

CITY OF ENGLEWOOD  
DEPARTMENT OF HEALTH



## 2008 ANNUAL REPORT

**BOARD OF HEALTH**

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## DEPARTMENT OF HEALTH

### STAFF

|                                       |                                                                       |
|---------------------------------------|-----------------------------------------------------------------------|
| Nelson Xavier Cruz, MS, MBA . . . . . | Director, Health Service/Health Officer                               |
| Michael A. Guarino, MPH . . . . .     | Health Officer                                                        |
| Deborah L. Greene, CMR . . . . .      | Administrative Assistant/Office Manager/Registrar of Vital Statistics |
| Joyce M. Jackson . . . . .            | Senior Executive Secretary                                            |
| Janet Kast . . . . .                  | Senior Executive Secretary                                            |
| Henrietta Goodman, CMR . . . . .      | Deputy Registrar                                                      |
| Doris Garcia . . . . .                | Bilingual Case Aide / Alt. Dep. Registrar                             |
| Beatrice Reynolds . . . . .           | License Clerk                                                         |
| Enoch Moochi, MS . . . . .            | Registered Environmental Health Specialist                            |
| Kristina Bonanni, BS, CHES. . . . .   | Registered Environmental Health Specialist                            |
| Matthew A. Traudt . . . . .           | Environmental Assistant / Animal Cruelty Investigator                 |
| Diane T. Jordan, RN, MA . . . . .     | Public Health Nurse Supervisor                                        |
| Shelly Fierman, RN, BSN . . . . .     | Public Health Nurse (P/T)                                             |
| Suzie Jean-Louis, MPH, CHES . . . . . | Health Educator/Epidemiologist                                        |

### PROJECT EMPLOYEES

|                                 |                                     |
|---------------------------------|-------------------------------------|
| Koreena Glanville, BS . . . . . | Reach & Teach Youth Health Educator |
|---------------------------------|-------------------------------------|

### CONSULTANTS

|                                |                                            |
|--------------------------------|--------------------------------------------|
| Kathleen Builes . . . . .      | Clerical Support                           |
| Linda Eilyuk, RN . . . . .     | Nurse                                      |
| Marilyn Flach, RN . . . . .    | Nurse                                      |
| Edward Jackson, DMD . . . . .  | Pediatric Dentist                          |
| Joyce Jacobson, RN . . . . .   | Nurse                                      |
| Marjorie Jones, MD . . . . .   | Pediatrician                               |
| John Kang, BS . . . . .        | Registered Environmental Health Specialist |
| Brenda Kenter, RN . . . . .    | Nurse                                      |
| Giannoula Lolis, RN . . . . .  | Nurse                                      |
| Ekanath Malavade, MD . . . . . | Pediatrician                               |

### PET CENSUS TEAM

Ray Hicks, Field Supervisor  
Carlos Builes  
Eric Emedoh  
Michael Greene  
Joseph Jones  
Desmond Stewart

## MESSAGE FROM THE DIRECTOR/ HEALTH OFFICER

On behalf of the Englewood Board of Health and the staff, I present you with the 2008 Annual Report for the Englewood Health Department. The report highlights the programs and services we provide in order to protect and promote the health of our residents. Our programs provide direct service to thousands of individuals through the areas of personal and preventative health, health education, environmental health, vital statistics, and emergency preparedness. However, our impact on the overall health of the Englewood community goes beyond those directly served. Our programs and services are designed and delivered in a manner to have a positive impact on the overall health status and safety of our community.

In the past year, there have been a variety of changes in public health at the local, State, and Federal level. Some of these changes include the addition of unfunded State mandates for the health department and a reduction/ restriction of State and county funding. It is in times as these that we revisit the purpose of your local health department to ensure that all services are efficiently delivered. In utilizing the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey (NJAC 8:52) as a measuring guide, the Englewood Health Department continues to meet the standards by monitoring health status, investigating health problems, educating and empowering residents, mobilizing community partnerships, enforcing laws and regulations, linking people to needed services, , assuring a competent workforce, and researching for new insights and solutions to health problems.

The dedicated employees of your health department made great strides in preparing the Englewood Health Department for the future. Some of these accomplishments include the following:

\* Developed a reconfiguration plan for implementation in spring 2009 of the Vital Statistics Unit to bring a single solution for ensuring high quality, customer focused service while preserving privacy, confidentiality, and security of all

information, bringing it in line with expectation for service in the 21st century.

\* Spearheaded the development of the Englewood Emergency Response Team which has been holding monthly planning meetings on emergency preparedness since January 2008 to help City residents prepare for an emergency.

\* Executed a Model Lead Safe City Agreement with the New Jersey State Department of the Public Advocate to prevent childhood lead poisoning and reduce exposure to lead hazards of a child with an elevated, blood lead level.

\* Implemented the Englewood Elderly and Special Needs Survey Program to identify the needs of senior adults and special populations to establish a citywide database for use in responding effectively during an emergency.

\* Established a TNR (Trap, Neuter, and Return) Program as a cost effective and humane approach to trap, neuter, vaccinate, and release feral cats into managed colonies rather than to trap, hold, and euthanize feral cats; to reduce complaints, improve public health and safety, lower costs and increase lifesaving via rabies control.

\* Developed a housing, anti-stacking initiative between the Code Enforcement and Health Departments to increase fines for the maintenance of boarding houses without a state permit to protect public health, safety, and welfare of City residents.

\* Replaced and installed a new air handler, a device used to condition and circulate air as part of a heating, ventilating, and air-conditioning (HVAC) system, at the Health Department to improve indoor air quality and ventilation of facility.

\* Partnered with the Englewood Police and Fire Departments to establish a cooling center system, a temporary air-conditioned public space, throughout the City to deal with the health effects of a heat wave and prevent hyperthermia, especially among the elderly without air conditioning at home.

I am very proud of the services delivered by the Englewood Health Department staff during 2008 and

their commitment and dedication to improve the health of the Englewood community. As your health department looks to the future, it is important for you to know that we are here to serve you and meet your public health needs. I and the staff of the Englewood Health Department, appreciate the continued support from our residents as we move forward in making Englewood a safe and healthy place to live.

In closing, my quote for 2008 is:

Not every health problem can be "the most serious of our time", yet virtually all of them are presented as such. (...) There is thus the risk that we will become either anesthetized or hysterical in the face of the apocalyptic claims on behalf of a multitude of health problems, many of which originate in our own carelessness. Although the extreme reactions of either an excessively intrusive and paternalist government, or a "careless, lounging" one are not viable, there is the potential that government will either do too much, and thereby substantially reduce individual freedom, or too little, and thereby unwittingly contribute to the personal tragedies and social costs associated with avoidable deaths and illnesses.

*Leichter, Howard M. (1991), Free to be foolish. Politics and health promotion in the United States and Great Britain. Princeton, N.J. (Princeton University Press), 255*

Sincerely,

**Nelson Xavier Cruz**

Nelson Xavier Cruz, MS, MBA, HO  
Director, Health Services and Health Officer  
Englewood Health Department

## MESSAGE FROM THE BOARD

Public Health serves as a centerpiece to measure the health needs, concerns, and problems in our community Englewood, by virtue of its diversity, has the potential to confront many burgeoning problems that affect our daily health.

We have been fortunate, for close to 35 years, to have had a full functioning health department. Not only do we offer services in the department itself, but our staff takes our message into the community via the schools, social service agencies, our public parks, churches, Englewood Hospital and local civic organizations. Our seven-member board is very focused on how our public health message is promoted and communicated to residents in various ways. The director and staff are always encouraged to become familiar with and involved in all aspects of community life in order to strengthen the department's message.

In a climate of diminishing resources and cutbacks to services, we are thankful to the city council and the city manager for not having imposed any budget reductions. We might be facing new challenges in the next year which will require all our resources to maintain the quality and quantity of services we have offered this community for several decades. As we are faced with the sudden reemergence of childhood diseases, such as measles and whooping cough (in neighboring states), we are constantly reminded that these health problems have not been eradicated. We may need to engage and involve the Englewood community to draw in more resources, both financial and volunteer support to maintain the high quality of services we have enjoyed for so long.

This health department belongs to you, the citizens of Englewood; we welcome your inquiries, suggestions and criticism, too. A strong, functioning department will be as good as we make it with your help. The Board of Health meets every second Wednesday (see website for exceptions) of the month at 8 P.M. and we welcome your presence. This report reflects the contents of our services and programs and a listing of priorities for next year.

As president of the board, I wish to express my delight in working with my fellow board members who bring energy and expertise, in many areas, to our meetings. Furthermore, I would like to extend the entire board's appreciation to our director and the staff of the health department; they have worked hard and with great enthusiasm during this year of transition. Lastly, I am most grateful to the Friends of the Englewood Health Department, a citizen group committed to public health, who have supported this department for 27 years. We are proud to have their support and encouragement.

Public Health is about people and for people. Join us to make this a healthy reality.

Sincerely,

Dianna Lachman  
President

## MESSAGE FROM THE FRIENDS

The most exciting progress during 2008 was the transition of the Health Department leadership from an era of conflict and wasted energy, closely related to diseases occurring in the County Democratic Party leadership in the Ferriero era, which extended down to Town of Englewood politics. With migration of Town Council leadership, Board of Health members and leaders have again become professional, focused on Health, and Peaceful! Board meetings, which for two years often lasted four angry hours, and were widely attended by Friends and press representatives, have become so calm and orderly that an audience of more than five "general public" citizens is unusual. The New Peace, to which many of the "Old Friends" contributed so much, ushers in an era in which "New Friends" will be sought, to provide substance for the ongoing and rich connection between the professionals in the Department, and the many Englewood citizens who have, and will have, better and healthier lives because of the exceptional qualities of our Health Department. Invented by Violet Cherry in 1982, to draw in to Health Department agendas

potentially benefitting students, families, and services far beyond the "traditional" (for New Jersey) dog-licensing and vaccinating, restaurant-surveying, vital-statistics tasks, the Friends swelled the voices – and the lending-hands – for many Outreach projects, many of which came to define "Health in Englewood" in ways which gained State and National recognition.

A signal event at the Englewood Hospital on January 25th captured and summarized the 2008 story for Health in Englewood. We recognized, with a flourish, the extraordinary accomplishments of the Violet Cherry era, by recognizing the rich interdependences between the Hospital, the many schools in the city, and the many Public Health assets made possible by the great competencies, interests, and connections with the Schools of Public Health at nearby Mount Sinai and Columbia University. We welcomed the new Board members, and Nelson Cruz and his staff. And we announced what was clear to see – that so many of the leaders of the Old Friends had become Senior Citizens, that the children and young staffs at the Hospital and the Schools would need a new generation of Friends.

The storm having passed, the crises having calmed, we shall make every effort to carry on, to sustain, and to give new relevance to the organization which has "made a difference" for Englewood in the past. New crises will come, new energies will be needed. Tides, and storms, and recessions come and go. May we not forget the benefits of having citizen energies recruited and available, for next season's storms.

Dr. Richard N. Pierson  
President

## REVENUE

### REVENUE

|                                                | 2008             | 2007             | VAR               |
|------------------------------------------------|------------------|------------------|-------------------|
| Certified Copies & Corrections                 | \$127,710        | \$149,305        | (\$21,595)        |
| Burial/Disinterment Permits                    | \$2,865          | \$649            | \$2,216           |
| Marriage / Civil Union Lic & Dom Partner Affid | \$5,320          | \$4,564          | \$756             |
| Dog Licenses                                   | \$7,363          | \$6,700          | \$663             |
| Cat Licenses                                   | \$1,365          | \$1,412          | (\$47)            |
| Pet Late License Fees & Duplicate Tags         | \$3,472          | \$2,876          | \$596             |
| CHC User fees                                  | \$331            | \$680            | (\$349)           |
| Retail Food Licenses / Plan Reviews            | \$28,715         | \$28,938         | (\$223)           |
| Food Establishment re-inspection fees          | \$0              | \$60             | (\$60)            |
| FMC & FHC Course Registration                  | \$0              | \$680            | (\$680)           |
| Misc. Licenses (Pools, temp. food, etc.)       | \$3,348          | \$4,313          | (\$965)           |
| Misc. Income (Immun Rec, Copies, Notary)       | \$281            | \$340            | (\$59)            |
| Fee for Service (Mantoux, Flu/Pneum Vacc)      | \$340            | \$710            | (\$370)           |
| GRANTS:                                        |                  |                  |                   |
| EHMC Reach & Teach                             | \$24,000         | \$24,000         | \$0               |
| Bergen County CDBG (Nutrition education)       | \$9,500          | \$9,500          | \$0               |
| NJDHSS Get Fit Englewood                       | \$10,000         |                  | \$10,000          |
| NJDHSS LINCS (Pandemic Flu mini grant)         | \$7,915          | \$9,095          | (\$1,180)         |
| NJDHSS Public Health Priority Funds            | \$9,924          | \$9,324          | \$600             |
| NJDHSS Tobacco Age-of-Sale Enforcement         | \$1,560          | \$2,160          | (\$600)           |
| <b>TOTAL REVENUE</b>                           | <b>\$244,009</b> | <b>\$255,306</b> | <b>(\$11,297)</b> |
| Fines levied through Municipal Court           | \$2,862          | \$6,183          | (\$3,321)         |

## VITAL STATISTICS & LICENSING

In response to continuing needs for education credits for re-certification, the State Registrar reported that at least 4 new courses will be added each year, in addition to the two semi-annual meetings of the Registrars' Association. This is of importance since a decertification, for failure to obtain the necessary credits, will result in removal from office (cannot perform required duties) until re-certified, and one may not repeat the same course once taken.

Electronic Death Registration is being used (a copy of an article from The Record is attached), with only a small number of funeral directors left to be trained. The system is fully functional even if the physicians and medical facilities begin with a hand-written document until they have been trained.

To date, this office has received only final death certificates for filing that have been processed by other registrars on behalf of their funeral directors. It is hoped that the funeral directors in Englewood will begin to use the system before the end of the calendar year.

An electronic version of Birth Registration is being developed, with a goal of 2010 for readiness. Following completion of that project, Marriage/Civil Union Registration would be the next project, anticipated within 5 years.

| RECORDS / LICENSES PROCESSED             | Filed | Issued |
|------------------------------------------|-------|--------|
| Birth Certificates (incl complimentary)  | 2,114 | 6200+  |
| Marriage / Civil Union Certificates      | 193   | 403    |
| Death Certificates (incl fetal)          | 567   | 1,886  |
| Burial / Disinterment permits            |       | 195    |
| Marriage Licenses                        |       | 192    |
| Misc to Government Agencies              |       | 119    |
| Adoptions/Name Changes/Corrections       | 296   |        |
| Dog & Cat Licenses                       |       | 1,184  |
| Retail Food & Misc Licenses (incl temps) |       | 286    |

The pending federal regulation that prompted the current Vital Statistics re-design project (Federal Intelligence Reform) stalled during the Presidential election because no one wanted to take it on as an issue. Legislative action will probably resume in the spring of 2009. REAL ID may be a reality by the end of 2009, which will enable the verification of documents across the country. With the implementation of digital drivers' licenses, NJ is well ahead of the rest of the nation in terms of low incidence of fraudulent licenses – quite a turn-around from the statistics post 9/11, when non-photo paper

or Polaroid-photo laminated licenses were being issued.

Conversely, NJ is ranked #12 in ID theft. Primary areas of concern and precautions for the protection of oneself were highlighted, especially the importance of NOT carrying anything in a wallet that bears the Social Security number AND limiting the number of credit cards carried. Another important precaution is to pay attention to pre-approved credit card offers received in the mail. The first step should be to call to "opt out" and be removed from their mailing list and then shred before discarding.

## Frequently Asked Questions

**Q: How do I receive a New Jersey birth record for a child adopted from a foreign country?**

A: The adoption must be placed on file with the State Department of Health. Detailed information can be found at <http://www.state.nj.us/health/vital/adoption.shtml>

**Q: How can I obtain a copy of my original birth certificate if I have been adopted?**

A: When the adoption is placed on file with the State Bureau of Vital Statistics and Registration, the original birth certificate, and all documents related to the adoption, are placed under seal. This seal can only be broken by court order.

**Q: Where do I request a birth certificate if I was born abroad, with U.S. citizenship at birth?**

A: Contact the State Department in Washington, D.C. at (202) 955-0307.

**Q: Can I obtain the time of birth?**

A: Yes. You must purchase a certified copy of your birth record. The time will be included on the birth certificate only if the doctor recorded it.

**Q: Can Internet Ministers perform my marriage/civil union ceremony?**

A: Yes. It is recommended that you check the Internet website for the particular Internet ministry to verify that their ministers are authorized to perform these ceremonies.

**Q: What is the procedure to correct information on a birth record?**

A: Please see the detailed information on the State Department of Health web site  
<http://www.state.nj.us/health/vital/amend.shtml>

**Q: If I am listed as a beneficiary on a life insurance policy but am not related to the deceased individual, can I obtain a certified copy of the death certificate to claim my benefits?**

A: No. You are not eligible to receive a certified copy. However, you can have the life insurance company request it directly from the State Bureau of Vital Statistics & Registration. The request must be made on their agency letter head and list the name and social security number of the deceased. They must also provide Acceptable Forms of Identification and the appropriate fees.

**Q: Where can I obtain a copy of a divorce decree?**

A: New Jersey divorce decrees are available through the Superior Court of New Jersey Records Center. For information on obtaining a certified copy of a divorce decree, call the Records Center at (609) 777-0092.

**Q: Does an ex-spouse have access to the previous spouse's birth or death certificate?**

A: An ex-spouse can only obtain birth or death records if the records are being obtained on behalf of a minor child that was the product of the marriage. Documentary proof of the minor child and the need for the certificate must be provided.

**Q: Can vital records be faxed?**

A: No. Vital records require the raised seal of the local office of vital records or the State Bureau of Vital Statistics and Registration seal to be valid. It is the policy of the State Registrar that records are not faxed for any reason, and the Englewood Department of Health follows this policy.

**Q: What are the fees for local copies?**

A: The fees for copies of vital records vary by municipality. Englewood's fees for vital records are \$15 per certificate (certified or certification).

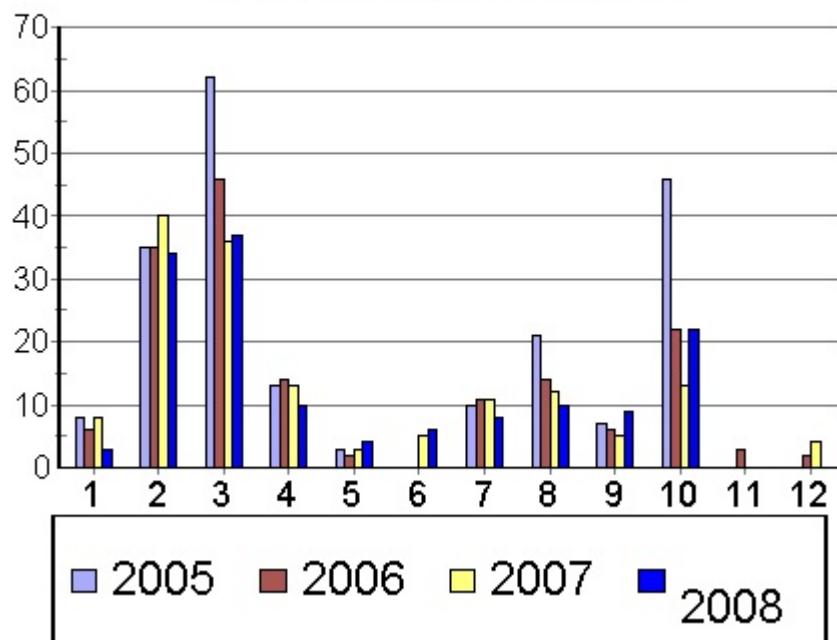
**Q: Are local copies acceptable for all my needs?**

A: Yes, with two exceptions: The Apostille Seal can only be applied to records issued by the State Bureau of Vital Records. Birth Certificates issued by Jersey City are not valid for Passport applications, and a new certificate must be obtained from the State.

| CAUSES OF DEATH     |                           |                     |      |      |      |     |
|---------------------|---------------------------|---------------------|------|------|------|-----|
| ENGLEWOOD RESIDENTS |                           | 2005 2006 2007 2008 |      |      |      |     |
|                     |                           | 2005                | 2006 | 2007 | 2008 |     |
| 1                   | ACCID/SUICIDE/HOMICIDE    | 8                   | 6    | 8    | 3    |     |
| 2                   | CARCINOMA/CANCERS         | 35                  | 35   | 40   | 34   |     |
| 3                   | CARDIO-VASCULAR           | 62                  | 46   | 36   | 37   |     |
| 4                   | CEREBRO-VASCULAR          | 13                  | 14   | 13   | 10   |     |
| 5                   | DIABETES                  | 3                   | 2    | 3    | 4    |     |
| 6                   | INTESTINAL/FAIL TO THRIVE | 0                   | 0    | 5    | 6    |     |
| 7                   | KIDNEY/RENAL              | 10                  | 11   | 11   | 8    |     |
| 8                   | LIVER/SEPSIS              | 21                  | 14   | 12   | 10   |     |
| 9                   | OTHER (< 2 INCIDENTS)     | 7                   | 6    | 5    | 9    |     |
| 10                  | PULMON/CARDIO-PULM        | 46                  | 22   | 13   | 22   |     |
| 11                  | SMOKE INHALATION          | 0                   | 3    | 0    | 0    |     |
| 12                  | UNDETERMINED              | 0                   | 2    | 4    | 0    |     |
|                     |                           | TOTALS              | 205  | 161  | 150  | 143 |

## CAUSES OF DEATH

### ENGLEWOOD RESIDENTS



## ENVIRONMENTAL HEALTH

In New Jersey, local health departments utilize Registered Environmental Health Specialists (REHS) to perform various environmental health services. This unit is responsible for conducting environmental services to reduce the occurrence of conditions which may negatively impact the health, safety, and well-being of the citizens of Englewood. Protecting and educating the public is a constant goal that the Environmental Health Unit takes seriously. By identifying environmental issues and assessing community needs, the staff is able to provide insight on health issues that are community oriented. These include food safety at restaurants, nuisance complaints (sewage, odors, insect/animal concerns, and solid waste), hazardous materials (childhood lead abatement programs, and Right to Know), updated recall information for food products, and vectors of disease (rodents, mosquitoes, and bedbugs). 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.

Also important is the review of architectural plans submitted to the City by various businesses (new restaurants, medical offices, or renovations). Along with plan reviews, the Environmental Health Unit participates in Certificate of Occupancy (CO) or Certificate of Continued Occupancy (CCO) inspections to ensure that these new establishments and their review process complies with State and local health ordinances, thus ensuring the protection of the public.

Environmental Staff are trained to respond to Environmental Emergencies and are on call 24 hours a day, 7 days a week, including holidays. An on-call schedule is prepared each month, with the environmental health staff scheduled on a rotational basis, and is distributed to the Police, Fire, and Public Works dispatch. The following criteria constitute a health safety emergency with the City of Englewood:

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

Wholesale Food Establishment (fire, flood)  
Outside service discharge of sewage  
Noise/Water pollution  
Extended period of electrical/power outage

The Environmental Health Unit consists of two (2) full time and one (1) part time Registered Environmental Health Specialists (REHS), and one (1) full time Environmental Assistant, with regulatory oversight by the Director of Health Services/Health Officer.

### Retail Food Program

For the Englewood REHS, one of the many services performed is the inspection of all food establishments. Under New Jersey's State Sanitary Code for Food Establishments, Chapter 24, food establishments are required to ensure that all foods sold and served are safe, properly labeled, and prepared under sanitary conditions. The Department currently has 223 licensed retail food establishments that are kept on a routine inspection schedule. The retail food program for the City of Englewood is broken down into 5 different types:

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

New Jersey requires all food establishments to be inspected at least once a year, but Englewood conducts inspections of these establishments on a more strict scheduling system. All food establishments are routinely inspected at least two (2) times per year, and Food Markets and Restaurants are inspected three (3) times or more, exceeding the State Sanitary Code mandate. Each establishment is subject to spot checks at any time, and all inspection visits are conducted during the food establishment's operating hours and are unannounced. During the inspection, food handling, food temperatures, food supplies, hygienic practices, cleanliness, along with other health related conditions, are evaluated. In 2008, a total of 554 inspections were conducted on all categorical types of retail eating establishments.

| Food Establishment Inspections |      |      |      |
|--------------------------------|------|------|------|
|                                | 2006 | 2007 | 2008 |
| Type I – Food Markets          | 196  | 191  | 196  |
| Type II – Restaurants          | 255  | 255  | 252  |
| Type III – Vending Machines    | 32   | 36   | 35   |
| Type IV – Mobile Vendors       | 30   | 18   | 14   |
| Type V – Sweets, Candy, Gum    | 21   | 22   | 22   |
| Spot Checks                    | 21   | 30   | 14   |
| Total                          | 552  | 552  | 533  |

Based on the standards of Chapter 24, establishments are graded according to the risk posed to the public.

The grading system is as follows:

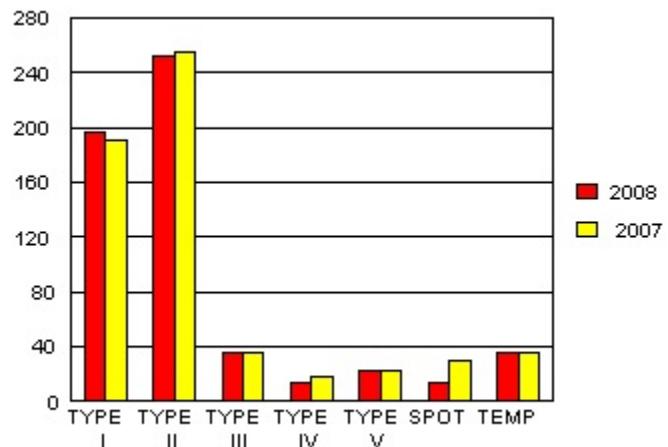
Satisfactory: The establishment is in compliance

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

Unsatisfactory: Gross violations were noted and the establishment should cease operations immediately until full compliance is achieved. Conditional and Unsatisfactory ratings are submitted to The Bergen Record to inform the public and increase the community's awareness regarding the establishments where they choose to eat.

On another note, each year, there are a number of establishments that close their doors, but as one closes, another opens.

Below is a list of establishments that have closed and opened in 2008.



| Establishments Closed in 2008   | Establishments Opened in 2008    |
|---------------------------------|----------------------------------|
| Sangria/Sake                    | La Dolce Divas                   |
| Ruthie Mae's Authentic Barbeque | Grand Cru & Wine Bar             |
| Typhoon Asian Fusion            | It's a Grind                     |
| Cold Stone Creamery             | 7-Eleven                         |
| Circle Food Mart                | Tea Fields                       |
| Bennigan's                      | Colombian Nights                 |
| Lincoln School                  | Bartolomeo's                     |
| Various Vending locations       | Rose's of Englewood              |
|                                 | Nisi Estiatorio                  |
|                                 | Dr. John Grieco Elementary       |
|                                 | East ~ West Tex Mex Asian Fusion |
|                                 | McDonald's                       |
|                                 | Best Dumpling's                  |
|                                 | Crown Fish and Chicken           |
|                                 | Various Vending locations        |

### Tobacco Age of Sale Enforcement

The purpose of the Tobacco Age of Sale Enforcement (TASE) program is to ensure that establishments which sell tobacco products comply with State law and refrain from selling those products to a minor – anyone under the age of 19. This program is conducted annually, and each year, a minor is enlisted to work with the Englewood Health Department to stop the illegal sale of tobacco products to minors. The minor must have a signed parent permission waiver and carry identification with them while participating in the program. When an inspection takes place, a minor is accompanied by both REHS.

Each year, the State sends a random list of tobacco licensed establishments to be inspected. In 2008, Englewood received a list of 28 establishments. Three Federal inspections and 25 State inspections were conducted randomly, and four establishments failed. These were:

- Smoke Chop House (first offense)
- Stop & Go Grocery (first offense)
- M.Y. Deli (second offense)
- Tres Esquinas Grocery (second offense)

These establishments were issued a summons and directed to appear before Englewood Municipal Court.

Fines for these violations are:

- 1<sup>st</sup> Offense - \$250.00
- 2<sup>nd</sup> Offense - \$500.00
- 3<sup>rd</sup> Offense - \$1000.00

with possibility of having tobacco license revoked. All establishments passed upon re-inspection.

### Food For Thought

The Environmental Health team compiles and distributes a quarterly newsletter called "Food For Thought" for the retail food establishments to educate food service personnel on sanitation issues, hygiene, health issues, and disease. Copies are mailed throughout Englewood to restaurants, school cafeterias, mobile vendors, markets, the hospital, nursing homes, and smaller food convenience stores. Articles in Food For Thought not only educate readers on achieving compliance with state and local laws, but reinforce valuable information to the food service industry. Some of the topics covered in the newsletter include: proper food temperatures, importance of extermination, different food borne illnesses and diseases, hand washing as well as holiday food preparations, sanitation, and cleaning procedures. These newsletters can now also be viewed on the City's website.

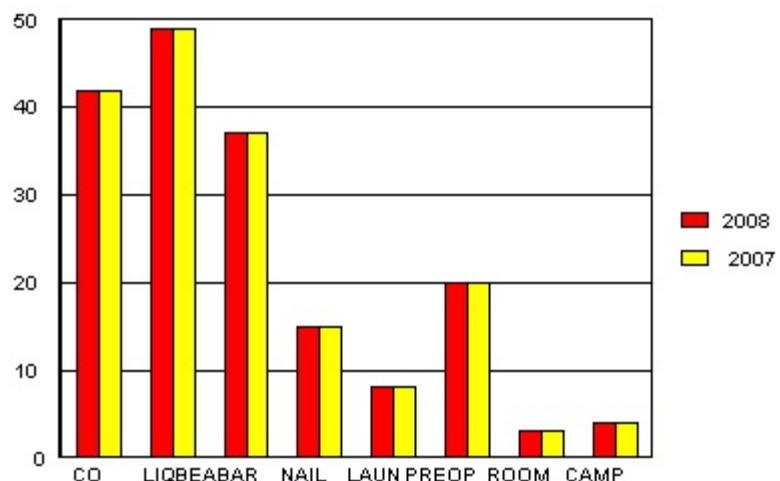
### Temporary Food License Inspections

By the time spring and summer arrive, the Health Department receives many inquiries about temporary events being planned. Participating vendors who plan to sell or provide food at these events are required to complete temporary license applications to make sure they meet State Sanitary Codes. These vendors are inspected to ensure the public is kept safe while eating at these events. There were 35 temporary food licenses issued this year, with inspections conducted at the following events: Englewood's Annual Farmer's Market, Ability School Barbeque, African-American Caribbean Day Festival, Dwight Morrow/Academies "World Cultures Festival", July 3<sup>rd</sup> Celebration, Family Teen Center "Talent Showcase", Jabari Society's "Back to School Celebration", Flat Rock Brook Nature Center's "Holiday Sale", and numerous church picnics and events throughout the summer.

### City Licenses and Miscellaneous Inspections

Working closely with Englewood's City Clerk's Office, the Environmental Health staff performs inspections of beauty salons, barber shops, nail salons, dry cleaners, and rooming houses that provide services to the community. Although these establishments are routinely inspected through the NJ State Department of Community Affairs (Board of Cosmetology, Division of Weights and Measures), they are also required to be licensed by the City of Englewood.

When city licenses are renewed by these establishments, the Health Department performs inspections to ensure compliance with City and State regulations. Miscellaneous inspections include, but are not limited to, Certificate of Occupancy or Continued Occupancy, plan reviews, and change of ownership. These inspections allow the Health Department to verify that these establishments are in compliance with Chapter 24 - NJ State Sanitary Code - and all other applicable regulations.



| City License Inspections                     |            |            |            |
|----------------------------------------------|------------|------------|------------|
|                                              | 2006       | 2007       | 2008       |
| Certificate of Occupancy/Continued Occupancy | 46         | 42         | 47         |
| Liquor Store                                 | 41         | 49         | 30         |
| Beauty Parlors/Barbers                       | 25         | 37         | 32         |
| Nail Salons                                  | 5          | 15         | 9          |
| Laundromats/Dry Cleaners                     | 12         | 8          | 8          |
| Pre-Operational Inspections                  | 8          | 20         | 18         |
| Rooming Houses                               | 10         | 3          | 6          |
| <b>Total</b>                                 | <b>147</b> | <b>174</b> | <b>150</b> |

### **Public Health Recalls**

Through the U.S. Food and Drug Administration, The Consumer Products Safety Commission, and the NJ LINCS system, the Health Department is able to keep abreast of products that are unfit or may cause harm to the public. Products that could be tainted, contain possible lead contamination, or contain undisclosed ingredients are provided through an email system to alert the staff regarding whether or not to take action in the community. When action recalls are listed, the staff performs inspections of establishments to ensure these products are off the shelves and not sold to the general public. We also inform the store owners/managers of the recalls so they are aware and can provide information to their customers.

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

The Englewood Health Department ensures the safety and well-being of residents who use either the two public pools or seven semi-public pools by inspection and enforcement of Chapter 9 of the State Sanitary Code. All pools must undergo an opening inspection, which includes a check of safety equipment, water quality and overall condition of the pools. Laboratory samples of pools monitor water quality throughout the season. Follow-up inspections are conducted for those pools that are

not in compliance with state standards, and monthly spot checks are conducted on all pools.

### **Rabies Control**

Since the re-emergence of the rabies virus in New Jersey, local health departments have the responsibility of limiting the spread of this fatal disease. This is accomplished by proper vaccination/licensing of cats and dogs seven months and older. The Health Department ensures vaccination through holding rabies clinics. In the past, two free rabies clinics were offered to residents in addition to the rabies clinics held at the Bergen County Animal Shelter in Teterboro. This past year (2008), Englewood Health Department entered into a contract with Bergen Animal Hospital of Teaneck, which also allowed for free rabies shots for residents year round, giving them the opportunity to vaccinate their pet at their convenience. This greatly increased our ability to protect the public through proper vaccination.

### **Bi-Annual Pet Census**

As mandated by the State, the Englewood Health Department conducts a biannual census of all dogs in Englewood. Though the census is for dogs, the Health Department uses this opportunity to include

cats to ensure that these pets are properly vaccinated and licensed.

Census workers are hired and trained to complete the census, which involves questioning residents whether or not they own cats or dogs, and the vaccination/license status of their pets. All information gathered is cross checked against Health Department records. Follow-up letters are sent to those residents which are found not to be in compliance with the license ordinances. The 2008 Census revealed a total of 182 unlicensed dogs and 64 unlicensed cats.

### Enforcement Actions

When conducting inspections or investigating citizen complaints, problems can arise with that require correction. Instead of immediately resorting to punishment, the Environmental Health staff tries to educate the violator on the problem and, in many cases, informs how to efficiently correct it. Unfortunately, education doesn't always work, and repeat offenses can become problematic. As a last resort, the staff will issue summonses to bring about compliance to these issues. There are times when exceptional violations require the immediate issuance of a summons. When summonses are issued, we try to make sure the violator is fully aware of why a summons is being issued and also educate them to ensure that no future violations occur.

| <b>Enforcement Actions</b>                      |            |            |            |
|-------------------------------------------------|------------|------------|------------|
|                                                 | 2006       | 2007       | 2008       |
| Conditional Ratings                             | 28         | 42         | 33         |
| Unsatisfactory Ratings                          | 0          | 3          | 2          |
| Administrative Hearings                         | 1          | 2          | 1          |
| Summons                                         | 22         | 77         | 65         |
| Abatement Notices Issued                        | 4          | 6          | 16         |
| Voluntary Food Destruction                      | 2          | 8          | 16         |
| <b>Total (Enforcement Actions)</b>              | <b>57</b>  | <b>138</b> | <b>133</b> |
| <b>Complaints</b>                               |            |            |            |
|                                                 | 2006       | 2007       | 2008       |
| Solid Waste                                     | 16         | 12         | 20         |
| Nuisances                                       | 35         | 28         | 48         |
| Noxious Weeds                                   | 4          | 2          | 2          |
| Rodent & Insect Control                         | 19         | 12         | 19         |
| Airs (Odors), Mold                              | 8          | 10         | 12         |
| Sewage                                          | 6          | 9          | 11         |
| Food Complaints (including food borne illness)  | 23         | 27         | 28         |
| Animal Complaint Investigations                 | 84         | 66         | 54         |
| Lead Complaint Investigations/Follow-up         | 8          | 0          | 4          |
| <b>Total (Complaints)</b>                       | <b>203</b> | <b>174</b> | <b>190</b> |
| <b>Total Enforcement Actions and Complaints</b> | <b>260</b> | <b>312</b> | <b>323</b> |

## PUBLIC HEALTH NURSING

### 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, hematocrits and blood pressure screenings, and referrals for any developmental or health issue 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 Nurse plans snacks, which are available at each session, to provide parents with an example of healthy nutrition. This year, the Department saw a total of 68 children and conducted 307 screenings.

### 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. The Public Health Nurse provides 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 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. The total communicable disease investigations for 2008 was 261, including 113 confirmed cases investigated

and 148 unconfirmed/possible/probable cases investigated.

### 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.

Audits help ensure that children are receiving necessary immunizations. Immunization records from private and public schools and preschools are audited on a regular basis. These audits work to enforce state regulations and, more importantly, reduce the risk for spread of preventable disease. The Englewood Health Department's immunization team serves as a valuable resource of vaccine information for school staff, physicians, and parents.

The mission of the school immunization audits is to promote health and prevent disease. The goals are to prevent epidemic and the spread of disease; promote and encourage healthy behaviors; provide resource information; link people to personal health services; and enforce state regulations that protect health and ensure safety.

Immunization has many benefits. Widespread immunization practices have dramatically reduced the burden of vaccine preventable diseases in the USA. Measles is rare in the USA. Measles kills approximately 1 million worldwide. Polio is all but eliminated, especially in the USA. Rubella in pregnant women is rare. Once common diseases, such as diphtheria and lockjaw (tetanus), are now seldom seen. Immunization practices have

contributed to longer life expectancy in the USA. Vaccinations have saved more lives and prevented more infectious disease than any other medical intervention and are one of the greatest public health accomplishments of the 20 th century. The total school immunization audits for 2008 were 4,848; 24 schools audited, 3,623 records audited, and there were 1,225 lead documentation reviews.

### **Blood Borne Pathogen Training**

Blood borne pathogens are microorganisms, such as viruses and bacteria, that are carried in blood and can cause disease. There are many different blood borne pathogens including malaria, syphilis, and brucellosis, but Hepatitis B (HBV) and the Human Immunodeficiency Virus (HIV) are the two diseases specifically addressed by the OSHA Blood Borne Pathogen Standard. Exposure to blood borne pathogens is a risk factor in many occupations.

Blood borne pathogen training is provided annually by the Public Health Nurse, with the Health Educator, for the Fire Department, Department of Public Works, and the Recreation Department to provide a basic understanding of blood borne pathogens, common modes of transmission, methods of prevention, and other pertinent information. The Hepatitis B virus, Hepatitis C virus, and Human Immunodeficiency Virus (HIV) are the major identified, communicable disease risks. In compliance with the 1992 OSHA Blood Borne Pathogens Standard, 137 employees received the training.

### **Flu Clinics**

At The Englewood Health Department, we want you to stay healthy during the flu season. We also understand how important your employees, students, and family members are to you, and why it is important for them to be protected. Staying healthy during flu season means fewer lost days at work, fewer children missing school, and fewer family members home sick and in need of care. How does the Englewood Health Department help the Englewood community healthy? It's all about flu shots!

Flu season may only be in the public's eye a couple of months out of the year, but at the Englewood

Health Department, we plan for it year round. We begin in early January, planning our vaccine purchasing, and we monitor the manufacturing process throughout the year. This gives us the advantage of delivering flu clinic programs to corporations, schools, churches, families and international travelers. We track delays in manufacturing, delivery dates, flu strain changes - all to insure we deliver the right vaccine to the right people at the right time.

Flu is a contagious respiratory disease that can cause mild to severe illness and, at times, can lead to death. Flu symptoms can include fever, cough, chills, sore throat, headache, and muscle aches. Every year, in the United States alone, there are more than 200,000 people hospitalized from flu complications and more than 36,000 deaths. Being protected against the flu is important to everyone's health as well as keeping employees, students, international travelers, the elderly and young children safe. This acute, highly contagious disease can present itself one (1) day before symptoms begin and up to five (5) days after becoming sick. That means you can pass on the flu to someone else before you know you are sick as well as while you are sick.

The best way to avoid the flu is by getting a flu shot each year. Optimum immunization in the United States is from mid-September through early January. Influenza is prevalent in tropical areas throughout the year. Therefore, flu immunization should be updated prior to any tropical or Southern Hemisphere travel. About two weeks after vaccination, antibodies develop that protect against the virus. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses. It is also important to note that you cannot get the flu by being vaccinated, as it is not a live virus vaccine.

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 24 and November 21, 2008. A total of 253 (196 and 57

respectively) residents received flu vaccines. Additionally, residents who were unable to come to either clinic were given appointments for their vaccines, and 19 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 additional residents over the age of 18.

### **Home Visits**

All teen mothers receive a home visit from the nurse. Mothers are contacted by telephone to ensure their child is receiving care from a physician or a hospital clinic. 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. The purpose of visit is to appraise infant; information obtained by history and examination; appraisal of health status of mother by history; evaluate family's adaptation to new infant.; teach family regarding infant and family needs; and discuss need for health supervision, including availability of Health Department's Child Health Conference

### **Chronic Diseases – Hypertension**

You can have high blood pressure (hypertension) for years without a single symptom. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

High blood pressure typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. Once you know you have high blood pressure, you can work with your doctor to control it.

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 Department 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 (senior residence) 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.

All adults are referred to a Federally Qualified Health Care Center for health consultations, examinations and treatment, as required. Referrals are given to residents, as needed. Resources are verified to be up to date and accurate.

PLAN AHEAD FOR  
YOUR CHILD'S FIRST  
SCHOOL EXPERIENCE

ENSURE THAT IMMUNIZATIONS  
AND HEALTH RECORDS ARE  
UP-TO-DATE

**PUBLIC HEALTH NURSING**

| <b>Child Health Clinics</b>                                   | <b>2007</b>  | <b>2008</b>  | <b>Variance</b> |
|---------------------------------------------------------------|--------------|--------------|-----------------|
| Sessions Held                                                 | 12           | 8            | -4              |
| Children Seen                                                 | 95           | 68           | -27             |
| Screenings                                                    | 401          | 307          | -94             |
| New Children (Intakes)                                        | 34           | 16           | -18             |
| Immunizations                                                 | 205          | 147          | -58             |
| <b>Total CHC Activities</b>                                   | <b>747</b>   | <b>546</b>   | <b>-201</b>     |
| <b>Communicable Diseases</b>                                  |              |              |                 |
| <b>Confirmed Cases Investigated</b>                           | <b>2007</b>  | <b>2008</b>  | <b>Variance</b> |
| Campylobacteriosis                                            | 6            | 5            | -1              |
| E. Coli                                                       | 0            | 0            | 0               |
| Entamoeba Histolytica                                         | 1            | 1            | 0               |
| Giardia                                                       | 2            | 1            | -1              |
| Hepatitis A                                                   | 2            | 2            | 0               |
| Hepatitis A, B                                                | 2            | 3            | 1               |
| Hepatitis B                                                   | 49           | 41           | -8              |
| Hepatitis C                                                   | 42           | 36           | -6              |
| Legionellosis                                                 | 5            | 3            | -2              |
| Meningitis-Viral                                              | 0            | 1            | 1               |
| Lyme                                                          | 7            | 4            | -3              |
| Malaria                                                       | 0            | 0            | 0               |
| Pertusis                                                      | 0            | 0            | 0               |
| Salmonella                                                    | 4            | 2            | -2              |
| Salmonella Typhoid Fever                                      | 0            | 0            | 0               |
| Shigella                                                      | 0            | 0            | 0               |
| Staphylococcus Aureus and Cholera                             | 4            | 3            | -1              |
| Strep-Pneumoniae                                              | 0            | 0            | 0               |
| <b>Total Confirmed Cases Investigated</b>                     | <b>124</b>   | <b>102</b>   | <b>-22</b>      |
| <b>Total Unconfirmed/Possible/Probable Cases Investigated</b> | <b>61</b>    | <b>54</b>    | <b>-7</b>       |
| <b>Total Communicable Disease Investigations</b>              | <b>185</b>   | <b>156</b>   | <b>-9</b>       |
| <b>School Immunization Audits</b>                             | <b>2007</b>  | <b>2008</b>  | <b>Variance</b> |
| Schools Audited                                               | 21           | 24           | 3               |
| Records Audited                                               | 3,998        | 3,623        | -375            |
| Lead Documentation Review                                     | 922          | 1,225        | 303             |
| <b>Total School Immunization Audits</b>                       | <b>4,941</b> | <b>4,848</b> | <b>-93</b>      |
| <b>Flu Clinics</b>                                            | <b>2007</b>  | <b>2008</b>  | <b>Variance</b> |
| Flu Vaccines Given                                            | 257          | 301          | 44              |
| Pneumonia Vaccines Given                                      | 62           | 74           | 12              |
| <b>Total Vaccines Given</b>                                   | <b>319</b>   | <b>375</b>   | <b>56</b>       |
| <b>Childhood Nutrition</b>                                    | <b>2007</b>  | <b>2008</b>  | <b>Variance</b> |
| Preventive Nutrition Counseling                               | 92           | 60           | -32             |
| Healthier Food Choices                                        | 34           | 26           | -8              |
| Handling Picky Eaters                                         | 14           | 11           | -3              |
| Increasing Calcium Rich Foods for Poor Milk Consumption       | 7            | 9            | 2               |
| Limiting Juice Intake                                         | 28           | 24           | -4              |
| Constipation                                                  | 5            | 4            | -1              |
| Limiting Dietary Fat Intake                                   | 8            | 7            | -1              |
| Introduction of New Solid Foods                               | 16           | 11           | -5              |
| Weaning (from breast to bottle/from bottle to cup)            | 9            | 7            | -2              |
| Adding Age Appropriate Foods                                  | 15           | 17           | 2               |
| Dental Hygiene                                                | 64           | 47           | -17             |
| <b>Total Nutrition Counseling</b>                             | <b>292</b>   | <b>223</b>   | <b>-69</b>      |

N.B. In May 2008, the 2 Public Health Nurses resigned. Since then, EDOH has utilized per diem nurses while a search process is underway.

## HEALTH EDUCATION & PROMOTION

“Each local health agency shall provide a comprehensive health education and health promotion program which is developed and overseen by a health educator and provides integrated support to the daily operation of the local health agency” (NJAV8:52). It allows the health department to reach out and educate the community about important health issues. The health educator is the referral source and link between the health department’s resources and the public.

Our mission is to protect the health of the public, and the challenges we face are many. Learning about the different cultures, in order to be able to reach out to those who are more at risk, is an everyday task. They are the most vulnerable populations with many health and social issues to be addressed, sometimes in an urgent manner. To reach these goals, community outreach is our priority. Our presence must be felt at schools, churches, their gathering places and grassroots organizations -- to ensure optimum accessibility to all age groups and life cycles.

### *Nutrition program*

A school-based initiative, to teach the 6th graders at Janis E. Dismus Middle School about the basics of nutrition: Food Pyramid, Fruits and Vegetables, Reading Food Labels, Portion Distortion, Obesity, and Eating Disorders. Students are assessed at the beginning of the program and at the end to evaluate progress. They are taught to make healthier choices and are provided information and literature for family and friends. There are take home assignments that the students are required to complete, and educational materials are sent home for the parents.

### *Staying Safe in Seven*

A program designed and implemented by the Englewood Department of Health to teach 7<sup>th</sup> graders about violence prevention, bullying, peer pressure, dealing with anger, parental conflict, and conflict resolution. The sessions are interactive, and children are encouraged to share their experiences, and to draw lessons from them. These topics are

debated in a discussion-type atmosphere. The students are taught that anger is a normal emotion, and being angry at people or life circumstances is okay, but the way it is handled makes the difference.

### *National Dental Health Month*

Oral diseases are a significant public health problem from the perspective of both prevention and treatment. The compartmentalization involved in viewing the mouth separately from the rest of the body must cease because oral health affects general health by causing considerable pain and suffering. By changing what people eat, their speech and their quality of life and well-being changes. Few people benefit from oral care, and poor oral health remains pandemic. It is also called “The Neglected Epidemic”. Oral infections have been associated with stroke, heart disease, pre-term labor, and low birth weights. However, data are insufficient to establish clear causation. Every year the health department provides 3 dental screenings at 3 different sites: Vincent K. Tibbs, Bergen Family Center, and the health department itself. All 3 clinics are free of charge, and the children benefit from the services of a benevolent dentist, Dr. Eric Jackson. If further care is needed, they are referred to a dental network where they will receive the necessary follow-up.

## HEALTH PROMOTION

### *Newsletter*

“The Englewood Health Watch”, our bi-monthly newsletter, is published in both English and Spanish, with 2,500 copies distributed throughout the community. It provides information about health issues of interest to the Englewood residents. The newsletter is sent by mail and electronically to all subscribers. It is also posted in our web page.

### Topics covered for 2008:

- Glaucoma
- Measles Outbreak in the United States
- Nutrition
- Head Lice
- Sun Safety – Skin Cancer
- Men’s Health
- Salmonella Saintpaul Outbreak
- Survival Guide for the Holiday

### *Public Health Advisories*

Public health advisories are tools reserved for communicating urgent information to the public on health issues facing the community. Such advisories define the scope of the problem and provide important information on prevention and treatment. They are made available to residents in several languages if necessary. They are posted in the lobby, at City Hall, on our web page, at area stores, churches, banks, Laundromats, Englewood Library, beauty salons, and barbershops. This year, advisories have been issued on:

- Botulism
- Measles Outbreak
- Meningitis FAQ
- Beat the Heat
- Salmonella Saintpaul
- Heat Advisory
- MRSA/Methicillin Resistant Staphylococcus Aureus

### *Press Releases*

A press release is a written communication to highlight an important event, program, circumstance, or piece of information to the public. It is provided to different media outlets for the purpose of promotion: The Record, The Press Journal, Northern Valley Suburbanite, and other venues:

Topics covered in 2008:

- Carbon Monoxide Poisoning
- Family Health Awareness Fair
- Hispanic Heritage Health Fair
- Get Fit Englewood
- National Public Health Week
- Measles Outbreak
- World AIDS Day
- Dental Health Month

### *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, health-related topics in accordance with the National Health Observances are displayed in the lobby and made available to 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 website. The health department web page 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 are required to 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, and the public is encouraged to read it to become familiar with our services and different public health issues/topics that can support behavioral changes and promote healthier lifestyles. This year events included:

1. World AIDS Day
2. National Children's Dental Screening Month
3. Community Health Fair
4. Family Health Awareness Fair
5. Annual Breast Cancer Awareness Walk - EHMC
6. Flu and Pneumonia Clinic
7. Hispanic Heritage Celebration
8. Family Success Center
9. Get fit Englewood
10. Sidewalk Sales Outreach
11. Youth Mini-Summit
12. 365 Fit Race
13. First Baptist Church - Heart Health
14. Gang Awareness - Violence Prevention
15. National Public Health Week



**Hispanic Heritage Health Fair**

## REACH & TEACH

The Reach & Teach Program has been implemented in the community for many years. Through working with other organizations, both private and public, we provide activities to engage the youth in activities that will change their life positively. Teach & Teach is an ongoing program that focuses not only on the school-age children but also on the broader community, through outreach sessions at local businesses.

The program is conducted by a full-time Youth Health Educator who is very enthusiastic about working with a diverse community. Components of the program include "Keepin' It Real", Health Improvisational Theater Teens (HITTS), Health Education Among Teens (H.E.A.T.), Reaching Out, Reaching In (RORI), Shop Talk, and Teen Health Hotline. Working in close partnership with the Board of Education, the teachers, school nurses, and parents has brought great success to the program in providing much needed information to adolescent in promoting healthy lifestyles. The activities conducted through the Reach & Teach Program include: Red Ribbon Week, School Cafeteria Outreach, Prom Precaution, Reaching Out Reaching In, Baby Think It Over, Teen Pregnancy Prevention, HIV/AIDS, STI Prevention, and Keepin' It Real.

### Beauty Salons and Barber Shop Outreach

The Youth Health Educator is also an outreach worker whose role is to make the community aware of important public health issues such as: HIV/AIDS, STIs, diabetes, heart health, exercise, stress, breast cancer, prostate cancer, cervical cancer, smoking, drug abuse, etc. This is accomplished by reaching out to local businesses through outreach sessions provided in half-hour to hour presentations on different topics. Education material, in both English and Spanish, is provided to the clients.

### Cafeteria Outreach

Twice a month, at local public schools, cafeteria outreach is conducted. The themes vary according to the National Public Health Observances for the month. Students are provided with appropriate

information and are encouraged to take additional brochures/pamphlets for family and friends. The Youth Health Educator interacts closely with the students during their lunch hours, directly engaging them so that they will become more involved in the program.

### Englewood Coalition for Adolescent Health (ECAH)

Englewood Coalition for Adolescent Health is a network of all the community agencies that deal with adolescent issues. Its role is to promote health and wellness amongst youth. Meetings are held throughout the year to discuss issues that include, but are not limited to, obesity, substance abuse, high-risk sexual behavior, and violence. ECAH interacts with other organizations to create events that impacts adolescent health by providing programs that lead to positive changes in the attitudes and behaviors of youth.

## SPECIAL YOUTH EVENTS

### Game of Life

"Game of Life" is an annual event held at Janis E. Dismus Middle School and implemented by the Englewood Coalition for Adolescent Health (ECAH) to make students familiar with community resources. It is attended by many community organizations/agencies. Students are given real life scenarios where they are confronted with different needs/situations that require them to go into the community to seek help. It provides them with information about available community resources and makes them familiar with the services offered. Based on their scenario, the students are to shop around for the agency/organization that will best serve their needs.

### 365 Fit Race

This new component for the adolescents of the community was conceived and implemented by the Englewood Coalition for Adolescent Health and the Department of Health. It is designed to teach the youth how to stay active all year long, and that they can burn calories even at home by doing different tasks around the house. This intervention is to target the obesity epidemic.

### **Red Ribbon Week**

During this specially designated week, emphasis is placed on substance abuse. Students are taught about recreational drugs and how they affect the mind and body by altering different physiological functions. Different displays about club drugs, marijuana, heroin, and their derivatives, are made available – for both students and faculty. Also displayed was a facsimile of narcotics and other dangerous drugs, including barbiturates, amphetamines, inhalants, cocaine, heroin, and drug paraphernalia. Students are encouraged to *Pledge to be Drug Free* by signing a poster board, after which they are given little tokens for their participation.

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

This program focuses on pregnancy prevention in teens through the use of informal lectures and group discussions, and the use of computerized infant simulators. Reaching Out, Reaching In is designed to address developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors.

Reaching Out, Reaching In is a 4-session program about self-esteem, substance abuse, sexually transmitted diseases and pregnancy prevention. It is designed to teach students about the consequences of risky behaviors. Parental consent is required for students to participate in the program. Students are given a computerized infant simulator to take home and take care of for a weekend. The goal is to give students an idea of the challenges of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views about parenthood.

### **Keepin' It Real**

Designed and implemented by the Department of Health, this program targets high school students who, after receiving training, become certified peer educators and are able to teach the peers about health issues of concern to the adolescent population. Topics such as sexuality, HIV/AIDS, sexually transmitted diseases, anatomy, and pregnancy prevention are addressed and discussed thoroughly with the participants.



**The staff**

**HEALTH PROMOTION AND EDUCATION**

|                                        | 2007           |               | 2008           |               |
|----------------------------------------|----------------|---------------|----------------|---------------|
|                                        | Total Sessions | Total Reached | Total Sessions | Total Reached |
| <b>COMMUNITY OUTREACH</b>              |                |               |                |               |
|                                        | 5              | 170           | 25             | 597           |
| Blood Borne Pathogen Training          | 6              | 85            | 7              | 95            |
| Child Health Conference                | 7              | 43            | 7              | 45            |
| Food Handler's Course                  | 1              | 16            |                |               |
| Summer: Mackay and Tryon Pool          | 7              | 180           | 3              | 46            |
| Farmers' Market                        |                |               | 2              | 40            |
| <b>Total</b>                           | <b>26</b>      | <b>494</b>    | <b>44</b>      | <b>823</b>    |
| <b>SCHOOL OUTREACH</b>                 |                |               |                |               |
| Dwight Morrow/Englewood Academies      | 5              | 495           | 16             | 1065          |
| Liberty School                         |                |               | 1              | 16            |
| Cleveland Elementary/Nutrition Prog    | 8              | 57            |                |               |
| Game of Life                           | 1              | 200           | 1              | 200           |
| Janis E Dismus MS/Nutrition Prog       | 10             | 78            | 31             | 366           |
| Janis E Dismus / Cafeteria Outreach    | 6              | 590           | 5              | 470           |
| Prom Precautions / DMHS & AE           | 10             | 200           | 1              | 150           |
| Reaching Out, Reaching In              | 24             | 160           | 23             | 301           |
| BTIO Doll Distribution                 | 3              | 20            | 6              | 37            |
| <b>Total</b>                           | <b>67</b>      | <b>1800</b>   | <b>84</b>      | <b>2605</b>   |
| <b>COMMUNITY EVENTS</b>                |                |               |                |               |
| Annual Breast Cancer Aware Walk - EHMC | 1              | 90            | 1              | 250           |
| Bergen Family Ctr - Adult Day Care     |                |               | 1              | 42            |
| Back to School Night                   |                |               | 1              | 500           |
| Community Health Fair                  | 1              | 100           | 1              | 50            |
| Child Safety Fair                      | 1              | 200           |                |               |
| Colgate Dental Screening               |                |               | 1              | 31            |
| Family Health Awareness Fair           | 1              | 200           | 1              | 300           |
| First Latino Parent Workshop           | 1              | 200           |                |               |
| Flu and Pneumonia Clinic               | 2              | 254           | 2              | 220           |
| Get Fit Englewood                      |                |               | 8              | 44            |
| Hispanic Heritage Celebration          | 1              | 300           | 1              | 40            |
| Healthy Heart Lecture/Presentation     | 1              | 14            | 1              | 150           |
| Mercy Church Fair                      | 1              | 50            |                |               |
| Natl Children Dental Screening Month   | 4              | 220           | 4              | 103           |
| Photo Voice Reception                  | 1              | 25            |                |               |
| Stroke Prevention Screening            | 1              | 39            |                |               |
| World AIDS Day                         | 1              | 100           | 1              | 40            |
| Youth Mini-Summit                      |                |               | 1              | 30            |
| <b>Total</b>                           | <b>17</b>      | <b>1792</b>   | <b>24</b>      | <b>1800</b>   |
| <b>Grand Total</b>                     | <b>110</b>     | <b>4086</b>   | <b>152</b>     | <b>5228</b>   |

## DEPARTMENTAL ACTIVITIES & COMMUNITY OUTREACH

### Childhood Lead Abatement Program

Childhood lead poisoning remains a major environmental health problem in the United States. Lead can enter someone's body if they breathe in lead dust (especially during renovations that disturb painted surfaces), put their hands or other objects covered with lead dust in their mouths, or eat paint chips or soil that contains lead.

Lead Poisoning is a critical health problem for children in New Jersey, with serious permanent implications for those afflicted. Increasing 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 very high levels, there are convulsions, coma, and death. Lead is more dangerous to children than adults because children's brains and nervous systems are more sensitive to the damaging effects of lead. Their bodies absorb more lead, and babies and young children often put their hands and other objects in their mouths, which can have lead dust on them.

The State of New Jersey mandates lead screenings on all children at 12 months and again at 24 months of age. Any child under the age of 6 years, and who has never been tested for lead poisoning, must be screened for lead as soon as they present to a health facility. The Health Department strictly adheres to these guidelines for children attending Child Health Clinic. Children are screened at these intervals, or as close as possible, based on the age of the child at the time of registration. The parent of each child who attends CHC completes a Lead Hazard Questionnaire on potential lead hazard exposure in their home and other environment.

In collaboration with the Public Health Nurse, Environmental Lead Abatement assessment inspections are performed. This takes place when the Health Department receives information from the NJ Department of Health indicating that a child with an elevated blood lead level (EBL) resides in Englewood. A child between the ages of 6 months to

5 years of age, with a reported threshold limit of 20ug/dl (micrograms per deciliter), requires an intervention by the Public Health Nurse and Lead Inspector/Risk Assessor(s) according to Chapter 13 of the State Sanitary Code.

At that time, the family is contacted and a home inspection is performed – not only to assess possible sources of lead contamination and recommend methods of abatement, but to educate the family on proper diet, cleaning methods, and also how to keep an EBL from getting higher. The family continues to receive case management and follow-up until abatement is complete.

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. The Department received 4 lead poisoning environmental intervention reports from the State in 2008. Two of those were non-confirmed cases, compared to zero in 2007. The Public Health Nurses and the Environmental Health Unit investigated and provided health consultation to the two (2) children with elevated lead levels (result over 19mch/dl)

In an effort to bring the latest technology to the residents, the Department has applied to the New Jersey Department of Community Affairs for a new lead gun analyzer, which will facilitate performing lead screenings on children and provide faster results.

### National Public Health Week

From April 7-11, 2008, the Englewood Health Department observed National Public Health Week with various health events, displays, and activities. The theme was 'Global Warming and Your Health'. Displays were developed by the nursing and environmental units. Outreach activities were conducted at Shop Rite, the library, and the Senior Housing Complex. Appropriate literature was provided, and the Nursing Unit provided blood pressure screening.

### Family Health Awareness Fair

On September 20, the Annual Family Health Awareness Fair was held at Commerce Bank from

11am to 2pm with assistance and support of staff from health education, vital statistics, environmental health, and administration that reached 207 adults and children. The Family Health Awareness Fair was a great success and was well attended. A total of 21 organizations, including departmental offices and local agencies, took part in this annual event, making available information about public health issues to the public. The agencies also provided information about their services and role in the community. The Englewood Police Department provided child car seat safety inspections to parents. Bike helmets with safety gear were raffled to the public.

### Get Fit Englewood

A community walking challenge was organized to encourage Englewood residents to be more active for the spring and summer months. Commencing on April 19, 2008, this activity was an eight-week event where participants gathered every Saturday at MacKay Park to walk their way to fitness. Each participant received a goody bag that included a water bottle, a pedometer, and a walking log to track their steps every week. Participants also benefitted from free blood pressure screening by the Public Health Nurse, glucose and cholesterol screening by Englewood Hospital and Medical Center, and nutritional and fitness facts from Bally Total Fitness and our hired nutritionist.

### World AIDS Day

On December 1, a World AIDS Day commemoration was sponsored by the Englewood Health Department. The event was held at the Dizzy Gillespie Auditorium of Dwight Morrow High School, with a participatory audience of approximately 45 individuals. The theme this year, again, was "Leadership", with the emphasis put on the leadership of the school system/district in the fight against HIV/AIDS.



**Family Health Awareness Fair**



**Get Fit Englewood**

## **ACKNOWLEDGMENTS**

### **City of Englewood**

Daniel Fitzpatrick, City Manager

Robert Casey, Interim City Manager

Howard Feinstein, Chief Financial Officer/Data Processing

Robert Gorman, Director, Human Resources/Assistant City Manager

Ken Albert, Engineer

Gerald Marion, Deputy Chief, Fire

Rosalyn Anderson, Housing Authority

Merle Simons, Director, Recreation

Karl Pearce, Supervisor, Buildings & Grounds

Peter Aballe, Chief Construction Official, Code Enforcement

Michael J. Wildes, Mayor

### **Englewood Board of Education**

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

Douglas Duchak, Michael Pietrowitz,

Lori Villa, Phyllis Brown

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

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

Dr. Fred Jacobs, Commissioner of Health

Healthy Communities (Get Fit Englewood) Grant

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

Commerce Bank, Englewood, NJ

Dr. Edward Jackson, DDS, Hackensack, NJ

## RESOURCES

### **Emergency Preparedness / Management**

U. S. Department of Homeland Security - Ready Campaign

<http://www.ready.gov/>

Centers for Disease Control & Prevention - Emergency Preparedness & Response

<http://www.bt.cdc.gov/workbook/>

American Red Cross - Disaster Services

<http://www.redcross.org/>

Emergency Animal Rescue Service (EARS)

<http://www.uan.org/index.cfm?navid=27>

Family Readiness Kit

<http://www.aap.org/family/frk/frkit.htm>

### **Family Health**

New Childhood Immunization Requirements (Dec.'08)

[http://www.cityofenglewood.org/health\\_immun.pdf](http://www.cityofenglewood.org/health_immun.pdf)

An Ounce of Prevention Keeps the Germs Away

<http://www.cdc.gov/ounceofprevention/>

Protecting Yourself in the Sun

<http://www.osha.gov/Publications/osha3166.pdf>

Did That Restaurant / Deli / Market Pass Inspection?

<http://www.northjersey.com/betterliving/restaurantnews/>

# 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, civil union, domestic partnership, 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, and is staffed during the noon to 2:00 p.m. lunch hours. Legal holidays, when the Department is closed, are as follows:

|                  |                                  |                    |
|------------------|----------------------------------|--------------------|
| New Year's Day   | Martin Luther King Jr's Birthday | Lincoln's Birthday |
| President's Day  | Good Friday                      | Memorial Day       |
| Independence Day | Labor Day                        | Columbus Day       |
| Election Day     | Veteran's Day                    | Thanksgiving Day   |
| Christmas Day    |                                  |                    |

|                  |              |                       |              |
|------------------|--------------|-----------------------|--------------|
| Main Telephone   | 201.568.3450 | R&T Phone-A-Friend    | 201.871.6520 |
| Vital Statistics | 201.871.6506 | Health Education      | 201.871.6508 |
| Environmental    | 201.871.6500 | Public Health Nursing | 201.871.6511 |