



THE HEALTH EQUITY NEWSLETTER

Nassau County Department of Health

*Andrew S. Knecht, DO, MPH,
Interim Commissioner*

*Carolyn V. McCummings, MPH,
PhD, Director*



August is National Immunization Awareness Month

From: <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

Why Vaccinate?

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Infant and Toddler Years: Birth to Age 18

Vaccination helps give infants and toddlers a healthy start. More than one dose is necessary for many vaccines, to build and boost immunity. Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a flu shot every year.

Your child needs additional doses of some vaccines from ages 3 through 6. You may need a certificate of immunization to enroll your child in school.

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As protection from childhood vaccines wears off, adolescents need additional vaccines to extend protection. Adolescents need protection from additional infections as well, before the risk of exposure increases. As your child heads to college, make sure all vaccinations are up to date and he or she has a copy of all immunization records. If your child travels outside of the United States, check if he or she needs any additional vaccine.

Into Adulthood

Everyone should get a flu vaccine every year before the end of October, if possible. Adults need a Td vaccine every ten years. Healthy adults 50 years and older should get shingles vaccine. Adults 65 years or older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine. Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines. Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits.

Pregnancy

By staying up to date with vaccines before and during pregnancy, you can pass along immunity that will help protect your baby from some diseases during the first few months after birth. Vaccines given before pregnancy may also help protect you from serious disease while you are pregnant, including rubella, which can cause miscarriages and birth defects.

Vaccines for Travel

Protect your child and family when traveling in the United States or abroad by:

- Getting the shots required for all countries you and your family plan to visit during your trip
- Making sure you and your family are up-to-date on all routine U.S. vaccines
- Staying informed about travel notices and alerts and how they can affect your family's travel plans

Avoid getting sick or coming back home and spreading the disease to others.

For more information, copy and paste the below websites into browser:

<https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

<https://www.cdc.gov/vaccines/parents/travel-vaccines.html>

NEW NASSAU COUNTY HEALTH COMMISSIONER

Dr. Irina Gelman, Commissioner of health in upstate Orange County since 2018, will be Nassau County's next health Commissioner. Gelman also is vice president of the New York State Association of County Health Officials board of directors and is a fellow at the New York Academy of Medicine, Orange County officials said. She was the recipient of the 2018 New York State Senate Woman of Distinction Award. Dr. Gelman will begin her appointment in September.



***World Breastfeeding Week:
August 1-7 2022***

Why is Breastfeeding Important?

Breastfeeding has several advantages as it is beneficial to both mothers and babies. It can protect babies from infections and lower the risk of later health issues such as diabetes, obesity, and asthma. Breastfeeding is said to help mothers' uterus contract and bleeding stop more quickly after delivery. It also lowers the risk of breast and ovarian cancer and promotes a strong bond between mothers and their children.

A newborn's best source of nutrition is breast milk. Breast milk contains a variety of components that help protect babies from infection and disease. Furthermore, the protein in breast milk is easier for the baby to digest than protein in formula or cow's milk. Furthermore, calcium and iron found in breast milk are more easily absorbed. Therefore, World Breastfeeding Week 2022 campaign focuses on educating and supporting women to breastfeed their babies.



Five Benefits of Breastfeeding

1. *For the majority of newborns, breast milk is the best source of nutrients: The mother's breast milk will change as the infant grows to satisfy their nutritional needs.*
2. *Breastfeeding can help shield infants from certain acute and chronic illnesses and diseases: Babies that are breastfed are less likely to develop asthma, obesity, type 1 diabetes and Sudden Infant Death Syndrome (SIDS). Breastfed babies are also less likely to develop stomach illnesses or ear infections.*
3. *The baby receives antibodies from the mother through breast milk: These antibodies aid in the immune system development of infants and shield them against disease.*
4. *Mothers can nurse anywhere and anytime: Without having to prepare bottles or mix formula, mothers may feed their infants on the go. Breastfeeding while travelling can also be a source of comfort for infants whose regular schedule is disturbed.*
5. *Breastfeeding lowers a mother's risk of ovarian, breast, and type 2 diabetes as well as high blood pressure: The mother's health also benefits from breastfeeding. Type 2 diabetes, certain malignancies, and high blood pressure are less prevalent in breastfeeding mothers. Know the benefits of breastfeeding for newborn babies.*

Busted: 14

Myths about breastfeeding

from: <https://www.unicef.org/parenting/food-nutrition/14-myths-about-breastfeeding>

This article was developed in collaboration with Dr. Michele Griswold PhD, MPH, RN, IBCLC. Dr Griswold is a lactation consultant, registered nurse, breastfeeding researcher and advocate. She represents the International Lactation Consultant Association to the WHO/UNICEF Global Breastfeeding Collective, which calls on governments and society as a whole to provide mothers the support they need to breastfeed.

1. Myth? Breastfeeding is easy.

Babies are born with the reflex to look for their mother's breast. However, many mothers need practical support with positioning their baby for breastfeeding and making sure their baby is correctly attached to the breast. Breastfeeding takes time and practice for both mothers and babies. Breastfeeding is also time intensive, so mothers need space and support at home and work.

2. Myth? It's usual for breastfeeding to hurt – Sore nipples are inevitable.

Many mothers experience discomfort in the first few days after birth when they are learning to breastfeed. But with the right support with positioning their baby for breastfeeding and making sure their baby is correctly attached to the breast, sore nipples can be avoided. If a mother faces breastfeeding challenges like sore nipples, support from a lactation consultant or other skilled professional can help them overcome the issue.

3. Myth? You should wash your nipples before breastfeeding.

Washing your nipples before breastfeeding isn't necessary. When babies are born, they are already very familiar with their own mother's smells and sounds. The nipples produce a substance that the baby smells and has 'good bacteria' that helps to build babies' own healthy immune system for life.

4. Myth? You should separate a newborn and mother to let the mother rest.

Doctors, nurses and midwives often encourage the practice of 'skin-to-skin' – also known as kangaroo mother care – immediately after birth. Bringing your baby in direct contact, so their skin is against yours, is a very important practice that helps them to find and attach to the breast. If you can practice this within one hour after birth and then frequently after, it helps to establish breastfeeding. If the mother cannot do this, then the partner or another family member can step in.

5. Myth? You should only eat plain food while breastfeeding.

Like everybody else, breastfeeding mothers need to eat a balanced diet. In general, there is no need to change food habits. Babies are exposed to their mothers' food preferences from the time they are in the womb. If a mother perceives that her baby reacts to a specific food she eats, it is best to consult a specialist.

6. Myth? Exercise will affect the taste of your milk.

Exercise is healthy, also for breastfeeding mothers. There is no evidence that it affects the taste of your milk.



Myths about breastfeeding continued.....

7. Myth? You won't be able to breastfeed unless you do it straight away.

It is easier to get breastfeeding started if you begin in the first hour after birth because a baby's reflexes are very strong at that time. They are ready to learn to feed at the breast. If you do not latch your baby on right after birth, do it as soon as possible in your situation. If you need help putting your baby to the breast, ask for support from a qualified lactation consultant or other skilled professional. Frequent skin-to-skin contact and putting your baby to the breast will help to get breastfeeding going.

8. Myth? You can never use formula if you want to breastfeed.

Mothers may decide they need to use formula on some occasions, while continuing to breastfeed. It is important to seek unbiased information on formula and other products that replace breastmilk. To keep breastmilk production going, continue offering the breast to your baby as often as possible. It can be useful for mothers to consult a lactation specialist or skilled professional to help with a plan that works best for them to continue breastfeeding.



9. Myth? Many mothers can't produce enough milk.

Almost all mothers produce the right amount of milk for their babies. Breastmilk production is determined by how well the baby is latched on to the breast, the frequency of breastfeeding and how well the baby is removing milk with each feeding. Breastfeeding isn't a 'one woman' job and mothers need support. Support like ongoing breastfeeding guidance from health care providers, help at home, and staying healthy by eating and drinking well.

10. Myth? You shouldn't breastfeed if you're sick.

Depending on the kind of illness, mothers can usually continue breastfeeding when they're sick. You need to make sure you get the right treatment, and to rest, eat and drink well. In many cases, the antibodies your body makes to treat your disease or illness will pass on to your baby, building his or her own defenses.

11. Myth? You can't take any medication if you're breastfeeding.

It's important to inform your doctor that you are breastfeeding and to read the instructions with any medications you buy over the counter. It might be necessary to take medications at a specific time or in a specific dosage, or to take an alternative formulation. You should also tell the baby's doctor about any medications that you're taking.

12. Myth? Babies who have been breastfed are clingy.

All babies are different. Some are clingy and some are not, no matter how they are fed. Breastfeeding provides not only the best nutrition for infants, but is also important for their developing brain. Breastfed babies are held a lot and because of this, breastfeeding has been shown to enhance bonding with their mother.

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13. Myth? It's hard to wean a baby if you breastfeed for more than a year.

There's no evidence that it is more difficult to stop breastfeeding after one year, but there is evidence that breastfeeding up to two years is beneficial for both mothers and children. All mothers and babies are different and need to determine together how long they want to breastfeed.

14. Myth? If you go back to work, you'll have to wean your baby.

Many mothers continue breastfeeding after going back to work. First, check the policies in your country and your own workplace. If you have the right to time and a place to breastfeed during working hours, you may be able to go home and breastfeed, ask a family member or friend to bring your baby to you, or to express your milk and take it home. If you don't have the option to breastfeed during working hours, look for moments during the day to express your milk and then feed your baby directly when you are at home. If you decide to give your baby a breastmilk substitute for some feeds, it's still very good to continue breastfeeding whenever you are with your baby.

Vegan vs. Vegetarian: What's the Difference?

from

<https://www.healthline.com/nutrition/vegan-vs-vegetarian#vegetarian-diet>

What is a vegetarian diet?

According to the Vegetarian Society, a vegetarian is someone who does not eat any meat, poultry, game, fish, shellfish, or by-products of animal slaughter.

Vegetarian diets contain various levels of fruits, vegetables, grains, pulses, nuts, and seeds.

The inclusion of dairy, honey, and eggs depends on the type of diet you follow.

The most common types of vegetarians include:

- Lacto-ovo vegetarians: vegetarians who avoid all animal flesh, but do consume dairy and egg products
- Lacto vegetarians: vegetarians who avoid animal flesh and eggs, but do consume dairy products
- Ovo vegetarians: vegetarians who avoid all animal products except eggs
- Vegans: vegetarians who avoid all animal and animal-derived products

People who do not eat meat or poultry but do consume fish are considered pescatarians, whereas part-time vegetarians are often referred to as flexitarians.

Although they're sometimes considered vegetarians, pescatarians and flexitarians do eat animal flesh. So, they do not technically fall under the definition of vegetarianism.

SUMMARY

Vegetarian diets exclude meat, poultry, game, fish, and shellfish. Certain types of vegetarians also avoid eggs, dairy, or other animal by-products.



What is a vegan diet?

A vegan diet can be viewed as the strictest form of vegetarianism.

Veganism is currently defined by the Vegan Society as a way of living that attempts to exclude all forms of animal exploitation and cruelty as much as possible (2).

This includes exploitation for food and any other purpose.

So, a vegan diet not only excludes animal flesh, but also dairy, eggs, and other ingredients that come from animals. These include:

- gelatin
- honey
- carmine
- pepsin
- shellac
- albumin
- whey
- casein
- some forms of vitamin D3



Vegetarians and vegans often avoid eating animal products for similar reasons. The largest difference is the degree to which they consider animal products acceptable.

For instance, both vegans and vegetarians may exclude meat from their diets for health or environmental reasons.

Vegans also choose to avoid all animal by-products because they believe this has the largest impact on their health and the environment.

In terms of ethics, vegetarians are opposed to killing animals for food, but generally consider it acceptable to consume animal by-products such as milk and eggs, as long as the animals are kept in adequate conditions.

On the other hand, vegans believe that animals have a right to be free from human use, whether it's for food, clothing, science, or entertainment.

As a result, they seek to avoid all animal by-products, regardless of the conditions in which animals are bred or housed.

The desire to avoid all forms of animal exploitation is why vegans choose to forgo dairy and eggs — products that many vegetarians have no problem consuming.

SUMMARY

Vegetarians and vegans differ in their beliefs regarding the use of animals by humans. This is why some vegetarians may consume animal-derived products, whereas vegans do not.



- According to a report from the Academy of Nutrition and Dietetics and several scientific reviews, both vegetarian and vegan diets can be considered appropriate for all stages of life, as long as the diet is planned well (3Trusted Source, 4Trusted Source, 5Trusted Source, 6Trusted Source).
- An insufficient intake of nutrients such as omega-3 fatty acids, calcium, and vitamins D and B12 can negatively impact various aspects of health, including mental and physical health (7Trusted Source, 8Trusted Source, 9Trusted Source, 10).
- Both vegetarians and vegans may have lower intakes of these nutrients. However, studies show that vegetarians tend to consume slightly more calcium and vitamin B12 than vegans (11Trusted Source, 12Trusted Source).
- Nonetheless, both vegetarians and vegans should pay special attention to nutrition strategies meant to increase the absorption of nutrients from plant foods (4Trusted Source).
- It may also be necessary to consume fortified foods and supplements, especially for nutrients such as iron, calcium, omega-3, and vitamins D and B12 (3Trusted Source, 13Trusted Source).
- Vegetarians and vegans should strongly consider:
 - analyzing their daily nutrient intake
 - getting their blood nutrient levels measured
 - taking supplements accordingly
- The few studies directly comparing vegetarian to vegan diets report that vegans may have a somewhat lower risk of developing type 2 diabetes, heart disease, and various types of cancer than vegetarians (14Trusted Source, 15Trusted Source, 16Trusted Source, 17Trusted Source).
- That said, most studies so far have been observational in nature. This means that it's impossible to say exactly which aspect of the vegan diet produces these effects and to confirm that diet is the only determining factor.

A collection of various plant-based food products arranged on a light blue background. The items include: a carton of Silk Almond milk, a carton of Original Almond Breeze, a carton of Unsweetened Almond Breeze, a box of Garden of Eatin' Organic Chickpeas, a box of Daiya Cheddar Shreds, a container of Tofu, a package of Beyond Burger Plant-Based Burgers, a container of SO Good Tempeh, and a container of Soy Good Tempeh. There are also some smaller containers and packets scattered around.



BEANS **ORANGE JUICE** **TOFU** **VEGAN MILK**

DRIED FIGS **From Greens** **SOY**

LEAFY GREENS **VEGAN YOGHURT** **ALMONDS** **CHIA SEEDS**

Nassau County DOH Information

WHAT IS MONKEYPOX?



For more information call 516-227-9639

<https://www.nassaucountyny.gov/3551/Communicable-Diseases>

<https://www.nassaucountyny.gov/5433/Monkeypox-Vaccine-Info>

Monkeypox is a disease caused by a virus. You can get monkeypox if you:

- Touch the rash or scabs of an infected person
- Touch contaminated objects such as bed linens, clothing, or medical equipment used by an infected person
- Are within a few feet of an infected person and breathe in the virus released when they cough or sneeze
- Touch or are bitten or scratched by an infected mammal
- Touch contaminated products or objects from or touched by infected animals, such as skins (hides), meat, or animal bedding.

Monkeypox symptoms usually occur in two stages.

The first stage is often characterized by fever, headache, muscle aches, swollen lymph nodes (often in the neck and arm pits), and tiredness.

The second stage characterized by a rash occurs 1 to 3 days after the fever begins. The rash can begin on any part of the body. The lesions of the rash (bumps/blisters) develop on any part of the body, including genital areas. The lesions can also spread to other parts of the body. The rash often goes through several stages before scabbing over and resolving.

The monkeypox virus can be spread to others by an infected person until all the scabs fall off and a fresh layer of skin appears. Monkeypox can last up to a month and can be fatal in as many as 1 to 11% of people who become infected.

FAST FACT

According to a 2021 Bloomberg report, the plant-based food market is expected to reach \$162 billion by 2030.



RECIPE OF THE MONTH



Cauliflower Fried Rice

Ingredients

- 1 large cauliflower
- 1 tablespoon oil
- 2 cloves garlic chopped finely
- 1 large onion chopped finely
- 1 teaspoon ginger spring onions
- 1/4 cup carrots chopped finely
- 1/2 large bell pepper chopped
- 1 cup frozen peas
- 1 tablespoon sesame oil
- 2 large eggs whisked
- 1/4 cup soy sauce

Directions

- In a high speed blender or food processor, add your chopped cauliflower and pulse until a rice-like consistency. Set aside.
- In a large wok or frying pan, add your oil and place over medium heat. Once hot, add your onions and garlic and fry for 1-2 minutes, before adding your carrots, peppers, frozen peas, and riced cauliflower and cook for 3-4 minutes, until softened.
- Push the vegetables to one side and add the sesame oil then add the eggs and gently scramble them. Mix them through the vegetables.
- Add the soy sauce stir fry for 1-2 minutes, before removing the pan off the heat.

Vegan fried rice: Skip the egg and crumble up a block of silken tofu.

<https://thebigmansworld.com/keto-cauliflower-fried-rice-recipe/#recipe>

References

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From: <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

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From: <https://nationaltoday.com/world-breastfeeding-week/>

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Myths about breastfeeding

from: <https://www.unicef.org/parenting/food-nutrition/14-myths-about-breastfeeding>

Nassau New Health Chief

from <https://pages.pagesuite.com/8/6/8635a0bf-6fa0-42b8-b9ca-45484cf973db/page.pdf>

BY SCOTT EIDLER AND JOHN VALENTI scott.eidler@newsday.com john.valenti@newsday.com

Vegan vs. Vegetarian: What's the Difference?

from: <https://www.healthline.com/nutrition/vegan-vs-vegetarian#bottom-line>

What is Monkeypox?

from:

<https://wwwnc.cdc.gov/travel/diseases/monkeypox#:~:text=Monkeypox%20is%20a%20disease%20caused,used%20by%20an%20infected%20person>

RECIPE OF THE MONTH CAULIFLOWER FRIED RICE

from: <https://thebigmansworld.com/keto-cauliflower-fried-rice-recipe/#recipe>