

# Community Health Profile

July  
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James Fedorko, Interim Health Officer

Deborah L. Baldwin, Acting Director of Health Services

**City of  
Englewood**

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## *CITY COUNCIL MEMBERS*

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Dr. Kenneth Rosenzweig - 1st Ward  
Dr. Lisa Wisotsky - 2nd Ward  
Angela David - 3rd Ward  
Kevin Wilson - 4th Ward  
Dan Tokayer - At-Large

Robert Hoffman –City Manager  
William Bailey, Esq. - City Solicitor

## **ENGLEWOOD COMMUNITY PROFILE**

### **LOCATION**

The City of Englewood is a New Jersey suburban community located in the southern portion of Bergen County's Northern Valley section. The George Washington Bridge, connecting New Jersey to New York City, is located five miles from the City's center. Two major highways (Interstate Highway 95 and State Highway 4), providing motor vehicle access to the George Washington Bridge, intersect Englewood in its southern sector.

The City encompasses four square miles, sharing borders with the municipalities of Tenafly (north), Englewood Cliffs (northeast), Leonia (south), and Teaneck (west). It also shares a short border with Bergenfield (north) and Fort Lee (south, southeast). Overpeck Creek, a tributary of the Hackensack River, flows south to Overpeck County Park between Teaneck and Leonia.

The topography of Englewood consists of the Palisades to the east of the City, with a maximum elevation of 410 feet, which descends to the City center and the western part of the City center with an elevation slightly above sea level. The East Hill has predominantly large homes and estates with large lots and woods. There is also a large housing project located on the East Hill, adjacent to Route 4. Two large wooded recreation areas, Allison Park (75 acres) and Flat Rock Brook (75 acres) are also located in this area.

The valley of the City has an industrial area, apartment and housing complexes - the majority of the business district - as well as single family dwellings. The lot and house sizes are generally much smaller than in the residential area on the East Hill. There are several parks in this area, including Mackay and Depot Square. Almost half of the homes in the City predate 1939, with the vast majority of residential buildings predating 1960. The age of the residential housing has been an important consideration in terms of the risk of childhood lead poisoning. Such cases are currently addressed by the Bergen County Department of Health Services.

### **GOVERNMENT**

Englewood has been governed by the Mayor and Council, with a City Manager as Chief Executive Officer, since the City's Charter was changed in 1979. The City Council consists of five members representing each of the four wards, a council person "at large" and a Mayor. The Mayor and Council serve for a 3-year term, and each year the Council elects a President from within the Council to serve as presiding officer. Members of the City Council and Mayor are part time and receive a modest annual honorarium of \$5,000. The Council hires a City Manager who is responsible for the daily management of all City services and is responsible for all City departments except Health, Library, and the Board of Education. The City Manager is the executive arm for the Mayor and Council and prepares and supervises the total city budget, except for the autonomous departments. He serves at the pleasure of the Council.

The City Manager is administratively responsible for five major departments: Administration, Finance, Public Safety (including Police, Fire, and Code Enforcement), Public Works, and Recreation. The Library and Health Department are autonomous departments, operating separately under Council-appointed Boards, with directives from the State.

The Mayor of Englewood is elected for a 3-year term. Although this is only part-time and not an administrative position, the Mayor may have a casting vote in case of a tie, appoints residents to certain City boards and commissions (Board of Education, Board of Adjustment, Environmental Commission, Library, and Planning Board), issues proclamations, may veto ordinances, and represents the City at County, State and National events.

The City Council appoints the Municipal Judge, City Solicitor, Housing Commissioners, Rent Control Board, Recreation Advisory Committee, Traffic Advisory Committee, and the seven members of the Board of Health who serve three year terms and represent all four wards.

The Board of Health is the governing, policy-making body for the employees of the Health Department and operates under a set of guidelines mandated by the New Jersey State Statutes under Title 26. The Board is responsible to the NJ Department of Health and Senior Services for ensuring that the State Statutes under Title 26 are carried out to the fullest extent of the law. They are also responsible for the implementation and interpretation of the State's Public Health Practice Standards under Title 52.

They provide consultation to the Director and Health Officer in the preparation of the annual budget, which is presented to the Mayor and Council. The Board of Health recruits and appoints all staff and is ultimately responsible for how the staff of the Health Department execute their public health activities, which include core and elected programs as mandated by the NJ State Public Health Practice Standards.

The seven members of the Board (including an elected president and vice president) meet regularly on the second Wednesday of each month. Also in attendance at these meetings are the Board Attorney and Board Secretary/Health Officer, who also serves as the Director of Health Services. Members of the Board serve as liaison to the City Council and Board of Education.

#### **HEALTH DEPARTMENT VISION**

The vision of Englewood Health Department is: Healthy People Healthy Communities in the city of Englewood.

#### **HEALTH DEPARTMENT'S MISSION**

The mission of the Englewood Health Department is to protect and promote public's health and wellness and to prevent disease and prepare for disaster. The Department accomplishes this mission by:

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

#### **THE 10 ESSENTIAL HEALTH SERVICES**

The 10 Essential Public Health Services provide a framework to fulfil the public health mission of protecting and promoting the health of *all people in our communities*. To achieve equity, the Essential Public Health Services help actively promote policies, systems, and overall community conditions that enable optimal health for all and seek to remove systemic and structural barriers that have resulted in health inequities. Such barriers include poverty, racism, gender discrimination, ableism, and other forms of oppression. Everyone should have a fair and just opportunity to achieve optimal health and well-being.

1. Assess and monitor population health status, factors that influence health, and community needs and assets
2. Investigate, diagnose, and address health problems and hazards affecting the population
3. Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it
4. Strengthen, support, and mobilize communities and partnerships to improve health
5. Create, champion, and implement policies, plans, and laws that impact health
6. Utilize legal and regulatory actions designed to improve and protect the public's health
7. Assure an effective system that enables equitable access to the individual services and care needed to be healthy
8. Build and support a diverse and skilled public health workforce
9. Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement
10. Build and maintain a strong organizational infrastructure for public health

#### ***HEALTH DEPARTMENT KEY HEALTH SERVICES***

- ✓ Vital Statistics
- ✓ Communicable Disease Surveillance
- ✓ Nutrition Counseling
- ✓ Health Education
- ✓ Environmental Health
- ✓ Maternal & Child Health
- ✓ Chronic Disease Risk Factor Counseling (cardiovascular, diabetes, etc.)

#### ***POLITICAL***

Englewood is divided into four wards, which are further divided into 14 voting districts. The first and second wards are located primarily in the East Hill section, bordering on Englewood Cliffs. This area is home to the majority of Englewood's Caucasian residents and a small percentage of minorities who are largely upper middle class. However, as a result of redistricting, the first ward now extends below the railroad tracks into an area primarily populated by working class African-Americans and Latinos.

The first ward continues to be, predominantly, a Caucasian population in the affluent East Hill section. In the second ward, there is a large housing project made up of working class African-Americans, Latinos, and a few Caucasian families, including a number of residents receiving public assistance. Town houses, inhabited by both African-American and Caucasian professionals, are also present in the second ward.

The third and fourth wards are located in the valley west of the railroad tracks. The third ward represents the most racially integrated ward in the City and also has a socioeconomic mix of academic and professional families, working class families, and a small number of individuals receiving public assistance. The third ward has experienced an influx of Caribbean, Black, and Hispanic families, especially in the area closer to St. Cecilia's Catholic Church and the business district. The Recreation Department is located in the fourth ward at the Old Gate House in Mackay Park.

The fourth ward consists predominantly of African-American decent with a diversity of educational, professional, and economic backgrounds. Most of the light industry in town is located in the fourth ward. Several public housing projects, a few town house complexes (of mostly middle class, young families), and the largest park in the City are in this ward. The Police Department, Municipal Court, Department of Public Works, and Health Departments are also located in the fourth ward.

## DEMOGRAPHICS

As of 2023, Englewood's population was 29,624 with a variety of racial, ethnic, social, economic, political, and religious backgrounds. It is the 30<sup>th</sup> largest city in New Jersey. Since the 2020 census, the population increased slightly at 1.1%, with the Asian population increasing the most.

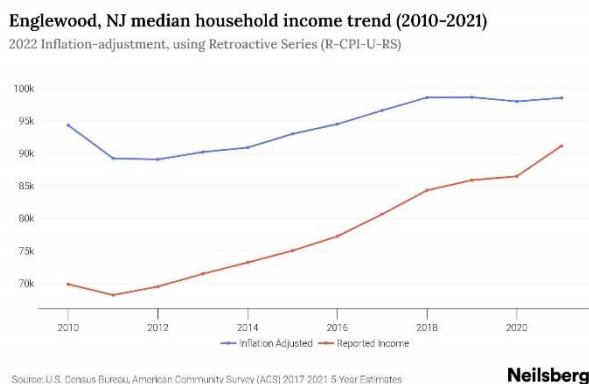
White .....	30.4%	Asian, Pacific Islander .....	13.0%
Black .....	18.9%	Other races .....	8.7%
Hispanic .....	29.0%		

The census figures indicate that over 50% of the population would be classified as minority in terms of race. These figures do not necessarily include the residents of Hispanic origin, who may be classified as white or black, and yet are still considered a minority.

Englewood residents born in the United States accounts for 86.8%, with 29.69% having been born in New Jersey. A total of 13.2% of residents are not US citizens. Of those not born in the United States, the largest percentage are from Latin America. The majority of Spanish-origin residents in Englewood are from Central and South America - primarily from Colombia. The remaining are from the Dominican Republic, Puerto Rico, Mexico, and El Salvador.

The Black and Latino presence in Englewood is reflected in the public school enrollment. Presently 23.5% of the students are African-American, 58.3% are Hispanic, 7.4% are Asian/Pacific Islander, 8.3% are White (non-Hispanic) and 2.1% are other.

Minority communities generally have a greater need for health services due to higher morbidity and mortality incidence rates, especially for hypertension, diabetes, heart disease, and cancer. Statistics have shown that more than 35% of all families with children under the age of 18 years in Englewood are headed by a single-parent. Such families are more likely to live in poverty.



As of 2023, 13.5% of the population was reportedly below poverty level in terms of economic resources. The median household income is \$101,398.

The median age is 39.1 years and 9.8% of the City's population is over 65 years of age. In addressing the needs of the senior citizens, Englewood has developed a number of services including programs at the Southeast Senior Center for Independent Living, Bergen Family Center, and West Street Housing Project for senior citizens (mostly funded by the county). The churches are also active in providing social programs for seniors. A list of other resources

may be found in the *Community Resources Directory*, published by the Health and Welfare Council of Bergen County. In 2016, as a result of grant funding, the *Age Friendly Englewood Coalition* was formed and has been actively engaged in providing resources and solutions for seniors to age in place.

The Child Health Clinic is offered to children ages 2 months to 18 years twice per month. The Clinic has served as a focal point of human services, providing essential preventative health services to children and their families through early identification of health problems, health promotion, and referrals to appropriate health agencies in the City and County for children with specific health needs. Approximately 60% of the Child Health Clinic clients are of Latino origin. In order to address this need, a Hispanic case aide supplements the services provided in the CHC by translating for those with English difficulty.

In addition to growth and development assessments and immunizations, programs have been developed in the Clinic which address such health problems as lead poisoning, nutritional deficiencies (anemia as well as overweight and underweight children), dental decay (especially due to bottle mouth syndrome), and other health topics. The health status of these children is continually being assessed to meet changes in their health needs.

#### *RELIGIONS*

Englewood is home to a variety of faiths including Baptist, Methodist, Lutheran, Episcopalian, Presbyterian, Catholic, Moslem, Judaism, and other religious sects. It has been most helpful for the Health Department staff to work with the clergy of several churches in order to access their congregations. These churches have youth groups, adult workshops, and public forums that the health department uses to deliver public health information concerning a variety of subjects, such as HIV/AIDS, heart health, nutrition, and cancer awareness.

#### *ECONOMICS AND HOUSING*

Englewood is an older, suburban community with enormous diversity in its residential population with respect to race, income level, age, and in the housing opportunities it provides for its residents. Englewood in particular has had a long history of providing housing for its diverse population through local governmental programs, policies, and funding.

Englewood has a variety of land uses. It has an attractive and vibrant central business district, other commercial and industrial areas, a number of parks, and various institutional uses, such as Englewood Health, the community hospital. Englewood also provides a wide array of housing types, particularly for a suburban community. The City's housing mix includes residential uses such as one- and two-family homes to apartments above stores, recently constructed townhouses, and affordable housing developments. Due to this vibrant mix of housing types, Englewood has long provided affordable housing for its residents, as well as those of Bergen County and surrounding areas.

Zillow reports that the typical home value of homes in Englewood is \$501,698 (as of March 2022). This value is seasonally adjusted and only includes the middle price tier of homes. Englewood home values have gone up 8.7% over the past year. This is somewhat lower than the Bergen County average property value of \$585,000, trending up 5.5% year-over-year. Homeownership in Englewood is lower than the Bergen County average of 64.7%. Englewood residents have an average commute time of 32.4 minutes and average two cars per household.

#### **Income Characteristics**

Median Household Income	\$85,889
Per Capita Income	\$52,920

Englewood's housing unit inventory is diversified, ranging from detached one-family dwelling units to older, mid-rise apartment houses. The economic diversity of the community is apparent in the housing, which ranges from multi-million dollar residences on the Hill to sub-standard dwellings and some illegal boarding houses in the Valley. The City is aware of the dangers of sub-standard housing. The Building Department seeks to compel landlords to bring their dwellings up to code by citing them for any deficiencies.

At present, there are approximately 250 retail establishments, over 500 professional firms (including legal and medical), and approximately 110 industrial establishments providing approximately 14,500 jobs. The character of the City remains predominantly residential, but its commercial areas bustle with retail and industrial activity.

In terms of public services delivered to residences and businesses, Suez Water supplies the water to the community, which is chlorinated but not fluoridated at the reservoir. Only two businesses are on well water, and the water from these wells is monitored by the Bergen County Health Department and the NJ Department of Environmental Protection.

Wastewater that is generated in the City is delivered through sanitary sewer lines to the Bergen County Utilities Authority's sewage treatment plant in Little Ferry. Occasionally, there are sewer backups in private businesses, apartment buildings, and residential homes. Staff from the Health, Public Works, and Engineering Departments must respond to these complaints.

#### ***COMMUNICABLE DISEASES***

The Englewood Health Department monitors all reportable communicable diseases (RCDs) in the City, except tuberculosis and STIs. The monitoring of RCDs is accomplished by public health investigators and nurses through the utilization of Communicable Disease Reporting and Surveillance System (CDRSS). CDRSS is a robust electronic, web-based, CDC and NJDOH compliant surveillance system where public health partners such as hospitals, laboratories, area physicians and other health practitioners, nursing homes and schools, can instantly report the event/cluster/outbreaks of RCDs. CDRSS facilitates the timely reporting and immediate sharing of pertinent data, thus supporting appropriate public health investigation and response.

Some of the RCDs in Englewood included COVID-19, hepatitis B, hepatitis C, salmonellosis, Lyme disease, *Giardia lamblia*, measles, and pertussis. No food-borne disease outbreaks have been reported in the last 5 years.

As a result of the prevalence of heart disease and cancer in the community, the Department of Health aggressively seeks out the high-risk populations. City employees are encouraged to participate in the NJ Well Program and other employee wellness programs. Appropriate referrals are made where indicated. Englewood residents over the age of 65 have access to several health screening programs at the Southeast Senior Center for Independent Living.

#### ***MORTALITY STATISTICS***

Shown are the most recent mortality statistics for Englewood, obtained from resident death certificates. See statistics below.

CAUSES OF DEATH (PRIMARY)				
Englewood Residents				
CDC ranking as of 2022		2022	2023	2024
1	Heart disease	46	49	49
2	Cancer	43	34	27
3	Accidents (unintentional injury/overdose)	3	7	6
4	COVID-19	14	2	4
5	Stroke / Cerebrovascular disease	12	9	13
6	Chronic lower respiratory disease (incl COPD)	8	14	11
7	Alzheimer's/dementia (and complications of)	23	21	29
8	Diabetes	1	3	2
9	Kidney/Renal diseases	11	12	9
10	Liver disease/Cirrhosis			1
11	Other causes	51	50	69
12	Pending Investigation	0	0	1
<b>TOTALS</b>		212	201	220
3-OD=1				

Since almost 50% of all Englewood residents are people of color, and this population has high rates of hypertension and some cancers, services are directed at reaching this target population. The Department continues to address senior health, specifically with education regarding chronic diseases -- heart health and diabetes. We continue to explore grant possibilities in order to bring new health initiatives to the residents of the City without impacting the budget.

We continue to diversify programs in the schools and community and share resources in order to serve the community effectively.

#### **COMMUNITY PARTNERSHIPS**

Englewood is part of a system of 11 local and regional health departments in Bergen County. Our mission comes from the State's Public Health Practice Standards, which mandate programs that must be in place. The Englewood Health Department has worked prodigiously to include the 10 essential services which all local health departments should address.

In addition, the Department administers the Municipal Alliance grant funded by the Governor's Council on Substance Use Disorder (GCSUD). The main focus of this program is our youth. However, programming for parents and educators is included. Mental health concerns are addressed by Stigma-Free Englewood, which is under the umbrella of the Municipal Alliance.

Englewood was named a "Healthy Town" in 2015 and in 2024 by the Mayor's Wellness Campaign because of our dedication to improving residents' health and wellness. Programs pioneered by this Department to address some of the health needs of the Englewood community include:

- Walk with a Doc/Health Professional
- Spring Wellness Challenge
- Water Aerobics
- Get Fit in the Fall
- First City in NJ to increase the legal age to purchase cigarettes to 21
- Municipal Alliance Partner

- Chronic Disease Self Management Program
- Prescription Drug Compliance Programs
- Smoking Cessation Programs

