

PRINCETON HEALTH MATTERS

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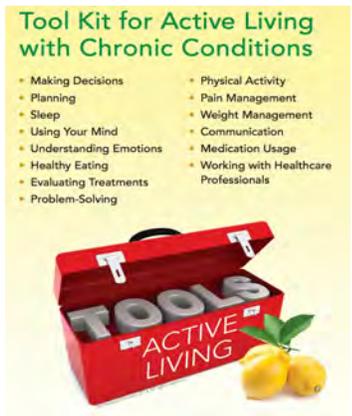
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Chronic Disease Management: Key to Reducing Healthcare Costs

In the U.S., it is estimated that 27% of people 65 and older have diabetes (diagnosed and undiagnosed) and an additional 50% have prediabetes. About 400,000 seniors are diagnosed with Type 2 Diabetes (T2D) every year and the total figure of those seniors with T2D is predicted to rise to 17.2 million by 2025. Furthermore, there are racial and ethnic differences in those diagnosed diabetes cases which disproportionately impacts Hispanics, Asians and African Americans. This high prevalence, combined with poor control, translates into diabetes being the seventh leading cause of death in the U.S. Heart disease, cancer, stroke and diabetes cause 59% of deaths in NJ. Despite advances in diagnosis, treatment and prevention, heart disease for example, remains a leading cause of death in NJ. In 2014, there were 17,970 hospitalizations due to heart attack for residents 35 years of age and older. New Jersey spends over 7 billion dollars in chronic disease-attributable healthcare costs annually. Reducing this burden with an emphasis on wellness would have a major economic impact on residents.

Strategies to address and combat the chronic disease burden: Winnable Battles are public health priorities with large-scale impact on health and with-known, effective strategies to address them. Winning these battles through use of evidence-based strategies and a focus on “health in all policies” is at the core of the NJ Department of Health and Princeton Health Department’s public health priorities. Princeton has identified the following priorities of winnable battles for chronic disease prevention and health promotion: Increase physical activity; Improve nutrition; Eliminate tobacco use; Enable self-management; Increase early detection; and improve access to quality health care.



The Princeton Health Department is encouraging people with diabetes or prediabetes to take steps to a healthier you. You can prevent or reduce your risk for developing T2D by making lasting lifestyle changes and maintaining a healthy weight. You are at increased risk for diabetes if: You are overweight; You are physically inactive; A parent, brother or sister has diabetes; You are Hispanic/Latino, Native American, Asian-American, African American or Pacific Islander; You had a baby weighing more than 9 pounds or had gestational diabetes; You have high blood pressure; You have low HDL (good cholesterol); You have high triglycerides.

Warning signs include frequent trips to the bathroom, unquenchable thirst, losing weight without trying, weakness or fatigue, tingling or numbness in your hands, legs or feet and more. Symptoms can also include blurred vision, itchy or dry skin, cuts and bruises that take a long time to heal.

The Princeton Health Department in partnership with Princeton Community Housing will be hosting Stanford’s Take Control of Your Health: Diabetes Self-Management Workshop at Princeton Community Housing beginning June 16th. Classes are 2.5 hours long and run for 6 weeks. For more information, please call the Health Department at (609) 497-7608.

Public Health Term of the Month

Chronic Disease

As of 2012, about half of all adults - 117 million people - had one or more chronic health conditions. One in four adults have two or more chronic health conditions.

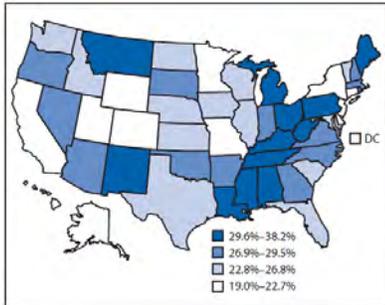


Figure. State and Regional Prevalence of diagnosed Multiple Chronic Conditions among adults aged 18 and older.

Chronic Disease has been characterized as the public health challenge of the 21st century.

Chronic Diseases:

What are they? Chronic diseases are ongoing, generally incurable illnesses or conditions, such as heart disease, asthma, cancer and diabetes. These diseases are often preventable, and frequently manageable through early detection, improved diet, exercise and adherence to treatment therapy.

Increase demand for Health Care and Drive Up Costs

People with chronic conditions are the most frequent users of health care in the U.S. They account for 81% of hospital admissions; 91% of all prescriptions filled; and 76% of all physician visits.

Often Preventable, Frequently Manageable

Many chronic diseases could be prevented, delayed, or alleviated, through simple lifestyle changes.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that eliminating three risk factors - poor diet, inactivity, and smoking - would prevent:

- 80% of heart disease and stroke;
- 80% of type 2 diabetes; and,
- 40% of cancer

Keep Your Dog Cool This Hot Summer Season

Summer is officially here and so are higher temperatures. As much as we welcome the sun and fun, it's important to remember that the rising temperatures can have a major effect on your dog's health. Canines can easily get overheated because the only ways they release heat is by panting and through a limited number of sweat glands between their toes.

Take these simple precautions, provided by ASPCA experts, to help prevent your pet from overheating. And if you suspect your pet is suffering from heat stroke, get help from your veterinarian immediately.



Visit the Vet.

A visit to the veterinarian for a spring or early summer is a must. Make sure your pets get tested for heartworm if they aren't on year-round preventive medication. Do parasites bug your animal companions? Ask your doctor to recommend a safe flea and tick control program.

Made in the Shade. Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot.

Know the Warning Signs

Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. Animals, with flat feces, like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets should be kept cool in air-conditioned rooms as much as possible.

No Parking!

Never leave your animals alone in a parked vehicle. On a hot day, a parked car can become a furnace in no time, even with windows open - which could lead to a fatal heat stroke.

Street Smarts

When the temperature is very high, don't let your dog linger on hot asphalt. Being so close to the ground, your pooch's body can heat up quickly, and sensitive paw pads can burn.

Party Animals

Taking Fido to a backyard barbeque or party? Food and drinks offered to guests may be poisonous to pets. Keep alcoholic beverages away from pets, as they can cause intoxication, depression and comas. Also, remember that the snacks enjoyed by your human friends should not be a treat for your pet; any change of diet, even for one meal, may give your dog or cat severe digestive ailments. Avoid raisins, grapes, onions, chocolate and products with the sweetener xylitol.

Fireworks Aren't Very Pet-riotic

Never use fireworks around pets. Exposure to lit fireworks can potentially result in severe burns or trauma to curious pets, and even unused fireworks can be hazardous. Fireworks contain potentially toxic substances such as potassium nitrate, copper, chlorates, arsenic and other heavy metals.

Health Officer's Message: Zika Virus and Summer Travel

With Summer upon us, Princeton residents are reminded to avoid mosquito bites during travel to Latin American countries and the Caribbean. There have been increased reports of mosquito-borne diseases, including Zika, chikungunya, and dengue, in those locations. Pregnant women should avoid travel to destinations affected by Zika virus.

Summer vacation should be about having fun, not recovering from serious illnesses acquired from mosquito bites. Perhaps the easiest thing you can do to protect yourself while traveling outside of Princeton and the U.S. is to pack insect repellent containing DEET. The mosquitoes that transmit Zika, chikungunya and dengue are aggressive and bite during the day, so it's important to use that repellent and to wear protective clothing whenever you go outside or spend time in buildings with open windows and no screens.

Zika is a viral disease that typically causes fever, rash, joint pain and red eyes. The illness is usually mild with symptoms lasting for several days to a week. While most people infected with Zika virus will not develop symptoms, Zika virus infection has been tied to Guillain-Barre Syndrome, a rare disorder that can cause muscle weakness and paralysis. Pregnant women and women who may become pregnant should be especially careful because Zika virus infection during pregnancy can cause a serious birth defect called microcephaly and other brain defects.

If you have returned from an affected region and have a fever or rash within two weeks following your return, contact your doctor and tell them where you have traveled. If your doctor suspects Zika, protect yourself against mosquito bites for at least two weeks after you recover. This will prevent the virus from spreading to mosquitoes, which might then infect others.

There is currently no vaccine against Zika. Treatments for the disease include supportive care, rest, fluids and fever relief.

For more information on Zika and other mosquito-borne illnesses, visit: www.cdc.gov/zika.

Update on Princeton's Health Department Accreditation Process

In January 2016, the Princeton Health Department (PHD) was awarded 1 of 3 NJ grants available to local health agencies seeking National Public Health Accreditation. The \$10,000 grants were being distributed by the New Jersey Department of Health with the purpose of encouraging local health departments to apply for accreditation. This grant assisted the PHD achieving the goals set for document completion. At the time of being awarded the accreditation grant, PHD had completed 25% of the process. After receiving the grant, we were able to accelerate our progress and effectively achieve our initially stated deliverable of 75%. This was done by the end of June despite losing our Accreditation Coordinator to medical leave for the month of May.

Accreditation has motivated PHD to take a hard look at policies, procedures and processes that were previously in place. Many were reworked to reflect the newest versions of state and local codes and best practices in our field. In addition, we tackled several other projects including the reworking of our community health improvement plan/community health assessment, creation and implementation of a performance management plan, quality improvement plan, workforce development plan and initiation of a work plan that tracks our strategic plan for the department.

PHD is seeking to become accredited early in 2017.



Health Department Announcements and Upcoming Events

Summer Youth Employment Program 2016

Students between the ages of 14-17 can once again participate in the Summer Youth Employment Program (SYEP), coordinated by Human Services. SYEP is a program that helps teens get paid jobs over the summer. The Princeton Health Department has been an active participant of the program. At the health department, students learn about public health, biology, chemistry and customer service. This year, the Princeton Health Department will be accepting two student employees to work in their office. For more information on how to participate in the program, visit the Human Services webpage.



Upcoming Princeton Rabies Clinic

Dogs and Cats over the age of 6 months are required to have a current rabies vaccination. Protect your pets and your family from Rabies! FREE Princeton rabies clinic Saturday, November 5, 2016 9am - 12 p.m. at 363 Witherspoon Street (Fire Department) Visit the following webpage for more details: <http://www.princetonnj.gov/health/index.html>

Princeton satellite WIC clinic

Princeton WIC clinic operates the 3rd Friday of every month and is located in the Community Room of the Princeton Municipal Building, 400 Witherspoon Street. WIC provides supplemental nutritious foods to pregnant, breastfeeding, and postpartum women, infants and children up the age of five. For appointments and to see if you are eligible, please call (609)498-7755.



PUBLIC HEALTH MATTERS...IN PRINCETON

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Contributors

Princeton Health Department
Monument Hall
One Monument Drive
Princeton, NJ 08540
Phone: 609-497-7608

Jeff Grosser, MHS, Health Officer
Kathy Korwin, Public Health Nurse
Devangi Patel, MPH, CHES Keith
Levine, REHS

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