

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

**Spring into
Good Health!**

With Free Health
Screenings from the
Atlantic County
Division of
Public Health



Live Stronger, Longer Program's Health Screenings

Blood Pressure, Cholesterol, Fasting Blood Sugar, Hemocult

Men's Health Clinic

Blood Pressure, Cholesterol, Diabetes, Hemocult, PSA

Women's Health Services

Breast and Gynecological Exam, Pap Smear,
Mammogram Prescription

Sexually Transmitted Disease Clinic

Confidential Testing and Treatment,
Rapid HIV Testing and Counseling

Mondays-No Appointment Necessary

Confidential Substance Abuse Screenings

Call for an Appointment 609-645-5945

**All health services are provided at the
Stillwater Building, 201 S. Shore Road, Northfield
Call 609-645-5933 for more information.**

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Division of Public Health
Spring 2008

Health Officials & Community Stakeholders Plan a Healthy Future for Atlantic County Residents

In 2005, the New Jersey Department of Health and Senior Services adopted the MAPP (Mobilizing for Action through Planning and Partnerships) process as a tool to identify and prioritize the public health issues facing its counties.

Developed by the Centers for Disease Control (CDC) and the National Association of City and County Health Officials (NACCHO), the mission of the process is to involve community stakeholders in developing a Community Health Improvement Plan (CHIP) that addresses needs on a local level.

The first step of the process was to create committees that represented each facet of the population who would then meet regularly to develop their part of the improvement plan. Committees include the MAPP Core Committee, Partnership Committee, and Broad Community

Committee.

To date, assessments completed by the MAPP committees have identified seven strategic health issues facing Atlantic County residents. Action groups were then formed to begin addressing each of the recognized health concerns. The action groups are meeting and collaborating with many area organizations including the United Way of Atlantic County, the Atlantic County Healthy Living Coalition and the Richard Stockton College Center on Successful Aging Initiative. In April, the MAPP partners will meet for a six month update on the Action Cycle.

If you are interested in more information about the MAPP process or if you would like to contribute your expertise, please contact the Division of Public Health at 609-645-5853. Together, we can build a healthy future for Atlantic County.



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Public Health Thanks Flu Volunteers

The Atlantic County Division of Public Health expressed its appreciation to the volunteers who assisted with the 2007 public flu clinics by holding a luncheon in their honor on March 6 at the Crab Trap restaurant in Somers Point. Atlantic County Executive Dennis Levinson presented certificates and expressed his gratitude to each of the volunteers



for giving of their time to aid the county in its effort to keep our residents healthy. Each year close to 60 volunteers work at the county's public flu clinics providing direction, information and helping with necessary paperwork. Thank you once again to all those who volunteered. We look forward to seeing you again this fall!

From the Health Officer's Desk...

Dear Public Health Partner,

The signs of spring are all around us. The weather's getting warmer, the grass is getting greener and many of us are planning our big spring cleaning projects.

While you do your annual spring cleaning, why not do a "public health" spring cleaning? For example, do you have old medications in your medicine cabinet that need to be disposed of?

Properly disposing of unwanted and expired prescription drugs prevents water pollution, promotes a healthy environment and prevents others from consuming your medications. Many people don't realize that waste-water treatment facilities do not remove pharmaceutical compounds, so they may end up in your family's drinking water if they're not disposed of properly.

To learn more about proper disposal of medications, visit our Web site at www.aclink.org/publichealth. Have a healthy and happy spring!



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
609-645-5945

Public Health Emergency
Hotline
609-677-5720

On the Web:
www.aclink.org/publichealth



Rabies Reminder

With the arrival of spring, many of us will venture out to enjoy the warmer temperatures. You may come across outdoor critters that look cute and cuddly, but you should **always** avoid contact with **all** stray or wild animals because they may be carrying rabies. Here are a few tips:

- Teach your children to stay away from wild, stray or aggressive animals.
- Never feed or touch wild animals or try to keep them as pets.
- If you are bitten by an animal, wash the wound immediately with soap and water and seek medical attention.
- Report all bites to the Atlantic County Division of Public Health at 609-645-5971.
- Keep your pet on a leash and do not allow it to roam.
- Be sure that your dog or cat's rabies vaccination is current. The Atlantic County Animal Shelter offers free monthly rabies clinics. For more information call 609-485-2345.

Parents should also teach children basic safety about dogs. About 600 people are bitten by dogs in Atlantic County each year, and the highest rate of dog bite-related injuries is among children ages 5-8 years old. Here are some helpful tips:

Calling all Senior Citizens...

Visit the Senior Health Fair & Symposium sponsored by the Atlantic County Library System & Rutgers Cooperative Extension Service

Wednesday, April 16
1-5 PM

Atlantic County Library/Mays Landing
40 Farragut Avenue

Free and open to all.
Senior citizens and caregivers welcome.
Registration requested.

- Children should never approach an unfamiliar dog or run from a dog and scream.
- It is best to remain motionless, and avoid direct eye contact with any dog that you are unfamiliar with.
- Never disturb a dog who is sleeping, eating or caring for puppies.
- Always allow a dog to see and sniff you before petting it.
- If you are bitten, report it immediately by calling the Division of Public Health at 609-645-5971.

Celebrate Public Health Week April 7-13



Public Health Week is celebrated nationwide April 7-13. The 2008 theme is Climate Change: Our Health in the Balance. Have you ever thought about the connection between climate change and your health?

Depending upon what region of the country you live in or visit, you could be faced with heavy rainfall and flooding, loss of deep winter ice (causing an increase in pest outbreaks), extreme temperature increases (which are hard on allergy sufferers), decreased rainfall (causing air pollution) or longer and more intense weather events such as hurricanes, because of changes in our climate. Why not take this opportunity to think about how you can adopt a healthier lifestyle for yourself and the environment? By doing your part, you will help your community to lessen and manage the impacts of climate change. Join the Division of Public Health as we celebrate National Public Health Week and work to achieve healthier lives and a healthier climate.

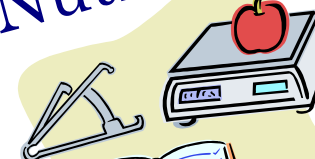
Join County Employees at the **Heart Walk**

The 2008 Southern New Jersey Spring Heart Walk will take place on **Saturday, May 17 on the Ocean City Boardwalk.**

Why not have a heart and join us as we raise money to save lives? For more information about the Heart Walk, visit the American Heart Association's Web site at www.snjspringhw.org.



Nutrition



Notes

Are you a Softie for Sweets?

The empty calories from sugary sweet treats are often the reason why we can't seem to lose weight. Here are some tips to help you temper your sweet tooth...

- **Cut back gradually.** Don't go cold turkey. Cut out one or two things a day over time.
- **Keep a food journal.** You'll be less likely to reach for the sweets when you see in writing how fast they add up!
- **Substitute.** If you must have a sweet, have a small one. Have a tootsie pop instead of a candy bar, for example.
- **Clear out.** If you can't resist temptation, don't keep sweets in the cupboard or in your desk at work.
- **Load up on water.** Drink a big glass of water when a craving hits, or have a cup of fruit-flavored herbal tea.
- **Be Active.** Take a walk, put on an exercise video or take a spin on your bike when the sweet tooth strikes.
- **Get Back on Track.** Don't beat yourself up or abandon your goal if you slip up.