

Borough of Butler Health Resource



**BOROUGH OF
BUTLER**

**DEPARTMENT OF
HEALTH**

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Volume I

Winter-Spring 2016

Food Safety - Talking Turkey!

No doubt about it, turkey is a popular dish. While many other meats like roast beef, ham and lamb are served on a regular basis, a turkey dinner gives rise to particular anxieties and questions, many of which are founded in concerns for food safety: Should I buy a frozen or fresh turkey? How do I store it? Is stuffing a turkey dangerous? Group meals and holiday gatherings may put many people at risk of foodborne illness. In fact, each year an estimated 76 million Americans suffer from foodborne illness. A few simple steps will not only ease potential poultry preparation panic, but will ensure a delicious, safe meal for you, your family and friends. The following tips may help you prepare your turkey meal safely!

Plan Ahead & Thaw Safely

When cooking turkey, plan your menu in advance. If you plan to use a fresh turkey, purchase it only one or two days before cooking. If you buy a frozen turkey, safely thaw it in one of the following ways:

- In refrigerator at 40°F, allowing approximately 24 hours defrosting time per five pounds of turkey (i.e., 8-12 lb. turkey requires 1-2 days, 16-20 lb. turkey requires 3-4 days).
- In cold water, allowing about 30 minutes defrosting time per pound of turkey (i.e., 8-12 lb. turkey requires 4-6 hours, etc.).
- In microwave, if the turkey is not too large and if it is to be

cooked immediately after thawing. Check product instructions if you wish to thaw using the microwave.

Combat Contamination

- Store raw meats, poultry and seafood in a manner that doesn't permit juices to drip onto other foods.
- Use one cutting board for raw meat products and another for salads and other ready to eat foods, or wash/sanitize cutting boards between each use.
- Never place cooked food on a plate that previously held raw meat unless it's been washed and sanitized!
- Don't spread bacteria with dirty sponges, dishcloths or towels. Use paper towels or freshly cleaned sponges, as well as soap and hot water.

Cook Adequately

- Use a food thermometer to make sure meat, poultry and other potentially hazardous foods are cooked to a safe internal temperature. Turkey should be cooked to a minimum of 165°F throughout!
- Cook eggs until the yolks and whites are firm or reach 155°F. Avoid recipes in which eggs remain raw or partially cooked.
- When heating sauces, soups and gravies, bring them to a quick boil.
- All hot foods should be held at 135°F to prevent bacterial growth.



"Each year, an estimated 48 million Americans suffer from foodborne illness."

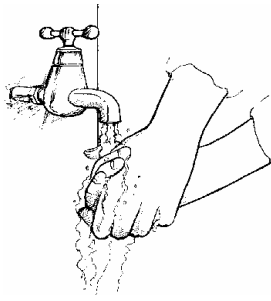
Chill Thoroughly

- Make sure the temperature is 40°F or below in the refrigerator and 0°F or below in the freezer.
- Refrigerate/freeze perishables, prepared foods and leftovers within two hours.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't overstuff the refrigerator – cold air must circulate to keep food safe.

Wash Hands & Clean Up

- Thoroughly wash your hands with soap and water for 20 seconds before and after handling raw products!
- Wash dishes, utensils, cutting boards and equipment with soap and hot water after each use – surfaces that appear clean may still harbor invisible bacteria that cause foodborne illness.

(continued on page two)



Singing "Happy Birthday" while washing with soap and water guarantees adequate time to kill most bacteria

Food Safety - Talking Turkey

(continued from page one)

clean may still harbor invisible bacteria that cause foodborne illness

Did You Know?

The average used kitchen sponge harbors 7.2 billion bacteria! To help eliminate this risk, consider using paper towels or clean cloth towels.

Other Tips

- *Stuffing* provides a perfect environment – warm and moist – for bacterial growth. If stuffing is heated inside a turkey, it may never reach safe temperatures. To prevent contamination, cook stuffing on the stove or in the oven to an internal temperature of 165°F.

- Eggs are of particular concern when preparing and serving food. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria. To have eggs-cellent, safe meals, always cook eggs until the yolks and whites are firm. Again, only use recipes in which eggs are cooked or heated thoroughly, or use pasteurized egg products.

- *Produce* could be the source of bacteria and food illness. Rinse fresh fruits and vegetables under running tap water and scrub with a clean brush.

- *Leftovers* require special handling! Large meals usually mean lots of leftovers, and

potentially hazardous foods should be refrigerated or frozen within two hours after being served. Most leftovers should be consumed within four days, but stuffing and gravy should be used within two. Be sure to reheat all leftovers to at least 165°F.



Fight bacteria and keep food safe!

Please call the Health Department at 973-838-7200, ext. 237, with any questions you have about food handling, service and storage throughout the year.



Did you know: New Jersey's record snowfall for a single storm was the Blizzard of 1996, which dumped 35" of snow on Whitehouse Station!

Staying Warm During Extreme Winter Events

When winter temperatures drop significantly below normal, staying warm can become a challenge. Extremely cold temperatures also may be accompanied by a winter storm, so you may have to cope with power failures and icy roads.

Although staying indoors may reduce the risk of car accidents and falls on the ice, there are indoor hazards to contend with. Power failures or inadequate heating systems can render a home too cold during extreme weather events. In addition, the use of space heaters and fireplaces for warmth may increase the risk of household fires or elevated carbon monoxide levels.

While infants and the elderly are most at risk during such events, anyone may be susceptible to accidents, hypothermia and frostbite.

Following are some preparation tips in preventing cold-related health problems during emergencies.

Plan ahead at home with emergency supplies like:

- dry firewood for fireplace or wood stove
- kerosene for kerosene heater
- furnace fuel
- electric space heater with automatic shut-off
- blankets, matches, flashlights
- dry-chemical fire extinguisher
- first aid kit
- battery-powered radio & clock
- extra batteries
- non-electric can opener
- snow shovel & rock salt
- special needs (i.e., diapers, medications)
- food that needs no cooking

or refrigeration

- bottled water

Plan ahead by preparing your car:

- regular maintenance, including antifreeze
- cold temperature wiper fluid
- replace worn tires & check pressure
- keep gas tank near full to avoid ice/condensation
- blankets, tool kit, first aid kit
- mobile phone
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps & compass
- sand or cat litter for traction
- tow rope
- collapsible shovel
- flashlight & extra batteries

Mark Your Calendar—Important 2016 Health Events!

APRIL

- 1st Child health conference*
Butler Municipal Building
10:00am
- 6th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 27th Butler Board of Health meeting
Butler Municipal Library
6:30pm

MAY

- 4th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 12th Men's health lecture
Rockaway Township Municipal Building
65 Mt. Hope Road, Rockaway
10:00am - 11:00am
- TBD Child health conference*
Butler Municipal Building
- 23rd Skin cancer screening
Butler Municipal Building
6:30pm - 8:00pm
- 25th Butler Board of Health meeting
Butler Municipal Library
6:30pm

JUNE

- 1st Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- TBD Child health conference*
Butler Municipal Building

JULY

- 6th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- TBD Child health conference*
Butler Municipal Building

AUGUST

- 3rd Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- TBD Child health conference*
Butler Municipal Building

SEPTEMBER

- 7th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 28th Butler Board of Health meeting
Butler Municipal Library
6:30pm
- TBD Child health conference*
Butler Municipal Building

OCTOBER

- 5th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 26th Butler Board of Health meeting
Butler Municipal Library
6:30pm
- TBD Child health conference*
Butler Municipal Building
- TBD Flu/pneumonia vaccinations*
Butler Municipal Building

NOVEMBER

- 2nd Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 2nd Butler Board of Health meeting
Butler Municipal Library
6:30pm
- 5th Rabies clinic
Butler Public Works Garage

DECEMBER

- 6th Blood pressure screening
Butler Municipal Building
10:00am - 11:00am
- 7th Butler Board of Health meeting
Butler Municipal Library
6:30pm
- TBD Child health conference*
Butler Municipal Building

* Some programs require pre-registration.
To register or for more information, call
973-838-7200, ext. 237

Please note that dates and events are
subject to change

Diabetes: The Silent Disease

Did You Know:
596,000 New
Jersey residents
have diabetes,
representing 9.2%
of the adult
population

Early signs of
diabetes include
weight loss,
hunger, increased
fatigue and
irritability, and
blurry vision

Turn to
page three for
a full calendar of
2016 health
promotion
programs, clinics,
screenings and
events!

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into the energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 18.2 million people in the United States, or 6.3% of the population, who have diabetes. While an estimated 13 million have been diagnosed with diabetes, 5.2 million people (or nearly one-third) are not even aware that they have the disease. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

There are two major forms of diabetes. Type 1 diabetes, also called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes, usually affects children and young

adults, although disease onset can occur at any age. Type 1 diabetes may account for 5% to 10% of all diagnosed cases of diabetes. Risk factors for type 1 diabetes include autoimmune, genetic and environmental factors.

Type 2 diabetes, also known as non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. Type 2 diabetes is associated with older age, obesity, family history of diabetes, prior family history, physical inactivity and race/ethnicity. Type 2 diabetes is increasingly being diagnosed in children and adolescents.

Because diabetes often goes unnoticed and undiagnosed for some time, it is important to be aware of its most frequent signs. Symptoms include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. If

diabetes goes undiagnosed and untreated for a long time, complications may occur. Such developments include heart disease and stroke (risk for both is 2 - 4x higher than in adults without diabetes), high blood pressure (73% of adults with diabetes have high blood pressure), blindness, kidney disease, nervous system damage, amputations, dental caries and other complications.

While the cost to human health is naturally of most concern, diabetes also bears a cost economically. Each year, diabetes costs residents of the United States \$132 billion, including direct medical costs and indirect costs like disability and work loss.

The Butler Borough Health Department is planning a diabetes screening for 2016 at the Butler Borough Municipal Building. Please go to the Butler Borough website in the coming weeks and months for more details. For additional information on diabetes, visit the American Diabetes Association website at www.diabetes.org.

Your Health Department at Work

The Butler Borough Health Department provides a wide range of public health services designed to promote and protect the health of residents. The Health Department plans and implements the following programs each year:

- Health investigations, including public health nuisances
- Retail food program, including inspection and enforcement
- Environmental inspection
- Air, soil and water protection
- Vector control
- Code enforcement
- Animal control services
- Recreational bathing inspection
- Water and food laboratory sampling
- Liaison to regional health services
- Adult immunizations
- Health clinics and screenings
- Communicable disease reporting
- Health promotion programming
- Dog and cat rabies vaccination
- Vital records

The Health Department will be offering many programs in 2016, including screenings, clinics, educational programs and more.

Do you have any questions regarding our clinics, programs or other public health activities? Call 973-838-7200 and ask for:

Peter Tabbot
Health Officer

Janet Hess
Public Health Nurse

James Breiten
Environmental Health Specialist

Linda Remmert
Clerk

Health: Keeping Well Winter Long

The winter months are upon us and we don't have to fight the flu, catch colds or suffer the blues all winter long. The Health Department, in collaboration with the Centers for Disease Control and Prevention (CDC) is promoting ways to keep well through the winter months.

Cliché though it may be, one of the best ways to keep healthy during the winter is by *washing our hands frequently*. Hand washing is one of the most important things we can do to stop the spread of germs. Wash hands using warm or cold water. Apply soap, and lather for at least 20 seconds, making sure to soap every inch of your hands, including between fingers and under nails. Rinse well and dry, preferably with a disposable towel.

Keep warm. Winterizing homes is critical to keep out the cold.

Insulate using storm windows and specific treatments such as weather stripping and insulation of water lines. The U.S. Department of Energy states the ideal indoor temperature setting is 68 degrees Fahrenheit. Prepare not only your home but your cars, as well. Prepare for power outages and plan appropriate dress for activities - and check on older adults.

Manage stress. The holidays can be frantic, and stress management is critical during the holiday season and thereafter. Stress can lead to emotional and physical distress, so seeking balance by engaging in healthy activities is best:

- Eat healthy, well-balanced meals and drink plenty of water.
- Exercise on a regular basis; at least 150 minutes of moderate-intensity aerobic

activity every week and muscle strengthening activities on two or more days a week.

- Get plenty of sleep and take breaks if you are stressed.
- Speak with friends, a counselor, a doctor or even clergy.

Obtain proper vaccinations. The flu vaccine is important to help deter illness each year. The widely manufactured flu vaccines are designed to fight the three strains of influenza that are most anticipated by international experts each year (trivalent vaccine), and a quadrivalent vaccine, designed to fight four strains, has recently become available.

For more information regarding winter wellness, call the Health Department at 973-838-7200.

Did You Know:
A flu shot cannot cause flu illness.
Flu vaccines administered with a needle are 'inactivated' and therefore not infectious.



Hookah Use Among Our Youth

Smoking has long been a health concern, and hookah is one of the newest and most alarming trends in tobacco use. There has been recent growth in the popularity of hookah among youth, and the average age of hookah beginners is 15 years old. Many users, particularly adolescents, believe that hookah is not as harmful as cigarettes. A recent study found that more than 50% of surveyed high school students found hookah more socially acceptable than cigarettes, and a similar ratio saw hookah smoking as a safer alternative to cigarettes. However, this type of tobacco use is no less detrimental to health.

Hookah developed in the Middle East centuries ago, and hookah bars emerged in European cities in the early 1900s. Though this form of tobacco has been used for centuries, the public is not completely aware of its side effects. Hookah smoke consists of shisha, which is a type of moist and sticky tobacco that has been soaked in honey or molasses, and manufactured flavors ranging from fruity to minty.

Besides nicotine, there are 19 chemicals found in tobacco, collectively known as tar. The chemicals contained in tar produce many adverse effects, and hookah smoke contains *36 times more* tar than cigarettes. Hookah smoke also contains high levels of arsenic, lead and nickel, and 15 times more carbon

monoxide – largely due to the addition of charcoal to the hookah smoke process. Higher exposure may also result from longer and harder drags, which elevate levels of inhaled nicotine and carcinogens in the lungs. In addition, hookah smoke is generally used for 40 or 45 minutes – compared to five or 10 minutes smoking a cigarette – allowing for increased exposure. According to the World Health Organization (WHO), a hookah smoker inhales as much smoke during one standard hookah session as a cigarette smoker would from 100 cigarettes. Because hookah users share the same mouthpiece and it is commonly performed in group sessions, hookah also carries an enhanced risk of infectious disease.

Hookah use continues to increase among the younger generation, due in part to widespread misconceptions about its health risks. Regulatory measures are essential in preventing our youth from developing a smoking habit. The New Jersey Smoke Free Air Act imposes some limitations on hookah lounges, which, in some cases, have been found to admit minors. Education is also critical, as both youths and adults must be made aware of the many health risks associated with hookah. The Boonton Health Department enforces the Smoke Free Air Act and also provides health promotion materials regarding the risks of tobacco use.

Did You Know:
In a 60 minute hookah session, smokers are exposed to 100 - 200 times the volume of smoke inhaled from a single cigarette

**Borough of Butler
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973-838-7200, x237

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Governing Body

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Robert W. Alviene

Administrator
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Council President
Edwin Vath

Council
Robert Fox
Sean McNear
Robert Meier
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Janet Hess
Public Health Nurse

Linda Remmert
Clerk

Lisa Perry
Animal Control Officer

**Resident
Butler, NJ 07405**

Welcome to the Borough of Butler Health Resource!

Dear Residents:

Welcome to the first edition of the *Borough of Butler Health Resource*, a regular newsletter featuring informative articles, tips on healthy choices and a schedule of health events for residents of the Borough of Butler. We hope this issue serves as a valuable resource in your efforts to make informed decisions about healthful living.

Please save the calendar of screenings and clinics appearing on page three. We hope you will plan to attend many of the Health Department's free and discounted events over the course of the year. On behalf of the Borough Council, Town Administration and Board of Health, we wish you a healthy and safe spring!

Robert W. Alviene
Mayor

Suzanne Finelli
Board of Health President