

*City of East Orange
Department of Health and Human Services
143 New St.
East Orange, New Jersey*

November 2015

National/Local Health Observances/Contact Information

American Diabetes Month-November 1 -30th Do you or someone in your family have Diabetes? Time to check family, from the youngest to the oldest. Local screenings are available.

Diabetes is one of the leading causes of disability and death in the United States. One in 12 Americans has diabetes – that’s more than 25 million people. Another 79 million adults in the United States are at high risk of developing Type 2 diabetes. The 2014 New Jersey State Report PATHS (Providing Access to Healthy Solutions) reports:”...the state average (of diabetes) for blacks is almost twice as high as that for whites.” Hispanics are second, reflecting a slightly higher rate of prevalence than whites.

To raise awareness about diabetes and healthy living, **celebrate** and **participate** in *American Diabetes Month*.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk.

This month start your Diabetes Awareness and Fitness plan for healthy living and help prevent type 2 diabetes. It’s easier than you think! Make a **“simple”** lifestyle plan to:

1. Monitor your weight

-
-

2. Eat healthy

3. Get more active.

For Resources and information:

- Locally, Diabetes prevention and maintenance education is available to East Orange residents through a variety of community health partners. The American Diabetes Association, East Orange General Hospital, East Orange YMCA Diabetes Education Program and the East Orange Health Department Health Education Division. For information call/email: [973-266-5429](tel:973-266-5429)/Karen.LaRussa@eastorange-nj.gov

www.diabetes.org/in-my-community/programs/american-diabetes-month/

www.cdc.gov/diabetes

www.diabetes.org - sign up for the CARE4LIFE Diabetes program to receive personalized text messages to help you learn healthy eating habits, remember medications and appointments, and stay motivated

Opportunity to become a Community Health Advocate for Diabetes Awareness and Education

Diabetes Community Outreach Team - Join the American Diabetes Association's East Orange "LIVE EMPOWERED" team to share critical information about diabetes with other community members. Support behavior and nutrition changes in diabetes management that can save lives. Training is being offered by the American Diabetes Association at no cost to the participant. If interested please call the Health Education division at 973-266-5429 or email Karen.LaRussa@eastorange-nj.gov .

Please review the infographics below for Pre-Diabetes and Diabetes information:

Source: www.cdc.gov/diabetes

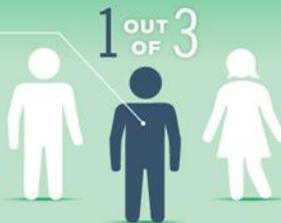
PREDIABETES

COULD IT BE YOU?



86 MILLION

86 million American adults—more than 1 out of 3—have prediabetes



9 OUT OF 10 people with prediabetes do not know they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2 DIABETES



HEART DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING HEALTHY



BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in

HALF



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES — See your doctor to get your blood sugar tested



JOIN A CDC-RECOGNIZED diabetes prevention program

eat healthy
lose weight



A SNAPSHOT

DIABETES IN THE UNITED STATES



DIABETES



29.1 million people have diabetes



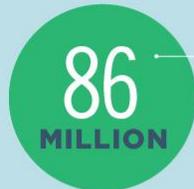
That's about 1 out of every 11 people



1 OUT OF 4

do not know they have diabetes

PREDIABETES



86 million people — more than 1 out of 3 adults — have prediabetes



9 OUT OF 10

do not know they have prediabetes



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years



COST



\$245 BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes



Medical costs for people with diabetes are **twice as high** as for people without diabetes

Risk of death for adults with diabetes is



50% HIGHER

than for adults without diabetes



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1

BODY DOES NOT

can develop at any age
• No known way to prevent it

More than 18,000 youth diagnosed each year in 2008 and 2009

In adults, type 1 diabetes accounts for approximately

5% of all diagnosed

Great American Smokeout – November 19, 2015- Make your pledge to quit smoking, devise your own “quit plan” or consult with a healthcare professional to commemorate this occasion. Encourage a “smoke free” day for relatives and friends that currently smoke cigarettes, cigars or chew tobacco on November 19, 2015.

“Take a Smoker to Lunch or Dinner” and ask that they don’t smoke during this time. Tell them after the meal, if they have been “smoke-free” for an hour or more, they have started the foundation for a smoking cessation regimen. Consultation with a physician and/ or smoking cessation counselor is strongly recommended for long term success.

East Orange is committed to improving the health of its residents by supporting “Smoke-Free” environments through initiatives such as Smoke-Free Parks and public spaces.



The “Smoke-Free” signs with the Board of Health Ordinance number are currently posted at park entrances and new signs are being placed within park boundaries in English and Spanish.

Resources: Go to www.cancer.org ,www.cdc.gov or call for information and referrals to local smoking cessation resources. CVS Pharmacies now have smoking cessation services available at local stores. Call for referrals or “Take the No Smoking Pledge “on the City of East Orange web site www.eastorange-nj.gov . If you smoke and are pregnant and/or planning a family contact Mom’s Quit Connection at www.Mom’sQuit.com . Additional information may be viewed at www.BeTobaccoFree.gov or the New Jersey Quit Line: see next page:

NEW JERSEY QUITLINE

Live coaches available
M-F 8 am-9 pm
Sat 8 am-7 pm
Sun 8:30 am-5 pm

1-866-
NJSTOPS
6 5 7 8 6 7 7
Contact Us

Are You
Ready To Qi

Does Teleph
Counseling W

What Happen
When You C:

Can You Aff
To Smoke

Benefits of
Quitting

Treatment
Resources

NJ Quitline is a free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.



WITH THE RIGHT SUPPORT,
YOU CAN QUIT SMOKING.



Free

Confidential

Convenient

Multilingual

NJ Quitline is supported by the NJ Department of Health, Office of Tobacco Control 2014.

Source www.njqits.org

National Family Caregivers Month- The National Caregiver Center estimates 90 million caregivers in the nation. This includes family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease.

Resources: go to the **Caregiver Action Network** at phone no: 202-772-5050 **or** <http://caregiveraction.org/resources/toolbox/> Local resources are available; call 973-266-5429 for more information.

The Affordable Care Act-Open Enrollment begins November 1, 2015 and ends January 31, 2016

- Enrollment begins November 15, 2015 Are you currently uninsured or underinsured and need information about the changes in health care regulations under the Affordable Care Act (“ObamaCare”)?

Are you: currently uninsured or underinsured and need information about the current insurance coverage under the Affordable Care Act (“ObamaCare”)? To get started call/email:

The Orange Affordable Care Act Navigator Project (OACANP)



or



AT

www.healthcare.gov /1- 800-318-2596

/email 1-800-318-2596 /TTY: 1-855-889-4325 / <https://www.healthcare.gov/contact-us/>

Available 24 hours a day, 7 days a week. Closed Memorial Day, July 4th, Labor Day, Thanksgiving, and Christmas.

For additional assistance concerning local health plan information is available at [973-266-5429](tel:973-266-5429)/Karen.LaRussa@eastorange-nj.gov

Resources for Caregiver's Preparing for Weather and other Emergencies: Due to recent traumatic weather events the "Caregiver Magazine" is recommending all "caregivers" be prepared with supplies or resources before the next storm emergencies occur (resources listed below). Be familiar with the East Orange Office of Emergency Management and the services they provide to the city's residents. They can be contacted at: 973-677-8924 or via web at: www.eastorangenj.gov/Departments/CityAdmin/OfficeofEmergencyMgt/index.html

Federal resources:

www.ready.gov/seniors

www.cdc.gov/Features/tornadosafety/index.html

www.cdc.gov/Features/afteraflood/index.html

www.cdc.gov/features/hurricanepreparedness/index.html

www.phe.gov/ASPRBlog/Lists/Posts/Post.aspx?ID=54

www.redcross.org/prepare/location/home-family/seniors

Educational materials, activities and community resources for the above health topics are available through Health Education at the Health Department. Call 973-266-5429 or email Karen.LaRussa@eastorange-nj.gov

(Check the " Health Departments " Information Board, during the month, located on 143 New St.)

Center for Disease Control (CDC) Health Alerts

Adolescent and Adult Vaccine Quiz: Did you know that certain vaccines are recommended for adults and adolescents?* vaccines YOU may need. This quiz provides information for people age 11 years and older.

Find out which vaccines YOU may need, go to <http://www.nphic.org/niam>

*****New Health Department Service*****

East Orange Childhood Lead Poisoning Prevention Program's

LEAD POISONING PREVENTION HOTLINE-

If you have a child age 6 yrs. or under and live in a pre-1978 apartment or home with a peeling or chipping paint, call (973)266-5489

*******Webinar/Telephone Workshop Series*******

For Caregivers: When Your Loved One Has Renal Cell Cancer: A Two-Part Series

Thursday, November 12, 2015: 1:30 - 2:30 PM

Wednesday, December 9, 2015: 1:30 - 2:30 PM

These webinars are offered **free** for “people living with cancer, their families, friends and healthcare professionals” or anyone interested in this topic by “CancerCare”. Participation can be via telephone **(1-800-813-4673)** or through **live stream** on the internet @ **www.cancercare.org/podcasts**. Viewing is available at the Health Department upon request.

Call or email for information: 973-266-5429 **Karen.LaRussa@eastorange-nj.gov**

Health awareness and promotion programs and materials available for the above subjects and other topics. For information and handouts for individuals, groups or organizations, send your request via email @ **Karen.LaRussa@eastorange-nj.gov** or call: 973-266-5429.

Helping Children Cope with Disaster-Resource booklet to help children deal with catastrophic events in their lives. This includes unusual weather events and sudden traumatic deaths. Additional materials available at; Ready.gov, Fema.gov, redcross.org

Additional Health Department (Clinical) and Community Events

Service Highlights:

Free Women's Mammogram Clinic-***Pre-registration required***. Cervical and colorectal cancer screenings for community members that are uninsured or underinsured. Additional screenings for HIV and blood pressure will be available. The next clinic date is to be determined. Please call for an appointment/referral- 973-266-5463/5434/5480.

The **Shingles vaccine** is available by request at the Health Department and local pharmacies (walk-in clinics) for individuals **60 years of age and older**. Call for information 973-266-5463/5434/5480.

Free Men's Prostate Screening Clinic – ***Pre-registration required*** - DRE and PSA with colorectal cancer screening for uninsured, underinsured community members. Please call for an appointment/referral-973-266-5463/5434/5429/5480 .

For additional information call for information or via the following web sites:

www.cdc.gov/prostate

<http://zerocancer.org/learn/testing>

Additional information for men and their families is available @ www.ustoo.org and

www.womenagainstproustatecancer.org

Residents may contact the New Jersey Division of Aging Services: 800-792-9745 Toll Free
dacs@dhs.state.nj.us for available resources

Women Infant's and Children's Program (WIC) - 185 Central Ave. Program registration with WIC nutritionists educating families concerning healthful topics each month. Call for information on topics or how to apply for "WIC" at 973-395-8960.

The **AARP Driver Safety Program** is now available in East Orange. Learn defensive driving techniques, new traffic laws and "rules of the road". Insurance discount may be applicable after course completion. To register call 973-266-5429 or email Karen.LaRussa@eastorange-nj.gov

Food Manager's Certification Class- Call for program registration information: 973-266-5109, Environmental Division.

Please call/email if any questions/comments....!!

Submitted: November 4, 2015 4:30 pm

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Health Education

973-266-5429 or Karen.LaRussa@eastorange-nj.gov

