



Atlantic County Executive, Dennis Levinson
Atlantic County Board of Chosen Freeholders

To Learn More About Atlantic County Division of Public Health Services...



Environmental Health
609-645-5971

IDRC/Substance Abuse
609-645-5932

Community Health
609-645-5933

Health Planning & Education
609-645-5853

Ocean Water Quality Index: 1-800-633-SWIM
On the WEB: www.aclink.org/publichealth

Assist Your Community—Become a Volunteer

An emergency can strike at any time.

Whether it be a flu outbreak, hurricane, power outage or fire, these events can drastically effect our community.

Living in a post 9/11 world, it is important that we all do our part to help prepare for an emergency of any kind. Atlantic County residents have always demonstrated a willingness to help others in a time of need.

When a public health emergency strikes, Atlantic County needs a core team of residents that is ready and able to assist others when they

need it most. Volunteer today and learn more about how you can lend a hand in a time of crisis.

There are many opportunities to become involved in emergency preparedness.

How can you help? The Division of Public Health is seeking both medical and non-medical volunteers to help with opening mass vaccination clinics in the event of a bioterrorism attack or natural disaster. From general help with client services and support to medical and professional aid in a public health clinic

— YOU CAN HELP!

For more information about assisting your community and becoming a volunteer, please contact the Atlantic County Division of Public Health at 609-645-5853. Working together for a safe and healthy community. ♦



To learn more about Public Health in Atlantic County, call 645-7700 ext. 4227.

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Keeping the *Public* in Public Health

Reaching our goal of screenings and health available to county "Healthy People Living in education sessions to residents: restaurant Health Communities" is congregants. Through inspections, water testing, achievable only through these and other groups, the mosquito control, partnership with YOU... Division of Public Health substance abuse services, the public. These partnerships take many forms. concerns important to the more. Are you involved in Some are community community, and to obtain a community group that coalitions like "Healthy input about how to might be interested in Mothers/Healthy Babies" improve health. Through partnering with us for a that encourage pregnant our involvement with healthier Atlantic County? moms to get early prenatal community organizations, Then, call our Partnership care. Others are faith- we are also able to spread Coordinator, Ben Mount at based organizations like the word and answer 609-645-5853. Or visit our parish nurse programs that questions about a variety of website at www.aclink.org/publichealth. ♦

From the Health Officer's Desk

Are you looking for something truly gratifying to do in the community? To serve a cause? To practice your ideals and compassion? Then consider becoming a Public Health Volunteer. In times of emergency, we need citizens from every walk of life to help others in our community stay safe and healthy. Please give thoughtful consideration to this important call-to-action described on the front page of this newsletter.

Someone once described volunteering as "a private act of public consequence". We are all incredibly busy

with our families and job responsibilities. Yet even a small time commitment to help your neighbors, your community, will have enormous positive public consequence.

Wishing you good health,

Tracye

Tracye McArdle, Atlantic County Health Officer

County Employees Get Fit For Life - SO CAN YOU!

Did you know that Atlantic County is now 1,435 pounds lighter?

More than 400 county employees participated in a six-week *Get Fit For Life* Program coordinated by the Health Education unit of the Division of Public Health. 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 hint of encouragement and support is the perfect recipe to meet your group's weight loss goals. If you are a work, social or church group and 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! ♦

We're here for you...

We all live in a busy world that is full of daily change and uncertainty. Isn't it nice to know that there are people within your community who are working to keep you and your environment safe and healthy?

The Atlantic County Division of Public Health seeks to offer health services that enhance your work, your family, your neighborhood and your life.

Our goal is to offer you a helping hand when you need it. We want to be certain that the latest information on a wide variety of health topics is always right at your fingertips.

The Division of Public Health is reaching out to you, through our quarterly newsletter that is full of healthy facts, information and advice for all

ages. Are you aware of all of the free services and information that we have to offer you? Take a moment to read this FREE newsletter and be sure to share it with your friends and family.



If you have questions or comments, please call us today at 609-645-7700, extension 4227. Remember, we're here for you. ♦

Fight the Bite!

They're back...mosquitoes are back again for the summer and fall seasons. This means it's time to start using repellent and eliminating mosquito breeding sites to protect yourself, your family and your community. Preventing mosquito breeding is the best way to lower your risk of West Nile Virus. Avoiding mosquito bites can help you to avoid the risk of infection. While human illness from West Nile Virus is rare, it is still important to be sure that you know how to fight the bite! Here are a few tips to reduce your risk of mosquito bites:

1. **Avoid Mosquito Bites:** Be sure to apply insect repellent

that contains DEET to your skin or clothing before going outdoors. Limit outside activity between dawn and dusk. Also, wear protective clothing such as long pants, long sleeves and socks.



2. **Mosquito-Proof Your Home:** Drain any standing water that may be on your property. Standing water is a common place for mosquito breeding.
3. **Help Your Community:** Clean up any areas within

your neighborhood that have standing water. Mosquitoes are a neighborhood problem so it is important to pick up containers in vacant lots or parks that may become mosquito breeding areas.

Dead crows can also be a sign that West Nile Virus is circulating between the birds and mosquitoes within your community. If you see a dead crow, please report it to the Atlantic County Division of Public Health by calling 609-645-5971. For more information and assistance in draining standing water from your property, call the Atlantic County Office of Mosquito Control at 609-645-5948.

Follow these simple tips and fight the bite this summer! ♦

A Loving Appointment

Is good health important to you? Why not take the time to remind your neighbors, friends and family that good health is the key to a long and happy life together.

September 21 is "Take A Loved One to the Doctor Day." The focus of this day is to encourage the people you care about to take charge of their health. A visit to a health professional (doctor, nurse, dentist, or other health care provider) is essential to closing the health gaps in our nation. By making an appointment for a loved one, you are helping them to adopt healthier lifestyles and ensuring that they get tests that can save a life. Now is the perfect time to schedule an appointment for someone that you love. Remember, "Take A Loved One to the Doctor Day" is Tuesday, September 21. Do your part to support this special day and a healthier future for all! ♦



Make an appointment to take a loved one to the doctor today.

Dip The Scales



this summer with a healthy barbeque recipe...



Lemon Barbequed Chicken Serves 4

2 1/2 pound frying chicken, quartered, skinned, all visible fat removed
 Dash paprika
 Dash cayenne pepper
 1/4 cup fresh lemon juice
 1/4 cup honey
 1 tablespoon sesame seeds, toasted
 Rinse chicken and pat dry. Season chicken lightly with paprika and pepper. Combine lemon juice and honey in small saucepan, mixing thoroughly. Heat over medium heat until warm and set aside 2 tablespoons. Coat chicken pieces with about half of the rest of the lemon-honey mixture. Place chicken on the grill. Baste occasionally with remaining mixture. Turn pieces over and continue to baste with mixture. Combine sesame seeds and the reserved 2 tablespoons of lemon-honey mixture. Spoon over chicken just before serving.
 347 kcal, 35gm protein, 16gm fat, 19 gm carbs