

HD Healthy News



Spring Newsletter

March-April-May 2017

March~April~May

March 17th



What is Kick Butts Day?

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The next Kick Butts Day is March 15, 2017. We're expecting more than 1,000 events in schools and communities across the United States and even around the world.

On Kick Butts Day, teachers, youth leaders and health advocates organize events to:

- ⇒ Raise awareness of the problem of tobacco use in their state or community;
- ⇒ Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free; and
- ⇒ Urge elected officials to take action to protect kids from tobacco.

Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. The first Kick Butts Day was held in 1996.

Why is Kick Butts Day important?

We have made great strides in the fight against tobacco. But every day, more than 3,000 kids under 18 try smoking for the first time and 700 kids become new regular, daily smokers. Tobacco use is still the leading cause of preventable death in the U.S., killing more than 480,000 people every year.

By getting involved in Kick Butts Day and other activities, America's youth can raise awareness about the tobacco problem, encourage peers to be tobacco-free and support effective solutions to reduce tobacco use.

Source: KickButtsDay.com

Like us on **Facebook**:
PEQTWP.HealthDept

Or follow us on
Twitter:



15 tips to "spring" into good health!

1) Consider signing up for a CSA (community supported agriculture). In these programs, you pay a set fee to a farm which covers produce throughout a given period - usually 16-20 weeks over the summer and fall. It's a great way to encourage you to use more produce and, since you don't know what you'll receive each week, you end up finding creative uses for new items that you may have never tried before. Check your local farms – sign ups usually take place around this time of year.

For more information visit: <http://jerseyfresh.nj.gov/agriculture/jerseyfresh/find/communitysupportedag.html>

2) Spring clean your house (or a room...or a closet...or even one drawer). You know that dust contributes to allergies and asthma, but did you also know that clutter can affect your health too? Disorganization makes it difficult to find items you need. Clutter can also cause anxiety in many people.

3) Start carrying a water bottle with you. It's a lot easier to stay hydrated when you have the water right next to you.

4) Try an exercise that invokes your inner child. Jump rope, skip, play hopscotch, jump on a trampoline – anything that makes you remember exercise can be fun.

5) Look for a new healthy recipe, and then actually make it! How many times do you pin a new recipe on Pinterest or tear one out of a magazine, but don't actually cook it? (Guilty as charged). This week, take the time to purchase the ingredients and give it a whirl.

6) Open your purse or briefcase now and put some healthy snacks inside – maybe a portion controlled servings of nuts, or some dried fruit. One of the reasons we often make unhealthy choices while out is simply because we didn't plan ahead.

7) Eat more fish! Seafood has many benefits, from being packed with protein to providing us with heart-healthy and brain boosting omega-3 fatty acids. Make it a priority to eat fish at least once a week – preferably twice a week.

8) Sign up for a 5K (or a 10K, or a half marathon, or a triathlon). Choose a race you've never done before if you want a big challenge. There are plenty of race opportunities coming up now that the weather is getting warmer. If you're hesitant, sign up anyway. Nothing is more motivating than making the commitment and investing in yourself.

9) If you see your weight creeping up, consider keeping a food record to help you identify problem areas. Then pick one or two small things to change, and work on those!

10) The next time you're planning to go out to eat, check the nutrition facts online for the restaurant you're going to visit. You may be surprised that even some seemingly healthy salads at restaurants contain over 1000 calories! Plan ahead to make an informed choice.

11) Challenge your brain once this week – read a new book, do Sudoku, complete a crossword puzzle, or try a logic puzzle.

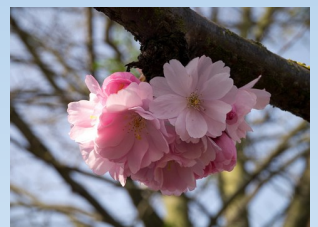
12) Visit a national, state, or local park and go for a trail walk, run, or hike. Fresh air and nature always does a body good. Spring is a perfect time to get out there – it's warm enough to enjoy the outdoors but not so hot that you are sweating a few minutes after walking out the door!

13) Consider portions at meal time. Often, we eat much more than we actually need. A cup of pasta is about the size of a fist, a 3 ounce serving of meat is about the size of the palm of your hand, and a domino is about the size of 1 ounce of cheese. You can also try measuring portions out for several days so that you have a better eye for estimating portions in the future.

14) Wear a pedometer for a week and track how many steps you take each day. Aim to increase by 10% each week until you're taking an average of 10,000 steps per day.

15) Phytochemicals are components of plant foods that help our health. There are thousands of them out there, and scientists believe that many of them may work synergistically together in the food. To ensure you're getting tons of phytochemicals each day, include a variety of fruits and veggies at every meal. Add some sliced banana to your morning cereal, create a salad with tons of different vegetables at lunch, and sauté some greens to go with dinner.

Source: Inspired Wellness Solutions, LLC



HD Healthy News

Mosquito-Proof Your Yard

Water + 7 Days = Mosquitoes!

Eliminate Mosquito Breeding Sites Where You Live



Did you know that a six-inch puddle or saucer of water can produce 1,000 mosquitoes a week?

**DUMP IT
DRAIN IT
CLEAN IT UP**

1. Keep gutters clean
2. Repair leaky faucets
3. Eliminate debris that holds water.
4. Drain excess water from plant pots and saucers
5. Change birdbaths twice a week
6. Maintain pools and spas; keep water from pooling on covers
7. Turn toys and equipment upside down to prevent water from collecting inside.
8. Avoid overwatering.

Help your community reduce mosquito-borne diseases like West Nile Virus by keeping your property free from mosquito breeding sites

Morris County Tire Recycling Resource:
<http://www.mcmua.com/materialdetail.asp?>

Dump Standing Water Now!



Bloomington Residents Tire Disposal:
Must register at town hall \$5 per tire and DPW will pick it up

Source: <https://getmoving.ksc.nasa.gov/publichealth/mosquito.btm>



April is Alcohol Awareness Month

 **NCADD**
ncadd.org

When Is It Time for Treatment?

Alcohol-related problems — which result from drinking too much, too fast, or too often — are among the most significant public health issues in the United States.

Many people struggle with controlling their drinking at some time in their lives. Approximately 17 million adults ages 18 and older have an alcohol use disorder (AUD) and 1 in 10 children live in a home with a parent who has a drinking problem.

Mutual-support groups

- ⇒ Alcoholics Anonymous (AA)
www.aa.org
- ⇒ Secular Organizations for Sobriety
www.sossobriety.org
- ⇒ Moderation Management
www.moderation.org

Groups for family and friends

- ⇒ Al-Anon Family Groups
www.al-anon.alateen.org
- ⇒ Adult Children of Alcoholics
www.adultchildren.org

Signs of an Alcohol Problem

Alcohol use disorder (AUD) is a medical condition that doctors diagnose when a patient's drinking causes distress or harm. The condition can range from mild to severe and is diagnosed when a patient answers "yes" to two or more of the following questions.

In the past year, have you:

- ◆ Had times when you ended up drinking more, or longer than you intended?
- ◆ More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- ◆ Spent a lot of time drinking? Or being sick or getting over the aftereffects?
- ◆ Experienced craving — a strong need, or urge, to drink?
- ◆ Found that drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- ◆ Continued to drink even though it was causing trouble with your family or friends?
- ◆ Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- ◆ More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- ◆ Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- ◆ Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- ◆ Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can conduct a formal assessment of your symptoms to see if an alcohol use disorder is present.

For an online assessment of your drinking pattern, go to *RethinkingDrinking.niaaa.nih.gov*.

May is National Physical Fitness and Sports Month

Pequannock Township Health Department, serving Bloomingdale, Kinnelon, Florham Park, Pequannock and Riverdale, is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month.

During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in New Jersey nearly 76.9% don't get the recommended amount of physical activity.

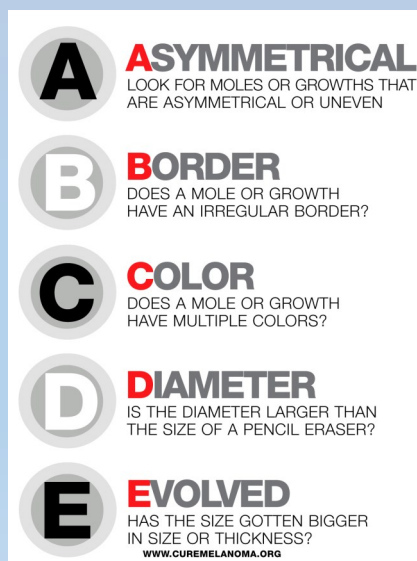
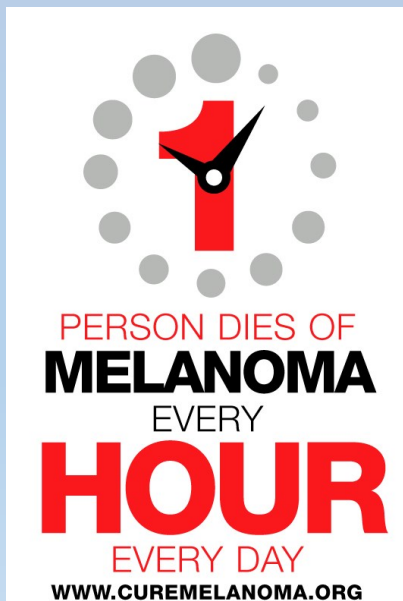
The Physical Activity Guidelines for Americans recommend that adults:

- ⇒ Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- ⇒ Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week. Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!
- ⇒ Sign up for a 5K and commit to a training schedule:

<http://runningintheusa.com/Race/List.aspx?State=NJ>

Source: Healthfinder.gov

May
Melanoma Awareness
2017



May
Skin Cancer Detection
2017

Florham Park Residents: watch for skin cancer screening coming in June to Florham Park Pool.
DATE TO BE ANNOUNCED.

Source: Melanoma Research Alliance