

Board of Health Presentation

February 24, 2025





Mamas in Bloom

About the Program

Mamas in Bloom is a culturally responsive program designed to improve pregnancy, birth, and infant outcomes in Black and Brown families in Essex and Union County NJ. All mothers are eligible regardless of income. Families can enroll at any point during their pregnancy and are provided with wraparound support for the first 6 months after delivery. The program combines education, advocacy, and clinical care provided by our team of nurses and community health workers and lactation providers. Families are contacted at scheduled points during their pregnancy and postpartum journey to provide education, support and resources. **Additional support is provided for families with preeclampsia/ hypertensive disorders of pregnancy and diabetes.** We recognize that different families need different levels of support. We are open to providing support to families as needed outside the parameters of this program.

Program Goals

- Zero preventable maternal deaths
- Delivery at 39+ weeks
- Vaginal birth
- Breastfeeding initiation and continuation
- Reduced hospital readmission
- Adherence to pediatric visit schedule
- Early recognition of postpartum complications
- All newborns celebrate their first birthday
- Positive birth experiences
- Improve attendance at prenatal/postnatal visits

Support provided

- High risk perinatal case management
- Transition to parenthood
- NICU support
- Childbirth prep
- Breastfeeding support
- Transportation to appointments
- Maternal and infant essentials (car seats, diapers, clothing, cribs, etc)
- Connection to community resources and support (housing support, food insecurity, disability)

How to refer

You can refer a family to our services 1 of 3 ways:

1. Fill out a referral form on our website
www.perinatalequity.org/mamasinbloom
2. Speak to a team member 862-298-2812
3. Email us at info@perinatalequity.org

info@perinatalequity.org | www.perinatalequity.org | IG: [@perinatalequity](https://www.instagram.com/perinatalequity)

Communicable and Infectious Disease Update

Measles Case- NJ

2/14/25: Confirmed measles case in Bergen County, NJ

- Unvaccinated
- International travel related

Healthcare providers must report a suspected measles case IMMEDIATELY to the local health department (healthofficer@southorange.org) or to NJDOH (609) 826-5964 / (609) 392-2020.

PREVENTION:

- Measles vaccination for all children 1 year of age and older
- Adults who were born after 1957, have not had measles in the past and are unvaccinated
- Talk to your healthcare provider if you are travelling internationally or visiting a community with an ongoing measles outbreak and are unvaccinated.



"Getting vaccinated is the best defense against COVID, measles, and many other childhood diseases. We look forward to working with our partners in the Municipal Health Offices to reach the VFC program-eligible children and make sure they have access to the vaccines needed for school."



Joseph N. DiVincenzo, Jr.

Joseph N. DiVincenzo, Jr.,
Essex County Executive

The Board of County Commissioners

And the Essex County Office of Public Health Management



Vaccine for Children Clinic Sites for February 2025

Wednesday February 5, 2025

3:30 - 6:30 PM

Essex County

Watsessing Park Community Center

38 Conger Street

Bloomfield, NJ 07003

All ACIP Recommended Vaccines
Registration Required

Wednesday February 19, 2025

3:30 - 6:30 PM

Upper Central Fieldhouse

234 Lincoln Avenue

Orange, NJ 07050

NEW LOCATION

All ACIP Recommended Vaccines
Registration Required

Wednesday February 26, 2025

3:30-6:30PM

Essex County

Bilal Beasley

Community Center

Directly across the street from

644 Lyons Avenue Irvington, NJ 07111

All ACIP Recommended Vaccines
Registration Required



To schedule an appointment,
call 973-877-8456 or send an email to
vfc@essexcountynj.org

Putting Essex County's Health First





ZUFALL
HEALTH

COMMUNITY
HEALTH
CENTERS

MONTHLY ZUFALL HEALTH VISIT AT THE THE BAIRD CENTER

Second Wednesday of Each Month

1:00 PM - 3:00 PM

The Baird Center
5 Mead St South Orange, NJ 07079



Free Services Available



Health insurance
enrollment information



Information about our
affordable medical,
dental, and behavioral
health services



Quarterly
Free COVID
FLU Vaccines



Quarterly
Free HIV Screenings

Visit one of Zuffall Health's offices for
a **FREE, confidential HIV test** and get a gift card.

Vaccine Information

- Flu vaccine available for adults 19+.
- **It is safe to get both your 2024/2025 Formula COVID and Flu vaccines at the same time!**
- Bring your insurance card to the appointment

Registration

Call 973-325-2266 ext. 1040

**Registration is encouraged but walk-ins
are welcome**

zufallhealth.org



Nursing Report- **January**

Reportable Disease Investigated: **3**

Immunization Audits: **2**

Avian Influenza (H5N1) Update

- March 2025: Avian flu H5N1 found in a feral cat in Hunterdon County.
- February 2025: Avian flu H5N1 found in a live local bird market in Union County.
- State agencies continue to aggressively monitor occurrences of H5N1 avian influenza in domestic and wild bird populations
- **While there have been recent confirmations of deaths in localized wild bird populations in parts of NJ, there have been no recent reports in domestic poultry or cattle and no human infections in the state**
 - Avian Influenza is suspected to have caused localized deaths of multiple wild birds, predominately snow geese and Canada geese, in parts of the state since the end of December
- The CDC has declared that the ongoing nationwide H5N1 outbreak is primarily an animal health issue that poses low risk to the health of the public
- **Currently, there are no confirmed human cases in NJ**

Avian Influenza (H5N1) Update cont.

- Three principal state agencies involved in monitoring and responding to Avian Influenza
 - **NJ Department of Environmental Protection:** If you encounter sick or dead wild birds report the finding to the DEP hotline at 877-WARN-DEP (877-927-6337)
 - **NJ Department of Health:** Seasonal influenza activity continues to increase, as expected for this time of the year. However, there are no reports of human novel influenza cases, including H5N1 bird flu, in NJ at this time
 - **NJ Department of Agriculture:** Sick or dead domestic birds should be reported to 609-671-6400)
- For more information on H5N1 visit: <https://www.nj.gov/H5N1>

Steps to Reduce Risk of Exposure to H5N1

- Avoid direct contact with wild birds; observe them from a distance
- Avoid unprotected contact with wild or domestic birds that appear sick or have died
- Only eat or drink milk or dairy products made from pasteurized milk and avoid feeding pets raw milk or dairy products. Raw (unpasteurized) milk or dairy products can contain germs that make people and pets sick
- Cook poultry, eggs, and beef to appropriate internal temperatures before consumption
- Take additional precautions, including wearing PPE if you may be in contact with infected or potentially infected birds, dairy cows, or other animals

About

361,000

**people in New Jersey
have coronary
heart disease.**



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2023.



National Heart, Lung,
and Blood Institute





Women generally get heart disease about 10 years later than men do, but it's still their leading cause of death.

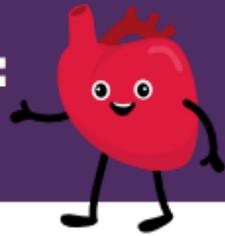
Make healthy choices, such as increasing your physical activity to lower your risk of developing heart disease and improve your overall health and well-being.



National Heart, Lung,
and Blood Institute



Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#), which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your [plan for quitting](#).
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit [smokefree.gov](#) to get additional support.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!

Control Cholesterol

Unhealthy levels of **cholesterol** can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the [Therapeutic Lifestyle Changes \(TLC\) Program](#) which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to [lower stress](#).
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of **self-care** can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](#)

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and [learn how to measure it correctly](#).
- Use a [blood pressure tracker](#) to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.



Environmental Health

Environmental Health- January

- Restaurant inspections: 9
 - Pre-operation inspections: 0
 - Re-inspections: 0
 - Mobile Food Trucks: 0
- School inspections: 0
- Daycare inspections: 0
- Camps: 0
- Kennels: 0
- Complaints: 5
- NOVs: 1
- Summonses: 2



Animal Control Update

Animal Control Update- January 2025

Total Calls: 10

Bite: 2

Enforcement: 1

Other: 1

Stray: 1

Wildlife: 5



NOW AVAILABLE



2025 South Orange Dog & Cat Licenses



\$17 FOR NEUTERED/SPAYED PETS
\$20 FOR NON-FIXED PETS

A \$20 LATE FEE WILL BE APPLIED
AFTER 3/1/25

ACCORDING TO TOWN ORDINANCE
68-4: ANY PERSON WHO SHALL OWN,
KEEP OR HARBOR A DOG/CAT OF
LICENSING AGE SHALL, APPLY FOR
AND PROCURE FROM THE HEALTH
OFFICER OF THE VILLAGE A ONE-YEAR
LICENSE



[https://www.southorange.org/508/
Pet-Licenses](https://www.southorange.org/508/Pet-Licenses)

QUESTIONS?

Call 973-762-8120 ext 2006



Use this QR code or
link to register now

This is the final week to
renew your dog and cat
licenses with no late fee

Social Services/ Mental Health

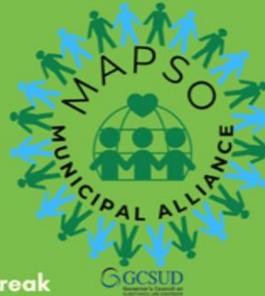
PARENTS WHO SPEND 15 MINUTES PER DAY WITH THEIR CHILD CAN IMPROVE THEIR HEALTH AND WELLBEING



South Orange
MIDDLE SCHOOL
"SOMS STRONG!"



drugfreenj.org/child-break/15-minute-child-break



GCSUD
Glen County School Union District



**SOUTH
ORANGE**
VILLAGE

MAKE THE RIGHT CALL

Emergency
Services

911

Mental
Health
Crisis

988

Social
Services

211

Poison
Control

800-222-1222

AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

