

# JANUARY NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR, VERONA, AND CEDAR GROVE



### Towards Zero: Montclair's Safe System Approach to Road Safety



In our bustling township of Montclair, where the streets hum with life and movement, ensuring the safety of all road users is paramount. As we navigate the ever-evolving landscape of transportation, a new paradigm emerges—one that holds the promise of zero lives lost on our roads. Welcome to Montclair's Vision Zero initiative, grounded in the principles of the Safe System approach.

Originating from Swedish best practices adopted in 1997, this approach recognizes that humans make mistakes and seeks to create forgiving road systems that minimize the consequences of those mistakes. The Montclair Vision Zero Task Force put together a strategic plan to be enforced in three phases over the course of 18 months.



While Montclair's Vision Zero journey is still in its early stages, MTCVZ has already made significant strides. Yet, it is important to acknowledge the challenges ahead—securing adequate funding, overcoming resistance to change, and navigating the complexities of urban planning. Nonetheless, our resolve remains unwavering as we forge ahead on this path towards a safer tomorrow.

### ONWARD AND UPWARD WE GO! MTC VISION ZERO UPDATES:

- The Town Council gave the green light to a **town-wide 25 mph speed limit** (lower in school zones). Residents can spot the new signs on Upper Mountain Avenue and discussions with the county are ongoing for similar limits on county roads such as Grove.
- The Township of Montclair **received a \$438,220 planning grant** from Federal Safe Streets For All (SS4A) to support the Vision Zero Task Force initiatives!
- Bike&Walk Montclair is coordinating volunteer teams to **conduct Speed Audits, Walk Audits, Bike Audits, and Traffic Signal Audits**. Volunteers will receive training and resources. To get involved, email [Info@BikeWalkMontclair.org](mailto:Info@BikeWalkMontclair.org).
- Under the Neighborhood Empowerment Program, **community forums to share updates** on the Vision Zero Task Force's progress, gather feedback from residents, and foster understanding and support for the initiative will be held. The forums are scheduled to begin in February, with exact dates to be announced soon.

Join Us on the Road to Zero! As residents of Montclair, each of us has a role to play in shaping the future of our streets. Whether it's obeying speed limits, yielding to pedestrians, or advocating for safer infrastructure, every action counts. Together, let's embrace the Vision Zero ethos and the Safe System approach, working towards a future where every journey ends safely.

In closing, Montclair's Vision Zero initiative symbolizes not just a commitment to road safety, but a testament to our collective determination to build a community where every life is valued and protected.

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LEARN MORE



Zero Deaths and Safe System:

<https://highways.dot.gov/safety/zero-deaths>

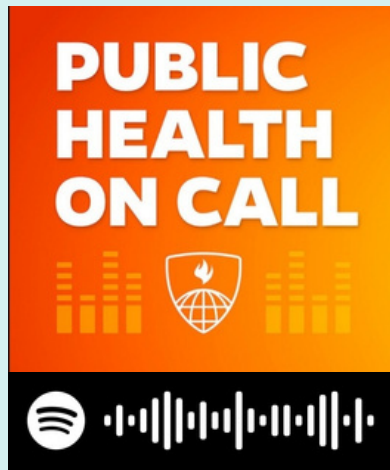
Vision Zero Network:

<https://visionzeronetwork.org>

Bike&Walk Montclair:

<https://www.bikewalkmontclair.org/>

# Listen & Learn



## Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

### Episode 703 - Living Healthier and Longer in New York City

Since 2020, New Yorkers have lost around 4.6 years of overall life expectancy—and up to 5.5 years for Black and 6 for Latino residents. NYC's Health Commissioner Ashwin Vasan talks with Dr. Josh Sharfstein about Healthy NYC, an initiative building on the momentum of the pandemic to claw back these losses and improve the overall health of the population. They discuss the goals of the initiative, how success is measured, and specific tactics to address some of the greatest threats to health and life in the metropolis. Learn more:

<https://www.nyc.gov/site/doh/about/about-doh/healthynyc.page>



## TED Health

### The Secret to a Happy Life - Lessons From Eight Decades of Research: Robert Waldinger

The happiest and healthiest people are those who have an abundance of warm connections with others, says psychiatrist Robert Waldinger, who leads the Harvard Study of Adult Development — one of the longest-running studies of adult life ever conducted. We're revisiting a conversation that explores the link between social bonds and quality of life, as Waldinger shares insights into how to identify and strengthen the relationships that impact your well-being most.

## HOW CAN I LISTEN?

To listen to any of the podcasts listed above, search the name of the podcast in the Spotify app or website.

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Open the Spotify app and scan the "Spotify Code" on the images above



# HERE ARE YOUR MUCH-NEEDED TIPS FOR NAILING THAT NEW YEAR'S RESOLUTION!

1. When making resolutions, it's crucial to be selective. While it's tempting to create an extensive list of things you'd like to alter in the new year, such as losing weight, consuming more leafy greens, quitting smoking, and spending more time with family, experts suggest that this approach is counterproductive. Instead, it's better to narrow down to one or two objectives and concentrate on them with unwavering focus. This targeted approach increases the chances of achieving specific goals while reducing the likelihood of feeling discouraged or overwhelmed.
2. To achieve your resolution, it's essential to establish a goal game plan. Before beginning, take the time to consider the necessary steps required to make your aspiration a reality. For instance, if your aim is to quit smoking, research on average duration and challenges associated with quitting. Adequate preparation increases the probability of success.
3. Rather than settling for ambiguous New Year's resolutions like "working out more," it's essential to set clear and specific objectives to achieve success. For instance, setting a daily goal of a 30-minute sweat session would be a definite target that one can strive for daily and achieve. This approach ensures a sense of pride and accomplishment every day.
4. One essential piece of advice when setting goals is to take it easy. Like Rome, achieving your goals requires time and patience. It's vital to avoid overwhelming yourself with lofty expectations. For instance, if your aim is to lose weight, it's wise to start with a manageable goal for YOU. Celebrate your smaller weight loss accomplishments, and then channel that motivation towards another manageable goal. Remember, small victories are the catalysts that lead to significant success!
5. To achieve success in your resolutions, it's best to avoid recycling past goals that didn't work out. Doing so might lead to stumbling over the same obstacles that prevented success before. Instead, consider setting new and exciting objectives that can be accomplished with a fresh strategy. Alternatively, if you're still committed to a previous goal, consider reimaging it with a bold approach to achieve your desired outcome.
6. Consider finding a reliable person to offer support. It's essential to have someone to hold you accountable and provide encouragement during your fitness journey. Whether it's a workout partner to keep you motivated or a like-minded companion to help you maintain healthy eating habits, a supportive squad can make a significant difference. Their unwavering encouragement will help you stay the course and remember why you committed to your New Year's resolution.
7. To make your resolutions stick, it's important to recognize that habits don't form instantaneously. According to a 2009 study, it takes an average of 66 days for a new routine to become ingrained. Therefore, it's essential to maintain patience and self-compassion. If you encounter a setback or fail to meet your goal one week, remember to stay motivated and resume your efforts the following week. By remaining consistent and resolute, you'll find that your resolutions will soon become part of your daily routine.

Resources: <https://health.ucdavis.edu/blog/cultivating-health/7-tips-to-keep-your-new-years-resolution/2022/12>



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# Cervical Health Awareness Month: A Call to Action for Cancer Prevention

In the United States, over 11,000 people are diagnosed with cervical cancer every year. Fortunately, the disease can be prevented with regular screening and vaccination. This Cervical Health Awareness Month, we encourage everyone to learn about the steps they can take to safeguard themselves and their loved ones. The Centers for Disease Control and Prevention (CDC) provides a comprehensive resource list that covers the basics of cervical cancer, HPV vaccination, and screening tests.

You can also read the inspiring stories of cervical cancer survivors to raise awareness about screening and prevention. If you have questions about pap smears and HPV tests, check out the fact sheet from the Office on Women's Health. MyHealthfinder materials can also help motivate individuals to get screened for cervical cancer and vaccinate their children against HPV. Lastly, if you're interested in evidence-based resources related to cervical cancer, Healthy People 2030 is a valuable tool.



CDC BASICS ON  
CERVICAL CANCER



HPV VACCINE



CERVICAL CANCER  
SIGNS/ SYMPTOMS



SURVIVOR STORIES

## Montclair Health Department Immunization Clinics



**Public Health**  
Prevent. Promote. Protect.

Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email [mginter@montclairnjusa.org](mailto:mginter@montclairnjusa.org).

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