

Englewood Health Watch

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Mar / Apr / May 2019

Health Observances

- Mar—National Nutrition Month
- Apr—Alcohol Awareness Month
- May—Mental Health Awareness Month; Melanoma/Skin Cancer Detection and Prevention Month

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What's on the menu today?

March is National Nutrition month. Researchers have found that nutrition and health are closely related, so set a goal for yourself this month to incorporate healthy foods into your diet. Small dietary changes, such as swapping out a soda for water during meal time can lead to positive health outcomes. Cutting back on sugary drinks have been shown to reduce body weight.

Dietary guidelines from the Office of Disease Prevention and Health Promotion are as follows:

Follow a healthy eating pattern across the

lifespan. Choose foods with an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume foods low in added sugars, saturated fats, and so-

dium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Shift to healthier food and beverage choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.



Cont'd

Blood clotting has benefits, but may also cause death

In general, blood clotting is beneficial. It is important for healing of cuts or lacerations. When an individual is injured with a cut, blood clotting may prevent the individual from bleeding

out. A blood clot becomes detrimental when it forms in the vein, a condition known as deep vein thrombosis or DVT. DVT occurs when there is pooling or clumping of blood deep in the vein,

usually in the leg.

The breaking loose and travelling of a formed clot or clump of blood may lead to serious health issues such as:

cont'd

Stigma-Free Englewood plans annual town hall meeting

The annual Stigma-Free Town Hall Meeting will be held Tuesday, April 9th at 7 p.m. at Englewood Health (hospital) Chiang Auditorium, 350 Engle St, Englewood. Special guests will be Englewood's Mayor, Michael Wildes, and Miss Bergen County, Annelise Malgieri, who is making mental health advocacy and fighting stigma the focus of her pageant platform.

The featured program will be "Gambling With Your Future: It's Risky", presented by Frank Lazzaro, Problem Gambling Prevention Specialist, and Dan Trolaro, Assistant Executive Director, Council of

Compulsive Gambling of NJ. The correlation between various risky and addictive behaviors will be discussed.

Doors will open at 6:15 p.m. for agency distribution of information/resources, and light refreshments. During this time, classical music will be provided by Daryl Greenberg and the Leonia Second Sunday Concert Society. Child care will be available for ages 4 and up. Door prizes will be raffled off.

Advance registration is requested at

<https://bit.ly/2BJSQcU> or call Deborah Baldwin at 201-568-3450 x.502



March-National Nutrition Month

The annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics is celebrated each year during the month of March. It focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The Community Health Improvement Partnership (CHIP) of Bergen

County and Inserra ShopRite has invited all Bergen County libraries to celebrate by participating in a nutrition contest! This March, the Health Department will participate by partnering with the Englewood Library to do community outreach.

Please join us as we educate the public about how to create a colorful plate. Receive nutrition tips and

information, read a nourishing book, learn a new song, create some art and leave with a healthy snack. Our goal is to encourage residents to eat a more colorful plate.

Check out the [Health Department's calendar](#) for activities and events.

Lismary Espinal, Health Educator

What's on the menu (cont'd)

Shift to healthier food and beverage choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

Support healthy eating patterns for all. Everyone has a role in helping to create and support

healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Eating healthy foods is the first step to a healthier lifestyle. Remember health is wealth!

*Catherine Jones
Public Health Intern*

Citation:

U.S. Dept of Health and Human Services and U.S. Dept of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.

Blood clotting (cont'd)

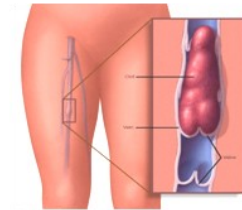
stroke – blood supply to the brain is interrupted by blockage; heart attack – blood vessel in the heart becomes blocked and blood supply to the heart muscle is interrupted; pulmonary embolism – blood supply blocked from the lung. As the formed clot or clump travels through the vein, it blocks blood supply to vital organs, resulting in the serious health issues just described and may cause death.

Blood clotting leading to DVT may be attributed to circulatory problems, sedentary lifestyle, poor nutrition, cigarette smoking, genetic mutation, contraceptives, surgery, obe-

sity, family history, and blood type. While one cannot change his or her genetic mutation, blood type, or family history, there are lifestyle changes that can be made to reduce the risk of DVT. One could consider exercise, frequent walking, not smoking, weight loss, a dietary change, and avoiding the use of contraceptives that are known to cause blood clots.

There are noticeable signs and symptoms of deep vein thrombosis such as: leg pain, redness, swelling, and warmth, but it may also be asymptomatic. DVT can be treated, so if there are any concerns or symp-

toms, consult your health care provider as this may reduce the risk of further complications or death.



Claudette Murdock, Public Health Nurse

Sources:

<https://www.mayoclinic.org/symptoms>
<https://www.mayoclinic.org/diseases-conditions>

Rabies Vaccination Clinic

On February 23rd, the Englewood Health Department held its annual rabies clinic at the Municipal Court. Dr. Nurhan Ezik, owner of the Englewood Veterinary Center, vaccinated 72 pets -- 58 dogs and 14 cats. A vaccinated pet is the most effective means of protecting the community against the spread of rabies, which is a 100% fatal

disease for both pet and owner.

If your pet needs a rabies shot and you missed the clinic, contact the Englewood Veterinary Center located at 25 South Van Brunt Street for a free rabies shot (Englewood residents). To make an appointment, call 201-266-

5558.

Protect your pet, your family and your community by vaccinating and licensing your pet!

*Matthew Traudt,
Public Health Investigator*



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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.

May is Mental Health Awareness Month

Sometimes mental health discussions can be kind of tricky. Try one of these opening lines to get the conversation rolling:

"Maybe it's me, but I was wondering if you were all right."

"I've noticed you've been down lately. What's going on?"

Source: seizetheawkward.org

To engage someone in a discussion like this, you have to be aware there's a problem. Often there are some obvious signs, but you may not know they are symptoms of a mental health issue, such as depression or anxiety.

The Health Department has a certified Mental Health First Aid instructor and offers the training in partnership with Vantage

Health System or with Bergen County Department of Health Services, Division of Mental Health. The course can be provided to organizations or the community upon request when the trainers are available.

The evidence-based 8-hour course, scheduled in 1 or 2 sessions, teaches the signs of mental illness and substance abuse, introduces a 5-step action plan to respond to a mental health crisis, and teaches how to initiate a referral to mental health resources. Participants must attend the entire 8 hours for certification.

The \$30 cost includes a training manual, materials and a light breakfast. Classes are limited to

25 participants with a minimum of 5 required.



Sometimes, first aid isn't

a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

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