

Mission Statement

To promote, protect, and assure conditions for optimal health through leadership, partnership, prevention, and response.

Vision

A healthy, robust, and resilient community.

Services

Madison Health Department offers a variety of services:

Municipal Registrar: Registrars assist residents with pet licensing, birth and death certificates, marriage licenses, and complaints.

Environmental Health: Our Registered Environmental Health specialists work to ensure proper handling of food is maintained in all retail food establishments and investigate housing, noise, and animal complaints.

Public Health Nursing: Our nurse administers vaccines, investigates communicable diseases, promotes and administers health screening and monitor school immunizations.

Health Education: Our Health Educator works to inform the community on current health issues and acts as a point of reference for health education.

STAFF

F. Michael Fitzpatrick, MA, HO
Health Officer

Lindsay Prewitt, CHES
Health Educator

Marlene Dolan, BSN
Public Health Nurse supervisor

Monika Koscova-Jencik
Deputy Registrar
Environmental Health Specialist

Joan Holler
Registrar/Office Assistant

Madeline Colandro
Office Assistant



Public Health
Prevent. Promote. Protect.

8 Springfield Avenue
Cranford, NJ, 07016



Cranford Health Department

8 Springfield Avenue,
Cranford, NJ, 07016
908-709-7238

This Month



Women's Health Screening

This comprehensive check-up for women will include manual breast and pelvic exams, colo-rectal exams, blood pressure checks and education.

Dr. Rohini Jobanputra will determine with each woman if a Pap test is recommended, based on medical guidelines

The screening will be held at the Madison Health Department located in the Civic Center, 28 Walnut Street, Madison on Monday, May 22 starting at 10:00 a.m.

Open to all women 18 years and older who live in Madison, Chatham Borough, Chatham Township, Cranford and Springfield, including and those without health insurance coverage

A \$25.00 fee may apply if a Pap test is indicated.

Appointments are necessary and may be made by calling 973-593-3079 ext.1.



Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined.

Skin Cancer Prevention

- Stay out of the intense sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.
- Natural Sunlight (UV-B Rays) is good for production of Vitamin D.
- Depending on the range of skin tone 10- 15 minutes a day in the sun can produce up to 10,000 IU of Vitamin D.



Importance of Physical Activity

- Burns Calories that your body stores from eating
- You can go at your own pace and gradually increase!
- Can help to improve mental health as well!
- Reduces risk of obesity and its complications

Easy Ways to add activity to your life

- Walk the dog with the whole family
- Take the stairs
- Park the car in the furthest spot
- Walk the golf course instead of using a cart
- Take a walk on your coffee break
- Instead of calling someone to catch up, walk and talk

#MOVEINMAY

