



2011

DEPARTMENT OF HEALTH
ANNUAL REPORT
ANNUAL REPORT

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MESSAGE FROM THE DIRECTOR

On behalf of the Englewood Board of Health and staff of the Health Department, I present the 2011 Annual Report for the Englewood Health Department. This report reflects the myriad of services your public health agency engages in to carry out the 10 Essential Public Health Services and accomplish our mission: *To protect the public's health by partnering with the Englewood community to prevent disease, promote wellness, and prepare for disaster.*

The report will provide details of the major activities we have accomplished over the past year. It will also provide our revenue and expense summary. In 2011, the budget (\$745,828) of the Englewood Health Department was 1.4% of the City budget (\$52,801,868). Also, the Health Department generated 31% (\$232,752) of the 2011 budget in operating income. When you analyze the per capita expense of the 2011 budget by comparing all the departments that render essential and emergency response services (Health, Fire, Police, and DPW) with a population of 26,203, the Health Department has the lowest per capita expense at \$28.46 – lower than the cost of a flu vaccine administered by Walgreens at a cost of \$29.95. The Englewood Health Department coordinates the public health system's efforts in an intentional, non-competitive, fiscally sound, responsive, competent, and non-duplicative manner. At a per capita expense of \$28.46, the Health Department is the most effective, efficient, and productive in the City of Englewood with the best ROI (Return On Investment) and value for its residents.

Effective public health is one of the characteristics of an industrialized society. Many of the major improvements in the health status of our country have been realized because of public health measures. These include programs to assure that our water and food are safe to consume, immunizations to prevent illness, and surveillance to monitor and control the spread of disease. Public health needs to be considered as an investment for the well-being of the community. Without the investment in those basic services, the overall health of the community will begin to decline.

I am extremely proud to be associated with such a dedicated public health staff and their commitment to provide the highest quality service to our residents in the City of Englewood. I encourage you to review the report and contact me if you have questions or comments. We continue to look forward to seeing you and working with you to make the City of Englewood a healthier place to live, work, and play in 2012 and beyond!

"For he who has health has hope; and he who has hope has everything." ~ Owen Arthur

Sincerely,

Nelson Xavier Cruz

Nelson Xavier Cruz, MS, MBA, HO, FACHE
Director, Health Services / Health Officer

MESSAGE FROM THE BOARD

Once again, the Englewood Health Department has successfully completed another year of service to the community. Our employees are to be commended for their dedication to the vision and mission of the department.

Budgetary constraints, as usual, have prevented us from bringing other related initiatives, which are relevant to the Englewood community, to the front of health policy. The medicalization of other paradigms, such as homelessness, caused the City's elected officials to be concerned as to how we might address these new issues in the future.

As President of the Englewood Board of Health, it was most gratifying to be part of the drum beat to keep health as a major concern to the people of Englewood.

Again, Mr. Cruz and his staff are to be complimented for their concern and hard work.

Respectfully,

Earl A Marsan

Earl A. Marsan, DDS, MPH, FACD
President, Board of Health

10 Essential Services of Public Health

1. Monitor health status and understand health issues facing the community. 2. Protect people from health problems and health hazards. 3. Give people information they need to make healthy choices. 4. Engage the community to identify and solve health problems. 5. Develop public health policies and plans. 6. Enforce public health laws and regulations. 7. Help people receive health services. 8. Maintain a competent public health workforce. 9. Evaluate and improve programs and interventions. 10. Contribute to and apply the evidence base of public health.

REVENUE

REVENUE	2010	2011
Operations:		
Certified Copies & Corrections	\$125,218.00	\$121,466.00
Burial/Disinterment Permits	\$1,667.00	\$105.00
Dog Licenses	\$9,873.00	\$7,563.00
Cat Licenses	\$1,915.00	\$1,070.00
Pet Late License Fees & Duplicate Tags	\$4,728.00	\$3,682.00
CHC User Fees	\$101.00	\$480.00
Retail Food Licenses/Plan Reviews	\$55,000.00	\$50,073.00
Food Establishment Re-inspection / Late Lic Fees	\$0	\$750.00
FMC and FHC Course Registration	\$0	\$0
Misc. Licenses (Pools, Temp. Food, etc)	\$7,339.00	\$4,030.00
Misc. Income (Immun. Records, Photocopies, Notary, Corrections)	\$266.00	\$310.00
Fee For Service (Mantoux, Flu/Pneumo. Vaccines)	\$25.00	\$1,290.00
Total Operations Income	\$206,132.00	\$190,819.00
Grants:		
EHMC Reach & Teach	\$24,000	\$24,000
NJHOA H1N1 Flu Mini Grant	\$0	\$10,000
Bergenfield partnership in NJHOA Mass Immun Grant	\$0	\$7,933
NJDHSS Public Health Priority Funds	\$4,326	\$0
Total Grant Income	\$28,326	\$41,933
REVENUE GRAND TOTAL	\$234,458	\$232,752

VITAL RECORDS & LICENSING

During the 2011 calendar year, presentations were made by the Registrar to an Allied Health class at Dwight Morrow High School in Englewood and to the New Jersey Local Boards of Health Association in Sayreville. "Vital Statistics: What is that anyway?" was designed, first, to inform the audience exactly what vital records consist of and to communicate the complexity and confidentiality of the information that is handled by the staff. The law, under State Statute N.J.S.A. 26:8, governs "right to access" to vital records, and the staff are bound to comply. We will, however, provide the public with assistance by suggesting means of providing adequate identification and establishing the necessary relationship.

Fees for Vital Records, Retail Food Establishment Licenses, and related fees, have been reviewed and revised by the Board of Health per the fee schedule recommended by the County Health Improvement Partnership (CHIP) working group. This not only necessitated modifications to forms and the Department's web site, and notifications to partners such as Englewood Hospital & Medical Center and VitalChek, it also required close collaboration between the License Clerk and the health inspectors to insure a smooth transition.

We are pleased to announce that the second Alternate Deputy Registrar, who also serves as the License Clerk, earned certification this year as a Certified Municipal Registrar. This means that both Alternates are now certified, which is above the standard set by the State Department of Health mandating certification of the Registrar and Deputy Registrar. Each of the staff is responsible for maintaining their certification by participating in continuing education training seminars or conferences, scheduled by the Administrative Assistant/Office Manager/Registrar.

CAUSES OF DEATH Englewood Residents					
		2008	2009	2010	2011
1	Accid/Suicide/Homicide	3	4	7	3
2	Carcinoma/Cancers	34	31	34	51
3	Cardio-vascular	37	33	41	32
4	Cerebro-vascular (incl dementia related)	10	22	30	27
5	Diabetes	4	6	0	7
6	Intestinal (incl Failure to Thrive)	6	9	7	9
7	Kidney/Renal	8	5	3	15
8	Liver/Sepsis	10	12	16	16
9	Other (<2 incidents)	9	3	1	4
10	Pulmon/Cardio-Pulm	22	18	32	15
11	HIV/AIDS	0	0	0	4
12	pending investig	0	0	1	1
TOTALS		143	143	172	184

ENVIRONMENTAL HEALTH

The Englewood Health Department's Environmental Unit is comprised of 2 licensed Registered Environmental Health Specialists (REHS), 1 consultant REHS, and a Public Health Investigator. Licensed Registered Environmental Health Specialists are New Jersey's **front-line investigators** for public and environmental health issues; they **assess and prevent health threats** and enforce many state and local regulations. The State of New Jersey relies on these licensed officials to assess and reduce public health hazards through the use of surveillance, educational techniques, community outreach, and enforcement. The role of the Public Health Investigator is to assure the adequate protection of the public health of all residents relevant to environmental/sanitation conditions and hazards, including the enforcement of all local, state, and federal statutes, ordinances, codes, and regulations associated with Environmental Health. Our Public Health Investigator is also a licensed Animal Control Officer, a licensed Animal Cruelty Investigator, a licensed lead inspector, and a licensed pesticide applicator, and is also our resident Rodent Control Officer.

Environmental Health addresses all aspects of the natural and built environment that may affect human health. Under the direct supervision of the Health Officer/Director of Health Services, and in conjunction with other departmental units, and various City and State agencies, the Environmental Health Unit addresses health concerns that include:

- Air quality, including both ambient outdoor air and indoor air quality, which also includes concerns about environmental tobacco smoke.
- Body art safety, including tattooing, body piercing, and permanent cosmetics.
- Disaster preparedness and response.
- Food safety, including in agriculture, transportation, food processing, wholesale and retail distribution and sale.
- Housing, including substandard housing abatement and inspection.
- Childhood lead poisoning prevention and lead poisoning investigation.
- Liquid waste disposal, including city wastewater treatment plants and on-site waste water disposal systems, such as portable chemical toilets and grease traps.
- Noise pollution control.
- Recreational water illness prevention, including swimming pools, spas, etc.
- Safe drinking water.
- Toxic chemical exposure whether in consumer products, housing, workplaces, air, water, or soil.
- Vector control, including the control of mosquitoes, rodents, flies, cockroaches, and other animals that may transmit pathogens.
- Response to animal complaints and animal bites and/or incidents.

As health concerns arise with the growth of the community, the City of Englewood has relied on the services of the Environmental Health Unit to not only address them but also educate the community on how to prevent them from happening again.

There is no telling when an environmental emergency may occur. It is vital and essential 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 on a regular, ongoing basis. The following criteria constitute a health safety emergency:

Retail Food Establishment (fire, flood, sewage, food borne illness, loss of power)
 Wholesale Food Establishment (fire, flood)
 Outside service discharge of sewage
 Noise/Water pollution
 Extended period of electrical/power outage

Retail Food Program

One of the many services performed by the City of Englewood REHS is the inspection of all retail food establishments, as well as temporary events, mobile food trucks, and vending machines. Under Chapter 24, which is the State of New Jersey’s State Sanitary Code for Food Establishments, food establishments are required to “ensure that all food sold, prepared, and served are safe, prepared under sanitary conditions, and are properly labeled.” 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 food trucks and Vendors
- V. Pre-packaged candies, snacks, and gum

According to New Jersey’s State Code, New Jersey requires that all food establishments be inspected at least once a year, or as often as deemed necessary. The City of Englewood’s 224 licensed retail food establishments are inspected more frequently. Routine inspections of all food establishments occur at least twice a year. Type I and type II establishments are inspected three (3) times or more, with unannounced spot checks at any time.

Food Establishment Inspections	2009	2010	2011
Type 1- Food Markets	199	189	158
Type 2- Restaurants	263	277	229
Type 3- Vending Machines	37	51	14
Type 4- Mobile Vendors	13	14	12
Type 5- Pre-packaged Sweets, Gum, Candy	25	27	25
Re-inspections	N/A	56	21
Spot Checks	30	31	39
Total	567	645	498

Routine Chapter 24 inspections consist of observing food handling, cooking, and serving procedures, taking food temperatures, observing hygienic practices, general overall cleanliness, and other health related conditions. These evaluations typically occur during regular business hours and are unannounced. Each inspection results in a grade which assesses the posed risk to the public. This grading system is based on the standards of Chapter 24, and it includes issuing a placard which the establishment must post in plain view so that the public may view it. The grading systems are as follows:

Satisfactory: (White Placard) The establishment is in full compliance with the State Sanitary Code.

Conditionally Satisfactory: (Yellow Placard) The establishment is in violation of one or more provisions of the State Sanitary Code, and a re-inspection is scheduled.

Unsatisfactory: (Red Placard) The establishment is in violation of the State Sanitary Code, with one or more gross unsanitary conditions which pose an imminent health hazard. The establishment should cease operations immediately until full compliance is achieved.

All Conditional and Unsatisfactory ratings are submitted to *The Bergen Record* to inform the public and to increase the community's awareness, so that the community can make an informed decision on where they choose to eat.

Establishments Closed in 2011

Establishments Opened in 2011

Sushi California	Rose's Hotdogs	Wasabi Japanese Restaurant
Shilla Bakery	Carvel of Englewood	Teita
Wild Nigri	International Fish Market	Executive Caterers
Young Boon Shik	Dough Heads	Cupcakes by Carousel
Neighborhood Stop	Garden State Market	La Maravillas de Tulcingo
Saigon Bistro	Papa's Subs & Wings	Levant Grille
	Chipolte	Beverage Barn
	New Quick Market	The Market Place
	Various Vending locations	

Food For Thought

Our quarterly newsletter, called "Food For Thought," is compiled and distributed to educate and inform food service managers and workers on sanitation issues, hygiene, health issues, disease, relevant Health Department news, and hot-button topics. Copies of the newsletter are mailed to restaurants, school cafeterias, mobile vendors, markets, hospitals and nursing homes, and convenience stores. These articles serve as a valuable tool to further solidify what should already be understood in the industry, as well as changes to the New Jersey State Code and other relevant news. Some topics covered in the newsletter are proper hand washing techniques, cleaning procedures, food safety during emergency situations, sanitation, and holiday food safety. Issues of "Food For Thought" are available for viewing on the City's website.

Temporary Food Licenses Inspections

During the course of the year, there are many special events that are planned in the City of Englewood. Many of these special events involve the sale and/or preparation of food. Vendors who plan on selling or providing food at these events are required to apply for a temporary food license to ensure they meet the State Sanitary Codes. These vendors are inspected at the event to ensure the public is kept safe while eating at the event. In 2011, there were 19 temporary food licenses issued. Some of the temporary events inspected were:

Annual Farmer's Market, African-American Caribbean Day Festival, EVAC pig roast, Flat Rock Brook Nature Day, Bank of New Jersey Grand Opening, Men's Fellowship, Multicultural Day, Metro Kids Carnival for Children, Juneteenth Celebration, Fourth of July Celebration, Englewood Senior Happenings, Just For You Celebration, Back to School Party, First Baptist Church Fish Fry, Annual Community Cookout, and Flat Rock Brook Holiday Sale.

City License and Miscellaneous Inspections

Another important role of the Environmental Health Unit is the conducting of various, city-wide inspections. The Environmental Health Unit reviews blue prints and plans submitted to the city by various medical offices and new retail food establishments. These plans and blue prints include the framework for the development of a new establishment, or renovations to an existing establishment. 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, laundromats, rooming houses, and pet stores and animal shelters/kennels are also conducted. These inspections ensure that these establishments, and the procedures they have in place, comply with State and City health ordinances. Although beauty salons, barber shops, nail salons, dry cleaners, and rooming houses are routinely inspected through the NJ State Board of Cosmetology and NJ State Department of Community Affairs, the Environmental Health staff inspects these businesses prior to their annual license renewal, through the City Clerk's office, to ensure compliance with City and State regulations.

City License Inspections	2009	2010	2011
Certificate of Occupancy/Continued Occupancy	38	36	40
Liquor Store	36	29	56
Beauty Parlors/Barbers	30	17	42
Nail Salons	7	12	10
Laundromats/Dry Cleaners	10	12	9
Pre-Operational Inspections	20	13	27
Rooming Houses	4	5	6
Pet Stores/ Animal Shelter/Kennels	2	2	2
Total	147	126	183

Public Health Recalls

Through the U.S. Food and Drug Administration (FDA), the New Jersey Food and Drug Safety program, the Consumer Products Safety Commission, and the NJ LINCS system, the Health Department is informed of products that are unfit, or may be compromised, that may cause harm to the public. Products that could be tainted or compromised are announced through an email system alerting the Englewood Health Department staff on what, if any, action should be taken in the community. When action recalls or alerts are received, inspections are conducted to ensure that these products are removed from the shelves and are not sold to the general public. Store owners/managers are informed of the recalls so that they can inform their customers.

Recreational Bathing/Pool Inspection

As the seasons change, and the cold and frigid winters give way to beautiful summer weather, the Environmental Health Unit ensures that Englewood's 8 semi-private pools and 2 public pools are safe for everyone to enjoy. With the help of our Certified Pool Operator, we conduct thorough inspections which include checking safety equipment, verifying the certification of lifeguards, and monitoring water quality to ensure it is in compliance with State Bathing Codes. Throughout the summer, "spot check" inspections take place, unannounced, on a monthly basis, as well as water quality analysis on all licensed pools.

Youth Camp/Summer Program Inspections

Inspection of youth and summer camps is another important facet of the Environmental Health Unit. All youth camps must register annually with the New Jersey Department of Health and Senior Services (NJDHSS). Youth camps are also inspected by both the NJDHSS and local departments of health.

This year, the adoption of a revised code (chapter 25) called for stricter standards of adherence. One of the new requirements is mandatory background checks each year of all employees, as well as verifying the certifications of the nursing staff and the camp director. In 2011, the Environmental Health Unit inspected 5 youth camps.

Rabies Control



Rabies is a deadly, viral infection that is mainly spread by infected animals. The Englewood Health Department and the Environmental Health Unit has taken steps to protect the public against this serious disease.

These steps include:

Two (2) free rabies clinics

Licensing of dogs and cats to ensure vaccination against rabies

Coordinating with the State and County on animal bites and possible rabid animals

At the Health Department's two free rabies clinics, a total of 189 dogs and cats were vaccinated against rabies. In addition to the Health Department's annual rabies clinics, the Bergen County Animal Shelter holds two rabies clinics per month. The availability of free vaccines helps to protect the public by limiting/eliminating the spread of rabies.

Serving as host site for Internships

Part of our responsibilities as officers in the Public Health Field is to assist in educating future members of our profession. We encourage and welcome students to intern and provide them with an environment conducive to learning and development. In 2011, we were fortunate enough to have four (4) students intern at the Englewood Health Department.

Statistical overview	2009	2010	2011
Enforcement Actions			
Conditional Ratings	38	51	21
Unsatisfactory Ratings	0	1	1
Administrative Hearings	3	2	0
Summons	95	123	70
Notices of Violation	20	45	41
Voluntary Food Destruction	72	58	442
Total	228	280	575
Complaints			
Solid Waste	14	7	24
Nuisances	33	55	44
Noxious Weeds	2	1	0
Rodent & Insect Control	17	19	38
Airs (Odors), Mold	8	19	35
Sewage	7	2	4
Food Complaints (incl food borne illness)	13	17	17
Animal Complaint Investigations	111	115	99
Lead Complaint Investigation/ Follow-up	6	2	7
Total	136	263	268
Total Enforcement Actions & Complaints	364	543	843

PUBLIC HEALTH NURSING

The practice of public health nursing is unique in that the patients seen are healthy. The role of the public health nurse focuses on promoting healthy behaviors, prevention of illness, injury or disability, and health maintenance. The public health nurse adapts his/ her practice to the individual, family, or population as a whole. The scope of practice of the public health nurse includes:

- The practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences.
- A population-focused and community-oriented approach to nursing practice
- Prevention of disease and disability for all people as the goal.
- Partnering with nations, states, communities, organizations, and groups, as well as individuals, in completing health assessments, policy development, and assurance activities.
- Assessing the needs and strengths of the population, designing interventions to mobilize resources for action, and promoting equal opportunity for health.

Public health nursing is delivered in various ways which include: vaccination clinics; adequate school entry immunizations; health screenings; investigating communicable disease; health teaching; assisting with access to primary medical care; and accessibility to social service resources.

All public health nursing interventions are focused on assuring the health and longevity of individuals, families, and the community.

Child Health Conference

The Well Baby/Youth Clinic is open to all residents and non-residents of Englewood from 0 to 18 years of age. The criteria for participation are based upon the poverty guidelines set forth by the State of New Jersey. Fees are based on income and family size. The program is open to all children whose parents work and have no health benefits, families who don't qualify for New Jersey Family Care, or families that have insurance that do not cover immunization.

The monthly Child Health Conference provides immunization vaccines to all uninsured, eligible children. Vaccines are provided by the New Jersey Vaccines for Children Program. Patients receive a full complement of preventative services including physical exams, height and weight measurements, developmental screenings, oral screenings, vision and hearing screenings, and lead and hemoglobin testing.

	Birth	2 months	4 months	6 months	12 months	18 months	2-3 years	4-6 years
HEP B	*	*	*	*				
ROTA		*	*	*				
DTAP		*	*	*	*			*
MMR		*	*	*	*			
PCV		*	*	*	*			
IPV		*	*	*				*
INFLUENZA						Yearly		
MMR					*			*
HEPA					*	*		
VARICELLA					*			*

Families receive referrals for developmental or health issues and information on 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.

In 2011, there were 7 monthly CHC clinics held which provided services to over 50 children. A total of 100 immunizations were administered. Immunizations against vaccine preventable diseases, including seasonal influenza, were provided at each CHC using vaccines provided by the Vaccines for Children Program of NJ. Vaccinations are provided to children up to 18 years of age. Well child exams are performed by a pediatrician during the CHC for children age newborn to 6 years of age.

The Public Health Nurse arranged for NJ Family Care representation, at most CHC clinics, to assist families in acquiring health insurance and locating a medical home.

Adult Vaccination Project

With the assistance and support of the Vaccine Preventable Disease Program, the Public Health Nurse is able to offer immunizations to adults for a nominal fee. Tetanus, Diphtheria and Pertussis, Meningitis, Human Papilloma Virus, Flu, Pneumonia, Hepatitis A, and Hepatitis B vaccinations are offered for a fee of \$16.00 per shot. To date, the Public Health Nursing Unit has administered 50 vaccinations at the Health Department and at the Friends of Grace Seniors Korean Community Center, where we hold vaccination clinics for adults.

Communicable Diseases

The Public Health Nurse worked in partnership with the Epidemiologist in 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) was assigned to the 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 individuals and their families.

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 facilities in Englewood. In 2011, the Public Health Nurse audited 2,495 school immunization 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 employees of the DPW. In 2011, a total of 75 BP screening participants were seen at 111 West St., and a total of 28 BP screening participants were seen at 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 STI 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 and sensitive to the needs of residents and provides consultation/ assistance to city residents daily. Residents needing further information and concrete social services are provided with referrals and directed to other agencies who can meet their health needs and concerns. The Public Health Nurse made a total of 58 community field visits, performed 20 Tuberculosis tests, conducted blood pressure screenings for 200 Adults, and assisted 100 residents seen on a walk-in basis.

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 all identified health concerns.



Figure 1 Dental Screening @ Charter School (June)

HEALTH EDUCATION & PROMOTION

“Each local health agency shall provide a comprehensive health education and health promotion program which is developed and overseen by a health educator and provides integrated support to the daily operation of the local health agency” (Public Health Practice Standards for Performance for Local Boards of Health in New Jersey, NJAV8:52). It allows the health department to reach out and educate the community about important health issues. The health educator is the referral source and link between the health department’s resources and the public.

Our mission is to protect the health of the public, and the challenges we face are many. Learning about the different cultures in order to be able to reach out to those who are most at risk is an everyday task. They are the most vulnerable populations 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 at schools, churches, their gathering places, and grassroots organizations to ensure optimum accessibility to all age groups and life cycles.

Nutrition program

A school-based initiative to teach the 6th graders at Janis E. Dismus Middle School about the basics of nutrition: Food Pyramid, Fruits and Vegetables, Reading Food Labels, Portion Distortion, Obesity, and Eating Disorders. Students are assessed at the beginning and end of the program to evaluate progress. They are taught to make healthier choices and are provided information and literature for family and friends. There are take home assignments that the students are required to complete and educational materials are sent home for the parents.

Staying Safe in Seven

A program designed and implemented by the Englewood Department of Health to teach seventh graders about violence prevention, bullying, peer pressure, dealing with anger, parental conflict, and conflict resolution. The sessions are interactive, and children are encouraged to share their experiences, and to draw lessons from them. These topics are debated in a discussion-type atmosphere. The students are taught that anger is a normal emotion, and being angry at people or life circumstances is okay, but the way it is handled makes the difference.

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 by causing considerable pain and suffering and by changing what people eat, their speech, and their quality of life and well-being. Few people benefit from oral care, and oral health remains pandemic. It is also called “The Neglected Epidemic”. Oral infections have been associated with stroke, heart disease, pre-term labor, and low birth weights. However, data is insufficient to establish clear causation. Every year the health department provides 3 dental screenings at three different sites: Vincent K. Tibbs, Bergen Family Center, and the health department. All three clinics are free of charge and the children benefit from the services of a benevolent dentist, Dr. Eric Jackson. If further care is needed, they are referred to a dental network where they will receive the necessary follow-up.

HEALTH PROMOTION

Newsletter

“The Englewood Health Watch”, our quarterly newsletter, is published (also in Spanish when possible) and distributed throughout the community and posted on our website. It provides information about health issues of interest to the Englewood residents. The newsletter is also sent by mail and electronically to all subscribers.

Topics covered for 2011:

- Sudden Infant Death Syndrome (SIDS)
- Adult Vaccines
- Mass Immunization Exercise
- Food Allergies
- Alzheimer’s Disease
- Earthquake Safety
- World Health
- Rabies
- Aging and Illness
- Youth Violence

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. They are posted in the lobby, at City Hall, on our web page, at area stores, churches, banks, laundromats, the Englewood Public Library, beauty salons, and barbershops. This year, advisories have been issued on:

- FDA Recalls
- Measles Outbreak
- Dog Treat Advisory
- Hookah Bars in Englewood
- CDC Ecoli Advisory
- Meningitis FAQ
- Beat the Heat
- Listeriosis
- Electric Toothbrush Safety Alert
- Salmonella Saintpaul
- Heat Advisory
- Preventing Illness After the Storm
- Measles Advisory for Camp Professionals

Press Releases

A press release is a written communication to highlight an important event, program, circumstance, or piece of information to the public. It is provided to different media outlets for the purpose of promotion: The Record, Northern Valley Suburbanite, and other venues.

Topics covered in 2011:

- Posting of Restaurant Inspection Reports Online
- Rabies Clinic
- Public Health Week
- Englewood Concussion Policy
- Englewood Family Health Awareness Festival
- National Public Health Week
- World AIDS Day
- Dental Health Month

Bulletin Board/Lobby

The bulletin board is an important venue for health promotion. Located outside the health department, it keeps the public informed of upcoming events and important reminders. Each month, health-related topics, in accordance with the National Health Observances, are displayed in the lobby and made available to the public. The lobby, the health department’s waiting area, provides a channel for dispensing information to clients waiting to be served.

Website

The health department uses the city's web site. The health department's web page provides the public with quick access to health information, programs, and services.

Community Events

Various health events are sponsored by the health department throughout the year. We also participate in community activities to promote our services to the public. All staff members are required to participate according to their capacity and expertise to provide consultation and support. Educational materials and print information in both English and Spanish are made available, and the public is encouraged to read it to become familiar with our services and different public health issues/topics that can support behavioral changes and promote healthier lifestyles. This year events included:

1. World AIDS Day
2. National Children Dental Screening Month
3. Community Health Fair
4. Englewood Family Health Festival
5. Annual Breast Cancer Awareness Walk – EHMC
6. Flu and Pneumonia Clinic
7. Sidewalk Sales Outreach
8. Youth Mini-Summit
9. First Baptist Church – Heart Health
10. Gang Awareness – Violence Prevention
11. National Public Health Week

REACH & TEACH

The Reach and Teach Program, implemented in August 1989 and sponsored jointly by the Englewood Health Department and the Englewood Hospital & Medical Center, has been serving the community of Englewood and its youth for over 20 years. The program targets youth ages 12-21 and works with community-based groups and organizations. Over the past 2 decades, the program has established active partnerships with public and private schools, churches, school faculty, parents, and health and human services agencies.

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 in non-traditional settings such as the street, school cafeterias, parks, pools, youth forums, college fairs, barbershops, beauty salons, and fast food restaurants.

The program is conducted by a full-time Youth Health Educator dedicated to promotion of the health and wellness of Englewood adolescents and families. Components of the program include "Keepin' It REAL," "Staying Safe In Seventh," "Reaching Out, Reaching In," "Shop Talk," and the "Youth Advisory Board." Working closely with the Board of Education, teachers, school nurses, and parents, these programs have been successful 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 Precautions, Baby Think It Over and Baby Think It Over...Again, Teen Pregnancy Prevention, STIs and HIV/AIDS prevention.

The Englewood Youth Advisory Board (YAB)

The Englewood Youth Advisory Board (YAB), first established under the Englewood Health Department and the Englewood Coalition for Adolescent Health, was reinstated by the Urban League for Bergen County and the Englewood Health Department. YAB is a committee comprised of Englewood high school and middle school students who act as a liaison between Englewood City Officials and its youth. The mission of YAB is to plan, promote, and implement programs/events to serve the Englewood Community.

The purpose of the Englewood Youth Advisory Board is to express the ideas of youth; work as a team with the City of Englewood Youth Health Educator; assist in planning, promoting and implementing programs to serve youth; plan and participate in youth related services which benefit the City of Englewood, foster greater involvement of youth in municipal affairs; hold forums on concerned activities, act as an advocate for youth and teens; and have fun and network with other teens. Some initiatives include Violence, Teenage Pregnancy, STIs/HIV/AIDS, and hunger prevention by hosting several food drives for the Center for Food Action. YAB believes in "Giving Youth A Voice With A Cause."

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, STIs, 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 business community through education sessions conducted inside the various establishments. Educational material, in both English and Spanish, is provided to 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 lifestyles.

Game of Life

“Game of Life” is an annual event, organized by agencies of the Bergen Family Center, held at Janis E. Dismus Middle School, to provide 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. The students 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 and concerns.

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 infections, 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. BTIOA hosted a guest speaker and Health Educator who presented a very detailed and relatable PowerPoint presentation to the students about STIs/HIV/AIDS, teen pregnancy, peer pressure, oral sex, vaginal sex, 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.

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.

National School Breakfast Week

In observance of National School Breakfast Week, the Youth Health Educator, in collaboration with Pomptonian Food Services, ShopRite, and the Janis E. Dismus Middle School, created a free breakfast event to encourage students to not only get excited about school breakfast, but more importantly to have breakfast every morning. According to Kids' Health.org, kids who do not eat a healthy breakfast tend to reach for sugary snacks during the day. These students eat more calories, perform poorly during school, and are more likely to have a higher Body Mass Index (BMI).

With the generous support of ShopRite and Pomptonian Food Services, the Youth Health Educator was able to teach the students about healthy eating by providing the students with samples of healthy breakfast options. The group teamed up to cook and/or prepare a breakfast consisting of eggs, turkey bacon, whole wheat bagels, muffins, French toast, fresh fruits, and orange juice.



AGENCY ACTIVITIES

Childhood Lead Abatement Program

The Public Health Nurse performs lead testing for children who attend the CHC at 1 and 2 years of age, as well as for children who may be at risk for lead exposure. In 2011, a total of 14 lead tests were performed, all of which yielded normal results which is a lead level below 10 ug/dl.

The lead testing is processed by Medtox at no charge. Previously, Medtox processed hemoglobin tests for children, performed by the PHN at the CHC as ordered by the Pediatrician, usually as a screening at one year of age. As of February 2011, hemoglobin and lead test processing became maintained as two separate accounts, with the cost of processing hemoglobin tests being \$3.00 each.

The Public Health Nurse, together with the Environmental and Health Education staff, provided ongoing lead prevention education throughout the year. Elevated blood lead levels are monitored by the PHN using the LeadTrax system. Children with elevated blood lead levels receive case management services by the Department staff.

Children may be exposed to lead through various sources. One of the most common sources is chips and particles of old lead paint and lead dust, which can be brought into the home on clothes worn while working in construction jobs. This typically occurs when leaded paint becomes old or worn or is subject to constant rubbing (as on doors, windowsills, and wells). In addition, lead can be scattered when paint is disturbed during destruction, remodeling, paint removal, or preparation of painted surfaces for repainting.

Lead, which is invisible to the naked eye and has no smell, may be found in other sources. 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. The key is stopping children from coming into contact with lead and treating children who have been poisoned by lead. If you suspect that your child has been exposed to lead, contact your health care provider. Your child's health care provider can help you decide whether to perform a blood test to see if your child has an elevated blood lead level. A blood lead test 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.

Prevention and a healthy diet are the best preventions against lead poisoning. A diet high in Iron, Vitamin C, and Calcium fortify the body's natural defense. Foods like milk, cheese, oranges, and spinach can help the body nutritionally lower lead in the body. For more information, please visit the following CDC website on lead poisoning prevention.

CDC Childhood Lead Poisoning Prevention http://www.cdc.gov/Features/Lead_Poisoning

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 Bloodborne 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 their transmission, and methods of prevention, and focusing on job related potential exposure. On June 23, 2011, BBP Training was provided to the Recreation Department, with a total of 34 participants.

Seasonal Flu & Pneumonia Clinics

Each year in the United States, thousands of people are hospitalized and even die due to influenza and pneumonia. Infants, toddlers, seniors over age 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 Adult Flu/ Pneumonia clinics on October 7 and November 4, and saw a total of 110 patients. A total of 100 flu vaccines and 10 pneumonia vaccines were administered during the 2 clinics. Flu and pneumonia immunization was continued by the Public Health Nurse, by appointment, throughout the remainder of the flu season, under the standing order written by the city physician. During 2011, the Englewood Health Department administered a total of 189 adult influenza vaccine doses and 45 adult pneumonia vaccine doses.

Participation in Drive-Through Vaccination Clinic

On June 4, 2011, in cooperation with the Bergenfield Health Department, the Englewood Health Department conducted a Mass Immunization Exercise against a mock Novel Flu epidemic. The grant-funded project (by the New Jersey Health Officers Association) was planned as a joint, mass prophylaxis clinic to determine how long it would take to vaccinate a population of 30,000 residents. In coordination with all the Health Department Units (Administration, Nursing, Environmental and Health Education), several City agencies (including the Office of Emergency Management), staff and borough agency support of Bergenfield, and several community volunteers, the exercise was a success. Nursing student volunteers from Holy Name School of Nursing and Berkeley College were recruited to participate in the event. We were able to gather enough information to determine what would work and would not work in the case of an emergency where mass vaccinations had to be administered. It was very successful and was published in the Mass Immunization Exercise Best Practices Report by the New Jersey Health Officers Association, which is available on the web site of the Englewood Health Department.



COMMUNITY OUTREACH

National Public Health Week

From April 4 to April 10, 2011, the Englewood Health Department observed National Public Health Week by holding various health events, displays, and activities. The theme this year was "Safety Is No Accident: Live Injury Free". Appropriate displays were developed by the nursing and environmental units. Outreach activities were conducted at Shop Rite, the library, and the Senior Housing Complex. Appropriate literature was provided and the Nursing Unit provided blood pressure screening.

Englewood Family Health Festival

On September 18, the Englewood Family Health Festival was held at TD Bank from 11am to 2pm with the assistance and support of staff from health education, vital statistics, environmental health, and administration. A total of 17 organizations, including departmental offices and local agencies participated in this annual event. Information about public health issues was made available to the public. The Englewood Police Department provided child car seat safety inspections to parents. The Fire Department provided safety information and the mobile Fire Safety Smoke House. Bike helmets with safety gear were raffled to the public.

The other agencies provided information about their services and role in the community. North Hudson Community Action Corp provided free cholesterol and glucose screenings. Community Blood Bank was on site to take blood donations. In addition, the Public Health Nurse provided Flu/Pneumonia vaccinations. The event was well attended.

World AIDS Day

On December 2, the Englewood Health Department held a World AIDS Day educational program for the freshmen, sophomores, juniors, and seniors at the Dwight Morrow High School and Academies @ Englewood in the Dizzy Gillespie Auditorium. It was an opportunity for all of us to take action to ensure that human rights are protected and global targets for HIV/AIDS prevention, treatment, and care are met.

The theme for World AIDS Day 2011 was "Getting to Zero," with a focus on creating an AIDS-free generation by 2015. The key note speaker was Mr. Ryan Mion, HIV Outreach Coordinator for the Bergen Family Center in Hackensack, New Jersey. Mr. Mion and several colleagues used a panel discussion format of Q & A to raise awareness of the AIDS pandemic caused by HIV infection to reach approximately 1,500 participants in the audience. It was emphasized that young people see that HIV is stigmatized in their communities and they are less likely to get tested, educate themselves about prevention, or seek treatment.



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

Timothy Dacey, City Manager
Arielle Greenbaum Saposh, Director, Human Resources
Howard Feinstein, Chief Financial Officer
Diana Patino, Treasurer
Ken Albert, Engineer
Arthur O'Keefe, Chief; Lawrence Suffern, Deputy Chief, Police Department
Gerald Marion, Chief, Fire Department
Clyde Sweatt, Director, Public Works
Merle Simons, Director, Recreation Department
Walter Deptuch, Construction Official, Code Enforcement

Englewood Board of Education

Englewood Hospital & Medical Center

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

County of Bergen

The Media

The Record, New York 1

The Community

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
- Biennial 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 4:00 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:

- | | |
|---|-------------------------|
| <i>New Year's Day</i> | <i>Labor Day</i> |
| <i>Martin Luther King Jr's Birthday</i> | <i>Columbus Day</i> |
| <i>President's Day</i> | <i>Election Day</i> |
| <i>Good Friday</i> | <i>Veteran's Day</i> |
| <i>Memorial Day</i> | <i>Thanksgiving Day</i> |
| <i>Independence Day</i> | <i>Christmas Day</i> |

Main Telephone	201.568.3450	Health Education	201.871.6508
Vital Statistics	201.871.6506	Public Health Nursing	201.871.6511
Environmental	201.871.6510	R&T Phone-A-Friend	201.871.6520