



**Public Health**  
Prevent. Promote. Protect.

# Annual Report

# 2014

City of Englewood

Department of  
Health



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### Mission

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

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

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### Vision

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

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

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### Values

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The Department of Health values:

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

**STAFF**

James M. Fedorko.....Director, Health Services/Health Officer  
Deborah L. Baldwin..... Administrative Assistant/Office Manager/Registrar of Vital Statistics  
Jennifer Galarza ..... Registered Environmental Health Specialist  
Doris Garcia ..... Bilingual Case Aide / Alt. Deputy Registrar  
Henrietta Goodman ..... Deputy Registrar  
Janet Hart ..... Confidential Executive Secretary / Sub-registrar  
Joyce M. Jackson ..... Senior Executive Secretary / Sub-registrar  
Priscilla B. Lewis ..... Registered Environmental Health Specialist  
Megan Maletich ..... Health Educator  
Claudette Murdock ..... Public Health Nurse  
Beatrice Reynolds ..... License Clerk / Alt. Deputy Registrar  
Matthew A. Traudt ..... Public Health Investigator

**PROJECT EMPLOYEES**

Lismary Espinal ..... Reach & Teach Youth Health Educator

**CONSULTANTS**

Edward Jackson, DMD .....Pediatric Dentist  
Marjorie Jones, MD ..... Pediatrician  
Deborah Shulgach, MS ..... Nursing Consultant  
Fausto Garcia, Jr. .... Registered Environmental Health Specialist

## Message from the Director

### **1947 Smallpox Outbreak vs. 2014 Ebola Outbreak**

In 1947, New York City faced a public health crisis of epic proportion -- an outbreak of smallpox. The disease arrived by a man who traveled by bus from Mexico City to NYC. He didn't know he had smallpox, and the disease went undetected (misdiagnosed) until it spread to three other people in a Manhattan hospital. Those three people spread it to eight others. Before the outbreak was contained, 12 people became infected and two died.

The smallpox outbreak of 1947 has many similarities to the 2014 Ebola outbreak. Both viruses have a high fatality rate, were introduced from a foreign country, initially misdiagnosed by health care professionals, caused public health crises, and the index case spread their disease to others in the hospital before they succumbed to the disease themselves. In contrast, however, smallpox is an airborne disease, meaning it can spread easier than Ebola, and there is an effective vaccine for smallpox, but not so for Ebola. Nonetheless, the 1947 smallpox outbreak caused panic and fear similar to the 2014 Ebola outbreak. For a detailed description of the event, read: Weinstein, Israel. 1947. An Outbreak of Smallpox in New York City. *Am. J. Pub. Hlth.* Vol. 37, 1376-1384.

Outbreaks happen, and our public health system responded well in 1947 and has gotten better ever since then. Following the smallpox outbreak, the U. S. Public Health Service, in conjunction with New York City health officials, had procured vaccine and inoculated over 6,350,000 adults and children within three weeks. Of that number, 5,000,000 had been vaccinated within the first two weeks. The rapid response was credited with limiting the smallpox outbreak. The 2014 Ebola outbreak spread to only two people in the United States, and we safely treated five people without a mass outbreak. It is true that Ebola is not an airborne disease, but if it had been more easily transmissible, Americans would have united under the leadership of the public health system and stopped the infection. This assumption is based on the current 2015 measles outbreak. Measles is much, much more contagious than smallpox and much less deadly, yet our current public health system has limited its spread to only 133 people as of late February, 2015.

I conclude that our public health care system is the best and most resilient. Despite criticism, we have improved greatly since 1947.

James M. Fedorko  
Director, Health Services / Health Officer

## Message from the Board of Health

This past year, the goal of the Englewood Health Department and Board was to see the City of Englewood become healthier. “Englewood Walks to Paris” was initiated, and the Englewood community stepped up to the charge to become physically active. The Department coordinated a series of health topics for residents this past year, and City employees participated in the “Thin to Win It” health challenge. Increasing the minimum smoking age to 21 was spearheaded by the Health Department and Board. The City of Englewood was the first municipality in New Jersey to increase the minimum smoking age.

I am extremely proud of the high quality of services that were brought to our residents in the City of Englewood. The Health Department was able to carry out mandated initiatives of the State and more. The Englewood Health Department and Board continues to initiate policies and programs specifically for health concerns of the residents of Englewood.

As President of the Englewood Board of Health, it was gratifying to have a role in keeping health as a priority for the residents of Englewood. Mr. James Fedorko and the Health Department staff are to be commended for their dedication and quality of hard work for the community of Englewood.

Respectfully,

JoEllen Bostick, PT  
President, Board of Health

<b>REVENUE</b>	<b>2013</b>	<b>2014</b>
<b>Operations:</b>		
Certified Copies & Corrections	\$127,932.00	\$130,558.00
Burial/Disinterment Permits	\$30.00	\$65.00
Marriage/Civil Union/Dom Partner Licenses	\$5,012.00	\$5,348.00
Dog Licenses	\$6,872.00	\$7,738.00
Cat Licenses	\$880.00	\$962.00
Pet Late License Fees & Duplicate Tags	\$1,844.00	\$2,548.00
Retail Food Licenses / Plan Reviews	\$59,415.00	\$57,560.00
Food Establishment Re-inspection / Late Lic Fees	\$1,925.00	\$3,300.00
Misc. Licenses (Pools, Temp. Food, etc)	\$5,305.00	\$6,330.00
FMC and FHC Course Registration	\$0.00	\$0.00
CHC User Fees	\$850.00	\$435.00
Misc. Income (Immun. Records, Photocopies, Notary)	\$1,209.00	\$1,261.00
Fee For Service (Mantoux, Flu/Other Vaccines)	\$5,840.00	\$1,645.00
<b>Total Operations Income</b>	<b>\$217,114.00</b>	<b>\$217,750.00</b>
<b>Grants:</b>		
EMHC Reach & Teach	\$24,000.00	\$18,000.00
NACCHO Food Safety Mentorship Program		\$3,624.00
CDBG Diabetes Senior Health Program		\$8,325.00
<b>Total Grant Income</b>	<b>\$24,000</b>	<b>\$29,949</b>
<b>REVENUE GRAND TOTAL</b>	<b>\$241,114.00</b>	<b>\$247,699.00</b>

Summary

	2013	2014
Grants	\$24,000.00	\$29,949.00
Vital Stats	\$132,974.00	\$135,971.00
Rabies Control	\$9,596.00	\$11,248.00
Environmental	\$66,645.00	\$67,190.00
Nursing/Misc	\$7,899.00	\$3,341.00

## Vital Statistics & Licensing

For Vital Statistics, it was a year spent anticipating the State’s roll-out of the new Vital Information Platform (VIP), which would make the processing of all vital records electronic. An antiquated birth registration system was to have been online by the end of the year. Software development and testing delays made that impossible.

Englewood’s office is, however, now in the process of installing software on its computers and scheduling training for its Vital Statistics staff. Once birth certificates are fully electronic, marriage licenses and certificates will be made part of the system, probably within a year. Following that, the current Electronic Death Registration System will be merged into the VIP System.

Of significance, there was an 8% increase in the number of vital records filed (birth, marriage, death events that occurred in Englewood over the previous year), and there was a 2% increase in the number of certificates and (burial) permits issued.

On-line registration of new pets and pre-registration for the Department’s rabies clinics were new services offered to residents this past year.

<b>CAUSES OF DEATH</b>				
<b>Englewood Residents</b>				
	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
1 Accid, Suicide, Homicide incl Overdose	3	7	4	6
2 Carcinoma/Cancers	51	47	18	35
3 Cardio-vascular incl blood disorders	32	34	25	47
4 Cerebro-vascular incl dementia related	27	20	16	25
5 Diabetes	7		5	
6 Intestinal (incl Failure to Thrive)	9	11	5	6
7 Kidney/Renal, Sepsis*	23	14	10	28
8 Liver	8	10	5	2
9 Other (<2 incidents)	4	1	2	4
10 Pulmon/Cardio-Pulm incl obesity related	15	28	10	28
11 HIV/AIDS	4	1		
12 pending investigation	1	2	1	2
<b>TOTALS</b>	184	175	101	183

\*Sepsis recategorized in 2014

## Environmental Health

The Department's Environmental unit consists of two Registered Environmental Health Specialists (REHS) and one Public Health Investigator/Animal Control Officer. A REHS is an individual who has an active license issued by the NJ Department of Health. They enforce local ordinances, and state and federal codes. The roles of an REHS include:

- Educate the public by providing food safety classes
- Inspect for sanitation at:
  - Retail food establishments
  - Mobile food trucks
  - Youth camps
  - Day care centers
  - Tanning salons
  - Public pools
  - Massage parlors
  - Portable toilets
- Inspections for City License renewals
  - Liquor licenses
  - Beauty & nail salons
  - Barber shops
- Review City certificates and blue prints

The role of the Public Health Investigator is to protect residents from Public Health hazards including the enforcement of local ordinances, state and federal codes, and regulations associated with environmental health.

Our Public Health Investigator is a certified or licensed:

- Animal Control Officer
- Animal Cruelty Investigator
- Lead Inspector and Lead Risk Assessor
- Pesticide Applicator
- Rodent Control Officer
- Certified Pool Operator
- Certified ServSafe Instructor & Registered Examination Proctor
- Certified Community Noise Enforcement Officer

Under the supervision of the Health Officer, the Environmental Health Unit addresses health concerns that include:

- Environmental emergencies
- Sanitation in retail food establishments
- Complaints regarding swimming pools, restaurants, nuisance and animals
- Childhood lead poisoning
- Vector control (mosquitoes, rodents, flies, cockroaches, and other animals that may transmit pathogens)
- Animal bites and/or incidents

The Environmental staff is trained to respond to emergencies. At least one member of the unit is on call 24 hours, 7 days a week, 365 days of the year. The following criterion constitutes a health safety emergency:

- Retail food establishments -- fires, floods, sewage, food borne illness
- Wholesale food establishments -- fires, floods
- Outside service discharge of sewage (Note: all inside sewage problems should be referred to Property Maintenance for follow-up)



- Noise / Water pollution
- Extended period of electrical/power outage

**Retail Food Program**

New Jersey’s State Sanitary Code, Chapter 24, “*Sanitation in Retail Food Establishments and Food and Beverage Vending Machines,*” mandates that all food establishments be inspected at least once a year, or as often as deemed necessary. The City’s 231 licensed retail food establishments are inspected at least twice a year depending on risk type, and each establishment is subject to spot checks at any time. All inspections are conducted during the business’s operating hours and are unannounced.

The Health Department inspectors conduct health inspections/investigations of licensed retail food establishments to ensure that the establishments are:

- avoiding bare hand contact with ready to eat foods
- protecting food from cross contamination
- purchasing foods from approved sources
- preparing foods in a safe manner to prevent food borne disease

The health inspectors also inspect temporary food license holders, 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

<b>Food Establishment Inspections</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Type I- Food Markets	175	183	116
Type II- Restaurants	249	211	145
Type III- Vending Machines	49	0	1
Type IV-Mobile Vendors	15	16	10
Type V- Pre-packaged Sweets, Gum, Candy	13	15	9
Re-inspections	35	32	17
Spot Checks	98	27	8
<b>Total</b>	<b>634</b>	<b>484</b>	<b>306</b>

Each inspection results in a grade which assesses the posed risk to the public. This grading system is based on the standards of Chapter 24, and it includes issuing a placard which the establishment must post in plain view so that the public may view it. The grading is as follows:

- *Satisfactory: (White Placard)* The establishment is in full compliance with the State Sanitary Code.
- *Conditionally Satisfactory: (Yellow Placard)* The establishment is in violation of one or more provisions of the State Sanitary Code, and a re-inspection is scheduled.
- *Unsatisfactory: (Red Placard)* The establishment is in violation of the State Sanitary Code, with one or more gross unsanitary conditions which pose an imminent health hazard. The establishment should cease operations immediately until full compliance is achieved.



All Conditional and Unsatisfactory ratings are submitted to the 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 18 Conditionally Satisfactory ratings for the year 2014. Complete inspection reports are posted on the City of Englewood website.

2014 Conditionally Satisfactory	Inspection Date
LA'MEZZA RESTAURANT	11/10/2014
JANIS E DISMUS MIDDLE SCHOOL	09/23/2014
RANCHO MARIA RESTAURANT	08/01/2014
LUCY'S CRISPY CRUST PIZZA	06/25/2014
COLOMBIAN NIGHTS LLC.	06/16/2014
TIPICOS MORAZON RESTAURANT	06/04/2014
ENGLEWOOD DINER	05/22/2014
GRAND LIQUORS & DELI	05/22/2014
FRESH TASTE LLC	05/06/2014
JORDAN CONVENIENCE CORNER CORP	05/16/2014
DONG FUNG INCFAR EAST RESTAURANT	05/27/2014
STOP & GO GROCERY & DELI	05/23/2014
SUBWAY #26077	05/07/2014
TIPICOS MORAZON RESTAURANT	05/08/2014
EXECUTIVE CATERERS	04/29/2014
STOP & GO GROCERY & DELI	04/21/2014
BAGEL EXPRESS	03/18/2014
SUSHI TATSU	02/11/2014

**During the year, 38 establishments closed their businesses and 30 new businesses licensed.**

<b>Enforcement Actions</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Conditional Ratings	35	33	18
Unsatisfactory Ratings	2	1	3
Administrative Hearings	0	2	0
Summons	29	24	11
Notices of Violation	54	37	8
Voluntary Food Destruction	2383	212	95
<b>Complaints</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Solid Waste	41	9	7
Nuisances	74	121	60
Noxious Weeds	2	4	3
Rodent & Insect Control	45	40	44
Airs (Odors), Mold	38	13	10
Sewage	14	2	2
Food Complaints (including food borne illness)	12	13	9
Animal Complaint Investigations	82	79	81
Lead Complaint Investigation/ Follow-up	1	1	2

### **City License and Miscellaneous Inspections**

In collaboration 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. For food establishments, plan reviews include designs for new establishments or renovations to an existing one. This ensures proper materials and finished surfaces are used, that a hand washing and a 3-compartment sink are installed, and that all appliances and food contact surfaces 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 comply with health ordinances.

City License & Inspections	2012	2013	2014
Certificate of Occupancy/Continued Occupancy	41	36	31
Liquor Store	26	17	8
Beauty Parlors/Barbershops	32	24	20
Nail Salons	12	12	4
Laundromats/Dry Cleaners	11	11	9
Pre-Operational Inspections	32	30	16
Rooming Houses	6	5	3
Pet Stores/Animal Shelters/Kennels	2	2	2
<b>Total</b>	<b>162</b>	<b>137</b>	<b>129</b>



### Food For Thought

The Department prepares a quarterly newsletter called “*Food For Thought*.” This is mailed or emailed to restaurants, school cafeterias, mobile vendors, markets, convenience stores, and health care facilities. Each edition consists of food safety trends found to be problematic during routine inspections. Some topics of interest for 2014 were good retail practices, how to properly thaw foods, food allergies, and safety tips for receiving foods.

### 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. These events involve the sale and/or preparation of food in an indoor or outdoor setting. The health inspectors ensure that proper food handling regulations are being followed. In 2014, there were 48 temporary licenses issued. Events included the following:



<b>2014 Temporary Events</b>
Englewood's Annual Farmer's Market
Metro Community All Church Picnic
Truth and Deliverance Church Picnic
Mt. Calvary Baptist Church Back to School Block Party
Ebenezer Baptist Church Fish Fry
Bethany Presbyterian Restoration Fish Fry
Flat Rock Brook- Great Fall Festival
ASAP Cars Fall Cookout
Juneteenth Celebration
July 2 <sup>nd</sup> Celebration- City of Englewood
Jabari Society Annual Halloween Party
Community Baptist Church - Basketball Tournament
Englewood Night Market
School House Rock Spring Carnival – Kim Chi Smoke
SQUAN Employee Picnic
Korean Community Church Picnic
Shiloh AME Zion Church Picnic



### **Food Recalls**

The U. S. Food and Drug Administration, along with the New Jersey Department of Health and Senior Services, provides recall alert notifications to the Health Department. Product alerts are announced through an email system advising the staff what, if any, action should be taken in the community. This communication is vital to provide information necessary to consumers with regard to food safety. These alerts detail food products suspected to have been compromised through physical, chemical, or biological contamination that may cause harm to the public. When necessary, Health Inspectors ensure that these products are removed from the shelves and are not sold to the public. During 2014, there were 215 food recalls.

### **Environmental Internships**

In 2014, the environmental health unit mentored two students. Student interns are provided the opportunity to shadow inspectors and observe the inspections of retail food establishments, beauty salons, and nuisance complaint investigations.



### **Recreational Bathing/Pool Inspection**

With the arrival of summer comes enjoying time at the pool. The City of Englewood has two public pools along eight semi-public pools. To ensure that bathers at these facilities are safe, the Environmental Unit conducts pre-opening inspections to check for the pool's compliance with NJAC 8:26 "Sanitary Code for Public Recreational Bathing". In addition, monthly spot checks are conducted, along with weekly water quality testing.

### **Youth Camp/Summer Program Inspections**

The safety of participants at summer programs and youth camps is the responsibility of the Environmental Unit. This is accomplished through inspections of these camps, based upon NJAC 8:25, prior to opening.

### **Rabies Control**

Rabies is a fatal, viral disease transferred from animal to animal and to people through the saliva of the infected animal most often through a bite. The spread of rabies can be controlled, to an extent, by proper vaccination of cats and dogs. This is accomplished by the Health Department by two free rabies clinics held each year. In 2014, 196 animals were vaccinated against rabies at these clinics.

In addition, in 2014, the State mandated Pet Census was held. This door-to-door census, throughout all four wards within the City, revealed 350 unlicensed cats and dogs. The census helped to ensure these pets were properly vaccinated and licensed.



## Public Health Nursing

The Health Department's Public Health Nursing position was in a state of flux for the first half of 2014. During the first three months of the year, the department had no nurse on staff. Then, a part-time nurse worked as a contractor, primarily to conduct the school immunization audits in the Spring. In July, a Public Health Nurse was hired on a part-time basis.

Since then, the department has regained its focus and began to deliver healthcare services to the community. Health services are administered through well-child clinics, preventable disease vaccines to adults, community outreach, referrals, lead education, school immunization audits, and patient education to reduce and stop the spread of infectious diseases. The Public Health Nurse also supports and facilitates questions, from the general public, school nurses, school administrators, and peers.

Effecting change is an integral role of the Public Health Nurse. Herein is a description of the strategy and interventions established to bring about health improvements.

### **Child Health Conference (CHC)**

The CHC is a program for maintaining the health of infants and school-aged children from the community who are uninsured, underinsured, or have Medicaid part A. It provides preventive health care for newborns to 18 year olds. The service includes physical examinations, health screenings, immunizations, and health counseling. In 2014, 49 children were seen, with 120 vaccinations administered, and 25 of these children were first time visits to the clinic. In conjunction with the CHC, the Health Department held a flu clinic for children in preparation for the influenza season. During the clinic, 19 children received flu vaccines, and 39 children were administered the flu vaccine during the entire season.

### **School Immunization Audits**

By mandate of the New Jersey Department of Health, all students in all schools (public and private), including day care, nursery school, preschool, kindergarten, elementary, and high schools, are to be immunized per the recommended schedule. Medical or religious exemptions are accepted. Religious exemption is based on the parents' religious beliefs, and medical exemptions should be written only by a physician licensed to practice medicine/osteopathic medicine or a nurse practitioner. A medical exemption must indicate a set period of time in which the child cannot receive specific vaccinations. In cooperation with the school nurses, the Public Health Nurse schedules audits of the immunization records of each school.

### **Communicable Disease Reporting**

Monitoring of infectious disease is a vital function of the Public Health Nurse. Infectious disease may be spread through blood, body fluids, contact, droplets, food, and vectors. The monitoring of infected residents aids in reducing and preventing the spread of disease through education. In 2014, there were no disease outbreaks, but the following cases were recorded: campylobacter, hepatitis B, hepatitis C, Lyme disease, and pertussis.

### **Adult Vaccine Preventable Disease Program**

Adult Vaccine Preventable Disease is a program designed to maintain and minimize the spread of infectious disease that can be controlled through vaccines. The program provides vaccines at an affordable cost to uninsured adults in Englewood and surrounding communities. The number of adult vaccinations given totaled 62 and included hepatitis A, hepatitis B, hepatitis A and B combined, human papillomavirus (HPV) vaccine, measles mumps and rubella (MMR), meningococcal, pneumococcal,

tetanus diphtheria acellular pertussis (TDaP), varicella, and Zostavax (shingles). Mantoux skin testing for tuberculosis infection was also done. All Mantoux skin tests performed were negative. Most of the adults, who were recipients of the affordable vaccines, were non-immigrants, who sought to change their residential status to alien resident.

### **Recertification of Vaccines for Children and Adult Vaccines Clinic**

In order to administer vaccines and to be compliant with the State of New Jersey, the Department's clinic has to be recertified each year. Since the Department had employee turnover in its Nursing unit, certification was completed in October and December of 2014. Certification was done in October for the year 2013-2014 and in December for the year 2014-2015.

### **Education and Training**

To be up to date with procedures and changes in the public health environment, the Public Health Nurse attended trainings, seminars, and webinars: Vaccines for Children, Vaccine Preventable Disease, Communicable Disease Monitoring and Reporting, Immunization Audit, Ebola, Enterovirus D-68, New Jersey Immunization Information System Documentation, and New Jersey Inventory Management Order and Distribution System for vaccines, and Lead Poisoning in Children.

### **Community Outreach**

The Public Health Nurse worked along with the County of Bergen Department of Health Services to visit the home of a resident that may have active tuberculosis. Several home visits were made but no one was home. After further research on patient status, Bergen County Department of Health Services confirmed that the incident was not a case.



## Health Education & Promotion

The Health Educator is responsible for carrying out a variety of educational and promotional activities for the Englewood community through discussion groups, health fairs, trainings and presentations. It is necessary to continuously plan, develop, coordinate and implement educational strategies to provide necessary health services that promote a healthy lifestyle and aid in behavioral change.

### NEW PROGRAMS

#### Employee Wellness

##### *Thin It To Win It*

The “Thin It to Win It” kick-off was on Friday, January 24 and concluded on Friday, April 11. Six teams of 25 individuals from City Hall, the Library, Fire Department and Recreation Department competed for the highest percentage of weight lost by the end of the 12-week challenge. During the program, participants learned lifestyle modifications to help with their personal weight-loss goals. Each participant was provided with information on healthy eating, calorie counting, portion control, exercise challenges, scheduling time for fitness, stress management and staying motivated. Each individual was asked to weigh-in every other week, where they received a personal statistic card of their progress as well as personal health coaching if needed. At the end of the challenge, a combined total of 131.5 pounds had been lost among all of the participants. The winning team lost 6.13% total weight. Other team percentages were 2.92%, 2.41%, 2.27% and .19%. The individual winner lost a total of 24.4 pounds.



##### *DPWellness Challenge*

The “DPWellness Challenge”, for Public Works employees, started on Wednesday, July 16 and concluded on Monday, September 15. For six weeks, teams comprised of 19 individuals, competed for the highest percentage of weight lost, and learned lifestyle modifications (i.e. exercise, eating habits, stress management) to better their health. Each week, members weighed-in and received their own personal statistic card and educational information. At the end of the program, the team winners lost a total of 3.94% of body fat, and the individual winner lost 11.4 pounds. A total of 71.7 pounds were lost among all 19 participants.

##### **Happy Tooth, Sad Tooth**

The Health Educator and Youth Health Educator developed a dental health activity and implemented it at Quarles Elementary School for the Pre-K students to honor Children’s Dental Health Month. The health educators spoke to the students about how and when to brush their teeth and played an interactive game with them. “Happy Tooth, Sad Tooth” allowed the students to categorize foods as being good or bad for their teeth. Each student received a take-home bag with worksheets for reinforcement, a toothbrush, toothpaste, floss and stickers.

## HEALTH PROMOTION

### City of Englewood Website & Social Media

Every month, the “Current Health News” newsfeed, in the Health Department’s section of the City website, is updated to provide the community with health-related topics in accordance with the National Health Observances. In addition, information about local and county-wide health services and events are also noted.

The Health Department continuously updates its Facebook and Twitter pages to keep the Englewood community up-to-date with current health news, local and county events, and health-related topics.

### 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 2014 include: Employee Wellness, High Temperature Safety, and Heart Health.

Educational topics covered in 2014 include:

- Alcohol Abuse
- Bicycle Safety
- Blood Pressure
- Cancer Awareness
- Cholesterol
- Dental Health
- Diabetes & Pre-Diabetes
- Drug Abuse
- Ebola
- Emergency Preparedness
- Enterovirus
- Hand Hygiene
- HIV / AIDS Awareness
- Influenza
- Measles
- Obesity
- Physical Fitness
- Stress Management
- Summer Safety
- Winter Safety
- Weight Management

## Reach and Teach Program

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. This program 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. Reach and Teach targets youth ages 12 to 21 and works with community-based groups and organizations. Over the past 25 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 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, beauty salons, barber shops, and community agencies.

The program is conducted by a full-time Youth Health Educator, who has recently been a Certified Health Education Specialist, dedicated to the promotion of health and wellness of Englewood adolescents and families. Components of the program include *Reaching Out*, *Reaching In*, *Baby Think It Over*, *Staying Safe in Seventh*, cafeteria outreach and outreach at The Zone. These programs have been successful in providing much needed information that promotes healthy lifestyles for youth as we have worked closely with the Board of Education, teachers, school nurses, and parents.

Activities conducted through the Reach and Teach program include: Red Ribbon Week, School Cafeteria Outreach, Prom Precaution, outreach at The Zone, Baby Think It Over, Teen Pregnancy Prevention, STIs and HIV/AIDS prevention.

### **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 8<sup>th</sup> grade students in health classes attending Janis E. Dismus Middle School. The curriculum covers self esteem, drugs, STIs/HIV and pregnancy prevention. Reaching Out, Reaching In 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 specifically on the consequences of risky behaviors.

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

### **Staying Safe in Seventh (SSIS)**

Staying Safe in Seventh is a 5 session program for seventh grade students attending 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 behaviors and skills that reduce health risks and cultivate healthy habits. It also enhances health and well-being, teaches students to set personal health goals, and examines the effects of certain health behaviors on the community.

### **Teen Leadership Conference**

The Youth Health Educator and Health Educator attended a Teen Leadership Conference for Bergen County high school students. A table with educational information and materials on abstinence, drugs, alcohol, sexual harassment, bullying and sexually transmitted infections was set up. This was available for the teens to take home with them, as well as giveaways items such as hand sanitizer, frisbees, pens and pencils. The teens were especially interested in the abstinence brochure.

The Teen Leadership Conference is a great opportunity for students to meet students from other schools in the area and tackle important issues occurring in the United States and around the world which are not given enough attention. Students were able to attend workshops throughout the day which focused on social justice issues in the community, diversity, hunger, poverty, human trafficking, drug and alcohol abuse, domestic violence and what action steps can be taken. The Youth Health Educator and Health Educator attended the session on human trafficking presented by the Federal Bureau of Investigation (FBI). The keynote speaker, Daniel Trust, Rwandan Genocide Survivor and social advocate, made students aware of his life experiences as a child in Africa and of the things people take for granted in the United States.

### **Wellness Day**

Wellness Day is an annual, day-long event consisting of multiple workshops, speakers, and activities that are planned for students according to their age and interests. The Youth Health Educator conducted a pregnancy prevention workshop for students at the middle school with the help of a Public Health Intern. The workshop provided information on various types of birth control methods that are currently available. Students were able to try on the empathy belly, a pregnancy simulator that lets one know what it feels like to be pregnant. This allowed students to experience over 20 symptoms and effects of pregnancy including: weight gain of 30 pounds, lower backaches, difficulty breathing, and fatigue. Students quickly realized the difficulty of carrying 30 pounds and the inability to move normally due to the size and weight of the empathy belly.

After completing the contraceptive methods activities, the students played “condom lineup” as a class. The purpose is for students to learn how to use a condom correctly and understand that there are many steps involved in the process. Condom lineup also opened up discussions among the students about how to speak with their partner about sexual activity, using protection, and increasing their confidence in condoms as a reliable form of contraception against pregnancy and sexually transmitted infections.

### **The Zone at Dwight Morrow High School**

The Englewood Health Department staff conducts monthly sessions to educate students about different National Public Health Observances. During the sessions, students play jeopardy, bingo or engage in informal conversations that provide students with appropriate health information. 2014 topics covered:

*Sexually Transmitted Infections (STI) and Alcohol Awareness Month.* Students learned about different types of sexually transmitted infections and the consequences of drug usage. They were very competitive and learned many new terms such as “alcohol poisoning,” “black out,” and “hormonal birth control methods.” The students also learned about pelvic inflammatory disease, which can be a consequence of untreated sexually transmitted infections in women.

*Prom Precautions.* The Youth Health Educator discussed topics such as alcohol, drugs, transportation, sexual health and precautions that can be taken during prom celebrations. The students also learned terms used for social engagements and the consequences of their decisions.

### **Sticker Shock Campaign**

The Youth Health Educator and Health Educator conducted the Sticker Shock Campaign with a representative

from The Center for Alcohol and Drug Resources. This program raises awareness among establishments that sell alcohol, and their customers, to not sell or buy alcoholic beverages to or for anyone under the age of 21.

Two students, from Dwight Morrow High School and Academies at Englewood, placed over 150 bottle hangers and stickers on alcoholic beverages in three Englewood establishments: Jerry’s Gourmet, Englewood Liquors and C & R Beverage Co. The purpose of conducting Sticker Shock in Englewood was to educate parents, guardians and friends about the consequences of purchasing alcoholic beverages for minors.

Health Education Statistics ACTIVITY	2013		2014	
	Total Sessions	Total Reached	Total Sessions	Total Reached
<b>COMMUNITY OUTREACH</b>				
Adult Flu and Pnuemonia Clinic	5	140	2	20
Bergen Family Center	5	170	12	395
Bloodborne Pathogen Training	1	16	2	24
Diabetes Health Fair	n/a	n/a	1	25
DPWellness Challenge	n/a	n/a	8	25
Easter SEALS of Bergen County	n/a	n/a	1	120
Eldercare & Support Group	n/a	n/a	1	6
Englewood to Paris Walking Program	n/a	n/a	1	45
EPI-Pen Training	5	83	1	53
Family Health Festival: "Dance Into Health"	1	100	1	50
Family Support Organization Group: Grandparents Raising Grandchildren	1	8	1	6
Grandparents Group at Grieco Elementary	1	8	4	50
Great American Smokeout	n/a	n/a	1	9
Hand Washing Activity	1	21	6	115
<b>ACTIVITY</b>	<b>Total Sessions</b>	<b>Total Reached</b>	<b>Total Sessions</b>	<b>Total Reached</b>
Heart and Soul Music Festival	n/a	n/a	1	65
Latino Health Fair	n/a	n/a	1	350
Library Summer Art Program	n/a	n/a	5	235
Mackay Park Pool Outreach	n/a	n/a	2	56
<i>Movember</i> Kick Off Event	n/a	n/a	1	50
National Public Health Week	3	92	2	50
Senior Health Fair	n/a	n/a	2	125
Sidewalk Sales	1	25	1	35
Snack Attack Child / Parent Workshop	n/a	n/a	1	37
Southeast Senior Center for Independent Living	n/a	n/a	12	228
Sticker Shock Campaign	n/a	n/a	3	n/a
Teen Leadership Conference	2	390	1	270
Thin It to Win It Employee Wellness Program	n/a	n/a	7	25
Third Street Community Garden	n/a	n/a	8	22
Tobacco Age of Sell Enforcement	n/a	n/a	2	13

World AIDS Day	n/a	n/a	1	15
<b>SCHOOL OUTREACH</b>				
<b>Dwight Morrow &amp; Academies @ Englewood</b>				
- Outreach at The ZONE	17	705	6	105
- World AIDS Day	1	130	4	145
<b>Janis E. Dismus Middle School</b>				
- Physical Exercise/Nutrition/Heart Disease	1	97	1	125
- Baby Think It Over	10	89	6	31
- Reaching Out, Reaching In Program	22	1240	9	330
- Staying Safe in Seven	23	974	7	245
- Summer Safety	1	93	1	20
- Wellness Day	1	175	1	175
- Alcohol & Drug Abuse/ Red Ribbon Week	3	375	1	125
- Teen Pregnancy	1	59	1	20
<b>Grieco Elementary School</b>				
- After School Program	n/a	n/a	6	100
<b>D. A. Quarles Early Childhood Center</b>				
- After School Program	n/a	n/a	6	100
- Dental Activity	n/a	n/a	8	236
<b>McCloud Elementary School</b>				
- After School Program	n/a	n/a	3	40
<b>TOTAL</b>	<b>106</b>	<b>4,990</b>	<b>152</b>	<b>4,316</b>

## Agency Activities

### Community Outreach Events

The Health Department participates in a variety of health-related, community outreach events to promote our services. With community outreach as the main priority, the Department is continuously reaching out to schools, churches, senior groups, and the general public, about the most up-to-date health concerns. In addition, we provide educational and informational print materials to promote a healthy lifestyle and support behavioral change. This year's events included:

- Adult Daycare Group at Bergen Family Center
- After School Program at Englewood Public Schools
- Bicycle Safety at Mackay Park
- Bloodborne Pathogen Training (for Recreation Department)
- Blood pressure screening
- Community Health Fairs at Englewood Hospital and Medical Center
- "Dance into Health" Fall Family Festival
- Eldercare Education and Support Group at First Presbyterian Church
- *Englewood to Paris* Walking Program
- EPI-Pen Community Staff Training
- "Glo Germ" Hand Washing Activity at Early Childhood Schools
- Grandparents Group at Grieco Elementary School
- Influenza and Pneumonia Vaccination Clinics
- Latino Health Fair at Grieco Elementary School
- *Movember* Awareness for Men's Health Issues
- National Public Health Week
- ShopRite "Bagging for Hunger"
- Sidewalk Sales Outreach
- "Snack Attack" Child/Parent Workshop at Grieco Elementary School
- Sticker Shock Campaign
- Summer Safety at Mackay Park Pool
- "Quit Cold Turkey...Lunch" for Great American Smokeout
- World AIDS Day

### Lead Education

Lead is a metal that has endangered the lives of children and adults. Lead may be found in drinking water, paint chips of older houses, soil, pottery and spices. To reduce the lead levels, there are procedures that should be followed. Nutrition is a fundamental source that helps to contain level.

In 2014, there was one incident of a child with a blood lead level over 10µg/dL. The parent of the affect child was educated regarding the various food groups and instructed on protective measures to lower the child's lead levels.

### National Public Health Week

During Public Health Week (April 7-11), the Health Department provided Emergency Preparedness information at the Public Library and Shoprite of Englewood. The staff set up a table with information focusing on the topics of an Emergency Supply Kit, Evacuation Plans, Family Action Plans, Protecting Your Pet and Emergency Contact Information. Individuals were also asked to spin the “Wheel of Health” and answer a question related to Emergency Preparedness. The wheel categories included: Emergency Tools & Supply Kit, First Aid, Emergencies, Action & Evaluation Plan, and Food Safety. For spinning the wheel, each individual received a red Englewood Health Department lunch bag which can be used during an emergency to keep foods or certain medications cool.

### Seasonal Flu Education Prevention

The Englewood Health Department, in collaboration with Rite Aid and Walgreens, organized several flu vaccination clinics throughout the city. These were held at City Hall, the Department of Public Works (DPW), the Englewood Public Library, the public schools, and the Korean Community Center. The department’s Health Educator and Public Health Nurse assisted in perfecting the events.





## Acknowledgements

### **City of Englewood**

Timothy Dacey, City Manager  
Arielle Greenbaum Saposh, Director, Human Resources  
Ron Amorino, Chief Financial Officer / Diana Patino, Treasurer  
Ken Albert, Engineer / Frantz Volcy, Assistant Engineer  
Lawrence Suffern, Chief, Police Department  
Gerald Marion, Chief, Fire Department  
James Koth, Director, Public Works  
Merle Simons, Director, Recreation Department  
Walter Deptuch, Chief Construction Official, Code Enforcement

### **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**

North Hudson Community Action Center  
Shop Rite of Englewood, NJ

#### **The Media**

The Record, The Suburbanite, 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>