

Englewood Health Watch

Volume 7, Issue 3

Mar / Apr / May 2014

Health Observances

- March—Colorectal Cancer Awareness Month
- April 7 to 13—National Public Health Week
- May—Healthy Vision Month

Inside this issue:

What's bugging you this spring?	2
Easter ducklings and chicks linked to Salmonella	2
What is Salmonella infection?	3
What's new at the Health Department	3
Easter ducklings and chicks (cont'd)	3
A (Very) Brief History of Beekeeping	4

“Thin It to Win It”

The 12-week Employee Wellness Challenge

On Friday, January 24th, the Englewood Health Department kicked off its first city employee wellness program, “Thin It to Win It”, created by the Health Educator, Megan Maletich. Using a combination of teamwork and personal health goals, several city departments are working together to lose weight, exercise regularly and have fun while competing against each other!

“Thin It to Win It” is designed to help each participant reach a healthier weight through education and support of healthy lifestyle modifications. Six department teams with 25 participants are competing for the highest total percentage of weight loss by the end of the challenge.

During the kick off, participants benefited

from a free screening for blood pressure, glucose and cholesterol levels as well as their initial weigh-in.

Each participant will report to the Health Department every other week to weigh-in, receive personal statistical cards and educational materials with motivational tips to support healthy changes. Throughout the program, individuals will increase their knowledge of calorie counting, serving size, portion control, calculating their target heart rate, fitting in physical fitness, stress management and how to stay motivated.

Learning simple lifestyle modifications can decrease the risk of weight-related illness such as obesity, type II diabetes, high cholesterol, high blood pressure and heart disease. By the end of

the challenge, participants will have increased their awareness on how to incorporate a healthy lifestyle in the areas of diet, exercise and stress management into their own lives.

Prizes will be awarded during Public Health Week for the winning team and for the individual participant with the most weight lost after 12-weeks.

Megan Maletich,
Health Educator



What's bugging you this spring?

Each year, the World Health Organization (WHO) selects a topic prevalent in global health to help raise awareness and increase involvement in communities. For 2014, the WHO has chosen to focus their efforts on vectors and vector-borne diseases, or diseases that are transmitted from one organism to another. The WHO estimates that about 17% of the world's infectious diseases are vector borne and has focused their efforts specifically on mosquito, flea, and tick-borne illnesses.

As a community, we should take notice of World Health Day on April 7th. It is important now more than ever, especially in the spring and summer months, to take precautions against vector borne diseases. Always be alert for ticks and mosquitoes, which have been known to carry Lyme disease and West Nile Virus in this region. Some personal actions that an individual can take to prevent the spread of the disease include:

Avoid tall grass, wooded areas or standing water.

Wear long pants tucked into socks and shirt into pants.

Wear light-colored clothing so that ticks can be spotted more easily.

Wear a hat and a long-sleeved shirt for added protection.

Spray insect repellent on skin, clothing and shoes.

Stay close to the center of hiking trails.

After being outdoors, remove, wash and dry clothing at high temperature; inspect body carefully and properly.

Limit outdoor activities at dawn, dusk and night.

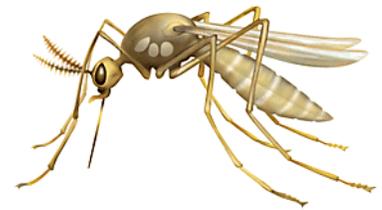
If you do find a tick on you, a family member, or even a pet, contact your physician or veterinarian for guidance on proper treatment.

Lismary Espinal,
Youth Health Educator

Brian Onorato,
Rutgers University Intern

Source: Adapted from www.who.int

Preventive methods tips adapted from cdc.gov and webmd.com



Watch for Public Health Week events on our web page and on Facebook

Easter ducklings and chicks linked to Salmonella

Ducklings and chicks are often given to children during the Easter season as a treat to care for and enjoy as they grow. These animals are adorable but carry a hidden threat: Salmonella. This article is to educate you on the threat of salmonella and review Englewood's policy on fowl.

Salmonella is carried in the intestines of farmyard birds and water fowl such as ducks and geese. Feces contaminate the environment of the animal as well as the entire surface of the animal. Children may be exposed to the bacteria by handling, petting, cuddling,

kissing or cleaning up after the ducklings and chicks. Hand washing is the best preventative measure against Salmonella and should occur after handling them and their environment (cages, water and food dishes, etc). Children should not be allowed to kiss

What is Salmonella infection?

There are about **100 Salmonella cases** in Bergen County each year. Salmonella is a bacterial infection that affects the intestinal tract. You can be infected by contaminated water or food sources such as raw meat, poultry and seafood, raw eggs and fruit and vegetables washed with contaminated water. Those infected develop diarrhea, fever and abdominal cramps for 72 hours.

Symptoms may include:

- Nausea
- Vomiting
- Abdominal pain
- Diarrhea
- Fever
- Headache
- Muscle pains
- Blood in the stool

These last about four to seven days, but it may take several months for the bowels to return to normal. Many do not get treatment, but in the case of infants, children and the elderly, **call the doctor.**

Treatment may include anti-diarrheal medication and antibiotics. Salmonella infections can cause dehydration, so replacement of fluids and electrolytes is important. For rehydration, adults should drink water or suck on ice chips and children can drink Pedialyte.

How to prevent salmonella infections?

- **Wash your hands** thoroughly, especially after using the toilet.

- **Keep things separated** to avoid cross-contamination, for example **have two cutting boards** in the kitchen for raw meat and fruits and vegetables.

- **Avoid eating raw eggs**

Tashai McFarlane, William Paterson University Intern

Source: <http://www.mayoclinic.org/diseases-conditions/salmonella/basics/definition/CON-20029017>

What's new at the Health Department?
On-line pet licensing, for new pets. Renewals to be added soon.
Pre-registration for rabies clinics on-line.
Be sure to watch for news on the pet census, due this summer.

Easter ducklings and chicks (cont'd)

these birds under any circumstances and should always be supervised during their time with the animals.

The City of Englewood has an ordinance against the housing of any bird or farmyard animal: Chapter 4, article 2: "No person,

firm or corporation shall raise, keep, harbor or slaughter any fowl, including but not limited to chickens, ducks, geese, pigeons or turkeys within the City [of Englewood]."

Aside from the illegality of having these young birds in your home,

there is a significant risk associated with them. The Health Department urges you to reconsider housing these animals at your home and be aware of the high risk of illness associated with it. We hope you and your children have a happy and healthy spring season.

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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.



A (Very) Brief History of Beekeeping

Did you know that honeybees, *Apis mellifera*, are an invasive species? That's right, the honeybee made its way to North America from the Old World, where it is indigenous, by means of European settlers. The honeybee probably arrived in New Jersey sometime in the late 17th Century. From these hives, honeybees swarmed (reproduced) and flew into the wild to become the feral colonies we have today.

Humans have been beekeeping for a long time, and it is documented that ancient Egyptians kept bees. However, I feel the word beekeeping, for those early apiarists, should not be used. I believe the proper word is "bee-havers." Modern beekeeping as we know it really did not begin until 1851 when Lorenzo Langstroth, an

American minister, unraveled the mystery of bee space and ushered in the practicality of beekeeping. Before that, people could not figure out how to get into the hive to extract honey because the honeybees would seal the hive shut. In order to get into the hive, it had to be cut open, disrupting the bees and causing a great deal of damage. Extracting the honey meant killing the entire hive, usually by throwing it into boiling water or burning them out using sulfur.

Just like breeds of dogs, there are many different races of *Apis mellifera* (approximately 44 sub-species) each with their own good and bad traits. Africanized honeybees are aggressive but function well in hot climates; Italian honeybees tend to rob other hives but

produce a lot of honey; Russian honeybees survive disease better; and Carolinian honeybees are considered to be the calmest. The Africanized honeybee, imported to Brazil in 1957, is a sub-species or race of the honeybee that commercial beekeepers have in domestic hives. There are no Africanized honeybees in New Jersey, and I hope it stays that way because, for me, it would be the beginning of a sad chapter in the history of beekeeping.

James Fedorko, beekeeper

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