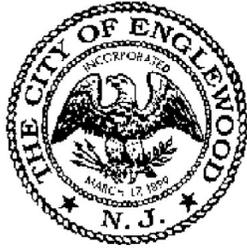


City of Englewood

Department of Health



Annual Report 2009

*Public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities, and individuals."
(1920, C.E.A. Winslow)*

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Kara Lindstrom, BS Registered Environmental Health Specialist
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Suzie Jean-Louis, MD, MPH, CHES Health Educator/Epidemiologist

PROJECT EMPLOYEES

Sheena Stanislaus, BA Reach & Teach Youth Health Educator

CONSULTANTS

Linda Eilyuk, RN Nurse
Marilyn Flach, RN Nurse
Edward Jackson, DMD Pediatric Dentist
Joyce Jacobson, RN Nurse
Marjorie Jones, MD Pediatrician
John Kang, BS Registered Environmental Health Specialist
Brenda Kenter, RN Nurse
Giannoula Lolis, RN Nurse
Ekanath Malavade, MD Pediatrician

MESSAGE FROM THE DIRECTOR

On behalf of the Englewood Board of Health and the staff, I present you with the 2009 Annual Report for the Englewood Department of Health. The report highlights the programs and services we provide in order to protect and promote the health of our residents. Our programs provide direct service to thousands of individuals through the areas of personal and preventative health, health education, environmental health, vital statistics, and emergency preparedness. Services are designed and delivered in such a manner as to have a positive impact on the overall health status and safety of our community.

The mission of the Englewood Health Department is simple: “to protect the public’s health by partnering with the community to prevent disease, promote wellness, and prepare for disaster.” This may sound similar to the goals of other health and medical agencies, but where the medical care system focuses on treatment after an illness has occurred, public health focuses on methods aimed at preventing health problems before illness strikes.

Over 250 years ago, Ben Franklin told us, “an ounce of prevention is worth a pound of cure,” and since then, public health efforts have proven Ben correct. We now know - almost down to the dollars and cents - that the cost of preventing illness is much less than that of treating and curing one after becoming ill. Add in skyrocketing medical and insurance costs, and prevention becomes more important than ever.

The focus for 2009 was not so different than other years for us: the prevention of illness and injury. Health department staff implemented numerous prevention activities – far too many to mention here. However, some of those activities, aimed at specific community and environmental health issues, stand out in their success to prevent injury and illness. Our accomplishments include the following:

** New Jersey State Department of Health funded H1N1 grant award in the amount of \$80,572*

** New Jersey State Department of Community Affairs grant award in the amount of \$23,395 for the purchase of a new lead analyzer/gun*

** Completion of a mutual aid health services agreement between the communities of Englewood and Bergenfield for public health preparedness and response to public health threats and emergencies*

** Held ten (10) community-wide H1N1 vaccine clinics, administering immunizations to over 1,012 residents and non-residents*

** Completion of the reconfiguration of the Vital Statistics Unit, redesigned to comply with Federal mandates for confidentiality, privacy, and security of information.*

** Implemented the CVS/Caremark Prescription Drug Discount program, a new program available to all city residents, free of charge, to save an average of 20% off the price of commonly prescribed medications at participating pharmacies*

** Entered into a Model Lead Safe City Agreement between the City of Englewood Mayor and the New Jersey Public Advocate to decrease the prevalence of the number of cases of lead poisoning in the Englewood Community*

** Provided CPR training and certification for all department staff and members of the Board of Health*

** 100% of the Environmental Health Unit staff have been trained and certified as lead assessors*

I am very proud of the services delivered by the Department of Health staff during 2009, and their commitment and dedication to improve the health of the Englewood community. As your health department looks to the future, it is important for you to know that we are here to serve you and your needs. I, and the staff, appreciate the continued support from our residents as we continue to move forward in making Englewood a safe and healthy place to live for all generations.

We are committed to promoting and protecting the health of Englewood residents by striving to prevent illness from occurring. In 2010, we will continue the dedication to our mission and, once again, focus on prevention. Together, Englewood will become an even healthier place to live, work, and visit, now and in the future.

Sincerely,

Nelson Xavier Cruz, MS, MBA
Director / Health Officer



MESSAGE FROM THE BOARD

The people of Englewood and their Health Department share a significant goal: the physical, mental and social well-being of the community. In this past year, every effort was made to meet this challenge. The board, director, and staff are currently working to find new avenues by which to engage our population in the preventive aspects of good health by reevaluating the resources of our department and the programs offered to the public. Examples of these activities are: fitness programs, vaccination clinics, and outreach via health education to schools on a variety of timely topics.

Another area where we are forging ahead of the curve is the direct involvement in emergency planning for the city. It is imperative that the Health Department take a proactive interest in the emergency response services in Englewood. Staying safe requires a great amount of thought, assessment, planning and action. This department's readiness was exemplified this autumn and winter with the H1N1 pandemic flu preparation and clinics. We were extremely fortunate that H1N1 was contained. We are thankful for the dedication of the staff, who worked very diligently, for meeting this challenge with energy and grace.

It has been a privilege to work with such an accomplished and dynamic group of people, both on the Board of Health and in the department which we oversee. Surely, the vision we have in common, a healthy and vibrant Englewood, will continue to inspire future boards, as it does us.

Dianna Lachman
President, Board of Health

REVENUE

REVENUE	2008	2009	Variance
<i>Operations:</i>			
Certified Copies & Corrections **	\$137,320	\$124,212	\$-13,108
Burial/Disintment Permits **	\$2,660	\$2,145	\$-515
Marriage/Civil Union Lic & Dom Partner Affidavits	\$5,675	\$4,399	\$-1,276
Dog Licenses	\$9,559	\$7,287	\$-2,272
Cat Licenses	\$1,804	\$1,324	\$-480
Pet Late License Fees & Duplicate Tags	\$4,547	\$3,541	\$-1,006
CHC User Fees	\$233	\$107	\$-126
Retail Food Licenses/Plan Reviews	\$35,067	\$42,482	\$7,415
Food Establishment Re-insp Fees	\$0	\$0	\$0
FMC and FHC Course Registration	\$0	\$0	\$0
Misc. Licenses (Pools, Temp. Food, etc.) / Late Lic	\$4,431	\$5,525	\$1,094
Misc. Income (Immun., Records, Photocopies,	\$233	\$225	\$-8
Fee For Service (Mantoux, Flu/Pneumo. Vaccines)	\$650	\$480	\$-170
 <i>Total Operations Income</i>	 \$202,179	 \$191,727	 \$-10,452
<i>Grants:</i>			
EMHC Reach & Teach	\$24,000	\$24,000	\$0
Bergen County CDBG (Nutrition Education)	\$9,500	\$0	\$-9,500
NJDHSS LIFT (Lead) Grant		\$23,295	\$23,295
NJDHSS H1N1 Pandemic Flu Grant		\$80,572	\$80,572
NJDHSS LINCS Pandemic Flu mini-grant)	\$6,358	\$0	\$-6,358
NJDHSS Public Health Priority Funds	\$9,076	\$9,348	\$272
NJDHSS Tobacco Age-of Sale-Enforcement	\$1,800	\$0	\$-1,800
 <i>Total Grant Income</i>	 \$50,734	 \$137,215	 \$86,481
 REVENUE GRAND TOTAL	 \$252,913	 \$328,942	 \$76,029
 <i>Fines Levied Through Municipal Court</i>	 \$12,298	 \$16,620	 \$4,322

VITAL RECORDS & LICENSING

Through a partnership with VitalChek, our customer service desk can now accept American Express®, Discover®, MasterCard® or Visa® as payment for any transaction at the Department of Health. The very nominal VitalChek fee is based on whether you choose to use debit or credit and the amount of your credit transaction if that is your choice. All fees are prominently posted, and the choice is always yours. Any fees are paid to VitalChek, as the service provider.

The Electronic Death Registration System (EDRS) has been in use for several years, but its implementation across the State was delayed due to programming to accommodate the changes in domestic status, such as Domestic Partnerships and Civil Unions. Last year, the training of all funeral directors and medical facilities was completed, and the use of this system will become mandatory effective April 15th 2010. For the family physician, the benefit is that they can log in wherever they are, as long as they have internet access, and certify the death certificate. What does it mean for you, the family member or executor or other legal representative of the deceased? A quicker turn-around time in the processing and filing of a death certificate, and an amendment when necessary.

Of significance regarding personnel, our License Clerk now also holds the position of Alternate Deputy Registrar. The Department now has a full complement of vital statistics staff to serve the public, near and far. There have been some delays in certification training by the State Department of Health. However, Vital Statistics staff training and support is on-going, by means of communications from the State Department, post-conference/seminar reports, and daily collaboration.

The Vital Statistics Unit, including the Customer Reception/Service area underwent major changes with funding from a capital expenditure. The State Department of Health had announced, three years ago, that it anticipated changes in Federal regulations related to the security of vital records and the personnel who handle those documents. Throughout the spring and summer, the Director/Health Officer and Administrative Assistant/Office Manager/Registrar worked closely with the architect and the project contractors to ensure that the project met the specified needs.

A four-week project turned into five months. The staff endured cramped working conditions and well-child clinics were forced to be cancelled. However, the Department is now proud of its new "first impression", and all the Vital Statistics/Administrative staff have their own personal work space – something they did not have previously. For this, we would like to thank the City Council and you, the residents, for realizing the need for the funding, and the Board of Health for your support in making the necessary dream a reality.



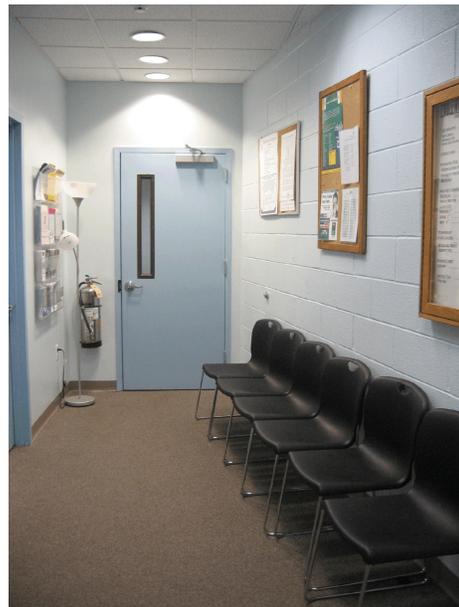
Customer Service counter/window with view from lobby into Vital Statistics/Administrative Support work area before security enhancement remodeling



Project construction in progress



The Customer Service counter/window can now be secured after business hours.



Adequate seating has been provided in the event there is a wait time for service, with timely and helpful information available at all times. Access to the Department interior is secure.

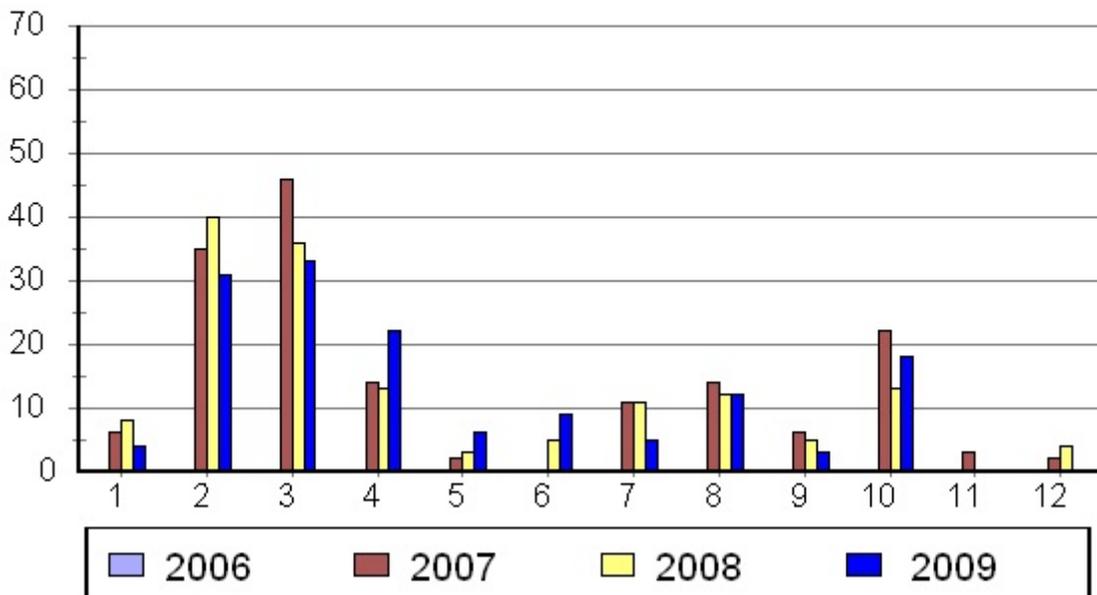


Staff now have individual workstations and all available space has been utilized efficiently for filing, storage and work surfaces.

CAUSES OF DEATH
Englewood Residents

		2006	2007	2008	2009
1	Accid/Suicide/Homicide	6	8	3	4
2	Carcinoma/Cancers	35	40	34	31
3	Cardio-vascular	46	36	37	33
4	Cerebro-vascular (incl dementia)	14	13	10	22
5	Diabetes	2	3	4	6
6	Intestinal/Fail to Thrive	0	5	6	9
7	Kidney/Renal	11	11	8	5
8	Liver/Sepsis	14	12	10	12
9	Other (<2 incidents)	6	5	9	3
10	Pulmon/Cardio-Pulm	22	13	22	18
11	Smoke Inhalation	3	0	0	0
12	pending investig	2	4	0	0
TOTALS		161	311	293	143

CAUSES OF DEATH
ENGLEWOOD RESIDENTS



ENVIRONMENTAL HEALTH

Registered Environmental Health Specialists (REHS) perform many public health and environmental duties throughout the State of New Jersey. The State relies on these licensed officials to reduce public health hazards by use of educational techniques, community outreach, and enforcement. Englewood's Environmental Health Unit consists of a Director of Health Services/Health Officer, who oversees all Health Department employees, one (1) full-time Senior REHS, one (1) full-time REHS, one (1) consultant REHS, and one (1) full-time Environmental Assistant.

The staff take their roles and responsibilities seriously. These include: food safety at restaurants and eating establishments, nuisance complaints (sewage, odors, insect/animal concerns, solid waste, etc.), hazardous materials, childhood lead programs, pool and temporary event inspections, updated recall information for food products, and vectors of disease (rodents, mosquitoes, and bedbugs). As health concerns arise with the growth of the community, the City of Englewood has relied on the professional services of the Environmental staff to address them.

Another important role of this Unit is reviewing blueprints and plans submitted to the City by various medical offices, new restaurants and for office renovations. The staff also performs City licensing inspections, such as Certificate of Occupancy (CO), Certificate of Continued Occupancy (CCO), and municipal license inspections for beauty salons and barber shops, nail salons, dry cleaners and laundromats, and rooming houses. Such inspections ensure that these establishments and their review process comply with State and local health ordinances.

It is vital that the Environmental staff be on-call 24 hours a day, 7 days a week, 365 days a year. An on-call schedule is distributed to Police, Fire, and Public Works dispatch. The following criteria constitute a health safety emergency:

- Retail Food Establishment (fire, flood, sewage, food borne illness)

- Wholesale Food Establishment (fire, flood)

- Outside service discharge of sewage

- Noise/Water pollution

- Extended period of electrical/power outage

Retail Food Program

For the Englewood REHS, one of the many services performed is the inspection of all food establishments and any temporary event vendors serving food to the public. Under New Jersey's State Sanitary Code for Food Establishments (Chapter 24), it is the responsibility of the establishment to make sure that all food sold and served is safe, properly labeled, and prepared under sanitary conditions. The State Code has changed over the past couple of years, and the REHS must educate and inform the food service personnel and owners of these new changes.

One of the major changes to Chapter 24 includes: the inspection sheet itself, which has now transformed into a Risk-Based Inspection Report. The first 24 items of the checklist pertain to Food Borne Illness Risk Factors and Interventions (management and personnel, preventing contamination from hands, food sources, food protected from contamination, and potentially hazardous foods/time and temperature controls.) Any of the items under these categories that are found to be out of compliance and not immediately corrected can warrant an establishment to be placed on Conditional Satisfactory.

Another significant change is the requirement that every Risk Type III establishment has a Certified Food Manager (or CFM) on premise during all hours of operation. Englewood takes this point even further in that we require every establishment to have a CFM during all hours of the operation. These managers are responsible for the oversight of the kitchen and its staff in making sure that all food is handled, prepared, and served in a safe and sanitary manner. The CFM is also the contact person responsible for communications with representatives from the Health Department. Safe cooking temperatures, and hot and cold holding temperatures, have also changed with the new code. Foods in cold holding must remain at 41°F or below, while hot holding foods must be maintained at 135°F or hotter. The “Danger Zone” is any temperature in-between that range where bacteria can grow exponentially. Hot or cold foods left out at room temperature for any reason, along with inadequate cooking of foods to proper cooking temperatures has the potential to make someone significantly ill.

Englewood currently has 233 retail food establishments licensed by its Health Department that are kept on a routine inspection schedule. The retail food program for the City of Englewood is broken down into 5 different types:

- I. Food markets, bakeries and catering facilities
- II. Full service restaurants
- III. Vending machines
- IV. Mobile vendors
- V. Pre-packaged candies, snacks, and gum

New Jersey requires all food establishments to be inspected at least once a year, but Englewood conducts inspections of these establishments on a stricter scheduling system. All food establishments are routinely inspected at least two (2) times per year. Type I and II establishments are inspected three (3) times or more, exceeding the number mandated by the State Sanitary Code. All establishments are subject to spot checks at any time during the year, and inspections are conducted during the food establishment’s operating hours and are unannounced. During the inspection, food handling, food temperatures, food supplies, hygienic practices, cleanliness, along with other health related conditions, are evaluated. In 2009, there were a total of 567 inspections conducted on all categorical types of retail eating establishments.

Food Establishment Inspections	2007	2008	2009
Type I – Food Markets	191	196	199
Type 2 – Restaurants	255	252	263
Type 3 – Vending Machines	36	35	37
Type 4 – Mobile Vendors	18	14	13
Type 5 – Sweets, Candy, Gum	22	22	25
Spot Checks	30	14	30
Total	552	533	567

Based on the standards of Chapter 24, establishments are graded according to the risk posed to the public. The grading system is as follows:

- Satisfactory: The establishment is in compliance
- Conditionally Satisfactory: Some violations were noted and need to be corrected within a certain time frame.
- Unsatisfactory: Gross violations were noted and the establishment should cease operations immediately until full compliance is achieved.

Conditional and Unsatisfactory ratings are submitted to the media (The Record) to inform the public and increase the community’s awareness about the establishments where they choose to eat.

On another note, each year there are a number of establishments that have to close their doors. But as one closes, another opens. Below is a list of establishments that have closed or opened in 2009.

Establishments Opened

- Aye Caramba
- Green ‘Licious Café
- Gelato d’ Amore
- Munchyz
- Green Fish Market
- Sweet Nothings Café
- 4 West Diner
- Englemart LLD
- Good Eats International Cuisine
- Walgreens

Establishments Closed

- Aye Caramba
- Sunrise Restaurant
- Gelato d’ Amore
- Mobile Food vending
- Franks A Lot
- M & G Catering
- Stanton Soul Food
- New Englewood Fish Market
- Almay’s West Indian Kitchen
- Barbeque’s Best
- Varsha Foods

Food For Thought

Each quarter, the Environmental staff produces and distributes a newsletter called *“Food for Thought”* for retail food establishments to educate food service personnel on sanitary issues, good hygiene, health issues/disease, and to give them reminders. This newsletter is mailed to schools, mobile food truck operators, healthcare providers, nursing homes and food markets. The articles provide insightful tips for food handlers and managers to help educate them on proper food safety. It also offers important reminders on information that should already be understood in the industry – such as: safe food cooking temperatures, integrated pest management, food borne illnesses, hand washing, and proper sanitizing methods. These newsletters are now also available to the general public on the City’s website.

Temporary Food License Inspections

During the year, Englewood has many short-term events where the public comes together. At these events, there are food vendors providing refreshments for sale. The Health Department licenses these vendors and inspects them to ensure that the public remains safe during their time of enjoyment. Vendors that plan on selling food at these events are required to complete a temporary license application and meet the State Sanitary Codes. There were 26 temporary events licensed in 2009, with inspections conducted at the following events:

Englewood’s Annual Farmer’s Market, African-American Caribbean Day Festival, July 3rd Celebration, Family Teen Center’s “Talent Showcase”, Jabari Society’s “Back to School Celebration”, Flat Rock Brook Nature Center’s “Holiday Sale”, and a number of church picnics and events throughout the year.

City Licenses and Miscellaneous Inspections

Working closely with the City Clerk’s Office, the Environmental Health staff inspects beauty salons, barber shops, nail salons, dry cleaners, and rooming houses that provide services to the community. Although these establishments are routinely inspected through the NJ State Department of Community Affairs (Board of Cosmetology, Division of Weights and Measures), they are also required to be licensed by the City of Englewood. When city licenses are renewed by these establishments, the Health Department inspection ensures compliance with City and State regulations. Miscellaneous inspections include, but are not limited to, Certificate of Occupancy or Continued Occupancy, plan reviews, and change of ownership. These allow the Health Department to verify that these establishments are in compliance with Chapter 24 – NJ State Sanitary Code – and all other applicable regulations.

City License Inspections	2007	2008	2009
Certif of Occupancy/Cont’d Occupancy	42	47	38
Liquor Store	49	30	36
Beauty Parlors/Barbers	37	32	30
Nail Salons	15	9	7
Laundromats/Dry Cleaners	8	8	10

Pre-Operational Inspections	20	18	20
Rooming Houses	3	6	4
Total	174	150	145

Public Health Recalls

Through the U. S. Food and Drug Administration, The Consumer Products Safety Commission, and the NJ LINCS system, the Health Department keeps abreast of products that are unfit or may cause harm to the public. Products that could be tainted, contain possible lead contamination, or contain undisclosed ingredients are reported to us through an email system and advise the Environmental Health staff whether or not to take action in the community. When action recalls are listed, the Environmental Health Unit performs inspections of establishments to make sure these products are removed from the shelves and not sold to the general public. We also inform the store owners/managers of the recalls so they are aware of it themselves and can provide information to their customers.

Recreational Bathing/Pool Inspection

With summer time comes pool time. Ten (10) Englewood pools (2 public/8 semi-public pools) were inspected for compliance with Chapter 9 of the State Sanitary Code. This included an opening inspection, monthly spot checks, and follow-up inspection on lab results for water quality for each pool.

Rabies Control

In the late 1970's, New Jersey saw the return of rabies. The disease has spread throughout the state and poses a continuous threat to the public. Rabies can be limited in its spread through proper vaccination of cats and dogs.

The Health Department conducts two free clinics each year to assist in the vaccination of pets. In addition, the Bergen County Animal Shelter offers two free clinics each month. Through proper vaccination, rabies poses less of a threat to the City of Englewood.

Enforcement Actions

When conducting inspections or investigating citizen complaints, problems can arise that require correction. Instead of immediately resorting to punishment, the Environmental Health staff tries to educate the violator on the problem and, in many cases, informs about how to efficiently correct it. Initially, a Notice of Violation can be issued to the responsible party listing the environmental concerns/issues as well as the necessary actions needed to be taken to correct the problem.

The responsible party is usually given up to two weeks to correct the problem, but it all depends on the situation. Unfortunately, educating a violator doesn't always work, and repeat offenses can become problematic. As a last resort, the staff will issue summonses to bring about compliance to these issues. There are times when exceptional violations require the immediate issuance of a summons. Along with summonses being issued, we try to make sure the violator is fully aware of why a summons is being issued and also educate them to ensure that no future violations occur.

Enforcement Actions	2007	2008	2009
Conditional Ratings	42	33	38
Unsatisfactory Ratings	3	2	0
Administrative Hearings	2	1	3
Summons	77	65	95
Abatement Notices Issued	6	16	20
Voluntary Food Destruction	8	16	72
Total	138	133	135
Complaints			
Solid Waste	20	12	14
Nuisances	28	48	33
Noxious Weeds	2	2	2
Rodent & Insect Control	12	19	17
Airs (Odors), Mold	10	12	8
Sewage	9	11	7
Food Complaints (incl food borne illness)	27	28	13
Animal Complaint Investigations	66	54	111
Lead Complaint Investig/Follow-up	0	4	6
Total	174	190	136
Total Enforcement Actions/Complaints	312	323	271



Nuisance wildlife complaint leads to animal rescue



Baby raccoon found in trap with broken jar around its neck

PUBLIC HEALTH NURSING

Public Health Nursing provides population focused care. Assessment, planning, and evaluation occur at the population level. The nursing process is used in relationships with individuals, families, groups, populations, and communities. Public Health Nurses work to promote and preserve health in addition to empower community residents to live healthy lifestyles and decrease preventable diseases, disabilities, and premature death. Public health and nursing share the same basic ethical principles: respecting autonomy, doing good, avoiding harm, and treating people fairly (Fry, 1983; Last, 1998)

The Standards of Care of Public Health Nursing Practice include the following:

Standard 1: Assessment

The public health nurse collects comprehensive data pertinent to the health status of populations.

Standard 2: Population Diagnosis and Priorities

The public health nurse analyzes the assessment data to determine the population diagnosis and priorities.

Standard 3: Outcomes Identification

The public health nurse identifies expected outcomes for a plan that is based on population diagnosis and priorities.

Standard 4: Planning

The public health nurse develops a plan that reflects best practices by identifying strategies, action plans, and alternatives to attain expected outcomes.

Standard 5: Implementation

The public health nurse implements the identified plan by partnering with others.

5A. Coordination: The public health nurse coordinates programs, services, and other activities to implement the identified plan.

5B. Health Education and Health Promotion: The public health nurse employs multiple strategies to promote health, prevent disease, and ensure a safe environment for populations.

5C. Consultation: The public health nurse provides consultation to various community groups and officials to facilitate the implementation of programs and services.

5D. Regulatory Activities: The public health nurse identifies, interprets, and implements public health laws, regulations, and policies.

Standard 6: Evaluation

The public health nurse evaluates the health status of the population.

(American Nurses Association. (2007) Public health nursing: Scope and standards of practice. Silver Spring, MD: Author.)

Child Health Conference

Families use the Child Health Clinic for various reasons; may be starting a new job, between jobs or starting a new job and participate in the clinic until their insurance becomes effective; children whose parents work and have no health benefits; families who don't qualify for New Jersey Family Care; and uninsured children not born in the United States.

The monthly Child Health Conference provides vaccines against preventable diseases to all uninsured children in the city of Englewood. The Clinic is sponsored by the New Jersey Vaccines for Children Program. Patients receive a full complement of preventative services including physical exams, height and weight measurements, developmental, oral, vision and hearing screenings, urine testing, and blood work including lead testing. Families receive referrals for any developmental or health issues and information regarding developmental milestones, safety education about infant/toddler equipment, toys and health hazards such as lead poisoning and other hazardous exposure. All information is available in English or Spanish.

School Immunization Audits

Englewood Schools and Child Care Facilities must comply with New Jersey's State Regulations on immunizations contained in Chapter 14 of the New Jersey Sanitary Code, Immunization of Pupils in Schools. The Public Health Nurse audits the immunization records of all children enrolled in school or child care in Englewood. In 2009, the Public Health Nurse audited 4,752 school immunizations records.

Chronic Diseases - Hypertension

To help residents monitor elevated blood pressure, the Englewood Health Department offers monthly Blood Pressure Clinics for all Englewood residents. The department also provides on-site blood pressure screenings, trainings, and health presentations to residents of 111 West Street and to employees of the DPW.

Health Consultation, Referrals, and Resources

Residents of Englewood utilize the Public Health Nurse as a source of health information. In person and/or over the phone, residents seek out information on medical equipment, low cost medical and psychiatric care, syringe disposal, communicable diseases and STD information, travel immunizations and where to receive them, employment related screenings, and a host of other health related issues. The Public Health Nurse is responsive to the needs of residents and provides consultation/assistance to city residents daily. Residents needing further information and concrete services are provided with referrals and directed to other agencies who can meet their exact needs.

Home Visits

When the Public Health Nurse is notified of a new adolescent parent in Englewood, the mother and child are immediately offered a home visit. During the visit, the nurse examines the child, conducts a physical assessment and performs routine development screenings on the child. The nurse provides support and guidance on infant care, parenting, immunizations, and

nutrition for mother and baby. Referrals and resources are provided for any identified health concern.

Nurses Week 2009

Nurses Week was celebrated May 6th through the 12th, with the theme "Building a Healthy America." The PHN posted a brief history of National Nurses Week, from the American Nurses Association website, in the Health Department. E-cards were sent to all public and private school nurses on May 6th, in observance of National School Nurse Day.

A Brief History of National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor Brendon Byrne declared May 6 as "Nurses Day."

1981 ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

(<http://www.nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/NNWHistory.aspx>)

Public Health Emergency: Combo POD Leadership I and II Training

On June 19th, the PHN attended a POD Leadership Training at the Bergen County EMS Training Facility, in Paramus, New Jersey. A "POD", or Point of Distribution, is a community based location where mass distribution of prophylactic oral medications, vaccinations and/or medical supplies will be distributed to a large group. This would include a town, county, first responders, etc. The POD goal is to distribute the prophylactic medications in a safe, fast, and efficient manner within 24 hours. There are approximately 904,000 residents in Bergen County.

Public Health Nursing Statistics

	2008	2009	VAR		2008	2009	VAR
CHILD HLTH CONF				SCHOOL			
Sessions	8	5	(3)	Audits Conducted	24	44	20
Attendance	68	25	(43)	Immun Records Audited	2,623	4,752	2,129
Active Files	N/A	183		Pre-K Lead Screen Doc	1,225	0	(1,225)
Closed Files	N/A	119					
Reopened Files	N/A	4		FLU CLINICS			
New Intakes	16	4	(12)	Flu Vaccine Admin	301	1,278	977
Immun Admin	147	49	(98)	Pneu Vaccine Admin	74	53	(21)
Teen Parents in CHC				HOSP/HOME VISITS		8	8
New Clients	N/A	3					
Repeat Clients	N/A	3		COMMUN FIELD		36	36
SCREENING				WALK-INS ASSISTED		99	99
Lead	N/A	1					
Med/Dental Ref	N/A	60		ADMINISTRATIVE			
Nutr Consult	N/A	31		Supervisory meetings	N/A	33	
WIC	N/A	0		Planning meetings	N/A	41	
Growth Measure	N/A	25		Correspondence			
				Lead results	N/A	12	
ADULT HEALTH				CHC/CHC reminders	N/A	16	
Weekly BP Clinic	N/A	163		General	N/A	20	
BMI/Body Fat	N/A	0		School Audit Letters	N/A	111	
BP/Child Safety Fair	N/A	0		Flyer Distribution			
BP/Health Ed	N/A	179		Flu Information	N/A	16,100	
				Phone Calls			
Senior Complex				CHC		176	176
Screening		63		Screen/Refs		81	81
Referrals		20		Home Visit/Birth Certs		6	6
Letters		0		WIC		2	2
				Physicians		146	146
DPW				Agencies		145	145
Outreach (seen)		58		Daycare / Schools		351	351
Outreach (referred)		3		Flu Info		3,394	3,394
				Misc		239	239
BBP TRAINING		86		Forms Completed			
				Immun Records		27	27
				School Forms req'd		7	7

HEALTH EDUCATION & PROMOTION

The provision of Health Education is a New Jersey State requirement for each local health agency (N.J.A.C. 8:52-2). Health Education is the link between the community and the health agency. The Health Educator is the referral source between the health department's resources and the public.

It is the mission of the Health Department to protect the health of the public, and the challenges we face are many. The City of Englewood is a very diverse community which makes our task ever more challenging. Learning about the different cultures in order to reach out to those who are more at risk is an everyday task. The minority populations are the most vulnerable with many health and social issues to be addressed, sometimes in an urgent manner. To reach these goals, community outreach is our priority. Our presence must be felt in the schools, places of worship, gathering places, and grassroots organizations.

Nutrition program

With the obesity epidemic, the nutrition program becomes even more relevant. Our program is school-based. We reach out to 6th graders at the Janis E. Dismus Middle School and teach them the basics of nutrition: Food Pyramid, Fruits and Vegetables, Reading Food Labels, Portion Distortion, Obesity, and Eating Disorders. Students are assessed at the beginning of the program and, at the end, evaluate their progress. They are taught healthy alternatives to their regular 'junk diet' and the importance of exercise. Although exercise does not have to be a structured activity; students are instructed to be more active, decrease TV and computer time, and play outdoors with their friends. The students are required to complete take-home assignments, and educational materials are sent home for the parents.

National Dental Health Month

Oral diseases are a significant public health problem from the perspective of both prevention and treatment. The compartmentalization involved in viewing the mouth separately from the rest of the body must cease because oral health affects general health. Poor oral health causes considerable pain and suffering by changing what people eat, their speech, quality of life and well-being.

All people benefit from oral care. Oral infections have been associated with stroke, heart disease, pre-term labor, and low birth weights. However, available data are insufficient to establish clear causation. Every year, the health department provides dental screenings at three different sites: Vincent K. Tibbs Day Care, Bergen Family Center, and the Health Department. All clinics are free of charge, and the children benefit from the services of a benevolent dentist. If further care is needed, they are referred to a dental network where they receive the necessary follow-up.

HEALTH PROMOTION

Newsletter

“The Englewood Health Watch” is published quarterly in both English and Spanish. 2,500 copies are distributed throughout the community and they provide information about health issues of interest to the Englewood residents. The newsletter is available on our web page and is also sent by mail to those who make the request.

Topics covered for 2009:

- Celiac Disease
- Cervical Cancer
- Colorectal Cancer
- Influenza

Public Health Advisories

Public health advisories are tools reserved for communicating urgent information to the public on health issues facing the community. Such advisories define the scope of the problem and provide important information on prevention and treatment. They are made available to residents in several languages, if necessary. These are posted in the lobby, at City Hall, on our web page, at area stores, places of worship, banks, laundromats, the Public Library, beauty salons, and barbershops. This year, advisories were issued on:

- Multi state E. coli Outbreak
- Salmonella (7)
- Cold Weather Alert
- Hypothermia
- H1N1 Influenza

Press Releases

Written communications, to highlight an important event, program, circumstance, or piece of information to the public, are provided to various media outlets for the purpose of promotion: The Record, The Press Journal, Northern Valley Suburbanite, and others.

Topics covered in 2009:

- Get Fit Englewood
- Family Health Awareness Fair
- National Public Health Week
- Dental Health Month
- World AIDS Day
- Child Safety
- H1N1 Influenza

Bulletin Board/Lobby

The outdoor bulletin board and the lobby are important tools for health promotion. Located on the outside wall of the health department, the bulletin board keeps the public informed of upcoming events and important reminders. The lobby is an important channel for dispensing information to clients waiting to be served. Each month, health-related topics, in accordance with the National Health Observances, are put on display for the general public.

Website

The department uses the City's website. The Health Department web page provides the public with quick access to health information, programs, and services.

Community Events

Various health events are sponsored by the Department throughout the year, and we participate in all community activities to promote our services and programs to the public. All staff members are required to participate according to their capacity and expertise. Educational materials in both English and Spanish are made available. This year events included:

- 1. World AIDS Day*
- 2. National Children's Dental Screening Month*
- 3. Community Health Fair*
- 4. Family Health Awareness Fair*
- 5. Annual Breast Cancer Awareness Walk – EHMC*
- 6. Flu and Pneumonia Clinics*
- 7. Family Success Center*
- 8. Get fit Englewood*
- 9. Sidewalk Sales Outreach*
- 10. Back to School Nights*
- 11. Baby Think It Over ... Again*
- 12. NJ Family Care Fair*
- 13. HealthEase Community Fair*
- 14. First Baptist Church – Heart Health*
- 15. Gang Awareness – Violence Prevention*
- 16. National Public Health Week*

REACH & TEACH

The Reach and Teach Program, implemented in August 1989, has been serving the community of Englewood and its youth for over 20 years. In partnership with other local organizations, Reach and Teach provides health education activities to positively engage youth and foster positive change in their lives. In addition to its youth programs, outreach sessions are conducted at local businesses to spread public health awareness.

The program is conducted by a full-time Youth Health Educator and resident of the Englewood community. Components of the program include “Keepin’ It REAL,” “Staying Safe In Seventh,” “Reaching Out, Reaching In,” “Shop Talk,” and the “Teen Health Hotline.” Working closely with the Board of Education, teachers, school nurses, and parents, these programs have brought great success in providing much needed information that promotes healthy lifestyles for youth.

Activities conducted through the Reach and Teach Program include: Red Ribbon Week, School Cafeteria Outreach/ “Table Talk,” Prom Precaution, Baby Think It Over and Baby Think It Over... Again, Teen Pregnancy Prevention, STDs and HIV/AIDS prevention.

Beauty Salons and Barbershops Outreach / Shop Talk

The Youth Health Educator is also an outreach worker whose role is to make the community aware of important public health issues such as: HIV/AIDS, STDs, diabetes, heart health, exercise, stress, breast cancer, prostate cancer, cervical cancer, smoking, drug abuse, etc. Two Friday afternoons and one Saturday a month, the Youth Health Educator reaches out to the local businesses through education sessions conducted inside the various establishments. Educational material, in both English and Spanish, is provided to the clients.

Cafeteria Outreach / “Table Talk”

Once a month, at Janis E. Dismus Middle School, Academies at Englewood and Dwight Morrow High School, cafeteria outreach is conducted. Various health topics, in line with the National Public Health Observances of the month, are discussed. Students are provided with appropriate information and are encouraged to take additional brochures/ pamphlets for themselves, family and/or friends. The Youth Health Educator interacts closely with the students as an objective health resource during their lunch periods, directly engaging them so that they will become more involved in the programs that are beneficial to their success and healthy lifestyle.

Englewood Coalition for Adolescent Health (ECAH)

Community agencies that deal with adolescent issues have formed a network called the Englewood Coalition for Adolescent Health. Its role is to promote health and wellness amongst youth. Meetings are held throughout the year to discuss issues that include, but are not limited to, obesity, substance abuse, high-risk sexual behavior, and violence. ECAH interacts with other organizations to create events that impact adolescent health by providing programs that lead to positive changes in the attitudes and behaviors of youth. June 30, 2010 will mark the end of the Englewood Coalition for Adolescent Health due to funding changes.

SPECIAL EVENTS

Game of Life

“Game of Life” is an annual event, organized by the Englewood Coalition for Adolescent Health (ECAH), held at Janis E. Dismus Middle School to familiarize students with community resources. It is attended by many organizations/agencies. Students are given real life scenarios where they are confronted with different needs/situations that require them to go into the community to seek help. They are provided with information about available resources and they, then, become familiar with the services offered. Based on their scenarios, the students are to shop around for the agencies/organizations that will best serve their needs. The Englewood Health Department plans to continue the annual Game of Life at the end of ECAH’s grant year.

Red Ribbon Week

During this specially designated week, emphasis is placed on substance abuse. Students are taught about recreational drugs and how they affect the mind and body by altering different physiological functions. Displays about club drugs, marijuana, heroin, and their derivatives are made available, for both students and faculty. Also displayed are replicas of narcotics and other dangerous drugs, including barbiturates, amphetamines, inhalants, cocaine, heroin, and drug paraphernalia. Students are encouraged to “Pledge to be Drug Free” by signing a poster board, after which they are given Drug Free memorabilia for their participation.

Reaching Out, Reaching In (RORI), Baby Think It Over (BTIO) and Baby Think It Over...Again (BTIOA)

These programs focus on teen pregnancy prevention through the use of informal lectures, group discussions, the use of computerized infant simulators, and an assembly.

Reaching Out, Reaching In is designed to address developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The 4-session program is about self-esteem, substance abuse, sexually transmitted diseases, and teen pregnancy prevention. It is designed to teach students about the consequences of risky behaviors.

At the end of the program, the students are encouraged to participate in Baby Think It Over, where parental consent is required for students to take the computerized infant simulators home for the weekend. The goal is to give students an idea of the challenges of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views about parenthood in the Baby Think It Over session.

Baby Think It Over...Again is a summation of the RORI and BTIO programs offered to the 8th graders. It is a means of addressing the students before they leave for their summer activities, and a reminder that will hopefully stay with them as they are under less adult supervision. In May 2009, BTIOA hosted a guest speaker and Health Educator who presented a very detailed and relatable PowerPoint presentation to the students about STDs/HIV/AIDS, teen pregnancy, peer pressure, oral, vaginal, and anal sex. To further emphasize precaution, an improv group had an interactive teaching session with the students; displaying scenarios to get out of peer

pressure situations. In 2010, Baby Think It Over...Again will be presented in an assembly for the entire 8th grade class.

Keepin' It REAL

Designed and implemented by the Department of Health, this program targets high school students who, after receiving training, become certified peer educators and are able to teach their peers about health issues of concern to the adolescent population. Topics such as sexuality, anatomy, and pregnancy prevention are addressed and discussed thoroughly with the participants. Towards the end of the program, the student participants are to conduct outreach with the Youth Health Educator at the middle school and high school on issues covered during the peer education training.

Englewood Public Library Summer Youth Program

Reach and Teach partners with the Englewood Public Library for a 6-week Summer Youth Program. It is meant to stimulate the literary minds of Englewood's youth while building confidence through activities focused on positive self-esteem, overcoming peer pressure, bullying, and community service. The program is facilitated by the Young Adult Librarian and the Reach and Teach Youth Health Educator. It is a two-part program that includes positive developmental workshops and a literary component. Arts Horizon plays an active role in teaching poetry and collages, creative writing, dance, acting, and music to the participants. With the assistance of student volunteers from the local high schools, the program is able to run smoothly.



HEALTH PROMOTION AND EDUCATION - 2009				
	2008		2009	
	Total Sessions	Total Reached	Total Sessions	Total Reached
COMMUNITY OUTREACH				
Child Health Conference	7	95	5	25
Bergen Family Center	1	42	3	120
Shop Talk	3	109	28	859
DMAE - H1N1 Influenza / for staff	0	0	1	500
H1N1 - Community Outreach	0	0	9	242
Summer Program	0	0	18	266
Summer Program/Englewood Public Library	0	0	7	70
Summer Program/Professional Development	0	0	6	4
Summer Outreach Tryon Avenue Pool	2	19	0	0
Summer Outreach MacKay Pool	1	17	1	20
Farmer's Market	2	40	1	15
Westside Infant Day care	0	0	7	47
SCHOOL OUTREACH				
Dwight Morrow High School and AE/Outreach				
- Alcohol Abuse	1	70	0	0
- Drug Abuse/Red Ribbon	3	320	2	550
- Heart Health	0	0	2	175
- Smoking Prevention	3	190	2	370
- STD's/ HIV/AIDS	4	435	4	600
- Physical Exercise/Nutrition	0	0	0	0
- Keepin' It Real	0	0	6	10
- Prom Precautions Outreach at DMHS&AE	1	150	2	370
Janis E. Dismus Middle School/Outreach				
- Alcohol Abuse	1	200	0	0
- Drug Abuse/Red Ribbon	1	200	1	180
- Nutrition	31	366	15	117
- Smoking Prevention	0	0	1	180
- STD's/HIV/AIDS	2	210	1	160
- Reaching Out, Reaching In Program	23	301	16	300

AGENCY ACTIVITIES

Childhood Lead Abatement Program

Childhood lead poisoning remains a major environmental health problem in the United States. Lead can enter someone's body if they breathe in lead dust (especially during renovations that disturb painted surfaces), put their hands or other objects covered with lead dust in their mouths, or eat paint chips or soil that contains lead. If not detected early, high levels of lead in children can be extremely dangerous. It can cause damage to the brain and nervous system, behavior and learning problems, slowed growth, hearing problems, and headaches.

Lead is even more dangerous to children than to adults because their brains and nervous systems are more sensitive to the damaging effects of lead. Lead, which is invisible to the naked eye and has no smell, may be found in other sources besides paint or dust. These may include : imported candies, imported toys and toy jewelry, imported cosmetics, pottery and ceramics, drinking water contaminated by lead leaking from lead pipes, solder, brass fixtures, or valves and consumer products, including tea kettles and vinyl mini-blinds. Adults may unintentionally expose their families to lead if they hold jobs that expose them to lead and they wear their work clothes home or wash them with the family laundry. Lead poisoning is entirely preventable.

In collaboration with the Public Health Nurse, Environmental Lead Abatement assessment inspections are performed. This occurs when the Health Department receives information from the NJ Department of Health indicating that a child with an elevated blood lead level (EBL) resides in Englewood. A child between the ages of 6 months to 6 years of age with an EBL reported between the limits of 15 to 19ug/dl (micrograms per deciliter) during two consecutive blood tests or with a reported threshold limit of 20ug/dl or above on one test requires an intervention by the Public Health Nurse and Lead Inspector/Risk Assessor(s) according to Chapter 13 of the State Sanitary Code pertaining to Childhood Lead Poisoning. Please note that the State is looking to lower these limits in the very near future.

At that time, the family is contacted and a home inspection is performed to not only assess possible sources of lead contamination with a lead analyzer but to recommend methods of abatement and to educate the family on proper diet, cleaning methods, and also how to keep an EBL from getting higher. The family continues to receive case management and follow-up until abatement is complete and the child's lead level shows improvement.

Renewed efforts have been made to inform the community of the importance of having their children screened for lead. Lead screening is offered to all children who participate in the CHC clinic. The key is preventing children from coming into contact with lead and treating those who have already been poisoned. If you suspect that your child has been exposed to lead, contact your health care provider. They can help you decide whether to perform a blood test because that is the only way you can tell if your child has an elevated lead level. Most children with elevated blood lead levels have no symptoms. The health care provider can recommend treatment if your child has been exposed to lead.

Four lead poisoning environmental intervention reports were received from the State in 2009. Two of those families received a risk assessment/education and EBLs have dropped significantly as to not require investigation. One has been satisfactorily abated, and the last is currently under legal action.

(CDC Childhood Lead Poisoning Prevention <http://www.cdc.gov/Features/LeadPoisoning/>)

Bloodborne Pathogen Training

In compliance with the 1992 OSHA Bloodborne Pathogens Standard, the Public Health Nurse and Health Educators provide Bloodborne Pathogen training to city employees who are at risk for occupational exposure to these pathogens, including hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV). The goal of this training is to provide a basic understanding of Bloodborne pathogens, common modes of transmission, and methods of prevention, focusing on job related potential exposure.

Communicable Diseases

The Public Health Nurse works in cooperation with the Health Educator/Epidemiologist toward the prevention of disease transmission, identification of disease trends and monitoring of existing communicable diseases. Monitoring outbreaks and encouraging appropriate medical follow up ensures limited spread of communicable disease(s) within the community. The duty of reporting infectious diseases through the Communicable Disease Reporting and Surveillance System, (CDRSS) has been assigned to the Health Educator/Epidemiologist.

Infectious disease investigations require collaborative relationships with State and County Representatives from the Communicable Disease Reporting and Surveillance Department, State and Local Laboratories, State Epidemiologists, Infectious Disease Hospital Liaisons, Private Physicians, Clinic Staff, School Nurses, infected individual and their families.

H1N1 Flu (Swine Flu) - Declared Pandemic Flu by the World Health Organization (WHO) in June of 2009

H1N1 Influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

In late March and early April 2009, cases of human infection with H1N1 influenza A viruses were first reported in Southern California and near Guadalupe County, Texas. Other U.S. states reported cases of H1N1 flu infection in humans and cases were reported internationally as well. The CDC worked together with local and state health agencies to investigate this situation.

City of Englewood Department of Health Action

The Public Health Nurse, Health Educator/Epidemiologist, and other members of the Health Department provided daily updated H1N1 influenza A information on the City of Englewood website. Teams dispersed brochures and flyers of information throughout the community. Literature was made available in English and Spanish. The Public Health Nurse and Health Educator/Epidemiologist provided H1N1 in-service training at schools, child care centers,

senior centers, and in the community at large. Multiple H1N1 clinics were held for children and adults alike.



Registration / Eligibility Screening



Vaccination



Sign out following 15-min observation

Community outreach activities and presentations were provided during the month of October. The Department of Health continues to offer updated H1N1 influenza information on the City of Englewood website. English and Spanish literature on seasonal influenza, H1N1, and hand washing continues to be dispersed in the community and at the Health Department.

- Oct. 3 Rite Aid: H1N1 and seasonal flu, breast and prostate cancer, hypertension, and cholesterol information and brochures were distributed. (18 participants)
- Oct 4 First Presbyterian Church: H1N1 presentation. H1N1 and seasonal flu, breast and prostate cancer, hypertension, and cholesterol information and brochures were distributed. (25 participants)
- Oct 25 Mount Calvary Church: H1N1 presentation. H1N1 and seasonal flu, breast and prostate cancer, hypertension, and cholesterol information and brochures were distributed. (32 participants)

Seasonal Flu & Pneumonia Clinics

Each year in the United States, thousands of people are hospitalized and even die due to influenza. Infants, toddlers, seniors over 65, and the chronically ill make up some of the high risk groups most affected by influenza and its complications. The best way to prevent the flu is by getting a flu vaccination each fall. The Department of Health held these clinics on October 2nd and 23rd, and November 2nd with a total of 225 flu and 55 pneumonia vaccines administered.

COMMUNITY OUTREACH

Dental Screenings

In March, the Public Health Nurse participated in the Department's Pediatric Dental Screening Clinic. Dr. Edward Jackson, DDS, Pediatric Dentist, performed the screenings and instructional cartoon videos were shown in the waiting area. Each child received a packet with dental literature, a tooth brush and toothpaste. Parents of each screened child received a letter with their results, recommendations of the dentist, and information on low cost, affordable dental

clinics in the area. General screening results included everything from no dental problems, recommendation for x-rays for possible cavities, minor visible cavities, major cavities, cavities requiring root canal, and dental issues that would benefit from braces.

Public Health Week

The first week of April commemorated National Public Health Week (NPHW). This year it was used to launch a new American Public Health Association (APHA) campaign: *Building the Foundation for a Healthy America*. Many activities were scheduled. At the Senior Center at 111 West Street, the Public Health Nurse and the Health Educator/Epidemiologist gave a presentation on life expectancy with emphasis on the importance of adult immunization, nutrition, and exercise. The United States ranks 46th in the world for life expectancy, behind Japan and most of Europe. Blood pressure screening was provided at all sites.

<i>Day</i>	<i>Location</i>	<i>Theme</i>	<i>Service/Info Provided</i>
<i>MON 4/6</i>	<i>Bergen Family Ctr</i>	<i>Child Vacc & Lead Poison</i>	<i>CHC Information, Vaccination, Keys to Prevention, NJ Vaccination requirements for school age children, Lead Poisoning Prevention</i>
<i>TUE 4/7</i>	<i>Janis E Dismus Middle School</i>	<i>Kick Butts Day : Smoking Cessation</i>	
<i>WED 4/8</i>	<i>Shop Rite</i>	<i>Health Care Disparities for Ethnic Minority Populations</i>	<i>Blood pressure screening , brochures and literature on hypertension, diabetes, stroke, obesity, cardiac problems</i>
<i>THU 4/9</i>	<i>111 West St / Senior Housing Complex</i>	<i>U.S. Life Expectancy</i>	<i>Presentation on life expectancy: history, medical advances, technology, disease prevention, medical treatment and compliance. Blood pressure screens</i>

Get Fit Englewood

Englewood residents are invited to become more active through the community walking challenge program which runs for eight (8) weeks in Mackay Park on Saturday mornings. Participants receive a pedometer, water bottle, and a walking log to track their steps. They also benefit from free blood pressure screening from the Public Health Nurse, glucose and cholesterol screening from Englewood Hospital and Medical Center, nutrition and fitness facts from a physical fitness specialist.



Englewood Annual Sidewalk Sale

The Department provided community outreach on July 23rd with the assistance of volunteers who distributed approximately 350-400 Influenza and H1N1 flyers. The PHN provided blood pressure screening for ten people, and 20-30 Spanish-speaking persons were given information regarding Influenza, H1N1 and information about hypertension. Residents were made aware that the Community Blood Pressure Clinic would be resuming the first Monday of each month beginning in August.

Making Strides against Breast Cancer: Kickoff Breakfast

The Director, the Health Educator/Epidemiologist and the Public Health Nurse attended the Kick-off Breakfast in August at Bergen Community College. There were multiple speakers, a few of whom were cancer survivors. Networking opportunities were available, and contacts were made with a public school nurse from the Paterson School District and the Bergenfield Public Health Nurse.



Annual Family Health Awareness Fair

The annual Family Health Awareness Fair was held on September 19th at the TD Bank parking lot, with 21 agencies participating and providing information about their services to the community. Each program unit of the Department was represented and provided information regarding services. In response to the H1N1 influenza pandemic, appropriate literature was on display in both English and Spanish.



Englewood Hospital & Medical Center offered free cholesterol and glucose screening. The Police Department provided information on alcohol and tobacco issues and provided displays of both healthy and diseased lungs. The Fire Department issued safety information, and the Public Works Department announced new recycling regulations with handout material. Shop Rite of Englewood graciously donated platters of fruits and veggies for the approximately 300 people who attended the event.

World AIDS Day

“Universal Access and Human Rights” was the theme of the December 1st event held at Dwight Morrow High School in celebration of World AIDS Day. The assembly-type event in the Dizzy Gillespie Auditorium facilitated the presence of all the students for a documentary entitled “Tangy’s Song”, depicting a young woman’s story about living with HIV. As the guest speaker, she also had some strong words for the students warning them about risky behaviors which

can expose them to a lifetime condition. Due to the large number of students, there were two sessions over the 1st and 2nd class periods with students and faculty in attendance.

A poetry/short story contest was a component of the program and was an overwhelming success. 72 students participated: 2 from the Academies of Englewood (AE), 1 from Liberty School Alternative Program, and 69 from Janis E. Dismus Middle School. The 2 winners, from the middle school, each received special prizes. All entrants were given a Certificate of Appreciation to acknowledge their participation and salute their efforts. At this event, there were a total of 1,500 participants.

RESOURCES

NJ Department of Health & Senior Services

<http://www.state.nj.us/health/index.shtml>

Bergen County Department of Health Services

<http://www.bergenhealth.org/>

Centers for Disease Control & Prevention

<http://www.cdc.gov/>

FEMA Disaster Assistance

http://www.cityofenglewood.org/FEMA_Disaster_Assistance.pdf

Mayo Clinic

<http://www.mayoclinic.com/>

Cleveland Clinic - Publications

<http://www.clevelandclinic.org/lp/facts/index.html?>

ACKNOWLEDGMENTS

City of Englewood

Daniel Fitzpatrick, City Manager
Robert Gorman, Assistant City Manager / Director, Human Resources
Howard Feinstein, Chief Financial Officer
Diana Patino, Treasurer
Ken Albert, Engineer
Arthur O'Keefe, Chief; Lawrence Suffern, Deputy Chief, Police Department
Robert Moran, Chief; Gerald Marion, Deputy Chief, Fire Department
Clyde Sweatt, Director, Public Works
Merle Simons, Director, Recreation Department
Karl Pearce, Supervisor, Buildings & Grounds
Peter Aballe, Chief Construction Official, Code Enforcement

Englewood Board of Education

Dr. Richard Segall

Englewood Hospital & Medical Center

Douglas Duchak, Michael Pietrowitz - Reach & Teach Program
Lori Villa, Phyllis Brown - Community Event Planning

The FRIENDS of the Englewood Health Department

NJ State Department of Health & Senior Services

Office of Local Health - Public Health Priority Funding
Health Infrastructure & Emergency Response - Emergency Preparedness for Pandemic
H1N1

NJ Department of Community Affairs

Model Lead Safe City Grant

County of Bergen

The Media

The Record, The Suburbanite, The Press Journal
New York 1

TD/Commerce Bank, Englewood, NJ
Shop Rite of Englewood, NJ
Dr. Edward Jackson, DDS, Hackensack, NJ

SERVICES

CHILD HEALTH CONFERENCE

- Immunizations
- Growth and development
- Nutrition counseling

ADULT HEALTH

- Hypertension clinics
- Annual flu and pneumonia immunizations
- Outreach to Senior Housing development

COMMUNICABLE DISEASE SURVEILLANCE

- Epidemiological followup
- Education/counseling

RABIES CONTROL PROGRAM

- Vaccination clinics
- Dog and cat licensing
- Bi-annual pet census

VITAL STATISTICS

- Certificates of birth, marriage, civil union, domestic partnership and death
- Marriage and civil union licenses
- Domestic partnership registration

ENVIRONMENTAL HEALTH

- Retail food establishment inspections
- Food service Managers Certification
- Public health nuisance complaint investigation and abatement

- Rodent control program
- Occupational health and safety
 - Hazardous waste
- Radon/asbestos information
 - Smoking control

HEALTH EDUCATION

- Public relations
- Consultation and promotion
- Blood borne pathogen training
- Employee health protection/prevention
- Lending/resource library

TEENAGE PREGNANCY

- Counseling
- Education
- Referrals

SEXUALLY TRANSMITTED INFECTIONS

- Counseling
- Prevention
- Education
- Referrals

REACH & TEACH PROGRAM

- HIV/AIDS and other STIs counseling
- Substance abuse and teen pregnancy prevention
- Abstinence/safer sex education
- Phone-A-Friend hotline

The Department of Health is open Monday through Friday from 9:00 a.m. to 4:30 p.m. for payment services, and until 5:00 p.m. for other services. The Department is staffed during the noon to 2:00 p.m. lunch hours. Legal holidays, when the Department is closed, are as follows:

New Year's Day
Lincoln's Birthday
Good Friday
Independence Day
Columbus Day
Veteran's Day
Christmas Day

Martin Luther King Jr's Birthday
President's Day
Memorial Day
Labor Day
Election Day
Thanksgiving Day

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