

HD Healthy News



Fall Newsletter

Sept—Oct—Nov 2017

September~October~November



2017 Household Hazardous Waste & Computer/TV Drop off Events

- Saturday, September 30, 2017
Morris County Public Safety training Academy
500 West Hanover Ave, Parsippany, NJ 07054
- Saturday, October 28, 2017
Pequannock Valley Park
Marvin Road, Pequannock, NJ 07444

FREE RABIES CLINICS

For all N.J. Pet Owners

- Saturday— November 4th—Pequannock 1-4pm DPW Garage, Alexander Avenue
- Saturday November 11th -Riverdale 11am-1pm DPW Garage, Dalton Avenue
- Saturday November 18th— Florham Park 9am-11am DPW Garage, Ridgedale Ave
- Saturday November 18th—Kinnelon 1-3pm DPW Garage, Kinnelon Road

SHRED DAY

Pequannock Municipal Building

November 4th 9am-1pm



Like us on Facebook:
[PEQTWP.HealthDept](https://www.facebook.com/PEQTWP.HealthDept)

Or follow us on
Twitter:



Serving the towns of: Bloomingdale, Florham Park, Kinnelon, Pequannock & Riverdale

September

National Childhood Obesity Month

About 1 of every 5 children in the United States has obesity and certain groups of children are more affected than others.



Childhood Obesity is a major public Health Problem

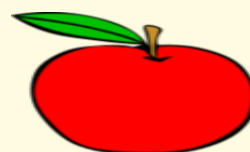
- **Children who have obesity are more likely to have obesity as adults.**
- **This can lead to lifelong physical and mental health problems, including diabetes and increased risk of certain cancers.**
- **Children who have obesity face more bullying and stigma**
- **Childhood obesity is influenced by many factors including sedentary activities such as TV viewing, little sleep, lack of physical activity and improper nutrition.**

Source: CDC.gov

How to Pack a School Lunch

A Main Course - Sandwich - Hot Dog - Meat Rolls - Pizza Pretzel - Quesadilla - Tuna Salad & Crackers - Tortilla Roll Ups - Muffin Pot Pie - Pizza Muffin - Pita & Hummus	A Fruit or Veggie - Orange Segments - Apple Slices - Pineapple Chunks - Mandarin Oranges - Carrot Sticks - Cucumber Sticks - Celery Sticks - Jicama Sticks - Cherry Tomatoes - Grapes - Peach Slices - Banana Coins - Green Beans - Fruit Cocktail - Dried Fruit - Pepper Slices - Broccoli - Cauliflower - Pear Slices - Watermelon
A Snack - Cheese - Pretzels - Popcorn - Craisins - Boiled Egg - Rice Cake - Crackers - Pickle - Trail Mix - Cereal - Go-gurt	A Drink - Water - Juice - Lemonade - Capri Sun - Fruit Water
A Treat - Fruit Snacks - Cookies - Brownie - Fruit Leather - Candy	Make substitutions and additions as desired. High protein foods will help kids stay fuller longer. TIPS FOR SUCCESS: Choose one item from at least three categories. Don't forget to seal all the ziplock bags.

whilehewasnapping.com



Your Local Health Department wishes a Safe and Healthy School year to all our students, & faculty!



October



National Breast Cancer Awareness Month

**PROUD TO BE
STIGMA-FREE**

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[Bloomingdale Stigma Free](#)
[@bloomingdalestigmafree](#)

The New Jersey Cancer Education and Early Detection Screening Program (NJCEED) is part of the New Jersey Department of Health and Senior Services. NJCEED provides comprehensive screening services for breast, cervical, prostate, and colorectal cancer. The services include education, outreach, early detection, case management, screening, tracking, and follow-up. Breast, cervical, prostate and colorectal cancers can be treated more effectively when found early. Persons eligible for these services must be at or below 250% of the Federal Poverty Level and be uninsured or under-insured. For more information, please call **1-800-328-3838**.

National Depression Screening Day October 6, 2017

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

FACTS ABOUT DEPRESSION

- Each year 42,773 Americans die by suicide
- 70% of individuals tell someone or give warning signs before taking their own life
- Suicide rates overall have increased by 24 percent from 1999 to 2014
- Depression is the leading cause of disability in the U.S. for ages 15 to 44
- Depression affects more than 15 million American adults, or about 6.7 percent of the U.S. population age 18 and older in a given year.

Depression is a treatable mental health disorder that causes persistent sadness and loss of interest.

Symptoms Include:

Changes in sleep and appetite

Poor Concentration

Loss of energy

Loss of interest in usual activities

Low self-esteem

Hopelessness or guilt

Recurring thoughts of death or suicide

November

Alzheimer's Awareness Month

JOIN THE HEALTH DEPARTMENT & THE ALZHEIMERS

ASSOCIATION...FREE PROGRAMS.....Light Refreshments

Florham Park Library , November 1st 7-8pm “ Alzheimer's 101”

Riverdale Library , November 29th– 7-8pm “ Communication Tips and Techniques in Alzheimer's' Disease”

leftovers

DO

- Discard perishable foods unrefrigerated for 2 hours or more; 1 hour in air temps above 90 °F
- Cut whole roasts, hams, and turkeys in pieces before refrigerating; keep turkey legs, wings, and thighs whole
- Wrap or cover and refrigerate (40 °F or below) or freeze in shallow dishes as soon as possible; eat within 3-4 days

Make a list.
Check it twice.

Food safety experts share tips for healthy holiday meals.



#CDCFoodChat



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

There is a variety of things that can conjure positive feelings of appreciation, or gratitude.

Gratitude is an emotion similar to appreciation that most people are familiar with. What many people do not know is that gratitude plays an important role in several historical movements, and that gratitude is now becoming an important part of psychology research, and especially **positive psychology research**.

The Health Department
wishes a Happy and Safe
Thanksgiving to all!

