

City of Englewood
Department of Health



Public Health
Prevent. Promote. Protect.

ANNUAL REPORT

2013

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Megan MaletichHealth Educator
Beatrice Reynolds License Clerk / Alt. Deputy Registrar
Matthew A. TraudtPublic Health Investigator

PROJECT EMPLOYEES

Jendi Johnny, Lismary Espinal Reach & Teach Youth Health Educator

CONSULTANTS

Edward Jackson, DMD Pediatric Dentist
Marjorie Jones, MD Pediatrician
John Kang Registered Environmental Health Specialist

Message from the Director/Health Officer

I am glad we have a Police Department because I like feeling safe and sleeping peacefully at night. Most of us probably take our Police Department for granted, despite realizing the valuable service they provide. We know there is crime in Englewood and Bergen County, but our area is generally tranquil. The overall crime rate (murders, rapes, burglaries, auto theft, assaults, etc.) for 2012 in Englewood was 161.6, in New York City it was 256.1, and the U.S. average was 301.1. Crime in the United States has been decreasing steadily since the 1990s, and there are several theories to explain the decline. One proposal is that increases in the number of police are effective in reducing crime. New York City, for example, increased its police force by 45% between 1991 and 2001 and saw its crime rate plummet. I agree that increasing the police force is one of the main reasons for the decrease in the crime rate, because I can imagine what would happen if the police force would decrease. Using myself as an example, if I knew there were fewer police patrolling the highways and roads, I would be tempted to run more yellow or red lights, speed a little more often, and breeze through stop signs in low traffic areas.

It is rather ironic, though, because police officers work so hard, risking their lives every day, but are never able to eliminate crime completely, and as the crime rate drops, taxpayers ask, "Why do we have such a large police force?" Police work can seem futile, but in my basic assessment, the Police Department acts as a deterrent; they help keep a lid on crime so it doesn't boil over. The police help keep order to maintain a civil society, and most would agree that we need a strong Police Department in the City of Englewood.

The Health Department operates within the same realm as the police department, not by acting as a deterrent to crime, but as a deterrent to disease. We like to be healthy, energetic, and sexy, and the public health department helps make it possible. According to the 2013 Bergen County health assessment, we enjoy a better health status as compared to the State and the nation with respect to leading health indicators. Just as there are several theories for the drop in the crime rate in the United States, there are several theories for the improvement of our health. Of course, I believe that the local health department is one of the underlying reasons for our improved health.

Our health department, with its health educators and inspectors, does not think it can eliminate disease completely, but like the Police Department, the Health Department keeps a lid on disease. Without a health department, over time, diseases will creep back into our community, robbing us of life and our pursuit of happiness. We are like the police walking the beat, ensuring that restaurants meet health standards, preventing large-scale disease outbreaks, promoting health, vaccinating, monitoring vital statistics, conducting rabies clinics, conducting investigations, and much, much more.

The community needs the Police Department because they keep the crime rate low, and it needs the Health Department because we keep the disease rate low. Both departments indirectly create value for its residents and are often taken for granted.

James M. Fedorko
Director, Health Services/Health Officer

MISSION

The mission of the Englewood Health Department is to protect and enhance the health of the residents of Englewood.

We accomplish this by:

- 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 to health services

Message from the Board of Health

This year has been an exciting year at the Board of Health and the Englewood Health Department.

We welcomed Englewood’s new Health Officer, James Fedorko. Under his guidance, the Health Department has increased outreach in the Englewood community and started a series of programming dealing with prevention and early disease detection. Topics being addressed include prostate cancer, obesity, HIV/AIDS, diabetes and lung cancer.

Other major accomplishments include significantly increasing the number of residents and employees receiving flu vaccinations, working with the City’s Office of Emergency Management in identifying cooling/warming centers and establishing protocols for their use, and ensuring that Englewood residents receive adequate resources to enroll in the Affordable Care Act. The Health Department and the Board will continue to bring to the forefront health policy initiatives that are relevant to the Englewood community.

Mr. Jim Fedorko and the Health Department staff are to be commended for another year of providing quality services to the community of Englewood.

Respectfully,

Lisa Wisotsky, M.D., M.P.H.
President, Board of Health

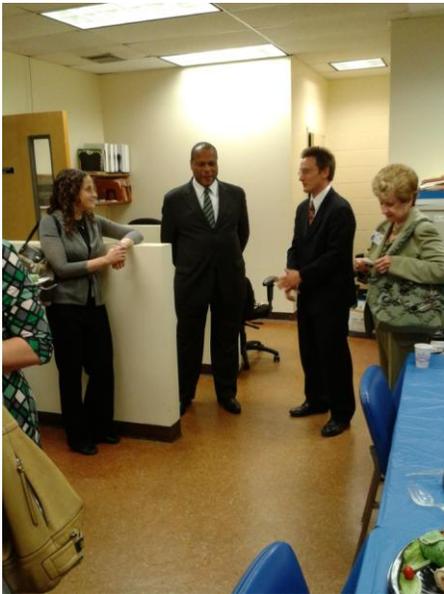


Figure 2: Meet & Greet
L to R Arielle Greenbaum-Saposh, Wayne Hamer, James Fedorko, Joan Quigley



Figure 1: Meet & Greet
L to R Marc Forman, Lauren Vande Vaarst, Lisa Wisotsky

Revenue

	2013	2012
Operations:		
Certified Copies & Corrections	\$127,932.00	\$141,403.00
Burial/Disinterment Permits	\$30.00	\$55.00
Marriage/Civil Union/Dom Partner Licenses	\$5,012.00	\$4,488.00
Dog Licenses	\$6,872.00	\$8,308.00
Cat Licenses	\$880.00	\$1,026.00
Pet Late License Fees & Duplicate Tags	\$1,844.00	\$2,573.00
Retail Food Licenses / Plan Reviews	\$59,415.00	\$55,055.00
Food Establishment Re-inspection / Late Lic Fees	\$1,925.00	\$1,500.00
Misc. Licenses (Pools, Temp. Food, etc)	\$5,305.00	\$4,689.00
FMC and FHC Course Registration	\$0.00	\$0.00
CHC User Fees	\$850.00	\$615.00
Misc. Income (Immun. Records, Photocopies, Notary)	\$1,209.00	\$371.00
Fee For Service (Mantoux, Flu/Other Vaccines)	\$5,840.00	\$3,239.00
Total Operations Income	\$217,114.00	\$223,322.00
Grants:		
EMHC Reach & Teach	\$24,000.00	\$24,000.00
Total Grant Income	\$24,000.00	\$24,000.00
REVENUE GRAND TOTAL	\$241,114.00	\$247,322.00

SUMMARY

	2013	2012
Grants	\$24,000.00	\$24,000.00
Vital Stats	\$132,974.00	\$145,946.00
Rabies Control	\$9,596.00	\$11,907.00
Environmental	\$66,645.00	\$61,244.00
Nursing/Misc	\$7,899.00	\$4,225.00

FINES LEVIED THROUGH MUNICIPAL COURT -- \$1,274.00

Vital Records & Licensing

Shortly after the U. S. Supreme Court decision in June (United States v. Windsor), requiring the federal government to provide the same benefits to same-sex couples who were married under state law as to other married couples, a New Jersey Superior Court judge ruled that the State's constitution required recognition of same-sex marriage. This made headlines across the country and the world as New Jersey became the 14th state to recognize same-sex marriage.

As a practical matter, the staff faced delays in information from the State Registrar's office -- from the announcement of the ruling on September 27 until the effective date on October 21 -- as various questions were sent to the State Attorney General for an opinion. In addition, numerous forms required modifications, printing and shipping to each of the local offices, some of which were changed more than once.

Procedures and a Frequently Asked Questions document were available on our website within one business day after they were received from the State. Since the staff has dealt with Domestic Partnerships and Civil Unions for several years, the transition was fairly smooth once the modified forms were finalized. Just as there is no distinction between same-sex or heterosexual couples on a marriage license/certificate, we do not keep separate statistics. There was a small increase in the number of licenses issued in 2013 over the previous year, but the reason can't be determined.

Overall, there was a 14% decrease in the number of vital records filed (events that occurred in Englewood) in 2013 from the prior year. At the same time, the number of certified copies issued and general mail or government agency requests processed remained the same. A positive, though unexplainable, statistic is the significant decrease in the number of deaths among Englewood residents in the past year.

CAUSES OF DEATH Englewood Residents				
	2010	2011	2012	2013
1 Accid/Suicide/Homicide	7	3	7	4
2 Carcinoma/Cancers	34	51	47	18
3 Cardio-vascular (incl blood disorders)	41	32	34	25
4 Cerebro-vascular (incl dementia related)	30	27	20	16
5 Diabetes		7		5
6 Intestinal (incl Failure to Thrive)	7	9	11	5
7 Kidney/Renal	3	15	5	4
8 Liver/Sepsis	16	16	19	11
9 Other (<2 incidents)	1	4	1	2
10 Pulmon/Cardio-Pulm (incl obesity related)	32	15	28	10
11 HIV/AIDS		4	1	
12 pending investigation	1	1	2	1
TOTALS	172	184	175	101

Environmental Health

The Department's Environmental unit consists of 2 licensed Registered Environmental Health Specialists (REHS), 1 consultant REHS, and 1 Public Health Investigator/Animal Control Officer. A Registered Environmental Health Specialist (REHS) is an individual who has an active REHS license issued by the NJ Department of Health. They inspect, evaluate, respond, and enforce many state and local regulations. The role of the Public Health Investigator is to assure the adequate protection of residents relevant to sanitation conditions and hazards, including the enforcement of local, state, and federal statutes, ordinances, codes, and regulations associated with environmental health. Our Public Health Investigator is also a licensed Animal Control Officer and Animal Cruelty Investigator, a licensed lead inspector and lead risk assessor, a licensed pesticide applicator and our Rodent Control Officer. Under the supervision of the Director of Health Services/Health Officer, and working with county and state agencies, the Environmental Health Unit addresses health concerns that include

- Environmental Emergencies
- Food safety in retail food establishments
- Nuisance Complaints
- Childhood lead poisoning
- Swimming pool complaints
- Vector control (mosquitoes, rodents, flies, cockroaches, and other animals that may transmit pathogens)
- Animal complaints and animal bites and/or incidents

In 2013, one Registered Environmental Health Specialist became a certified Animal Control Officer while the other became a certified Animal Cruelty Investigator. Both inspectors, and the Public Health Investigator, also became certified ServSafe Instructors and Proctors for the Food Managers Certification course.

The Environmental unit staff is trained to respond to environmental emergencies and must be on call during the evenings, weekends, and holidays. At least one member of the unit is on call 24 hours, 7 days a week, 365 days of the year. The following criteria constitute a health safety emergency:

- Fire, flood, sewage, food borne illness, loss of power in a Retail Food Establishment
- Fire, flood in a Wholesale Food Establishment
- Outside service discharge of sewage
- Noise pollution
- Extended period of electrical/power outage

Retail Food Program

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. Inspectors ensure that the establishments are:

- preventing contamination from hands
- food is protected from contamination
- employees are using time and temperature control measures
- receiving inventory from approved sources
- ensuring good retail practices

The health inspectors also inspect temporary food license holders at community events, mobile food trucks, and vending machines. The retail food program is broken down into 5 different types of licenses:

- 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

New Jersey’s State Sanitary Code mandates that all food establishments be inspected at least once a year, or as often as deemed necessary. The City’s 205 licensed retail food establishments are inspected at least twice a year depending on risk type. Each establishment is subject to spot checks at any time. All inspections are conducted during the food establishment’s operating hours and are unannounced.

Food Establishment Inspections	2011	2012	2013
Type 1- Food Markets	158	175	183
Type 2- Restaurants	229	249	211
Type 3- Vending Machines	14	49	0
Type 4- Mobile Vendors	12	15	16
Type 5- Pre-packaged Sweets, Gum, Candy	25	13	15
Re-inspections	21	35	32
Spot Checks	39	98	27
Total	498	634	484

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 one or more gross unsanitary conditions, per the State Sanitary Code, 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 local newspaper, *The Record*, to inform the public and increase the community’s awareness, enabling the community to make an informed decision regarding where they choose to eat. There were 33 Conditionally Satisfactory ratings submitted to *The Record* for the year 2013. Complete inspection reports are posted on the City of Englewood website.

Temporary Food Licenses / Inspections

Throughout the year, especially during the spring and summer months, the Health Department receives applications for temporary food licenses from licensed food establishments or other members of the community. Many of these temporary events involve the sale and/or preparation of food in an indoor or outdoor setting. The Environmental Health unit inspectors ensure that that proper food handling regulations are being followed. In 2013, there were 48 temporary licenses issued. Some of the events inspected were:

- Englewood’s Annual Farmer’s Market
- Mt. Calvary Baptist Church Back to School Block Party

- Ebenezer Baptist Church Fish Fry
- Juneteenth Celebration
- Great Fall Festival
- Englewood's Recreation Dept. Basketball Tournament

Conditionally Satisfactory Ratings Issued		Bella Restaurant	03/22/2013
Fresh Taste LLC	12/13/2013	El Prado Restaurant Corp	03/15/2013
Stop & Go Grocery & Deli	11/20/2013	Lupi's Deli & Grocery	03/07/2013
Taqueria Gueros	09/11/2013	El Prado Restaurant Corp	01/22/2013
Dong Fung Inc Far East Restaurant	09/19/2013	Gus Steel Grill	03/11/2013
Bagel Express	08/28/2013	JKO Station Corp	03/14/2013
Alston's Deli & Caterers	08/20/2013	Super Dollar Plus	02/25/2013
Baumgarts Café & Restaurant	07/01/2013	International Fish Market	02/20/2013
Oori Service Inc	07/08/2013	El Prado Restaurant Corp	02/22/2013
New Hong Kong	06/20/2013	Lupi's Deli & Grocery	02/06/2013
La'Mezza Restaurant	06/18/2013	Las Maravillas De Tulcingo	02/12/2013
La Cumbia Salvarodena	06/11/2013	New Quick Market & Grocery Corp	02/12/2013
Crown Fish & Chicken	06/11/2013	Spring Tree Bagel	02/22/2013
Kennedy Fried Chicken	05/23/2013	New Quick Market & Grocery Corp	01/28/2013
Mr. Tods Pie Factory	05/28/2013	El Prado Restaurant Corp	01/22/2013
Tiger Track Inc	05/13/2013	El Prado Restaurant Corp	01/07/2013
Basil Indian Cuisine	12/17/2013	New Quick Market & Grocery Corp	01/07/2013

During the year, 10 establishments closed their businesses and 30 new businesses licensed.

Food For Thought

The Department prepares a quarterly newsletter called "Food For Thought". This newsletter is mailed or emailed to restaurants, school cafeterias, mobile vendors, markets, convenience stores, and health care facilities. Each edition typically consists of food safety trends found to be problematic during routine inspection. Some topics of interest for 2013 were keeping rodents and vermin out of restaurants, rules on the use of disposable gloves in kitchens, cooling foods safely, and food manager certification.

Food Recalls

Through Federal and State agencies, the Health Department is informed of products suspected to have been compromised through physical, chemical, or biological contamination that may cause harm to the public. Product alerts are announced through an email system advising the staff what, if any, action should be taken in the community. When necessary, Health Inspectors ensure that these products are removed from the shelves and are not sold to the public. In 2013, there were 158 food recalls.

Enforcement Actions	2011	2012	2013
Conditional Ratings	21	35	33
Unsatisfactory Ratings	1	2	1
Administrative Hearings	0	0	2
Summons	70	29	24
Notices of Violation	41	54	37
Voluntary Food Destruction	442	2383	212
Sub-Total	575	2,445	309
Complaints			
Solid Waste	24	41	9
Nuisances	44	74	121
Noxious Weeds	0	2	4
Rodent & Insect Control	38	45	40
Airs (Odors), Mold	35	38	13
Sewage	4	14	2
Food Complaints (including food borne illness)	17	12	13
Animal Complaint Investigations	99	82	79
Lead Complaint Investigation/ Follow-up	7	1	1
Sub-Total	268	345	282
Total Enforcement Actions and Complaints	843	2,790	2525

Recreational Bathing/Pool Inspection

As summer approaches, the Environmental Unit must also ensure that Englewood’s 8 semi-public and 2 public pools are safe for all to enjoy. This is accomplished by inspection of safety equipment, verifying certification of lifeguards, and checking that water quality is in compliance with New Jersey Administrative Code 8:26 “Sanitary Code for Public Recreational Bathing”. Throughout the summer, pools are spot checked each month, and water quality inspections are performed for on all licensed pools.

City License and Miscellaneous Inspections

Working with the City Clerk’s Office, various city-wide inspections are conducted, which include beauty and barber shops, nail salons, dry cleaners, rooming houses, pet stores and animal shelters/kennels. Although these establishments are routinely inspected by 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 by the City to ensure compliance with City and State regulations.

The health inspectors also review blue prints and plans submitted to the City by various medical offices, beauty and nail salons and new retail food establishments. These include designs for the development of a new establishment or renovations to an existing one. This review ensures proper materials and finished surfaces are used, that a hand washing and 3-compartment sink are installed, and all appliances and food contact surfaces



Figure 3 Inspector checks temperature of standing food

conform to state and local regulations.

In addition, other city inspections are performed, such as Certificate of Occupancy (CO), Certificate of Continued Occupancy (CCO), Temporary Certificates of Occupancy (TCO) and change of ownership inspections. These ensure that establishments are safe to occupy and compliance with health ordinances.

	2011	2012	2013
Certificate of Occupancy/Continued Occupancy	40	41	36
Liquor Store	26	26	17
Beauty Parlors/Barbers	42	32	24
Nail Salons	10	12	12
Laundromats/Dry Cleaners	9	11	11
Pre-Operational Inspections	27	32	30
Rooming Houses	6	6	5
Pet Stores/ Animal Shelter/Kennels	2	2	2
Total	162	162	137

Youth Camp/Summer Program Inspections

The Environmental Unit ensures the safety of youth camps and summer programs. During 2013, four youth camps were inspected prior to opening for the season.

Environmental Internships

In 2013, the environmental health unit mentored two students, one from William Paterson University and one from Richard Stockton College of New Jersey. Student interns shadow the inspectors and observe their day-to-day activities. In addition to assisting with office duties, they accompany inspectors on field visits to observe the inspections of retail food establishments, beauty salons, and nuisance complaint investigations.

Rabies Control

Since the reappearance of rabies in the mid to late 1970s, steps taken to protect the public have included:

- the introduction of free rabies clinics
- ensuring that cats and dogs are vaccinated against rabies
- ensuring that cats and dogs are properly licensed
- working with the State and County Animal Control departments on animal bites and suspected rabid animals



At the Health Department's two free clinics, a total of 128 dogs and cats were vaccinated against rabies. In addition to the Health Department's rabies clinics, the Bergen County Animal Shelter has two clinics per month. The availability of free vaccines helps to protect the public by limiting the spread of rabies.

Public Health Nursing

The American Public Health Association best describes [The Role of Public Health Nurses](#).¹

“Public health nurses integrate community involvement and knowledge about the entire population with personal, clinical understandings of the health and illness experiences of individuals and families within the population. They translate and articulate the health and illness experiences of diverse, often vulnerable individuals and families in the population to health planners and policy makers, and assist members of the community to voice their problems and aspirations. Public health nurses are knowledgeable about multiple strategies for intervention, from those applicable to the entire population, to those for the family, and the individual. Public health nurses translate knowledge from the health and social sciences to individuals and population groups through targeted interventions, programs, and advocacy.

“Public health nursing may be practiced by one public health nurse or by a group of public health nurses working collaboratively. In both instances, public health nurses are directly engaged in the inter-disciplinary activities of the core public health functions of assessment, assurance and policy development. Interventions or strategies may be targeted to multiple levels depending on where the most effective outcomes are possible. They include strategies aimed at entire population groups, families, or individuals. In any setting, the role of public health nurses focuses on the prevention of illness, injury or disability, the promotion of health, and maintenance of the health of populations.”

Herein is a description of our interventions and strategies for the past year.

Child Health Conference

A program for maintaining the health of infants and school-aged children in the community who have no insurance, the Child Health Conference provides preventive health care for newborns to 18 year olds. The service includes physical examinations, health screenings, immunizations, and health counseling.

In 2013, we saw 113 patients in the CHC, 37 of which were new. During the month of March, nursing students from the Ramapo College Nursing Program were in attendance to observe the CHC as part of their Community Health experience

TB/PPD testing

Any children who tested positive, and their parents, were referred to the Bergen County Chest Clinic for chest X-rays and follow-up treatment. During the year, the Public Health Nurse dispensed medication and assessed its side effects for resident children in cooperation with the Bergen County Tuberculosis Monitoring Division. These children tested positive during Mantoux tests administered at the Health Department.

Late in the year, there was one positive test result in an adult. Since the Bergen County Chest Clinic does not provide testing for adults, the patient was referred to North Hudson Community Action Corp. for a chest x-ray.

School Immunization Audits

By mandate of the New Jersey Department of Health, and under the authority of the Principal or School Administrator and the Local Health Department, all students in all schools (public and private) including day care, nursery school, preschool and kindergarten are to be immunized per the recommended schedule. Medical or religious exemptions will be accepted. Philosophical or moral objections are not acceptable in New Jersey.

In cooperation with the school nurses, the Public Health Nurse schedules audits of the immunization records of each school. Currently, Englewood has 18 public and private schools and daycare centers to audit. In 2013, the compliance rate was 92%.

¹ APHA Member Groups and Affiliates, “The Role of Public Health Nurses”

Epi-Pen Training

The Health Educator and Public Health Nurse provided Epi-Pen training to 16 teachers at Kings Kids Learning Center.

Communicable Disease Reporting

There were not any outbreaks during the year, but a few individual cases of Hepatitis B, Hepatitis C and Salmonella were closely monitored. A number of tick-borne cases were reported in August and September. Although tick-borne diseases are not spread from human to human, they are monitored by the State for vector tracking. One incident of note was a case of Malaria in a resident who had traveled to Africa.

Adult Vaccine Preventable Disease Program

The number of adult vaccinations given totaled 128 and included influenza and pneumonia vaccines, and also vaccinations for shingles, Hep B, Hep A, Tdap (Tetanus/Diphtheria/Pertussis, MMR (Measles, Mumps and Rubella) and Varicella (Chickenpox).

Mid-year, it was learned that the City Physician had not renewed his contract with the City, leaving the Department without standing orders for the Public Health Nurse to administer vaccines. Until new standing orders were obtained from a physician at Englewood Hospital and Medical Center, the Public Health Nurse referred those requesting vaccinations to neighboring health departments.

In August, there was an increase in vaccinations (a total of 28) due to changes in the Immigration and Naturalization Service vaccination requirements for Alien Registration Cards. With the exception of flu season, the number of vaccinations given at this time was approximately 50% higher than normal.

EMPLOYEE HEALTH

Blood Borne Pathogen Training

Blood borne pathogens are infectious microorganisms present in blood that can cause disease in humans. These include, but are not limited to, hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV), the virus that causes AIDS. Workers exposed to blood borne pathogens are at risk for serious or life-threatening illnesses. The [Occupational Health and Safety Administration](#)'s Blood Borne Pathogen Standards requirements state what employers must do to protect workers who are occupationally exposed to blood or other potentially infectious materials (OPIM), as defined in the standard. That is, the standard protects workers who can reasonably be anticipated to come into contact with blood or OPIM as a result of doing their job duties.

The Public Health Nurse and the Health Educator provided Blood Borne Pathogen Training for 16 employees of the Recreation Department. The Departments received training independently.

SEASONAL FLU EDUCATION/PREVENTION

The Youth Health Educator, Health Educator and Public Health Nurse delivered a presentation to the seniors at the Bergen Family Center. Staff discussed the importance of flu and pneumonia vaccines and provided immunizations following the presentation.

Several flu vaccination clinics were scheduled. This was the first year that staff travelled out into the community rather extensively. Below is a list of sites, dates and number vaccinations provided at each site.

10/02 City Hall	15	10/16 EPL	43	10/21 JEDMS	19
10/02 DPW	12	10/17 Quarles Elem	21	10/22 McCloud Elem	24
10/04 BFC	9	10/17 Grieco Elem	15	11/15 EHD	29
10/11 EHD	63	10/18 DMHS	16		

*BFC-Bergen Family Center
*DMHS-Dwight Morrow High School

*EHD- Englewood Health Department
*JEDMS-Janis E Dismus Middle School

*Englewood Public Library

Public health nurses are highly dedicated individuals who work very hard to improve community health and access to care.

Figure 4: Staff participate in Friends of Grace Seniors Health Expo



Figure 5: Staff assist with ShopRite Partners in Caring Fight Against Hunger

	2013 Total	2012 Total	2011 Total
Child Health Clinic			
Number of Sessions	15	15	12
Children Seen	113	83	104
Intakes– New Children	69	46	45
Immunizations	181	128	171
Child Health Conference Screenings			
Lead Screenings	1	14	14
Referrals: Medical/Dental	33	79	7
Nutritional Consultations	113	135	95
Growth Measurements	113	98	80
New, TEEN PARENTS in CHC	0	1	3
Repeat, TEEN PARENTS in CHC	1	4	15
Adult Health			
Blood Borne Pathogen Training	16	45	38
Adult Blood Pressure	243	231	250
BP/Health Education	380	458	240
Adult TB Screenings	23	38	20
Adult Vaccination Clinics	16	9	4
Flu Vaccine Given	335	136	189
Pneumo. Vaccine Given	18	14	45
Zostervax Vaccine Given	99	50	N/A
Tdap/Menveo Vaccine Given	42	10	0
Hepatitis Vaccines Given	25	127	0
Other Vaccinations	58	0	0
Total adult vaccinations	577	337	234
Forms Completed			
Immunization Records	219	165	110
School Forms	217	186	72
School Immunization Audits			
Schools Audited	23	27	21
Records Audited	2571	1512	2873

Health Education & Promotion

The Health Educator is responsible for carrying out a variety of health educational and promotional activities for all life cycles of the residents of Englewood. The Health Educator continuously plans, develops, coordinates and implements educational strategies to improve the health of individuals and communities. Some services provided by the Health Educator are the development of audio, visual and print materials for small and large group discussions, power point presentations, skill-building activities, health fairs, educational trainings and individual counseling. It is imperative that the Health Educator pays close attention to the needs of the population at all times in order to provide necessary health services that promote a healthy lifestyle and aid in effective behavioral change. With community outreach as the main priority, we are continuously reaching out to schools, churches, senior populations, and the general public with the most up-to-date health information.

Adult Daycare Group

Each month, the Health Educator speaks to the senior group at Bergen Family Center on a variety of health topics, usually in accordance with the month's health observances. Education is delivered through small and large group discussions, power point presentations, videos and skill-building activities. Two of the biggest topics presented to the group were from the States' HealthEASE curriculum, one addressing "Fall Prevention" and the other "Keeping Your Mind Sharp". Other topics of interest included: Breast and Prostate Cancer Awareness, Winter Safety and Heart Health (blood pressure, cholesterol, weight management and healthy eating). The Health Department provides educational materials on all topics as well as information about Department, local and county-wide services at each session.

HEALTH PROMOTION

Newsletter

"The Englewood Health Watch," our quarterly newsletter, is published and distributed throughout the community and posted on our website. It provides information about health issues of interest to Englewood residents. Topics covered in 2013 include: Emergency Preparedness, Nutrition and Summer Safety.

Department Lobby

Health educational and informational brochures and flyers are put on display for the general public in the health department's waiting area. The lobby is updated each month with health-related topics in accordance with the National Health Observances. Information about local and county-wide health services is also displayed.

Community Events

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

- Bergen Family Center Adult Daycare Group
- EPI-Pen Community Staff Trainings
- Englewood Family Health Festival
- National Children's Dental Health Month
- Sidewalk Sales Outreach
- Flu and Pneumonia Clinics

- Community Health Fairs
- National Public Health Week
- World AIDS Day

Topics covered in 2013:

- Nutrition
- Heart health
- Blood Pressure
- Diabetes (Type I and II)
- Cholesterol
- Prostate, Breast, Colorectal Cancer
- World AIDS Day
- Hand Hygiene
- Dental Health
- Stress Management
- Summer Safety
- Winter Safety
- Red Ribbon Week
- Physical Fitness
- Weight Management



Figure 6: Health Educator Megan Maletich at EHMC
For Congressional Health Fair sponsored by U. S. Rep. Pascrell

Reach & Teach

The Reach and Teach program was founded in 1989 and, at the time, was the only HIV/AIDS prevention and education program in Bergen County. Reach and Teach is sponsored jointly by Englewood Health Department and the Englewood Hospital & Medical Center and has been serving the community of Englewood and its youth for over 20 years. The program targets youth ages 12 to 21 and works with community-based groups and organizations. Over the past 24 years, the program has established active partnerships with the public schools, churches, parents, and health and human services agencies.

Although the Reach and Teach program is coordinated and based at the Englewood Health Department, it works in partnership with other local organizations by providing 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, and beauty and barber shops.

The program is conducted by a full-time Youth Health Educator, a Certified Health Education Specialist, who is dedicated to health and wellness of Englewood adolescents and families. Components of the program include *Reaching Out*, *Reaching In*; *Baby Think It Over*; and *Staying Safe in Seventh*. Other activities include: Red Ribbon Week, school cafeteria outreach, Prom Precautions, and outreach at The Zone. Working closely with the Board of Education, teachers, school nurses, and parents, these programs have achieved great success in providing much needed information and promoting healthy lifestyles for youth.

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

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

Reaching Out, Reaching In is a 5-session program designed for 8th grade students attending Janis E. Dismus Middle School. During health classes, they are educated about self esteem, drugs, STIs/HIV and pregnancy prevention. The curriculum is designed in the form of formal lectures and interactive activities to address developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The program focuses on the consequences of risky behaviors.

At the end of *Reaching Out, Reaching In*, students are encouraged to participate in *Baby Think It Over*, a program which requires parental consent for students to participate. Students are given a computerized infant simulator to take home and care for during a weekend. The purpose is to educate students about the challenges of becoming a teen parent and inform them of the cost and realities of parenthood. Upon returning the dolls, the students must share with the class their experience and how it has affected their views about parenthood.

Staying Safe in Seventh (SSIS)

Staying Safe in Seventh is a 5-session program for the 7th grade students at Janis E. Dismus Middle School. It is designed to educate students on body image, stress, flirting, sexual harassment, dating violence and bullying. The program gives students the opportunity to develop an understanding of these issues, and learn skills that reduce health risks and cultivate healthy habits. It also enhances the health and well-being of self and others, encouraging young people to set personal health goals and learn the effects of health behaviors on the community.

Cafeteria Outreach

Once a month, during the lunch periods at Janis E. Dismus Middle School, cafeteria outreach is conducted. The Youth Health Educator discusses information on national health observances, encouraging the students to become more involved in programs that are beneficial to their success and healthy lifestyles. Students are

provided with appropriate information and are offered additional brochures and pamphlets for themselves, family and/or friends. During this time, the Youth Health Educator interacts closely with the students, as an objective resource, directly engaging them and requiring the students to answer health related questions to receive a small reward such as a pencil case, pencil, eraser or bookmark.

Red Ribbon Week

During Red Ribbon Week, activities are organized during students' lunch period at Janis E. Dismus Middle School. Students are educated on different types of drugs such as inhalants, depressants, hallucinogens and stimulants and how they affect the mind and body by altering physiological functions. They are encouraged to **Pledge to be Drug Free** by signing a pledge to "say no to drugs" and are given a red ribbon and drug-free memorabilia (book marks, sharpeners and pencils). The significance of the event is to symbolize a healthy, drug-free lifestyle.

Teen Leadership Conference

The Bergen Family Center and Kaplen JCC on the Palisades presented the Third Annual Teen Leadership Conference. This year, 220 students from various high schools in Bergen County were invited to attend the all day event. Students participated in a variety of workshops on prevention and education: depression/suicide, eating disorders, stress and pressure, homophobia, bystander intervention, drugs and alcohol, and sexual health. The Youth Health Educator facilitated the sexual health workshop focusing on STIs and pregnancy prevention.

World AIDS Day

The Health Department sponsored a World AIDS Day event for Dwight Morrow High School and Academies of Englewood students. The purpose of this event is to create awareness of HIV/AIDS and reduce the incidence of new cases of the disease. The significance of the theme was to focus on getting the number of new HIV cases, AIDS-related deaths, and discrimination against people living with HIV/AIDS to zero. Students were taught about the difference between HIV and AIDS, transmission, risky behaviors, myths and facts and barrier methods. Statistics were presented on persons infected with HIV/AIDS globally and nationally, leading to residents of New Jersey, Bergen County and the City of Englewood. The Health Department also invited a guest speaker from Bergen County, who is HIV positive and an HIV tester, to give a powerful message on risky behaviors and preventing a HIV/AIDS diagnosis.

A creative arts contest, also sponsored by the Health Department, was part of the program. The winner, Aaliyah Mangan, a 12th grade student from Dwight Morrow High School, received a certificate of appreciation and prize to acknowledge and reward her efforts for the poem she submitted.

Dwight Morrow High School - The Zone

The Zone is a school-based youth program that is run by the Bergen Family Center from Dwight Morrow High School. The Health Department conducts two outreach sessions a month to educate students on different national health observances. During the sessions, students play jeopardy, bingo or engage in informal conversations that provide students with the appropriate information. The students really enjoy the game aspect of jeopardy and/or bingo and are able to learn new health information.

Our youth deserve the opportunity to complete their high school and college education, free of early parenthood. Their future children deserve the opportunity to grow up in financially and emotionally stable homes. Our communities benefit from healthy, productive, well-prepared young people.

Jane Fonda

ACTIVITY	2012		2013	
	Sessions	Persons Reached	Sessions	Persons Reached
Employee Wellness				
Blood Borne Pathogen Training	4	45	1	16
City Hall			1	16
Department of Public Works			1	12
Community Outreach				
Adult Flu and Pnuemonia Clinic			5	140
Bergen Family Center	13	76	5	170
Church Health Fairs			3	225
Congressional Health Fair			1	450
Englewood Family Health Festival	1	60	1	100
EPI-PEN Training			5	83
EPSPD Parent Group Community Event			1	75
Family Support Group: Grandparents...			1	8
Friends of Grace Seniors KCC Vaccine Clinic	6	64	3	125
National Public Health Week	5	294	3	92
NULITES of Urban League for Bergen County	5	17	2	43
Sidewalk Sales			1	25
Teen Leadership Conference / Meetings			5	415
School Outreach				
Dwight Morrow/Academies@Englewood				
- The ZONE outreach			17	705
- Sexual Assault/Dating Violence			1	121
- Teen Pregnancy	2	441	1	113
- Physical Exercise/Nutrition/Heart Disease	4	485	1	86
- Prom Precaution	2	379	1	154
-World AIDS Day	3	472	1	130
Janis E. Dismus Middle School				
- Physical Exercise/Nutrition/Heart Disease	1	95	1	97
- Alcohol & Drug Abuse/Red Ribbon Week	3	231	3	375
- Teen Pregnancy			1	59
- Smoking Prevent/Great American Smokeout	0	0	2	177
- Reaching Out, Reaching In Program	31	375	22	1240
- Baby Think It Over	10	100	10	89
- Staying Safe in Seven	30	354	23	974
- Summer Safety	1	92	1	93
- Wellness Day	0	0	1	175
Grieco Elementary School				
-Wellness Day	0	0	7	300
D.A. Quarles Early Childhood Center				
-Candy vs. Medicine			6	200
-Hand Hygiene	14	425	1	121
Dental Screenings				
-D. A. Quarles Early Childhood Center			1	95
-Bergen Family Center			1	40
-Vincent K. Tibbs			1	77
TOTAL	131	3,960	139	7,372

Agency Activities

CHILDHOOD LEAD

According to the Centers for Disease Control and Prevention, there are still at least 4 million households today that have children living in them that are being exposed to high levels of lead. There are approximately half a million U. S. children, ages 1 to 5, with blood lead levels above 5 micrograms per deciliter ($\mu\text{g}/\text{dL}$), the reference level at which CDC recommends public health actions be initiated. Lead exposure can affect nearly every system in the body. Because lead exposure often occurs with no obvious symptoms, it frequently goes unrecognized.

The Healthy People 2020 goal is to eliminate blood lead levels $\geq 10 \mu\text{g}/\text{dL}$ and differences in average risk based on race and social class as public health concerns. Our Health Department's Lead Team, which works towards this goal, consists of a Registered Environmental Health Specialist, the Public Health Investigator and the Public Health Nurse.

One open lead case was transferred to another district following the family's move out of Englewood. The Public Health Nurse and Public Health Investigator worked with staff of that district to insure that necessary information followed the case.

One new lead case was opened in the spring when the second, confirming, venous blood draw level was 21, four times the level at which CDC recommends action. The Lead Team performed a home inspection, and the Public Health Nurse assessed the child. Since the home environment was in need of abatement, the landlord was contacted by the Public Health Investigator to initiate the process. Education of the family included dietary recommendations and proper cleaning instructions.

SCHOOL OUTREACH

Dental Health Month Screening (February)

The American Dental Association (ADA) sponsors National Children's Dental Health Month each year to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

To that end, the Health Department made arrangements with a local dentist, Dr. Rick Adams, for screenings at Englewood primary schools. He graciously volunteered his time and, with his dental assistants, 100 Pre-K students at Quarles School, 60 children at Vincent K. Tibbs Daycare, and 52 children at Bergen Family Center were screened.

All the children were given goodie bags with toothbrushes, toothpaste, and stickers



Wellness Day

Wellness Day is an annual event, sponsored by the Englewood Public School District, consisting of multiple workshops, speakers and activities that take place on the same day at each of the public schools in Englewood. The Health Department participates in the event every year to teach students about living a healthy lifestyle. This year, the Youth Health Educator conducted a pregnancy prevention workshop for students at Janis E. Dismus Middle School consisting of information on the different types of birth control methods that are currently available. The students were able to try on the empathy belly, a pregnancy

simulator that lets one know what it feels like to be pregnant. The empathy belly allows students to experience over twenty symptoms and effects of pregnancy, including: weight gain of 30 pounds, lower backaches, difficulty breathing, and fatigue.

The Public Health Nurse and Health Educator attended Dr. John Greico Childhood Center and participated with a health education station. The Public Health Nurse spoke to the students about summer safety and discussed topics such as sun, water, bicycle and bug safety. The Health Educator presented to the students the importance of hand washing. While there, the students learned what germs are, how they are spread on a daily basis, and when and how to wash their hands properly to reduce the spread of germs. They were then encouraged to engage in an educational activity where they could see how germs are spread from person to person, as well as reinforcing the importance of hand washing.

COMMUNITY OUTREACH

Friends of Grace Seniors Korean Community Center

Adult vaccination clinics were held on a regular basis at the Korean Community Center by the Public Health Nurse with the assistance of the Health Educator. This outreach provided an additional source of revenue for the Department. In June, the Community Center held a Health Expo at which 43 participants were vaccinated and approximately 100 people were encountered throughout the afternoon.

Public Health Week

Every year, The American Public Health Association's celebrates National Public Health Week during the first full week of April to recognize the contribution of public health and highlight issues that are important to improving the nation's overall health. The Englewood Health Department observed National Public Health Week from Monday, April 2 through Friday, April 5 by offering a community-wide health initiative. Focusing on the "Return on Investment (ROI)" theme, residents of Englewood received free blood pressure screenings, stress management resources, and nutrition education and learned the importance of incorporating a healthy lifestyle for overall good health.

April 2nd, the Public Health Investigator, Health Educator, Youth Health Educator and Public Health Nurse distributed literature and offered Blood Pressure screening at ShopRite of Englewood.

On April 3rd, the staff offered an "Employee Wellness Day" at City hall. Stress balls were made, Blood Pressure screening was performed, and stress management skills were reinforced.

April 5th, was seniors day at Bergen Family Center, focusing on "Safety 101 and Everyday Fitness". Information and literature was provided to participants in the adult daycare program.



Congressional Health Fair

U. S. Representative Bill Pascrell sponsored a health fair at Englewood Hospital and Medical Center on June 24. The Public Health Nurse, Health Educator and Youth Health Educator represented the Department, and nearly 500 people were in attendance. Literature and giveaways were distributed.

Sidewalk Sale Days

On the last Friday of July, the Public Health Nurse and Health Educator set up a table on Palisade Avenue (the main shopping area) during the City's Sidewalk Sale Days. They spoke to residents on a variety of health topics, and blood pressure screening was offered.

Seventh Day Adventist Church Community Health Fair

Staff participated in the SDA Church's annual health fair in July and addressed members of the congregation and public about health issues and how to access health services for the uninsured. There were approximately 125 encounters. In addition, Community Blood Bank was taking blood donations and North Jersey Community Research Initiative administered HIV testing.

Community Baptist Community Health Fair

The Health Educator, Youth Health Educator and Public Health Nurse attended this annual Health Fair. They spoke to members of the congregation and the public about health issues as well as how to access health services for the uninsured. During the day, they encountered approximately 75 people.

Bagging Against Hunger

ShopRite Partners In Caring is a year-round, community-based, hunger-fighting initiative that works with more than 50 food manufacturers to provide \$2 million annually to more than 1,700 charitable agencies in New York, New Jersey, Connecticut, Delaware, Pennsylvania and Maryland. In September, the Public Health Investigator and the Public Health Nurse participated at ShopRite of Englewood's annual event. They donned supermarket aprons and bagged groceries for charity, helping to raise money to end hunger.

Englewood Family Health Festival

The Englewood Family Health Festival is one of the biggest events sponsored and implemented by the Health Department. Each year, the department coordinates with community agencies and organizations to promote the physical, mental, and social well-being of Englewood residents and their families. This annual event changed venues in 2013, and was held at the Englewood Hospital and Medical Center on October 25th from 2:00 to 5:00pm.

A variety of local agencies and organizations assisted the Health Department in raising public awareness about their individual services while supporting the importance of health and well-being. Attendees also benefitted from free blood pressure, glucose, cholesterol, dental and HIV screenings. The Englewood Health Department looks forward to the Englewood Family Health Festival by continuously assessing the needs of the population to promote a successful event each year. Over 150 people were in attendance, helping to make the event a success. Special thanks to the hospital for co-sponsoring the event this year.

Bergen Family Center – Seniors

In a continuing effort to reach our elder population, a Breast/Prostate Cancer awareness presentation was made in October to the seniors at the Bergen Family Center by the Youth Health Educator, Health Educator and Public Health Nurse. The importance of regular mammograms and prostate exams was discussed. The county provides screenings for residents, at low cost, on a sliding scale basis, under the Bergen County Cancer Education and Early Detection Program (CEED). Staff handed out flyers on this program.

In November, a Memory Loss Prevention presentation was made to these seniors. Discussed were memory loss and the importance of sleep and exercise to continued well being. The staff engaged them in memory building activities and provided hand outs.

Englewood Family Health Festival at Englewood Hospital & Medical Center

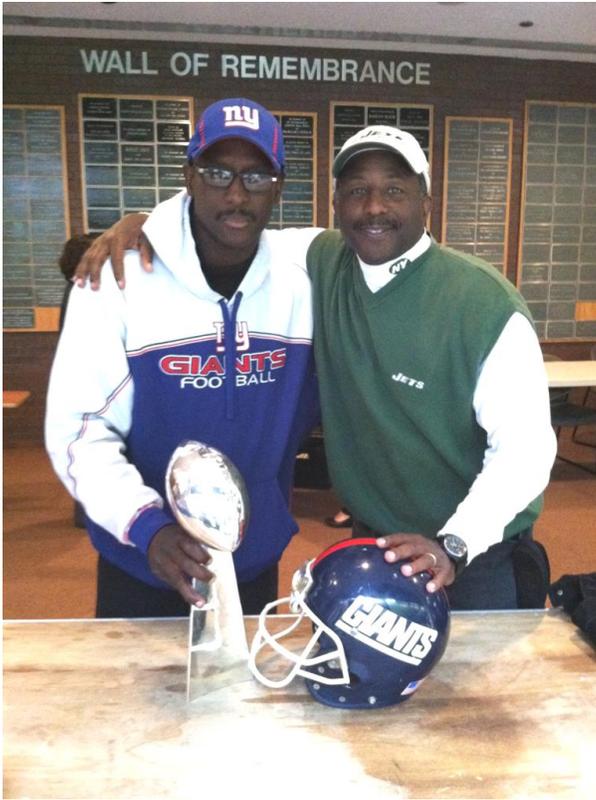


Figure 9: Steven Baker and Bruce Harper



Figure 7: Visitors participating and interacting with agency reps



Figure 8: Teddy Bear ER with hospital EMTs



Acknowledgements

City of Englewood

Timothy Dacey, City Manager
Arielle Greenbaum Saposh, Director, Human Resources
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Englewood Board of Education

State of New Jersey

Department of Health
Governor's Council on Alcoholism and Drug Abuse

County of Bergen

Englewood Hospital & Medical Center

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Harvey Weber, Amy Kaplan - ACLS/BLS/PALS Training Center
Lori Villa, Phyllis Brown - Community Event Planning

The Community

The Gym
Dr. Edward Jackson, DDS, Hackensack, NJ
North Hudson Community Action Center
Shop Rite of Englewood, NJ
TD/Commerce Bank, Englewood, NJ
Valley National Bank, Englewood, NJ

The Media

The Record, New York 1

Resources

NJ Department of Health
<http://www.state.nj.us/health/>

Bergen County Department of Health Services
<http://www.co.bergen.nj.us/Index.aspx?NID=280>

Centers for Disease Control & Prevention
<http://www.cdc.gov/>

FEMA Disaster Assistance
<http://www.fema.gov/disaster-assistance-available-fema>