



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



WHO WE ARE

The Essex County Office of Public Health Management serves as a vital component in the broader public health system, working to protect and improve the health of individuals and communities through proactive measures and collaboration. By addressing both immediate health concerns and long-term health strategies, the OPHM strives to foster a healthier future for all of Essex County.

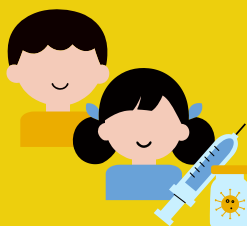
HOW WE SERVE OUR COMMUNITY

VACCINE FOR CHILDREN

Vaccines For Children Clinics are available by appointment only and offer free ACIP Vaccines to children through 18 years of age.

To schedule an appointment or learn more, call our Call Center at **973-877-8456**.

Visit essexcountynjhealth.org/imunizations for eligibility requirements.



MOBILE HEALTH CLINIC



Essex County's Mobile Health Clinic brings health screenings, educational information and health provider referrals to underserved residents.

Visit <https://essexcountynjhealth.org/mobile-health-clinics/> to view a schedule for the mobile clinic

Essex County Community Health Assessment:

Older Adults (65+)

Older adults are valued community members that often find themselves isolated from the communities they are a part of. Findings from this assessment reveal that seniors are lacking certain accommodations and skills that would otherwise aid them in achieving a higher level of well-being and health.

Insured vs. Uninsured/Underinsured

In Essex County, approximately 87% of respondents to the Community Voices Survey reported having some form of health insurance. Of those, 81% see a primary care provider regularly. Among those with a primary care provider, 30% rely on Federally Qualified Health Centers (FQHCs) for care. However, 13% of respondents do not have a regular primary care provider and primarily seek healthcare at emergency rooms or urgent care centers.

Populations of Special Interest

Low-Income Residents

In Essex County, 15% of residents are living below the poverty line, and 29% are affording only basic needs. Essex County also has significant gaps in income equality.

Caregivers and Caretakers

Essex County caregivers and caretakers play a crucial role in maintaining the wellbeing of children, people with disabilities, and the elderly. Often, middle-aged adults are caring for both elderly parents and their own children (sandwich generation.)

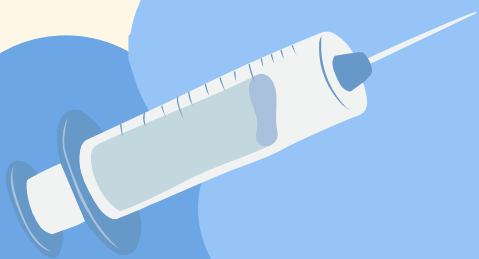
Youth and Young Adults (high school and college age)

According to the US Census, about 13% of Essex County residents are aged 20-29, 25% are under the age of 19, and about 6% of those are under the age of 5. Youth in Essex County encounter a wide range of opportunities and obstacles in academics, societal pressures, mental health struggles, and overall health.

MORE INFO



August is Immunization Awareness Month



Get Vaccinated on Time
Make sure you and your loved ones stay up-to-date on vaccinations. Check with your healthcare provider for your schedule!

Stay Informed
Keep up with the latest vaccination guidelines and information from trusted sources like the CDC and WHO.

Vaccines Protect Everyone
Vaccination isn't just about personal health - it helps protect the vulnerable, like babies, seniors, and those with weakened immune systems.



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The Board of County Commissioners
The Essex County Office of Public Health Management
Putting Essex County's Health First





Children's Eye Health and Safety Month



01

Did you know?

Approximately 6.8% of children under 18 in the US have a diagnosed eye and vision condition.

Common Eye Diseases in Children

- Refractive Errors
- Amblyopia
- Pediatric cataracts
- Strabismus

02



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Children's Eye Health and Safety Month: Prevention

01

Schedule an appointment annually

Eye exams are good for:

- Early detection for eye diseases
- Correcting vision changes



Have a good diet:

Vitamins, antioxidants, and minerals can improve your vision and eye health

02

03

Try the 20-20-20 method:

To prevent eye strain, it is recommended every 20 minutes, look at something 20 feet away, for 20 seconds.



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National Breastfeeding Month



Overview

Breastfeeding is the natural process of feeding an infant or young child with milk produced from the mother's breasts. It is widely recommended by health professionals and organizations, including the World Health Organization (WHO) and the American Academy of Pediatrics (AAP), as the optimal source of nutrition for newborns and infants.



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Benefits of Breastfeeding



Benefits for baby:

It strengthens a babies immune system

Promotes healthy weight gain

It helps the baby to bond with the mother

Aids in brain development



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Benefits of Breastfeeding



Benefits for mother:

Cost effective

Convenient

Reduces risk for breast and ovarian cancer

Quicker recovery period from childbirth



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Challenges

You are not alone!



Did you know?

“Sixty percent of mothers do not breastfeed for as long as they intend.”

Challenges can make breastfeeding feel difficult, leading to frustration and negative emotions.

Examples of challenges

- Lactation and latching difficulties
- Concerns about medication safety during breastfeeding
- Limited parental leave and unsupportive workplace policies
- Cultural norms and lack of family support
- Hospital practices that do not support breastfeeding



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Recommendations

1)

Exclusively
breastfeed for the
first 6 months

2)

Continued
breastfeeding with
complementary
foods for at least 2
years and beyond
as mutually
desired.

3)

Feed on demand to
recieve adequte
nutrition and
hydration.

Visit here for
more information

Scan me



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Resources:

National

☎ WIC (Women, Infants, and Children): Provides supplemental nutrition and breastfeeding support to eligible low-income families. <https://www.nwica.org/>

🇺🇸 Office on Women's Health

OWH HELPLINE: [1-800-994-9662](tel:18009949662) 9 a.m. – 6 p.m. ET,
Monday – Friday

<https://womenshealth.gov/breastfeeding/breastfeeding-resources>

 Breastfeeding USA

Call Our Warmline for Breastfeeding Support!
(612) 293-6622

New Jersey

👨👩👧👦 NJ Parent Link: Connects families with county-level breastfeeding support services
<https://www.nj.gov/njparentlink/>

👨👩👧👦 New Jersey Breastfeeding Coalition: Works to promote and support breastfeeding by working collaboratively.
<https://breastfeedingnj.org/home/>

Essex County

🏢 Essex Office of Public Health Management.
essexcountynj.org/health

💬 Perinatal Health Initiative (East Orange)
Counseling & support for individuals and families.
<https://perinatalequity.org/>

💬 RWJBarnabas Health: Offers breastfeeding support and education at their maternity units.



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PSORIASIS ACTION MONTH

AUGUST
2025



What is it?

Psoriasis is a chronic autoimmune disease that causes skin cells to grow too quickly.

Prevalance

Psoriasis affects over 8 million Americans, making it one of the most common autoimmune diseases in the United States.

Symptoms

- Dry, cracked skin that itches or bleeds.
- Itchy, scaly red patches on elbows, knees, scalp, or feet.

Treatment options

Early diagnosis improves outcomes. Treatments include topicals, light therapy, biologics, and lifestyle changes.



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TRUE OR FALSE PSORIASIS EDITION



1) It's contagious

TRUE OR FALSE?

Only Adults get it:

TRUE OR FALSE?

It's rare?

TRUE OR FALSE?

"IT'S JUST A SKIN PROBLEM"

TRUE OR FALSE?



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TRUE OR FALSE ANSWERS



Misconception 1

"IT'S CONTAGIOUS"

No — psoriasis is not contagious. You cannot catch it from someone else. It is a condition not an infection

Misconception 2

"ONLY ADULTS GET IT"

Psoriasis can affect all ages. Children and teens included.

Misconception 3

"IT'S RARE"

Psoriasis affects over 8 million Americans, making it one of the most common autoimmune diseases in the United States.

Misconception 4

"IT'S JUST A SKIN PROBLEM"

Psoriasis is a chronic autoimmune disease that affects more than the skin, causing inflammation, fatigue, and joint issues.



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