



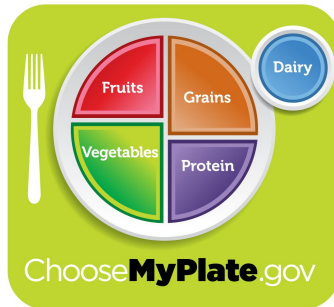
Shore Health

Long Beach Island
Health Department

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Summer 2011

Out with MyPyramid, In with MyPlate



On June 2, 2011 the government released its new food icon, MyPlate. The previous food guide, MyPyramid, was thought by some to be too confusing. MyPlate is a simplified tool to help consumers make healthier food choices. There is less emphasis now on the number of servings, and more focus on portion control.

The plate is divided into four sections: fruit, vegetables, grains and protein, with dairy off to the side in the drink position.

Fruits and vegetables should take up half of the plate with a slightly larger focus on vegetables than fruit. This is quite different from the way most Americans eat, but reflects the research on the health benefits of a diet loaded with all types of fruit and vegetables.

Grains take up a quarter of the plate and should include as many whole grains as possible. Choose whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

The last quarter of the plate is allotted to protein, including meat, peanut butter, beans and peas, seafood, tofu and eggs. Choose lean or low-fat meat and poultry and seafood that is rich in omega-3 fatty acids, such as salmon, tuna, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel. Remember that processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium.

Finally, dairy group choices should be calcium-rich and fat-free or low-fat, and can include yogurt, hard cheeses, ricotta, cottage cheese and pudding. Avoid flavored milks and sweetened yogurt.

The official website, ChooseMyPlate.gov, is a good resource for the basics on food groups, interactive tools, recipes and coloring pages.

Other Helpful Websites

How to Avoid Portion Size Pitfalls to Help Manage Your Weight
www.cdc.gov/healthyweight/healthy_eating/portion_size.html

The Whole Grains Council
www.wholegrainscouncil.org

Fruits and Veggies More Matters
www.fruitsandveggiesmorematters.org

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Websites of interest:

Immunize for Good
www.immunizeforgood.com

Alliance for a Living Ocean
www.livingocean.org

New Jersey Ocean Beach Info
<http://njbeaches.org>

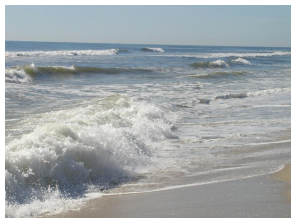
Are You Ready To Quit?
Free
Quit Smoking Patches or Gum

Call Now
1-866-NJSTOPS
1-866-657-8677
www.njquitline.org



Save the Date
Annual Health & Safety Fair
Saturday, September 10

On the Beach



Long Beach Island residents and visitors appreciate the local beaches for both their beauty and recreational opportunities. Through the Cooperative Coastal Monitoring Program, a joint effort between the NJ Department of Environmental Protection and the Long Beach Island Health Department, seasonal water quality monitoring is performed routinely on Mondays, and throughout the week, as necessary, at public bathing areas. This is done to protect swimmers from contaminated water.

Debris wash up on the beach has greatly decreased in the past 10 years. It is important to remember, however, that New Jersey, New York and Pennsylvania are some of the most densely populated areas in the world. When the wind is blowing from the east or northeast for an extended period of time, it is inevitable that floatable debris from the NY/NJ Harbor could wind up on South Jersey beaches.

Most floatable debris thought to be medical waste is, in fact, household items such as ice pop wrappers, plastic tags, prescription bottles, feminine hygiene products, children's plastic toys, cell phone cases, bottle caps, balloons and glow sticks. Home used insulin syringes have also been found on the shore, and, although they account for a small percentage of all wash ups, are often a cause for public concern. These syringes are often thrown into household garbage, lasting for many years in the environment. Needlesticks, however, are infrequent, and have never caused any known transmission of disease in New Jersey. Although diabetic syringes pose a very low public health risk, residents can do their part by ensuring their syringes are disposed of safely and responsibly. Safe Syringe Disposal Programs are available at the Long Beach Island Health Department and Southern Ocean County Medical Center.

Beachgoers can help protect the shoreline by following a few simple dos and don'ts:

- Avoid walking or playing on the dunes.
- Reduce, reuse and recycle the things you take to the beach.
- Use the public trash containers for your trash and pet waste; or take it home.
- Cut the rings off plastic six-pack holders so that animals can't get tangled in them.
- Don't disturb wildlife and plants; you're visiting their home.
- Don't feed the seagulls; they have their own food sources.
- Call **1-877-WARNDEP (1-877-927-6337)** if you encounter medical waste washing ashore.

Sources: United States Environmental Protection Agency, New Jersey Department of Environmental Protection and New Jersey Division of Criminal Justice

Sun Safety Tips from the American Cancer Society

It isn't possible or practical to avoid sunlight completely, and it would be unwise to reduce your level of activity to avoid the outdoors because physical activity is important for good health. But too much sunlight can be harmful. There are some steps you can take to limit your exposure to UV rays. Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. "Slip! Slop! Slap!... and Wrap" is a catch phrase that can help you remember the 4 key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses.

These steps complement each other, and they provide the best protection when used together.

Measles: It's Back.



According to a recent report by the Centers for Disease Control and Prevention (CDC) the United States is experiencing the highest numbers of measles cases in 15 years. From 2001-2008, there was an average of about 56 cases per year. So far, through May 20, 2011, that number has already more than doubled. Of the 118 cases, 105 were unvaccinated. The numbers may seem small, but many experts are worried by the increasing number of cases. A massive measles outbreak in the late 1980s and early 1990s in the US led to over 55,000 cases and more than 100 deaths.

Today, thanks to the measles vaccine that was licensed in 1963, few children in the United States get measles. But, measles is still common in many other countries, including those in Europe, and can easily be carried into the United States by travelers. In fact, most of the cases this year were among or linked to international travel. Measles virus is highly contagious and can spread rapidly in areas and communities where vaccination is not widespread. Complications from measles can be serious and occur more commonly in children younger than 5 years of age and adults 20 years of age or older.

One of the best ways to protect children from measles, and other vaccine-preventable diseases, is to vaccinate them on time. Measles vaccine is usually administered as MMR, a combination vaccine that provides protection against three viral diseases: measles, mumps, and rubella. The MMR vaccine is approved by medical and public health experts as safe and effective. Two doses are recommended for children—the first dose at 12 to 15 months of age, and the second dose before entering school at 4 to 6 years of age.

Some adults need MMR vaccine too. Anyone born during or after 1957 who has not had measles, or been vaccinated, is at risk and should get at least one dose of MMR vaccine. Two doses are recommended for adults who are at higher risk, such as college students, international travelers, and healthcare personnel.

This is a reminder to make sure that your family's vaccinations are up-to-date, including when you're preparing to travel. And, if you plan to travel abroad with an infant or young child, be sure to talk with your child's doctor about what is recommended for measles vaccination of young travelers.

For more information go to www.cdc.gov/features/measles/



Six Tips for a Pet-Safe Summer

Summertime can be a time of increased risk for illness or injury for our furry pals. From unpredictable weather to unusual routines, our animals are exposed to all sorts of hazards during June, July and August, and your pet is counting on you to keep him or her safe.

Here are the top six tips from the ASPCA for keeping your animal secure all summer long:

- *Give your pet access to plenty of fresh water at all times. Even the healthiest pets can suffer from dehydration, heat stroke and sunburn if overexposed to the heat.
- *Avoid lathering your pet with any insect repellent or sunscreen not intended for the four-legged kind.
- *Keep your pet away from matches, citronella candles and lighter fluid, which if eaten can irritate the stomach, lungs and central nervous system.
- *Be cool near the pool. Don't leave pets unsupervised around a pool, lake or high waters—not all dogs are expert swimmers!
- *Never leave your dog, cat or any other animal friend alone in a car! The inside of a car can heat up very quickly—even with a window open.
- *Be prepared! From tornadoes to floods, we've seen the devastation severe weather has brought to pets and their families these past few weeks. Develop an evacuation plan well ahead of time in case you're forced from your home in an emergency.



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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.



Congratulations
to the
Ethel Jacobson Schoolyard Garden
for receiving the

2011 INNOVATIONS
IN SPECIAL EDUCATION AWARD

The New Jersey School Boards Association has selected the Digging in the Dirt: E.J. School Yard Garden as an example of successful and creative efforts that enable special needs students to achieve their potential. Students with autism in the Southern Regional School District Project ASPIRE program help maintain the garden in the summer.

A \$10,000 "Healthy Community Development" Mini-Grant in 2009, along with support from community members, enabled the school to plant a sustainable, edible garden. The focus of the garden project is to create environments where healthy eating and physical activity opportunities are available, affordable, culturally appropriate and easy.

Project A.S.P.I.R.E.

(Actively Seeking Placement in Real-Life Employment)

Project A.S.P.I.R.E is an unpaid, structured learning program designed to foster vocational skills for students ages 16-21 with multiple disabilities and/or autism in a community-based employment setting. For information on how your business can host a student, please call the Southern Regional School District @ 609-597-9481 ext. 4538 or email: aspire@srsd.net.

Adult Health Promotion

Blood pressure screening, risk factor assessment, and health education held monthly at the following locations:

Long Beach Island Health Department
11601 Long Beach Boulevard, Haven Beach
2nd Wednesday --10:00AM -11:00AM

Beach Haven Borough Hall
Engleside & Bay Avenues
1st Monday --10:00AM -11:00AM

Long Beach Island Branch of the Ocean County Library
217 S Central Avenue, Ship Bottom
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 E 7th St
3rd Tuesday --11:00AM -12 noon