



YOUR HEALTH MATTERS



Public Health
Prevent. Promote. Protect.



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SEASONAL AFFECTIVE DISORDER (SAD)

Are you starting to feel less energized, or sort of in a slight funk? Now that there is a change of the season, and less daylight, you could possibly be experiencing Seasonal Affective Disorder (SAD) or the Winter Blues which is a type of depression. Shorter days and less daylight have been said to trigger a chemical change in the brain leading to symptoms of depression. Finding ways to manage SAD such as antidepressants can help treat symptoms.

Symptoms could include:

- Feeling sad or depressed most of the day (nearly every day)
- Losing interest in activities you once enjoyed doing
- Having low energy and feeling sluggish
- Having issues with sleeping too much
- Experiencing increased appetite, weight gain, and/or overeating
- Feeling hopeless, worthless, or guilty

Managing SAD could include:

1. Exposure to sunlight or light therapy
2. Do things that make you feel better such as going to the movies, social gatherings, or other activities
3. Try to stay away from alcohol
4. Seek professional help from your healthcare provider
5. Exercise regularly
6. Eat healthy, well-balanced meals

For further information about Seasonal Affective Disorder please visit: [Seasonal affective disorder \(SAD\) - Symptoms & causes - Mayo Clinic](#)

APPLESAUCE RECALLS AND LEAD CONCERNS: WHAT YOU NEED TO KNOW

In November, the U.S. Food and Drug Administration (FDA) announced a national recall of three million pouches of cinnamon applesauce sold at dollar stores and other retailers and online outlets under the WanaBana, Schnucks and Weis brand names that have been found to contain elevated levels of lead. The New Jersey Department of Health (NJDOH) is urging residents, especially parents and caregivers, to take the necessary precautions to protect against the dangers of lead exposure and poisoning, especially to the health of children.

- **Stores Affected by Recall**

WanaBana apple cinnamon fruit puree pouches are sold nationally and are available through multiple retailers including Amazon, Dollar Tree, and other online outlets, as well as Weis grocery stores.

- **Recommendations & How to Safely Discard Recalled Pouches**

Consumers should not eat, sell, or serve recalled WanaBana, Schnucks, or Weis-brand apple cinnamon pouches and should discard them.

These products have a long shelf life. Consumers should check their homes and discard these products.

To properly discard the product, consumers and retailers should carefully open the pouch and empty the content into a trash can before discarding the packaging to prevent others from salvaging recalled product from the trash. Clean up any spills after discarding the product and then wash your hands.

- **Recommendations for the Public**

Do not buy, eat, sell, or serve recalled cinnamon-containing applesauce pouch products because they may contain lead.

Parents and caregivers of children who may have consumed recalled products should contact their child's health care provider about getting a blood test for lead.

For more information on the applesauce recalls, visit:

<https://www.nj.gov/health/>



MORRIS COUNTY MEDICAL RESERVE CORP

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out an application, visit:

<https://www.morriscountynj.gov/Residents/Health/Volunteer-for-the-Medical-Reserve-Corps>



UNDERSTANDING THE HEALTH RISKS OF LEAD EXPOSURE AND THE IMPORTANCE OF SCREENING

Lead exposure poses severe health risks, especially to children and pregnant women. Being aware of these risks and undergoing timely screening is crucial for preventing long-term health issues.

Health Risks of Lead Exposure:

- *Neurological Damage:*

Lead exposure can cause irreversible damage to the nervous system, leading to learning disabilities and behavioral problems in children.

- *Developmental Delays:*

Pregnant women exposed to lead may have developmental delays in their unborn child, affecting cognitive and physical growth.

- *Kidney Damage:*

Long-term exposure to lead may result in kidney damage and dysfunction.

- *Reproductive Issues:*

Lead exposure can adversely affect fertility and increase the risk of miscarriage.

Why Screening is Crucial:

- *Early Detection:*

Lead exposure often occurs without noticeable symptoms. Screening helps detect elevated lead levels early, allowing for intervention and prevention.

- *Preventive Measures:*

Identifying high lead levels enables individuals to take immediate steps to reduce exposure, such as addressing lead paint or contaminated water sources.

- *Protecting Vulnerable Populations:*

Children, pregnant women, and certain occupations may be at higher risk. Screening ensures that those most vulnerable are identified and protected.

- *Community Health:*

Screening contributes to community-wide health by identifying sources of lead contamination and implementing measures to reduce exposure.

Who to Contact if Exposed or Concerned:

Start by contacting your primary care physician for guidance and to schedule a blood lead level test.

Reach out to your local health department for information on lead screening clinics, community resources, and assistance programs. Find your local health department using the link on page 6!

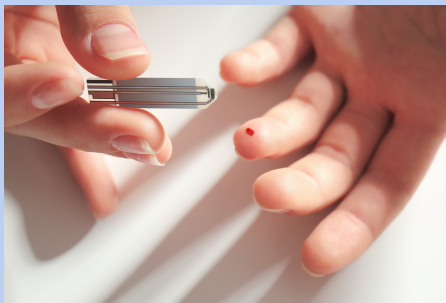
For more information on health risks associated with lead exposure, visit:

www.cdc.gov/nceh/lead/prevention/health-effects.htm



WOMEN, INFANT AND CHILDREN (WIC) CLINICS

The Women, Infants, and Children (WIC) program is a federal assistance program in the United States that provides nutrition education, healthy food, and support to pregnant women, new mothers, and young children. The WIC Program meets the 4th Tuesday of every month at the Denville Health Department (1st Mary's Place) starting January 23, 2024 through December 24, 2024.



Morris County Division of Public Health Nurses offer childhood lead screening through appointments. A finger-prick test is completed to determine if a child has lead in their blood.

For WIC Clinic appointment, please call (973)-754-4575 or (973)-754-4730.

FREE LEAD TESTING FOR CONSUMER ITEMS!

Morris County Division of Public Health in partnership with the Morris County Municipal Utilities Authority is offering free lead testing for consumer items on a quarterly basis.

Lead can be found in toys, jewelry, ceramics, antiques, and collectable items. Testing your frequently used items for lead is a major step towards preventing lead exposure.

A successful event was held on Saturday, October 28, 2023 at the Morris County Library. A total of 12 residents came to get their home items tested, such as pots, pans, mugs, and glasses. Residents have an option to dispose of items on site or take them back home.

Our next event will be January 20, 2024! Details will be posted on our [website](#).



HOLIDAY FOOD SAFETY

'Tis the season for home cooked meals enjoyed in the company of family and friends. Exceptional holiday feasts are still vulnerable to foodborne germs if food safety guidelines are not followed. A cooked dish not heated to the proper internal temperature or left out too long on the buffet table can produce germs, such as E. coli or Salmonella, that can make you and your guests sick. *Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays:*

- **Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Cook food thoroughly.** Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- **Keep food out of the “danger zone.”** Germs can grow rapidly in the danger zone between 41°F and 135°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 41°F or below and the freezer at 0°F or below.
- **Use pasteurized eggs for dishes containing raw eggs.** Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and salad dressings. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Know that raw flour and eggs can have germs.** Uncooked dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Some companies and stores offer edible cookie dough made with heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

For more information on Holiday Food Safety, visit:

<https://www.cdc.gov/foodsafety/communication/holidays.html>



WHAT HEALTH EDUCATION PROGRAMS DOES THE MORRIS COUNTY DIVISION OF PUBLIC HEALTH OFFER?

- **Chronic Disease Self-Management Program (CDSMP) (6-Weeks)**

About the program: The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. It focuses on disease management skills including decision making, problem-solving, and action planning. **To schedule, contact Imge Uludogan (973)-682-4940**

- **Cancer Thriving and Surviving (CTS) (6-Weeks)**

About the program: Cancer Thriving and Surviving (CTS) covers both the physical aspect of managing cancer as well as the emotional aspect of coping with cancer. Resources, skills and action planning contribute to having a greater sense of control over living with cancer. Caregivers/support people are welcome at the workshops and are encouraged to participate as well. **To schedule, contact Imge Uludogan (973)-682-4940**

Both workshops are presented by (2) trained leaders and are held in community settings (libraries, community centers, and churches) for 10-16 individuals. Textbooks are provided for each participant to use as a resource throughout the workshop. Participants are encouraged to attend all 6 sessions. Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life.

- **Healthy Bones (24-Weeks)**

About the program: It is a 24-week exercise and education program for people who have osteoporosis or osteopenia. Its goal is to reduce the risk of falls and fractures, improve balance and bone strength, and encourage a bone-healthy lifestyle. **To schedule, contact Kristina Favo (973)-631-5489 or Imge Uludogan (973)-682-4940**

- **Healthy Kids "R" Us Program (4-Weeks)**

About the Program: It is important to implement a healthy lifestyle at a young age. This 4-week program will work to shine a positive light on healthy eating in pre-school students. Each week, students will be introduced to new fruits and vegetables with coloring and various "hands-on" educational activities. Food safety will be introduced by recapping the importance of handwashing and preventing the spread of germs. **To schedule, contact Kristina Favo (973)-631-5489**

- **S.P.R.A.Y Vector Borne Disease Outreach & Prevention Program**

About the program: S.P.R.A.Y is a community-based health initiative designed to educate the community about mosquito or tick borne diseases and prevention through the easy to remember acronym which represents effective prevention measures.

To schedule, contact Rebecca Emenuga (973)-285-6063

WHO IS MY LOCAL HEALTH DEPARTMENT?



Morris County has 15 different health departments that serve its 39 municipalities. Many health departments cover numerous towns. To see which is your local health department, visit:

<https://www.state.nj.us/health/lh/documents/LocalHealthDirectory.pdf>



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**A BIENNIAL NEWSLETTER
FROM THE MORRIS COUNTY
DIVISION OF PUBLIC
HEALTH**

Important Numbers

GENERAL

NJ211

2-1-1

North Jersey Red Cross

(973) 538-2160

Poison Information

1-800-222-1222

Mental Health Hotline

1-877-294-4357

MORRIS COUNTY

Division of Public Health

973-631-5484

Emergency Management

973-829-8600

Sheriff's Office

973-285-6600

Prosecutor's Office

973-285-6200

NEW JERSEY

Communicable Disease Service

1-609-826-5964

State Police

1-609-882-2000

Address

**Morris County Division of Public
Health**

P.O. Box 900

634 West Hanover Avenue

Morristown, NJ, 07961

 health.morriscountynj.gov/

The mission of the Morris County Division of Public Health is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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Your Health Matters is not copyrighted. Any or all parts may be reproduced without permission. However, an acknowledgment of the source would be appreciated. The following resources were used as references in this addition: Centers of Disease Control, New Jersey Department of Health and The Mayo Clinic.

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