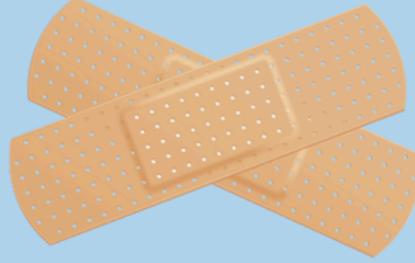


NJCEED PROGRAM



SCAN THE QR CODES
FOR MORE
INFORMATION ABOUT
BREAST CANCER
AWARENESS AND
SCREENINGS





Rx

October 2025

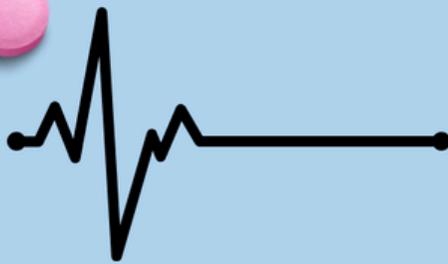
HEALTH LITERACY MONTH

Health is not simply the absence of sickness

Health Literacy Month in October highlights the need for easy-to-understand health information and skills. It reminds us that understanding health details is key to making good choices about our well-being.

This month encourages people to engage in their healthcare, ask questions, and seek clarity. It also stresses the need for health information that meets the diverse needs of all populations, ensuring everyone can live healthier lives.

By promoting clear communication between doctors and patients, it aims to make medical information easier for everyone to grasp.



Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First





Nearly 9 out of 10 adults in the United States struggle with health literacy.

In the U.S., health literacy is a stronger predictor of an individual's health status than income, employment status, education level and racial or ethnic group.

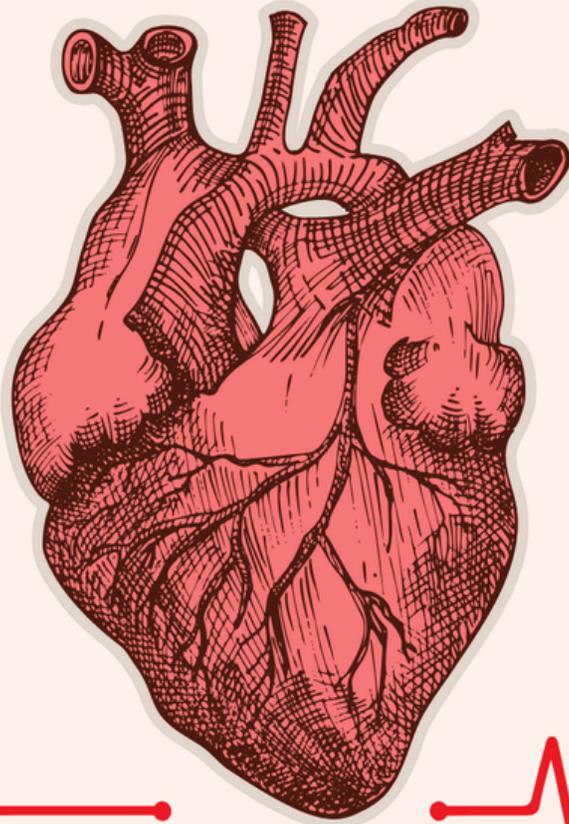
People with low health literacy skills are more likely to:
Have poor health outcomes, including hospital stays and emergency room visits,
Make medication errors,
Have trouble managing chronic diseases,
Skip preventive services, like flu shots.

Health is wealth



- ✓ **Emphasize people's ability to use health information rather than just understand it.**
- ✓ **Focus on the ability to make "well-informed" decisions rather than "appropriate" ones.**
- ✓ **Acknowledge that doctors, nurses, pharmacists and healthcare professionals have a responsibility to address health literacy.**
- ✓ **Work with educators and others to help people become more familiar with health information and services and build their health literacy skills over time.**

SUDDEN CARDIAC ARREST AWARENESS MONTH



October is

National Sudden Cardiac Arrest Awareness Month. Sudden Cardiac Arrest is a leading cause of death in the United States, taking the lives of more than 356,000 people each year, including more than 23,000 youth under age 18.



Created: 09/12/2025

Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



What is Sudden Cardiac Arrest?



Sudden cardiac arrest (SCA) is a serious, life-threatening condition in which the heart suddenly stops beating in a way that stops blood flow to the brain and other vital organs.

Because brain cells begin dying within minutes without oxygen, SCA is a medical emergency. Immediate actions include: calling emergency services; starting CPR (chest compressions); and using an AED (automated external defibrillator) if available.

The chances of survival drop rapidly with each minute that passes without help.

What To Do/Treatment



1. **Call emergency services** (e.g., 911 in the U.S.) without delay.

2. **Perform CPR (Cardiopulmonary Resuscitation):**

- Push hard and fast in the center of the chest at a rate of **100–120 compressions per minute**.
- If **trained**, provide rescue breaths after every **30 chest compressions**.
- If **untrained**, performing chest compressions alone is still highly effective.



3. **Utilize an AED (Automated External Defibrillator)**

if one is accessible. It identifies abnormal rhythms and can deliver a shock to attempt to restore a normal heartbeat.

SUDDEN INFANT DEATH SYNDROME

SIDS



SIDS Awareness Month in October educates on preventing Sudden Infant Death Syndrome by promoting safe sleep practices like placing babies on their backs and using firm sleep surfaces. It aims to reduce incidents and support affected families through education and community engagement.



Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First





THE ABCS OF SAFE SLEEP

A
ALONE

Babies should sleep alone in their crib or bassinet, separate from parents, siblings, or pets.

Co-sleeping with others increases the risk of suffocation or accidental injury.

B
BACK

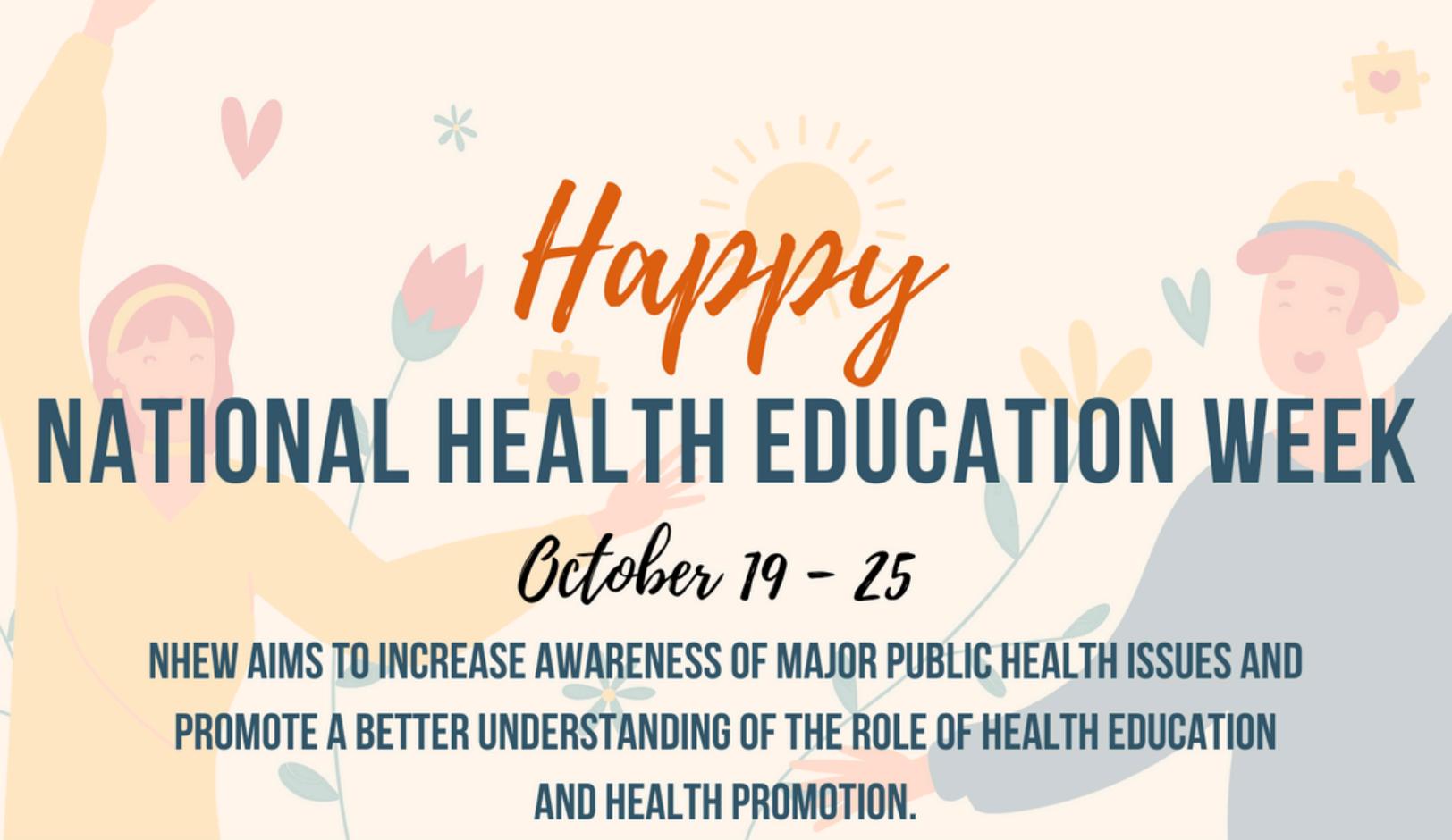
Babies should always be placed on their backs to sleep.

Sleeping on their stomachs or sides increases the risk of Sudden Infant Death Syndrome (SIDS).

C
CRIB

Babies should sleep on a firm, flat surface, such as a crib or bassinet.

Avoid using bedding, pillows, blankets, or blanket pads, as these can obstruct breathing.



Happy

NATIONAL HEALTH EDUCATION WEEK

October 19 - 25

NHEW AIMS TO INCREASE AWARENESS OF MAJOR PUBLIC HEALTH ISSUES AND PROMOTE A BETTER UNDERSTANDING OF THE ROLE OF HEALTH EDUCATION AND HEALTH PROMOTION.

Health education is essential for promoting well-being and preventing disease in communities.

- 
- It covers topics such as nutrition, physical activity, mental health, and disease prevention.
 - The goal is to help individuals make informed health decisions.
- 

Effective health education results in healthier populations, reduced healthcare costs, and improved quality of life.



Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



"Empower. Educate. Elevate Health"



Schedule or attend a health check-up you may have been postponing.



Commit to learning something new about health (e.g. mental health, nutrition, prevention).



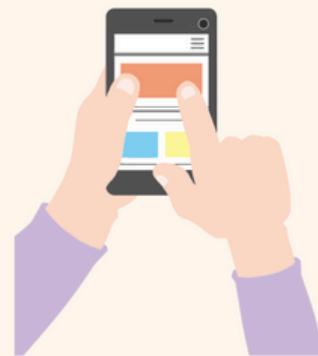
Try a new healthy recipe, or cook a balanced meal with friends/family.



Join a fitness class (in person or online), or do a daily movement / step challenge for the week.



Watch a webinar or read a book / article related to health promotion or a public health issue.



Share some accurate health education content on your social media (infographics, articles) to help inform others.

National Dental Hygiene Month



Celebrate With A Health Smile



Celebrated each October, National Dental Hygiene Month emphasizes the significance of maintaining good oral health. Advocated by dental professionals, it highlights essential habits, including:

- Brushing twice daily with fluoride toothpaste
- Flossing regularly
- Eating a balanced diet
- Attending routine dental check-ups



This observance aims to prevent oral diseases and enhance overall health, encouraging individuals to take steps toward improving their dental hygiene.



- Poor oral hygiene can cause periodontal disease.
- Periodontal disease can damage teeth-supporting tissue and bone.
- Associated conditions include:
 - Cardiovascular disease
 - Diabetes
 - Respiratory infections

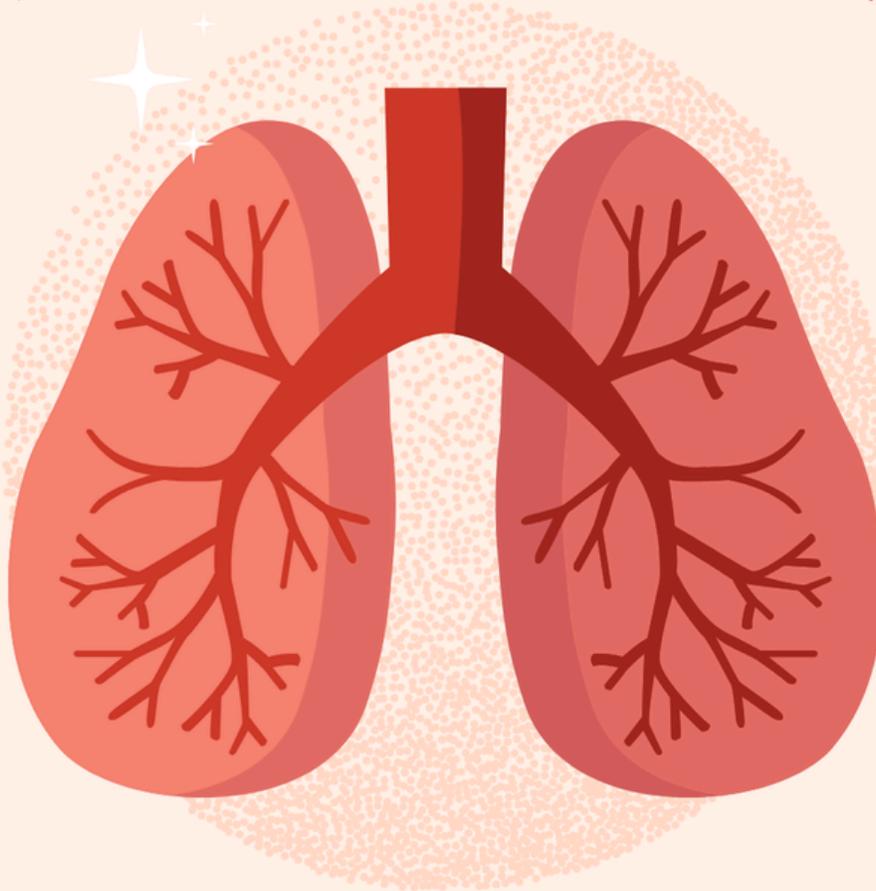


Created: 09/11/2025

Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



HEALTHY LUNG MONTH



Healthy Lung Month, held annually in October, aims to raise awareness about lung health by promoting education, encouraging smoking cessation, highlighting early detection and treatment of lung diseases, and advocating for clean air policies.



CREATED: 09/11/2025

Joseph N. DiVincenzo, Jr., *Essex County Executive*
The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First



3 Ways to Celebrate Healthy Lung Month



Quitting smoking and vaping is challenging, but it rewards you with better breathing and a healthier life. Your body, especially your lungs, will be grateful.



For lung health, see your doctor for symptoms like shortness of breath. A clean bill of health means easier breathing this October and throughout the year.



Many are allergic to dust and dander. To manage, clean your home, wash fabrics, and groom pets. Use gentler, non-toxic cleaners for health and environment.

