

From the Nurses' desk @ 204 Hillside Avenue  
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## “DESIGNING HEALTHY COMMUNITIES: RAISING HEALTHY KIDS”

Is the theme for the 2006 National Public Health Week

The Township of Livingston, in a proclamation signed in 2005 by Mayor David B. Katz, designated April 4-10 as National Public Health Week.

In the past fifty years the United States has achieved significant increases in life expectancy and reductions in the incidents of injury, disability and disease. The public health approach - through its success in identifying and addressing patterns of disease, illness and injury to the population - is credited with the majority of improvement in health status and life expectancy. Public health intervention has contributed to the decline in illness, including heart disease and stroke, tobacco related diseases, infectious diseases and motor vehicle and work place injuries through community education, screenings and evaluation of the health needs of its residents.

The Livingston Health Department, directed by Lou Anello, focuses on promoting and maintaining a healthy community through the combined efforts of the Nursing, Welfare and Human Services, Handicapped, Youth and Senior divisions as well as, Health Inspectors, Vital Statistics and the dedicated office staff.

Focusing on education and early detection, the Nursing division will hold its annual Spring Health Fair on Monday, April 24 from 8:30 AM to 12:30 PM at the Senior/Community Center at 204 Hillside Avenue. The Fair will offer many free screenings for its residents: blood pressure, hearing, vision, chiropractor, dental, diabetes and breast cancer awareness.

News articles for our web site and the Livingston Tribune help us keep the residents up to date on topical health issues and tips to maintain wellness. This division also keeps communicable disease surveillance to identify and proactively address potential outbreaks. The Health Inspectors visit all food establishments and restaurants to ensure safe and healthy food preparations. They also investigate environmental complaints, inspect township/public pools and summer camps.