



Shore Health

Long Beach Island
Health Department

Volume 7, Issue 1

Spring 2011

Eat More Fish, Lose the Saltshaker and Watch Your Portions

Those are just 3 of the recommendations from the 2010 Dietary Guidelines for Americans. Earlier this year, the Department of Health and Human Services announced the release of the 112 page document, which is intended to provide information and advice for choosing a healthy eating pattern.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of the guidelines places stronger emphasis on reducing calorie consumption and increasing physical activity.

Here are the basics:

- Enjoy your food but eat less.
- Avoid oversized portions.
- Move more and sit less.
- Make half your plate fruits and vegetables.
- Switch to fat free or low fat milk.
- Drink water instead of sugary drinks.
- Choose lower sodium foods.
- Limit alcohol to one drink per day for women and two drinks per day for men.
- Eat more seafood.
- Eat more whole grains.

To view the full report with all recommendations go to:

<http://www.health.gov/dietaryguidelines/>

Learn what a standard food serving looks like at:

Keep an Eye on Portion Size (<http://hp2010.nhlbihin.net/portion/keep.htm>)

Read how you can fit physical activity into your life—your way at:

Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines>)

Fish Smart Eat Smart New Jersey

<http://www.state.nj.us/dep/dsr/njmainfish.htm>

Fruits and Veggies-More Matters

<http://www.fruitsandveggiesmorematters.org>

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Websites of interest:

National Nutrition Month
www.eatright.org

Colon Cancer Alliance
www.ccalliance.org

Donate the Gift of Life
www.organdonor.gov

EyeSmart
www.geteyesmart.org

Safety is No Accident
www.nphw.org



May 8-14, 2011

www.womenshealth.gov/whw

Carpal Tunnel Syndrome



Carpal Tunnel Syndrome (CTS) is one of the most common job-related injuries. It is not uncommon these days to see someone with a wrist brace. CTS is not a byproduct of the computer age, though. Meat packers complained of CTS symptoms as long ago as the mid-1800s. The term is derived from the word Carpus which is Greek for “wrist.”

The carpal tunnel is the tiny space in the wrist created through which the nerve and tendons pass. Any inflammation in this space will cause pressure on the nerve and cause burning, tingling, numbness and pain. Although many people believe CTS is only caused by long hours of typing at a keyboard, any activity that keeps the wrist bent for a long time can trigger symptoms: using vibrating tools, cutting, crocheting, knitting, sewing, bicycling, or playing a stringed instrument. Other factors that can increase the chance of developing carpal tunnel syndrome: **cigarette smoking**, which constricts blood vessels, and **obesity**, which can increase pressure on the nerves in the wrist.

According to the Mayo Clinic, there are no proven strategies to prevent carpal tunnel syndrome, but you can minimize stress on your hands and wrists by taking the following precautions:

Reduce your force and relax your grip. Most people use more force than needed to perform many tasks involving their hands. If your work involves a cash register, for instance, hit the keys softly. For prolonged handwriting, use a big pen with an oversized, soft grip adapter and free-flowing ink. This way you won't have to grip the pen tightly or press as hard on the paper.

Take frequent breaks. Give your hands and wrists a break by gently stretching and bending them periodically. Alternate tasks when possible. If you use equipment that vibrates or that requires you to exert a great amount of force, taking breaks is even more important.

Watch your form. Avoid bending your wrist all the way up or down. A relaxed middle position is best. If you use a keyboard, keep it at elbow height or slightly lower.

Improve your posture. Incorrect posture can cause your shoulders to roll forward. When your shoulders are in this position, your neck and shoulder muscles are shortened, compressing nerves in your neck. This can affect your wrists, fingers and hands.

Keep your hands warm. You're more likely to develop hand pain and stiffness if you work in a cold environment. If you can't control the temperature at work, put on fingerless gloves that keep your hands and wrists warm.



Aetna and the Financial Planning Association are offering a free copy of the 2nd Edition of the *Navigating Your Health Benefits For Dummies* guide. With this guide, you can learn how to: maximize your health benefits in a tough economy, choose health benefits during open enrollment, buy your own benefits, use tax-advantaged accounts, and get paid to get fit. To download a guide or receive it by mail, fill out the form at: www.planforyourhealth.com/health-benefits-dummies-guide

Know Your Child's BLL



Of course you know your child's weight and height, but...do you know his or her BLL?

Blood Lead Level (BLL) is the amount of lead in a child's blood. A blood test is the only way to know if your child has been exposed to lead. Even small amounts of lead are harmful. Lead poisoning can make it hard for your child to learn, pay attention and behave. All children *under 6 years of age* should have a blood test for lead. Most insurances cover the cost of lead screening. If you don't have coverage, the Long Beach Island Health Department can help.

The most common cause of lead poisoning today is old paint with lead in it. Lead has not been used in house paint since 1978. However, many older houses and apartment buildings (especially those built before 1960) have lead-based paint on their walls. Toddlers explore their world by putting things in their mouths and can get lead poisoning by chewing on pieces of peeling paint or by swallowing house dust or soil that contains tiny chips of the leaded paint from these buildings.

Lead can also be in air, water, soil and food. Lead levels in the air have gone down greatly since lead was taken out of gasoline in the 1970s, but soil, especially near busy streets may have lead. Lead is still found in some old water pipes, although using lead solder to mend or put together water pipes is no longer allowed in the United States. Lead can also be found in food or juice stored in foreign-made cans or pottery. Some toys and jewelry, particularly those found in vending machines or dollar stores, some imported candies and folk remedies may also contain lead.

There are a number of simple, low-cost steps parents can take to reduce their children's lead exposure:

- Wash children's hands often, especially before eating, after playing outside or on the floor, and before sleeping.
- Wash toys and other objects young children handle and put in their mouths.
- Have everyone take off their shoes and leave at the door entrance to the home.
- Offer children a nutritious diet high in iron and calcium and low in fat.
- Clean floors and window sills by using a damp mop or sponge and detergent.
- Avoid using hot water from the tap, as it can absorb lead from old pipes. Let cold water run for 30 seconds before using.
- Wash work clothes separately from the family laundry if parents or caregivers work in a job that uses lead.
- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.
- Keep pregnant women and children away from housing built before 1978 that is undergoing renovation.
- Keep informed about new sources of lead and consumer products that are recalled due to lead hazards.

For tools and links to more information on prevention and recalls go to our website at:
www.lbihealth.com → Public Health Nursing → Lead Poisoning Prevention

New! Vaccinate Your Baby Web Site

Every Child by Two has launched a Web site that is a central resource of vaccine information for parents and others who want to get the facts about vaccines.

The **Vaccinate Your Baby** Web site — located at www.vaccinateyourbaby.org — features a video welcome message from the campaign spokesperson and new mother, actress Amanda Peet, links to the latest research and studies about vaccines, an interactive timeline that illustrates the benefits vaccines have provided over the years, information about vaccine safety and ingredients, and the importance of adhering to the recommended schedule. It is a valuable resource for parents and others who may feel confused about the misleading information that is circulated about vaccines. Please visit www.vaccinateyourbaby.org to get the facts: vaccines save lives.



Long Beach Island Health Department

Timothy J. Hilferty, Director
11601 Long Beach Blvd.
Haven Beach, NJ 08008

Phone: 609-492-1212

Fax: 609-492-9215

Email: lbihd@lbihealth.com

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
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.



Spring Programs

5th Annual Health Department Walk-Saturday, May 21

Walk begins in Brant Beach at 9AM.

People of all ages are welcome to join us for a walk along the bay. Refreshments, giveaways, and health information will be available.

Call the Long Beach Island Health Department at 492-1212
by May 18 to register.

RNS Mobile Mammogram-Friday, May 13

at LBI Health Department

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

Free Rabies Clinic-Saturday, May 7

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.

Low Cost Vaccines

Are you a parent, grandparent or caregiver of an infant?
You may need a shot for Tdap (Tetanus-Diphtheria-Pertussis)

Are you a young woman 26 years of age or younger?
You may need a shot for HPV (Human papillomavirus)

Are you a smoker?
You may need a shot for Pneumococcal Pneumonia.

Do you have a child going to college in the fall?
He or she may need a shot for Meningococcal Meningitis.

For more information call 492-1212 to speak with a public health nurse.

To see what vaccines you need, take the quiz at:
www2.cdc.gov/nip/adultImmSched/

Free Community Alerts

Nixle is a free service that allows you to receive up-to-the-minute, neighborhood information for where you live, work, or visit.

- You can receive urgent public safety alerts, advisories and community information.
- You can receive the information, by cell phone text message, by email, or over the web.
- Registration is FREE, SIMPLE, and SECURE. Please visit www.nixle.com for more information.