

# PRINCETON HEALTH MATTERS

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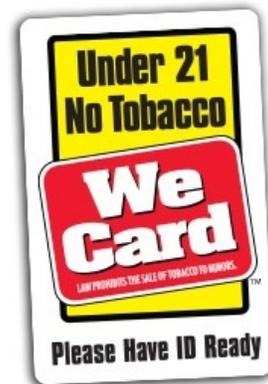
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### Board of Health passes tobacco age of sale ordinance

In May, the Princeton Board of Health passed an ordinance prohibiting stores from selling tobacco products and electronic smoking devices to anyone under 21 years of age. Princeton is the 7th municipality in New Jersey to enact such an ordinance, with Sayreville, Englewood and Teaneck being the first.



Though not related, the ordinance was passed soon after the Institute of Medicine (IOM) released a report stating the measure to change the minimum legal age from 19 to 21 would result in 223,000 fewer premature deaths, 50,000 fewer deaths from lung cancer and 4.2 million fewer years of life lost for those born between 2000 and 2019. The ordinance aims at lowering the initiation rate of smokers. The IOM report notes that among adults who become daily smokers, approximately 90 percent report first use of cigarettes before reaching 19 years of age.

To ensure those affected would be aware of the new ordinance, the Princeton Health Department provided educational and advertising material to the 18 tobacco and e-cigarette retailers in town. Compliance checks will occur over the summer and fall months to ensure retailers are complying with the new ordinance.

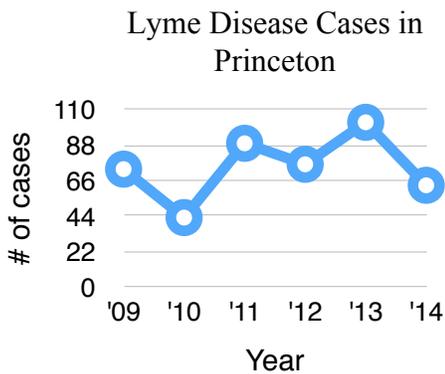
A copy of the new ordinance can be found on the Princeton website: <http://www.princetonnj.gov/health/ordinances/2015/Princeton-Ordinance-BOH-2015-01.pdf>



## Prepare for Tick Season

Lyme disease currently affects more Princetonians than any other disease or illness per year.

Caused by the bacterium *Borrelia burgdorferi*, it is transmitted to humans through the bite of an infected black-legged tick. The greatest risk for Lyme is between the months of May and August.



Typical symptoms of Lyme disease include fever, headache, fatigue, and often a roundish skin rash that looks like a bullseye. This disease is treatable with antibiotics. However, if left untreated, many severe health issues can occur such as swelling in large joints, shooting pain, and heart palpitations.

The Center for Disease Control and Prevention recommends taking the following precautions to prevent tick bites:

- Avoid tick-infested areas such as overgrown grass !
- Wear protective clothing (long pants and sleeves) and use insect repellent against ticks!
- Do tick checks on yourself and family members after being outside !

## Health Department begins Youth Camp and Pool Inspections

Each year, the Princeton Health Department is responsible for inspecting the local youth camps and public pools, such as the YMCA, Princeton

University youth camps and even Princeton's Community Park Pool .

During this time, the health inspectors are responsible for testing and overseeing a variety of safety measures pools and youth camps must follow.



Princeton follows The New Jersey Youth Camp Safety Act, which sets forth the standards necessary to promote, protect, and safeguard the health and well-being of the youth who attend the camps. Camps are inspected once per season unless they are ACA certified. However, their food services and bathing facilities are inspected whether they are certified or not. At the Health Department, we understand that the health and safety of children is most important. Our inspectors are there to ensure that they are in a safe setting and in the proper care.

Pools are all about fun, relaxation, and can also be great exercise. However, if not properly taken care of, swimming and other water-related activities can lead to injuries and spread of disease. In fact, one in every eight pools is closed immediately during inspection because of important health and safety problems. That is why the inspectors at the Princeton Health Department make it a top priority to inspect every public pool before opening each year. We have developed regulations and codes to make sure our recreational water facilities provide a clean and safe environment for the public. Minimum standards are set to decrease the public's risk of illness and injury, such as drowning, pool-chemical injuries, or outbreaks.

## Health Officer's Message: Ebola, Current Status and Next Steps

Since the outbreak began in Spring of 2014, there have been over 27,000 cases of Ebola virus disease (EVD) in Guinea, Liberia and Sierra Leone, with over 11,000 reported deaths. Though markedly lower than the epidemic's peak, new confirmed EVD cases continue to occur in the affected countries of West Africa. Many of the cases arise from unknown chains of transmission, primarily stemming from affected individuals unable or reluctant to seek treatment. Ongoing community engagement remains both a challenge and a priority. While there have been no new cases of EVD in the U.S. for several months, recent investments to improve the level of preparedness continue. In the U.S., 55 hospitals are designated by the Centers for Disease Control and Prevention (CDC) as "Ebola Treatment Centers," each capable of providing comprehensive care to people diagnosed with EVD.

In New Jersey, three hospitals have received this designation%two within 45 miles of Princeton. Throughout the nation, federal, state and local public health and health care agencies are working with health care systems, facilities and providers to ensure a coordinated response when and if an EVD response is necessary. In Mercer County, local health departments took the lead in working closely with public/private hospitals, first responders and law enforcement to ensure that the community was well informed and ready to respond to a possible EVD case. This was accomplished by issuing health care guidance via electronic messaging, conference calls, and in&person meetings. The Princeton Health Department will continue to work with the NJ Department of Health and Mercer County to develop collaborative plans, training, exercises, and additional resources to maximize the momentum created in 2014 to further improve public health preparedness for Ebola and other pathogens that may threaten public health.

## Update on Princeton's Health Department Accreditation Process

The Health Department submitted the initial application for Public Health Accreditation. The final step of the initial phase consisted of our strategic plan, which was completed earlier in the week. Next steps include review by the national accrediting body, and if accepted, the official application will be opened for our submittal of documents. Document submittal during this process can range from 400-1,200 documents in order to fulfill the application requirements.

The Public Health Department Accreditation Process seeks to advance quality and performance within public health departments. These standards are used for evaluating health departments processes and services, outcomes, and progress towards specific goals and objectives, and develops accountability to stakeholders. Accreditation provides a foundation for departments to identify performance improvements opportunities and management, develop leadership, and improve relationships with the community.



## Health Department Announcements and Upcoming Events

### World Hepatitis Day -- July 28th

Over 400 million people are currently living with hepatitis B and C worldwide, and 1.4 million die due to these infections every year. This year's theme, Prevent Hepatitis: It's Up To You, is aiming at raising awareness among the general public and infected patients and to urgently promote improved access to hepatitis services. In NJ, rates of hepatitis are decreasing and will continue to with the appropriate measures taken. The Princeton Health Department will be conducting multiple educational seminars focusing on the prevention of hepatitis during the month of July. Check out our department main page for more information: <http://www.princetonnj.gov/index.html>.

1 in 12 people in the world is infected with either hepatitis B or hepatitis C.

It's time to act!



### National Breastfeeding Awareness Month -- August 1st-31st

The Princeton Health Department will be supporting moms throughout the nation in August by promoting National Breastfeeding Month. Did you know, the United States currently ranks last on the Breastfeeding Policy Scorecard. This scorecard tallies up State and Federal policies supporting breastfeeding initiation and suitability rates. The Princeton Health Department will be on site in August at the Princeton WIC clinic to promote breastfeeding in our area and good health for our newest little residents!



### Annual Community Night Out - Tuesday, August 4th 5-8 p.m.

#### Location: Community Park Pool

This free event is sponsored by the Princeton Recreational Department and the Princeton Police Department. The special evening features many agencies and organizations from around the community coming together to share information, network with the public, and to support fun, family-orientated activities. Join the Health Department in fun games and prizes!



## PUBLIC HEALTH MATTERS...IN PRINCETON

A publication of the Princeton Health Department, written in collaboration with Princeton

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**Next Edition of PHM  
Summer 2015**

