



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

"Cold Weather Can't Stop Me": Getting Through the Winter Prepared

- Prepare your home and self for winter weather!
https://www.cdc.gov/cpr/documents/BeReady_Winter.pdf
- Don't let the cold keep you in! Keep the winter blues away by bundling up and enjoying outdoor winter activities safely. Read more at
<https://www.cpsc.gov/Newsroom/News-Releases/2023/Cozy-Up-to-Winter-with-These-CPSC-Safety-Tips-for-Outdoor-Activities>
- Learn more about staying safe and healthy this winter at
<https://www.cdc.gov/nceh/features/winterweather>



Water: The Secret to a Long Life

Are you drinking enough water? The average adult should consume between 2.7 liters (women) and 3.7 liters (men) of fluid per day. That's between 11.5 and 15.5 cups. Learn more about the importance of hydration at <https://www.nhlbi.nih.gov/news/2023/good-hydration-linked-healthy-aging>.

Mindful Moments

Ditch your New Year's resolution and try forming a healthy habit! Once formed, habits are more sustainable than resolutions because they're incorporated into your daily life. Learn more at <https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>
<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>



January Health Awareness Topics

- **National Glaucoma Awareness Month**
 - Glaucoma is a group of eye diseases that slowly cause blindness by damaging the optic nerve. Learn more at <https://www.nei.nih.gov/sites/default/files/2019-06/5-things-to-know-about-glaucoma.pdf>
 - Diabetes can be a contributing factor to developing glaucoma and other eye diseases. Learn more at https://www.nei.nih.gov/sites/default/files/2019-06/NEHEP_DED_5ThingsYouShouldKnow.pdf
- **Cervical Health Awareness Month**
 - Getting screened is the easiest way to prevent cervical cancer. Learn about cervical screening at <https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened-cervical-cancer#the-basics-tab>
 - Cervical cancer can happen to anyone with a cervix. Listen to Cindy's story at <https://youtu.be/hg7OH-oGJU8>
 - NJCEED offers comprehensive screening services for low-income and underinsured NJ residents. For a list of locations, visit <https://www.nj.gov/health/ces/public/resources/njceed.shtml>
- **National Birth Defects Awareness Month**
 - Birth defects affect 1 in 33 babies born in the united states every year. Learn more about birth defects and prevention at <https://www.cdc.gov/ncbddd/birthdefects/facts.html>
- **National Blood Donor Month**
 - Blood is an essential medicine that has no substitution! Learn about the importance of blood donation and how to donate at <https://www.redcrossblood.org/donate-blood/how-to-donate/how-blood-donations-help/blood-needs-blood-supply.html>
- **Thyroid Health Awareness Month**
 - The thyroid is a butterfly shaped gland in the neck that controls metabolism and many other important processes in the body. Thyroid diseases are extremely common, affecting about 20 million Americans. Learn more about thyroid diseases at <https://www.goodrx.com/health-topic/thyroid/thyroid-awareness-month-2022>