



# HD Healthy News

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## March is National Nutrition Month

According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

Stay within your daily caloric needs... If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat—



Meal planning helps with staying within your goals, keeping portion sizes and making sure you add fresh fruits and vegetable to every meal. Don't forget to incorporate physical activity & water. You would be surprised how great just walking is when it comes to staying fit! (taken from CDC)



## Choose Water

[http://www.cdc.gov/healthyweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html)

For more tips from the experts:



[www.nutrition.gov](http://www.nutrition.gov)

[www.eatright.org](http://www.eatright.org)



## March is Colorectal Cancer Awareness Month

Of cancers affecting both men and women, colorectal cancer (cancer of the colon and rectum) is the second leading cancer killer in the United States, but it doesn't have to be. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so they

can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. **If you are 50 years old or older, get screened now.** If you think you may be at higher than average risk for colorectal

cancer, [talk to your doctor](#) about getting screened early.

**\*Know the symptoms**

**\*Talk to your doctor**

**\*Get screened**

Click: [http://www.cdc.gov/cancer/colorectal/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/colorectal/basic_info/prevention.htm)

@PEQTWP\_Health





**Alcohol Awareness Month– [www.ncadd.org](http://www.ncadd.org)**



Annually, over 6,500 people under the age of 21 die from alcohol-related accidents and thousands more are injured.

age of 16 take their first drink.

Additionally:

- Alcohol is the number one drug of choice for America's young people, and is more likely to kill young people than all illegal drugs combined.
- Each day, 7,000 kids in the United States under the

- Those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.

- More than 1,700 college students in the U.S. are killed each year—about 4.65 a day—as a result of alcohol-related injuries.

- 25% of U.S. children are exposed to alcohol-use disorders in their family.

- Underage alcohol use costs the nation an estimated \$62 billion annually. Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people.



**Continued... Alcohol Awareness....**

**National Council on Alcoholism & Drug Dependence**

For the 27th Anniversary of NCADD Alcohol Awareness Month, NCADD has chosen the theme "Help for Today. Hope For Tomorrow".

There theme is designed to draw attention to the pervasive impact that alcohol, alcohol-related problems and alcoholism have on young people, their friends, on

families and in our communities.

More than 18 million individuals or 8.5% of Americans suffer from alcohol-use disorders. In addition, there are countless millions of individuals, family members and children who experience the devastating effects of the alcohol problem of someone in their life. In fact, 25% percent of U.S. children have been exposed to alcohol-use disorders in their family.



**If you want to stop drinking call:**  
**24 Hour AA Hotline**  
**1-800-245-1377 OR**  
**908-687-8566**  
**Alcoholics Anonymous**  
[www.nnjaa.org](http://www.nnjaa.org)



**Autism Awareness– Light it Up BLUE...**



**April 2, 2015**  
**#liub**

**World Autism Awareness Day (WAAD)**, celebrated each year on April 2, was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. Autism is one of only three health issues to be recognized with its own day by the United Nations. Go Blue for a Good Cause.

[www.Autismspeaks.org](http://www.Autismspeaks.org)

**Autism Some FACTS:**

- \*Autism now affects 1 in 68 children and 1 in 42 boys nationwide, according to the CDC
- \*Autism affects 1 in 45 children in New Jersey
- \*Boys are four times more likely than girls to have autism
- \*There is no medical detection or cure for autism

**Autism 101:**

- What is ASD?
- What are the first signs?
- Red Flags-How is ASD first identified?
- Resources
- Diagnosis/Treatment

[www.AutismNJ.org](http://www.AutismNJ.org)

**Speak to your Doctor if you suspect or have questions.**

## Skin Cancer

About 1 in 5 Americans will develop skin cancer during their lifetime. Know the signs,

A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
- “B” stands for border. Is the border irregular or jagged?
- “C” is for color. Is the color uneven?
- “D” is for diameter. Is the mole or spot larger than the size of a pea?
- “E” is for evolving. — Has the mole or spot changed during the past few weeks or months?

[www.cdc.gov/cancer/skin/index.htm](http://www.cdc.gov/cancer/skin/index.htm)

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.

### Tips:

- \*Do not Burn
- \*Avoid tanning and tanning beds
- \*Use Sunscreen
- \*Cover up
- \*Seek Shade
- \*Watch UV index
- \*Note changes in moles



## Health Department Updates

Contact: 973-835-5700

Want to know how your favorite restaurant in town or the surrounding towns we serve is rating? Check out our link to the latest inspected restaurants.

Click below or visit:



[www.peqtwp.org/health](http://www.peqtwp.org/health)

- Vegetative Waste Resumes April 1st...
- Shingles Vaccine is available, adults 60+
- Concerned about a loved one? Town Nurses can offer resources for both caregivers & family members.
- FREE Adult Vaccine will be available to ->

uninsured or under-insured, call nurses for availability and eligibility.

- Every other month the Child Health Clinic is available by appointment for children's Well visit and vaccinations, those without insurance can call the nurses for more information.



### Public Health Nurses:

Susan DeGraw, RN, ext. 135  
Jean Vrablik, RN, ext. 109

## Pequannock Animal Shelter News!!!

Please stop into our Animal shelter and consider adopting a pet. Shelter can get overcrowded and animals deserve a loving home.

- Pet License are required for all cat and dogs, be aware pet canvasser will be door to door and issuing fines. Application available online or [click here](#).
- Adoption application available online at

[www.peqtwp.org](http://www.peqtwp.org) search animal shelter.

- Want to donate to the shelter? Check out our wish list on [Amazon](#), all purchases are to help our shelter! [Click](#) above or search Pequannock Animal Shelter wish list.

Come see Hailey, an 8 y/o black long hair, green eyed female who will make a great companion. Spayed and up to date with her shots.——>

### \*PET CORNER\*





**Reminder:**  
Medication Drop box is always available for old and unused medication for proper disposal. Stop in and enter by the police entrance and discard all pills and syringes, sorry no liquids. Help us keep prescription drugs out of the wrong hands.

Healthy Breakfast 15 Word Search

F	G	B	O	A	T	M	E	A	L	C	M	D	H	T
K	T	F	S	R	S	O	Z	S	T	I	L	I	W	E
B	S	P	C	L	K	C	L	E	T	I	U	R	F	L
M	A	Y	K	E	E	N	I	V	W	L	X	P	E	
U	O	Q	A	R	O	Y	G	G	N	C	D	R	E	M
S	T	V	E	Z	H	R	K	G	O	W	E	W	G	O
Z	V	A	Y	L	L	T	U	E	S	H	C	Q	N	S
D	L	N	L	T	L	K	V	M	S	I	R	I	T	
W	U	A	O	T	S	A	F	K	A	E	R	B	P	C
Z	E	A	T	K	F	G	J	K	E	K	N	S	P	J
H	W	H	O	L	E	G	R	A	I	N	W	W	I	P
N	Q	A	J	J	O	V	Z	L	H	Z	O	R	P	S
H	C	B	R	B	J	N	I	E	T	O	R	P	S	D
E	B	K	L	I	M	C	G	V	L	D	B	L	M	Z
V	B	C	L	F	I	B	E	R	K	C	D	W	Z	V

More Nutrition Fun [www.ChefSickus.com](http://www.ChefSickus.com)  
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**Pequannock Township Health Department**

**Dates and Events to Remember!**

**Serving the towns of  
Bloomingdale, Florham Park,  
Kinnelon and Riverdale**

530 Newark Pompton Turnpike  
Pompton Plains, NJ 07444

Phone: 973-835-5700 ext. 127  
Fax: 973-835-4328  
[www.peqtwp.org/health](http://www.peqtwp.org/health)

- Vegetative waste pickup resumes for Pequannock residents on April 1st.
- All dogs and cats must be licensed through the Health Department, avoid fines and license your pet.
- Don't forget to *Like* us on Facebook or follow-us on twitter for health news and updates.
- Stay tuned for an interactive Map of Pequannock—click [Map](#) here or on our webpage.

**CONTACT**



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

Twitter.com/  
[@PEQTWP\\_Health](https://twitter.com/PEQTWP_Health)