



Shore Health

Long Beach Island
Health Department

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3 Eco-Friendly Ways to Improve Your Health

Living a green lifestyle isn't just good for the planet, it is also good for you.

Quit Smoking

Why quitting smoking is good for you: Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general.

Why quitting smoking is green: Smoking pollutes the air. Secondhand and thirdhand smoke is harmful to non-smokers, especially children. Consider also, the packaging waste and cigarette butts.

Don't Idle Your Car

Why reducing your idling is good for you: Engine idling contributes pollutants to the atmosphere which can be harmful to the lungs.

Why reducing your idling is green: A car left to idle wastes gas, pollutes the environment and contributes to global warming.

Ride a Bike or Walk

Why riding a bike and walking is good for you: Regular physical activity is one of the most important things you can do for your health. It can help: Control your weight, reduce your risk of cardiovascular disease, reduce your risk for type 2 diabetes and metabolic syndrome, reduce your risk of some cancers, strengthen your bones and muscles, improve your mental health and mood, improve your ability to do daily activities and prevent falls, and increase your chances of living longer.

Why riding a bike and walking is green: You'll help curb global emissions caused by people driving cars, trucks, and other vehicles. Walking and riding bicycles is pollution free.

Source: Centers for Disease Control, Discovery Channel Planet Green



Eat Safely!

Check the Peanut Containing Product Recall List
www.fda.gov or 1-800-CDC-INFO



CDC is collaborating with public health officials in many states and FDA to investigate a multistate outbreak of Salmonella infections. As of this writing, the outbreak continues, although the number of new cases is dropping. Experts are concerned that illness will continue to occur if people eat recalled peanut-containing products that are still on their shelves at home. Consumers should check at home for recalled peanut butter containing products and discard them. **Major national brands of jarred peanut butter found in grocery stores are NOT on the recall list.**

Don't forget your pets. Certain pet foods and pet treats may contain peanut butter, including dog and cat treats and bird food.

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Websites of interest:



ConsumerMedSafety.Org
www.consumermedsafety.org

Healthy Conversations Online
www.bewell.com

World Health Day 2009
www.who.int/world-health-day

March for Babies
www.marchforbabies.org

President's Council on Physical
Fitness and Sports
www.fitness.gov

Administration on Aging
www.aoa.gov

GetMovingGetHealthyNJ
www.getmovinggethealthynj.rutgers.edu

Fish Smart Eat Smart NJ
www.nj.gov/dep/dsr/njmainfish.htm

Know Your Numbers



You know your phone number, and if you're a frequent online shopper, you may even know your credit card number by heart. But do you know the numbers that are key to a healthy future: blood pressure, cholesterol, blood glucose, body mass index. These numbers are key indicators of your risk for common health killers in the U.S., such as heart disease and diabetes. Did you know it has been estimated that about one-third of all those with diabetes in the U.S. don't even know they have it?

Cholesterol-The National Cholesterol Education Program recommends that adults have their cholesterol levels checked at least every 5 years. The numbers to aim for:

Total cholesterol: Less than 200 mg/dL

Low Density Lipoprotein (LDL) cholesterol ("bad" cholesterol): Less than 100 mg/dL

High Density Lipoprotein (HDL) cholesterol ("good" cholesterol): 40 mg/dL or higher

Triglycerides: Less than 150 mg/dL

Blood Pressure-The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure recommends that adults have their blood pressure checked regularly. Here's what the numbers mean:

Normal blood pressure is a systolic blood pressure less than 120 and a diastolic blood pressure less than 80.

Prehypertension is defined as a systolic blood pressure of 120–139 mmHg or a diastolic blood pressure of 80–89 mmHg. Persons with prehypertension are at increased risk to progress to hypertension.

High blood pressure for adults is defined as a systolic pressure of 140 mmHg or higher, or a diastolic pressure of 90 mmHg or higher.

Blood Glucose-A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Aim for a fasting blood glucose of less than 100 mg/dL. If your fasting blood glucose level measures in the range of 100 mg/dL to 125 mg/dL, you are considered to have prediabetes, and you have an increased chance of getting diabetes.

Body mass index (BMI) is a measure of body fat based on height and weight. The number to aim for: less than 25. The formula to calculate BMI is $(\text{Weight in Pounds} / \text{Height in inches}^2) \times 703$

Example:

The BMI for a woman whose weight is 140 lbs and height is 5ft.5in. Would be $(140 / 4225) \times 703=23.3$ or go to www.cdc.gov for an online calculator.

Waist Size:

Waist size is a predictor of heart disease risk. It's easy to measure yourself. Just get a non-elastic tape and measure around your belly button. The number to aim for: less than 35 inches for women and less than 40 for men. A higher waist size increases your risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.

Taking charge of your health doesn't have to be complicated:

- Control your weight.
- Be more physically active.
- Avoid unhealthy habits, like smoking or excessive drinking.
- Eat healthy foods.
- ...and Know Your Numbers!



Indiana Heart Hospital has an online risk assessment tool *Know Your Numbers*. Simply answer the questions and the risk meter will show the risk level for heart disease for each personal factor, such as age or cholesterol levels. When you're finished, you will be able to print your results and receive guidance if your risk is high. You can find the tool at www.hearthospital.com/yournumbers/numbers.aspx

More Numbers



Diet & Nutrition

The amount of food you need depends on your personal calorie needs and health status. If you need 2,000 calories each day you should:

- Eat **6 to 8** daily servings of grain products, with at least half as whole grains. *1 serving = 1 slice bread, 1 oz. dry cereal, or ½ cup cooked rice.*
- Eat **4 to 5** cups of fruits and vegetables each day, in a variety of colors and types.
- Eat **2 to 3** cups of fat-free or low-fat dairy products each day.
- Eat **3 to 6 oz.** (cooked) of lean meats, poultry or seafood per day. *3 oz. of meat or poultry is about the size of a computer mouse; 3 oz. of fish is about the size of a checkbook.*
- Limit intake to **2 to 3** servings per day of fats and oils. *1 serving = 1 teaspoon of soft margarine or 1 tablespoon of mayonnaise.*
- Eat **3 to 5** servings per week of nuts, seeds and legumes. *1 serving = 1/3 cup nuts, 2 tablespoons peanut butter or ½ cup dry beans or peas.*
- Limit cholesterol intake to **300** mg per day for people with no heart disease risk factors or to **200** mg per day for those with heart disease risk factors.
- Limit salt intake to less than **2,300** mg per day. People with high blood pressure or heart failure, African-Americans and people over **50** should limit salt to less than **1,500** mg per day.
- Limit sweets and added sugars to **5** or fewer servings per week. *1 serving = 1 tablespoon sugar, 1 tablespoon jam, ½ cup sorbet or 1 cup lemonade.*



Tobacco

Eliminate all tobacco products and exposure to secondhand smoke.



Alcohol

Women: no more than **1** drink per day.

Men: no more than **2** drinks per day. *1 drink = 5 oz. wine, 1 oz. liquor or 12 oz. beer*



The **AARP Foundation** has a publication called “Prepare to Care: A Planning Guide for Families” that provides helpful advice on everything from creating a caregiving plan to finding and obtaining basic resources. Whether you have just begun caregiving or you have been a family caregiver for years, you will find the publication's many checklists straightforward and useful. To download your copy of “Prepare to Care,” go to www.aarp.org/foundation/preparetocare

“Internet Smarts: Safeguarding Your Children in a Digital World” is a booklet with answers to common questions about safe internet use. Order a free copy at www.powertolearn.com/internet_smarts/the_guide.shtml

Aetna and the Financial Planning Association will send ONE free copy of *Navigating Your Health Benefits For Dummies* to any address in the United States. Sign up at: www.planforyourhealth.com/nyhb



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Visit us on the web:
www.lbihealth.com

Supported by:
Long Beach Island Municipal Alliance
www.lbima.org



*The Long Beach Island Health
Department is the branch of local
governments 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.*



Spring Programs

Childhood Drinking & Illicit Drug use in Southern Ocean County? Myth? Or Truth?

Southern Ocean County Coalition Against Substance Abuse
FREE Dinner – FREE Babysitting – Door Prizes
April 24, 2009, 5:30PM
Frederic A. Priff School
139 Wells Mills Road (Route 532)
Waretown, NJ

Please RSVP to Jodi 732-367-5515 or jodibrennan@adaco.org

3rd Annual LBI Family Walk-Saturday, April 25, 9AM
Long Beach Township-location to be announced
Parents and children are invited to come out and walk together.
Preregister by April 17.

RNS Mobile Mammogram-May 11 at LBI Health Department

To register for a mammogram call: 1-800-246-2404

Free Rabies Clinic-Saturday, May 16

Beach Haven Volunteer Fire Company 9:00-9:30AM
Ship Bottom Volunteer Fire Company 9:45-10:15AM
Barnegat Light Volunteer Fire Company 10:30-11:00AM

Please have pet on leash or in carry cage.

Food Safety Manager Certification & Food Handler Training

Wednesday, April 1, 9:00AM-3:00PM

Thursday, April 2, 9:00AM-11:00AM

Long Beach Township Municipal Building

The cost is \$95 and includes text, materials and exam fees.

Call 492-1212 by March 27 to register.

The current Food Establishment Code can be found on our website.

Go to: http://www.lbihealth.com/environmental_services.htm

New Jersey Celebrates National Poison Prevention Week March 15-21, 2009

Do you know what to do if you think you, a loved one, or a pet has been
poisoned from medicines, chemicals, cleaning products, or food?

Do you know who to call for information about medicines, their uses,
side effects, or interactions?

Call the New Jersey Poison Control Center at 1-800-222-1222.

A trained health professional is available 24 hours a day 7 days a week
to help people of all ages in all types of situations. Call for emergencies
and information. Remember help is just a phone call away!

