

SEPTEMBER NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

September 26th - World Environmental Health Day

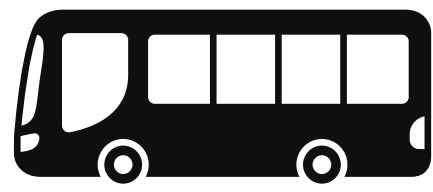
The last decade marked the hottest period in human history, and we are already feeling the effects of climate change. Wildfires, floods, and hurricanes are becoming more frequent occurrences, putting food security at risk. Climate change also has an impact on the survival of microbes, leading to the spread of viruses and the expansion of vectors. If no action is taken, pandemics may occur more frequently, spread more rapidly, have a greater economic impact, and cause more deaths. To increase awareness and encourage positive change, the International Federation of Environmental Health declared September 26th as World Environmental Health Day. The theme for 2023 is Global Health: Standing Up to Protect Everyone's Health Each and Every Day.

Combatting climate change is both an individual and collaborative effort. Here are some ideas of what you can do on your own and with your community to observe World Environmental Health Day!



Encouraging Environmental Awareness: Spread the word about climate change and its effects with your friends, family, and coworkers. Inspire them to take action and join the movement.

Adopt Sustainable Transportation Practices: Utilize public transportation, carpool, ride a bike, or walk. When purchasing a new car, consider fuel-efficient or electric vehicles.



Conserve Water : Address leaks, install water-efficient appliances, and practice mindful water usage at home.

Decrease Energy Consumption: Replace traditional appliances and light bulbs with energy-efficient alternatives. Turn off electronics, lights, and appliances when not in use. Adjust thermostats to energy-saving temperatures and insulate homes to minimize heating and cooling requirements.



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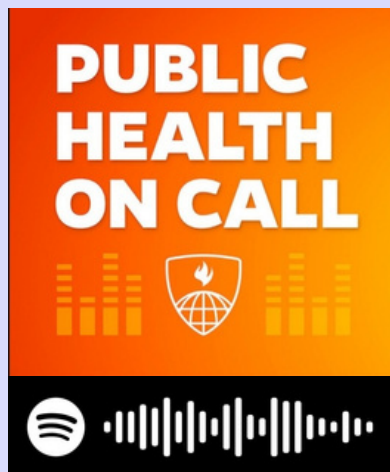
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Montclair Health Department Immunization Clinics



It's important to remember that every action, no matter how small, contributes to the larger effort to combat climate change. By making sustainable choices in your daily life and advocating for positive change, you can play a crucial role in addressing this global challenge.

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

Episode 662 - National Food Safety Education Month: What a Health Department Does to Keep Our Food Safe

There's a bit of detective work that has to go into investigating outbreaks of foodborne illnesses, and your local health department plays a key role. Cari Sledzik, an epidemiologist in the Office of Acute Communicable Diseases at the Baltimore City Health Department, talks with Dr. Josh Sharfstein about what goes into piecing together a potential outbreak and what happens once the source is found. To round out this Food Safety Education Month episode, she also shares some tips for how people can avoid foodborne illnesses. Learn more about how to lower your chances of getting sick with [the FDA's Food Safety Education Month resources](#).



America Dissected

Episode - Humans in Eight Plagues with Professor Jon Kennedy

We've all lived through a pandemic now. But did you know that so much of our pre-pandemic lives was the result of ... pandemics? Abdul reflects on the marvel that for so many of us, the risk of dying of an infectious disease is so low – and why we're at risk of losing that. Then he sits down with Prof. Jon Kennedy, Co-Director of the Center for Public Health and Policy at Queen Mary University in London and author of the new book "Pathogenesis: A History of the World in Eight Plagues."

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, search the name of the podcast in the Spotify app or website.

----- OR -----

Open the Spotify app and scan the "Spotify Code" on the images above

SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH

RISK FACTORS:

About Risk Factors for Suicide

Research has found that 46% of people who die by suicide had a known mental health condition. Several other things may put a person at risk of suicide as well.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

See nami.org/suicideprevention for more information.

What are the Risk Factors?

- Age. Suicide is the 2nd leading cause of death for people aged 10-34
- A family history of suicide
- A history of trauma or abuse
- Gender. Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide
- A serious or chronic medical illness

What are the Risk Factors?

- Prolonged stress
- A recent tragedy or loss
- Access to firearms
- Substance misuse or overuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts
- Intoxication. More than 1 in 3 people who die by suicide are found to be under the influence of alcohol

WARNING SIGNS:

About Warning Signs

Comments or thoughts about suicide – also known as suicidal ideation – can begin small like “I wish I wasn’t here” or “nothing matters.” But over time, they can become more explicit and dangerous.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

See nami.org/suicideprevention for more information.

Warning Signs

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Is There Immediate Danger?

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 988:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

SUPPORTING SOMEONE IN A CRISIS:

About Supporting Someone in a Crisis

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

See nami.org/suicideprevention for more information.

Supporting Someone in a Crisis

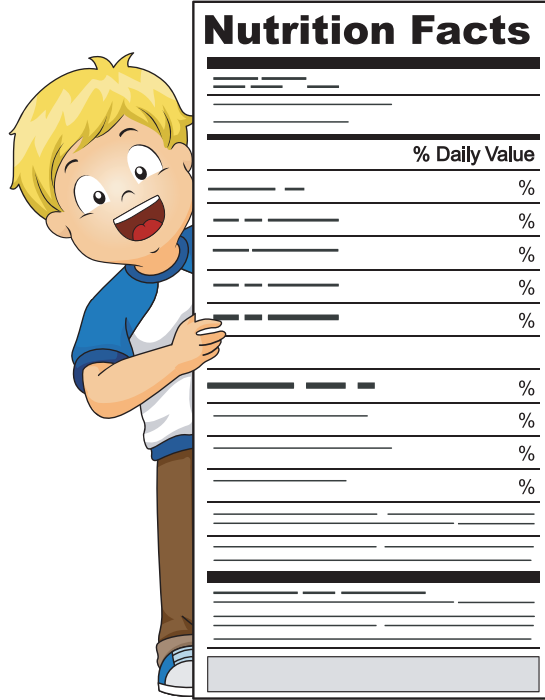
- Talk openly and honestly. Don't be afraid to ask questions such as, “Have you had thoughts of ending your life?”
- Calmly ask simple and direct questions such as, “Can I help you call your psychiatrist?”
- If there are multiple people around, have one person speak at a time
- Express support and concern

Supporting Someone in a Crisis

- Remove means such as guns, knives or stockpiled pills
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you are nervous, try not to fidget or pace
- Be patient

HELP YOUR KIDS MAKE SMART FOOD CHOICES!

Discover the ABCs of Nutrition:
Break down terms like calories, serving size, and daily values.
Check out the [FDA's Interactive Nutrition Facts Label](#) or visit the [FDA's Snack Shack and play Label Lingo!](#)



Lead by Example:
Show your children the benefits of healthy eating habits by modeling them yourself. Take the time to explain why certain choices are better for their bodies and overall well-being.

Hands-On Learning!
Incorporate nutrition with meal prep.
Encourage your children to join you in the kitchen and take part in meal preparation. Teach them how to combine healthy choices with their favorite dishes.

Sugar, Salt, and Fats - Oh My!
Identify hidden sugars, excessive salt, and unhealthy fats.
Train your little ones to compare products for healthier picks.

Celebrate Small Victories!
Recognizing and celebrating the healthy choices that your children make is essential. This positive reinforcement can inspire them to continue making better food choices.

Montclair Health Department Immunization Clinics



Public Health
Prevent. Promote. Protect.

Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email mginter@montclairnjusa.org.

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