



# Shore Health

Long Beach Island  
Health Department

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## TIPS FOR A HEALTHIER YEAR

**Prevent violence by setting good examples**-Try to avoid hitting, slapping or spanking. Your children may copy you and think that it is OK to hit other people.



**Make sure immunizations are up to date**-Review your child's record with your pediatrician to make sure he or she has received all the recommended vaccines.

**Provide your child with a tobacco-free environment**-Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome.



**Read to your child every day**-Reading to children shows them the importance of communication and motivates them to become readers.

**Practice "safety on wheels"**-Make sure everyone in the car is buckled up for every ride; all bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

**Do a "childproofing" survey of your home**-Remove all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.



**Monitor your children's "media"**-Children are affected by what they see and hear, in television, movies, and music, particularly in these times of violent images.

**Help kids understand tobacco, alcohol, and the media**-Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol and other drugs.

**Pay attention to nutrition**-Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables.



**Become more involved in your child's school**-Whether you become active in the PTA or volunteer in the school, parent involvement matters. Your child will notice how important education is to you.

**Make your children feel loved and important**-Kids develop a sense of self-worth early in life. Assure your children that they are loved and safe. Celebrate their individuality, and tell them what makes them special.

Source: American Academy of Pediatrics

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### Websites of interest:

[www.cfsan.fda.gov/~pregnant/pregnant.html](http://www.cfsan.fda.gov/~pregnant/pregnant.html)  
*Food Safety for Moms-To-Be*

[www.pbs.org/parents/childrenandmedia](http://www.pbs.org/parents/childrenandmedia)  
*Children and the Media*

[www.beactivekids.org](http://www.beactivekids.org)  
*Be Active Kids*



Effective March 1, 2006  
New Jersey's Bicycle  
Helmet Law changes to  
require young people  
under the age of 17 to  
wear an approved helmet  
when cycling, roller  
skating, in-line skating, or  
skateboarding.

## Safe Handling for Easter Eggs



After hunting and finding all your hidden Easter eggs, do you traditionally eat them?

Hard-cooked colored eggs add to the festivity and tradition of Easter. But if not properly handled, they can be the source of unwanted bacteria. Hard-cooked eggs should be treated like any other cooked meat, fish or poultry - meaning they should not be left out at room temperature for more than two hours and should be promptly refrigerated.

Use all leftover cooked eggs within one week to prevent foodborne illness. Need ideas? Add eggs to green salads, make egg salad or eat

them sliced on toast.

Eggs that have been left out beyond their safe-eating point can always be used as colorful (just not edible) decorations.

Source: American Dietetic Association.

For egg recipes, nutrition information and trivia visit:

The Incredible Edible Egg™  
[www.aeb.org/](http://www.aeb.org/)

Egg Nutrition Center  
[www.enc-online.org/](http://www.enc-online.org/)

### Heart Health Diet Tip

*Egg yolks are high in dietary cholesterol—each contains about 213 milligrams. So, for a heart healthy diet limit egg yolks to no more than 4 per week. This includes the egg yolks in baked goods and processed foods. Check the label to see how much cholesterol the food contains.*

*Egg whites have no cholesterol, and you can substitute them for whole eggs in recipes – two egg whites are equal to one whole egg. You can also use cholesterol-free egg substitute in place of whole eggs. In many baked goods, you can't tell the difference.*

Source: National Heart, Lung, and Blood Institute

## National Colorectal Cancer Awareness Month

Colorectal cancer, cancer of the colon or rectum, is the second leading cause of cancer-related deaths in the United States, surpassing both breast and prostate cancer.

Each March, 58 participating agencies join forces to help bring the disease to the forefront of people's minds and to make sure the most updated information is available.

Screening tests are the most effective way to prevent colorectal cancer. Most cases of the disease begin as polyps, grape-like growths on the lining of the colon and rectum, which can become cancerous. Removing these polyps can prevent colorectal cancer from ever developing. Approximately 90 percent of colorectal cancers and deaths are thought to be preventable. Because there are often no symptoms related to polyps, it is important to be routinely screened.

There are several colorectal cancer-

screening tests widely available. Patients should talk to their health care professional about which screening procedure is right for them and how often they should be screened. There are guidelines that you can use to help you begin this discussion:

Beginning at age 50 (or 45 if you are African American):

- ◆ Have a fecal occult blood test (FOBT) annually.
- ◆ Have a sigmoidoscopy every 5 years, or a colonoscopy or double contrast barium enema every 5 to 10 years.
- ◆ Have a digital rectal exam every 5 to 10 years at the time of your screening sigmoidoscopy, colonoscopy or barium enema.

Source: Cancer Research and Prevention Foundation



For more information go to:  
[www.preventcancer.org/colorectal/](http://www.preventcancer.org/colorectal/)

### Myths & Realities

#### MYTH:

*There is nothing I can do about getting colorectal cancer.*

#### REALITY:

*Colorectal cancer can be prevented.*

#### MYTH:

*Colorectal cancer is usually fatal.*

#### REALITY:

*Colorectal cancer is usually curable when detected early.*

#### MYTH:

*Colorectal cancer is a disease of older, white men.*

#### REALITY:

*An equal number of women and men get colorectal cancer.*

#### MYTH:

*Screening tests are necessary only for individuals who have symptoms.*

#### REALITY:

*Since symptoms of colorectal cancer are often silent, it is important to get screened regularly.*

## TV-Turnoff Week April 24 - 30, 2006



**\*40% of Americans watch television during dinner.**

**\*American children will spend more time this year in front of the television (1,023 hours) than in school (900 hours).**

More children are overweight now than ever before. Later in life, these children risk suffering from diseases like diabetes, heart disease, high blood pressure, and arthritis.

Adults are overweight, too. Turning off the TV is a good way to improve the health of the whole family. Watching less TV can help you with two keys to being healthy – exercise

and diet. There will be more time to play outside, take a walk, or pick up a new sport; and less time to eat the high-fat, high-sugar, high-salt snacks promoted by commercials.

Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity.

Visit [www.tvturnoff.org/index.html](http://www.tvturnoff.org/index.html) for an Online Activity Book and suggestions for TV-Free Activities.



### *TV-Turnoff Tips*

- \*Keep the TV off during meals.*
- \* Exercise as a family by taking walks, riding bikes, or learning a sport.*
- \*Move your TV to a less prominent location.*
- \*Designate certain days of the week as TV-free days.*
- \*Don't use TV as a reward.*
- \*Remove the TV set from your child's bedroom.*
- \*Hide the remote.*
- \*Don't worry if children say they are bored. Boredom passes and often leads to creativity.*

## New Jersey HealthLink

**New Jersey HealthLink** is a comprehensive consumer information website. Families, individual adults, senior citizens, individuals with disabilities and people who are uninsured or underinsured can easily access valuable healthcare information.

When looking for health service on this site, you are provided a variety of options. You may search with the A-to-Z list, the search engine, or by general topic area. No matter which method you choose, individuals in search of important information will find it easier than ever before.

For each health related program, you will find details about services and eligibility, as well as contact names and phone numbers – all the information you need in a single-page printable format.

<http://www.nj.gov/njhealthlink/index.shtml>



## Ask a Food Safety Question



The Food Safety and Inspection Service of the USDA now has a virtual representative who can answer food safety questions.

Consumers who log on to the website can “Ask Karen” questions on food storage, preparation, and recalls at their convenience. It doesn't matter if it is 2:00 in the afternoon or 2:00 in the morning.

Once a consumer types a question into the box, clicking on the “Ask” button returns a response from the database. Responses also include a link to more information. The tool works best with simply stated questions. Clicking on the “Help” button offers sample questions, as well as the subjects that “Karen” knows best.

[www.fsis.usda.gov/Food\\_Safety\\_Education/Ask\\_Karen](http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen)



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Visit us on the web:  
[www.lbihealth.com](http://www.lbihealth.com)

Supported by:  
Long Beach Island Municipal Alliance  
[www.lbima.org](http://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

### Low Cost Cervical Cancer Screening

For LBI women under age 40—Includes Pap smear and exam  
Wednesday, April 26—*Call by April 20th for appointment.*

### Spring Walking Program

Mondays, Wednesdays & Fridays at 9:00AM beginning 5/1 for 8 weeks  
Beginners and experts welcome—*Pre-register by April 7.*

### RNS Mobile Mammogram-Friday, May 5-10:00AM-2:00PM @ LBI Health Department

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



### Free Rabies Clinic-Saturday, May 13

Beach Haven Volunteer Fire Company 9:00-9:30 am  
Surf City Volunteer Fire Company 9:45-10:15 am  
Harvey Cedars Volunteer Fire Company 10:30-11:00 am

### Food Safety Management Certification Program

Utilizing training materials from the National Environmental Health Association (NEHA) foodservice workers will learn essential food safety principles during the **two-day training period**. Topics include: Microbiology, Food Preparation, Personal Hygiene, Insect and Rodent Control and Equipment Sanitization.

Based on the US FDA Model Food Code, the program will prepare Food Service workers to take the certification examinations required under the proposed changes to Chapter XII Sanitation in Retail Food Establishments by the New Jersey State Department of Health.

WHEN: Tuesday, May 2, 2006 9:00 am – 4:00 pm  
and  
Wednesday, May 3, 2006 9:00 am – 12:00 Noon

WHERE: 2<sup>nd</sup> Floor, Multi-purpose Room  
Long Beach Township Municipal Building  
6805 Long Beach Boulevard, Haven Beach, NJ 08008

COST: \$ 75.00 Payable to Township of Long Beach  
Includes text, materials and exam fees

SIGN-UP: By April 25 by calling 492-1212

### Free Stuff

A free *Internet Safety Kit*, which offers guidance on ways teens and young children can safely conduct their online lives, is available from the **Polly Klaas Foundation**. Order online at [http://ga0.org/campaign/internet\\_safety\\_kit](http://ga0.org/campaign/internet_safety_kit)

*A Day in the Neighborhood* is a virtual game that teaches and reinforces simple steps and skills to implement if children and/or teens find themselves in a situation involving a gun. Order a free copy from **The Brady Center to Prevent Gun Violence** at [www.bradycenter.org/index.php](http://www.bradycenter.org/index.php)