

Englewood Health Watch

Volume 9, Issue 4

Jun / Jul / Aug

Health Observances

- **June – Men’s Health Month**
National Safety Month
- **July – Eye Injury Prevention Month**
Juvenile Arthritis Awareness Month
- **August – National Immunization Awareness Month**
Children’s Eye Health and Safety Month

Inside this issue:

<i>World Hepatitis Day</i>	2
<i>What’s new in Englewood</i>	2
<i>Mosquito control</i>	2
<i>What’s new (cont’d)</i>	3
<i>Mosquitoes (cont’d)</i>	3
<i>Immunization Awareness Month</i>	3
<i>Pools and hot tubs (cont’d)</i>	4
<i>Hurricane safety</i>	4

Why it is important to read and understand food labels

Reading food labels is a healthy habit to pick up! However, routinely reading alone will not change consumers purchasing habits. It helps to understand the language of measurements and portion sizes on Nutrition Facts Labels. Based on the nutritional facts provided, consumers can decide if the food choices are healthy or unhealthy. They are also able to control the food intakes quantity in order to achieve their desired goals.

Nutrition Facts Labels give a breakdown of serving size per container and cup, amount of calories per serving, total fats, cholesterol,

sodium, total carbohydrate, dietary fiber, sugars, protein, vitamins, and minerals. All food groups mentioned are essential to the body, but they can be detrimental if intake is over absorbed or abused. For instance, foods high in carbohydrates provide energy, but carbohydrate affects blood sugar and, if over consumed, may increase the risk of complications such as type 2 diabetes. Vitamins and minerals are protective or regulating foods, but they too may lead to complications if too much is consumed. For example, too much sodium, which is a form of mineral, can increase the risk of hypertension.

Recognizing and understanding nutritional facts can help consumers maintain a balanced diet, manage weight, control diabetes, control hypertension, and improve their overall health and well being. Therefore, reading and understanding Nutrition Facts Labels will assist consumers to make educated decisions.

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

Claudette Murdock, Public Health Nurse

Public pool and hot tub safety

Swimming is a great way to exercise and spend time with family and friends but, as with any form of exercise, there are risks. Every year, serious health and safety violations force

thousands of public pools, hot tubs, and water playgrounds to close, according to a report published in CDC’s *Morbidity and Mortality Weekly Report*. But there’s a lot you can do

to protect yourself and your family.

Check inspection results and do your own inspections before swimming this summer (cont’d)

July 28th is World Hepatitis Day - NoHep 2030

There are five different forms of hepatitis viruses – hepatitis A, B, C, D, and E. Approximately 13,236 people in New Jersey are infected with hepatitis B or C, which are serious diseases that affect the liver.

Hepatitis B can be transmitted through sexual contact, blood to blood contact, including sharing needles, and from mother to baby during birth. Hepatitis C can be transmitted by these means, but is only transmitted through sexual contact when blood is present. Although, most people will recover from hepatitis B within 6 months,

those infected with hepatitis C will develop a chronic illness and have it for the rest of their lives.

The good news is that hepatitis B can be prevented with a vaccine. Unfortunately, there is no vaccine against hepatitis C, but there are ways to lower your risk for both hepatitis B and C. Some include not sharing needles or other drug supplies, using a latex barrier during sexual encounters, covering all cuts and open sores, and not sharing personal items (toothbrush and razors).

Taking preventive methods to

avoid the transmission of hepatitis is important because while people with hepatitis may not have symptoms, they can still pass the virus to others. Also, the disease is very contagious and difficult to treat.

For specific information on each form of hepatitis, visit: www.worldhepatitisday.org, www.worldhepatitisalliance.org, www.cdc.gov/hepatitis/worldhepday

Lismary Espinal, Health Educator

What's new in Englewood?

On February 10, 2016, the Englewood Board of Health adopted a new Ordinance on the placement of the Inspection Evaluation Placards for retail Food establishments. This will increase the community's awareness, enabling the public to make informed decisions regarding where they choose to eat.

The Inspection Evaluation Placard must be posted in one of the following prominent locations clearly visible to the patron:

the main entrance door from 4 to 6 feet off the ground or floor;

a front window within 5 feet of the main entrance;

a display case mounted on the outside wall within 5 feet of the main entrance; or

if there is no direct entrance to the street, the Health Department shall determine an appropriate posting location in prominent public view.

(cont'd)

Mosquito control

It's the time of year when you might expect mosquito bites all over your body. But instead of just scratching the bites all day, you suddenly feel very sick. It's possible that you got a mosquito borne illness from your bites. That is why it's important to protect ourselves from these nasty critters, not just to avoid the con-

stant itching and scratching, but to avoid diseases that mosquitoes spread – especially if you travel overseas.

Mosquitoes are attributed to over 1 million deaths per year because of the diseases they carry. Some potential diseases that mosquitoes

spread are West Nile virus, Chikungunya, Dengue and Zika. Some symptoms of these diseases are joint pain, flu-like symptoms such as fever or nausea, rash, and sometimes death. It is very important that you further research mosquito (cont'd)

What's new (cont'd)

Each inspection results in a grade, based on New Jersey's State Sanitary Code Chapter 24, which assesses the posed risk to the public. The grading is as follows:



Satisfactory (White Placard): Establishment is in full compliance with the State Sanitary Code.



Conditionally Satisfactory (Yellow Placard):

Establishment is in violation of one or more provisions of the State Sanitary Code, and a re-inspection is scheduled.



Unsatisfactory (Red Placard): Establishment is in violation of the State Sanitary

Code, having one or more gross unsanitary conditions which pose an imminent health hazard. The establishment should cease operations immediately until full compliance is achieved.

All Conditional and Unsatisfactory ratings are submitted to the local newspaper, *The Record*. The Health Department also uploads all of inspection reports to their website at

www.cityofenglewood.org/health.

Jennifer Galarza, Senior Health Inspector

Mosquitoes (cont'd)

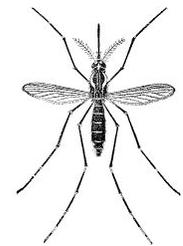
borne illnesses if you are an at-risk population so you are aware of the symptoms.

One of the best ways to avoid mosquito bites is insect repellent. Look for products that have active ingredients like DEET, OLE and Picaridin. Make sure the repellent is registered by the Environmental Protection Agency. Also, cover up

where you can. Make sure that your property does not have any potential areas where mosquitoes can lay their eggs and thrive. Dump any standing water, and make sure your equipment, like a bucket, is turned over so no standing water can form for mosquitoes.

Do all of these, and you should be able to make it through the summer

safely.



Wonjun John Han, Youth Health Educator

Source: CDC

August—National Immunization Awareness Month

This observance highlights the importance of immunizations, one of the top 10 public health accomplishments of the 20th century, according to the CDC. Immunizations have greatly reduced the incidence of serious infectious diseases. However, vaccination rates for some diseases are not meeting national

goals. We remind the community that immunizations aren't just for children. They are needed throughout our lifetime.

- Ensure a healthy future with vaccines for your teens and tweens.
- Pregnant? Protect yourself and pass protection on to your baby.

- Vaccines are not just for kids. Talk to your physician.
- A healthy start begins with on-time vaccinations from birth to age 6.
- Prepare your kids, pre-K to college, for school. Check those vaccine records.

City of Englewood
Department of Health
73 South Van Brunt Street
Englewood, New Jersey 07631

Phone: 201-568-3450
Fax: 201-568-5738
E-mail: healthadmin@englewoodnjhealth.org



Public Health
Prevent. Promote. Protect.

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

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.

Englewood Health Watch is not copyrighted. Any or all parts may be reproduced without permission. However, an acknowledgment of the source would be appreciated. Reference to any site on the Internet is provided as a service to Englewood Health Watch readers and does not constitute or imply endorsement of these organizations or their programs by the Englewood Health Department. The Englewood Health Department is not responsible for the content of the pages found at these sites.

Deborah L. Baldwin, CMR, Editor.

Pool and hot tub safety (cont'd)

Use a test strip (available at most superstores or pool-supply stores) to determine if the pH and free chlorine or bromine concentration are correct.

Make sure the drain at the bottom of the deep end is visible. Clear water allows lifeguards and other swimmers to see swimmers underwater who might need help.

Check that drain covers appear to be secured and in good repair. Swimmers can get trapped underwater by a loose or broken drain cover.

Confirm that a lifeguard is on duty at public venues. If not, check whether safety equipment like a rescue ring with rope or pole is available.

If you find problems, do not get into the water, and tell the person in charge so the problems can be fixed. For more information and other healthy and safe swimming steps, visit www.cdc.gov/healthywater/swimming.



Hurricane Safety

June 1 marks the beginning of the 2016 [#Hurricane](https://twitter.com/Hurricane) Season for New Jersey and surrounding states. You can find hurricane safety and preparation information, and other weather related emergency tips on our "Public Health Emergency Preparedness & Response" web page. <http://bit.ly/1ps8VIX>

Follow us on Facebook

www.facebook.com/EnglewoodNJHealth

Or on Twitter [@EnglewoodHealth](https://twitter.com/EnglewoodHealth)