

Englewood Health Watch

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Health Observances

- Sept – National Childhood Obesity Awareness Month, National Preparedness Month
- Oct – National Breast Cancer Awareness Month, SIDS Awareness Month
- Dec – World AIDS Day

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Bullying

What is it?

According to CDC, bullying is any unwanted aggressive behaviors by another youth or group of youths that involves an observed or perceived power imbalance and is repeated multiple times or likely to be repeated.

Statistics

According to americanspcc.org

28% of students ages 12-18 reported being bullied during a school year

An average of 7.2% of students admit not going to school due to bullying

70.6% of young people say they have seen bullying in their schools

25% of report being bullied on a daily or weekly basis

Types of bullying

Physical: punching, hitting,

any physical harassment, or damaging belongings

Verbal: teasing, threatening, name calling, offensive remarks

Social: hurting someone's reputation and relationships, spreading rumors, gossip

Cyber: bullying takes place through electronics (computer, phone, etc.), sending mean or threatening messages

Signs that Child is being bullied

Unexplainable injuries

Loss of personal items (jewelry, electronics, money, etc.)

Declining grades

Not wanting to go to school

Difficulty sleeping

Signs that a Child is a Bully

Has friends who are bullies

Aggressive behavior

Has new belongings or additional money

Gets detention frequently or sent to principal's office

What can you do?

Stand up for yourself (Bullies look for signs of weakness and fear to feel superior.)

Talk to someone you trust (It's okay to get extra help. Friends can defend and assist you.)

Avoid violence

Source: CDC

John Han, Youth Health Educator

Stigma Free Initiative

The Stigma Free Initiative is a collaborative campaign in Bergen County against the stigma of mental illness. The Municipality Toolkit for implementing the program was developed by the Bergen County Department of Health Services.

Prevalence of Mental Illness

The World Health Organization ranks mental health disorders as the leading cause of disability in the U.S. and Canada. Mental illnesses, such as depression, anxiety or alcohol and substance use disorders, are extremely com-

mon in America.

- 1 in 4 adults experience a diagnosable mental disorder in a given year (approx. 61.5 million Americans)

- 1 in 17 adults live with a serious mental illness such as schizophrenia or bipolar disorder (Cont'd)

Protect Your Baby

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. According to the Centers for Disease Control and Prevention (CDC), SIDS is defined as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation is conducted. SIDS is the leading cause of death among infants aged 1 to 12 months in the United States.

There are many ways to reduce an infant's risk of SIDS. Parents must begin by providing a safe sleep environment and always placing the infant to sleep on their back. It is important to have a safe place for the infant to sleep alone such as a crib, bassinet or Pack 'N Play. Parents are suggested to room-share during the

first 6 months by having a separate crib or bassinet in the room to avoid bed sharing. Bed sharing, where the parents share their bed with their infant can result in suffocation, strangulation or entanglement. Parents and caregivers must know the many risk factors of SIDS to avoid such a tragedy by taking these important steps.

1. Place the infant to sleep on their back every time including naps.
2. Remove any soft bedding, blankets, quilts, crib bumper pads, pillows or stuffed animals from the sleep area.
3. Avoid overheating your baby by dressing your baby with clothes to keep him/her warm without the use of a blanket.
4. Pacifier use can help reduce the risk of

SIDS. Do not force the infant to take the pacifier if he/she doesn't want it.
5. Avoid the infant's exposure to second hand smoke.
6. Breastfeed, if possible.

Remember SIDS cannot be completely prevented but there are many ways to reduce an infant's risk. It is your duty as a parent to make all caregivers aware of the ways to reduce your baby's risk of SIDS by creating safe sleep practices.

Source: Adapted from www.cdc.gov

Lismary Espinal, Health Educator



Be A Prepper

Protect your family today from an emergency.

Three years ago, in October 2012, Hurricane Sandy left the state of New Jersey with flooding, no power and destroyed homes. Mandatory evacuations were ordered, roads were closed and residents were instructed to stay in their homes to stay safe. Hurricane Sandy was a great example of how a natural disaster can be devastating if you aren't adequately pre-

pared in advance. In order to be prepared for an emergency, families should follow three simple steps: Create an emergency supply kit, establish a family action plan, and stay informed.

Creating an emergency supply kit is a great way for your family to be prepared and quickly remove themselves from harm. Kits should include the following: Water (one gallon per person, per day), nonperishable foods, a flashlight, battery-

powered radio, extra batteries, personal hygiene items, personal medications, a first aid kit, money, blankets, and important contact information. It is also important to supply games or stuffed animals to keep small children entertained.

cont'd



Diabetes: A Growing Concern

Diabetes is a public health problem that has become a growing concern in our society. According to the Centers for Disease Control, 29.1 million people (9.3% of the population) have diabetes, of which 8.1 million are undiagnosed. The three most prevalent kinds of diabetes are Type 1, Type 2, and gestational diabetes.

Type 1 diabetes (insulin dependent): The

pancreas produces little or no insulin. Insulin is a hormone that allows sugar to enter our cells, giving us the energy we need to carry out our everyday's activities.

Type 2 diabetes (non insulin dependent): The pancreas produces insulin but the body may resist it, causing it not to successfully enter the cells, or the pancreas

does not produce a sufficient amount to maintain normal glucose levels.

Gestational diabetes: A complication that occurs during pregnancy. Does not mean the mother or fetus will or will not have diabetes after birth; however, this complication may hurt the fetus or mother.

(cont'd)

Halloween Food Safety Tips for Parents

Simple steps to ensure a fun – and safe – Trick-or-Treat outing

Children shouldn't snack while they're out trick-or-treating. Urge them to wait until they get home and you have had a chance to inspect the contents of their "goody bags."

Give children a light meal or snack before they head out to help prevent snacking.

Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped.

Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.

Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

Tips for Halloween parties at home

If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. No matter how tempting, don't taste raw cookie dough or cake batter.

Before going "bobbing for apples," reduce the number of bacteria that might be present on apples and other raw fruits and vegeta-

bles by thoroughly rinsing them under cool *running* water.



"Scare" bacteria away by keeping all perishable foods chilled until serving time. Cold temperatures help keep most harmful bacteria from multiplying. Don't leave food at room temperature for more than two-hours.

Source:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm187021.htm>

Jennifer Galarza, Health Inspector

Prepper (cont'd)

If you have any pets, it is imperative to have a supply of food and water for them as well.

Developing a family action plan for an emergency is very important. Knowing what to do when an emergency happens is the best protection for your family. Discuss important contact information of friends and family members, crucial meeting points in case loved ones are separated during an emergency, as well

as local emergency response units.

Staying informed on emergency preparedness is extremely important. Radiological or chemical contaminants could enter the environment, prompting authorities to call for people to "shelter in place". Sheltering in place means to take immediate shelter wherever you are, whether it is at work, school or at home, in order to protect yourself from harm.

Emergencies are very frightening and stressful situations when they occur. It is important to be prepared at all times in case a disaster strikes. Constantly talk to your family about your emergency action plan, maintain your emergency preparedness kit, and stay informed about helpful preparedness tips. Remember, preparation is protection!

Source: emergency.cdc.gov/preparedness

Diabetes (cont'd)

Common signs are frequent urination, increased thirst or hunger, irritability, fatigue, tiredness, and numbness or tingling in the hands or feet. While these signs may be true for other illnesses, diabetes may lead to complications such as vision loss, amputations, hypertension, heart disease, kidney failure, and strokes. There is no cure for either Type 1 or

Type 2 diabetes, but there are treatments. These include medication and/or insulin, a healthy diet, self-management, and exercise.

Focusing on the Englewood community, the Englewood Health Department is holding a six-week Diabetes Self-Management Workshop at the Shiloh AME Baptist Church from September

14th to October 26th. This event will be ongoing, projected to be held twice yearly. For more information about future events, call 201-568-3450 ext. 6511. Let us work together to *Stop Diabetes, Today!*

Source: <http://www.cdc.gov/diabetes/>

Claudette Murdock, Public Health Nurse

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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.

Stigma Free (cont'd)

Yet more than half will not seek treatment. Why?

Despite its prevalence in our society, mental health still has stigma attached to it.

The primary reason individuals fail to seek the help they need is due to the stigma associated with the disease of mental illness. Main reasons cited are shame and fear of judgment from friends, family and co-workers. Such judgment is often rooted in a lack of knowledge or training. It is our goal to disseminate information and foster a stigma-free environment where people are free from judgment and can get the help they need to recover.

The City Council passed a resolution on July 28th declaring Englewood a Stigma Free community. By joining this initiative, we hope to

- Educate residents that mental illness is a disease and must be treated as such

- Raise awareness of the prevalence of mental illness in our community

- Allow people living with the disease to feel supported by their community

- Link people in need to mental health resources

If interested in participating in Mental Health First Aid Training or the Mental Health Task Force, please contact Jim Fedorko (201) 871-6501 or Deborah Baldwin (201) 568-3450 x6502.

Source: Bergen County Department of Health Services

**PROUD TO BE
STIGMA-FREE**



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