

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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WWW.WESTFIELDNJ.GOV/HEALTH

Dry January



The campaign to skip alcohol for a month fits right into expert advice: No level of alcohol consumption is safe for health, the World Health Organization warns, so abstaining is the healthiest option. Still, Americans keep drinking, with women's alcohol habits of particular concern.

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Cervical Health Awareness Month

Increasing screening and prevention are key components of the effort to eradicate cervical cancer. Since almost all cases of the disease are caused by human papillomavirus (HPV) infection, vaccines that protect against the virus could prevent the vast majority of cases.

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National Blood Donor Month

New and returning donors are critically needed as the blood donor base throughout the U.S. has continued to shrink. The blood community reminds Americans to consult with their local blood center to confirm their eligibility and to make an appointment to donate blood this month – or any time in 2024.

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The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield