



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

# SPRING into good health...

The Atlantic County Division of Public Health offers many free services to help you “spring” into good health including:

**Live Stronger, Longer Program’s Health Screenings**

Blood Pressure, Cholesterol, Fasting Blood Sugar, Hemoccult

**Men’s Health Clinic**

Blood Pressure, Cholesterol, Diabetes, Hemoccult, PSA

**Women’s Health Services**

Breast and Gynecological Exam, Pap Smear, Mammogram Prescription

By Appointment Only 609-645-5933

**Sexually Transmitted Disease Clinic, Confidential Testing and Treatment**

Mondays—No appointment necessary

**Confidential Substance Abuse Screenings**

Call for an Appointment 609-645-5945

## Survey Says...County 8th Graders are Healthier

Atlantic County eighth graders are making healthier decisions according to the “Pride Survey” conducted by the Atlantic County Alliance for the Prevention of Drug and Alcohol Abuse.

Approximately 2,000 eighth grade students, from 21 Atlantic County schools participated in the survey in October, 2006.

The students answered questions about tobacco, alcohol and drug use, as well as personal safety, weapons and violence. The results

of the survey were compared to the previous surveys which took place in 1995 and 1997.

Results showed a decrease in the number of Atlantic County eighth graders using illicit drugs including marijuana, cocaine and

inhalants. It also found a substantial decrease in cigarette smoking which dropped from 43% in 1995 to 9% in 2006.

The survey identified that most eighth graders are concerned about their personal safety while at school.

The results of the survey are used by the County Alliance, municipal alliances and school districts to determine future substance abuse prevention programming.

Local service agencies and municipalities may also use the survey to prepare grant applications that would fund future prevention education programs.

For more information about the survey, contact the Atlantic County Division of Public Health at 609-645-5945. ♦



About 2,000 Atlantic County 8th graders participated in the survey

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Each day, 11,000 babies are born in the United States who will need to be immunized against fourteen diseases before age two.

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death.

We can now protect children from more vaccine preventable diseases than ever before. Immunizations are also extremely safe, thanks to advancements in medical research and ongoing review by doctors,

researchers and public health officials.

Parents are often not aware of what it takes to fully immunize a child.

If you are a parent or caregiver, you need to take responsibility for having your child immunized and keeping a record of it. Immunization protects both families and communities.

If you need more information about immunizations and when your child should receive them, please contact the Division of Public Health at 609-645-5933. ♦

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

Dear Public Health Partner,

This newsletter contains a variety of good public health information.

It includes survey results that indicate Atlantic County's eighth graders are making healthier decisions; tips on how to protect you and your family from food borne illnesses; what to do if you have a reaction to something you've eaten; health screenings provided by the Division and the recognition of women's health week.

Take a moment to review the newsletter and share it with a friend, neighbor or family member. These services are here for you. I hope to see you on May 19<sup>th</sup> at the Heart Walk in Ocean City. Spring into good health!

Sincerely,



Patricia Diamond  
Atlantic County 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/public](http://www.aclink.org/public)

## Do You Have a Food Allergy?

*Approximately 12 million Americans suffer from food Allergies*

Food allergy is a growing public health and food safety concern in the United States. The Food Allergy and Anaphylaxis Network reports an increase in food allergy over the past decade, particularly peanut allergies amongst young children, which doubled between 1997 and 2002.

Food allergic reactions result in over 30,000 emergency room visits each year by people who were eating something that they thought was "safe." Even trace amounts of a food allergen can cause a reaction to someone who is allergic. If you have a food allergy, you need to be on guard for hidden ingredients such as milk or peanuts, in unsuspected places such as candy, baked goods, sauces, desserts and gravies.

If you have a reaction to something that you've eaten, it is imperative that you be allergy-tested to avoid anaphylaxis (a severe allergic reaction). There is no cure for food allergies. Strict avoidance of the allergy-causing food is the only way to prevent a reaction.

Be sure to make an appointment with your healthcare provider if you have had an allergic reaction.

For more information, visit the county website at [www.aclink.org/publichealth](http://www.aclink.org/publichealth). ♦



## National Women's Health Week May 13-19, 2007



National Women's Health Week is a nationwide effort, which encourages women to visit health care professionals to receive regular, preventative check-ups and screenings.

Maintaining regular check-ups is one of five healthy habits that contribute to women's health, along with nutrition, exercise, not smoking and following general safety precautions.

Why is it important for women to have a check-up?

- Heart disease is the number one killer of American women.
- Cancer is the second leading cause of death of American women.

- Stroke is the number three killer of American women.
- More than 8.1 million women have been diagnosed with diabetes.

The Atlantic County Division of Public Health's Women's Health Clinic offers all of the necessary preventative screenings including blood pressure, cholesterol, fasting blood pressure, breast exam, mammogram prescription, gynecological, pap smear, sexually transmitted disease clinic, counseling, follow-up and referrals. Join women nationwide and schedule an appointment today by calling 609-645-5933. ♦

## Protect Yourself... From Foodborne Illnesses



- 🍎 **COOK** meat, poultry and eggs thoroughly. Use an internal thermometer. Meat should be cooked to 160° F.
- 🍎 **SEPARATE** foods to prevent cross-contamination. Wash hands, cutting boards and utensils that have been in contact with raw meat or poultry.
- 🍎 **REFRIGERATE** leftovers promptly.
- 🍎 **CLEAN** produce by washing under running water.
- 🍎 **REPORT** suspected foodborne illnesses to the Atlantic County Division of Public Health by calling 609-645-5971. ♦

## Alcohol Screening Day

**One in every 13 adults suffers from alcohol abuse or alcohol dependence.**

There are also those who don't personally have a drinking problem, but are directly affected by someone who does.

The Atlantic County Division of Public Health offers free, confidential substance abuse screenings and has access to all of the available treatment programs.

**Thursday, April 5 is National Alcohol Screening Day.** Make an appointment for yourself or a loved one today by calling 609-645-5945. ♦



## Join County Employees at the Heart Walk

The 2007 American Heart Association's Heart Walk will take place on **Saturday, May 19 on the Ocean City Boardwalk**. Why not have a heart and join us while we raise money to save lives? For more information about the Heart Walk, visit the American Heart Association's website at [www.americanheart.org](http://www.americanheart.org). ♦