



Shore Health

Long Beach Island
Health Department

Fall/Winter 2017

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Websites of interest:

Diabetes Initiative
www.diabetesinitiative.org

Fight Bac!
www.fightbac.org

Caregiver Action Network
www.caregiveraction.org

Consumer Reports Best Buy Drugs
www.consumerreports.org/drugs/consumer-reports-best-buy-drugs/

Seasonal Food Guide
www.seasonalfoodguide.org/new-jersey

Choose My Plate
www.choosemyplate.gov

November 5



National Preparedness Month started as a grass roots campaign following the terrorist attacks of September 11, 2001, to encourage Americans to be prepared and self-reliant in times of emergencies. This is a time to prepare yourself and those in your care for emergencies and disasters, both large scale, like hurricanes, and smaller local events, like power outages or water main breaks. We know that emergencies can happen unexpectedly in our communities and can affect us for days at a time. With just a few simple steps, you can be prepared by knowing your risk, taking action and being an example in your community.

Know your risk

Stay informed on the weather at the National Weather Service (weather.gov)
Sign up at nixle.com to receive emergency and community notifications.

Take action

Prepare a disaster supply kit with at least three days of food and water. Include in your kit medications, pet supplies, flashlights, batteries, and cash.
Create a Family Emergency Plan, so that your family knows how to communicate during an emergency.
Obtain a battery operated radio, such as a NOAA Weather Radio.
Pay attention to the directions given by local officials: If you are told to shelter in place or evacuate, do so. Failing to follow directions can place you, your loved ones, and emergency response personnel in danger.

Be an example

Be a positive influence on your community by sharing your preparedness story.
Let your friends and family know that you're prepared for an emergency – and that they should be prepared too. Studies show that many people won't prepare until they see others doing so.

Go to Ready.gov for fact sheets, supply lists, family plans and other information.

New Jersey Register Ready

New Jersey's Special Needs Registry for Disasters allows New Jersey residents with disabilities or access and functional needs and their families, friends, and caregivers an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected is confidential and is not be available to the public. The information is only used for emergency response and planning.

To register go to: www.registerready.nj.gov

Food Waste: What You Can Do at Home



Food is the largest single source of waste in the United States. More food ends up in landfills than plastic or paper. According to the Food and Agriculture Organization of the United Nations, when food waste is dumped in a landfill, it rots and creates methane, which is a powerful greenhouse gas.

There are a lot of reasons for food waste. Some crops are never harvested. Some foods are thrown out if they don't meet cosmetic standards. Restaurants often prepare more food than they sell. And grocery stores pull food off the shelf when it starts going stale. Many food companies, grocery stores and restaurants are beginning to take some responsibility. Universities across the country have been holding workshops about food waste, designed to remind students living in dorms that they should only take as much food as they think they will eat. In New Jersey, Governor Chris Christie recently signed into law legislation that establishes a statewide goal to reduce food waste 50 percent by 2030.

According to the Environmental Protection Agency (EPA), half of the food wasted in the US comes from consumers. Most people don't realize how much food they throw away every day — from uneaten leftovers to spoiled produce. The average American throws out 25% of their purchased food and beverage. Careful planning and properly storing food can help your household waste less food. Below are some tips from the EPA to help you do just that:

Planning

Plan your meals for the week before you go shopping and buy only the things needed for those meals.

Include quantities on your shopping list noting how many meals you'll make with each item to avoid overbuying.

For example: salad greens - enough for two lunches.

Look in your refrigerator and cupboards first to avoid buying food you already have, make a list each week of what needs to be used up and plan upcoming meals around it.

Be careful when buying in bulk. It only saves money if you are able to use the food before it spoils.

Storage

Find out how to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator.

Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce.

Many fruits give off natural gases as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.

Wait to wash berries until you want to eat them to prevent mold.

If you like to eat fruit at room temperature, but it should be stored in the refrigerator for maximum freshness, take what you'll eat for the day out of the refrigerator in the morning.

Other ways to cut down on food waste:

Is your produce past its prime? It may still be fine for cooking in soups, casseroles, stir fries, sauces, baked goods, pancakes or smoothies.

Use the edible parts of food that you normally do not eat. For example, stale bread can be used to make croutons, beet tops can be sautéed for a delicious side dish, and vegetable scraps can be made into stock.

Learn the difference between "sell-by," "use-by," "best-by," and expiration dates.

Casseroles, stir-fries, frittatas, soups, and smoothies are great ways to use leftovers too.

Are you likely to have leftovers from any of your meals? Plan an "eat the leftovers" night each week.

At restaurants, order only what you can finish by asking about portion sizes and be aware of side dishes included with entrees. Take home the leftovers and keep them for or to make your next meal.

At all-you-can-eat buffets, take only what you can eat.

For more information on the Sustainable Management of Food go to <https://www.epa.gov/sustainable-management-food>

Dana Gunders, a senior scientist at the Natural Resources Defense Council, offers money and planet saving tips in *Waste-Free Kitchen Handbook*.

Prevent Type 2 Diabetes in Kids



Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes. Now, with about one-third of American children being overweight, doctors are starting to see Type 2 diabetes in kids, sometimes as young as 10 years old. Kids who get type 2 diabetes are usually diagnosed in their early teens. One reason is that hormones present during puberty make it harder for the body to use insulin, especially for girls, who are more likely than boys to develop type 2 diabetes.

Family lifestyle habits such as maintaining healthy weight and being physically active can help to prevent diabetes in children. Here are some tips to get started:

Makeover mealtime. *People who are overweight are more likely to have insulin resistance, kids included. Insulin resistance is a major risk factor for type 2 diabetes.*

Limit TV time (and the mindless eating that comes with it.)

Drink more water and fewer sugary drinks.

Eat more fruits and vegetables.

Shop for food together and get kids involved in making healthier meals.

Shop on a full stomach so you're not tempted to buy unhealthy food.

Eat slowly — it takes at least 20 minutes to start feeling full.

Eat at the dinner table only, not in front of the TV or computer.

Teach your kids to read food labels to understand which foods are healthiest.

Have meals together as a family as often as you can.

Don't insist kids clean their plates.

Don't put serving dishes on the table.

Serve small portions; let kids ask for seconds.

Reward kids with praise instead of food.

Get active. *Kids should get 60 minutes of activity a day. It doesn't have to be all together, but it should add up to an hour of movement.*

Start slow and build up.

Keep it positive — focus on progress.

Take parent and kid fitness classes together.

Make physical activity more fun; try new things.

Ask kids what activities they like best — everyone is different.

Encourage kids to join a sports team.

Have a "fit kit" available — a jump rope, hand weights, resistance bands.

Limit screen time to 2 hours a day.

Plan active outings, like hiking or biking.

Take walks together.

Move more in and out of the house — vacuuming, raking leaves, gardening.

Turn chores into games, like racing to see how fast you can clean the house.

Remember that young kids and teens are still growing, so if they're overweight the goal is to slow down weight gain while allowing normal growth and development. Don't put them on a weight loss diet without talking to their doctor.

Consider family history. Your child's risk factor goes up when they have a family member with Type 2 diabetes or were born to a mom who had diabetes while pregnant. Talk to your child's doctor if you have concerns.

For more information, go to: <https://www.cdc.gov/features/prevent-diabetes-kids/index.html>



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*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*



Public Health
Prevent. Promote. Protect.

Flu Vaccinations

CDC recommends a yearly flu vaccine for everyone 6 months and older. An annual seasonal flu vaccine is the best way to reduce the chances that you will get the flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

**Long Beach Island Health Department has both
the regular and high dose vaccines.
Please check www.lbihealth.com for clinic schedule.**

Dr. Jan Astin Mobile Digital Mammography Van October 30, 2017, January 19, 2018

To make an appointment call (609) 677-XRAY (9729)
Most insurance plans accepted. Funds are available to provide
mammograms to women without insurance coverage.

Adult Health Promotion Clinics

Public Health Nurses are available for blood pressure screening, risk factor assessment, and health education at these locations:

Long Beach Island Health Department
2119 Long Beach Boulevard
Ship Bottom
2nd Wednesday --10:00AM -11:00AM

Long Beach Island Branch of the Ocean County Library
217 S Central Avenue
Surf City
1st Tuesday --11:00AM -12 noon

Harvey Cedars Borough Hall
76th & Long Beach Boulevard
3rd Tuesday --9:30AM -10:30AM

Barnegat Light Borough Hall
10 East 7th St
3rd Tuesday --11:00AM -12 noon