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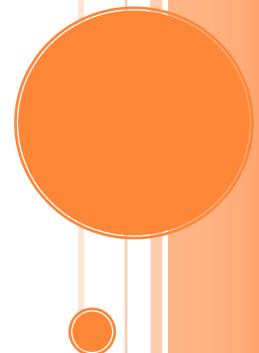
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# 2018 ANNUAL REPORT

*City of Englewood Department of Health*



**STAFF**

James M. Fedorko  
Director, Health Services/Health Officer

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Deborah L. Baldwin..... Program Coordinator/Assistant to Director/Registrar of Vital Statistics  
Denise Dominguez .....Executive Secretary / Deputy License Clerk / Sub-registrar  
Lismary Espinal ..... Health Educator  
Jennifer Galarza ..... Senior Registered Environmental Health Specialist  
Doris Garcia .....Bilingual Case Aide / Alt. Deputy Registrar  
Henrietta Goodman ..... Deputy Registrar  
Caroline Machiri ..... Youth Health Educator (Reach & Teach)  
Priscilla B. Lewis ..... Registered Environmental Health Specialist  
Claudette Murdock ..... Public Health Nurse  
Beatrice Reynolds ..... License Clerk / Alt. Deputy Registrar  
Alisa M. Smith .....Confidential Executive Secretary  
Matthew A. Traudt ..... Public Health Investigator / Animal Cruelty Investigator

**CONSULTANTS**

Patricia August ..... Public Health Nursing Supervisor  
Fausto Garcia ..... Registered Environmental Health Specialist  
Marjorie Jones, MD .....Pediatrician

## MESSAGE FROM THE DIRECTOR

In the spring of 2018, the City of Englewood recorded two confirmed cases of measles for the first time in approximately 17 years. Despite epidemics raging in other areas, the low infection rate of measles in our city is an indication that our public health system is working properly on several platforms. We are able to control the spread of highly contagious diseases because we have a comprehensive public health strategy established locally, statewide, and nationally.

Fighting measles starts with vaccination, and the Englewood Health Department is the front line of defense by offering free and/or low cost vaccines to our population during our bi-monthly Child Health Clinics. Our clinics are well attended and cost effective. The Department also conducts yearly audits at every daycare center and school to ensure compliance with all vaccine preventable diseases. These measures are the foundation for measles eradication in our city.

One of the primary functions of the local health department is to resolve epidemics and stop disease outbreaks. Englewood Health Department limited the spread of measles in 2018 by finding the threats, responding rapidly, and preventing new infections. We worked with the NJ Department of Health, local business partners, and healthcare providers to limit its spread. Staff established a measles vaccine campaign in the area of the two confirmed cases and provided support for individuals who were affected.

As a result of our efforts to contain this air-borne disease, the Englewood Health Department was invited to speak at the NJ Department of Health's Communicable Disease Forum. This gave us an opportunity to inform other public health officials about our ability to stop the spread of measles in our city so effectively.

I am very proud of our Health Department and the important role that we play to improve public health.

Sincerely,

*James Fedorko*

Director/Health Officer

## MESSAGE FROM THE BOARD PRESIDENT

On behalf of the Board of Health, it is my pleasure to present the 2018 Annual Report to the Community of Englewood. I want to take this opportunity to thank the local government for the continual budget support to the Health Department so that we can complete the valuable mission we are entrusted with. Now more than ever, adequate financial support is necessary to make our local health department strong and ready to respond to Englewood's diverse and multicultural community needs.

I also would like to recognize and thank all the organizations that have shown interest in maintaining a healthy community, like Englewood Health, formerly Englewood Hospital and Medical Center; local religious entities; schools; businesses; non-profits; and other health professionals. Their collaborations have allowed the department to coordinate health services at reduced or no cost.

The Board of Health is the policy-making body with authority to adopt regulations and oversee the activities of the Health Department. We meet monthly to discuss public health issues, address future expenditures, coordinate activities, determine regulation interpretation, and enforce the law. All these efforts are to ensure that proper health standards are maintained throughout the City of Englewood.

The Health Department is responsible for promoting, preventing, and protecting health in the community of Englewood. These high standards and achievements are possible under the leadership of director, James Fedorko. Furthermore, every single staff person works with dedication, love, and responsibility to make sure the day-to-day operations of the department are fulfilled.

May 2019 continue to be a prosperous and successful year for the Health Department.

Respectfully,

*Bertha-Nora Acosta*  
President, Board of Health

# FINANCIAL

REVENUE	2016	2017	2018
<b>Operations:</b>			
Certified Copies, Amendments, Permits	141,973	153,034	140,405
Marriage/Civil Union/Dom Partner Lic	5,684	5,572	6,075
Dog Licenses	7,242	6,344	5,359
Cat Licenses	819	910	842
Pet Late Lic Fees & Dupl Tags	1,670	1,604	2,586
Retail Food Licenses / Plan Reviews	52,700	56,215	53,505
Food Establishment Re-insp / Late Lic Fees	4,675	3,910	2,295
Misc Lic (Pools, Temp Food, etc)	5,567	5,855	5,505
FMC / FHC Course Registration	1,450	6,695	4,555
CHC User Fees	1,275	1,595	1,750
Misc Income (Copies, Notary, Exped Srvcs)	3,668	4,290	7,014
Fee For Service (Mantoux, Flu/Other Vaccines)	5,780	5,890	4,130
<b>Total Operations Income</b>	<b>232,503</b>	<b>251,914</b>	<b>234,021</b>
<b>Grants:</b>			
EMHC Reach & Teach	24,000	24,000	12,000
Munic Alliance: Sticker Shock	585	585	585
Munic Alliance: Stigma Free Initiative	3,500	500	3,552
Bergen County: Stigma Free & Wellness Init		1,400	500
FDA/NACCHO Food Safety Program	5,893	7,293	5,432
NJ ACCHO Emergency Preparedness		2,320	
CDBG Heart Health/Diabetes Mgmnt		10,000	
<b>Total Grant Income</b>	<b>33,978</b>	<b>46,098</b>	<b>22,069</b>
<b>REVENUE GRAND TOTAL</b>	<b>266,480</b>	<b>298,012</b>	<b>256,090</b>

<b>EXPENDITURES</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>
Contractual Services	8,691	7,376	10,639
Advertising	1,165	240	273
Postage	7,737	4,253	4,213
Printing/Binding	2,055	1,548	2,301
Office Equipment - Servicing	0	1,043	0
Specialized Services	26,320	21,376	23,923
Books, Publications	789	4,072	1,831
Office Supplies	5,518	5,333	6,045
Training Aids/Programs	1,219	1,756	2,314
Meetings, Conventions, Conferences	1,041	1,114	1,634
Uniforms & Accessories	365	514	841
Memberships	1,030	1,145	370
Travel Allowance	1,665	1,588	1,925
Office Furniture			945
Other Equipment	3,937	3,419	2,810
Motor fuel & lubricants (line added 2017)		604	233
Other materials & supplies	1,048	874	3,212
Food & drugs	1,892	2,089	2,576
Photo, Blueprint & Developing (Copiers)	7,124	6,154	8,121
Equipment repair/maintenance	24	0	72
Child Health Clinic	1,957	832	2,008
Youth Programs		425	
TASE (Tobacco Age of Sale Enforcement)	550	400	500
<b>EXPENDITURES TOTAL</b>	<b>74,127</b>	<b>66,155</b>	<b>76,786</b>

Staffing      13 FTE      13 FTE      12.5 FTE

*Note: In 2018, our contribution to the Bergen County Health Improvement Partnership was charged to Contractual Services instead of Memberships. Postage Meter lease was incorrectly charged to Postage.*

## VITAL STATISTICS & LICENSING

In 2018, there was approx a 23% decrease in records filed, but the number of certified copies issued remained the same as 2017 – just over 14,000.

The number of dog and cat licenses issued (852 total) increased approximately 4%. Retail licenses have remained consistent, with 300 for food establishments, 10 public pools, and 6 general licenses. In addition, 68 temporary food licenses were issued for special events.

All Vital Statistics staff maintain certification as a Certified Municipal Registrar and participate in State sponsored trainings for continuing education credits. Staff is permitted to attend in-person trainings and participate in webinars on a rotating basis to ensure coverage of the office. Some in-person trainings included: Electronic Death Registration System presentation from a local funeral director; presentation on Ethics from a former Bergen County Prosecutor; presentation by the NJ Paternity Opportunity Program; National Notary Association presentation; and updates on vital statistics issues directly from the State Registrar's office.

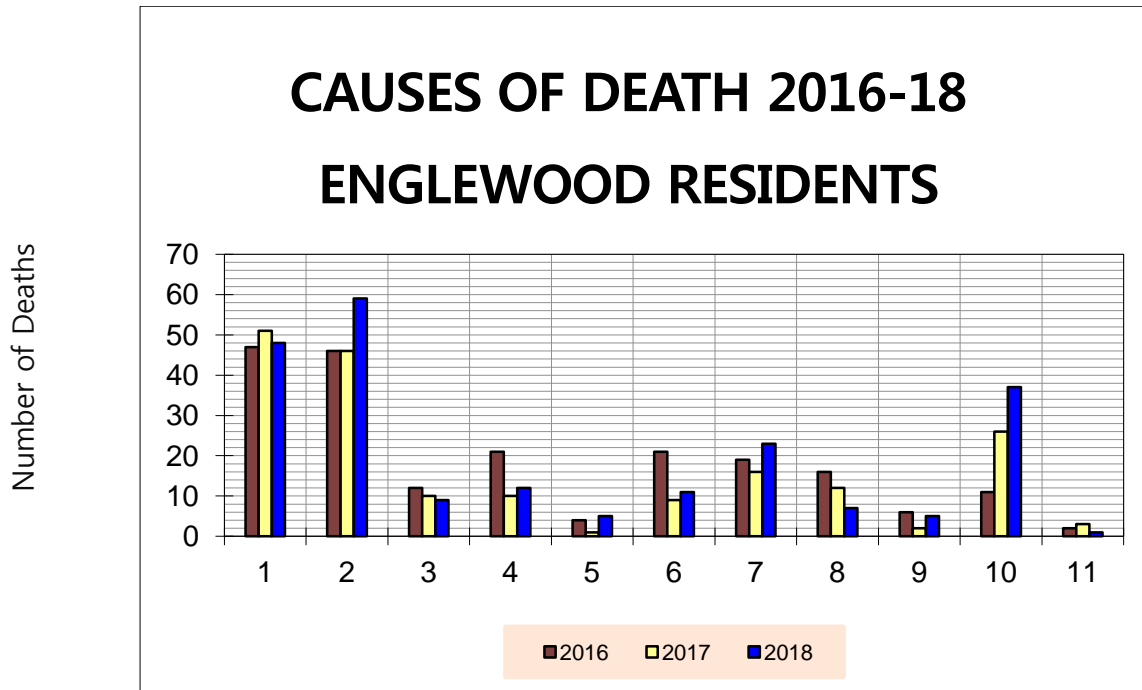
The staff is the Customer Service team for the department and typically responds and routes over 30,000 telephone calls annually, which includes but is not limited to vital records orders world-wide, pet and retail licensing requirements, inquiries about health education events, and resident complaints.

<b>CAUSES OF DEATH</b>			
<b>Englewood Residents</b>			
	<b>2016</b>	<b>2017</b>	<b>2018</b>
1 Heart disease	47	51	48
2 Cancer	46	46	59
3 Chronic respiratory disease	12	10	9
4 Stroke, Other cerebro-vascular	21	10	12
5 Diabetes+	4	1	5
6 Nephritis, nephrotic syndrome, nephrosis	21	9	11
7 Alzheimer's (any) dementia*	19	16	23
8 Influenza and pneumonia*	16	12	7
9 Accid, Suicide, Homicide	6	2	5
10 Other	11	26	37
11 pending investigation	2	3	1
<b>TOTALS</b>	<b>201</b>	<b>185</b>	<b>212</b>

\*Reclassified per CDC 2016

+Diabetes was an underlying cause in these instances

Other include adv age, failure to thrive, Sepsis, Autoimmune, etc



- 1 = Heart disease
- 2 = Cancer
- 3 = Chronic respiratory disease
- 4 = Stroke, other cerebro-vascular disease
- 5 = Diabetes an underlying cause (no included in total)
- 6 = Nephritis, nephrotic syndrome, nephrosis
- 7 = Alzheimer’s disease, any dementia
- 8 = Influenza and pneumonia
- 9 = Accident, suicide, homicide
- 10=Other causes
- 11=Pending investigation by Medical Examiner



# ENVIRONMENTAL HEALTH

Under the direction of the Health Officer, the Environmental Health team consists of a Public Health Investigator and two Registered Environmental Health Specialists (REHS) and is the first line of defense in public health for Englewood. The unit enforces State and Local laws to safeguard the public in areas including, but not limited to, the following:

- Retail food inspections/complaint investigations
- Food recalls
- Emergency Response to floods, fire or power outages
- Animal bite investigations and suspected rabies exposure
- Childhood lead poisoning/investigations
- Inspection of recreational water facilities
- Tobacco Age of Sale Enforcement
- Stagnant water/mosquito complaints
- Responding to various public health complaints & Health Ordinance violations

The two REHSs reduce the possibility of food borne illness through inspections and enforcement of Chapter 24 of the State Sanitary Code. In addition, they educate food establishment personnel by teaching food manager and food handler courses.

The Public Health Investigator is certified to handle matters regarding animal control issues, childhood lead poison investigations, and various nuisance complaints.

Environmental Health staff resolves various types of complaints and violations by educating the public, raising awareness regarding violations and, when necessary, taking court action to resolve public health issues.

## ***Retail Food Program***

In 2018, the Englewood Health Department was responsible for monitoring the food safety of 220 retail food establishments, 42 vending machines and 59 temporary event vendors for community events in the city.

The goal of the program is to assure safe food to the public through efforts such as increasing awareness about proper handling practices with food handlers, owners, managers, and the public; routine inspections with mandated corrections; and legal enforcement and/or closure when all other efforts fail. We view food safety as a partnership between retail food establishments and this department.

While we look at all aspects of the operation, our concentration is on the five major risk factors identified by the Centers for Disease Control and Prevention. The following are the aspects of food handling that directly cause foodborne illnesses:

1. Poor personal hygiene
2. Inadequate cooking temperatures
3. Improper Holding temperatures
4. Unclean food contact surfaces
5. Unsafe food sources.

The Food Establishment Surveillance Program, conducted by this department is based upon the rules and regulations set forth in Chapter 24 of the New Jersey State Sanitary Code (NJAC 8:24- et al) and Public Health Practice Standards. Other local and state codes can also be used as needed.

When an inspection is conducted at a retail food operation, a health inspection placard is issued.

- **Satisfactory** (white placard) meaning the establishment is in compliance with the State Sanitary Code.
- **Conditionally Satisfactory** (yellow placard) the establishment is in violation of one or more sections of the State Sanitary Code and a re-inspection is required.
- **Unsatisfactory** (red placard) the establishment is in violation with one or more gross unsanitary conditions of the State Sanitary Code and poses an imminent health hazard. This results in the establishment ceasing all operations until the violations are corrected and compliance achieved.

2018 Conditional Ratings			
Smokey Joes	01/16/2018	Vincent K. Tibbs Child Dvlpmt Ctr	09/25/2018
Sushi Tatsu	01/22/2018	Dwight Morrow High School	09/26/2018
Englewood Gas Mobil Station	01/26/2018	Poached	09/27/2018
Henry Douglas American Legion Post #58	02/12/2018	Lickety Split Ice Cream #XDWH47	09/27/2018
Dong Fung Inc Far East Restaurant	02/13/2018	Manhattan Bagel	09/27/2018
Center For Food Action in NJ	02/23/2018	Patisserie Florentine	10/09/2018
Daruma Japanese Restaurant	02/28/2018	Dolce And Salato	10/10/2018
Lil's Caribbean Cuisine	03/02/2018	Rent-A-Kitchen	10/12/2018
Little Caesars	03/14/2018	Matisse Chocolatier Inc	10/16/2018
Anthony's Coal Fired Pizza	03/27/2018	Smokey Joes	10/26/2018
Tiger Track Inc.- Englewood Tiger	03/27/2018	D'Colombia Restaurant	10/26/2018
Colombian Nights LLC.	03/29/2018	Crowne Plaza - Blue City Grill	10/31/2018
BFC / Leonard Johnson Daycare Nursery	04/13/2018	Dolce And Salato	11/13/2018
BFC / Adult Daycare	04/13/2018	Stop & Go Grocery & Deli	11/15/2018
BFC / School Age Program	04/13/2018	Town Hall Deli Aka Rustic Caters	11/20/2018
La Cumbia Salvadorena	04/13/2018	Kennedy Fried Chicken	11/28/2018
Blue Moon Mexican Cafe	04/19/2018	Vittorio Pizza	11/28/2018
7-Eleven (#34524), Grand Ave	04/20/2018	Subway #26077	11/28/2018
Pupuseria El Guanaco Inc	05/15/2018	La'Mezza Restaurant	11/30/2018

Despensa La Plazita	05/18/2018	Patisserie Florentine	11/30/2018
Blue Moon Mexican Cafe	05/30/2018	Superexito Grocery	12/07/2018
Taqueria Los Gueros	06/28/2018	Oori Service Inc	12/12/2018
Taqueria Los Gueros	07/30/2018	Panera Bread #1877	12/13/2018
Lickety Split Ice Cream # Xdwh47	08/10/2018	Taverna Kyclades DbA Syros Taverna	12/13/2018
Fresh Taste LLC	08/20/2018	Jackson Hole	12/17/2018
Tryon Avenue Pool	08/21/2018	Evergreen Fine Fresh Foods	12/18/2018
La Fonda Paisa	08/22/2018	KNT Food Store	12/18/2018
Kennedy Fried Chicken	08/22/2018	Chat Kaew Thai Cuisine	12/20/2018
Patisserie Florentine	08/23/2018	Baumgart's Next Door	12/24/2018
Kennedy Fried Chicken	09/13/2018	Bagel Express	12/27/2018
La Fonda Paisa	09/21/2018		

### 2018 Unsatisfactory Ratings

Jerk Shack Grill LLC	01/26/2018	Lez Bistro	06/20/2018
Nori	04/18/2018	Taqueria Los Gueros	06/27/2018
Spice Mantra	04/24/2018	La Fonda Paisa	08/09/2018
New Hong Kong	06/20/2018	Jackson Hole	12/17/2018

These placards must be publicly displayed in the front entrance facing the street for easy viewing by the public. All inspections are available to the public for viewing on the City's website. Additionally, in the case of establishments that are graded as "Conditionally Satisfactory" or "Unsatisfactory" a report is submitted to The Record for publication.

### *Food For Thought*

A biannual newsletter, Food For Thought, is created by the Registered Environmental Health Specialists as an educational support tool serving Englewood's restaurants, school cafeterias, mobile vendors, markets, nursing homes and the hospital. In 2018, the newsletter highlighted cooking temperatures, food recalls, highly susceptible populations and when employees should wash their hands. The items compiled by the Environmental Unit serve to educate and remind food establishments of proper practices and precautions to be taken in their establishments. The newsletter is also available to the general public on the City's website.

### *Temporary Food License Inspections*

A temporary retail food establishment is one that operates for a period of no more than 10 consecutive days in conjunction with a single event or celebration. Temporary events involve the sale and/or preparation of food in an indoor or outdoor setting. A food vendor must obtain a temporary event license with the Health Department. An REHS is then required to inspect the vendor the day of the event to ensure all regulations under the State Sanitary Code are followed and that proper

food handling techniques are being observed. During 2018, there were 59 temporary licenses issued for events, some of which included:

- Englewood Memorial Day Parade
- Summer Fest & Englewood Sidewalk Sale
- 4<sup>th</sup> of July Celebration
- Uptown Barbershop Basketball Tournament
- Sun Fun Camp End of the Summer Pool Party
- Community Fellowship & Fun Day
- Englewood Farmers Market
- Flat Rock Brook Nature Association - “Great Fall Festival”
- “Juneteenth” Celebration

### ***City Licenses & Miscellaneous Inspections***

The Englewood Health Department conducts Certificate of Occupancy and Continued Certificate of Occupancy inspections at retail food establishments, beauty, barber, and nail salons. These inspections are conducted to ensure compliance with all city and state regulations as well as the State of NJ Board of Cosmetology. In addition, the REHS is responsible for plan reviews for new construction and renovations of existing structures. Floor plans are required when:

1. There is new construction of a retail food establishment;
2. There is conversion of an existing structure for use as a retail food establishment;
3. There is remodeling of a retail food establishment or a change of type of retail food establishment; or
4. The health authority determines that plans and specifications are necessary to ensure compliance with these rules.

These plan reviews cover businesses such as retail food establishments, beauty, barber, nail salons and public recreational bathing facilities.

### ***Public Health Recalls***

The Environmental unit is alerted by the U.S. Food & Drug Administration (USDA), Food & Drug Administration (FDA) and the NJLINC Health Alert Network via email. These alerts advise the REHS when action is required. In 2018, there were 305 food recalls, none of which required immediate action from the Englewood Health Department. When action is required, the Registered Environmental Health Specialist will may need to go to retail food establishments to have owners remove a product from the shelves and inform their customers of the recalls.

### ***Public Recreational Bathing Facilities***

In 2018, The New Jersey Department of Health adopted an amended Public Recreational Bathing Facility Rule. Changes included the way inspections are performed, definitions to new terms, sampling procedures, water quality and the completion of the operational checklist. Englewood has nine seasonal pools and two year round pools. Seasonal pools are inspected once during the season; year round pools are inspected twice a year. During the course of each inspection a pool is checked for water quality/proper chemical levels, adequate safety equipment, properly certified lifeguards and that there are no hazards to the public. This ensures that each pool is in compliance with Chapter 26 of the Public Recreational Bathing Facility Rule.

### *Summer Youth Camp*

Youth camps in the City of Englewood must register annually with the New Jersey Department of Health. The NJDOH sends a list of youth camps that require a pre-opening inspection to the Health Department. During the pre-opening inspection, the REHS reviews important items such as employee history checks, sex offender checks, CPR certifications, and health records. The REHS team ensures that the camp has a fully stocked binder with the policies and procedures of the camp, a first aid kit, a retail food license (if required) and a medical program. The youth camp must be in full compliance with Chapter 25 of New Jersey's Youth Camp Standards code in order to open for the season. In 2018, there were 4 youth camps in Englewood registered with the NJDOH.



**Public Health Investigator trapping raccoon**

### *Rabies Control*

In October of 1989, the raccoon variation of rabies first came to Warren and Hunterdon Counties. Within three years, the fatal viral disease was detected in all 21 counties of New Jersey. To fight the spread of rabies, free rabies vaccination clinics are available through the Health Department, the Bergen County Animal Shelter and Twin Oaks Veterinary Hospital. At the Health Department's 2018 clinic alone, 78 cats and dogs were vaccinated against rabies.

Additional efforts to prevent the spread of rabies include investigation of all bite reports, requiring confinement of domestic pets involved in bites and quarantine of pets exposed to potentially rabid animals. The unit works with bite victims concerning rabies status of biting animals and the possibility of victims needing post exposure rabies prophylaxis. When necessary, the unit confers with State and County agencies to ensure the safety of the public.

### *Mentoring/Internships*

Student internships are a key component in the work environment as these relationships provide an exploratory career experience. These experiences benefit the Health Department by providing a look at hiring potential, which adds more than just reviewing a resume. Students who serve as Environmental Interns enrich their career choices with real work experiences alongside the staff. Many students from Montclair State University, William Paterson University, and Rutgers University, majoring in Public Health, have pursued professional licenses to become a Registered Environmental Health Specialist after spending their internship hours at our health department.

# PUBLIC HEALTH NURSING

## *Overview*

The Public Health Nursing unit continues to provide comprehensive public health nursing services to the City of Englewood and surrounding areas. With preventive measures being the top, the department continued to promote its well-care services and support health education programs. The public reacted favorably to the programs overseen by the Public Health Nurse (PHN). Previously established programs were slightly modified to reflect a changing environment. New programs and practices implemented in 2018 have been evaluated in order to improve programming and effectively meet the community's needs.

The Public Health Nurse collaborates with other medical professionals in the community to enrich health services. Englewood Health Department's services include well-child clinics, adult vaccine clinics, blood pressure screening, community outreach, health referrals, lead education, A1C testing, 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 residents, school nurses, school administrators, and peers. The following practices have been established to suffice and enhance healthcare needs:

## *Child Health Conference (CHC)*

The CHC is a wellness clinic that is focused on promoting the health of infants and school-aged children that are uninsured, American Indian, Alaskan Native, or have Medicaid Part A. It serves the Englewood community and surrounding areas and also provides physical examinations, health screenings, immunizations, health counseling, and other preventative health services to children ranging from newborn to 18 years old.

## *School Immunization Audits*

From January to March, the Public Health Nurse performs an annual schools' immunization audit review. By mandate of the New Jersey Department of Health, student immunization is required in all public and private schools including daycares, nursery schools, preschools, kindergarten, elementary, and high schools per the CDC's recommended vaccine schedule. Children may be exempted from immunization for medical or religious reason. A physician licensed to practice medicine/osteopathic medicine or a nurse practitioner can provide medical exemptions, and they must indicate a set period of time in which the child cannot receive specific vaccinations. A religious exemption, based on the parents' religious beliefs, must be signed and dated.

## *Communicable Disease Reporting*

Monitoring communicable and infectious diseases and educating the public is an ongoing process and are important components in reducing or eliminating the spread of disease. Infectious diseases spread through blood, body fluids, contact, droplets, food, and vectors. Many exotic diseases have made their way to the United States over the last few years, generating fear and anxiety. The Health Department continues to use education as a means to control the spread of diseases and create public awareness.



In 2018, Englewood had two confirmed cases of measles. The Public Health Nurse and Health Officer worked in collaboration with the State of New Jersey Department of Health to resolve the outbreak. The most prevalent communicable diseases recorded in the City are foodborne illnesses, hepatitis B, hepatitis C, and Lyme disease.

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

Adult Vaccine Preventable Disease is a program designed to maintain and minimize the spread of infectious diseases treatable through vaccines. The program provides vaccines at an affordable cost to uninsured adults in Englewood and surrounding communities. In addition, Mantoux skin test for tuberculosis and blood pressing screening are performed at the clinic. Most of the adult recipients of the affordable vaccines were non-resident aliens, who sought to change their status to resident alien.

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

New Jersey State vaccine management and handling regulations play an integral part to the Department's every day functions. In order to remain compliant and eligible to administer vaccines, the Englewood Health Department clinic is recertified annually as required by the State of New Jersey vaccine program.

### ***Education and Training***

Remaining relevant and aware of procedures and changes in the public health environment is critical. As a result, the Public Health Nurse attended trainings, seminars, and webinars on a variety of topics including Vaccines for Children, Vaccine Preventable Disease, Communicable Disease Monitoring and Reporting, Immunization Audit, and Lead Training and Updates.

### ***Community Outreach***

The Public Health Nurse conducted numerous community outreach events, working in conjunction and collaboration with Englewood's schools, local churches and business, doctor's offices and various health fairs. Lectures on health topics were presented, health screenings for blood pressure, cholesterol, and blood glucose were performed.

The PHN also promoted NJWELL, a wellness program for employees focused on helping individual to set goals for optimal health. In addition, the PHN assisted participants with signing up and completion of the on-line health assessment.

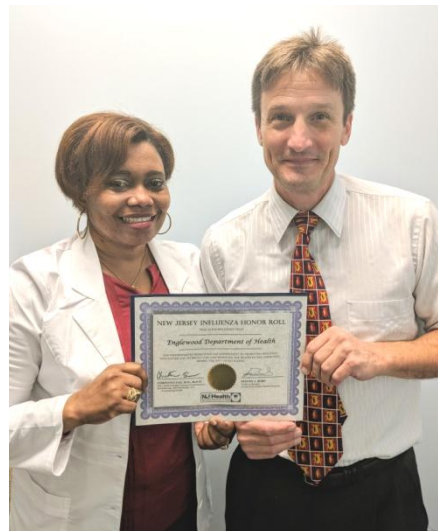
The Department held its 4<sup>th</sup> six-week Diabetes Self Management Workshop at Dr. Suri's office from April 11<sup>th</sup> to May 16<sup>th</sup>. The program was successful and well received by residents.

### ***In-service Training***

The Public Health Nurse provided in-service training to Health Department staff on safe vaccine management and handling.

## CLINIC STATISTICS

	2016 YTD	2017 YTD	2018 YTD
<b>CHILD HEALTH CLINIC</b>			
Number of Sessions	19	19	22
Total Children Seen	139	146	120
Children ages 0-4	33	22	29
School-aged Children	105	124	41
Immunizations administered	<b>324</b>	<b>326</b>	<b>284</b>
Immun children ages 0-4	90	66	78
Immun school-aged children	234	260	203
Flu Vaccines administered	52	42	64
No Immunization administered	10	8	10
Montoux skin test administered	15	15	16
Intakes– New Children	86	63	70
<b>CHILD HEALTH FLU CLINIC</b>			
Number of Sessions	1	1	1
Total Children Seen	24	14	34
<b>CHC SCREENINGS</b>			
Growth Measurements	66	44	55



**NJ Influenza Honor Roll Certificate  
received by Englewood Health Dept**



<b>ADULT HEALTH</b>			
Adult Blood Pressure	30	22	96
BP/Health Education	30	22	96
Adult TB Screenings	18	15	13
<b>Adult Vaccination Clinics</b>			
Flu Vaccines	56	65	33
Pneumonia Vaccines	8	14	2
Zostervax Vaccines (Shingles)	8	29	3
Tdap/Menveo Vaccines	92	70	48
Hepatitis Vaccines	9	37	34
Other Vaccinations	117	96	63
<b><i>Total vaccinations administered</i></b>	<b>285</b>	<b>287</b>	<b>183</b>
<b><i>Total persons vaccinated</i></b>	<b>138</b>	<b>184</b>	<b>130</b>
<b>Community Outreach</b>			
Community Field Visits	24	12	28
Home visits	2	0	0
<b>SCHOOL IMMUNIZATION AUDITS</b>			
No. of schools audited	22	22	22
No. of records audited	2277	2200	2197
<b>FORMS COMPLETED</b>			
Communicable Disease Reports	110	102	100
School Forms	36	86	55
Immunization Records	64	128	111

# HEALTH EDUCATION & PROMOTION

The health educator is responsible for health education, promotion, and outreach activities. The goal is to reduce disease and prevent illness of people of all ages. This is accomplished by identifying community needs. Program planning and development takes place through evaluation, administration, communication and health promotion in different settings such as senior centers, health fairs, community events, places of worship and schools. The programs developed assist residents to adopt and support healthy behaviors.

## NEW PROGRAMS

### *“No Excuses” Weight Loss Program*

“No Excuses” Weight Loss Challenge was a 10-week program implemented at The Gym. “No Excuses” consisted of bi-weekly, one-hour group classes that included workout sessions, cooking classes, self-management strategies to overcome barriers, and a question and answer group. Participants had the opportunity to take part in biometric screenings which included blood pressure, hemoglobin A1C, and weigh-ins obtained at the Kickoff Event and Finale. The goal was for participants’ numbers to improve throughout the course of the program. The goal of “No Excuses” Weight Loss Challenge was to reduce the risk of heart disease among citizens through education and support by increasing access to physical fitness opportunities for Englewood residents. The program began with 20 participants and ended with 17. Throughout the 10 weeks, participants lost between 1 and 17 pounds.

Participants had regular weigh-ins, weekly motivational tips and advice via email, and support from the Health Educator. Throughout the program, participants received individual nutrition counseling and group nutrition classes from a Health and Nutrition Coach from The Gym in Englewood. The sessions focused on portion size, healthy substitutions, importance of drinking water and information to overcome barriers and individual issues of each participant. Participants also had the opportunity to attend two cooking classes at Le Gourmet Factory in Englewood, where participants helped throughout the cooking sessions, asked questions and learned about healthy food substitutions while making healthy recipes.

### *ACT NOW Foundation- Memory Screenings*

The Health Department invited ACT Now Foundation to discuss dementia and present the different stages of the disease at the senior centers. Following the presentation, participants had the opportunity to take a diagnostic memory screening. The memory screening is a non-invasive question and answer assessment able to detect an early stage of dementia.

### *Walk Into Spring Wellness Challenge*

Walk into Spring was an exciting 4-week program designed to connect the community with local business people while engaging in physical activity. The program featured leaders in the City of Englewood from various professions who give a brief presentation on their area of expertise. They then lead participants on the 1.5-mile walk. Participants had the opportunity to learn about a variety of issues, ask questions, and be entered for a chance to win one of five cash prizes. The

purpose of the program was to make new friends, get healthy and learn about health topics.

## **HEALTH PROMOTION**

### ***City of Englewood & Social Media Platforms***

The Health Educator posts upcoming programs and monthly articles about important health topics on the Current Health News portion of the City of Englewood website. The article serves as a tool to educate the public on current health news and local events.

Facebook and Twitter posts are also made to include upcoming events, national health observances and current health topics.

### ***Newsletter***

An article is submitted quarterly the Englewood Health Watch newsletter on national health observances or upcoming programs and events. The article is printed and distributed for the community and on the city website.

### ***Community Events***

Community events are seen as an opportunity to educate citizens on public health issues and promote health and wellness. Events that the Health Educator participated in this year included:

- No Excuses Weight Loss Program
- Women's Wellness Program
- Hidden in Plain Sight
- NJ Well Lunch & Learn
- National Public Health Week
- Walk Into Spring
- Sticker Shock
- Buckley's Drug Compliance
- 3<sup>rd</sup> Annual Stigma Free Town Hall Meeting
- Chronic Disease Self-Management Program
- Epi-Pen Training
- Car Seat Check Point
- ACT Now Memory Screening
- HAPPY (Heroin Addiction Prevents Peoples Years) Week
- Children's Flu Clinic
- Community Health Fairs
- Health Related Issues Group at Southeast Senior Center for Independent Living

Topics Covered in 2018 include:

- Allergies
- Alzheimer's
- Arthritis
- Blood Pressure
- Cancer
- Dehydration
- Drug Abuse

- Emergency Preparedness
- Exercise
- Food Safety
- Hearing Loss
- Heart Disease
- HIV/AIDS
- Hygiene
- Immunizations
- Influenza
- Lung Cancer
- Men's Health
- Mental Health
- National Public Health Week
- Nutrition
- Opioid Epidemic
- Obesity
- Sleep
- Stress
- Vaping
- Winter Safety



Walk Into Spring Finale – May 18, 2018

# REACH AND TEACH PROGRAM

The Youth Health Educator conducts several public health programs within the city. The position is partially funded by Englewood Health (formerly Englewood Hospital Medical Center). The program partners with local agencies and organizations in order to provide health education that challenges and encourages youth to make healthier choices. Initially outreach was set to be conducted in non-traditional settings such as the swimming pool, street fairs, school cafeterias, college fairs, parks, and agencies. In 2018, the Health Director and the Youth Health Educator conducted research, a community needs assessments, collaborated with teachers, school health personnel, and parents to address current health needs of youth in schools.

## *Ebenezer Summer Camp*

Weekly gardening activities were conducted at the community garden with students from the Ebenezer Summer Camp. Students learned about a variety of vegetables and the importance of eating a balanced meal, where to get fresh vegetables and how to garden, along with other healthy behaviors. At the end of the program, students got a chance to taste the fresh vegetables from their garden.

## *Janis E. Dismus Middle School*

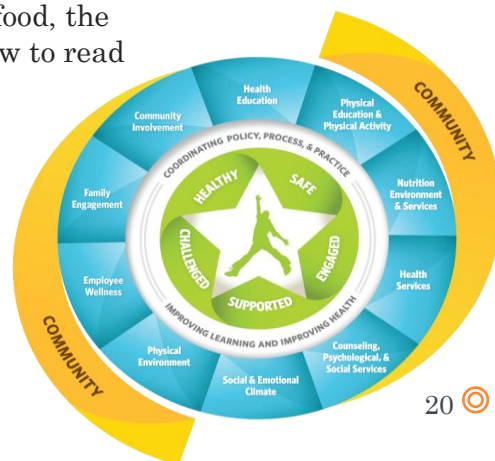
A new health education curriculum was created for Janis E Dismus Middle School's 6th, 7th and 8th graders. It covers current health risk behaviors that youth are faced with and is in sync with health education standards for schools, incorporating the *Whole School, Whole Community, and Whole Child*. This is a collaborative approach to learning and health developed by the Association for Supervision and Curriculum Development (ASCD) and is supported by the CDC. The model is the current one for school health education, placing the child at the center, while requiring collaboration between health educators, teachers, parents, caregivers and the students, in order to fill in the gaps.

Students at Janis E. Dismus are learning how to choose healthy behaviors over risky behaviors. Some of the topics are Tobacco Products; Marijuana and Vaping – The Under Developed Brain; Online Violence; Underage Drinking; Puberty and Body Image; Nutrition and Health - Prevent | Promote | Protect.

## *Live Well Project*

A nutrition plan was created for the Live–Well Program (Englewood Health) using a Power Point Presentation for high school classes. Students at Dwight Morrow High School learned the science behind nutrition and food, the importance of a nutritious, balanced diet, and how to read food labels and portion sizes.

Reach and Teach provided other youth health programs focused on serving Englewood youth, and their community.



*Health Education Statistics*

<b>ACTIVITY</b>	<b># of Sessions YTD</b>	<b># Reached YTD</b>
<b>Seniors</b>		
Bergen Family Center	12	25
SESCIL	6	25
111 West -Blood Pressure Screenings	1	15
Buckley's' Prescription Review	1	10
<b>Adults</b>		
No Excuses Weight Loss Challenge	10	19
Englewood Blood Drive	1	15
National Public Health Week	1	10
Walk Into Spring	1	64
3rd Annual Stigma Free Town Hall Meeting	1	60
Hidden In Plain Sight	1	0
Side Walk Sale	1	20
Farmers Market	1	10
Cross Creek Pointe Pool	1	N/A
Employee Training		
NJ Well Lunch and Learn	3	30
<b>Youth</b>		
Tobacco Age of Sale Enforcement (TASE)	20	N/A
Sticker Shock	5	N/A
Influenza Vaccine Clinic	1	30
Back to School Block Party	1	40
Places Of Worship		
Ebenezer Summer Camp	7	58
Englewood Church of God of Prophecy	1	40
Englewood Church of God in Christ	1	45
Galilee Church	1	60

School Outreach		
Dwight Morrow High School		
Spring House- HAPPY Week	1	100
The Zone	5	72
Live Well Project	2	60
World AIDS Day	4	80
Dwight Englewood		
Opioid Door Hanger Distribution	1	118
Janis E. Dismus Elementary School		
Extended School Year	1	25
Reach & Teach	60	332
Grieco Elementary School		
Latino Fair	1	250
After School Program	3	287
Handwashing	3	30
King's Kids Learning Center		
Handwashing	3	102
Elisabeth Morrow Elementary School		
Handwashing	6	80
Infant Toddler Day Care		
Handwashing	1	20
Vincent K. Tibbs		
Handwashing	1	20
<b>TOTAL</b>	<b>170</b>	<b>2,152</b>

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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



## MUNICIPAL ALLIANCE

The Program Coordinator/Assistant to the Director, the Health Educator and the Youth Health Educator promote the health and well-being of the residents of Englewood by their active involvement in the Municipal Alliance. In partnership with businesses, schools, non-profit organizations and faith based organizations, the Alliance works to promote public awareness, provide education and share resources. The goal is to encourage and support smart decision making about risky behaviors such as alcohol, tobacco and drug use.

The Department's Program Coordinator/Assistant to the Director is the Alliance Coordinator. In addition to coordinating each of eight the State-funded program activities, the staff has direct oversight of two of the programs – Sticker Shock and Stigma-Free. Funding received for these programs is reflected in the Department's Revenue.

### *Sticker Shock Campaign*

The program is intended to educate owners of establishments that sell alcohol, and their customers, about the laws as they buy alcohol and the consequences of selling to or buying alcoholic beverages for anyone under the age of 21. The Youth Health Educator works with local high school students who place stickers and bottle hangers on alcoholic beverages in Englewood establishments with liquor licenses. The materials for the program are provided by The Center for Alcohol and Drug Resources.

### *Community Programs*

The Stigma-Free Task Force held its annual Town Hall Meeting on May 4 at Englewood Hospital and Medical Center on the issue of mental health which focused on the Anxiety Solutions for Families. Expert diagnostician and cognitive behavioral therapist Dr. Anne Marie Albano was our special guest speaker for the evening. The event was co-sponsored by the Governor's Council on Alcohol and Drug Abuse, Englewood Hospital and Medical Center and the Health Department. The Municipal Alliance also sponsored a NARCAN® training on February 22 at the Elks Lodge.

Community outreach regarding Safe Medicine Disposal methods was held at the Farmer's Market on June 29. In addition, the Alliance Coordinator promoted the two DEA National Prescription Drug Take Back days and the City's Project Medicine Drop (Rx drop box in the Police Department).

Stigma-Free Englewood hosted a table at the Seventh-day Adventist Church Health Fair on September 30, held at Teaneck Armory, and sponsored a Stress Management Workshop on October 15 in collaboration with the Health Department.

### *Mental Health First Aid Training (MHFA)*

The Stigma-Free Task Force and the Health Department co-sponsored three Mental Health First Aid training sessions this year (January, July and December). The Department's certified instructor, along with all nationally certified instructors, attended training for the addition of a new opioid supplement. This was officially



added to the curriculum in October. In addition, the instructor successfully applied to NJ Learning Management Network, on behalf of Englewood Department of Health, to obtain public health leadership credits for Mental Health First Aid training, and a nominal fee was added to cover the cost of the training.



MHFA training at Englewood Public Library – July 26-27, 2018

During the year, the staff participate in Alliance sponsored events or conferences that enhance their skills. This past year, those activities included:

- *New Jersey Prevention Network* Conference, Atlantic City
- NJ Association of County and City Health Officials (ACCHO) Conference: *The Legalization of Recreational Marijuana in NJ*
- Tree of Addiction Conference, sponsored by Center for Alcohol & Drug Resources
- Twitter Chat on Opioid Epidemic hosted by Mental Health First Aid USA
- Substance Abuse & Mental Health Services (SAMHSA) webinar: Prevention of Youth Marijuana Use
- Opioid Symposium, East Brunswick