Dear Friends and Neighbors:

As 2019 rapidly comes to a close I wanted to take a moment to wish you all the happiest and healthiest of the holiday season! It has been my pleasure to represent you all as member of the Middle-Brook Regional Health Commission this year. The Commission is a collaboration of four towns working together to assure the healthiest communities possible. Our mission is to improve the health of our community and environment through the use of prevention services, health promotion and protection strategies. We have a dedicated, experienced staff which works diligently toward this mission by investigating cases of disease to prevent spread in the community, inspecting our restaurants to assure safe foods, protecting our air and water through environmental activities, along with myriad other functions. While the Board of Health may not come to mind when you think of your town’s government, or pay your local taxes, it’s here and working for you. You may recall an incident only a few weeks ago where contaminated food from a supermarket in Somerville led to illnesses caused by Hepatitis A.

The Commission members are residents of the four communities, Green Brook, South Bound Brook, Warren, and Watchung. They meet regularly to manage the Commission and act not unlike a board of directors to steer the Commission’s work and provide guidance to our health officer. Over the past year, the Commission has continued to monitor and attempted to influence difficult health issues such as universal vaccination, gun violence, and e-cigarette use. We do not render healthcare, our mission focuses on the health of our community. A recent article published in the Journal of the American Medical Association concluded that for the third year in a row the average life span of people in the United States has declined, attributable in large degree to opioid addiction, suicide, and gun violence. While extremely disheartening, reports like this inspire the Commission to continue to work toward improving health and reversing the downward trend. In the end, what do we value most of all? Our health.

At this time, I want to thank our health officer, Kevin Sumner, and our dedicated staff for their hard work this year. Kevin is well known for his expertise, not just locally, but nationally, having just completed his term as President of the National Association of County and City Health Officials. And I would be remiss if I forgot to thank the other members of the Commission, as well as the members of our local boards of health. They are all volunteers. If you have any health related concerns or suggestions, I encourage you to reach out to Kevin, or the staff at 732-968-5151.

Again, I wish you, your family and friends and happy holiday season and a healthy and prosperous 2020.

Sincerely,

Greg Riley, President
Middle Brook Regional Health Commission

A regional commission formed pursuant to statute to provide health services to the communities of Warren, Watchung, Green Brook, and South Bound Brook.