



MID-BERGEN REGIONAL HEALTH COMMISSION

NEWSLETTER



**WHAT'S
INSIDE THIS
ISSUE:**

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FOLLOW US ON SOCIAL MEDIA

APRIL 2024

PUBLIC HEALTH WEEK

stay healthy and happy



Celebrate Public Health Week with the Mid-Bergen Regional Health Commission. This month, we embark on an exciting journey to the future. We will go back to the basics and into the future of Public Health. We'll explore the three P's, existing technological advancements, and Artificial Intelligence (AI). We hope to shine a light on the pivotal role technology has in shaping the future of Public Health. Sit tight and enjoy the ride!



WHAT IS PUBLIC HEALTH?

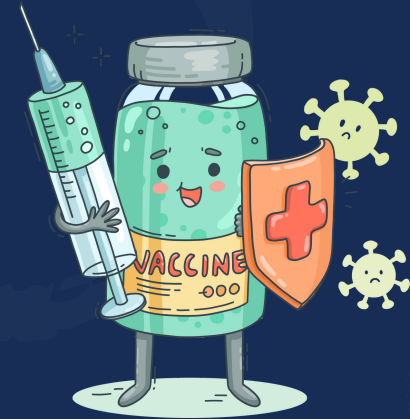
The Three P's

PREVENTION

Prevent diseases and their progression.

EXAMPLE:

Vaccinations, access to preventative services, screening programs.



PROMOTION

Promote healthy behaviors and environments.

EXAMPLE:

Education, health campaigns, physical activities programs.



PROTECTION

Protect the public by creating a safe environment from existing health hazards.

EXAMPLE:

Creation of health policies, emergency preparedness, and communicable disease control.





PUBLIC HEALTH TECH



1

TELEMEDICINE AND TELEHEALTH

Enables telecommunication of medical, diagnostic, health education, social support, and treatment-related services.

MOBILE HEALTH APPS

Enables phone applications to track health, such as tracking diet, sleep, physical activity.

2



ELECTRONIC HEALTH RECORDS

Enables the collection of data that can be shared across multiple healthcare organizations.



3

DISEASE SURVEILLANCE SYSTEMS

Enables an advanced, continuous, systematic collection, analysis, and interpretation of health-related data.

4





ARTIFICIAL INTELLIGENCE



IN PUBLIC HEALTH

WHAT IS AI?

"THE TERM 'ARTIFICIAL INTELLIGENCE' MEANS A MACHINE-BASED SYSTEM THAT CAN, FOR A GIVEN SET OF HUMAN-DEFINED OBJECTIVES, MAKE PREDICTIONS, RECOMMENDATIONS OR DECISIONS INFLUENCING REAL OR VIRTUAL ENVIRONMENTS."

NATIONAL ARTIFICIAL INTELLIGENCE ACT OF 2020

EXAMPLES OF AI

- VIRTUAL AGENTS
- MAPS
- CHAT GPT
- VIRTUAL REALITY
- SOCIAL MEDIA ALGORITHMS
- TESLA

HOW IS AI BEING USED IN PUBLIC HEALTH ?

CLICK TO READ MORE

- **NATURAL LANGUAGE PROCESSING (NLP), UNDERSTANDING (NLU), AND GENERATION (NLG):** ABILITY TO COMPREHEND, MANIPULATE, AND INTERPRET HUMAN LANGUAGE.
 - **EXAMPLE:** BEHAVIOR ANALYSIS THROUGH THE SOCIAL MEDIA AND CONSUMER-GENERATED DATA
 - **EXAMPLE:** ENHANCE COVID-19 VACCINE SAFETY MONITORING USING NATURAL LANGUAGE PROCESSING (NLP) METHODS TO ANALYZE MASSIVE AMOUNTS OF FREE TEXT FOR POTENTIAL SAFETY SIGNALS.
- **VIRTUAL AGENTS:** SOFTWARE APPLICATIONS THAT MIMIC WRITTEN OR SPOKEN HUMAN SPEECH TO SIMULATE A CONVERSATION OR INTERACTION WITH A REAL PERSON.
 - **EXAMPLE:** CHATBOTS
- **DEEP LEARNING:** CAN IDENTIFY DISEASES BASED ON IMAGING AND PREDICT HEALTH STATUS FROM ELECTRONIC HEALTH RECORDS.
 - **EXAMPLE:** DECIPHERING PATTERNS IN MEDICAL PICTURES LIKE X-RAYS AND CT SCANS THAT COULD POINT TO THE PRESENCE OF DISEASE.

ETHICAL CONSIDERATIONS

PRIVACY AND DATA PROTECTION, INFORMED CONSENT AND AUTONOMY, SOCIAL GAPS AND JUSTICE, MEDICAL CONSULTATION, EMPATHY, AND SYMPATHY

WHAT'S NEXT?

CDC IS EXPLORING NEW APPLICATIONS OF AI/ML FOR PUBLIC HEALTH, INCLUDING:

USING NLP METHODS ON FOODBORNE OUTBREAK DATA TO IDENTIFY POTENTIAL OUTBREAK SOURCES



MID-BERGEN REGIONAL HEALTH COMMISSION

Public Health Planner Spotlight and H.A.R.P Events

April 2024



Sarah Bombino, MPH

Sarah Bombino is a public health professional with a passion for health education and community engagement. She received her master's degree in public health with a concentration in health systems administration and policy from Montclair State University in 2022.

Sarah specializes in strategic partnerships and health and program planning, leveraging her experience working with children, adolescents, and families in both nonprofit and for profit settings. She has a strong background in educating individuals on various health topics such as sexual health, nutrition, behavioral health, and more.

Throughout her career, Sarah has collaborated with community stakeholders to develop effective programming that promotes better health outcomes for residents in New Jersey. She is dedicated to promoting health equity and ensuring that all individuals have access to the quality healthcare they deserve. With her expertise and passion for public health, Sarah Bombino strives to continue making a positive impact on the well-being of communities and individuals.

HACKENSACK MERIDIAN HEALTH EDUCATION EVENTS APRIL 2024

FOR MORE INFORMATION VISIT:

https://events.hackensackmeridianhealth.org/c/calendar/5acd99e2-c1d9-462e-b53b-40d71d775290?_ga=2.16426800.704716346.1709876496-912413152.1709876496

Teaching Kitchen: The Art of Plant-Based Cooking

🕒 April 10, 2024 at 12:00 PM – 1:00 PM ET
📍 Hackensack Meridian Fitness & Wellness

Learn how a plant based diet can help you achieve less risk of disease and improved health and well-being. [More Details](#)

Wellness Screenings: Blood Pressure

🕒 April 15, 2024 at 10:00 AM – 12:00 PM ET
📍 Hackensack Meridian Health Pascack Valley Medical Center

Pascack Valley Medical Center is offering free blood pressure screenings! No fasting required and no... [More Details](#)

Teaching Kitchen: Cooking with Heart; The Mediterranean Diet

🕒 April 17, 2024 – April 24, 2024
📍 Hackensack Meridian Fitness & Wellness

Join our registered dietitian as she leads this two part series on the Mediterranean Diet. We will share... [More Details](#)

Wellness Screenings: Blood Pressure

🕒 April 22, 2024 at 2:00 PM – 4:00 PM ET
📍 CVS Pharmacy

Pascack Valley Medical Center is offering free blood pressure screenings! No fasting required and no... [More Details](#)

Cancer Prevention and Detection

🕒 April 22, 2024 at 5:00 PM – 6:00 PM ET
📍 Auditorium - Mountainside Medical Center

Learn about behaviors that may increase the risk of Cancer and the importance of early detection. [More Details](#)

Oral Health

🕒 April 25, 2024 at 12:00 PM – 1:00 PM ET
📍 Montclair Public Library

Learn how to keep your mouth healthy! The importance of oral health and oral cancer prevention and... [More Details](#)

Wellness Screenings: Blood Pressure

🕒 April 29, 2024 at 10:00 AM – 12:00 PM ET
📍 Hackensack Meridian Health Pascack Valley Medical Center

Pascack Valley Medical Center is offering free blood pressure screenings! No fasting required and no... [More Details](#)

Coping with Cancer: Expanding Your Stress Management Toolbox

🕒 April 30, 2024 at 10:30 AM – 11:45 AM ET
📍 John Theurer Cancer Center, 1st Floor Conference Rooms

[More Details](#)

BERGEN COUNTY DEPARTMENT of HEALTH SERVICES

NATIONAL PUBLIC HEALTH WEEK 2024

Learn HOW AI IS SHAPING THE FUTURE OF PUBLIC HEALTH



featuring

Daniel Milczarski

JOIN US FOR A PRESENTATION
AND Q&A SESSION



MONDAY, APRIL 1, 2024 • 10 AM

4TH FLOOR-LEARNING CENTER • ONE BERGEN COUNTY PLAZA

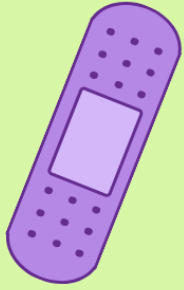


SCAN QR CODE TO REGISTER, OR VISIT
<https://aipubhealth.eventbrite.com>

#PUBLICHEALTHWEEK #AI #DANIELMILCZARSKI

Bergen County Executive, James J. Tedesco and the Board of County Commissioners
Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur

New Milford's Child Health Clinic



By Appointment Only

Services Provided:

Well Baby Check, School Physicals, Vaccinations, Referrals,
and Health Education

Date: Every 3rd Wednesday of the Month

Time: 9 A.M. to 1 P.M.

Location: New Milford Health Department,
930 River Road New Milford, NJ 07646

Call for an Appointment:

201-967-5044 Ext. 7221 or 7075

Program Eligibility:

Children Newborn to a full 18 years old with No Health
Insurance or have New Jersey Family Care A





Garfield Boilermaker Community Fun Day Saturday April 27, 2024 Century Field

Suzie's 5K

Registration 9:00 am

Start-time 10:00 am

Rain or Shine

Color Run 1:00 pm

Rain Date April 28



Spend the day
with us for our
Boilermaker
Community Fun Day.



► Free Community Health Fair ◀

Join us for fun and good health!

Free health screenings

11 am - 4 pm

- Blood Pressure Clinic
- A1C Screening T2 Diabetes Clinic
- Colon Cancer Screening Clinic
- Ask the Pediatrician
- Immunization Clinic
- Physical Therapy Clinic
- Lung Screening
- Holistic Stress Management
- Smoking/Vaping Cessation
- HPV Clinic
- Healthy Eating Workshop
- Bone Density Screening

- Suicide Prevention
- Poison Control
- Recovery Support Services
- Women's Health Info
- Breast Cancer Screening
- River Keeper

- Fitness Demonstrations:
- Zumba
- Power Hour Strength Training
- LaBlast Dance Aerobics
- Yoga
- Youth Yoga
- Body Sculpt
- Silver Sneakers
- Youth sports

And so much more!!!!



Deejay

11:00 am - 4:00 pm

Food Trucks

Inflatables

Vendors

Rain Date 4/28/24



Watercolor for Beginners

8 WEEK SERIES

Fridays at 11AM

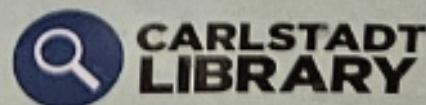
April 5, 12, 19 and 26 — May 3, 10, 17 and 24

Calling all beginner watercolor enthusiasts!

Beginner watercolor art classes are the perfect way to explore and express your inner-artist.

No experience necessary and
all materials will be supplied.

This event is for adults only
Registration is required per class
Visit carlstadtlibrary.org to register





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