



Public Health
Prevent. Promote. Protect.

September Newsletter

What's New in Public Health?

September is National Preparedness Month!



Large-scale events, like hurricanes, can cause widespread destruction and long-lasting power outages, disrupt supply chains, and strain public health and health care systems. When access to resources and services is limited it's important to have an emergency supplies kit that includes items from the following categories.

Personal Needs

Personal needs are unique items supplies, equipment, and tools—you need to protect your physical, mental, and emotional health and safety in an emergency.

Prescriptions

According to a survey done by FEMA in 2012, only 8% of respondents said they have medications in their emergency supplies kit. Because a disaster could make it difficult to find an open pharmacy, it is important that you organize and protect your prescriptions, over-the-counter drugs, and vitamins.

Paperwork

These are important papers that might help you prove medical coverage, ownership, or your identity after an emergency. Collect and protect insurance cards, identification documents, and copies of emergency action plans to prepare for a short-notice evacuation because of a wildfire, earthquake, or other event.

Power sources

On average, people experience about four hours of power loss each year. Power outages caused by a large-scale disaster can last much longer and can become life threatening for people who rely on electrically powered medical equipment and devices. Be prepared with alternative heating and lighting, and backup power sources for your cellphone, appliances, and power-dependent medical devices.

Practical Skills

Teach and encourage those around you to learn practical skills, for example complete CPR training!

Keep Your Kids Healthy with these back-to-school tips!

Get Vaccinated

The New Jersey Department of Health Issues Health Alert on Severe Lung Illness in people who report vaping.

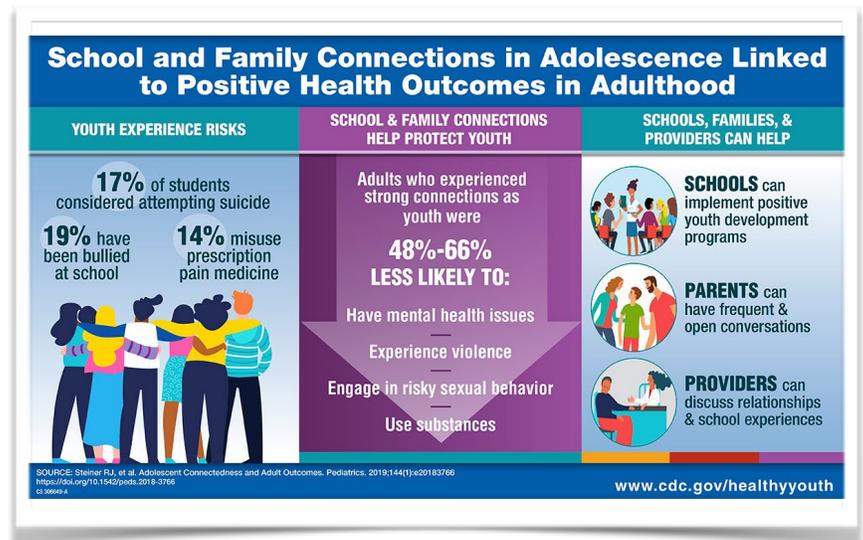
The Department of Health is investigating multiple reports from healthcare facilities of severe lung illness in people who report vaping. Cases in NJ have been primarily reported among persons between the ages of 17-45 with no significant past medical history.

Vaping-associated Illness

Total Confirmed Cases	2
Reports Under Investigation	13
Most Recent Report	8/29/2019
Age Range	17-45
Regions of State Impacted	Northern, Central

For more information visit NJ.gov/health and CDC.gov

From newborns to college students, getting vaccinated can help protect children and teens as they grow into adulthood. Make sure your children get their annual flu vaccine. The flu can have devastating consequences for a child. CDC has online resources and tools to help parents keep their kids up to date on recommended vaccinations. Additionally, states may require children to get vaccinated against certain diseases before their first day of school.



Keep a Balanced Diet

Breakfast is essential for healthy development and improves performance in the classroom. Your child should also try to eat a balanced, this includes a mix of: fruit, vegetables, dairy, and protein! Avoid adding sugary drinks to your child's lunch!

Sleep

Make sure your child is getting enough sleep for their age. This is done through good sleeping habits such as: No electronics before bed, avoid eating large meals close to bedtime, keeping the lights off and the room at a cool temperature, and keeping a consistent bedtime.

Connect with kids at home & school

How connected children feel to school and family can have a strong influence on their lives that continue into adulthood. "Adolescent connectedness" refers to. Children's sense of belonging, of being cared for and supported by parents, teachers, and other important people. CDC shows the more parents connect with their children, the less likely they will be to have adverse health outcomes in adulthood (misusing prescription drugs to engaging in illicit drug use, being the victim of physical violence or getting a sexually transmitted disease).

WATCH OUT FOR THE COMMON COLD!

The common cold is another bug that can circulate. Some ways to avoid a cold include:

1. **Washing your hands frequently**
2. **Not touching your face**
3. **Covering sneeze or cough into your elbow**
4. **Avoiding contact with those who are sick**



American Heart Association's Tips for "Sneaking more Vegetables into meals"

We all know we need to be eating more veggies. Some of us love them and eat them at every meal. And then there are those of us who can't stomach the thought of chomping on something green that looks like a tree. And no, we're not talking about four-year-olds -we mean adults, too!

- 1. Get shredded.** Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!
- 2. Get mushy.** Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms using a knife or a food processor, then sauté in a little olive oil until soft – about three minutes or so. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is. Voila! Another veggie-full meal for the family.
- 3. Get Cheesy.** Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be

blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with some low-sodium broth and puree them into a smooth soup that most kiddos (and adults) will love.

- 4. Be smooth.** Grab that blender and put it to work! When you're making your favorite fruit smoothie, add in a frozen banana and some spinach, carrots, squash or just about any vegetable (cooked is easier to blend, FYI). The frozen banana makes for a sweet, thick, and creamy smoothie and it adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado or sweet potato to change the tint. You'll be surprised at how bright – and



healthy -- your breakfast will be!

For more information on heart healthy tips visit the American Heart Association's website at www.heart.org/en/healthy-living/healthy-eating



September Recipe of the Month: Blackened Salmon!



Spice up your next healthy seafood dinner with this easy 5-Minute, 5-Ingredient Blackened Salmon! It's a classic Southern favorite that's crispy on the outside, moist and buttery on the inside, and loaded with zesty Cajun flavor!

TIP: Cooking for two people? Just cut the ingredients in half and just cook two salmon fillets. The cooking process remains the same.

Optional for serving: wedges and fresh herbs such as thyme, oregano, or basil.

Ingredients

- 4 salmon fillets, skin-on (about 6 ounces each)
- 1 ½ teaspoons cumin
- ½ teaspoon smoked paprika, ½ teaspoon garlic powder
- ½ teaspoon cayenne (omit or decrease for a mild flavor)
- ½ teaspoon salt and ½ teaspoon pepper
- Olive oil

Instructions

1. In a shallow bowl, mix together cumin, smoked paprika, cayenne, garlic powder, salt and pepper. Pat seasoning mixture onto the flesh side of each piece of salmon.
2. In a large skillet, heat about 1 tablespoon of olive oil over medium heat.
3. Place salmon, flesh-side down, in the hot oil. Cook for 2-3 minutes, and then flip salmon with a spatula. Cook for about 5-6 more minutes, or until skin becomes crispy and fish flakes easily with a fork. Cook for about 5-6 more minutes, or until skin becomes crispy and fish flakes easily with a fork.

For More Information

Call the Township of West Windsor Health Department at 609-936-8400

Created by the West Windsor Health Department

Serving West Windsor, Robbinsville, and Hightstown

*Information from: <https://www.cdc.gov/> and <http://www.nj.gov/health>

Nutrition Facts

5-Ingredient Blackened Salmon

Amount Per Serving (1 fillet (6 ounces of salmon))

Calories 283 Calories from Fat 99

	% Daily Value*
Fat 11g	17%
Saturated Fat 1.7g	11%
Cholesterol 114mg	38%
Sodium 437mg	19%
Protein 43.5g	87%

* Percent Daily Values are based on a 2000 calorie diet.