

Englewood Health Watch

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Health Observances

- March—Kidney Awareness month; Colorectal Cancer Awareness month; National Nutrition month
- April—STI/STD Awareness month; Alcohol Awareness month
- May—Mental Health month; Teen Pregnancy Prevention month

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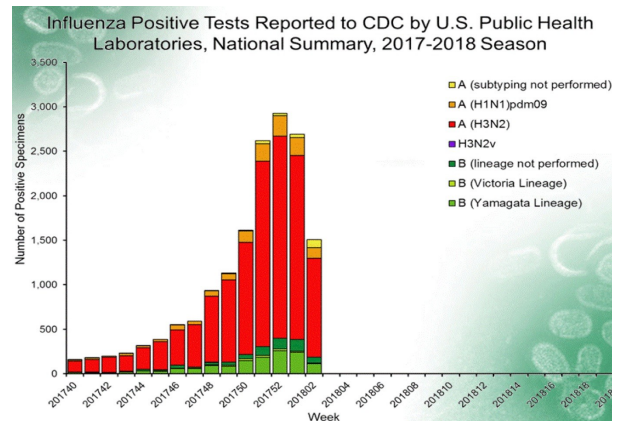
The Flu Virus

The 2017-18 flu season has taken a toll on the population at large. The media classifies this year's season as potentially the worst since 2014-15, with New Jersey having had three Pediatric Influenza deaths. Many people who received the flu vaccine have had influenza like symptoms and also tested positive for the virus. Medical facilities reported that hospital outpatient and emergency department visits, as well as hospitalizations, are higher than they have seen in the last few seasons.

According to the CDC, "There are many different flu viruses and they are constantly changing. The

composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. The signs and symptoms may be chills, fever, cough, sore throat, runny and or stuffed nose, body aches, headache and fatigue. Some flu patients may also experience diarrhea and vomiting."

Despite the constant change of the virus, a flu vaccine is highly recommended as it does help with lessening the severity of illness. In addition to getting a flu vaccine, there are other ways that help prevent, reduce, or limit the transmission of the virus, including:
(cont'd)



March—Kidney Awareness Month

Our kidneys are one of the most important organs needed to survive. Along with being the liquid filtration system of the body, kidneys regulate fluid levels, activate vitamin D for your bones,

direct production of red blood cells, and regulate blood pressure. Without healthy kidneys, our bodies would be vulnerable to complications which would lead to disease.

Chronic kidney disease causes the kidneys to lose function over time. According to The National Kidney Foundation,

(cont'd)

April—Sexually Transmitted Infection/ Disease (STI/STD) Awareness Month

Sexually transmitted infections (STI) affect people around the world, regardless of age or background, making everyone susceptible. According to the American Sexual Health Association, the Centers for Disease Control and Prevention (CDC) estimates that nearly 20 million new STIs occur every year in this country, half of those among youth aged 15–24. Diseases such as Human papillomavirus (HPV), Chlamydia, Hepatitis B, gonorrhea, herpes and HIV/AIDs, are easily spread through sexual intercourse when there's contact with infected body fluids such as vaginal fluid, semen and blood. Sharing of needles for tattoos, drug use and ear pierc-

ings can also put you at risk.

A common misconception is that a person would know when they are infected. Typically people are asymptomatic, meaning that signs of the disease don't show up right away. This is why it is important to get tested even if there is a small possibility of being positive. Get tested before and after having sex, especially if you had unprotected sex. There are various resources available for testing, such as your healthcare provider and local clinics.

The best way to prevent STIs/STDs, with 100% prevention rate, is absti-

nence or not having sex at all. However, if you are to have sex, make sure you use proper protection such as male or female condoms. Don't be shy – talk to your partner about using condoms and taking measures to protect yourself. Your health is your number one priority.

For more information visit www.ashasexualhealth.org/stdsstis/

Han Yoo
William Paterson University Intern

Stigma-Free Englewood celebrates Mental Health Month in May

It has been nearly three years since the City Council declared Englewood to be a Stigma-Free zone. As a reminder of what that means, here is a selection of statements from the July 2015 resolution:

WHEREAS, the National Institute of Mental Health reports that 1 in 4 adults experiences mental illness in a given year..., and;

WHEREAS, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease, and;

WHEREAS, Stigma-Free Zones aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein

residents who have the disease of mental illness feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma;

NOW THEREFORE BE IT RESOLVED that Englewood recognizes the community needs and supports the efforts of the County of Bergen in designating Englewood as a Stigma-Free Zone. (cont'd)

REHS team wins grant funding

The Health Department submitted a grant proposal that resulted in a total award of \$5,432 from the Association for Food and Drug Officials (AFDO) for 2018. A portion of the funds will be used for equipment to aid in outreach projects: the Serv Safe Food Managers Certification course, and development of the

Temporary Events Food Safety and Hygiene. Other funds will be used for travel to the Food and Drug Administration's (FDA) Central Regional Seminar in Louisville, Kentucky.

This is the second consecutive year of AFDO funding to support and

improve the Food Safety Program. The Health Department has benefited from the support received from seasoned FDA and state officials.

Kidney Awareness Month (cont'd)

"Up to two thirds of chronic kidney disease cases are primarily caused by diabetes and high blood pressure." Some symptoms are fatigue, trouble concentrating, poor appetite, trouble sleeping, muscle cramps at night, swollen feet and ankles, puffiness around the eyes especially in the morning, dry, itchy skin, and having to urinate more often, especially at night.

Simple precautionary measures, such as urine and blood tests, are effective ways to catch and prevent the onset of kidney disease. Those with diabetes, high blood pressure

and people ages 60 and over should get tested because those are major risk factors.

For more information please visit: <https://www.kidney.org/>

*HanYoo,
Health Education Intern*

Kidney failure

Acute renal failure (ARF)	A sudden loss of kidney function caused by an illness, an injury, or a toxin that stresses the kidneys (kidney function may recover)
Chronic kidney disease (CKD)	A long and usually slow process where the kidneys lose their ability to function
End-stage renal disease (ESRD)	When the kidneys have completely and permanently shut down

When in Alaska, make sure your Walrus is well done

Two outbreaks of trichinellosis from eating walrus meat were reported in Alaska in 2016-2017. This parasitic disease results from eating raw or undercooked meat infected by a roundworm. Thoroughly cooking meat kills the parasite, but if eaten alive, the larva will migrate from the digestive tract and become encapsulated in body muscle. Symptoms are vomiting, diarrhea, abdominal pain, muscle pain, and fever. Most people go to the hospital because they feel so bad.

The disease is often associated with undercooked pork. In 2007, Poland suffered a large outbreak when contaminated kielbasa was distributed to stores and not properly cooked. In the U.S., 12 cases were reported among persons who attended an

event in January 2017 at which larb, a traditional Laotian raw pork dish, was served. The pork came from a domesticated wild boar raised and slaughtered on a private farm in Northern California.

The bottom line: cook your meat.

Stigma-Free Englewood (cont'd)

A Stigma-Free Task Force was established soon after the resolution was passed. This small group of individuals has been dedicated to educating the public and promoting the message that there can be no "health" without mental health.

In the last six months, the Task Force has sponsored three Mental Health First Aid training courses designed to educate the public to recognize signs of mental illness and provide assistance in seeking professional help. If you or your organization is interested in sched-

uling a course, contact Deborah Baldwin at 201.568.3450 ext. 502 or dbaldwin@englewoodnjhealth.org

**ENGLEWOOD
PROUD TO BE
STIGMA-FREE**

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Public Health
Prevent. Promote. Protect.

We're on the Web!
www.cityofenglewood.org

This local health department offers a comprehensive array of public health prevention, promotion, and protection services and programs serving 27,147 residents (census data of 2010) in the City of Englewood, New Jersey. The Department operates under the mandated, legal framework of the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey (N.J.A.C 8:52) and the New Jersey State Sanitary Code (N.J.A.C 8:26). Under the governing authority of the Englewood Board of Health, its mission is to improve the quality of life for individuals and families in the City of Englewood through innovative policies, effective services, and strong community partnerships.

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Deborah L. Baldwin, CMR, Editor.

Flu (cont'd)

practicing proper and frequent hand washing; stay home if you are sick and keeping students home from school; avoid crowded areas and people who are sick; wear a mask when taking care of the sick; cover coughs and sneezes with sleeve or a tissue.

The flu virus has declined, but getting the vaccine is still recommended since the season has not ended. The Health Department is offering flu vaccine for uninsured adults 19 years old and above. As a courtesy, the vaccine is made free through March 31st. To qualify, the individual must have no health insurance or health insurance covers no part of vaccine costs. The Health Department also has free flu vaccine for chil-

dren ages 6 months to 18 years. To qualify, children must be either enrolled in Medicaid, have no health insurance, or be of American Indian heritage.

Call the Public Health Nurse at 201-568-3450 ext. 511 to make an appointment or if you have questions.

<https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>
<http://fortune.com/2018/01/08/2018-flu-season-what-you-need-to-know/>
<https://www.cdc.gov/flu/about/disease/complications.htm>

Claudette Murdock, Public Health Nurse

March is National Nutrition Month



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