

CITY OF ENGLEWOOD  
DEPARTMENT OF HEALTH



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# 2007 ANNUAL REPORT

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## DEPARTMENT OF HEALTH

### STAFF

Nelson Xavier Cruz, MS, MBA . . . . .	Director, Health Services
Paula R. Madison-Jenkins, MPH, CHES . . . . .	Acting Director, Health Services/Health Officer
Deborah L. Greene, CMR . . . . .	Administrative Assistant/Office Manager/Registrar of Vital Statistics
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Janet Kast . . . . .	Executive Secretary
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Beatrice Reynolds . . . . .	License Clerk
Doris Garcia . . . . .	Bilingual Case Aide / Alt. Dep. Registrar
Priscilla B. Lewis, MHA . . . . .	Sr. Registered Environmental Health Specialist
Enoch Moochi, MS . . . . .	Registered Environmental Health Specialist
Matthew A. Traudt . . . . .	Environmental Assistant
Diane T. Jordan, RN, MA . . . . .	Public Health Nurse Supervisor
Shelly Fierman, RN, BSN . . . . .	Public Health Nurse (P/T)
Nancy Savinovich, BS, CHES . . . . .	Health Educator
Suzie Jean-Louis, MPH . . . . .	Health Educator

### PROJECT EMPLOYEES

Dana Kenning, BS . . . . .	Reach & Teach Youth Health Educator
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### CONSULTANTS

Edward Jackson, DMD . . . . .	Pediatric Dentist
Suzie Jean-Louis, MPH . . . . .	Pediatric Obesity Project Coordinator
John Kang, BS . . . . .	Registered Environmental Health Specialist
Ekanath Malavade, MD . . . . .	Pediatrician

## **Message from the Director**

*Keeping Our Community Safe, Healthy, and Vibrant*

*Under the direction of the Englewood Board of Health, the Director of Health Services acts as the Chief Executive Officer of the Englewood Health Department and may take actions and make determinations necessary or appropriate to carry out the local health department's functions, protect the public health, and prevent disease. The Director also applies preventive and public health knowledge, techniques, and skills to reduce the incidence of communicable disease, occupational illnesses, and food-borne disease.*

An interesting dichotomy has developed in the field of public health over the past several years. On one hand, the contributions made by public health measures to the improvement of health status in the United States have been well documented and increasingly appreciated, and the potential for future improvement has been recognized. On the other hand, those contributions have been largely taken for granted, and public health expenditures have been slashed as part of the effort to control governmental spending at the local, state, and federal levels. This has resulted in the growing awareness of the potential improvement that can still be made to the public's health, while at the same time the capacity of the "delivery systems" in state and local health departments have been diminished.

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

Successful management of the Englewood Health Department requires enlightened and strong leadership. As a public health leader, I understand the contributions that can be made by the application of public health principles to community health problems, to work with communities to involve them in understanding the problems that threaten their health and to engineer the constructive evolution of the Department to effectively perform in a changing and uncertain environment. Therefore, my vision for the City of Englewood is a community where health is improved and maintained with the requisite skills to make that vision a reality.

The 2007 year was a period of transition and reorganization for the Department, requiring adaptation to new challenges and directives. Our renewed focus will be on the mission, values, goals, and objectives of the Health Department. By assuming the leadership position of Director of Health Services on July 25, 2007, I accepted the many challenges and opportunities that it entails. Working under the canopy of the Health Department's many partnerships and alliances, we achieved measurable results in protecting, improving, and promoting the health of the community residents.

The Department was able to deliver more than \$800,000 in public health services to the Englewood residents. Major accomplishments have included a new bilingual (English/Spanish) newsletter entitled the "Englewood Health Watch/El Observador de Salud de Englewood", a revamped and user friendly web page; painting of the health department; receipt of over \$30,000 in grant funds; upgrade of some existing computers and server; and enhanced staff morale and productivity. We have amongst our staff a group of uniquely qualified and totally committed professionals who are open to new ideas and are dedicated to excellence in Public Health. They have displayed great courage and fortitude in the face of many new expectations, with few rewards from a public that has misunderstood the role of public health for many years. I salute the staff and thank each one of them for their dedication.

We also have been unusually blessed to have a dedicated Board of Health comprised of health and other professionals who altruistically contribute their time and effort to support and advocate for the Department. We deeply appreciate the leadership provided by Ms. Lisa Levien, Board President, and Board members who led us safely through a difficult period of turmoil. Also, I want to acknowledge and thank Ms. Violet Cherry for her outstanding leadership over the past 30 years in establishing and building an innovative model, public health department for replication nationwide. I have tremendous respect for Ms. Cherry, and others who have brought us to this crossroad which presents incredible opportunities and challenges. Building on that solid foundation, my vision is to lead and manage the Englewood Health Department into the 21st century by learning from the past, understanding the present, and shaping the future.

My vision for the future of public health in the City of Englewood is based on (1) adopting a population health approach which considers the multiple determinants of health; (2) strengthening the municipal public health system infrastructure of Englewood-the backbone of the public health system; (3) building a new generation of intersectoral partnerships; (4) requiring accountability from and among all sectors of the public health system; (5) making evidence the foundation of decision-making; and (6) enhancing and facilitating communication within the public health system. Adequate population health cannot be achieved without making comprehensive, accessible, and affordable health care available to every person residing in the City of Englewood.

Healthcare access and availability will be a major priority for me. I hope you will join me in sharing my vision for the future of public health in Englewood. As the newly appointed Director of Health Services at the Englewood Health Department, I accept the passing of the torch, welcome the opportunity to lead and manage this organization, and greatly appreciate the strong commitment and support of the Board of Health, staff, City, our partners, and the Englewood residents. According to John Webster, "Gold that buys health can never be ill spent."

Sincerely,

Nelson Xavier Cruz, MS, MBA  
Director, Health Services

### ***Message from the Board***

This year's annual report of the Englewood Health Department provides a snapshot of the many ways in which the Englewood Health Department touches the lives of Englewood citizens every day.

The report highlights a few of the significant accomplishments of the Englewood Health Department in fiscal year 2007.

The roles and responsibilities of the Englewood Health Department are based on the core essential functions of public health. We work behind the scenes to promote the health of our community and prevent disease by providing health education, advocating for health-related funds from the state and county governments, registering people for health insurance, providing nutrition assistance, inspecting restaurants, and inspecting well and septic systems.

Perhaps the most significant role of the Health Department is to proactively address issues that have the potential to affect the health of many Englewood citizens. Fortunately, terrorist attacks, large natural disasters, and significant disease outbreaks have not occurred in Englewood, nonetheless the Health Department must be prepared for them. The Health Department is also active in providing health care services directly to Englewood residents through vaccination clinics, rabies clinics, dental screening clinics,

in-home evaluations of elderly persons, partnering with local physicians to perform cancer screenings, and providing mental health and substance abuse prevention and referral services.

Priorities for the upcoming year include supporting the community through its health care access coalition to improve access to care for those who are unable to pay for care, promotion of healthier lifestyles, and expanded access to oral health care for children and adults with public insurance and those who are unable to pay for care. Each of these issues, if left unaddressed, has the potential to reduce the productivity and quality of life of those everyone, not just those directly affected. By performing the routine tasks that ensure the health of Englewood citizens as well as planning for the non-routine events that threaten many, the Englewood Health Department will continue to serve the needs of Englewood.

I encourage you to contact the Englewood Health Department for further information about our programs and to learn about volunteer opportunities.

Lisa Levien  
President

### ***Message from the Friends***

Created by Violet P. Cherry some 25 years ago, to generate in our diverse town a Voice for the Community, the FRIENDS has brought together citizens from most of the mini-communities which define our city. The FRIENDS has in common that

they are activists and care about the health and welfare of residents and have a personal interest in public health. They have the energy first to care, then to congregate, and finally to take on projects which will make a difference to the quality of life of the city.

The salaried staff has specified tasks mandated by the State legislation, fertilized by both international and academic influences. But to carry into the fullest and most effective practice, with the greatest impact on the health of its citizens, the established missions of the Health Department, described in detail elsewhere in this Annual Report, have benefitted from a volunteer squad of community citizens who serve by choice.

The changing leadership, both of the City and of the Health Department, has for two years presented disruptions and challenges to continuity. These storms have brought new leadership and change, and with change, great opportunity to redefine and re-energize the traditional missions of the Department. The FRIENDS has a contact list of close to 100 residents. We greet with great enthusiasm our new board, our new Director, and our new City Council. We will pull together in the 2008 season to help in many DOH programs and activities, through a variety of services and projects described elsewhere in these pages.

Dr. Richard N. Pierson  
President

## Revenue

REVENUE			
	2006	2007	VAR
<i>Certified Copies &amp; Corrections</i>	\$130,260	\$149,305	\$19,045
<i>Burial/Disinterment Permits</i>	\$595	\$649	\$54
<i>Marriage / Civil Union Lic &amp; Dom</i>	\$5,656	\$4,564	\$(1,092)
<i>Dog Licenses</i>	\$7,260	\$6,700	\$(560)
<i>Cat Licenses</i>	\$1,463	\$1,412	\$(51)
<i>Pet Late License Fees &amp; Duplicate</i>	\$2,537	\$2,876	\$339
<i>CHC User fees</i>	\$361	\$680	\$319
<i>Retail Food Licenses / Plan Reviews</i>	\$30,528	\$28,938	\$(1,590)
<i>Food Establishment re-inspection fees</i>	\$0	\$60	\$60
<i>FMC &amp; FHC Course Registration</i>	\$945	\$680	\$(265)
<i>Misc. Licenses (Pools, temp. food,</i>	\$3,280	\$4,313	\$1,033
<i>Misc. Income (Immun Rec, Copies,</i>	\$759	\$340	\$(419)
<i>Fee for Service (Mantoux, Flu/Pneum</i>	\$1,640	\$710	\$(930)
<b>GRANTS:</b>			
<i>EHMC Reach &amp; Teach</i>	\$24,000	\$24,000	\$0
<i>Bergen County GPHP (Bioterror</i>	\$3,000	\$0	\$(3,000)
<i>Bergen County CDBG (Nutrition</i>	\$9,500	\$9,500	\$0
<i>NJDHSS LINCS (Pandemic Flu mini</i>	\$6,358	\$9,095	\$2,737
<i>NJDHSS Public Health Priority Funds</i>	\$9,076	\$9,324	\$248
<i>NJDHSS Tobacco Age-of-Sale</i>	\$1,800	\$2,160	\$360
<i>NACCHO (HIV, STDs &amp; Teen Preg</i>	\$16,500	\$0	\$(16,500)
<b>TOTAL REVENUE</b>	<b>\$255,518</b>	<b>\$255,306</b>	<b>\$(212)</b>
<i>Fines levied through Municipal Court</i>	\$12,298	\$6,183	\$(6,115)

## Vital Statistics & Licensing

and procedure for dissolution.

Over 4,700 domestic partnerships were filed in New Jersey in the previous three years, and it was expected that each of these couples would enter into a civil union to be eligible for the full rights afforded under the law. Although neighboring states and the federal government may not recognize civil unions, certain businesses - such as insurance carriers - will accept a certificate of civil union as documentation for discounted rates.

One notable change to the law allows either partner the option of assuming the surname of the other. In other words, married men may assume the surname of their wife if they desire - made permissible in order to ensure equality in both types of unions. Due to legal complications that might develop because of federal regulations, however, a legal name change is recommended.

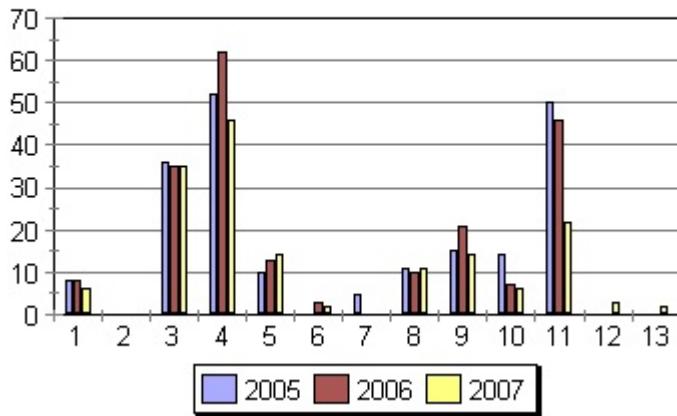
RECORDS / LICENSES PROCESSED	Filed	Issued
Birth Certificates (incl complimentary)	2,231	7,631
Marriage / Civil Union Certificates	154	571
Death Certificates (incl fetal)	516	1,168
Burial / Disinterment permits		110
Marriage Licenses		155
Misc to Government Agencies		130
Adoptions/Name Changes/Corrections	242	
Dog & Cat Licenses		1,124
Retail Food & Misc Licenses (incl temps)		310

Pet licenses and retail licenses, which include food establishment and miscellaneous licenses, such as public pools and temporary event vendors are processed by the License Clerk. Upon approval and issue, the paper license and licensing decal are forwarded to the establishment or vending machine owner. License renewal notices are mailed annually, which the License Clerk is either responsible for or assists with. In addition, the License Clerk must report financial data (payments) to the Office Manager/Registrar.

A training session was conducted by the Assistant State Registrar on the Electronic Death Reporting System. However, training for funeral directors and medical professionals is not expected to be completed until late 2008. In the meantime, local registrars are expected to sign onto the system regularly, and will be given a refresher course prior to the official start-up.

CAUSES OF DEATH ENGLEWOOD RESIDENTS		2004	2005	2006	2007
1	ACCID/SUICIDE/HOMICIDE	8	8	6	8
2	AIDS OR HEPB RELATED	0	0	0	1
3	CARCINOMA	36	35	35	40
4	CARDIO-VASCULAR	52	62	46	36
5	CEREBRO-VASCULAR	10	13	14	13
6	DIABETES	0	3	2	3
7	INTESTINAL	5	0	0	5
8	KIDNEY/RENAL	11	10	11	11
9	LIVER/SEPSIS	15	21	14	12
10	OTHER (< 2 INCIDENTS)	14	7	6	4
11	PULMON/CARDIO-PULM	50	46	22	13
12	SMOKE INHALATION			3	0
13	UNDETERMINED			2	4
TOTALS		201	205	161	150

## CAUSES OF DEATH ENGLEWOOD RESIDENTS



## ***Environmental Health***

The Environmental Health Unit is responsible for administering environmental programs and services to reduce the incidence of environmental conditions which may adversely impact the health, safety and well being of the citizens of

Englewood. Protecting and educating the public is a continuous goal, and the process requires a tenacity to assess needs within the community and identify environmental issues. Insight and guidance is provided on health issues that are community oriented such as food safety at restaurants, nuisance complaints (air quality, sewage, odors, and solid waste), hazardous materials (childhood lead abatement program, and Right to Know), updated recall information for food products, and vectors of disease (rodents and mosquitoes). As these health concerns continue to increase within our growing community, the City of Englewood has relied on the professional services of the Environmental Health Unit to address them.

Another important role of the Environmental Health Unit is to review architectural plans submitted to the City, and evaluate the types of businesses and residential construction proposed for the community. Neighborhoods need this type of protection to allow community living to prosper and evolve while protecting property values. The regulations for these business operations need to be interpreted and enforced, which is a responsibility of the Environmental Health Unit.

The unit staffing consists of a Senior Registered Environmental Health Specialist, 1 full time and 1 part time Registered Environmental Health Specialist (REHS), and one Environmental Assistant, with the regulatory oversight by the Health Officer and Director of Health Services.

### ***Retail Food Program***

The retail food program is a skilled method and approach of ensuring the delivery and consumption of safe food to everyone. In January 2007, Chapter 24 of the New Jersey State Sanitary Code became effective (replacing Chapter 12). The new Code is more comprehensive and detailed to ensure that all foods sold and served are safe, properly labeled, and prepared under sanitary conditions. Englewood Department of Health currently has 235 licensed retail food establishments that require scheduled inspections.

These establishments are categorized into five types

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

All retail food establishments in Englewood are routinely inspected at least two (2) times per year. Type I and II establishments are inspected three (3) times or more, exceeding the number mandated by State Sanitary Code Chapter 24, going the extra mile to ensure food safety and continuous compliance by the establishments and business owners. Frequency of inspections is determined by the risk posed to the public, the establishment's menu, number of seats, and staff qualifications. In 2007, there were a total of 580 inspections conducted on all categorical types of retail eating establishments. Based on the standards of Chapter 24, establishments are graded according to the risk posed to the public. The standards include:

Satisfactory: the establishment is in compliance.

Conditional: some violations were noted and need to be corrected within a certain time period.

Unsatisfactory: the establishment should cease operations immediately until compliance is achieved.

Conditional and unsatisfactory ratings are usually reported to a newspaper (The Record) to inform the public and increase awareness of problems in establishments where they eat.

As one establishment closes, another opens – which maintains our number of restaurants at approximately the same number from year to year.

#### Establishments opened in 2007

Sushi California
Hunan Wok
The Brownstones (Pool)
Big Mouth Pizzeria
Emerald City
P. Russo - Lil Jimmies
A & Z Merchandise
Various vending locations

#### Establishments closed in 2007

Bennett Road Lunch Corporation
Absoulutely - The Truth LLC.
Englewood Joe Wine & Liquors
Café Local
Ebenezer Craftmans Club
Various vending locations

#### ***Emergency Response***

Staff are trained to respond to Environmental Emergencies and are on call 24 hours a day, 7 days a week, including holidays. On call schedules are distributed to the Police, Fire, and Public Works dispatch. The following criteria constitutes a health safety emergency with the City of Englewood:

Retail Food Establishment (fires, floods, sewage, food borne illness)

Wholesale food establishments (fire, floods)

Outside service discharge of sewage

Noise/Water pollution

Extended period of electrical/power outage

#### Emergencies Responded to in 2007

March 30, 2007 – Fire: Main Event Caterers, 38 W. Forest Ave.

The unit was contacted by Englewood Fire Department due to a small fire in the kitchen at Main Event Caterers. Investigation revealed the fire was started from excess debris at the grill during clean up procedures within the kitchen. No foods were compromised, since the establishment was in the process of closing for religious observances. An inspection performed at the facility on 04/11/07 indicated that the establishment was ready to resume their normal work activities.

March 7, 2007 – Water Main Break: Saigon Republic, 52-60 W. Palisade Ave.

An emergency call was received from the Englewood Fire Department due to a water main break within Saigon Republic Restaurant. At the time of investigation, the establishment was observed with water escaping from the ceiling over the preparation areas. The owner was on the premises and instructed to shut down operations until repairs were made to pipes and ceiling, and electricity was restored. All frozen foods were removed from the establishment and taken to their Fort Lee restaurant. When the re-opening inspection was performed on 03/09/07, all necessary repairs had been made and the establishment was cleaned and sanitized. A Satisfactory rating was issued at that time.

May 8, 2007 – Sewage Backup: Sangria Sake, 90 W. Palisade Ave.

In response to an Emergency call from the Englewood Fire Department, Sangria Sake was issued an Unsatisfactory rating and volunteered to close the establishment due to sewage backup and lack of hot water on the premises. The establishment owner contacted a plumbing service to clear out sewage line in restrooms, then cleaned and sanitized them. Repairs were also made to the hot water tank which was malfunctioning, and an additional tank was installed to ensure hot water was provided at all times. Re-inspection on 05/09/07 proved the establishment to be in full compliance, and a Satisfactory rating was issued at that time.

June 14, 2007 – Illegal Medical Practice: 96 Charles Street

Environmental Unit responded to the above address upon a report of a medical practice operating illegally within a garage setting. The NJ Department of Health and Senior Services and City Officials, including Code Enforcement, Plumbing Officials were notified and summonses were issued to the home owner.

August 4-6, 2007 – Boil Water Advisory

Englewood Police Department contacted the unit to respond to the Boil Water Advisory for Bergen County. Two advisories were issued, the first of which indicated that food establishments were to close. This information was provided to the establishments by the Police department. The updated advisory, issued in the afternoon, allowed for restaurants to open, but restricted water use to bottled water for consumers, boiled or bottled water for use in recipes, and purchased ice for those establishments with ice machines.

### ***Food Safety Courses***

The Englewood Health Department offers courses on food safety education annually. Each is designed to promote proper food handling procedures to prevent food borne illnesses. Any individual who is employed in a food establishment and works with food is encouraged to enroll. Food Safety courses consist of the Food Managers Certification, Re-Certification for Food Managers, and Food Handlers Courses. Materials are provided in English, Spanish, and Korean to facilitate learning.

This year's change to the Sanitary Food Code provided the challenge of preparing our establishments with the new updates and responsibilities required to remain in compliance. In April, the unit participated in the Chapter 24 Retail Food Protection Training at the Englewood Hospital Center for Learning, facilitated by NJDHSS instructor Marylou Falco. The training session provided an overview of the new regulations incorporated into the Chapter 24 Food Sanitation Code to food establishment employees from throughout the county. A total of 94 participants attended the session, including establishment owners, Certified Food Managers and Food Handlers. The new code adapts regulations from the Food and Drug Administration's 2001 and 2005 Food Codes and will provide new guidance to prevent food borne illnesses. A brief overview of Englewood's current enforcement policies was also reviewed. New strategies implemented included:

Specific hand washing requirements for food workers

Standard temperatures for refrigeration and food holding temperatures

New restrictions on bare-hand contact with ready to eat foods

Risk level classification for Retail Food Establishments

### ***Food for Thought (FFT)***

Education is a key component to achieving compliance with state and local laws. The environmental team produces and distributes a quarterly newsletter, "Food for Thought", for the retail food establishments to educate food service personnel on emergent health issues and diseases. The FFT newsletter is mailed

to local retail food establishments, school cafeterias, the hospital, nursing homes, restaurants, markets, and smaller food convenience stores. Articles in FFT provide valuable information and guidance to the food service industry. Some of the topics addressed included: hand washing, food temperatures, the importance of extermination, food borne illnesses, as well as Holiday food preparation. Approximately 800 copies of the newsletter have been issued, and it is now available on the City's Web site.

### ***Temporary License Inspections***

Food vendors at temporary events are inspected to ensure that food is safe for the public. Vendors who sell or provide food to the public at these events are required to apply for a temporary food license. There were 36 temporary food licenses issued, with inspections conducted at the following events:

Farmers' Market; African-American Caribbean Festival; Church of Christ; Methodist Church; Avon Walk for Awareness; First Presbyterian Church; Flat Rock Brook Nature Center; and Jabari Fair (organized by Englewood Fire Fighters).

### ***Tobacco Age-of-Sale Enforcement (TASE)***

This year, the Tobacco Age-of-Sale Enforcement program continued to ensure that establishments comply and refrain from selling tobacco products to minors. A total of 23 compliance check inspections were conducted randomly, and six (6) establishments failed. These are:

Circle Auto Service (first offense)  
Drug Fair (second offense)  
Town Stationery (third offense, 4<sup>th</sup> offense on reinspection)  
Wides Liquors (first offense)  
Englewood Bagels (second offense)  
Englewood Tiger Mart, Route 4 West (first offense)

All were issued a summons and were directed to appear before the Municipal Court Judge.

Fines for these violations are

1<sup>st</sup> offense - \$250.00  
2<sup>nd</sup> offense - \$500.00  
3<sup>rd</sup> offense - \$1,000.00

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

Beauty salons, barber shops, dry cleaners, and rooming houses are just a few examples of the city licenses that the Environmental staff performs inspections to ensure compliance with city and state regulations. Miscellaneous inspections include, but are not limited to, certificate of occupancy, plan reviews, and change of ownership. These inspections allow the Health Department to check for compliance with Chapter 24 and all other pertinent regulations

### ***Enforcement Actions***

Throughout the complaint investigation process, education is the cornerstone to resolution. Unfortunately, educating the violator does not always work. As a last resort, the staff will issue summonses to bring about a positive outcome of a violation. There are times, in the process of regular inspection or complaint investigation, that the egregiousness of the violation warrants the immediate issuance of a summons. Along with summonses being issued, we educate the violator to ensure that there are no future violations committed.

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

Chapter 9 of the State Sanitary Code is the guideline by which pools within the City of Englewood are inspected. Englewood has two public pools to be inspected. In 2007, the semi-public pools increased from six to seven, and an additional pool is expected to open by 2008. Inspections include a pre-opening,

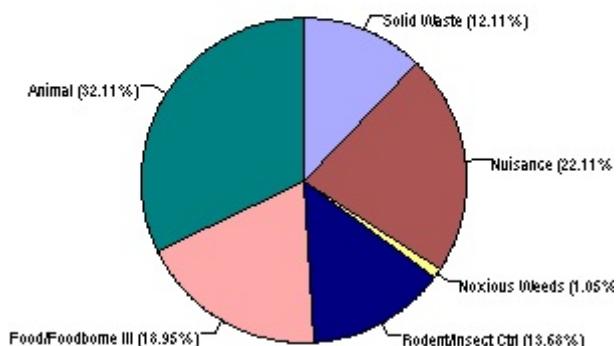
followed by a monthly spot check of the pools during the bathing season. Additional inspections are called for when water quality tests are not in compliance with state codes.

### **Rabies Control**

How does a health department stop the spread of a fatal viral disease? By utilizing preventive measures along with immediate response to issues of possible rabid animals. Top priority is given to animal complaints dealing with the possibility of rabid animals. Working along with state and county agencies, these problems are addressed in an expeditious manner.

A primary measure of rabies control is through the two annual rabies clinics held by the Health Department. These clinics give the public an opportunity to vaccinate and license their pets. The licensing program enables the Department to readily check the vaccination status of a particular pet. In addition, the Environmental Unit oversees a city-wide, biannual animal census, mandated by the state, that identifies new, unlicensed pets. The vaccination status is cross checked, and the pet owner is contacted to have their pet vaccinated and/or licensed.

### **Nuisance Complaints 2007**



The Environmental Unit responded to 61 animal complaints for 2007. In the case of nuisance wildlife or feral cats, trapping is undertaken to remove or relocate animals. Approximately 25 feral cats were turned over to the Bergen County Animal Shelter, decreasing the number of cat colonies in Englewood, thereby reducing the number of potentially rabid animals.

In 2007, 18 animal bites were investigated. This process includes checking on the rabies status of the animal, initiating a confinement of the animal and, if circumstances warrant, issuing any summonses against the pet owner. Bite reports are received from Englewood Hospital & Medical Center for patients treated from surrounding communities. This requires we contact the health department of the town in which the bite occurred, and pass on all relative information to them.

#### **Complaints**

Solid Waste	23
Nuisance	42
Noxious Weeds	2
Rodent & Insect Control	26
Food Complaints (including food borne illness)	36
Animal Complaint Investigation	61



### **Massage Licenses**

The unit continued to accept applications for therapists. Since the closure of one Massage Salon within the city in 2006, there was a decrease in the number of therapists' (4) applications and the number of Certificates of Occupancy applications for new salons. Upon verification of all information, paperwork and background checks, licenses will be issued.

### **Special Events**

We have the opportunity to provide educational support at temporary events sponsored by different organizations throughout the year. Many of these events require inspections of food vendors. However, there are some organizations which request Environmental educational materials which will benefit the audience in attendance. Inspections and/or educational outreach conducted at special events include the following: African Caribbean Day Festival, National Night Out, Family Health Fair, Child Health Fair, Farmers Market, Flat Rock Brook Nature Center, Elks Lodge Family Health Awareness Fair, Mercy Church - "Reaching Out to the Community" event, and the Jabari Society "Back to School" Cook Out.

## Public Health Nursing

patient care in Child Health Conference, Blood Pressure Clinics, Flu Clinics and other health venues, nurses observe, assess, and monitor symptoms, reactions, and progress. PHNs develop and manage care plans and instruct patients and their families in proper care. When they assist individuals and groups, they affect the entire community. State Laws govern the duties RNs perform, but it is the needs of the community that determine their and roles and responsibilities.

Public Health Nursing is an integral component of the interdisciplinary team who provide population-based health service, rendering the best possible care to the community. The Nursing Process is the conceptual framework for Public Health Nursing. Nursing has an obligation to the physical, psycho-social, political, spiritual, and economic needs of the patient, family, and community. Nurses have a responsibility to participate, be creative, test new ideas and keep current with the advances that may translate into action to improve the practice of nursing. It is imperative that the PHNs are aware of the latest and most recent community resources in order to deliver the highest standard of community health to the residents of Englewood.

The core mandates of Public Health Nursing remain constant, yet trends shift and alter. Nursing must immediately respond to these changes. Within the past twenty years, the Child Health Conference provided services to an individual child from 2 months until that child had their preschool boosters, and many parents were teens. In Englewood, the Child Health Clinic has seen a drop in teen parent participants due, in part, to the prompt availability of New Jersey Family Care to teen mothers and other uninsured families needing medical care. Currently, the patients seen in Child Health Clinic are children whose parents are between jobs or starting a new job that participate in the clinic until their insurance becomes effective, children whose parents work and have no health benefits, families who don't qualify for New Jersey Family Care, and uninsured children not born in the United States.

Lead Screening is mandatory for children at the ages of 12 and 24 months, and more often if a child is at risk. Indications of screenings were not always maintained on child care or pre-school immunization records. Many children were not being screened by their pediatricians if they were deemed to have no risk of lead poisoning. In Englewood, the Public Health Nurses audit for lead screening results concurrently with immunization audits. Schools and facilities are encouraged to follow up on this screening. Lead Poisoning is preventable, and screening is the only diagnostic prevention tool.

The Public Health Nursing response to trends must change and evolve with community needs. Several years ago, only hospitals routinely prepared for mass emergency situations. Their drills are called Code Yellow. With the anticipation of a pandemic flu outbreak, potential acts of bioterrorism, outbreaks of new strains virulent disease, public health nurses must have, at the ready, the knowledge to care for the community. This body of knowledge and practice involves disseminating accurate and reliable information, participating in mass immunizations, medication distribution, instruction for families in caring for ill members, and the methods of documentation of all nursing activities in an emergency situation.

### **Child Health Conference**

The monthly Child Health Conference assures that immunity to vaccine preventable diseases is available to all uninsured Englewood children through the New Jersey Vaccines for Children Program. Patients receive a full complement of preventative services including physical examinations, height and weight measurements, developmental testing, oral screenings, vision and hearing screenings, urine testing, blood lead testing, hemocrits and blood pressure screenings, and referrals for any developmental or health issue

Public Health Nurses are dedicated to promoting health, preventing disease, and helping patients cope with acute and chronic illness. They are advocates and health educators for communities, families and patients. When providing direct

with atypical findings. During each visit, parents receive anticipatory guidance in English and Spanish, and more recently in Korean and Arabic regarding their child's next developmental milestones, along with safety education about equipment, toys and health hazards such as lead and other types of hazardous exposure. The Nurses plan snacks, which are available at each session, to provide parents with an example of healthy nutrition.

### **Communicable Diseases**

The reporting and monitoring of infectious diseases through the Communicable Disease Reporting and Surveillance System is a core public health nursing responsibility. Prevention of disease transmission to others, identifying new disease trends and monitoring existing ones is the goal. Public Health Nurses provide a critical linkage between epidemiological data and the prevention of transmission of communicable diseases. Monitoring outbreaks and encouraging appropriate medical follow up ensures that the spread of communicable disease within the community is limited.

The PHN's investigations require collaborative relationships with State and County Representatives from the Communicable Disease Reporting and Surveillance Department, State and Local Laboratories, State Epidemiologists, Infectious Disease Hospital Liaisons, Private Physicians, Clinic Staff, School Nurses, patients and families.

#### **Methicillin Resistant Staphylococcus Aureus**

MRSA is a communicable disease that caused much concern in the school systems this year. The PHNs contacted each Englewood Public and Private School and every Child Care Facility on two occasions with literature from the New Jersey Department of Health and Senior Services. Principals, Directors, and School Nurses received guidance in prevention, their response to the illness itself and also to parental apprehension. The Nurses encouraged and welcomed phone calls from schools with any additional questions or concerns. While there were individual cases, there were no MRSA outbreaks in Englewood in 2007.

### **Emergency Preparedness - Pandemic Flu**

Influenza pandemics have historically occurred every 10 to 60 years. There were three influenza pandemics in the 20th century, in 1928, in 1957-1958 and 1967-1968. Two events during Englewood's Public Health Week 2007 were aimed at Emergency Preparedness, the theme for 2007. On April 2, the PHNs joined the Health Department Staff on site at Shop Rite of Englewood to educate families on Preparing for Pandemic Flu and Other Emergencies. The PHNs, along with other members of the Health Department, undertook the challenge of putting together a Family Emergency Supply Kit, using the list of supplies in Ready.Gov, which illustrated what such a kit should hold. This Family Emergency Supply Kit, in a clear plastic container displaying its contents, was available all week at all events. Englewood Residents entered their names for a drawing to win this kit. During Public Health Week, the nurses participated in a round table discussion with community stakeholders about their role in a pandemic flu outbreak. A proactive dialogue was initiated and the members expressed interest in seeing it continue.

### **School Immunization Audits**

Englewood Schools and Child Care Facilities must comply with New Jersey's State Regulations on immunizations contained in Chapter 14 of the New Jersey Sanitary Code, Immunization of Pupils in Schools. Englewood is home to many new immigrants who may not be up to date with their immunizations, and annual school audits are a means of insuring that all students are safe from vaccine preventable disease.

The Public Health Nurses annually audit the records of all children enrolled in school or child care in Englewood, according to State guidelines. In addition, the nurses review each health record of all children

five years and younger to be sure they have at least one documented lead screening in compliance with New Jersey Law, NJAC 8:51A

### ***Flu Clinics***

Each year in the United States, more than 200,000 people are hospitalized and about 36,000 people die. The high risk groups most affected by influenza complications are infants and children 6 months old to 24 months old, seniors over the age of 65 years, and people of all ages with a chronic medical illness. The best way to prevent the flu is by getting a flu vaccination each fall.

The department held Flu Clinics on October 27, November 7, and December 13, 2007. Additionally, residents who were unable to come to either clinic were given appointments for their vaccines, and 30 additional residents were immunized. The initial flu clinics serve seniors and high risk residents with chronic medical diseases. When the target populations had received their immunizations, the flu clinics were then opened to all residents over the age of 18.

### ***Home Visits***

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

### ***Chronic Diseases - Hypertension***

Hypertension is called the silent killer because it usually has no symptoms, and the victims are unaware of the harm it is doing to their body. To help residents monitor elevated blood pressure, the EHD offers weekly Blood Pressure Clinics to all Englewood Residents. On-site Blood Pressure Screenings, guest speakers, trainings, and other health promoting activities are offered monthly to residents of 111 West Street and to employees of the DPW.

### ***Health Consultation, Referrals, and Resources***

Residents of Englewood utilize the Public Health Nurses as a source of health information. In person and/or over the phone, residents seek out the expertise of the nurses in areas such as medical equipment, low cost medical and psychiatric care, syringe disposal, communicable diseases and STD information, travel immunizations and where to receive them, employment related screenings, and a host of other health related issues. The PHNs are responsive to the needs of residents and provide consultation daily to assist residents with their concerns. Residents needing further information and concrete services are provided with referrals and directed to other agencies who can meet their exact needs.



## **Health Education & Promotion**

Health education and promotion is an important component of the health department. Its role is essential to the community. It is the vehicle to reach out and educate the public about topics and issues important to their health and their families.

The Health Educator serves as the referral source and the link between the health department resources and the public. Our mission is to protect and enhance the health of the people of Englewood. To reach this goal, we strive every day to address issues that affect the health of the public and promote positive and healthier lifestyles.

Serving a culturally diverse population makes our task ever more challenging. New methods and techniques must be adopted to better serve these hard-to-reach segments of the population and at-risk adolescents. They are the most vulnerable and are faced with many social problems: inadequate housing, poor education, and poverty. Our priority is to promote a community-based approach using current resources such as faith-based organizations, schools, healthcare providers, and grassroots organizations. Our topics are diverse, and we reach out to all age groups and life cycles.

### ***Child Health Conference***

A well-baby care service for uninsured children aged 0 (zero) to 5 years is offered monthly. The Health Educator has the opportunity to educate parents about health-related issues, and good nutrition practices are offered to both children and parents. It is a good medium to approach the pediatric obesity epidemic. The Nutrition Counseling component targets parents and provides them with educational information in the form of pamphlets, brochures, and video presentations on nutritional problems in youngsters. Other topics covered during well-baby clinic visits include: immunizations, lead poisoning, pertussis, dental health, flu season precautions, etc.

### ***National Children's Dental Health Month***

During the month of February, we provide dental screening to children at various sites in the community, and children in need of treatment are referred to the appropriate providers. Oral health is an important public health issue referred to as "The Neglected Epidemic". Millions of Americans are affected by oral diseases which, unfortunately, remain at pandemic levels because of the relative inattention from the health community. The high prevalence and high morbidity make oral diseases a significant public health problem from the perspective of both prevention and treatment. As public health practitioners, it is our duty to make oral health an essential component of health and well-being.

### ***Nutrition Program***

The Nutrition Education Program is a well-structured, school-based initiative targeting the 6th graders at the Janis E. Dismus Middle School. These young children and adolescents, most vulnerable to "junk foods" and victims of the advertising industry, are educated to make better choices for a healthier lifestyle. Each year, about 150 students at this particular institution are taught how to develop good nutrition practices and enjoy fruits and vegetables, and physical fitness. The program is provided in 4 sessions that cover the food pyramid, fruits and vegetables, portion sizes, and reading food labels. Worksheets are distributed and reviewed, and quizzes are administered weekly to evaluate understanding and learning progress. There are take home assignments, and educational materials are sent home to parents since they are the decision-makers. This program is provided throughout the school year and is supervised by a full-time Certified Health Educator.

## **HEALTH PROMOTION**

### ***Newsletter***

The monthly newsletter "News and Views" has been replaced by a bi-monthly edition called "The Englewood Health Watch", published in both English and Spanish languages. It provides information on

many health issues and the services of the health department. 2,500 copies are distributed to the public, is also available on the department's web page, and is also sent electronically to any subscriber who wishes it.

Newsletter topics covered for 2007:

Alcohol and Pregnancy do not Mix	Hypothyroidism? Hyperthyroidism? What is the difference?
Teen Drivers – a Need for Extra Safety	National Eating Disorders Awareness Week
American Diabetes Alert Day	Multiple Sclerosis – A Closer Look at MS
Autism – An Estimated 1 in 50 Births and Rising	Foot Fashion or Foot Abuse
Sun Out, Shades On! Protect your Eyes	Physical Activity: Get Those 30 Minutes In!
Blood Transfusion: Give Today, Receive Tomorrow	Men's Health
HIV: Take the Test, Take Control	Pill or Lotion? The Future of Sunscreen
Women and Tobacco Use	

### **Press Releases**

Press releases are used to inform the public about events, activities, and urgent health matters. They are sent to various media outlets: The Record, The Press Journal, Northern Valley Suburbanite, and other venues.

Topics covered included:

American Heart Month  
Child Safety Fair  
Dental Health Month  
HIV Testing  
Public Health Week  
Rabies Clinic  
World AIDS Day  
New Chapter 24 Food Safety Regulations  
Child Safety Issues  
Family Awareness Health Fair  
Stress Management

### **Public Health Advisories**

Printed material provide information regarding emergent health crises and/or threats. They are made available to residents in several languages if necessary. Advisories are posted on the lobby bulletin board, at City Hall, on the web site, at area stores, churches, banks, laundromats, Englewood library, beauty salons, and barber shops. This year, advisories have been issued on:

Bed Bugs	Extreme Cold – Hypothermia
Eye Infections	Fisher-Price Toys Recall
Meningitis	Salmonellosis
Toothpaste Recall	E. Coli
Extreme Heat	Simplicity Crib Recall

### **Bulletin Board/Lobby**

The bulletin board is an important venue for health promotion. Located outside the health department, it keeps the public informed of upcoming events and important reminders. Each month, in accordance with

the National Health Observances, health-related topics are displayed in the lobby and made available for the public. The lobby, the health department's waiting area, provides a channel for dispensing information to clients waiting to be served.

### **Website**

The health department uses the city's web site. This year, the department's web page has been revamped and updated. It provides the public with quick access to health information, programs, and services.

### **Community Events**

Various health events are sponsored by the health department throughout the year. We also participate in all community activities to promote our services to the public. All staff members participate, according to their capacity and expertise, to provide consultation and support. Educational materials and print information in both English and Spanish are made available, which the public is encouraged to read to be familiar with our services and different public health issues/topics that can support behavioral changes and promote healthier lifestyles. This year events included:

World AIDS Day  
National Children's Dental Screening Month  
Stroke Prevention Screening  
First Latino Parent Workshop  
Community Health Fair  
Photo Voice Reception  
Child Safety Fair  
Healthy Heart Lecture  
Mercy Church Fair, MacKay Park  
Family Health Awareness Fair  
Annual Breast Cancer Awareness Walk – EHMC  
Flu and Pneumonia Clinic  
Hispanic Heritage Celebration



Children's Dental Screening



Child Safety Fair

## **Reach & Teach Youth Program**

Reach & Teach is a community-based program designed to teach adolescents about health and healthy lifestyles. The program has many components: School Outreach, Safer Sex Education, Youth Advisory Board, Pregnancy Prevention Education, Substance Abuse Education, Barbershop/Beauty Salon Outreach, and Referral Services. The key to our continued success with this program is our ability to work with different agencies and organizations, public or private, faith-based, and volunteer to reach out to the children and make a difference in their lives.

Partially funded by the Englewood Hospital and Medical Center, the Reach & Teach program is implemented by a full time Youth Health Educator and supervised by a Certified Public Health Educator. The program is continually evaluated, which allows us to identify weaknesses and bring changes to reach our goals and objectives. Our partnership with the Board of Education, the teachers, school nurses, and parents has served us well as a vehicle to bring adolescent health issues and concerns out in the open. These problems usually interfere with children's progress in school and, if not corrected, in life. The Health Department has been and will remain an active advocate for youth. Through our community alliance, we will continue to provide resources and a comprehensive prevention intervention. Our activities include but are not limited to: Kick Butts Day, Great American Smoke Out, School Cafeteria Outreach, Game of Life, Prom Precautions, Career Talk, Reaching Out, Reaching In; Baby Think It Over, Red Ribbon Week, Teen Pregnancy Prevention, HIV/AIDS, STI Prevention; and Keeping It Real.

### ***Beauty Salons and Barbershop Outreach***

The Youth Health Educator also plays the role of outreach worker, using his/her skills to promote and raise awareness on various health issues such as: HIV/AIDS, STIs, TB, Nutrition, Hepatitis, Heart Health, Exercise, Breast Cancer, Prostate Cancer, Smoking, Drug Abuse, etc. In that capacity, he/she reaches out to private businesses, such as beauty salons and barbershops, and attends to clients while they are waiting for services. With their permission, a presentation (30 minutes to 1 hour) is offered with Q&A at the end of each session. Clients are provided with educational materials and encouraged to visit us at the Health Department if they need more information or counseling with a particular issue. A list of resources is made available for participants to take home for themselves and for family members and friends.

### ***Cafeteria Outreach***

This activity is conducted monthly at Dwight Morrow High School, the Academies @ Englewood, and Janis E. Dismus Middle School. Themes vary according to the Calendar of Public Health Observances. Students are provided with group or one-on-one interaction, whichever feels most comfortable to them to quell their fear, or concerns. Students are given pertinent information related to the theme of the day, and invited to visit our table for more information for families and friends.

### ***Englewood Coalition for Adolescent Health (ECAH)***

The purpose of the Englewood Coalition for Adolescent Health is to enable youth to address issues that impact their health, safety and well-being. The goal is to help adolescents communicate their ideas and opinions to local government officials, school personnel, and other agencies. Issues of concern include but are not limited to: obesity, substance abuse, high-risk sexual behavior, violence, and teen pregnancy. Meetings are held throughout the year.

### ***Youth Advisory Board (YAB)***

The Youth Advisory Board is an after school activity for the students of Dwight Morrow High School and the Academies @ Englewood. Weekly meetings are scheduled, and students have the opportunity to discuss issues related but not limited to peer pressure, college preparation, relationships, career choice,

etc. The Board has been planning to develop and implement a focus group using student members and non-student members to serve as moderators or support staff.

## SPECIAL YOUTH EVENTS

### *Red Ribbon Week / National Violence Prevention Week*

These opportunities are used to address all forms of violence and its deleterious effects on the community. Any form of violence, bullying, teasing, gang violence, sexual violence, physical and mental abuse, domestic violence, is unacceptable.

During Red Ribbon Week, the emphasis is placed on substance abuse. A realistic drug kit showing different types of drugs and drug paraphernalia is used to get the students' attention. A display table is usually maintained with educational information, and students are encouraged to sign a pledge to lead a drug free life.

### *Reaching Out, Reaching In / Baby Think It Over (BTIO)*

The project focuses on preventing pre-teen and teen pregnancy through the use of informal lectures, role play, group discussion and the use of computerized infant simulators. "Reaching Out, Reaching In" is designed to address the emerging developmental needs of adolescents such as physical, cognitive, social/emotional, and health behaviors

It is a 4-session program about self-esteem, sexually transmitted diseases, substance abuse, and Teen Pregnancy Prevention. Upon completion of the program, a limited amount of students will be given a Baby Think It Over doll to care for at home for a 2 day week-end experiment. Baby Think It over is a doll that simulates a real baby through crying. The participants are required to document their experiences, and how their short-lived experience has changed their perception of parenthood.

The life sized dolls record neglect, head support, rough handling, and length of time crying. Upon returning the dolls, the students usually report on the big impact the experience had on their lives and how it has changed their future expectations. Students come to realize that having a baby is a huge responsibility that requires commitment, sacrifices, and financial responsibility. Motherhood can change their lives forever, and interfere with future goals and dreams.

### *Keeping It Real*

This program, for the High School students of Dwight Morrow and the Academies, trains students to become peer educators. For 4 to 6 weeks, the students go through a series of training sessions that cover pertinent health issues confronted by teenagers today. After graduating from the program, the students

receive a stipend and go into the community and the schools to educate their peers on topics such as sexuality, anatomy, HIV/AIDS, STIs, and pregnancy prevention.



The Peer Educators were recognized by the Mayor at the June 19<sup>th</sup> Council meeting and received certificates for completion of the program.

## Childhood Lead Abatement Program

In collaboration with the Public Health Nurses, Environmental Lead Abatement assessment inspections are performed. This occurs when evidence has been received from NJ Department of Health indicating that a child with elevated blood lead level resides in Englewood. Currently, the department has one full time and one part time certified lead inspector/risk assessor that work on the initial assessment phases and post abatement clearance testing.

Even small amounts of lead in a child's body can cause headaches, irritability, hyperactivity, reading and learning disabilities, lowered intelligence, vision and hearing problems, and muscular problems. In high levels, there are convulsions, coma and death. A child between the age of 6 months to 5 years of age with a reported threshold limit of 15 mcg/dl (micro grams per deciliter) requires intervention by the Public Health Nurses and Lead Inspector/Risk Assessor(s) according to state mandate. The family is then contacted and a home inspection is performed to assess for possible sources of contamination and recommend methods of abatement. The family continues to receive case management and follow-up until abatement is complete and the child's blood levels are below 10 mcg/dl.

There were multiple recalls in 2007 involving the lead content in toys made in other countries for US manufacturers. The PHNs forwarded recall lists to all the Child Care Facilities and answered phone calls from concerned child care staff as well as members of the community.

In June, the New Jersey Public Health Laboratories discontinued processing Serum Lead Screening for the Child Health Conference. All uninsured children who attend our clinics were referred to a Federally Qualified Health Center (FQHC) to receive this important screening. Many parents were concerned about lead, especially in light of the recalls. The only way to determine if a child is being exposed to lead in the environment is through a Blood Lead Screening. When the symptoms of lead poisoning are visible, significant irreversible damage has already occurred. In September 2007, the New Jersey Department of Health and Senior Services resolved the lead screening problem for children attending the Child Health Conference by contracting with MEDTOX, a private laboratory.

The State is in the process of making recommendations to the Childhood Lead Abatement program. One major change will be to lower the Elevated Blood Level Detection limit, which will expedite abatement actions to reduce the child's EBL. This change will assist in reducing the number of cases of children who suffer from extreme neurological and behavioral disorders associated with lead. Although there were no newly reported cases for 2007, educational pamphlets and brochures were made available at all times at the front counter, at outreach sessions, and on the city web page.

## Blood Borne Pathogen Training

In compliance with the 1992 OSHA Blood Borne Pathogens Standard, this is a State mandated program for "at risk" city employees provided to the Fire Department, Recreation Department, and the Department of Public Works. Employees attending this training, provided by the Public Health Nurses with input and assistance from the Health Educators, learn about Standard Precautions, handling of contaminated material, and the importance of hand washing. The goal of this training is to provide a basic understanding of blood borne pathogens, common modes of their transmission, and methods of prevention, focusing on job related potential exposure. Blood borne pathogens are microorganisms such as viruses or bacteria that are carried in blood and can cause disease. Many city employees are at risk for occupational exposure to blood borne pathogens, including hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV).

## Community Outreach

### Public Health Week

The theme for Public Health Week, April 2<sup>nd</sup> - April 5<sup>th</sup>, was Emergency Preparedness. The staff planned and participated in the week-long

schedule of activities.

#### Is Your Family Ready?

Preparing for emergencies; Pandemic and Avian Flu Awareness for Families was the focus of the Informational Display at Shop Rite of Englewood. On Monday, April 2, the Public Health Nurses participated by answering questions on emergency preparedness and providing Blood Pressure Screenings. Residents stopped by to enter the drawing for the Family Emergency Supply Kit, take literature, and ask questions on the importance of emergency preparedness. Residents received giveaways to assist with emergency preparedness which included flashlights, key rings, and hand sanitizers.

#### Round Table Discussion on Pandemic Flu

Community Leaders were invited to a Round Table Discussion on Tuesday, April 3<sup>rd</sup> to present their role in emergency preparedness. The Public Health Nurses participated in the development of the power point presentation, which was presented to the invited guests by the Acting Director. A discussion took place about community concerns, agency preparedness, and the needs of the community.

#### Health Department Open House

On Wednesday, April 4, Blood Pressure Screenings, Glucose Screenings, HIV Testing, BMI Checks, Nutrition Counseling, Massages and Physical Therapy Evaluations, and Home Blood Pressure Machine Testing were offered to all residents at the Open House held at the Health Department. Everyone attending the open house received a Special Health Kit which included items geared towards personal emergency preparedness.

#### Senior Health Awareness Day at 111 West Street

On Thursday, April 5, Stroke Prevention Screening was offered to all Englewood residents. This included Blood Pressure Screening, Cholesterol and Glucose Screening, and Risk Reduction Counseling. All residents who attended this event received a Special Health Kit which included flashlights, hand sanitizers, EHD key rings, nail files, stress balls, water bottles, and emergency preparedness literature.

#### Game of Life

This program is designed to help adolescents address stressful life events such as: death of a parent or sibling, bullying, dealing with sexual pressure, disaster relief, STIs, peer pressure, teen responsibility and parenthood. Eighth graders are given real life scenarios that must be addressed in one hour. Students are made aware of the resources available to them in the community. Information about the Health Department services, and HIV Testing and Counseling services are made available.

On Thursday, June 7, the Game of Life was presented at the Janis E. Dismus Middle School. The Public Health Nurses provided consultation to the students and presented realistic choices, provided educational materials from the Department, and referred the students to other appropriate agencies to help them problem solve their issues.

#### Child Safety Fair

On Saturday, June 23, the Department co-sponsored a Child Safety Fair with the Police Department. The PHNs offered child safety literature, daycare safety literature, individual safety counseling, blood pressure screening, and height and weight measurements at the EHD's Child Safety Fair. Children had their heights

and weights plotted on a Pediatric Growth Chart. Blood Pressure Screening was provided to adults. In addition, literature was available about Child Health and Safety, Child Health Clinic, and Public Health Nursing.

### **Mercy Church Event**

A community event, sponsored by the Mercy Church, was held in Mackay Park On Saturday, August 18. The PHNs, Environmental Health Specialists, and Health Educators participated and offered health consultation, health education, and blood pressure screenings to the Englewood Residents. Residents took advantage of the blood pressure screenings. No resident had an elevated blood pressure sufficient to recommend a visit to their Primary Care Physician.

### **Farmers' Market Blood Pressure Screening Outreach**

Every other Friday in July and August, the Public Health Nurses visited the Farmers' Market, and provided Blood Pressure Screenings to residents. The nurses offered literature on a variety of health related topics and health advisories. The Nurses answered questions pertaining to depression, diabetes, prevention of heat exhaustion, blood pressure related issues, and respiratory problems. Residents complete a brief health history which is used as the basis for individual health teaching.

### **Family Health Awareness Day**

On Saturday, September 15, a Health Fair was co-sponsored by the Health Department and Commerce Bank. The PHNs provided Health Consultation, Body Fat Analysis, Body Mass Index (BMI), and Blood Pressure Screening. Residents had their blood pressure screened, and two required Physician Referral due to elevated blood pressure readings. Body fat analysis and BMI calculations were also performed, with each participant receiving a follow-up consultation regarding their results. This included fact sheets on body fat analysis and BMI as well as appropriate literature for each individual's results. Health Consultation was requested by attendees and included Obtaining Health Insurance, Low Cost Health Care, Depression, Low Salt Cooking, and Child Care. Residents were receptive to health teaching regarding their blood pressure and lifestyle changes, as well as ways to alter their eating and exercise habits to improve their BMI. Attendees asked many questions about how to maintain optimal health. The PHNs had information available on blood pressure: what a blood pressure reading measures and why a reading within normal limits is important for optimal health, developing parenting skills, immunization schedules, child development, communicable diseases, diabetes, cholesterol, and pregnancy. Information on PHN Services was offered to residents, which included: information and invitations to attend Weekly Blood Pressure Clinics, Child Health Clinic, and upcoming De partment outreach events.



## ACKNOWLEDGMENTS

### **City of Englewood**

Robert Casey, Interim City Manager  
Howard Feinstein, Chief Financial Officer/Data Processing  
Rosalyn Anderson, Housing Authority  
Merle Simons, Director, Recreation  
Karl Pearce, Supervisor, Buildings & Grounds  
Michael J. Wildes, Mayor

### **Englewood Board of Education**

### **Englewood Hospital & Medical Center**

Douglas Duchak, Michael Pietrowitz,  
Lori Villa, Phyllis Brown

### **Englewood Community Foundation**

### **The FRIENDS of the Englewood Health Department**

### **NJ State Department of Health & Senior Services**

Dr. Fred Jacobs, Commissioner of Health  
Pandemic Flu Grant  
Public Health Priority Funding  
Tobacco Age-of-Sale Enforcement Program

### **County of Bergen**

Bergen County Animal Shelter  
Department of Community Development  
Department of Health Services  
Health Counseling Center

### **National Association of County and City Health Officials**

### **The Media**

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

Academy of Massage Therapy, Hackensack, NJ  
Commerce Bank, Englewood, NJ  
Dr. Edward Jackson, DDS, Hackensack, NJ

## HEALTH SERVICES TO RESIDENTS

### CHILD HEALTH CONFERENCE

- Immunizations
- Growth and development
- Nutrition counseling

### ADULT HEALTH

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

### COMMUNICABLE DISEASE SURVEILLANCE

- Epidemiological followup
- Education/counseling

### RABIES CONTROL PROGRAM

- Vaccination clinics
- Dog and cat licensing
- Bi-annual pet census

### VITAL STATISTICS

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

### ENVIRONMENTAL HEALTH

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

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

### HEALTH EDUCATION

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

### TEENAGE PREGNANCY

- Counseling
- Education
- Referrals

### SEXUALLY TRANSMITTED INFECTIONS

- Counseling
- Prevention
- Education
- Referrals

### REACH & TEACH PROGRAM

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

The Department of Health is open Monday through Friday from 9:00 a.m. to 4:30 p.m. for payment services, and until 5:00 p.m. for other services. The Department is staffed during the noon to 2:00 p.m. lunch hours. Legal holidays, when the Department is closed, are as follows:

- New Year's Day
- Lincoln's Birthday
- Good Friday
- Independence Day
- Columbus Day
- Veteran's Day
- Christmas Day

- Martin Luther King Jr's Birthday
- President's Day
- Memorial Day
- Labor Day
- Election Day
- Thanksgiving Day

Main Telephone  
Vital Statistics  
Environmental

201.568.3450  
201.871.6506  
201.871.6500

Health Education  
Public Health Nursing  
R&T Phone-A-Friend

201.871.6508  
201.871.6511  
201.871.6520