

# Your Health Matters

## Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



March

2024

Colorectal  
Cancer

Nutrition  
Month

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### Colorectal Cancer

March is **National Colorectal Cancer Awareness Month**.

Colorectal cancer is the **second deadliest cancer** in the United States, but it does not have to be. Colorectal cancer screening saves lives.

About **nine out of every 10** people whose colorectal cancers are found early and treated appropriately are still alive five years later. It is recommended that if you are 45 years or older, you get screened for colorectal cancer.

**Risk factors** of colorectal cancer includes: inflammatory bowel disease, a family history of colorectal cancer, and poor lifestyle factors: smoking, obesity, and heavy alcohol use, etc.

**Get screened today!**

[LEARN MORE](#)



### Did you know...

Often colon cancer doesn't cause symptoms until it has grown or spread. That's why it's best to be tested for colon cancer before having symptoms.

### Colon Cancer Rising Among Younger Adults

Cases projected to continue climbing

New cases of colorectal cancer in people under the age of 50 have been rising at an alarming rate over the past several decades, however, researchers are unaware of the cause.

Some shifts in risk factors such as climbing rates of obesity, an increase in binge drinking among younger people, and sugary beverage consumption, might be links to the increase in colon cancer among young adults.

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## Nutrition Month

**March is National Nutrition Month.** The foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system. Proper nutrition helps protect you from illness and chronic diseases.



## Superfoods

[LEARN MORE](#)

### Pack the biggest nutritional punch

**Berries.** They are high in fiber which is good for your digestive system. Their rich colors mean they are high in antioxidants.

**Fatty Fish.** Fish can be a source of protein and omega-3 fatty acids which help prevent heart disease.

**Leafy Greens.** Dark, leafy greens are a good source of vitamin A, vitamin C and calcium. They also fight inflammation and protect cells from damage.

**Nuts.** Hazelnuts, walnuts, almonds, and pecans are a good source of plant protein.

**Whole grains.** A good source of fiber that also contain several B vitamins and minerals. They have been shown to lower cholesterol.

**Yogurt.** A good source of calcium, protein and probiotics.

**Legumes.** This includes kidney, black, red, and garbanzo beans, soybeans, and peas. They are a good source of fiber and protein.

**Olive Oil.** Olive oil is a good source of vitamin E and monosaturated fatty acids.

**Cruciferous Vegetables.** This includes broccoli, cauliflower, kale, etc. They are an excellent source of fiber and vitamins.

## Local Farmers' Market

### Nutritious food in your area

Farmers markets help increase access to fresh, nutritious foods while bringing the community together. With the warmer months approaching, look forward to your local farmers' markets. Below are some listed in the area:

#### **Summit Farmers Market:**

April - November

#### **Roselle Park Farmers Market:**

July - October

#### **Madison Farmers Market:**

May - November

#### **Chatham Borough Farmers Market:**

June - November

## Healthy Recipes

### Quick and Easy



- [Chopped Cobb Salad](#) (Lunch)
- [Chia Seed Pudding](#) (Snack/Breakfast)
- [Quinoa Salad](#) (Dinner/Lunch)
- [Sweet & Tangy Chicken Burgers](#) (Dinner)
- [Salmon Rice Bowl](#) (Dinner)
- [Carrot Cake Oatmeal Bars](#) (Dessert)

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## Department Highlights

# Vital Statistics

### What you should know

#### What is a Local Registrar?

The Office of Vital Statistics registers vital events, issues marriage licenses, provides certified copies and maintains the following vital records:

- Birth, marriage and death records
- Domestic partnerships and Civil Union records

The local and deputy registrars are certified by the state as a CMR (Certified Municipal Registrar)

#### Why is Vital Statistics Important?

Vital statistics are crucial for proof of identity which is necessary at other government agencies (DMV, Social Security and Passport), and ensuring that births, deaths, marriages, and are legally recorded. Accurate records enable individuals to obtain legal documents such as birth certificates, death certificates, and marriage licenses. This information can be used for demographic data.

#### Reminder to Residents:

Residents should have updated certified copies of birth, marriage and death records. Current copies are recorded on security paper and certified. Certificates that are not on security paper are considered invalid at other government agencies such as the DMV, etc. Security paper has about 42 safety features on the document! Each individual town has their own registrar-“gatekeeper of the town’s records.”

# National Wear Red Day

The Health Department celebrated National Wear Red Day on February 2nd to bring awareness to Heart Disease.



# Blood Pressure Screenings

### Free for residents

**March 7th & 21st** | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30 AM - 12:30 PM

**March 12th** | Mountainside Seniors | Town Hall Rt 22 West | 9:15 AM - 10:15 AM

**March 26th** | Roselle Park Seniors | Casano Center | 12 PM - 1 PM  
Roselle Park Library | 1-1:30 PM



# Upcoming Clinics

For updated clinics in March, please check our [Website](#).

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## Upcoming Events



### March 2nd | Chatham Area Chamber of Commerce Health, Wellness & Living Event | Chatham Fish & Game Club | 10 AM - 2PM

Join us for our first annual health, wellness & living event for a variety of resources available to you across nutrition, mental health, physical fitness, medical care, screenings, mindfulness, balance, self-care, beauty, environmental factors, gut health, and so much more.

### March 11th | Morris County Division on Aging, Disabilities, & Community Programming: Services and Resources | Chatham Senior Center | 12PM (Check out Chatham Senior Center's March Newsletter for more information)

Representatives will explain services and resources they provide for older adults, including: Aging, Disabilities Resource Connection, Care Management for Older Adults, Caregiver Support, Jersey Assistance for Community Caregivers, Morris Area Paratransit, Nutrition Program, etc.

### March 15th | Community Conversations: Dealing with Anxiety | Chatham Senior Center | 12 PM (Check out Chatham Senior Center's March Newsletter for more information)

Facilitated by Noelle Jensen, LCSW. We will discuss anxiety and coping skills.

### March 21st | Teen Topics: Supporting Your LGBTQ+ Peers | Madison Area YMCA | 6-7 PM

Featuring Nicholas Lepper, MSW, Development Coordinator, EDGE, NJ. For ages 12 - 18 years old (unless otherwise noted). Workshops provided at no fee; registration required.



### March 28th | Hearing Problems | Chatham Senior Center | 11 AM (Check out Chatham Senior Center's March Newsletter for more information)

Learn about hearing problems from audiologist Dr. Rhee Neeson, Founder, Hearing Doctors of New Jersey. Limited Seating; must sign up.



### March 5th, 12th, & 19th | Union County's Take a Break Tuesdays | Roselle Park Veterans Memorial Library | 6:30 - 7:30 PM

## Foodborne Illness

### Norovirus cases continue to climb

The northeast is seeing a **steady increase in people testing positive for Norovirus**, also known as the stomach bug ([CDC](#)). Norovirus infection causes gastroenteritis which leads to diarrhea, vomiting, and stomach pain.

According to the CDC, norovirus is responsible for inducing 19 to 21 million instances of vomiting and diarrhea in the US. Although symptoms generally resolve on their own, young children and older adults may need medical attention.

#### How does norovirus spread?

- Having direct contact with someone with norovirus, such as sharing food or eating food handled by them.
- Eating food or drinking liquids contaminated with norovirus.
- Touching surfaces or objects contaminated with norovirus and then putting unwashed fingers in your mouth.

#### How to avoid norovirus?

- Wash hands often with warm water and soap (hand sanitizer does not work against Norovirus).
- Wash fruits and vegetables and cook seafood thoroughly.
- When you are sick, do not prepare food or care for others.
- Wash laundry thoroughly (that may be contaminated).

[View the CDC's Factsheet for more information.](#)

## Safer Food Choices

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### Be aware of dangerous “diet” trends

The latest dangerous trend that has gone viral on social media platforms, such as TikTok, is the consumption of raw beef. Eating raw beef is not backed by any health agency. In fact, the USDA recommends against the practice or even sampling small amounts of raw or undercooked meat. Not only should you not eat raw beef, but it is important to be careful when handling it. Raw beef often contains salmonella, campylobacter, listeria and E. coli.

Raw beef, undercooked meat and eggs, unwashed fruits and vegetables, and unpasteurized milk are all often associated with foodborne illnesses. It is recommended by the CDC to clean, separate, cook, and chill to protect yourself from food poisoning. Visit the CDC's [table on how to make safer food choices](#).

It is important to contact your doctor before starting any new diet.