



2015

# DEPARTMENT OF HEALTH ANNUAL REPORT



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

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## DEPARTMENT OF HEALTH

### STAFF

James M. Fedorko

Director, Health Services/Health Officer

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

### CONSULTANTS

Marjorie Jones, MD .....Pediatrician  
Patricia August .....Public Health Nursing Supervisor

*The Board and the Department of Health  
extend best wishes to  
Mrs. Joyce Jackson Belfield  
on the event of her retirement  
after 38 years of service  
to the City and to the Health Department.*

## MESSAGE FROM THE DIRECTOR

Is sensationalism of public health diseases a positive event for local health departments? One can argue that communicable disease reports which make the national news are good for the local health department because they increase visibility and help justify their existence.

I disagree. As I write this, in March of 2016, we are on the cusp of a new, alarmist disease making national news in America: Zika virus. Most know that the media often use the tactic of sensationalizing to attract more viewers or readers. We fall for the trick because who can turn away from headlines with the words “catastrophe”, “unprecedented”, and exotic-sounding diseases in them?

The main reason why sensationalized reports are an overall negative for public health is because it diverts attention and resources away from the real, every day health threats. After the general public hears alarmist news, they feel more endangered by health threats that are of low risk than from those which are much more likely to affect them, such as diabetes. During the Ebola scare of 2014-2015, the local health department was impelled to spend an immense amount of time preparing for non-impending threats.

In addition, alarmist news reports create fear, which damages a local health department in a subtly dubious manner. As the threat plays out, and the public learns that the emerging disease was not dire, they become cynical or view public health officials as less credible. A new version Aesop's fable, The Boy Who Cried Wolf, has been created, and the loss of public health's credibility is what really becomes scary.

*James M. Fedorko*  
Director, Health Services  
Health Officer



J Fedorko presented with Englewood Healthy Award  
at Walk With A Leader opening night

## MESSAGE FROM THE BOARD

The Englewood Department of Health, once again, provided initiatives to enrich the lives of the people in the City of Englewood relative to health education. The Stanford Diabetes Self-Management Program was one such initiative that reached the community in two different locations promoting healthy lifestyle management to patients with Diabetes and their family members. Health education and physical activities were among the successful programs that the Health Department developed. During the spring, residents were encouraged to "Walk With a Leader." Each week a different community leader came out to walk and talk with the community at large.

The Reach and Teach youth health educator continued to provide programs to our most impressionable residents, our young people. Thanks to the continued grant from Englewood Hospital and Medical Center, these services are thriving. Our Environmental Health Specialists, along with the entire staff, act to maintain the highest quality of services for the community. The team spirit demonstrated by the staff is the core to the outstanding practice standards exhibited day after day. Mr. Jim Fedorko is to be commended for the guidance and teamwork exhibited at the health department.

It has been most gratifying to serve as President of the Englewood Board of Health and work to address my concerns for public health. Promoting the community's health concerns is the mission of the board.

Respectfully,

*JoEllen Bostick, PT*  
President, Board of Health

### ***10 Essential Services of Public Health***

- 1. Monitor health status and understand health issues facing the community.**
- 2. Protect people from health problems and health hazards.**
- 3. Give people information they need to make healthy choices.**
- 4. Engage the community to identify and solve health problems.**
- 5. Develop public health policies and plans.**
- 6. Enforce public health laws and regulations.**
- 7. Help people receive health services.**
- 8. Maintain a competent public health workforce.**
- 9. Evaluate and improve programs and interventions.**
- 10. Contribute to and apply the evidence base of public health.**

## REVENUE

REVENUE	2011	2012	2013	2014	2015
<b>Operations:</b>					
Certified Copies & Corrections	121,466	141,403	127,932	130,558	146,429
Burial/Disinterment/Transit Permits	105	55	30	65	15
Marriage/Civil Union/Dom Partner Licenses	4,144	4,488	5,012	5,348	5,320
Dog Licenses	7,563	8,308	6,872	7,738	7,536
Cat Licenses	1,070	1,026	880	962	906
Pet Late License Fees & Duplicate Tags	3,682	2,573	1,844	2,548	4,628
Retail Food Licenses / Plan Reviews	50,073	55,055	59,415	57,560	53,735
Food Establishment Re-insp / Late Lic Fees	480	1,500	1,925	3,300	475
Misc. Licenses (Pools, Temp. Food, etc)	750	4,689	5,305	6,330	595
FMC and FHC Course Registration	0	0	0	0	600
CHC User Fees	4,030	615	850	435	565
Misc. Income (Immun. Records, Photocopies, Notary)	310	371	1,209	1,261	2,762
Fee For Service (Mantoux, Flu/Other Vaccines)	1,290	3,239	5,840	1,645	3,190
<b>Total Operations Income</b>	<b>194,963</b>	<b>223,322</b>	<b>217,114</b>	<b>217,750</b>	<b>226,756</b>
<b>Grants:</b>					
EMHC Reach & Teach	24,000	24,000	18,000	12,000	12,000
NJHOA H1N1 Flu Mini Grant	10,000				
Bergenfield/Englewood Mass Immun Grant	7,933				
Munic Alliance: Sticker Shock				1,000	585
Munic Alliance: Stigma Free Initiative					2,000
FDA/NACCHO Food Safety Program				3,624	12,185
CDBG				3,000	5,000
<b>Total Grant Income</b>	<b>41,933</b>	<b>24,000</b>	<b>18,000</b>	<b>19,624</b>	<b>31,770</b>
<b>REVENUE GRAND TOTAL</b>	<b>236,896</b>	<b>247,322</b>	<b>235,114</b>	<b>237,374</b>	<b>258,526</b>

## VITAL RECORDS & LICENSING

The State of New Jersey finally introduced the Vital Information Platform (VIP) in Englewood during the month of May, making the processing of birth records electronic. Representatives from the Office of Vital Statistics & Registry made a site visit for installation, in consultation with the City's IT Consultant, and initial training. Throughout the year, the staff continued training via webinars. We have encountered a number of software bugs, which the State has either addressed or given an indication that they would be in a future update. Customers have, for the most part, been patient with the staff throughout the process. There has been no additional information from the State regarding the additional components of the system (marriage/civil union, death).

There was a 17% increase in the number of vital records filed (birth, marriage, death events that occurred in Englewood over the previous year) and a 4.2% increase in the number of certificates and (burial) permits issued to walk-in customers. In addition, mail and on-line requests for vital records increased 27.2%.



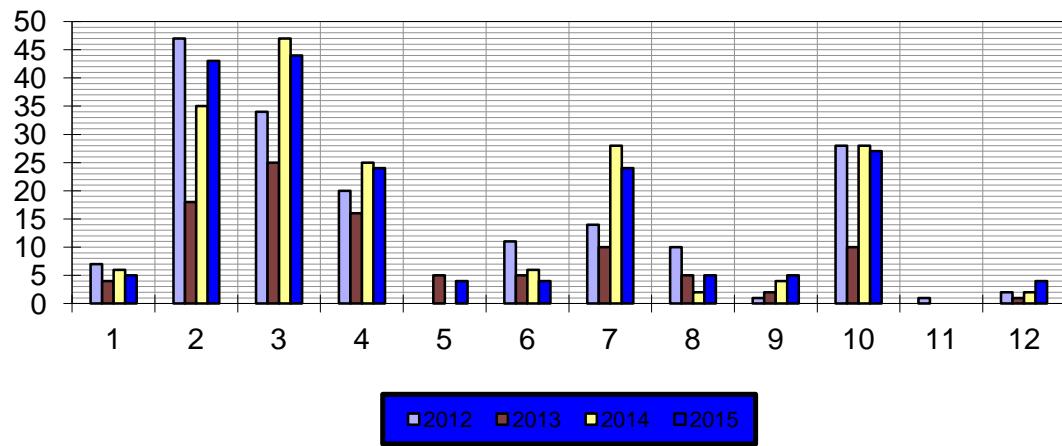
2015 Rabies Clinic

**CAUSES OF DEATH  
FOR ENGLEWOOD RESIDENTS**

CAUSES OF DEATH Englewood Residents					
		2012	2013	2014	2015
1	Accid, Suicide, Homicide incl Overdose	7	4	6	5
2	Carcinoma/Cancers	47	18	35	43
3	Cardio-vascular incl blood disorders	34	25	47	44
4	Cerebro-vascular incl dementia related	20	16	25	24
5	Diabetes		5		4
6	Intestinal (incl Failure to Thrive)	11	5	6	4
7	Kidney/Renal, Sepsis*	14	10	28	24
8	Liver	10	5	2	5
9	Other (<2 incidents)	1	2	4	5
10	Pulmon/Cardio-Pulm incl obesity related	28	10	28	27
11	HIV/AIDS	1			.
12	pending investig	2	1	2	4
<b>TOTALS</b>		175	101	183	189

\*Sepsis recategorized in 2014

**CAUSES OF DEATH  
ENGLEWOOD RESIDENTS**



## ENVIRONMENTAL HEALTH

The Environmental Health Unit covers a variety of areas and works to positively impact the residents and visitors to this City. Whether retail food, public bathing, or inter-action with domestic or wild animals, to name a few, the staff ensures that the public remains safe through education and enforcement. This is accomplished through:

- Providing food safety courses
- Inspecting all retail food establishments
- Inspecting barber and beauty shops, and dry cleaners/laundromats for licensing
- Inspecting all public pools and monitoring water quality
- Investigating animal bites and bites of unknown origin
- Providing 24 hour, 7 day a week emergency coverage

In addition, the Environmental Health unit works with other City agencies by investigating nuisance complaints and violations of local ordinances and State statutes.

### *Retail Food Program*

Registered Environmental Health Specialists are responsible for inspecting the 214 licensed retail food establishments at least twice a year, depending on their risk category. Temporary food license holders, mobile food trucks, and vending machines are also inspected. With the exception of temporary events, all inspections are unannounced. During the inspection, inspectors are making sure employees are avoiding bare hand contact with ready to eat foods, protecting food from cross contamination, purchasing foods from approved sources and preparing foods in a safe manner to prevent food borne disease.

Each inspection results in issuance of a placard which the establishment must post for public viewing. Changes to the Health Code this year require that it be clearly visible to the patron by, or within five feet of, the main entrance door.

The grading is as follows:

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



### *Food Recalls*

The Health Department receives notifications from the US Food and Drug Administration and the New Jersey Department of Health and Senior Services regarding recalled food products. The notification includes the food product information and whether any immediate action is required by the Health Department. When necessary, Health Inspectors ensure that these products are removed from the shelves and are not sold to the public. In 2015, there were 295 food recalls.

2015 Conditionally Satisfactory	Inspection Date	2015 Conditionally Satisfactory	Inspection Date
DONG FUNG INC FAR EAST RESTAURANT	01/21/2015	HERO HAVEN INC	02/24/2015
SALVADOREAN DELI	05/26/2015	SUSHI TATSU	05/27/2015
JORDAN CONVENIENCE CORNER CORP	10/19/2015	DMEIS ALTERNATE PROGRAM	11/18/2015
JANIS E DISMUS MIDDLE SCHOOL	10/30/2015	FIRST UNITED METHODIST CHURCH	05/27/2015
SPACEBUCKS @ SPACE ODYSSEY	11/27/2015	SUSHI TATSU	06/25/2015
MENAGERIE TAKE-OUT & CATERING	12/23/2015	LA'MEZZA RESTAURANT	08/27/2015
ICKETY SPLIT - XH860G	06/25/2015	COLPAN BAKERY	08/27/2015
SALVADOREAN DELI	08/26/2015	BAGEL EXPRESS	11/24/2015
BINGHAMTON BAGEL CAFE	10/19/2015	BLUE MOON MEXICAN CAFE	03/27/2015
HUMMUS ELITE	12/17/2015	KENNEDY FRIED CHICKEN	04/27/2015
TASTI DELIT	12/23/2015	TRATTORIA CARPACCIO	11/24/2015
SPRING TREE BAGEL	01/05/2015	D ZONE GRILL 1	01/08/2015
BROADWAY CAFE PASTRIES SHOP	01/21/2015	TIGER TRACK INC.- ENGLEWOOD TIGER	03/27/2015
NAMOODOL	02/26/2015	4 WEST DINER	10/28/2015
CROWN FISH & CHICKEN	03/24/2015	TAVERNA KYCLAVES DBA SYROS TAVERNA	11/18/2015
LA CUMBIA SALVADORENA	04/29/2015	TOWN STATIONERY	08/28/2015
SALVADOREAN DELI	09/11/2015	COLOMBIAN NIGHTS LLC.	09/30/2015
SONNY'S RESTAURANT & PIZZA	12/18/2015	BEST DUMPLINGS	11/25/2015
GUS STEEL GRILL	12/23/2015	SUPEREXITO GROCERY	01/21/2015
BARTOLOMEO DELI INC.	11/13/2015	BAUMGART'S CAFE RESTAURANT	02/25/2015
LA FONDA PAISA	01/28/2015	VITTORIO PIZZA	12/14/2015
GRAND LIQUORS & DELI	07/17/2015	STOP & GO GROCERY & DELI	05/29/2015
DMEIS ALTERNATE PROGRAM	10/23/2015	ROSE'S OF ENGLEWOOD	11/20/2015
U PIE COMPANY LLC	12/28/2015	<b>TOTAL ESTABLISHMENTS</b>	<b>47</b>

### *Complaint Investigations*

Nuisance complaints are investigated in accordance with the Board of Health Code, "Chapter 10, Article 1. Prohibition of Specified Nuisances." Nuisances that require investigation can include: Ragweed, poison ivy, sewage discharge, fumes, vapors, Smoke-Free Air Act, mosquitoes, portable toilets, gas leaks and any matter, thing, condition or act which is or may become detrimental or a menace to the health of the inhabitants of Englewood. Some complaint investigations require collaborative efforts with local and state agencies to assure compliance and abatement of nuisances. The Environmental Health Unit maintains amicable partnerships with these local and state agencies to provide protection to the community.

### *Temporary Food Licenses / Inspections*

A temporary retail food establishment means a retail food establishment that operates for a period of no more than 10 consecutive days in conjunction with a single event or celebration. Fairs, festivals, cookouts or similar celebrations, as well as other events sponsored by organizations serving food and open to the public, are all examples of temporary events. The Health Department requires food service operators to apply for a food license 3 days before the event to avoid late fees. On November 10, 2015, the Englewood Board of Health adopted a new Temporary Event Ordinance. For further information on this ordinance, please visit our website at [www.cityofenglewood.org](http://www.cityofenglewood.org)

### **2015 Temporary Events**

- Englewood's Annual Farmer's Market
- Ebenezer Baptist Church Fish Fry
- Englewood's Firework Celebration
- Juneteenth Celebration
- Hispanic Heritage Health Festival
- Raider's Basketball Club
- Englewood Night Market
- Uptown Basketball League

### *Food For Thought*

A quarterly newsletter, "Food For Thought," is prepared by the staff and is mailed or emailed to food retail establishments in the City of Englewood. Each edition discusses food safety topics. Articles of interest this year were unknown food sources, hand washing, food borne illness, and produce safety.

### *City License and Miscellaneous Inspections*

The Environmental Health Unit performs City license inspections prior to their annual license renewals to ensure compliance with City and State regulations. City license inspections include beauty and barber shops, nail salons, dry cleaners, rooming houses, pet stores and animal shelters/kennels. In addition to license renewals, other city inspections are performed, such as plan reviews, Certificate of Occupancy (CO), Certificate of Continued Occupancy (CCO), Temporary Certificates of Occupancy (TCO) and change of ownership inspections. City officials and the Health Department work as a team to ensure that establishments are safe to occupy and are in compliance with all ordinances.

City License & Inspections	2013	2014	2015
<b>Certificate of Occupancy/Continued Occupancy</b>	36	31	25
<b>Liquor Store</b>	17	8	26
<b>Beauty Parlors/Barbers</b>	24	20	27
<b>Nail Salons</b>	12	4	11
<b>Laundromats/Dry Cleaners</b>	11	9	9
<b>Pre-Operational Inspections</b>	30	16	18
<b>Rooming Houses</b>	5	3	4
<b>Pet Stores/ Animal Shelter/Kennels</b>	2	2	3
<b>Total</b>	<b>137</b>	<b>129</b>	<b>123</b>

### *Recreational Bathing/Pool Inspections*

The City of Englewood has 2 public pools and 8 semi-public pools. The Environmental Health Unit conducts pre-opening inspections and spot checks. We also review weekly water quality testing lab results that are sent directly to the Health Department for each pool and follow-up on negative results when required.

### *Youth Camp/Summer Program Inspections*

Youth camps and summer programs in Englewood must register annually with the New Jersey Department of Health. The Environmental Health Unit is responsible for the inspection. Some of the items the inspectors are looking for are documentation of staff background checks, CPR certifications, first aid supplies, written emergency procedures, and that the camp is maintained in a clean and sanitary condition. Four youth camps and summer programs were inspected and approved for operation in 2015.



### *Rabies Control*

Rabies is a fatal viral disease transferred from animal to animal or animal to people, most often through saliva during a bite incident. The Health Department helps limit the spread of rabies by ensuring pets are properly vaccinated against rabies and licensed as per State and local law. Free rabies vaccines are available to the public either through the rabies clinics held by the Department or the voucher system with Twin Oaks Veterinary Hospital. The Bergen County Animal Shelter also offers free rabies clinics twice a month.

In addition to prevention through vaccination, the Environmental Health Unit investigates all bites of people and pets. When necessary, quarantine of pets and rabies testing of suspected infected animals through the State laboratory is conducted.

## PUBLIC HEALTH NURSING

The Public Health Nursing unit continues to make improvements and has taken great leaps in promoting healthcare. With City Council approval to upgrade the part-time nurse position to full-time this year, the nursing unit has become balanced and highly functioning. It provides efficient services to the residents of Englewood and the surrounding areas.

Promoting preventive measures continues to be its top priority. Successes can be attributed to the following health services: well-child clinics, preventable disease vaccines to adults, community outreach, referrals, lead poisoning education, school immunization audits, and patient education to reduce and stop the spread of infectious diseases. The Public Health Nurse also supports and facilitates questions from the general public, school nurses, school administrators, and peers. Changes, strategies, and interventions that were established since 2014, continue to play an integral role in the improvements of Public Health Nursing unit.

Herein is a description of the strategy and interventions to bring about health improvements.

### *Child Health Conference (CHC)*

The CHC is a program for maintaining the health of infants and school-aged children from the community who are uninsured, underinsured, or have Medicaid Part A. It provides preventive health care for newborns to age 18. The service includes physical examinations, health screenings, immunizations, and health counseling. This year, 82 children were seen, 31 for the first time at our clinic, and 163 vaccinations were administered. In conjunction with the CHC, the Health Department held a flu clinic for children in preparation for the influenza season. During the November flu clinic, 17 children received vaccines, and 55 children were given the flu vaccine during the entire season.



### *School Immunization Audits*

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

### *Communicable Disease Reporting*

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

### *Adult Vaccine Preventable Disease Program*

Adult Vaccine Preventable Disease is a program designed to maintain and minimize the spread of infectious disease that can be controlled through vaccines. The program provides vaccines at an affordable cost to uninsured adults in Englewood and surrounding communities. A total of 119 adult vaccinations were given, and included hepatitis A, hepatitis B, hepatitis A and B combined, human papillomavirus (HPV) vaccine, measles mumps and rubella (MMR), meningococcal, tetanus diphtheria acellular pertussis (TDaP), varicella, and Zostavax (shingles). Most of the adults who were recipients of the affordable vaccines were immigrants seeking to change their status to alien resident. Mantoux skin testing for tuberculosis infection was also done, all of which were negative.

### *Recertification of Vaccine Programs*

In order to administer vaccines and to be compliant with the State of New Jersey regulations for these programs, the Department's clinic has to be recertified each year. Certification was completed in December for the year 2015-2016. In addition, the Englewood Health Department Clinic was audited on 4/23/2015 by the State of New Jersey for safe management and distribution of vaccines. We earned a "Pass" and compliance was satisfactory.

### *Education and Training*

To remain relevant and aware of procedures and changes in the public health environment, the Public Health Nurse attended trainings, seminars, and webinars: Vaccines for Children, Vaccine Preventable Disease, Communicable Disease Monitoring and Reporting, Immunization Audit, Sheltering, Zika virus, Burden of HPV, "Healthy Homes, Lead Poisoning & Asthma Care", Point of Distribution, and Diabetes Self Management training.

### *On- Site Training and Internship*

A Nursing Internship Program was re-instated in the Department. The program involves outlining the values and various aspects of Public Health Nursing. Two Registered Nurses were participated this year. The Public Health Nurse also provided onsite training to Health Department staff regarding safe vaccine management and handling, and gave a demonstration on how to take blood pressure to students of the Janis E. Dismus Middle School.



**Don't Miss a Beat Heart Health Program**

## HEALTH EDUCATION & PROMOTION

Health education and promotional activities, with the purpose of promoting, maintaining, and improving individual, family and community health, are the responsibility of the Health Educator. Activities are directed at the public or special groups through health fairs, discussion groups, educational presentations, trainings, seminars and much more. The Health Educator encourages a healthy lifestyle and effective behavioral change by continuously planning, developing and implementing community-based programs.

### New Programs

#### ***Don't Miss A Beat***

The highlight of the year was the “Don’t Miss a Beat” heart health program. This was conducted with funds from a Bergen County Community Development Block Grant. A 12-week program, from March thru May, used a two-pronged approach towards improving the health of local senior citizens, incorporating nutrition education and fitness activities into daily living. Participants were assisted with setting personal health goals and finding opportunities to modify their lifestyles. Seniors learned about nutrition, exercise, weight loss, stress reduction, sleep tips, diabetes and bone health – all geared to improve heart health. They were able to engage in cooking classes at Le Gourmet Factory and low intensity physical activity throughout the program. As a result of an increased understanding of heart health, the risk factors associated with unhealthy eating, and the steps that can be taken to increase heart health, the program was deemed to be very successful.

#### ***Car Seat Checkpoint***

Car Seat Checkpoint is a collaborative effort between NJ State Troopers, Englewood Hospital and Medical Center and the Englewood Health Department. The program is very important due to the statistics indicating that 9 out of 10 child restraints are installed improperly throughout the nation. The Bergen County Car Seat Checkpoint began on October 16<sup>th</sup> at Riverside Square Mall and is done every third Friday of the month. Child Passenger Safety Technicians take the opportunity to educate caretakers about proper car seat installment, unsafe seats and also promote the program. Car Seat Checkpoint has turned out to be a great program with increasing numbers each month.

### Health Promotion

#### ***City Website & Social Media Platforms***

A monthly article is submitted for the “*Current Health News*” portion of the City website, which is usually based on National Health Observances or upcoming community events. The article provides the community with current health news and information.

The Health Educator also assists with the Health Department’s Facebook page by posting local community events, health news and motivational health tips. By continuously updating social media platforms the Englewood community remains updated with current health news, local community events and National Health Observances.

#### ***Newsletter***

Articles are written for “Englewood Health Watch”, the Department’s quarterly newsletter. This is printed for distribution throughout the community and posted on the City’s website. The seasonal newsletter is based on National Health Observances, upcoming events and successful programs. It helps to educate the public on health topics and where to seek information.

## REACH & TEACH

Reach and Teach, an education program sponsored by the Englewood Hospital & Medical Center and the Englewood Health Department, was founded in 1989 to promote HIV/AIDS prevention. The program targets youth ages 12-21 through school outreach and educational curriculums. The program also focuses on community outreach to churches, parents, and other organizations.

The program utilizes partnerships with local agencies and organizations in order to provide health education activities that challenge and encourage youth to make healthy choices. In addition, the outreach is conducted in non-traditional settings such as the local swimming pools, street fairs, school cafeterias, college fairs, parks, and community agencies.

A full time Youth Health Educator conducts the program and is dedicated to promoting health and wellness to Englewood adolescents and families. Components of the Program include "Reaching Out Reaching In", "Staying Safe in Seventh", The Zone, cafeteria outreach, McCloud Afterschool Program, and Mt. Calvary Afterschool Program. The Youth Health Educator works closely with teachers, parents, Board of Education members, and other community leaders in order to successfully provide needed information that promotes healthy lifestyles for the youth of Englewood.

### *Reaching Out, Reaching In (RORI)*

Reaching Out Reaching In focuses on teen pregnancy and STI prevention through the use of informal lectures, group discussions, and interactive activities for 8<sup>th</sup> grade students at Janis E. Dismus Middle School. The 5-session program is designed to for the student's health classes and educates them about self-esteem, drugs, STIs/ HIV, and pregnancy prevention. This education is to equip students with necessary knowledge and to empower them to make smarter choices and so as not to contract an STI or become pregnant. RORI utilizes informal lectures and engaging activities to address the issues of teen pregnancy and STI/HIV contraction, and ultimately focuses on consequences of risky behaviors.

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

Staying Safe in Seventh is a 5-session program for 7<sup>th</sup> grade students attending Janis E. Dismus Middle School. This program educates students on body image, stress, flirting, sexual harassment, dating violence, and bullying. It uses informal lectures and interactive activities to engage students and help them develop an understanding of the behaviors that reduce health risks and cultivate healthy habits. Health and well-being of self and others is encouraged, and students ultimately learn to accept and respect themselves and their peers.

### *THE ZONE @ Dwight Morrow High School*

Monthly sessions for high school students are presented at The Zone in order to educate them about various health topics that are relevant to them. The Youth Health Educator incorporates interactive activities and brings awareness of health problems arising, such as the heroin epidemic. Students view videos, engage in discussions, view pictures, and listen to informal lectures on important health topics at hand. In a discussion on dating violence, the Youth Health Educator used famous songs to show how media encourages violence. Other topics included HIV/AIDS, bullying, and heroin.

### *Teen Leadership Conference*

The Youth Health Educator attended the annual Teen Leadership Conference for Bergen County high school students and prepared a table with various informational brochures for them to take and read. They included information on skin cancer, summer safety, drugs, alcohol, bullying, and many more. Students were encouraged

to take the information and were engaged in conversations about the subject matter. Other giveaways were offered that might benefit them, such as pencils, pens, stress balls, and hand sanitizers.

This year's conference focused on body image. The keynote speaker spoke about how media sets an unrealistic standard of beauty, where advertisements and magazines photo shop pictures in order to have the ideal look. The speaker showed various examples of magazines and advertisements with famous celebrities to engage students effectively. The conference informed students not to fall for fake pictures and false advertisements, and to learn to accept and love self. There was also a workshop on body image, at which the speaker told of his personal experience and struggle with body image and accepting himself.

#### *Wellness Day*

Wellness Day is an annual event consisting of multiple workshops, speakers, agencies/vendors, and activities that encourage students to learn about health and the community. It also encourages students to become physically active, and students have fun participating in various physical activities. The Youth Health Educator wanted to teach students about the difficulties and dangers of being overweight through a fun, physical activity. Students were tasked to perform various physical exercises such as running, jumping jacks, and sit-ups.

Afterwards, the students had to wear a heavy vest, weighing over 30 pounds, and perform the same activities. Students struggled with the activities, as they had a harder time keeping balance, running, and jumping. The Youth Health Educator went on to explain the negative health effects of obesity, and also how much harder daily activities are when one is overweight. Simple tasks – bending over to pick something up, walking, and reaching for something – are significantly more difficult and dangerous when obese. Students became more aware and better understood the difficulties and negative health effects of obesity.

#### *World AIDS Day*

For World AIDS Day, speakers came from Hyacinth to speak to students at Dwight Morrow High School about HIV and talk about their personal experiences of being HIV positive. The Youth Health Educator served as a host and introduced the speakers, and also used an interactive myth/fact game about HIV with the students. Students learned about HIV/AIDS through videos and the speakers and asked many questions.

#### Statistics

ACTIVITY	Total Sessions	Total Persons Reached	2014	2015		
			Total Sessions	Total Persons Reached		
<b>COMMUNITY OUTREACH</b>						
<b>Seniors</b>						
Bergen Family Center	12	395	10	282		
Grandparents Raising Grandchildren @ Family Supp Org	1	6	2	15		
Southeast Senior Center for Independent Living	12	228	8	146		
<b>Adults</b>						
TiPS Training	n/a	n/a	1	10		
Mom 101- Englewood Hosp and Med Ctr	n/a	n/a	1	45		
Car Seat Checkpoint	n/a	n/a	2	26		
11 West Street	n/a	n/a	1	30		
Don't Miss a Beat Heart Health Program	n/a	n/a	12	25		
Heart & Soul Music Festival	1	65	1	100		
National Public Health Week	2	50	2	16		
CERT Outreach	n/a	n/a	1	26		
Public Health Talk at William Paterson University	n/a	n/a	2	50		
HIV Testing	n/a	n/a	1	7		

Sidewalk Sale	1	35	1	33
Garden Show	n/a	n/a	1	11
Sticker Shock Campaign	3	n/a	5	n/a
Walk With A Leader	n/a	n/a	2	56
Rabies Clinic	n/a	n/a	1	30
Real Talk Municipal Alliance	n/a	n/a	1	2
Adult Pnuemonia & Flu Vaccine Clinic	2	20	1	29
Martin Luther King Gardens Event	n/a	n/a	1	15
Tobacco Age of Sale Enforcement	2	13	2	18
Englewood Farmers Market	n/a	n/a	1	8
Movember Event	1	50	1	15
World AIDS Day - Englewood Hosp and Med Ctr	1	15	1	15
<b>Employee</b>				
Bloodborne PathogenTraining	2	24	2	33
Epi-Pen Training	1	53	1	20
<b>Family</b>				
Fall Fit Ventures @ Recreation Department	n/a	n/a	2	70
Back to School Block Party	n/a	n/a	1	76
Center for Food Action	n/a	n/a	1	30
Hispanic Festival	n/a	n/a	1	50
<b>Youth</b>				
Bicycle Safety Event	n/a	n/a	1	15
Teen Leadership Conference	1	270	1	35
Library Summer Program	5	235	6	150
Library Healthy Reading	n/a	n/a	1	5
Summer Safety Outreach- Mackay Park Pool	2	56	2	56
NULITES	n/a	n/a	2	25
<b>SCHOOL OUTREACH</b>				
Janis E. Dismus Middle School				
-Staying Safe in Seventh	7	245	9	179
-Wellness Day	1	175	1	120
-Reaching Out Reaching In	9	330	9	174
-Cafeteria Outreach	4	290	2	132
Dwight Morrow High School				
-World AIDS Day	4	145	3	75
-The ZONE	6	105	4	104
Mt Calvary Church				
-Calvary Smart Kids After School Progam	n/a	n/a	2	47
McCloud Elementary School				
-McCloud Afterschool Program	3	40	3	100
Dwight Englewood				
-Senior Focus	n/a	n/a	1	6
King's Kids Childcare Center				
-Happy Tooth, Sad Tooth	n/a	n/a	6	102
Greico Elementary School				
-Latino Festival	1	350	1	100
D.A. Quarles Early Childhood Center				
-Happy Tooth, Sad Tooth	8	236	8	244
<b>TOTAL</b>	<b>92</b>	<b>3,431</b>	<b>132</b>	<b>2,958</b>

## COMMUNITY OUTREACH

The Public Health Nurse provided blood pressure, cholesterol, and glucose screening at several health fairs in partnership with local churches, and vaccination seminars were presented at Bergen Family Center. In addition, the Public Health Nurse participated in the Healthy Eating Culinary Skills Class at Janis E. Dismus Middle School.

Blood Borne Pathogen training was provided to the staff of the Recreational Department by the Public Health Nurse and the Health Educator.

The Department held a 6-week Diabetes Self-Management Workshop at the Shiloh AME Baptist Church in the fall. This was facilitated by the Public Health Nurse and one Health Inspector. The program will be ongoing, and is projected to be held twice yearly.

There is continual outreach, by the Health Education unit, to schools, local businesses, churches, seniors and the general public, to provide health education and promotion activities. The Health Educator strives to promote our services to the general public and to create partnerships.

### *Sticker Shock Campaign*

The Youth Health Educator and Health Educator conducted the Sticker Shock Campaign, a Municipal Alliance project. The program raises awareness among establishments that sell alcoholic beverages, and their customers, to not sell or buy these products for anyone under the age of 21. Staff worked with two students from Dwight Marrow High School, placing warning stickers on alcoholic beverages in establishments in Englewood. The stickers warned adults to not buy alcoholic beverages for minors, and showed consequences of such actions. The purpose of Sticker Shock Campaign is to educate, parents, guardians, and students about these laws as they purchase alcohol.

### *Englewood Public Library Summer Youth Program*

In partnership with library staff, a summer program for youth was conducted. The focus was on having children become more physically active. The Youth Health Educator began the weekly sessions with icebreakers and presented various health topics every week, such as nutrition, mental health, and bullying. Students engaged in activities and learned through listening and group discussion. Afterward, they proceeded to take singing and dance lessons at the library from hired professionals.

### *After-school Program Outreach*

#### *Mount Calvary Church*

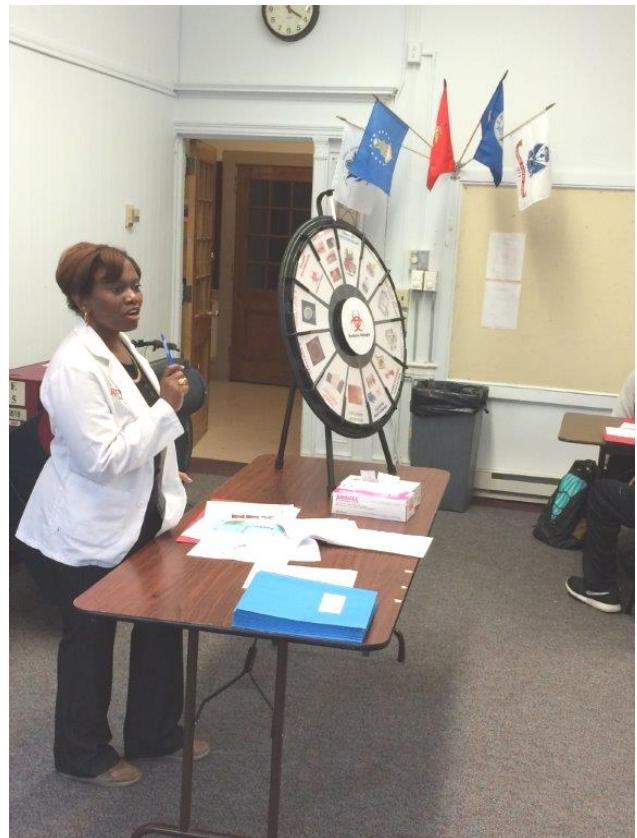
The Youth Health Educator started outreach at the Mt. Calvary Church After-school Program late this year. This consists of monthly presentations to students attending and educational activities that help students learn healthy lifestyles. Topics included nutrition, respect, and bullying. The students learned to make healthy smoothies and snacks, and discussed issues of bullying while learning how to handle them.

#### *McCloud Elementary School*

Both the Youth Health Educator and Health Educator worked with the McCloud Elementary School After-school Program. Physically active games that incorporated team work, body coordination, and physical fitness were planned. Activities included relay races, variations of tag, and more. The students were also able to go ice skating at Mackay Park through Health Department funding. The purpose of this outreach is to encourage and promote physical fitness and teamwork to students.

Other events included:

- Adult Daycare Group at Bergen Family Center
- Health activities at 111 West Street Senior Housing
- Happy Tooth, Sad Tooth dental health activity
- Grandparents Group at Grieco Elementary School
- Cervical Cancer Awareness Lecture at Family Success Center
- Heart and Soul Festival at Englewood Hospital and Medical center
- Health Related Issues Group at Southeast Senior Center for Independent Living
- “Don’t Miss A Beat” Heart Health Program
- Public Health Careers Talk at William Paterson University
- Nutrition Workshop at Center for Food Action
- Walk With a Leader – Wellness Program
- Grandparents Raising Grandchildren Group
- Blood Borne Pathogen Training at Recreation Department
- Hispanic Festival at Depot Square
- Latino Festival at Grieco Elementary School
- Pneumonia and Influenza Clinic
- Training for Intervention Procedures (TiPS) for Alcohol Servers (Municipal Alliance Program)
- Epi-Pen Training Community Staff Training
- Fall Fit Ventures - Englewood Recreation Department
- Mom 101 - Englewood Hospital and Medical Center
- Bergen County Car Seat Checkpoint at Riverside Square Mall
- World AIDS Day



Blood borne pathogen training facilitated by Public Health Nurse

## ACKNOWLEDGMENTS

### **City of Englewood**

Timothy Dacey, City Manager  
All Department Directors

### **Englewood Board of Education**

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

Warren Geller, Michael Pietrowicz - Reach & Teach Program sponsorship  
Phyllis Brown - Community Event Planning

### **County of Bergen**

### **The Media**

The Record, The Suburbanite  
The Daily Voice  
New York 1

### **The Community**

TD/Commerce Bank, Englewood, NJ  
Shop Rite of Englewood, NJ

## RESOURCES

NJ Department of Health & Senior Services  
<http://www.state.nj.us/health/index.shtml>

Bergen County Department of Health Services  
<http://www.bergenhealth.org/>

Centers for Disease Control & Prevention  
<http://www.cdc.gov/>

FEMA Disaster Assistance  
[http://www.cityofenglewood.org/FEMA\\_Disaster\\_Assistance.pdf](http://www.cityofenglewood.org/FEMA_Disaster_Assistance.pdf)

Mayo Clinic  
<http://www.mayoclinic.com/>

Cleveland Clinic - Publications  
<http://www.clevelandclinic.org/lp/facts/index.html?>

## SERVICES

### 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
- Biennial pet census

### VITAL STATISTICS

- Certificates of birth, marriage, civil union, domestic partnership 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 4:00 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*

*Martin Luther King Jr's Birthday*

*President's Day*

*Good Friday*

*Memorial Day*

*Independence Day*

*Labor Day*

*Columbus Day*

*Election Day*

*Veteran's Day*

*Thanksgiving Day*

*Christmas Day*

## Telephone (201) 568-3450

**Employee Directory**

**Option 1**

**Environmental**

**Option 5**

**Vital Records & Licensing**

**Option 2**

**Administration**

**Option 6**

**Health Education**

**Option 3**

**Operator**

**Press 0**

**Nursing**

**Option 4**