



## Ready Together New Jersey

The New Jersey Department of Health and Senior Services has released "Ready Together New Jersey" a guide to help residents prepare for public health emergencies.

The guide provides information on assembling an emergency kit and creating a personalized action plan. It also includes telephone numbers and web addresses for agencies that provide information during an emergency. Residents can record key personal information on a tear-out wallet card included in "Ready Together New Jersey" that can be kept with them at all times.

The guide is available in both English and Spanish on the Atlantic County website [www.aclink.org](http://www.aclink.org). Copies of the guide are also available by calling 609-645-5853.



## New Year...New You

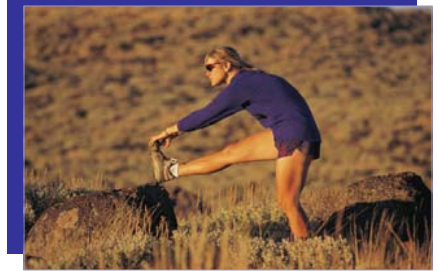
**What are your goals for 2006? If you're like most Americans, you hope to lose weight and exercise more.**

When it comes to dieting, be sure you are getting the most nutrition out of the calories that you take in. Choose the most nutritionally rich foods that you can from each food group. This way you will get the full range of vitamins and nutrients that your body needs to be healthy, while cutting foods with higher calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.

Becoming a healthier you isn't just about eating the right foods. Regular physical activity is equally important to your overall health. Being physically active at a moderate intensity for at least 30 minutes a day will help you to control body weight by balancing the calories you take in with the calories that you expend.

Also, visit your health care provider and schedule regular health screenings. The Atlantic County Division of Public Health offers the following screenings at no charge; blood pressure, cholesterol, fasting blood sugar and hemocult as part of its Live Stronger, Longer program. Make your appointment today by calling 609-645-5933.

No matter what results you are looking for, you can become a **new you** in the **new year!** ♦



### in this issue:

- 2 From the Health Officer's Desk
- 2 National Wear Red Day
- 2 New Jersey Medical Reserve Corps
- 3 Healthy Mom, Healthy Baby
- 3 Want to Get Fit For Life?
- 3 Stop Sharing
- 4 Ready Together NJ

## Winter Weather Wellness

### Don't let winter weather leave you cold this year.

Exposure to cold temperatures, whether you are indoors or outside, can cause serious or life-threatening health problems. We have some tips to help you beat those winter woes. Adults and children alike should dress warmly and stay dry if you are outdoors. **Layer clothing** and wear a hat, scarf, sleeves that are snug at the wrist, coats and boots.

**Do not ignore shivering.** It's an important first sign that the body is

losing heat. Persistent shivering should be a signal to return indoors immediately.

**Avoid exertion.** Cold weather puts an extra strain on the heart. If you must do outdoor chores, dress warmly and work slowly. Your body is already working hard, so don't overdo it.

**Eat and drink wisely.** Eating a well-balanced meal will help you stay warmer. Do not drink alcoholic beverages—they cause your body to lose heat. Being prepared can help you stay warm and well this winter ♦

## From the Health Officer's Desk...

Dear Public Health Partner,

I hope the New Year finds you and your family well. Please take a moment and review the enclosed information. It will help you and your loved ones enjoy a healthy and happy 2006.

Join us in showing support for women's heart disease awareness on Friday February 3, 2006 by going red. Wear your favorite red clothing or accessory.

In addition, let the Division of Public Health help you find out how healthy your heart is by participating in the "Live Stronger, Longer" program. Call 609-645-5933 to schedule a free cholesterol, blood pressure, and fasting blood sugar test. Show your valentine how special they are to you by scheduling an appointment for them as well.



Patricia Diamond, Director/ Public Health Officer

## Contact Us

Community Health  
609-645-5933

Environmental Health  
609-645-5971

Health Planning & Education  
609-645-5853

Substance Abuse Services  
609-645-5932

Public Health Emergency  
Hotline  
609-677-5720

On the web:  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

# Healthy Mom, Healthy Baby

You never know what the new year will bring, so even if you're not planning on having a baby, learn how you can help a friend or relative give her baby a healthy start.

About 150,000 babies are born annually with a birth defect. While not all birth defects can be prevented there are some actions that a woman can take to increase her chance of having a healthy baby. Take a minute to learn the **Healthy Mom, Healthy Baby** alphabet:

**A** Avoid exposure to toxic substances or chemicals such as cleaning solvents, insecticides and paint and alcoholic beverages.



**B** Be sure to see your doctor early and get prenatal care regularly.

**C** Cigarette smoking during pregnancy can result in low birth weight babies. The more a pregnant woman smokes, the greater risk to her baby.

**D** Drink extra fluids (water is best).

**E** Eat healthy to get the nutrients that mom and baby need.

Every baby deserves a healthy start in 2006. If you would like more information about pregnancy, Atlantic County has nurses available to speak with you by calling 609-645-5933. ♦

## Want to *Get Fit For Life*?

Statistics show that **65% of Atlantic County residents are currently overweight.**

Many people are unaware that poor diet and lack of exercise are associated with each of the top ten causes of death in the United States.

Would you like to help your organization **Get Fit For Life**?

We can work with you to design a program that promotes overall wellness and educates your group on important skills for building a healthy lifestyle. Proper education on diet and exercise with a dash of encouragement and support is the perfect recipe to meet your group's weight loss goals.

If you are interested in sponsoring a **Get Fit For Life** program, contact Linda Duca, Health Educator for the Division of Public Health, at 609-645-7700, extension 4248. We hope that you'll make the commitment to start your slim-a-thon today! ♦



## Stop Sharing

It's a fact...you should stop sharing...germs that is.

It's as simple as using a tissue, covering sneezes and coughs and keeping your hands clean.

You see, common colds and more serious illnesses like flu and whooping cough spread easily through coughing, sneezing and germs on hands.

Whenever people are together, especially in crowded places, germs spread easily.

So remember, when it comes to being sick, **it's okay to stop sharing!** ♦



NATIONAL WEAR *red* DAY  
is Friday, February 3, 2006

February, 3, 2006 is National Wear Red Day, a day when Americans nationwide wear red to show their support for women's heart disease awareness. Show off your favorite red dress, shirt, tie or pin while also promoting this life-saving awareness movement.



New Jersey is developing a prepared, trained workforce of volunteers to serve our citizens in the event of a public health emergency. Call today to learn more about how you can volunteer to help right here in your Atlantic County community. Contact the Atlantic County Division of Public Health at 609-645-5853.

**Health care professionals and community volunteers are needed.**