



Shore Health

Long Beach Island
Health Department

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Reducing Sudden Infant Death Syndrome



Although **Sudden Infant Death Syndrome (SIDS)** has decreased over the past 10 years, it is still a leading cause of death in infancy. The **American Academy of Pediatrics (AAP)** recently updated their recommendations for SIDS prevention.

The **AAP** now says that parents and caregivers should no longer place infants on their side, but use the back sleep position during every sleep period.

Pacifier use has been shown to reduce the risk of SIDS, which is why infants should be offered one at nap time and bedtime throughout the first year of life.

Room sharing, where an infant sleeps in a crib in the parent's bedroom, may also reduce the risk of SIDS. However, bed sharing is not recommended. Babies can

be brought into bed for nursing or comforting, but should be returned to their own crib or bassinet to sleep.

Other recommendations are:

- *Use a firm sleep surface.
- *Keep soft objects such as pillows, stuffed toys and quilts out of the crib.
- *Avoid overbundling or keeping the bedroom too warm. Light clothing is best.
- *Keep baby away from second hand smoke.
- *Encourage "tummy time" while awake to help keep baby from developing a flattened back of the head.
- *Make sure that relatives and babysitters are aware of these recommendations.
- *Breastfeed, if possible.

The full policy statement can be found online at:
www.aap.org/ncepr/revisedsids.pdf

ICE-ing Your Cell Phone Could Save Your Life



ICE stands for "In Case of Emergency." This simple tool can help paramedics and hospital staff contact your loved ones if you are involved in a medical emergency that leaves you injured, helpless or unconscious. The idea began in Great Britain and received international attention after the London terrorist bombings this summer.

What to do:

- *Open your cell phone address book.
- *Enter your emergency contacts' names and numbers under the notation "ICE" - for example ICE-MOM.
- *Let your contacts know that they will be called in an emergency.

Source: New Jersey Hospital Association

NEWS BITE

In a new study, Danish researchers found that smoking during pregnancy was associated with an increased risk for attention-deficit/hyperactivity disorder (ADHD). That adds one more reason to an already long list of reasons not to smoke.

Source: Medem Smart Parents' Health Source

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Websites of interest:

www.nichd.nih.gov/sids
Back to Sleep Campaign

noattacks.org/index.html
Attack Asthma. Learn More.

www.aeb.org
American Egg Board

www.nhtsa.dot.gov
National Highway Traffic Safety Administration

www.sistertosister.org
National Woman's Heart Day

www.hhs.gov/familyhistory
Family History Initiative

www.foodsafety.gov
Government Food Safety Information

Holiday Safety

Keep Your Holiday Cooking Safe



Most holiday get-togethers revolve around eating. Following a few simple rules can help keep food poisoning from ruining your celebrations:

Clean: Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.

Separate: Keep raw meat, poultry and seafood and their juices away from ready-to-eat foods.



Cook: Cook to proper temperatures. Foods are

properly cooked when they are heated for a long enough time and at a high enough temperature to kill harmful bacteria. Using a food thermometer is the only sure way to tell if your food has reached the proper temperature. For example, a turkey should be cooked until the stuffing reads 165°.

Chill: Refrigerating foods right away keeps most harmful bacteria from growing and multiplying. Use a thermometer to ensure that your refrigerator is set at 40° F and the freezer at 0° F.

Source: <http://www.cdc.gov/foodsafety/holidaycook.htm>



Hotlines

FDA Food Safety Information:
1-888-SAFEFOOD
(1-888-723-3366)

USDA Meat and Poultry Hotline:
1-800-535-4555
1-800-256-7072 (TDD/TTY)
E-mail: mph hotline.fsis@usda.gov

Holiday Fire Prevention

According to the United States Fire Administration (USFA), holiday fires injure 2,600 people and cause over \$930 million in damage. Following these simple life-saving steps can ensure a safe and happy holiday:



Holiday lights:

*Inspect holiday lights each year for frayed wires, bare spots, broken or cracked sockets, and excessive wear before putting them up. Use only lighting listed by an approved testing laboratory.

*Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

*Do not leave holiday lights on unattended



Holiday trees:

*Select a fresh tree with a sticky trunk and green needles that do not fall off easily.

*Keep your tree away from a fireplace or heater.

*Be careful not to drop or flick cigarette ashes near a tree.

*Do not put your live tree up too early or leave it up for longer than two weeks.

*Keep the tree stand filled with water at all times.



Holiday decorations

*Use only nonflammable decorations.

*Never put wrapping paper in a fireplace.

*Make sure artificial trees are flame retardant.

*Never leave the house with candles burning.

Finally, as always, have working smoke alarms installed on every level of your home. Test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.

Source: U.S. Fire Administration

For information on smoke alarms and escape planning go to:
www.usfa.fema.gov/safety

For *A Parents' Guide to Fire Safety for Babies and Toddlers* go to:
www.usfaparents.gov

Access + Interpretation = Understanding + Empowerment



The spread of broadband Internet access and heightened media coverage of medical research has led

more and more people to go online to find the latest health information. Even well-educated, knowledgeable consumers, however, can find it difficult to fully understand and evaluate scientific findings, and make sound decisions on what they learn.

Leading health organizations and medical publishers have teamed up to form a free online information resource called **patientINFORM**. Visitors to the site will be able to access the latest research articles published in medical and scientific journals,

find assistance in interpreting the information and link to the Web sites of participating organizations.

Initially, **patientINFORM** will focus on cancer, diabetes, heart disease and stroke through the participation of the American Cancer Society, American Diabetes Association, and the American Heart Association. The resource will eventually expand to include other organizations in other areas, including psychiatric, respiratory, neuromuscular, renal, and gastrointestinal disorders, as well as infectious diseases and rare genetic disorders.

www.patientinform.org

"patientINFORM's motto, Access + Interpretation = Understanding + Empowerment underscores the guiding principle of this initiative" explained Rose Marie Robertson, MD, the chief science officer of the American Heart Association. "The active involvement of three of the most trusted voluntary health organizations in the world will help patients and caregivers understand and act upon the latest research on the diseases and conditions that cause nearly 2 of every 3 deaths, afflicting millions of Americans."

Medicare Prescription Drug Coverage

Important Dates

Jan. 1, 2006-Coverage begins for people who have joined by Dec. 31, 2005

May 15, 2006-Last day to join a plan offering coverage for 2006

Nov. 15-Dec. 31, 2006-Next opportunity to enroll

For help:

www.medicare.gov/pdphome.asp

1-800-MEDICARE

(1-800-633-4227)

TTY: 1-877-486-2048

24 hours a day, 7 days a week!

Free Stuff

The **National Bone Health Campaign (NBHC)** is offering a free *Parent Placemat Package*. The parent placemat has information on how to help your daughter get the calcium and physical activity she needs. The child's placemat has kid-friendly tips and a word game kids can play. To order go to: www.pueblo.gsa.gov/rc/bones/p-bones3.htm

The **National Institute on Aging** has many free publications about healthy aging. To order go to: www.niapublications.org

Free DVDs have been developed by the **United States Post Office** to help protect you and your family from *Telemarketing Fraud, Work at Home Scams, Deceit on the Web, Identity Theft* and *Foreign Lottery Scams*. To order go to: www.usps.com and click on buy Stamps and Shop, then on Protect Yourself.

Healthy Women Take 10 is an email newsletter from the **National Women's Health Resource Center** intended for women of all ages. Delivered monthly, it offers information on healthy lifestyles. To subscribe, go to: www.healthywomen.org/emaillist.html



**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
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.*



Year Round Programs

Adult Health Promotion-Blood pressure screening and health education

Health Department 11601 Long Beach Boulevard Haven Beach
2nd & 4th Wednesday --10:00AM -12 noon

Beach Haven Borough Hall Engleside & Bay Avenues Beach Haven
1st Monday --10:00AM -12 noon

Bank of America 1501 Long Beach Boulevard Ship Bottom
1st Tuesday --9:30AM -10:30AM

LBI Library 217 S Central Avenue Ship Bottom
1st Tuesday --11:00AM -12 noon

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

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

Lifestyle Intervention Program with a Certified Diabetes Educator
Nutrition Counseling/Physical Activity Motivation/Bloodwork Review

Well Child and Adolescent Program-physical examinations &
immunizations for infants, children and adolescents through age 18,
including kindergarten and college entry, sports, working papers, and
camp physicals~Cost: \$10.00

WIC-provides nutritious foods, information on healthy eating and
referrals for health care to pregnant and breast feeding women, infants
and children under 5

Diabetes Education-counseling, referral, safe disposal of insulin
syringes

Lead Poisoning Prevention-early detection and prevention of lead
poisoning in children ages 6 months to 5 years through education,
screening, & referral.

Communicable Disease-tuberculosis testing and follow-up,
investigation of infectious diseases, HIV/AIDS counseling

Travel & Other Adult Immunizations-Td, Pneumonia, Hepatitis A,
Hepatitis B, and Meningococcal. Call for more information or
appointment.