



ANNUAL REPORT

DEPARTMENT OF HEALTH

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CITY OF ENGLEWOOD

DEPARTMENT OF HEALTH

STAFF

Nelson Xavier Cruz, MS, MBA, HO, FACHEDirector, Health Services/Health Officer
Deborah L. Baldwin, CMRAdministrative Assistant/Office Manager/Registrar of Vital Statistics
Valarie Buchta, RNPublic Health Nurse
Jennifer Galarza, BS, CHES Registered Environmental Health Specialist
Doris Garcia, CMR Bilingual Case Aide / Alt. Deputy Registrar
Fausto Garcia, Jr., BS, CHES Registered Environmental Health Specialist
Henrietta Goodman, CMRDeputy Registrar
Joyce M. JacksonSenior Executive Secretary
Janet Kast Confidential Executive Secretary
Megan Maletich, BS, CHES Health Educator
Beatrice Reynolds, AA, CMR Alt. Deputy Registrar / License Clerk
Matthew A. Traudt Public Health Investigator

PROJECT EMPLOYEES

Jendi Johnny, BS, CHES Reach & Teach Youth Health Educator

CONSULTANTS

Edward Jackson, DMDPediatric Dentist
Marjorie Jones, MD Pediatrician
John Kang, BS Registered Environmental Health Specialist

Message from the Health Officer/Director of Health Services

Keeping our community safe, healthy and vibrant

The Health Officer acts as the chief executive officer of the Englewood Health Department and may take actions and make determinations necessary or appropriate to carry out the local health department's functions, protect the public health, and prevent disease. They also apply preventive and public health knowledge, techniques, and skills to increase healthy births, promote healthy lifestyles, prevent the spread of infectious diseases, protect our environment, and prepare for emergencies.

On behalf of the Englewood Board of Health and the staff, I present to you the 2012 Annual Report for the Englewood Health Department. As in previous years, 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.* This Annual Report outlines our purpose, the priorities for the year, and how we delivered them for the benefit of the public.

The Englewood Health Department is pleased to provide you with a summary of the many activities we perform on a daily basis to honor our commitment to a safe, healthy, and vibrant community. As you will note, we are *focused on prevention*. Our programs seek to increase healthy births, promote healthy lifestyles, prevent the spread of infectious diseases, protect our environment, and prepare for emergencies.

The recent economic downturn has presented unique challenges to our department. While the demand for our services is ever-present and revenues continue to increase yearly, the budget we rely on from the City has been steadily decreasing under the increasing pressure from the Mayor and Council. Despite these challenges, we strive to maintain high-quality services, exceed the expectations of our community, and continue to prepare for a changing landscape. This requires us to continually assess the value and impact of our services, find innovative strategies for meeting community needs, identify new resources and technologies, build on our collaborative partnerships, and maximize efficiencies while eliminating waste.

We recognize that we are not alone in working to assure the health of the public. Public health depends on partnerships and collaboration to improve the health of all citizens. As a community, Englewood has demonstrated a commitment to build and maintain a strong public health network. We have many examples of community coalitions that work together to improve health and quality of life for our residents. We are the safety net that ultimately protects every citizen's health.

The Bergen County Health Officers Society elected me as their president in 2012. This prominent post positioned me to work toward our shared vision of strengthening Bergen County's system of local public health departments, and local governing boards, with the goal of promoting, protecting, and advocating for the improved health of Bergen County's people and their communities. I am honored and privileged to perform—at a countywide level—the duties I cherish, performing for the residents of Englewood.

Finally, 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. Special thanks to our Staff and Board of Health Members as they continue to champion for super public health. I encourage you to review the report and contact me if you have questions or comments. This Annual Report represents challenging work that delivered tangible benefits, offered the highest quality services to the Englewood community, and fulfilled our role in the coordination of local public health functions. 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 2013 and beyond!

"We make a living by what we get, but we make a life by what we give." – Winston Churchill

In good health,
Nelson Xavier Cruz, MS, MBA, HO, FACHE

Message from the Board of Health

The Health Department's mission is to protect the health of the public. Englewood is a diverse community, and the Health Department is involved in addressing health and social issues that affect the most vulnerable residents. However, it is important to realize that residents from all wards use and benefit from the services of the Health Department.

Some of the major accomplishments during 2012 include: providing health inspection reports for retail food establishments, mobile vendors, public pools and schools on the Health Department's web page; a successful health fair in September; timely response, by the health inspectors, to an increased number of environmental health issues, including those in the aftermath of Hurricane Sandy; an increased number of children (and their parents) receiving nutrition counseling by the Public Health Nurse; and an adult immunization program for the Friends of Grace Seniors.

The Department is to be commended for another year of providing essential services to the Englewood community. Although the year ahead will be challenging, due to continued budgetary constraints, I am certain that the dedication and hard work of the public health staff will ensure continued success in providing quality health services for the residents of Englewood.

Lisa Wisotsky, M.D., MPH
President, Board of Health



Ribbon Cutting Ceremony, North Hudson Community Action Corp. (a Federally Qualified Health Center)

Budget

	2009	2010	2011	2012
Salaries & Wages Budget	\$696,215	\$700,892	\$635,828	\$640,514
Other Expense Budget	\$147,425	\$102,425	\$90,000	\$75,800
Total Budget	\$843,640	\$803,317	\$725,828	\$716,314
Income	\$252,913	\$328,942	\$236,896	\$261,102
Income % of Budget	29.9%	40.9%	32.6%	36.5%
Per Capita Expense	\$32.19	\$30.65	\$27.70	\$26.38
Per Capita Expense less Income %	\$22.53	\$18.08	\$18.56	\$16.62
Total Staff	13.0 FTE*	13.0 FTE	13.0 FTE	12.5 FTE
Per Capita Expense less income % per staff	\$1.73	\$1.39	\$1.43	\$1.32

* Per Capita Expense – expense per community resident.

** FTE – Full Time Equivalent, employee who works 2,050 hours per year.

Fiscal Responsibility and Community Impact of 2012 Budget

In 2012, the total budget of the Englewood Health Department was \$716,314, comprised of a Salaries & Wages (S & W) Budget of \$640,514 and Operating Expense (OE) Budget of \$75,800. The total staffing was 13 employees or 12.5 FTEs (including 1 grant funded position) in 2012. Since the mid 1970s to the present, the average staffing level of the Englewood Health Department is 13.0 FTEs.

The average annual revenue generated by the Health Department is 35.6% of its budget (with an income distribution of 82% to the City of Englewood in operating income and 18% to the State of New Jersey in non-operating income). From 2009 to 2012, the budgets of the Englewood Health Department have been slashed from \$843,640 to \$716,314 for a total reduction of \$127,326 or 16.1% during the last 4 years. As we continue to increase the income generated by the Department each year, the City of Englewood decreases the total budget each year, thereby imposing ever-increasing programmatic burdens and challenges due to limited resources.

In 2012, the Health Department generated \$261,102 in revenues, or 36.5% of the FY 2012 budget of \$716,314. Revenues generated in 2011 were \$236,896, or 32.6% of the FY 2011 budget of \$725,828. However, while revenue during this time period has increased by a total of \$24,206, the Operating Expense (Other Expense) budget has been decreasing for the same periods (reduced from an OE of \$102,425 in 2010 to \$90,000 in 2011, and reduced again to an OE of \$75,800 in 2012; a total Other Expense reduction of \$26,625). In addition, the City of Englewood does not track or report on the revenues sent to the State of New Jersey or credit the Englewood Health Department for that portion of non-operating income (18%) generated.

When you compare the 2012 budget (\$716,314) and the Englewood population (27,147), the Per Capita Expense was \$26.38 per Englewood resident. Upon close inspection, expense per resident (\$26.38) less the income percentage generated (36.5%) reduces the expense per resident even lower to \$16.62. This amount, compared to the total number of health department employees (12.5 FTEs), results in the per capita expense per staff for each resident of Englewood and is lowered further as a benefit to each resident at an expense of \$1.33 per resident/per staff member. At a per capita expense of \$26.38, the

Health Department is the most effective, efficient, and productive agency in the City of Englewood with the best ROI (Return On Investment) and value for its residents during FY 2012.

The Englewood Health Department is the front line of public health and organization best equipped to prevent and respond to conditions that threaten the health of the communities of Englewood, from outbreaks of infectious disease to contaminated water supplies to unsafe food handling practices in restaurants or schools. It is the job of this Department to respond quickly and effectively to public health emergencies such as an H1N1 pandemic. The Department regularly offers cost-efficient preventive services that can reduce future public expenditures on medical care in the long term and often provides a medical safety net for people affected by economic hardship.

Local Health Departments (LHDs), such as ours, are severely strained by increasing budget and workforce cuts year after year, to the point that they are being forced to eliminate or reduce vital programs that protect the public's health. These pressures come even as LHDs were called upon to take the lead in local H1N1 vaccination campaigns in 2010, with the multi-state fungal meningitis outbreak investigations in 2012, and as the demand for services has increased due to adverse economic conditions. Rebuilding the diminished capacities of this Health Department to serve the communities of Englewood will take far longer than has a dismantling of critical public services. It will require a sustained commitment to train and retain a professional workforce and stable funding to ensure that Englewood can protect the health of its citizens in all circumstances, both the everyday and the exceptional.

Revenue

REVENUE	2011	2012
Operations:		
Certified Copies & Corrections	\$121,466.00	\$141,403.00
Burial/Disinterment Permits	\$105.00	\$55.00
Marriage/Civil Union/Dom Partner Licenses	\$4,144.00	\$4,488.00
Dog / Cat Licenses	\$8,633.00	\$9,334.00
Pet Late License Fees & Duplicate Tags	\$3,682.00	\$2,573.00
CHC User Fees	\$480.00	\$615.00
Retail Food Licenses / Plan Reviews	\$50,073.00	\$55,055.00
Food Establishment Re-inspection / Late Lic Fees	\$750.00	\$1,500.00
Misc. Licenses (Pools, Temp. Food, etc)	\$4,030.00	\$4,689.00
Misc. Income (Immun. Records, Photocopies, Notary)	\$310.00	\$371.00
Fee For Service (Mantoux, Flu/Other Vaccines)	\$1,290.00	\$3,239.00
Total Operations Income	\$194,963.00	\$223,322.00
Grants:		
EHMC Reach & Teach	\$24,000	\$24,000
NJHOA H1N1 Flu Mini Grant	\$10,000	\$0
Bergenfield partner in NJHOA Mass Immun Grant	\$7,933	\$0
NJDHSS Public Health Priority Funds	\$0	\$0
Total Grant Income	\$41,933	\$24,000
REVENUE GRAND TOTAL	\$236,896	\$247,322

Fines levied through Municipal Court \$1,380.00

Vital Records & Licensing

Vital Records and Licensing staff serve the Department in multiple ways, all in an administrative and customer service capacity that, often, goes unnoticed by those outside their designated work space. On an average day, this group of five may field 250 telephone calls, not all of which are related to vital records or licenses. Encounters at the customer service desk average 30 per day, and the staff may be dealing with the individual(s) directly or reaching out to other Health or City staff for assistance.

While records filed in Englewood (birth, marriage, civil union, domestic partnership, and death) remained at the 2011 level, the number of certified copies issued to the public increased by 32.8 percent. There was a significant increase in Query Letters received from the State (59.7 percent) regarding deficiencies in records filed. These were primarily for Fetal Death Records processed and signed by other municipalities, then forwarded to Englewood, the place of death, for filing. A tremendous amount of time is spent on follow-up in an attempt to collect the missing information or correct erroneous data.

The Registrar was invited to speak at a Bergen County Health Officers' Society meeting on the subject of Vital Statistics. The presentation centered on a review of the role of vital statistics in public health, and current functions and regulations that local registrars deal with daily. Although not all the attendees were Health Officers, the focus was for them as most are not routinely involved in vital statistics.

Superstorm Sandy had a direct impact on the unit. The entire Public Safety Complex, which houses Police, Health and Court, was without electricity, with the exception of a limited backup generator, for six (6) work days. Without a telephone system, fax equipment or computer network, Vital Records and Licensing operations came to a halt. As a result of such problems, the State Registrar requested an Emergency Plan from all local registrars. The plan was developed and required an upgrade to the emergency generator. With the approval of the City Manager, this strategy is now in place for any future events.

CAUSES OF DEATH – Englewood Residents				
	2009	2010	2011	2012
Accident/Suicide/Homicide	4	7	3	7
Carcinoma/Cancers	31	34	51	47
Cardio-vascular (incl blood disorders)	33	41	32	34
Cerebro-vascular (incl dementia)	22	30	27	20
Diabetes	6		7	
Intestinal (incl failure to thrive)	9	7	9	11
Kidney/Renal	5	3	15	5
Liver/Sepsis	12	16	16	19
Other (<2 incidents)	3	1	4	1
Pulmonary/Cardio-pulmonary	18	32	15	28
HIV/AIDS			4	1
Pending investigation		1	1	2
TOTALS	143	172	184	175

Environmental Health

The Englewood Health Department's Environmental Health Unit responds to and investigates all aspects of the 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 encompasses concerns about environmental tobacco smoke.
- Disaster preparedness and response.
- Food safety, including in agriculture, transportation, food processing, wholesale and retail distribution and sale.
- Housing health concerns.
- Childhood lead poisoning prevention and lead poisoning investigation and response.
- Liquid waste disposal 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.

Licensed Registered Environmental Health Specialists are New Jersey's front-line investigators for public and environmental health issues. They assess, evaluate, respond, and try to 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 lead risk assessor, a licensed pesticide applicator, and is also our resident Rodent Control Officer.

With the unpredictable nature of environmental public health concerns, the City of Englewood relies on the Environmental Health Unit to not only enforce the law, but to also educate the public to prevent environmental issues from occurring. Environmental issues and emergencies can occur at any time, and the staff must be on call during the off-hours of evenings, weekends, and holidays. At least one member of the Environmental Health Unit is on call 24 hours, 7 days a week, 365 days of the 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, loss of power)
- Wholesale Food Establishment (fire, flood,)
- Outside service discharge of sewage
- Noise/Water pollution
- Extended period of electrical/power outage

The Environmental Unit is comprised of 2 licensed Registered Environmental Health Specialists (REHS), 1 consultant REHS, and a Public Health Investigator. In 2012, the Department welcomed a new Registered Environmental Health Specialist to the unit. During the past year, there was a 37.2% increase in enforcement actions, a 36.2% increase in nuisance complaints and responses, and a 21.1% increase in the number of food establishment inspections. Both full-time REHS's took the lead inspection/risk assessor course in preparation to become licensed state lead inspectors/risk assessors. The Environmental staff was involved in several planning meetings in preparation for the roll out of a new licensing/inspection system.

Retail Food Program

One of the focal roles of the City of Englewood REHS is conducting routine inspections of all retail food establishments. Under the guidance of Chapter 24 of New Jersey State Sanitary Code, inspectors ensure that food establishments are properly handling food from receiving inventory to serving prepared dishes. Englewood's REHS's also inspect temporary events, mobile food trucks, and vending machines. The Health Department conducts all health inspections/investigations of licensed establishments in accordance with Chapter 24, "Sanitation in Retail Food Establishments and Food and Beverage Vending Machines" of the New Jersey Sanitary Code. 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 Sanitary 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 287 licensed retail food establishments are inspected more frequently. Routine inspections of all food establishments occur at least twice a year.

Food Establishment Inspections	2010	2011	2012
Type 1- Food Markets	189	158	175
Type 2- Restaurants	277	229	249
Type 3- Vending Machines	51	14	49
Type 4-Mobile Vendors	14	12	15
Type 5- Pre-packaged Sweets, Gum, Candy	27	25	13
Re-inspections	56	21	35
Spot Checks	31	39	98
Total	645	498	701

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 is 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 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. Moreover, new to 2012, all results of inspections and inspection reports are posted in their entirety on the City of Englewood website.

Establishments Closed in 2012

Establishments Opened in 2012

Creative Kosher	Rainbow Catering
Beverage Barn	Jump Up & Bounce
Pawana Thai	Red Parrot Bistro
Teita	Mezze Mediterranean
Muscle Maker Grill	Secret Deli
La Cumbia Alegria	Bella Restaurant
Red Parrot Bistro	Palisade News & Food
Mezze Mediterranean	Sushi Tatsu
Secret Deli	Simply Seafood
Englewood Bagel	Palm BBQ Grill
JB Snacks	Englewood Variety Store
Papa's Subs & Wings	JAD Bagels
Kinsey Produce	Mr. Tod's Pie Factory
Nisi Estiatorio	La Mezza Restaurant
Wasabi Japanese Restaurant	Tipicos Morazan
U-Pie	U-Pie
	La Cumbia Salvadorena
	Figura Ideal
	Le Gourmet Factory
	Burgundy's
	Keep it Sweet Desserts
	Burgerwood
	Various vending locations

Food For Thought

The public health field is a very dynamic field. It is a field that is research based, where several hot-button topics and new issues arise constantly. In order to keep restaurant owners, managers, and food service employees informed on popular topics, the Englewood Health Department prepares a quarterly newsletter called “Food For Thought”. This is compiled by the members of the Environmental Health Unit, and is designed to specifically address sanitation and food safety topics, alarming inspection trends, changes to State codes and relevant Health Department news and advisories.

“Food for Thought” is mailed to restaurants, school cafeterias, mobile vendors, markets, convenience stores, and hospitals and nursing homes. Some topics of interest for 2012 were food safety during emergency situations, compliance with Time as a Public Health Control, and proper sanitizing methods. Past and present issues of “Food For Thought” are available to the general public for viewing on the City of Englewood website.

Temporary Food Licenses / Inspections

Throughout the year in the City of Englewood, many short-term events are planned where members of the community come together. Many of these short-term, temporary events involve the sale and/or preparation of food in an indoor or outdoor setting. Organizers of the events must insure that they apply for a temporary food license. On the day of the event, Environmental Health Unit inspectors ensure that that proper food handling techniques are being followed and that the regulations under the State Sanitary Code are being followed. In 2012, there were 35 temporary food licenses issued. Some of the events inspected were:

Englewood’s Annual Farmer’s Market, Multi Cultural Festival, Jabari Safety Fun Party, EBC Flea Market, CBC Basketball Tournament, Kersher Annual BBQ, Metro Kids Carnival for Children, Juneteenth Celebration, Fourth of July Celebration, 80th Birthday Community Cookout, Back to School Party, First Baptist Church Fish Fry, Track And Field BBQ, Jamaican Independence Day Celebration, and Truth and Deliverance Ministries.

City License and Miscellaneous Inspections

Another important role of the Environmental Health Unit is the conducting of various city-wide inspections. Working in conjunction with the City Clerk’s Office, the staff inspects beauty salons, barber shops, nail salons, dry cleaners, rooming houses, pet stores and animal shelters/kennels. Although these establishments are routinely inspected through the NJ State Board of Cosmetology and NJ State Department of Community Affairs, the Environmental Health Unit inspects these businesses prior to their annual license renewal to ensure full compliance with City and State regulations.

The Environmental Health Unit also reviews blue prints and plans submitted to the City by various medical offices, beauty and nail salons and new retail food establishments. These plans and blue prints include the designs for the development of a new establishment or renovations to an existing establishment. Inspectors review blue prints to ensure proper materials and finished surfaces are used and hand washing and 3-compartment sinks are installed, and all appliances and food contact surfaces conform to state and local regulations. The Environmental Health Unit also conducts other city inspections, such as Certificate of Occupancy (CO), Certificate of Continued Occupancy (CCO), Temporary Certificates of Occupancy (TCO) and change of ownership inspections. These inspections ensure that these establishments are safe to occupy and the procedures they have in place comply with State and City Health ordinances.

	2010	2011	2012
Certificate of Occupancy/Continued Occupancy	36	40	41
Liquor Store	29	26	26
Beauty Parlors/Barbers	17	42	32
Nail Salons	12	10	12
Laundromats/Dry Cleaners	12	9	11
Pre-Operational Inspections	13	27	32
Rooming Houses	5	6	6
Pet Stores/ Animal Shelter/Kennels	2	2	2
Total	126	162	162

Public Health Recalls

Through the U.S. Food and Drug Administration, 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 through physical, chemical, or biological contamination that may cause harm to the public. Products that are confirmed or suspected of being compromised are announced through an email system alerting the Englewood Health Department staff, what, if any, action should be taken in the community. When action recalls or alerts are received, they are immediately forwarded to the e-mail accounts of the Environmental Health Unit inspectors. Instructions are forwarded to inspectors advising them on what actions to take, if any are required. In some cases products must be immediately removed from the shelves of retail food establishments. Environmental Health Inspectors ensure that these products are removed from the shelves and not sold to the general public. Store owners/managers are informed of the recalls so that they can adequately inform their customers.

Recreational Bathing/Pool Inspection

Swimming pools are great places to have fun and beat the heat, but playing in and around water come with risks. The Environmental unit ensures that Englewood's eight semi-private pools and two public pools are following the rules and regulations under Chapter 26 of the Recreational Bathing Code. The Environmental Health Unit has (2) Certified Pool Operators who 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 monitoring monthly water quality analysis and reports on all licensed pools.

Youth Camp/Summer Program Inspections

Youth camps provide exciting activities, and allow campers to make friends and develop key life skills and attributes which include communication and confidence building. With these benefits are also the several risks associated with attending youth camps. The Englewood Health Department's Environmental Unit is given the task of ensuring the safety of these camps, and that they are following the regulations stated under Chapter 25 of New Jersey's Youth Camp Standards code. 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. Camps are inspected prior to opening for the season to ensure proper counselor/camper ratios are followed, properly licensed staff, without criminal records, are hired, and proper medical staff and medical logs are kept on all campers. During 2012, the Environmental Health Unit inspected four youth camps.

Rabies Control

Rabies is a preventable viral disease of mammals most often transmitted through infected saliva that enters the body through a bite or broken skin. Due to its deadly nature, the Englewood Health Department and the Environmental Health Unit have developed several precautionary measures to protect the public against this disease, which include:

- Offering two free rabies clinics, in February and in April, on an annual basis
- Vaccinating dogs and cats against rabies and the licensing of dogs and cats
- Coordinating with the State and County on animal bites and suspected rabid animals
- 10-day confinement of dogs and cats involved in biting incidents

At the Health Department's free rabies clinics in 2012, a total of 174 dogs and 33 cats received rabies vaccinations. 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 mentoring site for Internships

One of the responsibilities of Englewood's Registered Environmental Health Specialists is serving as mentors to educate students entering the Public Health field. As interns, students have the opportunity to shadow the inspectors and observe their day-to-day activities, which includes observing inspections of retail food establishments and hair salons, as well as following inspectors as they respond to nuisance complaints. Interns also learn about different State and City ordinances and the various roles each Department Unit plays, all in preparation for taking the State Registered Environmental Health Specialist Licensing Exam. The Environmental Health Unit served as an internship site for three students during the year.

2012 Emergency/Disaster response

On Monday, October 29th, Hurricane Sandy hit New Jersey and the greater tri-state area. Numerous homes, food establishments and City offices were left without power for several days. In its aftermath, the Environmental Health unit visited retail food establishments in Englewood to ensure they were doing their part to maintain food safety during the power outage. During this time, 35% of retail food establishments (101 of 286) were identified with potentially spoiled food, and the sale of such products was prevented to protect the public from possible food poisoning. Inspectors worked closely with restaurant owners so that they could quickly re-open and minimize food loss.

2012 Biennial Pet Census

A mandate of the New Jersey State Department of Health and Senior Services requires that each municipality conduct a biennial dog census. The Englewood Health Department's city-wide census includes both dogs and cats, and maintains an accurate count for licensing and rabies control. The pet census covers all four wards of Englewood, and at the conclusion of the 2012 Pet Census, the Health Department identified the following in each ward:

- In the 1st ward: 87 unlicensed dogs & 17 unlicensed cats
- In the 2nd ward: 68 unlicensed dogs & 24 unlicensed cats
- In the 3rd ward: 133 unlicensed dogs & 34 unlicensed cats
- In the 4th ward: 91 unlicensed dogs & 21 unlicensed cats
- A grand total of 379 unlicensed dogs and 96 unlicensed cats in the City of Englewood

Enforcement Actions	2010	2011	2012
Conditional Ratings	51	21	35
Unsatisfactory Ratings	1	1	2
Administrative Hearings	2	0	0
Summons	123	70	29
Notices of Violation	45	41	54
Voluntary Food Destruction	58	442	2383
Sub-Total	280	575	2,445
Complaints			
Solid Waste	7	24	41
Nuisances	55	44	74
Noxious Weeds	1	0	2
Rodent & Insect Control	19	38	45
Airs (Odors), Mold	19	35	38
Sewage	2	4	14
Food Complaints (including food borne illness)	17	17	12
Animal Complaint Investigations	115	99	82
Lead Complaint Investigation/ Follow-up	2	7	1
Sub-Total	263	268	345
Total Enforcement Actions and Complaints	543	843	2,790



Public Health Investigator/Animal Cruelty Investigator giving a presentation on Rabies to the Bergen County Health Officers Society

Public Health Nursing

Public health nurses assist with planning and implementing public health programs, provide instruction to individuals, families and other groups regarding health issues, arrange for immunizations and health screening, and are involved in containing the spread of disease in communities. Their ultimate goal is to improve the overall health of communities.

Public health nursing is unique in that the patients seen are not ill. The focus is on teaching people healthy behaviors that will prevent illness, when possible, and/or the improvement of their quality of life while dealing with disease, such as diabetes, hypertension, and obesity. The public health nurse's role is:

- Evaluate health trends and risk factors of population groups and help determine priorities for targeted interventions;
- Work with communities or specific population groups within the community to develop public policy and targeted health promotion and disease prevention activities;
- Participate in assessing and evaluating health care services to ensure that people are informed of programs and services available and are assisted in the utilization of available services;
- Public Health Nursing leads the way in building healthy communities, achieving health equity and social justice, and improving quality of life for all communities.

Public health nursing is delivered in a variety of ways, including, but not limited to: child vaccination clinics for school entry immunizations; adult vaccination clinics and health screenings; investigation of communicable disease; health teaching; assistance 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 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, with the fees 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 immunizations.

The Department has two monthly Child Health Conferences that provide childhood immunization vaccines to all eligible children. These vaccines are provided by the New Jersey Vaccines for Children Program. Patients also receive a full complement of preventative services including physical exams, height and weight measurements, developmental screenings, oral screenings, vision and hearing screenings, lead and hemoglobin testing. Families receive referrals for developmental or health issues, as necessary, 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 2012, there were 19 CHC clinics which provided services to over 85 children, at which a total of 148 immunizations were administered. Well child exams were performed by a contracted Pediatrician. Nutrition counseling to parents, during the CHC, increased by 30.7% which is very important considering the current childhood obesity issues we now face.

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 who do not have health insurance or whose insurance does not cover vaccinations, for a nominal fee. Vaccinations for Tetanus, Diphtheria and Pertussis, Meningitis, Human Papilloma Virus, Flu, Pneumonia, Hepatitis A and B, Varicella, Measles, Mumps and Rubella, Shingles are available for a fee of \$16.00 per shot. The Public Health Nursing Unit administered 140 vaccinations at the Health Department and at the Friends of Grace Seniors Korean Community Center, where vaccination clinics for adults are held. During the 2012 year, the number of adult vaccinations increased by 22.7% over the prior year.

Communicable Diseases

The Public Health Nurse works in partnership with the State's Communicable Disease Reporting and Surveillance System (CDRSS) 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. Infectious disease investigations require collaborative relationships with State and County representatives from the CDRSS Department, State and Local laboratories, State Epidemiologists, Infectious Disease hospital liaisons, private physicians, clinic staff, school nurses, infected individuals and their families. There was a 26.6% increase in Communicable Disease investigations in 2012 over the previous year.

Flu/Pneumonia Clinics

Each year in the United States, thousands of people are hospitalized, and even die, due to influenza and pneumonia. Some of the high risk groups most affected by influenza and its complications are infants, toddlers, seniors over 65, and the chronically ill. Although nothing is 100% preventable, the best defense against the flu is by getting a flu vaccination each fall. The flu vaccine does not cause the flu because it is an inactivated virus. Once vaccinated, the immune system builds antibodies and is better prepared to fight an encounter with the actual virus.

The Department of Health held Adult Flu/Pneumonia clinics on September 21 and October 12. Flu and pneumonia immunization was continued by the PHN, by appointment, throughout the remainder of the flu season, under "Standing Orders" written by the City physician, Dr. Robert Adair. During 2012, a total of 137 adult influenza vaccine doses and 7 adult pneumonia vaccine doses were administered.

School Immunization Audits

Englewood schools and child care facilities must comply with 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 2012, the Public Health Nurse audited 1,512 school immunization records in the 24 public and private schools and daycare centers throughout the City.

Blood borne Pathogen Training

In compliance with the 1992 OSHA Blood borne Pathogens Standard, the Public Health Nurse and Health Educators provide Blood borne pathogen training to City employees who are at risk for occupational exposure to Blood borne pathogens. These include 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 Blood borne pathogens, common modes of their transmission, and methods of prevention, focusing on job related potential exposure. Blood borne Pathogen Training was provided to 45 participants of the Fire Department in April, and for 38 participants of the Recreation Department in June.

Chronic Diseases – Hypertension

To help monitor elevated blood pressure, the Englewood Health Department offers blood pressure screenings for all Englewood residents. The Department also provides on-site blood pressure screenings, trainings, and health presentations to the senior residents of 111 West Street and employees of the DPW. During the year, a total of 75 participants were seen at 111 West Street, and 28 participants were seen at the DPW.

Tuberculosis/Direct Observed Therapy (DOT)

A steady influx of immigrant populations and travel outside of the United States has contributed to a growing number of tuberculosis cases. This year, the Public Health Nurse provided direct observed therapy (DOT) to two children to ensure that the patients were compliant with their medication regimes. In addition, four other positive TB cases were referred to the Bergen County Department of Health Chest Clinic for chest x-rays and administration of appropriate medications.

Health Consultation, Referrals, and Resources

Englewood's Public Health Nurse is a resource for a variety of health information. Residents request 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 numerous other health related issues in person and/or over the phone. Anyone needing further information or specific social services are provided with referrals and directed to the agency that 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 over 100 residents on a walk-in basis.



City Physician administers vaccine at Annual Flu/Pneumonia Clinic

Public Health Nursing Statistics**2012****2011****2010**

CHILD HEALTH CONFERENCE			
Number of Sessions	15	12	7
Children Seen	83	104	50
Number of Active Files	1,805	1,083	159
Number of Closed Files	3	11	772
Number of Re-Opened Files	2	3	0
Intakes– New Children	46	45	36
Immunizations	128	171	100
CHC SCREENINGS			
Lead Screenings	14	14	8
Referrals: Medical/Dental	79	7	64
Nutritional Consultations	135	95	55
WIC	60	19	4
Growth Measurements	98	80	28
ADULT HEALTH			
Adult Blood Pressure	231	250	252
BP/Health Education	458	240	295
TEEN PARENTS in CHC			
New	1	3	1
Repeat	4	15	1
Adult TB Screenings	38	20	5
Community Outreach	3,050	555	1,650
ADMINISTRATIVE			
Supervisory Sessions	44	48	9
Nurse Planning Sessions	44	61	29
CORRESPONDENCE			
LEAD Results	11	17	12
CHC	171	124	36
CHC Cards	74	117	32
Letters	129	63	23
Communicable Disease Reports	135	13	Health ED*

Public Health Nursing Statistics	2012	2011	2010
School Audit Letters/Faxes/email	173	248	101
Community Outreach			
Flyer Distribution	1,485	250	3,020
FORMS COMPLETED			
Immunization Records	165	110	23
School Forms	186	72	28
Blood Borne Pathogen Training (participants)	83	38	65
School Audits Completed	27	21	28
School Immunization Records Audited	1,512	2,873	2,495
Adult Vaccination Clinics	9	4	13
Flu Vaccine Given	136	189	261
Pneumo. Vaccine Given	14	45	35
Zostervax Vaccine Given	50	N/A	N/A
Tdap/Menveo Vaccine Given	10	0	0
Hepatitis Vaccines Given	127	0	0
Hospital: Home Visits	5	0	0
Public Health Meetings	3	39	6
Community Field Visits	143	106	58
TELEPHONE CALLS			
CHC	566	267	144
Screening/Referrals	313	184	188
Communicable Diseases	216	3	Health ED*
WIC	60	20	11
PHYSICIANS	205	44	138
AGENCIES	348	131	143
DayCare Ctrs/ Schools	271	194	225
Flu Information	304	385	460
MISC.	578	320	610
WALK-IN (Residents without appointments)	465	127	164

*Statistics provided in Health Education report

Health Education & Promotion

The Health Educator is responsible for carrying out a variety of health education and promotion activities for all life cycles of the residents of Englewood. With community outreach as our number one priority, the staff is continuously reaching out to schools, churches, senior populations, and the general public. Constant research, development, and implementation of educational activities and services are occurring to promote healthy lifestyles and aid in effective behavioral change.

Hand Washing Program

The Englewood Health Department designed and implemented a program to teach Pre-Kindergarten and Kindergarten students about the importance of hand washing. During the program, the students learn what germs are and how they are spread on a daily basis. The students also learn when and how to wash their hands properly to reduce the spread of germs. After the students discuss when to wash their hands, they are encouraged to engage in an educational activity where they can see how germs are spread from person to person, as well as reinforcement on the importance of hand washing. To wrap up the presentation, the students join the Health Department staff in demonstrating how to properly wash their hands. The purpose of this program is to promote proper hand hygiene to reduce the spread of germs and illness.

Englewood Family Health Festival

The Englewood Family Health Festival is a community event organized and sponsored by the Englewood Health Department to promote the physical, mental, and social well-being of families through partnerships with various community agencies/organizations. This annual event raises awareness on a variety of health related issues such as cardiovascular disease, cholesterol, nutrition, exercise, diabetes, and emergency preparedness. It also provides the community with free blood pressure, glucose, cholesterol, vision, dental, and HIV screenings. The event is open to the general public, as well as Englewood residents, and provides great resources for the health and well-being of all attendees.

Grandparents Raising Grandchildren Group

During the year, the Department was invited to present to two different Grandparents Raising Grandchildren groups on a variety of health topics. While there, the staff discussed its services for the community and provided educational print materials on all health-related issues. Some of the topics of the presentations included heart health, winter safety, nutrition, and diet and exercise. Blood pressure screenings were also provided to all attendees.



Grandparents Raising Grandchildren presentation by Health Educators

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 Englewood residents.

Topics covered in 2012:

- Emergency Preparedness
- Hand Hygiene
- Nutrition
- Bullying
- World AIDS Day

Department Lobby

Health education and informational brochures and flyers are put on display for the general public in the lobby of the Health Department’s waiting area. The lobby area is updated each month with health-related topics in accordance with the National Health Observances.

Community Events

The Health Department participates in numerous health-related, community outreach events to promote our services to the public. We educate the community on all the programs and services that the Department has to offer. In addition, the staff provides educational and informational print materials on various health-related issues to promote a healthy lifestyle and support behavioral change. This year events included:

- Grandparents Raising Grandchildren Group
- Annual Breast Cancer Awareness Walk
- Urban League of Bergen County
- World AIDS Day
- Back to School Night at Englewood public schools
- Back to School Block Party at Mount Calvary Baptist Church
- Bag for Hunger Day at ShopRite
- Englewood Family Health Festival
- National Children’s Dental Health Month
- Sidewalk Sales outreach
- Flu and Pneumonia Vaccination Clinics
- Community Health and Well-Being Day at Seventh Day Adventist Church

Reach and Teach

The Reach and Teach Program, which was 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. During the past 24 years, the program has established active partnerships with the public schools, churches, parents, and health and human services agencies.

In partnership with other local organizations, Reach and Teach provides health education activities to 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, beauty salons, barber shops, and community agencies.

The program is conducted by a full-time Youth Health Educator -- a Certified Health Education Specialist who is dedicated to the promotion of health and wellness of Englewood adolescents and families. Components of the program include *Reaching Out*, *Reaching In*; *Baby Think It Over*; *Staying Safe In Seventh*; and *Keepin' It REAL*. 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, Prom Precaution, Baby Think It Over...Again, Teen Pregnancy Prevention, STDs and HIV/AIDS prevention.

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

Reaching Out, Reaching In is designed to address development issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The 5-session program focuses on self-esteem, substance abuse, sexually transmitted diseases, and teen pregnancy prevention. It is designed to teach students 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 in the next Baby Think It Over session, and discuss whether it has affected their views about parenthood.

Staying Safe in Seventh (SSIS)

The purpose of Staying Safe in Seventh is to empower students to take responsibility for their well-being by developing health-related skills and cultivating healthy habits. The 5-session program targets the subjects of body image, stress management, sexual harassment, teen dating violence, and bullying. It gives students the opportunity to develop an understanding of behaviors, and skills that reduce health risks. It also enhances the health and well-being of self and others, to set personal health goals, and the effects of health behaviors on the community.

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. They are then 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 prospective peer educators conduct outreach, with the Youth Health Educator, at the middle school

and high school on issues covered during the training. Upon completion of the program, students receive community service hours towards graduation.

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.

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. Each month, the Youth Health Educator reaches out to the local businesses through education sessions conducted inside various establishments. Educational material, in both English and Spanish, is provided to clients.

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. 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.

Wellness Day

Wellness Day takes place on the same day at each of the public schools in Englewood. It was created to teach students about living a healthy lifestyle. Wellness Day includes multiple workshops, speakers, and activities that are planned for students according to their age and interests.

Englewood Public Library Summer Youth Program

Reach and Teach partners with the Englewood Public Library’s 6-week Summer Youth Program. The partnership 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, Ms. Lynn Kaminski, and the Reach and Teach Youth Health Educator. Arts Horizon plays an active role in jewelry making, painting, and music for the participants. With the assistance of student volunteers from the local high schools, the program is able to run smoothly.



CREDIT: North Dakota Youth, ND.gov

Health Education Statistics

ACTIVITY	2011		2012	
	Total Sessions	Total Persons Reached	Total Sessions	Total Persons Reached
SCHOOL OUTREACH				
Dwight Morrow and Academies at Englewood High School (DMAE)				
STDs/HIV/AIDS	5	660	5	767
Prom Precaution	0	0	2	379
Keepin' It REAL	6	79	7	35
Substance Abuse	4	480	3	608
Heart Health/Nutrition	1	125	4	484
Teen Pregnancy	1	100	2	441
Janis E. Dismus Middle School				
STDs/HIV/AIDS	1	150	2	187
Substance Abuse	3	350	3	231
Violence Prevention	0	0	1	85
Reaching Out, Reaching In (RORI)	44	870	31	375
Staying Safe In Seventh (SSIS)	33	600	30	354
Baby Think It Over (Simulation)	7	79	10	100
Summer Safety	N/A	N/A	1	92
Nutrition	0	0	1	95
Dr. John Grieco Elementary School				
Nutrition Activity	N/A	N/A	8	118
Grandparent Group	N/A	N/A	1	17
D.A. Quarles Early Childhood Center				
Hand Hygiene	N/A	N/A	14	425
SHOP TALK				
STDs/HIV/AIDS	1	40	1	15
Heart Health/ Nutrition	0	0	8	70
Cancers (Skin/Prostate/Ovarian/Breast/Lung)	0	0	12	141
Substance Abuse*	2	85	3	28

COMMUNITY OUTREACH/SPECIAL EVENTS				
World AIDS Day Assembly at DMAE	1	1200	3	472
World AIDS Day at EHMC	N/A	N/A	1	30
Public Library Summer Youth Program	0	0	6	170
Baby Think It Over...Again	2	228	0	0
Back to School Nights	4	750	4	100
Mt. Calvary Back to School Block Party	N/A	N/A	1	700
Health Fairs	1	60	3	210
Free Health Screenings at ShopRite	0	0	1	60
Wellness Day-EPSPD	11	418	1	1180
Bergen Family Center	N/A	N/A	13	76
Urban League for Bergen County	N/A	N/A	5	17
FGS Korean Community Center	N/A	N/A	6	64
Blood Borne Pathogens Training	N/A	N/A	4	45
National Public Health Week	N/A	N/A	5	294
TOTAL	127	6274	202	8465



Health Educator giving presentation on proper hand-washing to young students

Agency Activities

Lead 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. 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 using the LeadTrax system. Children with elevated blood lead levels (10Pb/ug and above) receive case management services by the EHD staff.

Children may be exposed to lead through various sources. One of the most common 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. When leaded paint becomes old or worn or is subject to constant rubbing (as on doors, windowsills, and wells) it can flake off and get into the air and on clothes. 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.

Lead poisoning is entirely preventable. The key is preventing children from coming into contact with lead and treating children who have been poisoned by lead. Clean areas that children may put their mouths on, such as window sills, with a damp cloth to remove any dust that may contain lead. Repair areas where paint is peeling so children do not put that in their mouths as well. Prevention and a healthy diet are the best defenses 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, nutritionally, lower lead in the body.

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. For more information, please visit the CDC website on lead poisoning prevention.

[www.cdc.gov/Features/Lead Poisoning](http://www.cdc.gov/Features/Lead%20Poisoning)

CDC's Childhood Lead Poisoning Prevention Program

Future Directions

One of the goals of Healthy People 2010 is the elimination of childhood lead poisoning as a public health problem.

CDC, HUD, EPA, and other agencies have developed a federal interagency strategy to achieve this goal by 2010. The key elements of this interagency strategy include:

1. Identification and control of lead paint hazards;
2. Identification and care for children with elevated blood lead levels;
3. Surveillance of elevated blood lead levels in children to monitor progress; and
4. Research to further improve childhood lead poisoning prevention methods.

COMMUNITY OUTREACH

The Department participates in a variety of health-related, community outreach events to promote its services to the public. The staff educates the community regarding the programs and services that the Health Department has to offer. In addition, educational and informational print materials are provided on all health-related issues to promote a healthy lifestyle and support behavioral change. This year events included:

- Grandparents Raising Grandchildren Group
- Annual Breast Cancer Awareness Walk
- Urban League of Bergen County
- World AIDS Day
- Back to School Night at Englewood public schools
- Back to School Block Party at Mount Calvary Baptist Church
- Bag for Hunger Day at ShopRite
- Englewood Family Health Festival
- National Children's Dental Health Month
- Sidewalk Sales Outreach
- Flu and Pneumonia Clinics
- Community Health and Well-Being Day at Seventh Day Adventist Church

Annual Family Health Awareness Fair

The annual Health Fair was held on Sept. 14th at Depot Park. This community event, sponsored by the Englewood Health Department, promotes the physical, mental, and social well-being of families through partnerships with various community agencies and organizations in Englewood. The health fair raises awareness about health related issues such as cardiovascular disease, cholesterol, nutrition, exercise, diabetes, and emergency preparedness. It also provides the community with free blood pressure, glucose, cholesterol, vision, dental, and HIV screenings.

Twenty-one agencies participated and provided information regarding their services to the community. Each unit of the Department of Health was represented and provided information related to the Department's services. The Englewood Family Health Festival is open to the general public as well as Englewood residents and provides great resources for the health and well-being of all attendees.

Friends of Grace Seniors Korean Community Church

On a monthly basis, the Public Health Nurse provides immunizations to the Korean community through clinics held at the Friends of Grace Seniors Korean Community Church. We have been able to provide Hepatitis A, Hepatitis B and Shingles vaccinations, and have vaccinated 71 people.

Public Health Week

In celebration of National Public Health Week, two presentations were made at Bergen Family Center on April 3rd. The Public Health Nurse held a question and answer session with the senior population on Shingles and Diabetes. The Youth Health Educator assisted the Public Health Nurse with the distribution of lunch bags filled with literature and cook books. The Public Health Nurse then visited the 4 Toddler, Pre-K and K classes and read stories about dental hygiene to approximately 50 children, and talked with the children about dental care on an age appropriate level. Toothbrushes, dental floss, toothpaste, and stickers were also distributed.

On April 4th, the Public Health Nurse, Youth Health Educator, and Registered Environmental Health Specialist conducted community outreach at the Shoprite on Nathaniel Place. Blood Pressure screening, for 60 area residents, was performed by the Public Health Nurse. Staff set up a table and distributed pedometers, stress balls, lunch bags, and information on a variety of health issues.

Mission, Vision & Values Statement

Mission

The mission of the Englewood Health Department is to protect and enhance the health of the people of Englewood. The Department accomplishes this mission by:

- forming viable partnerships with organizations and individuals
- addressing issues that affect the health of Englewood residents
- promoting positive lifestyles
- responding to critical health issues and disasters
- promoting access and availability of health services

Vision

The Department envisions an Englewood where healthy people live in healthy communities. We see a Department that, through effective organization and collaboration, creates an Englewood in which:

- people live long, healthy lives
- preventable diseases and disabilities are, in fact, prevented
- public health strategies significantly contribute to improving the quality of life
- the employees of the Department are recognized and rewarded for their excellence and are fulfilled in their careers
- there is public recognition of the Department's track record for excellence

Values

The Department of Health values:

- healthy lifestyles in healthy communities for all
- that everyone deserves the best quality health care available
- our ability to identify threats to the public's health and respond to them through better coordination and utilization of available resources
- the importance of fostering partnerships with individuals and communities
- our diversity and uniqueness and that of those we serve
- a supportive work environment that promotes achievement of our full potential

Acknowledgements

City of Englewood

Timothy Dacey, City Manager
Arielle Greenbaum Saposh, Director, Human Resources
Ron Amorino, Chief Financial Officer / Director, Finance
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
Valley National Bank, Englewood, NJ
Shop Rite of Englewood, NJ
Dr. Edward Jackson, DDS, Hackensack, NJ
North Hudson Community Action Center

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