

partners in public health

Atlantic County Division of Public Health
201 South Shore Road, Stillwater Building
Northfield, New Jersey 08225



Atlantic County Executive, Dennis Levinson
Atlantic County Board of Chosen Freeholders
Joseph F. Silipena, Chairman

The Atlantic County Division of Public Health offers
FREE health screenings
to county residents including:

Live Stronger, Longer

Blood Pressure
Cholesterol
Fasting Blood Sugar
Hemoccult

Schedule an appointment today by calling:
609-645-5933

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Celebrate National Breast Cancer Awareness Month

Schedule an appointment for a breast exam and mammogram.

This October marks the 21st year of National Breast Cancer Awareness Month. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

While this is exciting progress, there are still many women who do not get screening mammograms and clinical breast exams or perform breast self exams on a regular basis.

In New Jersey, there are an estimated 7,750 new cases of breast cancer and 1,500 female breast cancer deaths have been reported.

If you are age 40 or older, join the millions of women who have mammograms on a regular basis.

National Mammography Day is October 21. Why not encourage all of the women in your life to celebrate together by scheduling an appointment for a clinical breast exam and mammogram referral today by calling 609-645-5933.



Remember, early detection can save your life. ♦

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County Offers Substance Abuse Screenings

Millions of Americans suffer from substance abuse disorders and millions more live in households with people who have had problems with alcohol or drugs. Substance abuse and addiction are a serious public health issue facing our communities. As many as 63 percent of people nationwide have been impacted by substance abuse whether it was a personal addiction or that of a friend or family member. The Atlantic County Division of Public Health is offering a program to help you put the pieces back together and start on the road to recovery. In recognition of National Recovery Month in September, the county began offering confidential substance abuse screenings to residents, at no charge. The program will provide screenings, as well as valuable treatment options and support to substance dependent individuals and their families. The screenings will be provided at the Stillwater Building, 201 S. Shore Road in Northfield on an ongoing basis. You are not alone...there is hope. To schedule an appointment, call the Atlantic County Division of Public Health at 609-645-5932. ♦

Call 645-5932
for more
information



From the Health Officer's Desk...

Dear Public Health Partner,

The Division of Public Health is pleased to present the fall edition of the "Partners In Public Health" newsletter.

I hope you will find this information helpful. A variety of health issues are presented. Our new substance abuse screening program is highlighted as it was just launched last month. We also continue to encourage adults of all ages to take advantage of the "Live Stronger, Longer" program by making an appointment for a blood pressure, cholesterol, fasting blood sugar and hemocult test at no charge.

Please feel free to share this newsletter with a loved one, neighbor, or community group in your area. Comments or questions about this information are welcome. I can be reached at 609-645-5935.

Have a safe and "healthy" holiday season!



Patricia Diamond, Director/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

Hosting a Holiday Party?

As we move closer to the holiday season, many of us will either host or attend parties. Make your celebration a night to remember by drinking responsibly and choosing a designated driver.

On an average day, 46 people die in alcohol-related traffic crashes, accounting for nearly 40 percent of all traffic deaths.

Drunk driving is no accident. Be sure to plan ahead if you will be attending a party that includes alcohol. Always designate a non-drinking driver if you will be away from home,



take a cab or use public transportation.

Be sure to consume food, sip your drinks and alternate with non-alcoholic beverages throughout the evening. Also, do not ride with anyone who has been drinking to the point of impairment.

Each year, police arrest over 1.5 million drivers for operating a motor vehicle under the influence of alcohol. Alcohol is a depressant which affects your judgment, vision and reaction. If you suspect that someone is driving drunk, report them to law enforcement immediately. The decision is yours...choose to drive safe and sober. ♦

Are You Prepared?

With an active hurricane season upon us, this is the perfect time to be sure that you are prepared to protect your health and safety during an emergency. Take a moment to learn about your community's emergency plans, warning signals, evacuation routes and locations of emergency shelters.

Here are some emergency preparedness supplies you should have available:

- A 3-5 day supply of water and non-perishable food.
- A first aid kit and manual.
- A battery-powered radio, flashlights and extra batteries.
- Sleeping bags or extra blankets.

Be alert for public announcements that advise you with instructions to evacuate or not to drink tap water. Being prepared today can help you to stay safe and healthy tomorrow. ♦



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.

Healthy Hands

Handwashing is the single most important act you can do to prevent getting sick and making others sick.

The Centers for Disease Control estimates that 5,000 people die each year from food borne illness and 78 million suffer from other illnesses. Frequent and proper handwashing can help to prevent death and illness.

Washing your hands is important for food safety, disease prevention and personal health. Wash your hands: before you eat and after you use the bathroom; before, during and after preparing food; after handling animals or animal waste; after playing sports; after changing diapers and anytime your hands are dirty. Use soap and water, scrub, rinse for 20 seconds and dry with a disposable paper towel.

December 4-10 is "National Handwashing Awareness Week."

Practice proper handwashing, make it a habit and prevent illness. Spread the word, not the germs. ♦

Safe Holiday Cooking

Entertaining family and friends usually includes preparing a feast. From the buffet table to the office party, food moves center stage throughout the holiday season.

Here are some basic steps you can take to be sure that your food is safe...

- **Clean:** Wash food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges and counter tops.
- **Separate:** Don't cross-contaminate by letting bacteria spread from one food to another. Keep juices from raw meat, poultry and seafood away from ready-to-eat foods.
- **Cook to proper temperatures:** Foods are properly cooked when they are heated for long enough at a high enough temperature to kill harmful bacteria that causes food-borne illness.
 - **Chill:** Refrigerate promptly. Refrigerate foods quickly to keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40F and freezers at 0F.
- Enjoy a happy and healthy feast! ♦

