

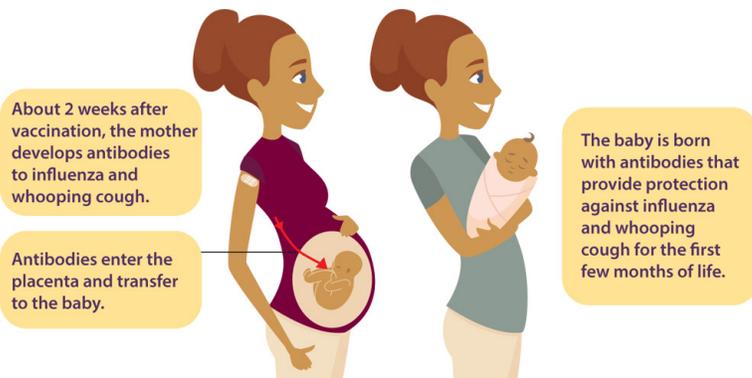
January Newsletter

West Windsor Health Department

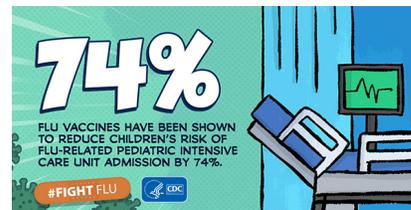
Serving the communities of West Windsor • Robbinsville • Hightstown

What's New in Public Health?

CDC's Vital Signs report states that nearly two-thirds of pregnant women in the US have not received the two vaccines recommended during pregnancy.



Public Health
Prevent. Promote. Protect.



Immunization and Vaccination

According to a 2019 CDC Vital Signs report, nearly two-thirds of pregnant women in the United States have not received the two vaccines recommended during pregnancy for influenza and whooping cough (pertussis). Low rates of vaccination during pregnancy leave expecting moms and babies unprotected and at high risk for hospitalization and even death. Influenza and whooping cough can be deadly, especially in a baby's first few months of life. Vaccinating women against these diseases during pregnancy helps protect both them and their babies.

CDC Recommendations

CDC recommends all pregnant women receive the flu vaccine at any time during pregnancy, and whooping cough vaccine (Tdap) early in their third trimester, during each pregnancy. Getting Tdap between 27 through 36 weeks of pregnancy is **78% more effective** at preventing whooping cough in babies younger than 2 months old. Pregnant women who get vaccinated pass antibodies to their babies, protecting babies in the first few months of life before they can get their own vaccines.

What is Whooping Cough (Pertussis)?

Whooping cough is a serious disease that can be deadly for babies. Unfortunately, babies do not start building their own protection against whooping cough until they begin vaccinations at two months old. Avoid this gap in protection by getting the Tdap vaccine during the 27th through 36th week of each pregnancy.

People of all ages need WHOOPING COUGH VACCINES



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy	✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough



Fight the Flu!

Take everyday preventative actions to help stop the spread of flu viruses.

1. **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.** Stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose** when coughing or sneezing.

4. **Clean your hands.** Washing your hands often will help protect you from germs.

Call the Township of West Windsor Health Department at (609) 936-8400
Created by the West Windsor Health Department

*Information from:
<https://www.cdc.gov/>

Reduce your Waste: Reduce, Reuse, Recycle!

Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

Recycling can benefit your community and the environment.

Benefits of Recycling

- ▶ **Reduces the amount of waste sent to landfills and incinerators**
- ▶ **Conserves natural resources such as timber, water and minerals.**
- ▶ **Increases economic security by tapping a domestic source of materials**
- ▶ **Prevents pollution by reducing the need to collect the new raw materials**
- ▶ **Saves energy**
- ▶ **Supports American manufacturing and conserves valuable resources**
- ▶ **Helps create jobs in the recycling and manufacturing industries in the United States**

Use Alternative Transportation

- ▶ Pollutants released by vehicles greatly increase air pollution levels and have been linked to adverse health effects, including premature mortality, cardiac symptoms, exacerbation of asthma symptoms, and diminished lung function. To minimize the damaging impact of our current transportation choices, try adopting more sustainable methods of travel.
- ▶ Alternative commute options include:
 - ▶ Walking and bicycling
 - ▶ Public transportation
 - ▶ Carpools or Vanpools
 - ▶ Telework and alternate work schedules.

Make Sustainable Food Choices

- ▶ Production, processing, packaging, and transportation of food is highly dependent on the use of fossil fuels and chemical fertilizers. These can greatly harm our health and the health of the environment. As a consumer, you have the power

**TOGETHER, WE CAN
MAKE A DIFFERENCE**

SMALL CHANGES IN BEHAVIOR CAN HAVE A BIG IMPACT ON OUR PLANET!

**WHEN YOU *THROW* SOMETHING
AWAY, WHERE DOES IT GO?**



to make a difference by considering the impact of your choices.

- ▶ Opting for local, healthy, environmentally responsible foods help promote both personal health and overall health of the community.

Make Green Updates at Home

- ▶ Sustainable homes are not only better for the planet, but offer opportunity for great cost savings. Tips for saving energy:
 - ▶ Make sure your home is well-insulated to conserve energy and spend less on heat and air conditioning.
 - ▶ Use a programmable thermostat to time your heat and air conditioning for when you are in your home. These can shut off while you are away saving both energy and money.
 - ▶ Conserve water by installing aerating and low flow faucets and shower heads.

Purchase Green Products

- ▶ Before making a purchase, consider the full impact of the products material, manufacturing method, and usage. Green purchase checklist:
 - ▶ Contains 30% or greater post-consumer recycled content (paper)
 - ▶ Made of biobased content
 - ▶ Is environmentally preferable, energy efficient and/or water efficient.
 - ▶ Is durable or has long product list with minimal life cycle costs.
 - ▶ Has minimal risk of toxic/hazardous chemicals
 - ▶ Is necessary

Eat More Color!

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups:

Red & Pink

- ▶ Beets, cherries, cranberries, pink grapefruit, pomegranates, radicchio, red radishes, red apples, red grapes, red peppers, red potatoes, rhubarbs, strawberries, tomatoes, and watermelons.

Blue & Purple

- ▶ Blackberries, blueberries, black currants, dates, eggplants, grapes, plums, prunes, purple figs, and raisins.

Yellow & Orange

- ▶ Acorn squash, butternut squash, apricots, cantaloupes, carrots, corn, grapefruit, lemons, mangoes, nectarines, oranges, orange peppers, papayas, peaches, pineapples, pumpkins, summer squash, sweet potatoes, tangerines, yams, yellow apples, yellow peppers, and yellow squash.

White

- ▶ Bananas, cauliflower, garlic, Jerusalem artichokes, mushrooms, onions, potatoes, parsnips, and shallots.

Green

- ▶ Artichokes, asparagus, avocados, bok choy, broccoli, brussels sprouts, celery, collard greens, cucumbers, green beans, green cabbage, green grapes, green onions, green peppers, kale, kiwis, leeks, limes, mustard greens, okra, pears, peas, romaine lettuce, snow peas, spinach, sugar snap peas, watercress, and zucchini.



5 REASONS TO ADD COLOR

WE NEED TO EAT OUR FRUITS AND VEGGIES, BUT WHAT ARE THESE COLORFUL, NUTRITIOUS AND DELICIOUS FOODS SO IMPORTANT?

1. Full of the Good

- Fruit and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants, and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

2. Free of the Bad

- Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable, not just the juice.

3. Won't Weigh you Down

- Fruits and vegetables tend to be low in calories, so they can help manage weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

4. Super Flexible Super Foods

- All forms of fruits and vegetables: fresh, frozen, canned, dried and 100% juice, can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, and convenient foods you can eat.

5. A Whole Body Health Boost

- A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.

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

January Recipe of the Month: Banana Peanut Butter Overnight Oats



Banana Peanut Butter Overnight Oats with greek yogurt are thick, creamy, and incredibly delicious! The healthy breakfast is loaded with protein, fat and fiber for a satisfying and nutritious meal that you can prepare in advance for busy mornings, all with just 5 minutes of prep!

TIPS: It is NOT recommended substituting with quick oats or steel cut oats. Keep the overnight oats ratio in mind, and feel free to multiply the ingredients using the same ratio to prepare more than one batch. Instead of honey, try sweetening the oats with maple syrup or agave!

Ingredients

- ½ Old-fashioned or “rolled” Oats
- ½ cup plain Greek yogurt
- ½ cup of milk of choice
- 1 tablespoon honey
- 1 Banana, sliced
- 1 tablespoon Peanut butter, powdered peanut butter or peanut butter alternative.
- ¼ teaspoon Salt
- ½ teaspoon Vanilla extract
- Optional toppings: chopped peanuts, or chocolate chips

Instructions -

1. In a small bowl or in a glass jar with a lid, stir together oats, yogurt, milk, honey, peanut butter, vanilla extract, and salt.
2. Cover with a lid and refrigerate overnight (or for at least 2 hours) so that the oats soften and absorb the liquid.
3. Just before serving, stir in sliced banana. Add extra milk, as necessary, to thin to desired consistency. Garnish with optional toppings.

What are overnight oats?

Overnight oats are an alternative way to prepare oatmeal that doesn't require any actual cooking! Rather than the traditional method of boiling oats, these raw oats are mixed with milk and greek yogurt and refrigerated overnight. While chilling, the oats absorb the liquid, thicken, and soften, so that they're ready to enjoy in the morning! The ratio for overnight oats is equal parts old-fashioned oats, greek yogurt, and milk. Add sweetener and a dash of salt, to taste!

*Recipe from <https://www.theseasonedmom.com/>

Nutrition Facts	
Banana Peanut Butter Overnight Oats	
Amount Per Serving (1 jar of oats with banana)	
Calories 488.8	Calories from Fat 113
% Daily Value*	
Fat 12.6g	19%
Saturated Fat 2.3g	14%
Polyunsaturated Fat 3.6g	
Monounsaturated Fat 5.6g	
Cholesterol 7.6mg	3%
Sodium 689.9mg	30%
Potassium 761mg	22%
Carbohydrates 76.4g	25%
Fiber 8.1g	34%
Sugar 35.3g	39%
Protein 24.3g	49%

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

For more information

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www.westwindsornj.org

