

2010

City of Englewood

Department of Health



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ANNUAL REPORT

DEPARTMENT OF HEALTH

STAFF

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 Doris Garcia, CMR Bilingual Case Aide / Alt. Deputy Registrar
 Henrietta Goodman, CMR Deputy Registrar
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 Joyce M. Jackson Senior Executive Secretary
 Suzie Jean-Louis, MD, MPH, CHES Health Educator/Epidemiologist
 Janet Kast Confidential Executive Secretary
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CONSULTANTS

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MESSAGE FROM THE DIRECTOR

Public health has never received the recognition it deserves. The late nineteenth and early twentieth centuries have been referred to as the “Age of Modern Medical Miracles,” yet it was not “miracles” of high technology that brought this nation to the health status it now enjoys. Instead, it was public health advances that accomplished that: clean water, proper housing, immunization, eradication of smallpox, increased life expectancy, and the understanding of preventive medicine as exemplified by healthy lifestyle choices.

Today’s public health practitioner faces a changing and somewhat ambiguous environment. There are challenging and exciting possibilities, but resources are limited. The government’s role is paramount but there is public distrust of government. Health reform is on the public’s mind but the focus is on illness rather than health promotion and disease prevention. New public health crises call for effective responses but the public is divided on priorities for action.

Against this backdrop, the Englewood Health Department has attained many major accomplishments for 2010. They include:

upgraded the MILS (Municipal Inspection & Licensing System) database management software and hardware system for collecting, tracking, monitoring, analyzing, and reporting data on retail food establishment inspections and licensing; provided AED/CPR training and re-certification for all department staff and members of the Board of Health; with State grant funding, acquired and installed an interactive kiosk, a computer-like device, in the Health Department reception area to provide customers and employees with self-service access to products and services (e.g. internet access for web surfing and email, tools for viewing multimedia files, visitor sign in/out control management, etc.) to lower overhead costs and improve customer and employee satisfaction; 100% of the Environmental Health Unit staff have been trained and re-certified as lead assessors; completed the modernization of the Public Health Nursing and Health Education Units with new furniture and equipment using remaining funds from an H1N1 grant award of \$80,572 received in FY 2009; received a satisfactory rating on the State’s performance review conducted by the New Jersey Department of Health and Senior Services; a mandated survey of all local health departments based on 12 standards; acquired a new, state-of-the-art AED from the Emergency Medical Services Unit of the Englewood Fire Department via an Englewood Community Chest grant; quadrupled the monthly clinic visit volume by expanding the Immunization Clinic Program to school-aged children 6 to 18 years old; Department’s Health Educator and Board of Health Member were honored at the 2010 Annual Conference of the New Jersey Local Boards of Health Association for their vision, leadership, and dedication as champions of public health in the City of Englewood; provided ICS 100 and NIMS 700 training and certification for all department staff and members of the Board of Health to enhance the organization’s emergency response and preparedness capacity; brokered a strategic partnership between the Englewood Hospital and Medical Center, North Hudson Community Action Corporation, and Englewood Health Department to establish a \$650K federally funded, satellite health center in the City of Englewood; and re-established the Englewood Youth Advisory Board (YAB), sponsored by Urban League for Bergen County and the Englewood Health Department, as a committee comprised of Englewood high school and

middle school students who act as a liaison between Englewood City Officials and its youth.

The Institute of Medicine defines public health as “what we do as a society collectively to ensure the conditions in which people can be healthy”. This report reflects the efforts of the employees of the Englewood Health Department together with our Board of Health, City Council, elected officials, residents, citizen groups, public agencies, policy makers, and healthcare providers toward making the citizens of Englewood healthy.

Why is this important? Public health has a strong link to providing a better tomorrow for the City of Englewood by supporting solutions to the economy, education, health care, and citizen security. The Englewood Health Department has a solid foundation of public health programs, services, and activities to attain optimum health promotion, health prevention, and health protection in the City of Englewood. Our Public Health Nursing Unit assists children and adults alike in becoming and staying healthy in order to enable them to learn and become more productive. The Environmental Health Unit assures clean water, safe disposal of sewage and clean restaurants in order to attract potential businesses, residents, and tourists. Our Vital Statistics Unit provides the official records of birth, death, fetal death, and marriage, essential for just administration of our law and for the protection of individual rights.

From the Health Education Unit, information is provided to our citizens and communities in an effort to promote, maintain, and improve healthy lifestyles on such issues as substance abuse, safety, HIV/STIs, nutrition, high blood pressure, smoking, pregnancy, and diabetes. Our “Reach and Teach Program”, sponsored jointly by the Englewood Health Department and Englewood Hospital & Medical Center, provides health education/counseling services to area youth with an emphasis on AIDS prevention/education, substance abuse education, and pre-teen and teen pregnancy prevention. “Reach & Teach” is unique in that it targets non-mainstream, hard to reach youth often neglected by most youth-serving agencies. Our Emergency Preparedness Programs assure that, in the event of a public health emergency such as a pandemic outbreak or toxic spill, the Englewood Health Department, along with Federal, State, Local, and private partners, will provide the appropriate response to allow our citizens to stay informed and feel secure.

On behalf of the Englewood Board of Health and Englewood Health Department, I am proud to present the 2010 Englewood Health Department Annual Report. This report describes the major activities of the Englewood Health Department for calendar year 2010. It also highlights the programs and services established by the Englewood Board of Health for the purpose of protecting and promoting the health of Englewood residents.

Our programs provide direct service to thousands of individuals through the areas of personal and preventative health, health education, environmental health, vital statistics, and emergency preparedness. However, our impact on the overall health of the Englewood community goes beyond those directly served. Our programs and services are designed and delivered in a manner to have a positive impact on the overall health status and safety of our community. According to Richard Rhoads in Visions of Technology (1999, 22), *“Arguably the greatest technological triumph of the century has been the public-health system, which is sophisticated preventive and investigative medicine organized around mostly low- and medium-tech equipment; ... fully half of us are alive today because of the improvements”*.

The 2010 Englewood Health Department Annual Report represents the dedication of Englewood's public health staff. Efforts to provide quality health services help us fulfill our mission "to protect the public's health by partnering with the Englewood community to prevent disease, promote wellness, and prepare for disaster". We look forward to seeing you and working with you to make the City of Englewood a healthier place to live, work, and play in 2011 and beyond!

Sincerely,

Nelson Xavier Cruz

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

MESSAGE FROM THE BOARD

For the year 2010, the Englewood Health Department, once again, found itself the subject of budgetary reductions in personnel and program initiatives. In spite of the many restraints on the mission of the Department, the staff, together with the Board and the Executive Director, was still able to carry out the many mandated initiatives of the State and, thus, bring needed services to the people of Englewood.

Early in the year, we completed our employee performance appraisals. Our H1N1 vaccine clinics were highlighted on television. The popular Reach & Teach youth health education program grant with Englewood Hospital & Medical Center was renewed. Monthly reports from our Executive Director, Health Educator, Epidemiologist, Youth Health Educator, Environmental Health Specialists and Public Health Investigator were received, discussed and accepted by the Board.

On May 11, 2010, the Englewood Health Department had a performance evaluation, conducted by the New Jersey Department of Health & Senior Services, Office of Public Health Infrastructure. This agency evaluates local boards of health to determine whether they are meeting standards of performance. The Department received an overall rating of "Satisfactory" based on the results of the site visit. The Englewood Health Department demonstrated an acceptable degree of adherence to the Practice Standards in the core areas of public health services.

The staff and the Executive Director are to be commended for their outstanding dedication to duty as they carried out the mission of the Englewood Health Department.

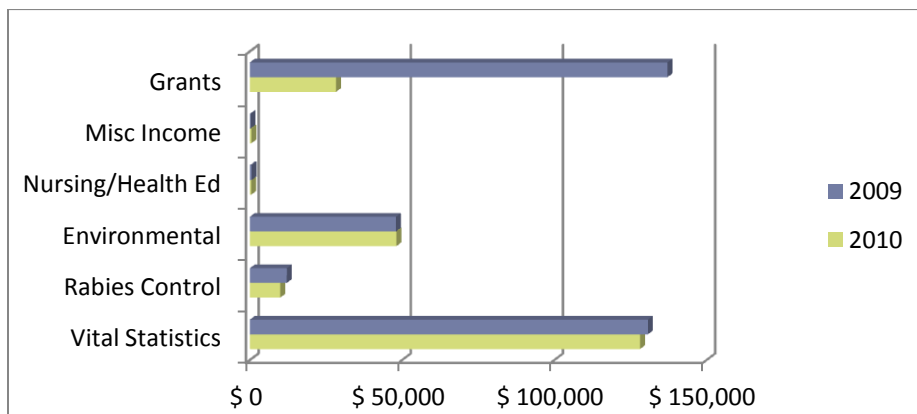
Respectfully,

Earl A Marsan

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

REVENUE

REVENUE	2009	2010	Variance
Operations:			
Certified Copies & Corrections **	\$ 124,212	\$ 122,800	-\$ 1,412
Burial/Disintment Permits **	\$ 2,145	\$ 860	-\$ 1,285
Marriage/Civil Union Lic & Dom Partner Affidavits	\$ 4,399	\$ 4,508	\$ 109
Dog Licenses	\$ 7,287	\$ 6,510	-\$ 777
Cat Licenses	\$ 1,324	\$ 1,251	-\$ 73
Pet Late License Fees & Duplicate Tags	\$ 3,541	\$ 2,246	-\$ 1,295
CHC User Fees	\$ 107	\$ 325	\$ 218
Retail Food Licenses/Plan Reviews	\$ 42,482	\$ 41,849	-\$ 633
Food Establishment Re-insp Fees	\$ 0	\$ 0	\$ 0
FMC and FHC Course Registration	\$ 0	\$ 232	\$ 232
Misc. Licenses (Pools, Temp. Food, etc). / Late Lic Fees	\$ 5,525	\$ 6,045	\$ 520
Misc. Income (Immun., Records, Photocopies, Notary) **	\$ 225	\$ 506	\$ 281
Fee For Service (Mantoux, Flu/Pneumo. Vaccines)	\$ 480	\$ 120	-\$ 360
Total Operations Income	\$ 191,727	\$ 187,252	-\$ 4,475
Grants:			
EMHC Reach & Teach	\$ 24,000	\$ 24,000	\$ 0
NJDHSS LIFT (Lead) Grant	\$ 23,295	\$ 0	-\$ 23,295
NJDHSS H1N1 Pandemic Flu Grant	\$ 80,572	\$ 0	-\$ 80,572
NJDHSS Public Health Priority Funds	\$ 9,348	\$ 4,326	-\$ 5,022
Total Grant Income	\$ 137,215	\$ 28,326	-\$ 108,889
REVENUE GRAND TOTAL	\$ 328,942	\$ 215,578	-\$ 113,364
<i>Fines Levied Through Municipal Court</i>	\$ 16,620	\$ 5,648	-\$ 10,972
<i>**includes fees collected electronically (i.e. EDRS)</i>			



VITAL RECORDS & LICENSING

Newsworthy events during the year included the retirement of the State Registrar, after 25 years of service with the State of New Jersey, eight years of which were as the State Registrar. At the present time, there is an active search to fill that position permanently. This personnel change does have an effect on the local offices since the official safety paper used to issue certified copies can only be used for six (6) months after the vacancy of the position. That does not mean that previously issued certificates are (or will be) invalid. It simply means that purchasing of this paper can be difficult to plan as the demand is never static.

It seems that, despite the efforts of the Department of Homeland Security, identity theft is still a major concern across the nation. This was again the focus of the New Jersey Registrars' Association seminars at November's League of Municipalities Conference in Atlantic City. For this reason, the protection of vital records (documentation of your vital life information) is of utmost importance. In New Jersey, these protections, originally sanctioned by a governor's Executive Order, are now law covered by State Statute.

Since Englewood's Vital Statistics staff regularly interacts with the public, the following information is provided as a guideline for those who are seeking to obtain these records. Please note that Vital Statistics documents are exempt from the Open Public Records Act in the State of New Jersey.

Right to Access

<i>Certified Copies</i> (for all official and legal business matters) may be obtained by	
Family Members	Non-Family Members
Subject named on the certificate	Legal guardian
Subject's parent(s)	Legal representative
Current spouse of the subject	Individual with court order
Child or grandchild of the subject	Agent/Agency of state/local/federal government for official purposes
Sibling(s) of the subject	Commissioner of Health & Senior Services under emergent circumstances
<i>Certifications</i> (information only copies) may be obtained by other individuals.	

Identification “DO”s and “DON’T”s

DO bring original documents when coming in person to the local office, whenever possible

DO bring documents linking your current name (and/or relationship) to the name on the document you wish to obtain

DON’T mail original documents (i.e. driver’s license, Social Security card, etc.)

DON’T provide your Social Security card as identification

Please note that certain documents processed may require your Social Security Number (i.e. marriage license application, certificate of parentage), but this is not a form of ID that will/should be requested/used for obtaining a certified copy.

REQUIRED IDENTIFICATION

The following are acceptable
Photo Identification (i.e. Driver’s License) with Address
OR
Photo Identification AND additional identification with address
OR
ANY TWO OF THE FOLLOWING FORMS OF ID Non-photo Driver’s License, Vehicle Registration, Insurance ID Card, County Resident ID Card, Voter Registration Card, Passport, Immigration (green) Card, School ID Card, Utility Bill, Bank/Credit Card Statement

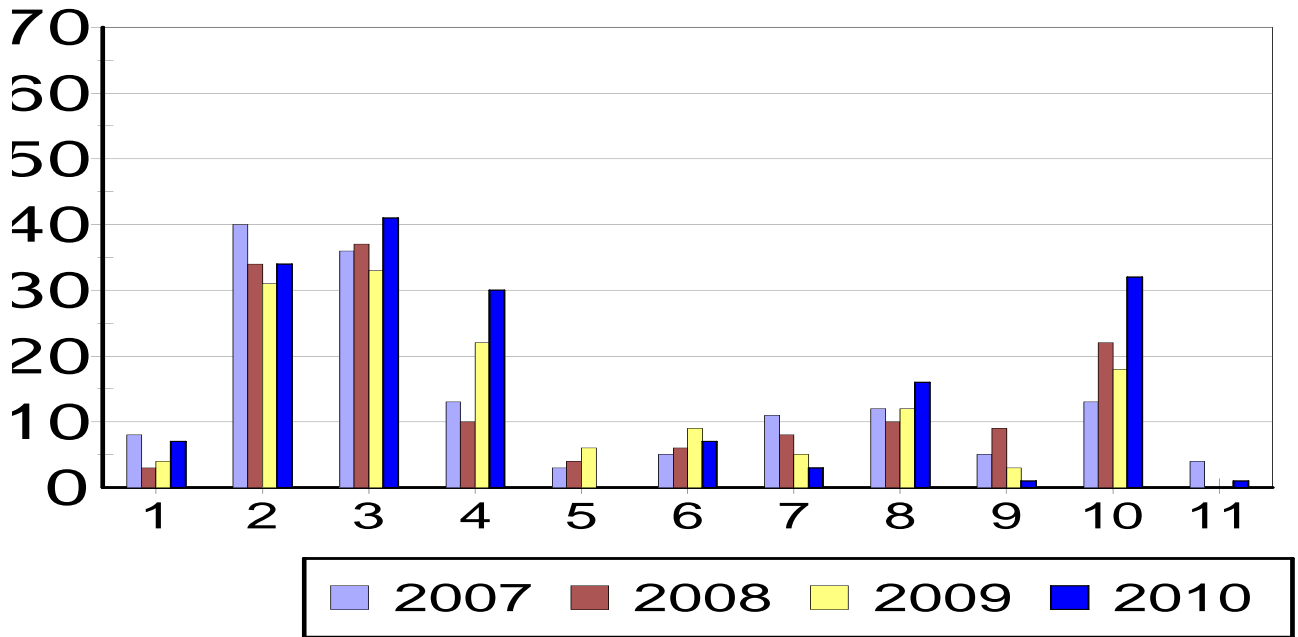
Please note that expired identification presented is valid for up to ninety (90) days from expiration.

PERSONS USING NAMES OTHER THAN THEIR BIRTH NAMES (I.E. MARRIED FEMALES USING MARRIED LAST NAME) MUST PROVIDE THE APPROPRIATE DOCUMENTATION THAT LINKS THE NAME ON THEIR ID TO THE NAME ON THE RECORD THEY ARE REQUESTING (I.E. MARRIAGE CERTIFICATE)

CAUSES OF DEATH
Englewood Residents

		2007	2008	2009	2010
1	Accid/Suicide/Homicide	8	3	4	7
2	Carcinoma/Cancers	40	34	31	34
3	Cardio-vascular	36	37	33	41
4	Cerebro-vascular (incl dementia related)	13	10	22	30
5	Diabetes	3	4	6	0
6	Intestinal (incl Failure to Thrive)	5	6	9	7
7	Kidney/Renal	11	8	5	3
8	Liver/Sepsis	12	10	12	16
9	Other (<2 incidents)	5	9	3	1
10	Pulmon/Cardio-Pulm	13	22	18	32
11	pending investig	4	0	0	1
TOTALS		150	143	143	172

CAUSES OF DEATH
ENGLEWOOD RESIDENTS



ENVIRONMENTAL HEALTH

The Englewood Health Department has the fundamental responsibility of protecting the life, health, and welfare of Englewood residents. These responsibilities are reflected, to a great extent, in the environmental health programs that are housed within the health department. It is the duty of the environmental health unit to protect the public through control of environmental factors. Professionals frequently called Registered Environmental Health Specialists (REHSs), or health inspectors, ensure proper compliance with public health environmental laws and sanitary code, which are designed and implemented to “protect the public health through regular inspections, issuance of permits, and investigation and follow-up of complaints”. Environmental health programs are devised to reduce the risk of environmental health hazards through education, surveillance, monitoring, and enforcement.

Environmental health addresses all human-health-related aspects of both the and the built environment. Environmental health concerns include:

- Air quality, including both ambient outdoor air and indoor air quality, which also comprises concerns about environmental tobacco smoke.
- Body art safety, including tattooing, body piercing, and permanent cosmetics.
- Climate change and its effects on health.
- Disaster preparedness and response.
- Food safety, including in agriculture, transportation, food processing, wholesale and retail distribution and sale.
- Hazardous materials management, including hazardous waste management, contaminated site remediation, the prevention of leaks from underground storage tanks and the prevention of hazardous materials releases to the environment and responses to emergency situations resulting from such releases.
- Housing, including substandard housing abatement and inspection.
- Childhood lead poisoning prevention.
- Land use planning, including smart growth.
- Liquid waste disposal, including city wastewater treatment plants and on-site waste water disposal systems, such as septic tank systems and chemical toilets.
- Medical waste management and disposal.
- Noise pollution control.
- Occupational health and industrial hygiene.

- Radiological health, including exposure to ionizing radiation from X-rays or radioactive isotopes.
- Recreational water illness prevention, including from swimming pools, spas and ocean and freshwater bathing places.
- Safe drinking water.
- Solid waste management, including landfills, recycling facilities, composting and solid waste transfer stations.
- 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.

The Englewood community resident should be able to understand environmental health's role in the public health arena; more important, the Englewood community resident should not be confused with the many evolving terms and "satellite" professions that are part of the greater field of environmental health. The primary difference between the terms environmental health and other related terms is that the focus of environmental health is on those activities that directly impact human health. People, not ecosystems, are the primary focus of environmental health, ranging from education, program development, policies, regulation, investment in preventive measures, or using the bully pulpit to motivate all health professionals. Environmental health seems as relevant as it ever has been, though many fruits of its labors are events that simply do not occur because they have been properly avoided.

Englewood's Registered Environmental Health Specialists (REHS) and Public Health Investigator address the public health needs of the community by performing various environmental health services, reducing the occurrence of conditions which may negatively impact the health, safety, and well-being of the citizens. Protecting and educating the public is a constant goal of the Environmental Health Unit. By identifying environmental issues and assessing community needs, the team is able to provide insight on health issues and solutions that are community oriented. These include food safety for restaurants, nuisance complaints (sewage, odors, insect/animal concerns, and solid waste), hazardous materials (childhood lead abatement programs, and Right to Know), updated consumer product recall information, and vectors of disease (rodents, mosquitoes, and bedbugs). As these health concerns continue to increase within the growing community, the City of Englewood has relied on the professional services of the Environmental Health Unit to address them.

Staff respond to, and is on call for, environmental emergencies 24 hours a day, 7 days a week, including holidays. The following criteria constitute a health safety emergency within the City of Englewood:

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

Wholesale Food Establishment (fire, flood)

Outside service discharge of sewage

Noise/Water pollution

Extended period of electrical/power outage

Retail Food Program

For the Englewood REHS, one of the many services performed is the inspection of all food establishments, as well as temporary events held within the City. Under New Jersey's State Sanitary Code for Food Establishments, Chapter 24, food establishments are required to ensure that all foods sold and served are safe, prepared under sanitary conditions, and are properly labeled. The retail food program for the City of Englewood is broken down into 5 different types:

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

Although New Jersey requires that all food establishments be inspected at least once a year, Englewood's 222 licensed retail food establishments are inspected more frequently. Routine inspections of all food establishments occur at least twice a year. Type I and II establishments are inspected three (3) times or more, with spot checks at any time. Food handling, food temperatures, food supplies, hygienic practices, cleanliness, and other health related conditions are evaluated during the inspection, which are conducted during regular operating hours and are unannounced.

Food Establishment Inspections	2008	2009	2010
Type I – Food Markets	196	199	189
Type 2 – Restaurants	252	263	277
Type 3 – Vending Machines	35	37	51
Type 4 – Mobile Vendors	14	13	14
Type 5 – Sweets, Candy, Gum	22	25	27
Re-inspections			56
Spot Checks	14	30	31
Total	533	567	645

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

Satisfactory: The establishment is in compliance

Conditionally Satisfactory: Some violations were noted and need to be corrected within a certain time frame.

Unsatisfactory: Gross violations were noted and the establishment should cease operations immediately until full compliance is achieved.

Conditional and Unsatisfactory ratings are submitted to *The Bergen Record* to inform the public and increase the community's awareness regarding the establishments where they choose to eat.

Establishments Closed in 2010	Establishments Opened in 2010
La Dolce Divas	Green Fish Market
Varshaa Foods	Mike's Hot Dogs
Englemart LLC	Lou Val's Soul Kitchen
Green 'Licious Cafe	Hummus Elite
Big Mouth's Pizzeria	Creative Kosher
Mi Cantina	Is-A-Berry
Green Line	The Jerky Chicken
Saigon Republic	King Pelican Coffee Bar
Grovecar Mini Market	Rixing Trading

Barbecue's Best	Muscle Maker Grill
Chris N Mike's Mobile Kitchen	Asia Time Restaurant
Interreligious Fellowship	The Kitchen
Toys R' Us	Tambo Restaurant
Various Vending locations	Green Line
	Various Vending locations

Food For Thought

A quarterly newsletter, called "Food For Thought," is compiled and distributed to educate food service personnel regarding sanitation issues, hygiene, health issues, and disease. Copies are mailed to restaurants, school cafeterias, mobile vendors, markets, the hospital, nursing homes, and smaller food convenience stores. Articles not only educate readers on achieving compliance with state and local laws but reinforce valuable information to the food service industry. Some of the topics covered in the newsletter include: proper food temperatures, importance of extermination, various food borne illnesses and diseases, hand washing, as well as holiday food preparations, sanitation, and cleaning procedures.

Temporary Food License Inspections

During the spring and summer, many special events are planned in the City, most of which are outdoors. Vendors who plan on selling or providing food at these events are required to apply for a temporary food license to ensure they meet State Sanitary Codes. These vendors are then inspected, at the event, to ensure the public is kept safe while eating there. There were 34 temporary food licenses issued this year, with inspections, for the following events:

Annual Farmer's Market, African-American Caribbean Day Festival, Community Block Party, July 4th Celebration, Sidewalk Sale Days, Mt. Calvary's "Back to School Celebration," Flat Rock Brook Nature Center's "Holiday Sale", and various other church picnics and events throughout the summer.

City Licenses and Miscellaneous Inspections

The REHS plays an important role in reviewing architectural plans submitted to the City by various businesses (new restaurants, medical offices, or renovations). In addition, they also conduct Certificate of Occupancy (CO) or Certificate of Continued Occupancy (CCO) inspections to ensure that these new establishments and their review process complies with State and local health ordinances, thus ensuring the protection of the public.

Although beauty salons, barber shops, nail salons, dry cleaners, and rooming houses are routinely inspected through the NJ State Department of Community Affairs (Board of Cosmetology, Division of Weights and Measures, etc.), Health Department staff also inspects these businesses prior to their annual license renewal through the City Clerk's office to ensure compliance with City and State regulations. This includes, but is not limited to, Certificate of Occupancy or Continued Occupancy, plan reviews, and change of ownership, as well as verification that these establishments are in compliance with Chapter 24 – NJ State Sanitary Code – and all other applicable regulations.

City License Inspections	2008	2009	2010
Certificate of Occupancy/Continued Occupancy	47	38	36
Liquor Store	30	36	29
Beauty Parlors/Barbers	32	30	17
Nail Salons	9	7	12
Laundromats/Dry Cleaners	8	10	12
Pre-Operational Inspections	18	20	13
Rooming Houses	6	4	5
Total	150	145	124

Public Health Recalls

Through the U.S. Food and Drug Administration, the Consumer Products Safety Commission, and the NJ LINCS system, the Health Department is informed of products that are unfit or may cause harm to the public. Products that could be tainted, contain possible lead contamination, or contain undisclosed ingredients are announced through an email system alerting the Environmental Health staff what, if any, action is necessary to be taken in the community. When action recalls are received, inspections occur to ensure these products are removed from the shelves and not sold to the general public. Store owners/managers are also informed of the recalls so they can provide information to their customers.

Recreational Bathing/Pool Inspection

As summer approaches, preparations are made for ensuring that Englewood's 8 private and 2 public pools are safe for all to enjoy. The highest level of safety is attained by inspecting safety equipment, verifying certification of lifeguards, and checking that water quality is in compliance with the State Bathing Codes. Throughout the summer, "spot check" inspections take place, unannounced, on a monthly basis, and are performed for water quality analysis on all licensed pools.

Rabies Control

Since the resurgence of rabies in the mid to late '70s, steps have been taken to protect the public against this serious viral disease. Some of these steps include the introduction of free rabies clinics, vaccinating dogs and cats against rabies, licensing of dogs and cats, and coordinating with the State and County on animal bites and suspected rabid animals. At the Department's two (2) free rabies clinics, a total of 205 dogs and cats were vaccinated against rabies. In addition to the Health Department's annual rabies clinics, the Bergen County Animal Shelter holds two (2) rabies clinics per month. The availability of free vaccines helps to protect the public by limiting/eliminating the spread of rabies.



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. This Department's city-wide census includes both dogs and cats, in order to maintain an accurate count for licensing and rabies control. The pet census covers all four (4) wards of the City and, at the conclusion of the 2010 Pet Census, the Health Department identified 207 dogs and 47 cats which were unlicensed.

	2008	2009	2010
Enforcement Actions			
Conditional Ratings	33	38	51
Unsatisfactory Ratings	2	0	1
Administrative Hearings	1	3	2
Summons	65	95	123
Abatement Notices Issued	16	20	45
Voluntary Food Destruction	16	72	58
Total	133	228	280
Complaints			
Solid Waste	12	14	7
Nuisances	48	33	55
Noxious Weeds	2	2	1
Rodent & Insect Control	19	17	19
Airs (Odors), Mold	12	8	19
Sewage	11	7	2
Food Complaints (including food borne illness)	28	13	17
Animal Complaint Investigations	54	111	115
Lead Complaint Investigations/Follow-up	4	6	2
Total	190	136	263
Total Enforcement Actions and Complaints	323	364	543

PUBLIC HEALTH NURSING

The practice of public health nursing is both a science and an art. The role of the public health nurse focuses on health promotion behaviors, prevention of illness, injury or disability, and health maintenance. The public health nurse adapts his/her practice to the individual, family or population as a whole. The scope of practice of the public health nurse includes:

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

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

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

<http://www.apha.org/membergroups/sections/aphasections/phn/about/>

Definition of Public Health Nursing and Scope of Practice. Public Health Nursing Manual; American Nurses Publishing. (2002). *Scope and Standards of Public Health Nursing Practice.* Accessed April 11, 2004.

<http://www.health.state.mo.us/Publications/100-30.html>

Lundy, K.S, & Janes, S. (2001). *Community health nursing: Caring for the public's health.* Jones and Bartlett Publishers, Inc: Sudbury, Massachusetts.

Child Health Conference

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

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

Beginning in October 2010, the age range for children to receive vaccinations through the Englewood Health Department was expanded, from the original age range of newborn to 6

years, to include children up to 18 years of age. VFC vaccine is used to immunize all children attending CHC; well-child exams are performed by a pediatrician for children age newborn to 6 years of age. The Public Health Nurse arranged for NJ Family Care representation at most CHC clinics to assist families in acquiring health insurance and locating a medical home.

School Immunization Audits

Englewood schools and child care facilities must comply with New Jersey's "Immunization of Pupils in Schools" Regulations (Chapter 14 of the New Jersey Sanitary Code). The Public Health Nurse audits the immunization records of all children enrolled in school or child care in Englewood. In 2010, the Public Health Nurse audited 2,495 school immunization records.

Chronic Diseases - Hypertension

To help residents monitor elevated blood pressure, the Englewood Health Department offers monthly Blood Pressure Clinics for all Englewood residents. The department also provides on-site blood pressure screenings, trainings, and health presentations for residents of 111 West Street (senior housing) and employees of the DPW. Screenings were provided for 44 at 111 West Street and 61 at the DPW.

Health Consultation, Referrals, and Resources

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

Home Visits

When the Public Health Nurses are notified of a new adolescent parent in Englewood, the mother and child are immediately offered a home visit. During the visit, the nurse examines the child, conducts a physical assessment and performs routine development screenings on the child. The nurse provides support and guidance on infant care, parenting, immunizations, and nutrition for the mother and baby. Referrals and resources are provided for any identified health concern.

Communicable Disease

Surveillance is the cornerstone of public health. Currently, all states conduct reportable disease surveillance following guidelines from the Centers for Disease Control and Prevention (CDC) and the Council for State and Territorial Epidemiologists. Surveillance of infectious diseases provides critical information to clinicians and public health officials for use in measuring disease incidence in communities, recognizing disease outbreaks, assessing prevention and control measure effectiveness, and allocating public health resources. The Englewood Health Department works closely with the State, County, School District, Englewood Hospital, private physicians, and affected clients to monitor outbreaks and prevent disease transmission. The Public Health Nurse works in conjunction with the Epidemiologist in the prevention of disease transmission, identification of disease trends, and monitoring of existing communicable diseases. Monitoring outbreaks and encouraging appropriate medical follow-up ensures limited spread of communicable disease(s) within the community.

In November 2010, the Public Health Nurse conducted a GI outbreak investigation for a long term care facility, and worked closely with the facility management as well as with the

Department's Health Educator/Epidemiologist and Senior Environmental Health Specialist. The outbreak was reported to, and guidance received from, the Bergen County Regional Medical Center Epidemiologist and NJ Department of Health & Senior Services to manage and document the outbreak. Infection control procedures were instituted, the outbreak was self-limiting and no causative organism was found. The Public Health Nurse submitted a detailed investigation summary to the State.

*Child Health Clinics	2009	2010
Sessions Held	5	7
Children Seen	50	50
Screenings	128	100
New Children (Intakes)	10	36
Lead screenings	1	8
WIC referrals	0	4
Medical /Dental Referrals	60	64
Teen parents counseled in CHC new	3	1
Teen parents counseled in CHC revisit	3	1
NJ Family Care contacts during CHC	NA	25
Immunizations	95	100
Total CHC Activities	355	396
School Immunization Audits	2009	2010
Schools Audited	24	28
Records Audited	4,752	2,495
Lead Documentation Review	564	N/A
Total School Immunization Audits	5,340	2,523
Flu Clinics	2009	2010
Flu Vaccines Given	529	261
Pneumonia Vaccines Given	65	35
Total Vaccines Given	594	296
Childhood Nutrition	2009	2010
Preventive Nutrition Counseling	55	75
Healthier Food Choices	30	75
Handling Picky Eaters	12	50
Increasing Calcium Rich Foods for Poor Milk Consumption	15	30
Limiting Juice Intake	30	75
Constipation	20	25
Limiting Dietary Fat Intake	55	75
Introduction of New Solid Foods	11	15
Weaning (from breast to bottle/from bottle to cup)	5	5
Adding Age Appropriate Foods	10	25
Dental Hygiene	300	75
Total Nutrition Counseling	543	525
Adult Health	2009	2010
Adult BP	163	252
Hospital/ Home Visits	8	0

Public Health Meetings	27	6
Community Field Visits	36	58
Walk-In Assistance	99	164
BP/Health education	179	295
Mass Adult Flu Clinics	NA	13
Adult TB screening	NA	5
Total Adult Health Activities	512	793

Community Outreach 5730 1650

COMMUNICABLE DISEASE ACTIVITY	2009	2010	Variance
Babesiosis/Babesia spp	2	0	-2
Campylobacter	5	3	-2
Cryptosporidium parvum	0	1	1
E. Coli	1	0	-1
Giardia	2	1	-1
Hepatitis A	2	2	0
Hepatitis B	46	34	-12
Hepatitis C	53	47	-6
Hepatitis B/Perinatal	1	1	0
Influenza A/H1N1	28	2	-26
Lyme disease	34	18	-16
Malaria	0	1	1
Mumps	0	2	2
Norovirus	0	13	13
Rocky Mountain Spotted Fever	2	0	-2
Salmonella	4	4	0
Shigella	1	0	-1
Staphylococcus Aureus	1	0	-1
Streptococcus Pneumoniae	2	1	-1
Tuberculosis	2	0	-2
Varicella/Chickenpox	10	5	-5
Total Confirmed Cases Investigated	107	85	-22
Total Unconfirmed Cases Investigated	89	45	-44
TOTAL CASES INVESTIGATED	196	130	-66



HEALTH EDUCATION & PROMOTION

A health educator is professionally trained to serve in a variety of roles and use appropriate educational strategies and methods to facilitate the development of policies, procedures, interventions, and systems conducive to improving the health of individuals, groups, and communities. They are active within a community, engaging its population, by developing and implementing educational and preventative health care programs in an effort to establish a consistent health care message.

Nutrition program

According to the Centers for Disease Control and Prevention, overweight and obesity, and their associated health problems, have a significant economic impact on the U.S. health care system (USDHHS, 2001). Medical costs associated with overweight and obesity encompasses direct and indirect costs. Direct medical costs may include preventive, diagnostic, and treatment services while indirect costs relate to morbidity and mortality. The medical costs of obesity in the United States are staggering. In 2008, the total was approximately \$147 billion (Finkelstein, 2009).

To address this important public health issue, the Health Department has implemented a series of programs in the classrooms and at community level. This year, we began a nutrition program for second graders at the Grieco Elementary School focused on teaching the basic food groups, the nutrients, vitamins, minerals, and the importance of exercise. We helped develop their critical skills regarding their daily diet by having them discuss a one-day menu and making recommendations for how to maintain a balanced, healthy diet.

A program for sixth graders at McCloud School was continued. The 5-week program covered the Food Pyramid, fruits and vegetables, reading food labels, portion distortion, obesity/eating disorders, and exercise. Students were taught to be more physically active, and that exercise does not have to be a structured activity. There was emphasis on decreasing TV and computer time, and playing outdoors with their friends. Each student was assessed at the beginning and at the end of the program in order to evaluate progress.

Dental health program

Approximately one-third of all adults in the United States have untreated tooth decay. One in seven adults, aged 35 to 44 years, has gum disease; this increases to one in every four adults aged 65 years and older. In addition, nearly a quarter of all adults have experienced some facial pain in the past six months. Oral cancers are most common in older adults, particularly those over 55 years who smoke and are heavy drinkers.



Oral diseases are a significant public health problem from the perspective of both prevention and treatment. Oral health is as important as any other part of the body since poor oral health can affect general health. It has been associated with stroke, heart disease, pre-term labor, and low birth weights. Dental pain can cause considerable suffering and alter quality of life and well-being by changing what people eat and drink and also their speech.

Every year, the Health Department provides dental screenings at a minimum of three different locations: Vincent K. Tibbs Childhood Development Center, Bergen Family Center, and Quarles

School. Dr. Eric Jackson, DDM, provides his services free of charge. If further care is needed, they are referred to a dental network where they will receive the necessary follow-up.

HEALTH PROMOTION

Newsletter

The Englewood Health Watch is published quarterly in both English and Spanish and is designed to provide information about health issues of interest to Englewood residents. It is available on our webpage and is sent by mail to those who make the request.

Topics covered for 2010:

High Blood Pressure and Stroke
Listeria monocytogenes
Whooping Cough

Major HIV Breakthrough
World AIDS Day

Public Health Advisories

Public health advisories communicate urgent information to the public regarding emergent issues facing the community, defining the scope of the problem and providing important information on prevention and treatment. They are made available, in both English and Spanish, in the Health Department lobby, at City Hall, on our webpage, and at key locations in the community. This year, advisories were issued on:

Lyme Disease
Norovirus Outbreak
Summer Sun Safety
Excessive Heat Warning
Excessive Cold Weather
Nocardia Cellulitis/Subcutaneous Abscesses

Press Releases

The news media is an important partner for transmitting information to the public regarding Department events and programs and other news of importance. It is provided to various media outlets for the purpose of promotion and dissemination of information, such as *The Record*, *The Press Journal*, *Northern Valley Suburbanite*.

Topics covered in 2010:

Get Fit Englewood
Family Health Awareness Fair
Dental Health Month
World AIDS Day

Child Safety Fair
Health Screening
Thanksgiving Food Drive

Bulletin Boards/Lobby Displays and Kiosk

The Department's lobby is an important channel for dispensing information to clients waiting to be served. The bulletin board is used to keep the public informed of upcoming events and important reminders. This past year, a new electronic kiosk was installed which provides visitors restricted web access, primarily to the City's newly redesigned web site. Each month, materials on health-related topics, in accordance with the National Health Observances, are put on display for the general public. Both the Health Department outdoor display board and the City's electronic marquee are used to advertize upcoming events to the public.

Website

The Health Department utilizes the City's web site. The Department's page provides the public with quick access to health information, programs, services, and a calendar of events.

REACH & TEACH

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

In partnership with other local organizations, Reach & Teach provides health education activities to positively engage youth and foster positive change in their lives. In addition to its youth programs, outreach sessions are conducted in non-traditional settings such as the street, school cafeterias, parks, pools, youth forums, college fairs, barbershops, beauty salons, and fast food restaurants.

The program is conducted by a full-time Youth Health Educator, who is also a long-time resident of the Englewood Community, dedicated to the promotion of health and wellness of Englewood adolescents and families. Components of the program include Keepin' It REAL, Staying Safe In Seventh, Reaching Out, Reaching In, Shop Talk, and the Youth Advisory Board. Working closely with the Board of Education, teachers, school nurses, and parents, these programs have successfully provided much needed information that promotes healthy lifestyles for youth.

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

The Englewood Youth Advisory Board (YAB)

The Englewood Youth Advisory Board (YAB), first established under the Englewood Health Department and the Englewood Coalition for Adolescent Health, has been reinstated by the Urban League for Bergen County and the Englewood Health Department.

YAB is a committee comprised of Englewood high school and middle school students who act as a liaison between Englewood City Officials and its youth. The mission of YAB is to plan, promote, and implement programs/events to serve the Englewood Community. The Youth Advisory Board's purpose is to express the ideas of youth, work as a team with the City of Englewood Youth Health Educator, assist in planning, promoting and implementing programs to serve youth, plan and participate in youth related services which benefit the City of Englewood, foster greater involvement of youth in municipal affairs, hold forums on activities of concern, act as an advocate for youth and teens, and have fun and network with other teens. Some initiatives include Violence, Teenage Pregnancy, STDs/HIV/AIDS, and famine prevention. YAB believes in "Giving Youth A Voice With A Cause."



Food Drive



Thanksgiving Dinner



Cyber-bullying Workshop

Beauty Salons and Barbershops Outreach / Shop Talk



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

Cafeteria Outreach/ “Table Talk”

Once a month, at Janis E. Dismus Middle School, Academies @ 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 programs that are beneficial to their success and healthy lifestyles.

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

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

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

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

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

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 who are able to teach their peers about health issues of concern to the adolescent population. Topics such as sexuality, anatomy, and pregnancy prevention are addressed and



discussed thoroughly with the participants. Towards the end of the program, the student participants are to conduct outreach with the Youth Health Educator at the middle school and high school on issues covered during the peer education training.

Game of Life

“Game of Life” is an annual event, organized by the Bergen Family Center, held at Janis E. Dismus Middle School, to provide students with community resources. It is attended by many organizations/ agencies. Students are given real life scenarios where they are confronted with different needs/situations that require them to go into the community to seek help. The students are provided with information about available resources and they, then, become familiar with the services offered. Based on their scenarios, the students are to shop around for the agencies/organizations that will best serve their needs and concerns.

National School Breakfast Week



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

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

Englewood Public Library Summer Youth Program

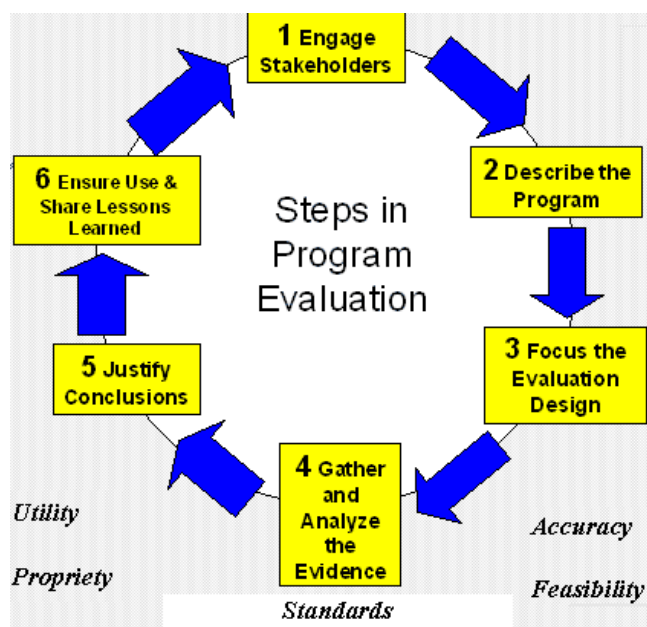
Reach & Teach partners with the Englewood Public Library for a 6-week Summer Youth Program. It is intended to stimulate the literary minds of Englewood's youth while building confidence through activities focused on positive self-esteem, overcoming peer pressure, bullying, and community services. The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



AGENCY ACTIVITIES

Childhood Lead Abatement Program

Childhood lead poisoning remains a major environmental health problem in the United States. Lead can get into someone's body if they breathe in lead dust (especially during renovations that disturb painted surfaces), put their hands or other objects covered with lead dust in their mouths, or eat paint chips or soil that contains lead. If not detected early, children with high levels of lead in their bodies can be extremely dangerous. It can cause damage to the brain and nervous system, behavior and learning problems, slowed growth, hearing problems, and headaches. Lead is even more dangerous to children than adults because children's brains and nervous systems are more sensitive to the damaging effects of lead. Because babies and young children often put their hands and other objects in their mouth, their bodies absorb more lead. These objects can have lead dust on them.



In collaboration with the Public Health Nurse, Environmental Lead Abatement assessment inspections are performed. These inspections are performed when the Health Department receives information from the NJ Department of Health indicating that a child with an elevated blood lead level (EBL) resides in Englewood. The State of New Jersey, in conjunction with the Department of Community Affairs, recently lowered the levels of lead poisoning for children between the ages of 6 months to 5 years of age. Any child with a reported threshold limit of 15ug/dl (micrograms per deciliter down from 20ug/dl) requires an intervention by the Public Health Nurse and Lead Inspector/Risk Assessor(s) according to Chapter 13 of the State Sanitary Code pertaining to Childhood Lead Poisoning. Any

child reporting an elevated blood lead level between 10ug/dl to 14ug/dl requires case management. If the same child tests between those two ranges a second time (testing must be done at least one to three months after initial test), a full investigation is required. At that time, the family is contacted and a home inspection is performed to assess possible sources of lead contamination and recommend methods of abatement. Case management includes educating the family on proper diet, cleaning methods, and also on how to keep an EBL from getting higher. The family continues to receive case management and follow-up until abatement is complete.

Children may be exposed to lead through various sources; one of the most common is chips and particles of old lead paint. This typically occurs when leaded paint becomes old or worn or is subject to constant rubbing (as on doors, windowsills, and wells). In addition, lead can be scattered when paint is disturbed during destruction, remodeling, paint removal, or preparation of painted surfaces for repainting.

Lead, which is invisible to the naked eye and has no smell, may be found in other sources. These may include imported candies, imported toys and toy jewelry, imported cosmetics,

pottery and ceramics, drinking water contaminated by lead leaching from lead pipes, solder, brass fixtures, or valves and consumer products, including tea kettles and vinyl mini-blinds. Adults may unintentionally expose their families to lead if they hold jobs that expose them to lead and they wear their work clothes home or wash them with the family laundry.

Lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead and treating children who have been poisoned by lead. If you suspect that your child has been exposed to lead, contact your health care provider. Your child's health care provider can help you decide whether to perform a blood test to see if your child has an elevated blood lead level. A blood lead test is the only way you can tell if your child has an elevated lead level. Most children with elevated blood lead levels have no symptoms. The health care provider can recommend treatment if your child has been exposed to lead. (*CDC Childhood Lead Poisoning Prevention [http://www.cdc.gov/Features/Lead Poisoning](http://www.cdc.gov/Features/Lead%20Poisoning)*)

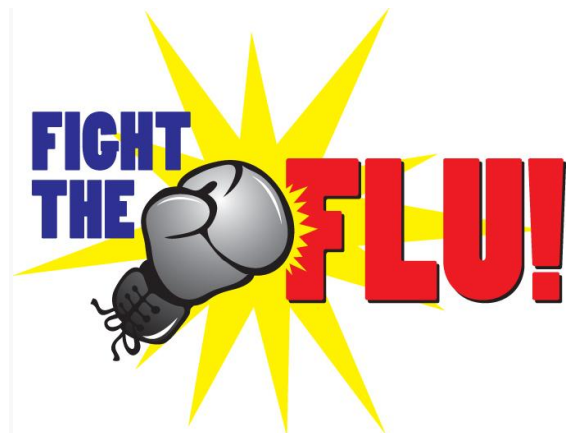
Bloodborne Pathogen Training

In compliance with the 1992 OSHA Bloodborne Pathogens Standard, the Public Health Nurse and Health Educators provide Bloodborne Pathogen training to City employees who are at risk for occupational exposure to bloodborne pathogens, including hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV). The goal of this training is to provide a basic understanding of bloodborne pathogens, common modes of their transmission, and methods of prevention, focusing on job-related potential exposure. In 2010, training was provided for 23 employees of the Department of Public Works and 42 employees of the Recreation Department.

Seasonal Flu & Pneumonia Clinics

Each year in the United States, thousands of people are hospitalized and even die due to influenza. Infants, toddlers, seniors over 65, and the chronically ill, make up some of the high risk groups most affected by influenza and its complications. The best way to prevent the flu is by getting a flu vaccination each fall.

The Department of Health held two (2) Adult Flu/Pneumonia clinics, with a total of 116 patients seen. Flu and pneumonia immunization was continued by the Public Health Nurse, by appointment, throughout the remainder of the flu season, under the standing order written by the city physician. This resulted in a total of 261 flu vaccines and 35 pneumonia vaccines administered.



COMMUNITY OUTREACH

Community Health Fair

In April, the Public Health Nurse, two Health Educators, and the Director/Health Officer participated in the Community Health Fair at the Grieco School gymnasium. The event was coordinated by members of the community and was a success, with various organizations participating in the festivities. The PHN provided blood pressure screenings for residents, while the Health Educator took registrations for Get Fit Englewood. Bilingual information was provided on a variety of Health Department topics, such as Lead, H1N1, CHC Clinic, Nutrition, Hypertension, Diabetes, Cholesterol and Alcohol's effect on the body. Approximately 200 people were seen.

Dental Screenings

The PHN participated in the Englewood Health Department's Pediatric Dental Screening Clinics. The dental screenings were as follows: 45 children at the Bergen Family Center on 2/23/10; 55 children at the Quarles School on 2/29/10; and 56 children at the Vincent K. Tibb's Center on 03/02/10. Dr. Edward Jackson DDS., Pediatric Dentist, performed the screenings and instructional cartoon videos were shown in the waiting area. Each child received a packet with dental literature, tooth brush and toothpaste, and information on low cost / affordable dental clinics in the area. Parents of each child screened received a letter with results of each screening and recommendations by Dr. Jackson. General results of the screenings revealed no dental problems, a recommendation for x rays for potential cavities, minor visible cavities, major cavities, and cavities requiring root canal, and dental issues that would benefit from braces.

Family Health Awareness Fair

Englewood is a very diverse community. Taking this into account, this year's annual event was held on Sunday, September 19. The change from a Saturday was promoted extensively in houses of worship and other community venues. The purpose of the event is to promote the physical, mental, and social well-being of families through partnerships with different community organizations. Success in meeting our goals requires forging strong relationships and developing innovative new initiatives focused on needs, gaps, and emerging issues.

A total of 22 local, county, and state agencies participated. The Englewood Hospital & Medical Center, as in previous years, provided blood pressure, cholesterol, and glucose screening. This year, we enlisted Northern NJ Maternal and Child Consortium, Rejuvenate Rehabilitation Center, and Columbia University to participate. The Health Department provided literature addressing many public health issues such as: cardiovascular disease, cholesterol, diabetes, hand washing, flu, breast and cervical cancer, testicular cancer etc.

Get Fit Englewood (GFE)

Englewood residents are invited to become more active through the community walking challenge program. The program runs for 8 weeks in Mackay Park on Saturday mornings. Participants receive a pedometer, water bottle, and a walking log to track their steps. The kick-off/registration was held in conjunction with the Community Health Fair, and 40 people signed up to participate.

Participants also receive blood pressure screenings from the Public Health Nurse, and cholesterol and glucose screening courtesy of Englewood Hospital and Medical Center. They worked out with the NY Sports Club trainers and then enjoyed some Salsa dancing with a dance

instructor. The Department provided healthy snacks and beverages; gift certificates were awarded to the participants who achieved the greatest number of steps.

Our attempt to move GFE under the Mayor's wellness program, or to develop a partnership/ownership of the program with the City, was not successful. With the current economic crisis, we need alternative funding to keep this relevant program operational.

National Public Health Week

To commemorate Public Health Week, during the first week of April, the Public Health Nurse and Youth Health Educator provided community outreach on Palisades Avenue between McDonald's and Dunkin' Donuts. Bilingual information was provided on a variety of Health Department topics. In addition, the Youth Health Educator provided participants with goggles that demonstrated to them how it feels to drive while intoxicated, while the Public Health Nurse provided blood pressure screenings.

Women's Rights Information Center

On May 20th, the first Bilingual Workshop for the WRIC was facilitated, by the Health Educator and the Public Health Nurse, on the topic of Nutrition. Staff of the Women's Rights Information Center were present and provided attendees healthy snacks. In June, the Senior Registered Environmental Health Specialist and Public Health Nurse facilitated a Lead Poison Prevention Bilingual Workshop. The EHD and the WRIC will continue to collaborate on the bilingual workshop program.

World AIDS Day



The 2010 World AIDS Day theme, **'Universal Access and Human Rights'**, targeted efforts to gather funds for the treatment of people infected with HIV. It reminded world leaders of their commitment to HIV/AIDS access to care, treatment, and prevention services. Noticeable progress has been made, yet to reach the ultimate goal, a greater commitment is needed. Millions of people continue to be infected with HIV every year. In developing countries, less than half of those in need of antiretroviral therapy are receiving it, and too many do not have access to adequate care services.

The Department's commemorative event was held at the Dizzy Gillespie Auditorium of Dwight Morrow High School. Keynote speaker Dr. Jennifer Ashton first shared with the public her post-earthquake experience in the island of Haiti, which was followed by a comprehensive presentation on major public health issues affecting the adolescent population: Sexually Transmitted Infections, obesity, HIV, etc. Ms. Mary Hills, a case manager from 'Buddies of New Jersey', shared her personal experience with handling cases of young adults affected by the disease.

A poetry/short story contest, sponsored by the Department, was part of the program. Letters and registration forms were sent to Middle Schools and High Schools both public and private. The winner, Myles Simmons, an 8th grader from Janis E. Dismus Middle School, received a certificate of appreciation and a prize to acknowledge and reward his efforts.

RESOURCES

NJ Department of Health & Senior Services
<http://www.state.nj.us/health/index.shtml>

Bergen County Department of Health Services
<http://www.bergenhealth.org/>

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

FEMA Disaster Assistance
http://www.cityofenglewood.org/FEMA_Disaster_Assistance.pdf

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

Cleveland Clinic - Publications
<http://www.clevelandclinic.org/lp/facts/index.html?>

ACKNOWLEDGMENTS

City of Englewood

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

Englewood Board of Education

Dr. Richard Segall

Englewood Hospital & Medical Center

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

NJ State Department of Health & Senior Services

Office of Local Health - Public Health Priority Funding

County of Bergen

The Media

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

The Community

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

SERVICES

CHILD HEALTH CONFERENCE

- Immunizations
- Growth and development
- Nutrition counseling

ADULT HEALTH

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

COMMUNICABLE DISEASE SURVEILLANCE

- Epidemiological followup
- Education/counseling

RABIES CONTROL PROGRAM

- Vaccination clinics
- Dog and cat licensing
- Biennial pet census

VITAL STATISTICS

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

ENVIRONMENTAL HEALTH

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

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

HEALTH EDUCATION

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

TEENAGE PREGNANCY

- Counseling
- Education
- Referrals

SEXUALLY TRANSMITTED INFECTIONS

- Counseling
- Prevention
- Education
- Referrals

REACH & TEACH PROGRAM

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

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

New Year's Day

Martin Luther King Jr's Birthday

Lincoln's Birthday

President's Day

Good Friday

Memorial Day

Independence Day

Labor Day

Columbus Day

Election Day

Veteran's Day

Thanksgiving Day

Christmas Day

Main Telephone

201.568.3450

Vital Statistics

201.871.6506

Environmental

201.871.6510

Health Education

201.871.6508

Public Health Nursing

201.871.6511

R&T Phone-A-Friend

201.871.6520