

Middle-Brook Regional Health Commission

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August 2024 Newsletter

National Breastfeeding Month

In August, we celebrate National Breastfeeding Month to emphasize the importance of breastfeeding for both parents and families. This year's theme is Nourish, Sustain, Thrive! Breastfeeding is the best source of nutrition for most infants. Breastfeeding offers numerous health benefits for both infants and mothers, including:

- Reducing the baby's risk of obesity, asthma, and type 1 diabetes
- Helping protect the mother from ovarian and breast cancer, high blood pressure, and type 2 diabetes
- Protecting your baby from infection and illness
- Providing nutrition that is easier for babies to digest compared to formula



Build a healthy eating routine during pregnancy and breastfeeding. It's important to provide yourself and your baby with the necessary nutrients for optimal growth and development. Start with small changes:

- Cut down on added sugars, saturated fat, and sodium.
- Follow [food safety protocols](#). During pregnancy, you and your baby are at higher risk for getting sick from food-borne illness.
- Focus on 4 key nutrients to help the growth and development of your baby: folic acid, iron, iodine, and choline.
- Check the nutrition labels to help you make healthier choices.

Currently, about 1 in 4 infants are exclusively breastfed as recommended until they are 6 months old. Breastfeeding can be challenging, but support is available! If you need additional guidance, talk to your doctor, nurse, or midwife. Norwescap's Women, Infants, & Children (WIC) program in Somerset County has breastfeeding support services for those who qualify. For more information, call: (908) 685-8282 or visit: www.norwescap.org/wic/.

For more information, visit: www.health.gov

Sources: CDC, ODPHP



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Immunization Awareness Month

2024 Immunization Schedules:

Infants and Children
(Birth to 6 years)



Children and Teens
(7 to 18 years old)



Adults
(19 years and older)



August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. During NIAM, we encourage you to talk to your doctor, nurse, or healthcare providers to protect you and your family against serious diseases by getting caught up on routine vaccinations. Use CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

Immunity is protection from an infectious disease. Immunizations are recommended for children and adults to help prevent the spread of infectious diseases. A vaccine protects a person from a specific disease by stimulating their immune system to produce immunity to it. Immunization is the process of when a person becomes protected against a disease.

Active immunity happens through natural immunity or vaccine-induced immunity. Natural immunity is when your body learns to fight off an infection because you have been sick from it before. Vaccine-induced immunity happens through the introduction of a killed or weakened form of the disease through vaccination. Active immunity takes time to develop but is long-lasting.

Passive immunity occurs when a person is given antibodies to a disease rather than producing them on their own. This can happen when a newborn receives antibodies through the mother's placenta or through anti-body containing blood products. Passive immunity protection is immediate but only lasts a few weeks or months.

Vaccines prevent countless cases of serious diseases. Vaccinations are needed at various stages of life, depending on age, location, job, lifestyle, travel plans, and health conditions. As with any other medical procedure, there can be risks of side effects, so speak with your doctor or child's pediatrician if you have any concerns.

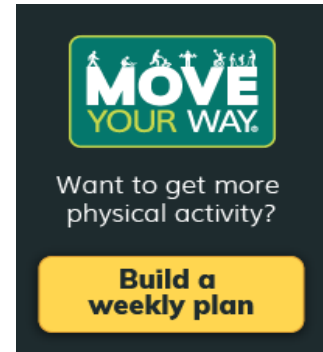
Together, we can create a safer, healthier future by embracing the power of immunization. Let's stand united in protecting ourselves, our families, and our communities. To learn more, visit: <https://www.cdc.gov/vaccines/>.

Source: CDC

Move Your Way

Get more active! Regular physical activity can boost your mood, sharpen focus, reduce stress, and improve sleep. It has long-term health benefits, including:

- Reducing the risk of dementia, type 2 diabetes, and certain cancers
- Helping manage chronic conditions like diabetes and high blood pressure
- Easing symptoms of arthritis, anxiety, and depression



The 2nd edition of the Physical Activity Guidelines for Americans recommends:

Children and adolescents (6-17 years)

- Engage in 60 minutes or more of moderate to vigorous intensity daily.
- At least 3 days a week, include various vigorous activities such as playing soccer or running, activity that strengthens muscles like climbing, and activity that strengthens bones such as jumping rope.

Adults (18-64 years)

- At least 150 minutes a week of moderate intensity activity such as brisk walking.
- At least 2 days a week of activities that strengthen muscles such as lifting weights.

Older adults (65 years and older)

- At least 150 minutes a week of moderate intensity activity such as brisk walking.
- At least 2 days a week of activities that strengthen muscles.
- Activities to improve balance like tai chi or yoga.

You can [measure the difference](#) between moderate and vigorous intensity by performing a “talk test”. In general, if you’re doing moderate-intensity activity, you can talk but not sing during the activity. If you are doing vigorous activity, you will not be able to say more than a few words without pausing for a breath.

Seek medical clearance before starting an exercise program if you have a history or signs and symptoms of cardiovascular, metabolic, or kidney disease.

If time is a barrier for you, consider these tips to include more physical activity in your daily routine:

- Take a walk during your lunch break.
- Park the car further away in parking lots.



- Take the stairs when possible.
- Get active at work! Download the DeskFit guide created by NASA Headquarters Fitness Center: <https://go.nasa.gov/3yryFkH>.

Don't know where to start? Explore the Move Your Way Activity Planner to create a personalized activity plan: www.health.gov/moveyourway/activity-planner.

Recipe of the Month

FRUIT SMOOTHIE

Ingredients

- 3 cups strawberries, frozen, unsweetened (or other frozen fruit)
- 2 cups milk, 1%
- 1 banana, large
- 1 cup yogurt, low-fat plain



Makes 4 servings

Include any of your favorite fruit in this quick and easy to make smoothie!

Directions

1. Wash hands with soap and water.
2. Defrost the frozen fruit just enough so that it will blend easily.
3. Add the pieces of frozen fruit to the milk in the blender.
4. Add the banana and yogurt.
5. Pour the milk into the blender.
6. Blend until smooth, about 30 to 45 seconds.

For more recipes, visit: www.myplate.gov

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