



The Englewood Health Watch

El Observador de Salud de Englewood

a Newsletter Published by the Englewood Department of Health

Nelson Xavier Cruz, MS, MBA, FACHE
Director, Health Services / Health Officer



Vol 6 No 2

Winter 2013

December / January / February

World AIDS Day

World AIDS Day has been observed every year on December 1st since 1988 to raise awareness of the global impact of HIV/AIDS. On this day, people worldwide unite to show support for people living with HIV and to commemorate people who have died. According to the Centers for Disease Control and Prevention (CDC), AIDS killed more than 25 million people between 1981 and 2011, and an estimated 34 million people worldwide live with HIV as of 2011, making it one of the worst epidemics in history.



The World AIDS Day campaign for 2012 through 2015 is "Getting to Zero: Zero New Infections, Zero Discrimination, and Zero AIDS Related Deaths." The CDC, the World Health Organization (WHO), and the United Nations are working together for an AIDS-Free Generation.

The United Nations AIDS (UNAIDS) strategy goals for 2015:

1. Sexual transmission of HIV reduced by half, including among young people, men who have sex with men and transmission in the context of sex work
2. Mother-to-child transmission of HIV eliminated and AIDS-related maternal deaths reduced by half
3. All new HIV infections prevented among people who use drugs
4. Universal access to anti-retroviral therapy for people living with HIV who are eligible for treatment
5. Tuberculosis (TB) deaths among people living with HIV reduced by half
6. People living with HIV and households affected by HIV are addressed in all national social protection strategies and have access to essential care and support
7. Countries with punitive laws and practices around HIV transmission, sex work, drug use, or homosexuality that block effective responses reduced by half
8. HIV-related restrictions on entry, stay, and residence eliminated in half of the countries that have such restrictions
9. HIV-specific needs of women and girls are addressed in at least half of all national HIV responses
10. Zero tolerance for gender-based violence

There is still a vital need to raise money, increase awareness, fight prejudice, and improve education. By working towards an AIDS-free generation, we can save lives, and allow more people to live longer, healthier lives.

For more information please visit the following websites:

www.worldaidsday.org

www.worldaidscampaign.org

www.unaids.org

National Hand Washing Awareness Week

National Hand Washing Awareness Week is observed on the first full week of December each year. This year, it will be observed from December 2-8. This week is dedicated to spreading the word on the importance of regular, hand hygiene practices in order to reduce the risk of becoming ill. With the flu season in full swing, it is important to follow simple hand hygiene steps to stay healthy all year round!

To prepare for National Hand Washing Awareness Week, the Health Department presented to the students at Quarles Early Childhood Center on November 14 and 21, to explain the importance of hand washing. While there, the students learned what germs were and how they are spread on a daily basis. They also learned when and how to wash their hands properly to reduce the spread of germs.

One should always wash their hands:

- * Before and after eating,
- * After using the bathroom,
- * After playing outside,
- * After playing with pets,
- * After sneezing and / or coughing into their hands.

After the students discussed when to wash their hands, they were encouraged to engage in an educational activity where they could see how germs are spread from person to person, and received reinforcement on the importance of hand washing. To wrap up the presentation, the students joined the Health Department staff in a demonstration on how to properly wash their hands.

In order to wash your hands properly one should always:

- * Use warm water,
- * Use soap to rid the germs,
- * And wash for 20 seconds (this is the same as singing Happy Birthday twice!)

If soap and warm water are unavailable, use an alcohol based hand sanitizer to get rid of those germs!

So, spread the word and not germs, for yourself and others, this winter and all year round by practicing good hand hygiene! For more information on National Hand Washing Awareness Week, and any other hand washing practices, please visit www.HenrytheHand.com.

Have a very HAPPY and HEALTHLY holiday season!

Food Safety Basics During Power Outage

Winter has arrived. After the recent devastation of Hurricane Sandy, we need to be better prepared for natural disasters. Power outages are the most frequent types of emergency situation. They can last from a few hours to a few days. To better prepare our families, let's start with the basics of food safety.

* Purchase food items that don't require refrigeration – for instance: canned milk, cereals, tuna, bread, fruits, vegetables, water, and snacks.

* Keep the refrigerator and freezer doors closed to maintain the cold temperature. Refrigerators will keep food safe for 4 hours. A freezer will hold the temperature for approximately 24- 48 hours. Keep frozen foods packed tightly together to maintain temperature. Remember, refrigerators should be 40°F and below and frozen foods 0°F and below.

* Keep a cooler on hand filled with ice or gel packs.

When power is restored, what food items should be discarded?

Refrigerated foods held above 40 °F for over 2 hours that must be discarded are:

* MEAT, POULTRY, SEAFOOD

Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes

* CHEESE

Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, fresco queso, shredded cheeses and low-fat cheeses.

* DAIRY

Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk, opened baby formula

* EGGS

Fresh eggs, hard-cooked in shell, egg dishes, egg products

* CASSEROLES, SOUPS, STEWS

* FRUITS

Fresh fruits, cut

*** PIES, PASTRY**

Pastries, cream filled

Freezer foods that have thawed and held above 40 °F for over 2 hours that must be discarded are:

*** MEAT, POULTRY, SEAFOOD**

*** DAIRY**

Milk, eggs, shredded cheeses

*** CAKES, PIES, PASTRIES with custard or cheese filling**

*** OTHER**

Casseroles – pasta, rice based, frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)

For more information on food safety during a power outage, please visit the USDA website:

http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp

2013 Pet Licensing and Rabies Information

License renewal notices will be mailed / emailed during the last week of December. Licenses are renewable in January of each year, with late fees assessed beginning in March. Licenses may not be renewed if the rabies vaccination status does not meet the New Jersey State Department of Health requirement – specifically, rabies vaccinations must not expire prior to November 1st of the current license year. Rabies Vaccination Waiver forms, available on our web site or in the Health Department office, are valid for one year only. A new form must be signed and submitted by a veterinarian for the new license year if applicable.

Rabies vaccination clinics, for 2013, have been scheduled as follows:

Saturday, February 9: 11 a.m. to 1 p.m.
Vaccination at the Municipal Court
Licensing at the Health Department
(Make-up date, in the event of adverse weather, will be Saturday, February 23 at the same time.)

Thursday, April 18: 6 p.m. to 7 p.m.
Vaccination and Licensing at the Health Department
Late Fees will apply

No pets are permitted inside the Health Department customer service area. Please make arrangements to secure your pet(s) in your vehicle, or bring a responsible family member or friend with you to mind your pet(s), while licensing.

All domestic dogs and cats are required to be licensed annually upon reaching 7 months of age or having a full set of teeth. The City of Englewood limits the number of domestic dogs and cats that may be kept by an individual owner to six (6) total. Complete guidelines, with references to City Ordinances, can be found in the Department's Pet Manual, also on our web page or by requesting one in the office.

February is American Heart Month

February has been celebrated as American Heart Month since 1963. In 2004, the Go Red for Women Campaign began, emphasizing the message that heart disease is not only a man's problem.

Cardiovascular diseases are the leading cause of death worldwide, with high blood pressure (HBP) being a major risk factor. HBP, for the most part, has no symptoms. If you ignore your blood pressure, waiting for some symptom to alert you of a problem, you are taking a tremendous risk. Know your blood pressure and how to prevent HBP from developing.

A high sodium diet may be to blame for the estimated 1 in 3 Americans who will develop HBP. According to the American Heart Association, it is estimated that if Americans cut their average sodium intake by more than half, to an average of 1,500 milligrams per day, it would result in a nearly 26% decrease in HBP and a savings of more than \$26 billion in health care costs in just one year.

Many common foods are packed with excess sodium - not just those potato chips and french fries. "The Salty Six" may surprise you. Since an average of 3,400 milligrams of sodium

a day is consumed by Americans, you need to be careful with these foods, the top sources in today's diet:

- | | |
|-----------------|---------------------------|
| Bread and rolls | Cold cuts and cured meats |
| Pizza | Poultry |
| Canned soup | Sandwiches |

Centers for Disease Control & Prevention, Morbidity & Mortality Weekly Report (MMWR), Vital Signs: Food Categories Contributing the Most to Sodium Consumption – United States, 2007-2008, February 10, 2012 / 61(05):92-98.

Tips for Reducing Sodium in the Diet

Read the Nutrition Facts label - compare and find foods lower in sodium.

Choose fresh fruits and vegetables, when possible.

Limit the amount of processed foods eaten and the portion size.

Avoid adding salt when cooking and/or eating.

Use spices and herbs to enhance the flavor of food. Most contain small amounts of sodium, but read the label to be sure.

Add fresh lemon, instead of salt, to fish and vegetables.

Choose foods with potassium. They counter the effects of sodium and may lower your blood pressure.

Source: American Heart Association (www.heart.org)

Wear Red for Women's Heart Health on February 1

During American Heart Month, Health Officer/Director Nelson Xavier Cruz urges Englewood residents to Wear Red for Women's Heart Health on February 1. In recognition of February as American Heart Month and February 1 as National Wear Red Day, Cruz encourages both women and men to make healthier lifestyle choices to help reduce their risk of heart disease - the nation's and New Jersey's leading cause of death in both women and men.

"Women are savvy health consumers, especially when caring for others. But when it comes to their own health, too many women are unaware that heart disease - and its prevention -- is one of the most urgent health issues they face," Mr. Cruz said. "The Go Red for Women campaign helps raise awareness and empower women to make lifestyle changes that lead to longer, healthier lives."

According to the American Heart Association, 90 percent of women have one or more risk factors for developing heart disease which, if controlled, could reduce their risk. The following measures can help women do that:

- * Avoid smoking or using tobacco
- * Exercise 30 minutes most days of the week
- * Eat a heart healthy diet
- * Maintain a healthy weight, and
- * Get regular health checkups to help control your cholesterol, reduce blood sugar and manage your blood pressure

Each year, more than 400,000 women in the U.S. die of cardiovascular disease - or about one every minute. Cardiovascular disease includes heart disease and stroke, the first and third leading causes of women's death, respectively, in both the U.S. and New Jersey. In both the nation and the state, African American women are at greater risk of both developing cardiovascular diseases and dying from these diseases than are white women.

Women may not always have the chest pain or discomfort typical of men's heart attacks. Instead, they may feel shortness of breath, nausea or vomiting, back or jaw pain, unusual fatigue, dizziness, or feelings of anxiety that resemble a panic attack.

"In addition to taking heart health seriously, women also need to know how their heart attack symptoms may differ from men's. Not knowing about these differences could cause potentially deadly delay in seeking help and getting a proper diagnosis," Mr. Cruz said.

For more information on heart disease and stroke, visit the American Heart Association web site at www.heart.org. For more information on Wear Red Day, visit the Wear Red web site at: <http://www.goredforwomen.org/>

Englewood Health Watch/El Observador de Salud de Englewood 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/El Observador de Salud de Englewood 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.