

# MARCH NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR, VERONA, AND CEDAR GROVE

### Celebrating Women's Health and Achievements: A Tribute for Women's History Month

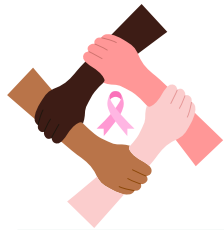
March is not only a time to honor the remarkable contributions of women throughout history but also an opportunity to highlight the unique health challenges they face and the strides made in improving women's health outcomes. As we commemorate Women's History Month, let's delve into some statistics and facts that shed light on the state of women's health and the progress achieved in addressing key issues.

#### Maternal Health

- Globally, approximately 800 women die every day from preventable causes related to pregnancy and childbirth.
- In the United States, Black women are three to four times more likely to die from pregnancy-related complications compared to white women.
- Efforts to improve maternal health include increasing access to prenatal care, promoting education about pregnancy risks, and addressing racial disparities in healthcare.



#### Breast Cancer Awareness



- Breast cancer is the most common cancer among women worldwide, with an estimated 2.3 million new cases diagnosed in 2020.
- Early detection through regular mammograms and self-examinations significantly improves survival rates.
- Advances in treatment options, including targeted therapies and immunotherapy, have transformed outcomes for many breast cancer patients.

#### Mental Health Challenges



- Women are more likely than men to experience depression and anxiety disorders, with hormonal fluctuations, life stressors, and societal pressures contributing to these disparities.
- Despite increased awareness, stigma surrounding mental illness remains a barrier to seeking help.
- Mental health initiatives focusing on destigmatization, access to counseling services, and community support play a crucial role in promoting well-being.

#### Women in Public Health Leadership

- Women play pivotal roles in shaping public health policies, conducting research, and advocating for healthcare equity.
- Representation of women in leadership positions within the healthcare sector has increased in recent years but remains unequal compared to men.
- Celebrating the achievements of women in public health leadership inspires future generations of women to pursue careers in healthcare and drive positive change.

As we honor the legacies of trailblazing women this Women's History Month, let's reaffirm our commitment to advancing women's health and well-being worldwide. By addressing disparities, promoting awareness, and advocating for policies that prioritize women's health needs, we can create a future where every woman has the opportunity to thrive.

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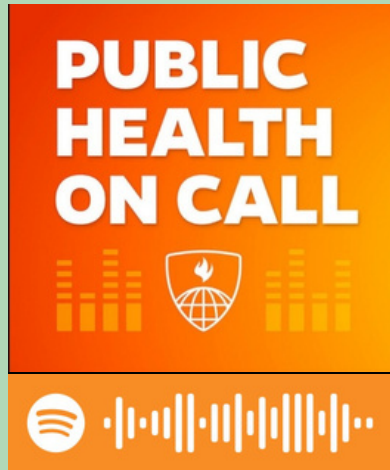
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#### Resources

- World Health Organization. "Maternal Mortality."
- National Institute of Mental Health. "Women and Mental Health."
- Guttmacher Institute. "Ensuring Access to Abortion in the United States."
- Centers for Disease Control and Prevention. "Women in Leadership in Global Health."



# Listen & Learn



## Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

### Episode 723 - The White House's Initiative to Eliminate Hepatitis C

Deadly hepatitis C is curable, but 2.5 million Americans remain infected without treatment. Dr. Francis Collins, longtime director of the National Institutes of Health, is now serving as a special advisor to President Biden for an effort to eliminate hepatitis C in the US. He speaks with Stephanie Desmon about why hepatitis C has been so tricky to diagnose and treat and what it will take to launch a coordinated effort to cure every American living with the disease.



## Public Health Out Loud

### Tornados, Flooding, and Heat Waves, Oh My! An Honest Talk About Climate Change

As unusual weather patterns, heat waves, floods, and other catastrophic events in unlikely places seem to be on the rise, climate change continues to be a hot topic. In this episode of Public Health Out Loud, Dr. Philip Chan is joined by climate scientists Dr. Gaurab Basu, Director of Education and Policy at the Harvard School of Public Health's Center for Climate, Health, and the Global Environment and Rachel Calabro, Climate Policy Specialist with the Rhode Island Department of Environmental Management for a frank discussion on some of the alarming changes we are seeing around the world. Is climate change responsible for some of the unusual weather we've been seeing? How does it directly impact public health, and are there positive steps we can take to reduce those impacts here in the Ocean State?

## 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





# THE SIGNIFICANCE OF SNOOZING: CELEBRATING NATIONAL SLEEP AWARENESS MONTH

As we dive into March, it's time to shine a spotlight on something we all need but often neglect: sleep. March is National Sleep Awareness Month, a time dedicated to understanding the importance of quality rest and its impact on our overall health and well-being.

Sleep is not just a period of rest; it's a critical process that rejuvenates our bodies and minds. Yet, many of us underestimate its significance, often sacrificing sleep in favor of work, social activities, or screen time. However, the consequences of sleep deprivation can be profound, affecting everything from cognitive function to physical health.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC), ONE-THIRD OF ADULTS IN THE UNITED STATES REPORT NOT GETTING ENOUGH SLEEP ON A REGULAR BASIS.

INSUFFICIENT SLEEP CAN IMPAIR COGNITIVE PERFORMANCE, LEADING TO DECREASED PRODUCTIVITY, CONCENTRATION DIFFICULTIES, AND MEMORY PROBLEMS.

CHRONIC SLEEP DEPRIVATION IS ASSOCIATED WITH AN INCREASED RISK OF DEVELOPING CONDITIONS SUCH AS OBESITY, DIABETES, CARDIOVASCULAR DISEASE, AND DEPRESSION.

THE NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION (NHTSA) ESTIMATES THAT DROWSY DRIVING CONTRIBUTES TO OVER 70,000 CRASHES AND 800 FATALITIES ANNUALLY IN THE UNITED STATES.

## 5 TIPS FOR BETTER SLEEP ESTABLISH A ROUTINE

Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep quality.

## CREATE A SLEEP FRIENDLY ENVIRONMENT

Make your bedroom conducive to sleep by keeping it cool, dark, and quiet. Invest in a comfortable mattress and pillows, and consider using white noise machines or earplugs to block out any disturbances.



## LIMIT SCREEN TIME

The blue light emitted by screens can interfere with your body's natural sleep-wake cycle. Try to avoid electronic devices, such as smartphones and laptops, for at least an hour before bedtime.

## WATCH YOUR DIET

Avoid consuming caffeine and heavy meals close to bedtime, as they can disrupt sleep. Instead, opt for light snacks and herbal teas that promote relaxation.

## MANAGE STRESS

Practice relaxation techniques, such as deep breathing exercises or meditation, to alleviate stress and calm your mind before bedtime.



## WELLNESS WEDNESDAYS WITH RUTGERS' FAMILY & COMMUNITY HEALTH SCIENCES (FCHS)

Experts in the Department of Family & Community Health Sciences, Rutgers Cooperative Extension, present exciting wellness webinars exploring the realms of food, nutrition, and healthy living. Join in the excitement as they share tips on enhancing your well-being with more energy and tranquility in your snacks!

**All sessions are free, will last approximately 45 minutes, and will be provided via Zoom.**

**WEDNESDAYS AT 12:30 P.M**

### MARCH 6: EATING THE RAINBOW: ADDING COLORFUL FRUITS AND VEGETABLES TO YOUR PLATE

You may have heard the phrase "It's important to eat the rainbow"; but what does that really mean? This session will share the health benefits of eating a variety of colorful foods and easy ways you can include a diversity of colorful produce into your meals throughout the week.

### MARCH 13: HEALTHY SNACKS FOR TEENS AND ADULTS

Discover the best healthy, quick and easy snack ideas for teens and adults from homemade popcorn to nutritious nachos to frozen fruity treats.

### MARCH 20: TOOLS AND STRATEGIES FOR EFFECTIVE BEHAVIOR CHANGE

Improving eating and other healthy lifestyle behaviors can be challenging. Often, we know what we need to do, but falter on the implementation due to lack of motivation or other barriers. This webinar will review common factors which can derail your best intentions for behavior change, and will share some tips and strategies for better outcomes!

### MARCH 27: HOW CAN WE INCREASE SOCIAL SUPPORT FOR RURAL RESIDENTS SEEKING EVIDENCE-BASED TREATMENT FOR OPIOID USE?

Methadone treatment for opioid use disorder is backed by a strong evidence base. It is more likely to result in sustained abstinence and lower risk of overdose death than non-medication approaches. Yet, people who utilize methadone treatment often face stigma and misunderstanding. In turn, social support, a key component of recovery from any substance use disorder, is inhibited. In this seminar, we teach strategies for increasing social support among rural people who engage in evidence-based treatment.

**To Register for an  
Upcoming Webinar  
or  
Watch Previously  
Recorded Webinars**

**SCAN HERE:**



## MONTCLAIR COMMUNITY FARMS HOSTS SENIOR WELLNESS FRIDAYS

Montclair Community Farms is hosting the second year of Senior Wellness Fridays at the Van Vleck House & Garden Turner Greenhouse. This year we are happy to announce that there will be additional senior wellness days running during April. Each week participants will have the opportunity to join the MCF team in the greenhouse and will learn how to seed start and care for our tiny seedlings.

The greenhouse will provide a warm escape from the chill of winter, give us the opportunity to get our hands dirty, and help build a community! Together, we will have fun starting the seeds that will provide sustenance for our community members and make new friends while doing so. No proper gardening experience is needed.

**DATES AVAILABLE:**

- March 8th
- March 15th
- March 22nd
- March 29th
- April 3rd
- April 5th
- April 10th
- April 12th
- April 17th
- April 19th
- April 24th
- April 26th

**CALL 973-356-5459 OR SCAN QR CODE TO REGISTER**



## Montclair Health Department Immunization Clinics



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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