



JANUARY 2024 | VOLUME 25



Public Health

WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

LET'S MAKE IT A HEALTHY NEW YEAR!



6 TIPS TO STAY ACTIVE DURING
THE WINTER MONTHS!

[STAYING ACTIVE](#)

HEALTHY EATING TIPS FOR THE
HOLIDAYS!

[HEALTHY EATING](#)

[HEALTHY WINTER RECIPES](#)



READY, SET, WINTER!

HOW TO STAY HEALTHY

[CLICK HERE](#) FOR EDUCATION ON HOW VIRUSES MAKE US SICK.
CONTACT THE WEST CALDWELL HEALTH DEPARTMENT TO
LEARN ABOUT PROJECT FIRSTLINE.

PREPARING FOR WINTER STORMS

[CLICK HERE](#) TO LEARN HOW TO STAY SAFE *DURING AND AFTER* A
WINTER STORM.

MINDFUL CORNER

MILLIONS OF AMERICANS PROVIDE UNPAID CARE FOR SOMEONE WITH A SERIOUS
HEALTH CONDITION EACH YEAR. CHECK OUT THE ARTICLE BELOW WHICH
COVERS TAKING CARE OF YOURSELF WHILE CARING FOR OTHERS.

[HTTPS://NEWSINHEALTH.NIH.GOV/SPECIAL-ISSUES/SENIORS/COPING-CAREGIVING](https://newsinhealth.nih.gov/special-issues/seniors/coping-caregiving)



**'TIS THE SEASON TO BE INFORMED, HAPPY AND HEALTHY!
TAKE A LOOK AT SOME OF THE HEALTH AWARENESS TOPICS
THAT JANUARY OFFERS...**



NATIONAL BLOOD DONATION MONTH

**DONATING BLOOD HELPS PEOPLE IN NEED. WHEN YOU GIVE, OTHERS LIVE.
[CLICK HERE](#) TO FIND OUT HOW AND WHERE TO DONATE!**



NATIONAL BIRTH DEFECTS AND AWARENESS

**ONE IN EVERY 33 BABIES IS BORN WITH A BIRTH DEFECT. PEOPLE CAN INCREASE THEIR
CHANCES OF HAVING A HEALTHY BABY BY MANAGING HEALTH CONDITIONS.
[CLICK HERE](#) TO LEARN MORE ABOUT BIRTH DEFECTS. [CLICK HERE](#) FOR PREVENTION TIPS.**

NATIONAL WINTER SPORTS TRAUMATIC BRAIN INJURY AWARENESS

**WINTER OFFERS US ALL THE SPORTS WE'VE MISSED DURING THE SUMMER MONTHS--SKIING,
SNOWBOARDING, ICE HOCKEY, ICE SKATING, ETC.
HOWEVER, WINTER SPORTS COME WITH THE RISK OF TRAUMATIC BRAIN INJURIES.
[CLICK HERE](#) TO LEARN MORE ABOUT PREVENTION.**



THYROID HEALTH AWARENESS

**THYROID AWARENESS MONTH IS A GREAT REMINDER TO SPEAK WITH YOUR PROVIDER ABOUT
THYROID-RELATED CONDITIONS. DID YOU KNOW THE THYROID IMPACTS EVERY CELL IN THE BODY?
[CLICK HERE](#) FOR INFORMATION ABOUT THYROID HEALTH.**



GLAUCOMA AWARENESS

**GLAUCOMA CAN OCCUR AT ANY AGE BUT IS MORE COMMON IN OLDER ADULTS. IT IS ONE OF
THE LEADING CAUSES OF BLINDNESS FOR PEOPLE OVER THE AGE OF 60. KEEP YOUR EYES
HEALTHY BY HAVING REGULAR EYE EXAMS THAT INCLUDE MEASUREMENTS OF YOUR EYE
PRESSURE. [CLICK HERE](#) FOR MORE INFORMATION ABOUT GLAUCOMA.**



CERVICAL HEALTH AWARENESS

**GETTING SCREENED IS THE EASIEST WAY TO PREVENT CERVICAL CANCER. THERE ARE WAYS WE
CAN REDUCE OUR RISK OF CERVICAL CANCER. [CLICK HERE](#) FOR INFORMATION ABOUT CERVICAL
CANCER.**