



## **Public Health**

Prevent. Promote. Protect.

# **City of Englewood**

## **Department of Health**

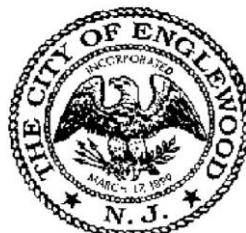
### **2016 Annual Report**

#### **CITY COUNCIL**

Frank Huttle, Mayor  
Marc Forman, 1<sup>st</sup> ward  
Michael Cohen, 2<sup>nd</sup> ward  
Eugene Skurnick, 3<sup>rd</sup> ward  
Wayne Hamer, 4<sup>th</sup> ward, President  
Charles Cobb, At-Large  
William Bailey, Esq., Solicitor

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Bertha-Nora Acosta  
Dr. Ketsia Alerte Sadler, President  
JoEllen Bostick  
Daniel Daniel  
Stephanie Davis, V.P.  
Dr. Aliza Solomon  
Dr. Lisa Wisotsky  
William Soukas, Esq., Counsel



# 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 ..... Sr 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  
Priscilla B. Lewis ..... Registered Environmental Health Specialist  
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

## Director's Message

Medieval Europe was struck by a deadly form of plague 670 years ago that killed about half of its population. The Black Death, as it is now called, was not named because of the color that formed on the sick patient. The term refers to the horror of the pandemic because it was a dark, terrifying time. Imagine half of the City of Englewood, approximately 15,000 people, dying from a mysterious disease that no one could control.

We need a strong public health system because diseases from antiquity are still with us and newly emerging pathogens arise. Bubonic plague occurs every year in the United States, and the new Zika virus recently became endemic in our nation. It is our public health nurse who conducts the disease surveillance and tracking, ensuring that any manifestations of atypical disease patterns are addressed immediately. For example, Englewood had ten residents who met the criteria for disease testing, and one of the cases was confirmed positive. The local health department will be one of the first to identify a local transmission of Zika virus and will be expected to halt or retard any further transmission. All too often we take the health department's "first responder" work for granted, and it goes unnoticed by the majority of our citizens.

The public health department has also branched into new areas that address plagues of a different nature. Pain killer addiction and opioid abuse have been a growing problem throughout our country, state and county, but so far, data shows a limited problem in Englewood. In Bergen County, Englewood ranked near the bottom and registered two overdoses with one Narcan deployment in 2016. Nonetheless, our health department, in partnership with the Englewood Municipal Alliance, has been getting ahead of the problem by educating our children and citizens about the dangers of prescription pain medication and its addictive nature. We utilize our Youth Health Educator and Health Educator to continually promote the drug-free message in the schools and in our community.

The Flint, Michigan drinking water crisis became a local public health issue, after making national news in 2015, because it spurred residents to question our drinking water supply. During this time, call volume to the health department from concerned citizens increased, especially after the State Department of Education adopted regulations regarding testing for lead in drinking water in public schools throughout New Jersey on July 13, 2016. The health department was expected to have reliable information for the public. Then, in mid-December 2016, Englewood Hospital and Medical Center detected high levels of lead in their drinking water distribution system. The Environmental Health Unit of our department took action by ensuring that the cafeteria was on a separate potable water system. The devised plan provided clean water in sufficient quantity and pressure for cooking and washing in the dining facility, which serves food to hospital patients, employees, and visitors.

The Englewood Health Department is one reason we do not have similar occurrences of devastating plagues because we ensure health issues are properly mitigated before they turn into major health crises.

*James Fedorko*  
Director of Health Services

# Board of Health

The Englewood Health Department continued its commitment to providing City residents with quality health programs, information, and services. From the day to day operations to the evening and weekend programs, there were plenty of opportunities to experience the excellence and care exhibited by each staff member. Starting with our Health Director, James Fedorko, and continuing with each person one encountered, the high standards of the Department and the adherence to State mandates were evident.

Our initiatives were designed with all ages in mind. For working adults, in addition to various lectures, we offered a Walking Program in the spring, in collaboration with the Recreation Department, called *Englewood Moves*. Employees of various city departments had the opportunity to participate in the NJ Well Program, which provided the chance to learn critical information for their health and wellness. We sponsored a Diabetes Self-Management Program twice this year, where members of our senior population were able to gain valuable information.

At our elementary through high schools, students learned about nutrition, had the chance to exercise and learn about healthy habits such as dental care. The department staff was available to answer questions when residents were concerned about the Zika virus and during the testing of drinking water to determine if lead contamination was present. As President of the Board, it is my honor to serve the residents of this city as the Department continues its mission of public health prevention, promotion and protection.

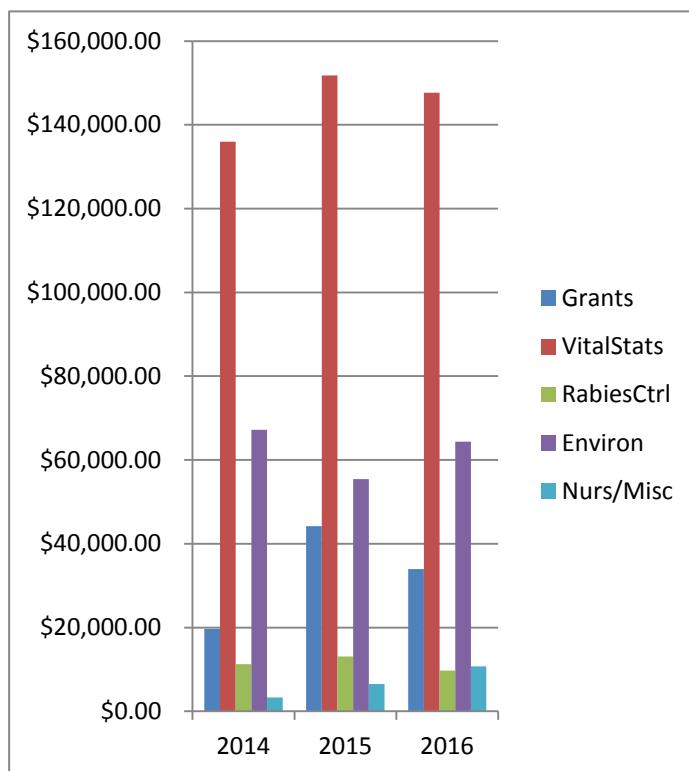
Respectfully,  
*Ketsia Alerte Sadler, EdD, RN, CSN, CHES*  
President



**Figure 1 - Row 1: Dr Lisa Wisotsky, Dr. Ketsia Alerte Sadler, Stephanie Davis, Daniel Daniel; Row 2: William Soukas, Esq., Dr. Aliza Solomon, Bertha-Nora Acosta, JoEllen Bostick, James Fedorko, Director**

# Revenue

REVENUE	2014	2015	2016
<b>Operations:</b>			
Certified Copies, Amendments, Permits	130,623	146,444	141,973
Marriage/Civil Union/Dom Partner Lic	5,348	5,320	5,684
Dog Licenses	7,738	7,536	7,242
Cat Licenses	962	906	819
Pet Late Lic Fees & Dupl Tags	2,548	4,628	1,670
Retail Food Licenses / Plan Reviews	57,560	53,735	52,700
Food Establishment Re-insp / Late Lic Fees	3,300	475	4,675
Misc Lic (Pools, Temp Food, etc)	6,330	595	5,567
FMC / FHC Course Registration	0	600	1,450
CHC User Fees	435	565	1,275
Misc Income (Immun Records, Copies, Notary)	1,261	2,762	3,668
Fee For Service (Mantoux, Flu/Other Vaccines)	1,645	3,190	5,780
<b>Total Operations Income</b>	<b>217,750</b>	<b>226,756</b>	<b>232,503</b>
<b>Grants:</b>			
EHMC Reach & Teach	12,000	24,000	24,000
Munic Alliance: Sticker Shock	1,000	1,000	585
Munic Alliance: Stigma Free Initiative		2,000	3,500
FDA/NACCHO Food Safety Program	3,624	12,185	5,893
CDBG	3,000	5,000	
<b>Total Grant Income</b>	<b>19,624</b>	<b>44,185</b>	<b>33,978</b>
<b>REVENUE GRAND TOTAL</b>	<b>237,374</b>	<b>270,941</b>	<b>266,480</b>



# Vital Statistics & Licensing

Local registrars in jurisdictions with birthing facilities were asked to assist the State Department of Health with its NJ Parent Link program by providing handouts to parents of newborns when they come in to pick up a certified copy of their newborn child's birth certificate. Materials are no cost and are mailed directly to each registrar. These materials were also provided to the staff of the Mother/Baby Unit at Englewood Hospital and Medical Center to distribute to new parents.



Components of NJ Parent Link are:

HEALTH & WELLNESS	Before, During & After Pregnancy; Breastfeeding Support; Infant/Child Health & Safety; Family Health & Nutrition; Infants & Children with Special Needs; In Case of Emergency
DEVELOPMENTAL & BEHAVIORAL HEALTH	Infants, Toddlers & Preschoolers; Ages & Stages; Challenging Behaviors & Parent Concerns; Older Siblings; Moms and Dads
PARENTING & EARLY LEARNING	Parenting 101; A Parent is a Child's 1st Teacher; Family Fun
CAREER & FAMILY TRANSITIONS	Maternity Leave; Child Care & Family Leave; Back to Work/Staying at Home
CHILD CARE & PRESCHOOL	Child Care & Preschool Choices; Special Needs in Child Care; Child Care Licensing
FAMILY SUPPORT SERVICES	Food Assistance; Income & Mortgage Assistance; Affordable & Temporary Housing; Unemployment & Disability Benefits; No Cost/Low Cost Medical Insurance; Child Support & Child Care Assistance; Special Situations; Parents with Disabilities; Teen Moms & Dads; Separation & Divorce; Military Families; Incarcerated Parents; Family Violence; Substance Abuse; Child Abuse and Neglect; Grandparent & Kinship Care; Foster Care & Adoption

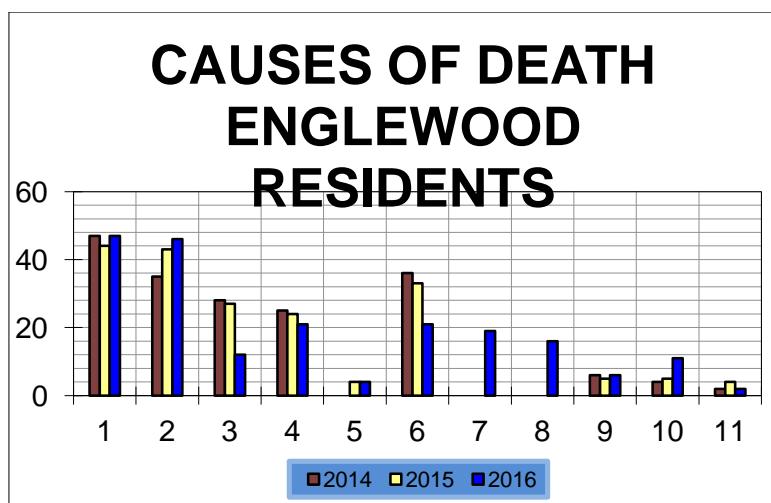
Enhancements to the Vital Information Platform (VIP) continued throughout the year, and Fetal Death registration was added to the system.

The Registrar assumed the role of President of the Bergen/Passaic County Registrars Association for a 2-year period. Working in collaboration with a new Executive Board and with the Outreach Manager at the Office of Vital Statistics & Registry of the State Department of Health, two meetings were planned and held. Those in attendance received continuing education credits towards their certification renewal.

Staff responded to telephone calls associated with the biennial dog and cat census and handled follow-up licensing. A total of 1,025 pets were licensed. In addition, much of their time was spent assisting retail food establishment owners and temporary food license vendors with licensing each year.

CAUSES OF DEATH – Englewood Residents		2014	2015	2016
1	Heart disease	47	44	47
2	Cancer	35	43	46
3	Chronic respiratory disease	28	27	12
4	Stroke, Other cerebro-vascular	25	24	21
5	Diabetes		4	4
6	Nephritis, nephrotic syndrome, nephrosis	36	33	21
7	Alzheimer's dementia*			19
8	Influenza and pneumonia*			16
9	Accid, Suicide, Homicide	6	5	6
10	Other	4	5	11
11	pending investigation	2	4	2
<b>TOTALS</b>		<b>183</b>	<b>189</b>	<b>205</b>

\*Reclassified in 2016 per CDC (other incl adv age, failure to thrive)



# Environmental Health

The Environmental Health Unit is responsible for several aspects of public health. Working under the Director/Health Officer, a Public Health Investigator and two Registered Environmental Health Specialists (REHS) enforce Federal, State and Local laws/ordinances. This includes, but is not limited to:

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

The unit's REHSs oversee, inspect and educate the retail food establishment owners. This reduces the threat of food borne illness to the public due to improper preparation, storage and temperature control of various food products.

Our Public Health Investigator is certified as an Animal Control Officer and holds licenses for pesticide application and lead paint/poisoning investigation. In addition, the PHI handles animal bite investigations and areas where suspected rabies exposures have occurred.

A variety of public health nuisance complaints are addressed. These complaints are resolved through educating the public on violations. At times summonses are issued which require presenting cases in Municipal Court to obtain positive resolutions.

## *Retail Food Program*

From the time food arrives at an establishment, to the way it is stored and prepared, until the consumer's purchase, there is oversight by Health Department staff. Through the guidelines established under Chapter 24 of the State Sanitary Code, a REHS helps to ensure the safety of the public. This occurs by way of unannounced inspections. The inspection includes, but is not limited to: observation of food handling, proper temperature control of food items, and general cleanliness and storage of food. Though New Jersey State Code only requires one inspection per year, often there are two or more inspections per year. An inspection results in the establishment being rated as follows:

**Satisfactory** (white placard) meaning the establishment is in compliance with the State Sanitary Code.

**Conditionally Satisfactory** (yellow placard) the establishment is in violation of one or more sections of the State Sanitary Code and a re-inspection is required.

**Unsatisfactory** (red placard) the establishment is in violation with one or more gross unsanitary conditions of the State Sanitary Code and poses an imminent health hazard. This results in the cessation of all operations until the violations are corrected and compliance achieved.

#### 2016 Conditional Ratings

JACKSON HOLE	12/21/2016	COLOMBIAN NIGHTS LLC.	06/28/2016
OORI SERVICE INC	12/22/2016	TAPAS DE ESPANA II INC.	06/28/2016
ENGLEWOOD DINER	12/21/2016	BAUMGART'S CAFE RESTAURANT	06/14/2016
EAST & WEST TEX-MEX GRILL	11/30/2016	BLUE MOON MEXICAN CAFE	05/31/2016
TIPICOS MORAZON RESTAURANT	12/14/2016	GRAND LIQUORS & DELI	05/27/2016
NAMOODOL	12/13/2016	D' COLOMBIA RESTAURANT	05/25/2016
SEAFOOD DELIGHT, LLC	12/07/2016	DMHS - KING HALL ACADEMIES	05/23/2016
JORDAN CONVENIENCE CORNER CORP	11/22/2016	ICE CREAM ON GRAND	05/20/2016
SALVADOREAN DELI	11/14/2016	BISTRO CAPRI / BURGERWOOD	05/05/2016
JORDAN CONVENIENCE CORNER CORP	11/04/2016	JERRY'S GOURMET	04/27/2016
CASSIE'S RESTAURANT	10/24/2016	NEW QUICK MARKET & GROCERY CORP	04/18/2016
NEW JADE LEE KITCHEN	10/20/2016	7-ELEVEN (#34180)	03/24/2016
FRESH TASTE LLC	08/22/2016	POACHED	03/23/2016
HUMMUS ELITE	08/17/2016	CHAT KAEW THAI CUISINE	03/15/2016
BINGHAMTON BAGEL CAFE	08/16/2016	DOLCE & SALATO BAKERY	03/22/2016
SALVADOREAN DELI	08/11/2016	ROUTE 4 EXPRESS	03/21/2016
BEST DUMPLINGS	08/11/2016	CROWNE PLAZA - BLUE CITY GRILL	02/23/2016
ROSE'S OF ENGLEWOOD	08/10/2016	SUPEREXITO GROCERY	02/09/2016
BROADWAY CAFE PASTERIES SHOP	08/09/2016	ALSTON'S DELI & CATERERS	02/17/2016
BAUMGART'S CAFE RESTAURANT	07/08/2016	TIGER TRACK INC.- ENGLEWOOD TIGER	02/24/2016
DARUMA JAPANESE RESTAURANT	07/07/2016	TAQUERIA GUEROS	01/29/2016
AKAI LOUNGE (DU ENTERPRISES)	06/29/2016	ROMAN INN	01/28/2016
TASTI D-LITE	06/28/2016	DONG FUNG INC FAR EAST RESTAURANT	01/28/2016
		TAQUERIA GUEROS	01/13/2016

Inspection placards must be publicly displayed by the establishment for easy viewing by the public. All inspections are available to the public on the City's website. In the case of establishments graded "Conditionally Satisfactory" or "Unsatisfactory", a report is submitted to The Record for publication.

#### *Food For Thought*

A quarterly newsletter serves restaurants, school cafeterias, mobile vendors, markets, nursing homes and the local hospital. It brings to light such issues as changes in the Sanitary Code, sanitation, food safety and problematic trends in inspections. The items compiled by the staff serve to educate and remind owners of proper practices and precautions to be taken in the various establishments. This is also available to the general public on the City's website.

#### *Temporary Food License Inspections*

During the course of the year, the City of Englewood holds various community events that require inspections by the Environmental staff. These events involve the sale and/or preparation of food in an indoor or outdoor setting, which require organizers to obtain temporary food licenses. An REHS is then required to inspect the food vendors on the day of the event to ensure all State Sanitary Code regulations are followed and that proper food handling techniques are being observed. During 2016, there were 88 temporary licenses issued for events which included, but were not limited to the following:

- Farmers Market
- Fireworks Celebration
- National Night Out
- Night Market
- Jr. Football League's "Fish Fry"
- Englewood Parks and Recreation
- Pre Memorial Day / Pre Halloween events
- Flat Rock Brook Nature Association's "Great Fall Festival"
- Jabari Society's Juneteenth Celebration and Back to School Event
- Latino Festival
- Mount Calvary Baptist Church's "Back to School Block Party"

***City Licenses & Miscellaneous Inspections***  
 Various establishments that do not involve the sale of food items may also impact public health. These include beauty salons, barber shops, laundromats and dry cleaners, and rooming houses. All of these are licensed through the City Clerk's office and require the Environmental staff to conduct annual license inspections. This ensures compliance with all City and State regulations.

In addition, the Environmental Unit is responsible for plan reviews for new construction and renovations of existing structures. Plan reviews cover businesses such as beauty and nail salons and retail food establishments. The review process ensures that proper materials are being used, and proper sinks including hand wash sinks and three compartment sinks are installed. It also ensures that the appliances and food contact surfaces are in compliance with State and Local regulations. Other inspections covered by the Environmental Unit include:

- Certificate of Occupancy (CO)
- Certificate of Continued Occupancy (CCO)
- Temporary Certificate of Occupancy (TCO)
- Change of ownership

These inspections are to verify compliance with City and State Health Ordinances and that the establishment is safe to occupy.

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

The Environmental Unit serves as the front line of action in the area of public health recalls whether products are suspected of or have been compromised through physical, chemical or biological means. The Health Department is alerted by such agencies as U.S. Food & Drug Administration, NJ Food & Drug Safety Program, Consumer Products Safety Commission and NJ LINCS system. These alerts advise what action is needed to be taken. This may mean going store to store and have products removed from shelves and informing store owners/food establishments of a particular recall. Store owners will in turn inform their customers of product recalls.

#### ***Recreational Bathing/Pool Inspections***

As the warmer weather approaches, so does the desire to go swimming. But with pools and swimming come certain risks which the Environmental Unit addresses. Englewood has nine semi-public pools and two public pools, each of which undergoes a yearly pre-opening inspection. During the course of each inspection, a pool is checked for water quality/proper chemical levels, adequate safety equipment, properly certified lifeguards and that there are no hazards to the public. This ensures that each pool is in compliance with Chapter 26 of the Recreational Bathing Code. In addition, spot checks are conducted throughout the season, as well as reviewing weekly water quality analyses reports.

#### **2016 City License Inspections**

<b>CO/CCO Inspection</b>	13
<b>Liquor Stores</b>	29
<b>Beauty, Barber, &amp; Nail Salons</b>	30
<b>Dry Cleaner/Laundromat</b>	10
<b>Rooming House</b>	3

**Youth Camp/Summer Program Inspections**  
Various organizations in Englewood hold camps for youth that provide fun activities and life learning skills. All camps must be registered with the NJ Department of Health & Senior Services, and inspections are conducted per Chapter 25 of New Jersey's Youth Camp Standards code. The inspection covers areas such as proper ratios of staff to campers, staff licensing and background checks, and that proper medical staff is available along with medical logs kept on the campers. In 2016, four youth camps were inspected.

#### **Rabies Control**

Rabies is a deadly viral disease spread through the saliva of an infected animal, usually through a bite. Special attention is needed when dealing with it. Therefore, whether providing bite follow-up or vaccinations against rabies, this is a critical piece of the Unit's mission. The Department provides a free rabies clinic and also contracts with Twin Oaks Veterinary Hospital to provide free vaccinations for cats and dogs of Englewood residents.

The Environmental staff conducts follow-up on animal bites to people to determine whether the biting animal has been vaccinated and will be confined for ten days to ensure the health of the animal. In some cases, a domestic animal is bitten and must be quarantined to ensure that it has not been infected with rabies. The staff works in conjunction with the County and State with these cases to ensure public safety.

#### **Mentoring/Internships**

College students are mentored by the Environmental staff during their internship with the Health Department. Each student works alongside members of the Unit as they go through daily activities. From learning about local ordinances and State regulations to inspections and complaint investigation, the student is provided with a hands-on learning experience. Many of the past interns are currently employed in both the public and private sector.



**Figure 2 - Food establishment during inspection**

# Public Health Nursing

The Department's Public Health Nursing unit continues to make improvements to the delivery of health services to the community and surrounding areas. The staff makes preventive measures the number one priority. This year, there was a significant increase in the number of clients for well care services and other health promotion programs. We offer programs that are favorable, relevant, and in touch with the community's demands and needs.

Programs have remained consistent and accessible to residents and non-residents. Established programs are constantly reviewed for ways of improvement. In addition, new programs have been initiated. The services include: well-child clinics, preventable disease vaccines to adults, community outreach, referrals, lead education, A1C blood sugar level testing, school immunization audits, and patient

number of children seen and vaccinations increased. There were 86 children seen for the first time. In conjunction with the CHC, the Department held a flu clinic for children. During this clinic, 24 children received vaccines, and a total of 52 children were vaccinated from September to December.

## *School Immunization Audits*

Each year, during January to March, the Public Health Nurse performs the yearly schools' immunization audit reviews in cooperation with the school nurses. 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.



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.

## *Child Health Conference (CHC)*

The CHC is a program for maintaining the health of infants and school-aged children, from the community and surrounding areas. These are uninsured, American Indian, Alaskan Native, or have Medicaid part A. Preventative health care is provided for newborns to 18 years old. The services include: physical exams, health screenings, immunizations, and health counseling. Compared to 2015, the

Children who are not immunized may be exempted for medical or religious reason. 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.

## *Communicable Disease Reporting*

The monitoring of communicable or infectious diseases is an ongoing process, and it is important to reduce or eliminate the spread of disease. Educating the public of the "Do" and "Don't" have proven vital. Infectious disease may be spread through blood, body fluids, contact, droplets, food, and vectors. In 2016, Zika virus made its way to the United States and has generated a scare in the population at large.

The Zika virus has added to the list of communicable diseases that the Health Department brought awareness and education about to the public. This was made possible by display of a large poster at the Department, numerous field activities where pamphlets were handed out, seminars, mosquitoes larve displayed, and a Zika hotline for questions.

There were no disease outbreaks this year, but the following cases were recorded: campylobacter, hepatitis A, hepatitis B, hepatitis C, Lyme disease.

#### *Adult Vaccine Preventable Disease Program*

By providing vaccines at an affordable cost to uninsured adults in Englewood and the surrounding communities, the Adult Vaccine Preventable Disease aims to maintain and minimize the spread of infectious disease that can be controlled through vaccines. The number of adult vaccinations given totaled 285 and included hepatitis A, hepatitis B, hepatitis A and B combined, human papillomavirus (HPV) vaccine, measles mumps and rubella (MMR), meningococcal, menB, tetanus diphtheria acellular pertussis (TDaP), varicella, and Zostavax (shingles). Mantoux skin testing for tuberculosis infection was also done. All Mantoux skin tests performed were negative. Most of the adults who were recipients of the affordable vaccines were non-immigrants seeking to change their residential status to alien resident.

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

Vaccine safe handling regulations are essential to the Health Department's everyday functions. In order to administer vaccines and to be compliant with the State of New Jersey regulations, the Health Department's clinic has to be recertified each year. Certification was completed in December for the year 2016-2017. Recertification was granted.

#### *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, Zika virus training.

#### *In-Service Training*

The Public Health Nurse provided in-service training for Staff on safe vaccine management and handling.

### **WHY WE NEED ADULT VACCINES BURDEN OF ADULT VACCINE-PREVENTABLE DISEASE**

**Influenza:** 10-20% of US population affected annually

200,000 hospitalizations

36,000 deaths (average)

**Pneumococcal:** 2,000-5000 meningitis

40,000+ bloodstream infections

150,000-300,000 pneumonia

**Pertussis:** 1 million

**Cervical cancer:** 10,000

**Shingles:** 1 million

**Adult deaths from vaccine-preventable diseases:**  
43,000

Dr.T.V.Rao MD

6

	2016	2015	2014
<b>CHILD HEALTH CLINIC</b>			
Number of Sessions	19	19	8
Total Children Seen	139	82	49
Children ages 0-4	33	23	16
School-aged Children	105	59	33
Immunizations administered	324	163	120
Intakes- New Children	86	31	25
<b>ADULT HEALTH</b>			
Adult Blood Pressure	30	50	12
BP/Health Education	30	44	12
Adult TB Screenings	18	18	4
<b>Adult Vaccination Clinics</b>			
Flu / Pneumonia Vaccines	64	12	13
Zostavax Vaccines (Shingles)	8	8	2
Tdap/Menveo Vaccines	92	44	18
Hepatitis Vaccines	9	9	10
Other Vaccinations	117	54	19
<b>Total vaccinations administered</b>	<b>285</b>	<b>127</b>	<b>62</b>
<b>COMMUNITY OUTREACH</b>			
Community Field Visits	24	26	9
Home visits	2	0	2
<b>SCHOOL IMMUNIZATION AUDITS</b>			
No. of schools audited	22	20	16
No. of records audited	2277	2551	2276
<b>FORMS COMPLETED</b>			
Communicable Disease Reports	102	110	10
School Forms	86	36	30
Immunization Records	128	64	39

# Health Education

Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes. It is the responsibility of the Health Educator to provide the learning experiences which promote, maintain and improve individual, family and community health. This is done by way of community activities such as health fairs, discussion groups, educational presentations, trainings, seminars and much more. The Health Educator's goal is to identify community needs and encourage a healthy lifestyle by conducting effective and innovative programs and services that ensure the health and well-being of Englewood residents.

## **New Program: Englewood Moves**

The Health Department conducted its annual Spring Wellness Challenge, *Englewood Moves*, in conjunction with the City's Department of Recreation and Parks. This was a family oriented program that provided adults, senior citizens, and children the opportunity to engage in physical activity and walking. The program consisted of walking 1.5 miles on Tuesdays and different forms of physical activity on Thursdays at Mackay Park. There were an overall total of 70 participants. Prizes were raffled off for the adults as well as a bike and helmet for the youth.

## HEALTH PROMOTION

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

The Health Educator submits a monthly article for the *Current Health News* portion of the city website. The article is based on National Health Observances, an upcoming program or successful program. Articles are intended to educate the public on current health issues and engage city residents to participate in health related programs.

The department maintains a Facebook page which the Health Educator assists with by posting local community events, current 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*

The Health Educator writes for the quarterly Englewood Health Watch newsletter. This is printed and distributed for the community and posted on the city website. The newsletter is a great way of keeping residents informed of health related topics.

Topics covered in 2016 include:

- Alcohol Abuse
- Bicycle Safety
- Blood Pressure
- Cancer Awareness
- Cholesterol
- Dental Health
- Diabetes & Pre-Diabetes
- Drug Abuse
- Emergency Preparedness
- Hand Hygiene
- Mental Health
- HIV / AIDS Awareness
- Influenza
- Obesity
- Physical Fitness
- Stress Management
- Summer Safety
- Winter Safety
- Weight Management
- Blood borne Pathogen
- Movember Awareness
- National Public Health Week

### **Reach and Teach Program**

The Health Educator supervises the staff and activities of the Reach and Teach program, which is conducted by a full time Youth Health Educator dedicated to promoting health and wellness to Englewood adolescents and families.

Reach and Teach targets the youth population, ages 12-21, and focuses on community outreach to a variety of places such as churches, schools, and other organizations through education. In addition, outreach is conducted in non-traditional settings such as the swimming pool, street fairs, school cafeterias, college fairs, parks, and community agencies. Founded in 1989 in order to promote HIV/AIDS prevention, the program continues to evolve as it incorporates various other health topics today. Reach and Teach is sponsored by the Englewood Hospital & Medical Center and the Englewood Health Department, and the program partners with many local agencies and organizations in order to provide health education that challenges and encourages youth to make healthier choices.

Components of the program include "Reaching Out Reaching In, Staying Safe in Seventh, The Zone, cafeteria outreach, McCloud After School Program, and outreach at the daycare and elementary schools. The Youth Health Educator continues to work 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)*  
This program focuses on teen pregnancy and STI prevention through the use of informal lectures, group discussions, and interactive activities for the 8<sup>th</sup> grade students at Janis E. Dismus Middle School. In five sessions designed to educate the students during their health classes, youth learn about self-esteem, drugs, STIs/ HIV, and pregnancy prevention. The Youth Health Educator uses engaging games, activities and props to educate the students effectively about the consequences of risky behaviors. These techniques are to equip students with knowledge and to empower them to make smart choices about their health.

#### *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. The program educates students about body image, stress, the difference between flirting and sexual harassment, dating violence, and bullying. Informal lectures and interactive activities are used to engage students and have them develop an understanding of behaviors that reduce health risks and cultivate healthy habits. It also encourages the health and well-being of self and others, where students learn to accept and respect themselves and their peers.

#### *The ZONE*

The Youth Health Educator conducts monthly outreach sessions to students at The ZONE at Dwight Morrow High School in order to educate them about various health topics that are relevant. Recently The ZONE has opened at Janis E. Dismus Middle School, and outreach has been done at both. The Youth Health Educator incorporates interactive activities and brings awareness of health current and arising problems, such as the heroin epidemic, sugar intake, diabetes, bullying and more. Students view videos, engage in discussions, see pictures, and listen to informal lectures.

#### *Cafeteria Outreach*

The Youth Health Educator visits Janis E. Dismus Middle School cafeteria on a monthly basis to teach and distribute informational materials to students. Students take quizzes, look at pictures and models, and read informational posters and brochures that inform them about today's relevant health issues. The Giveaways are handed out to students who participate in the cafeteria outreach, and the Youth Health Educator answers questions the students may have regarding the topics.

### **Wellness Day**

Wellness Day is an annual event consisting of multiple workshops, speakers, vendors, and activities that encourage students to learn about health and the community. It also encourages the young people to become physically active, and they have fun participating in various physical activities. The Youth Health Educator presented human tic-tac-toe at Janis E. Dismus Middle School, which challenged students to utilize teamwork, strategy, and cardio exercise. Students expressed that they enjoyed the new game.

### **Hand Washing**

Various day care centers were visited by the Youth Health Educator and Health Educator to promote hand washing. The children were taught the importance of hand washing and how bacteria can easily spread from one place to another. They were also shown how to properly wash their hands and were given giveaways at the end of the lesson.

### **Englewood Public Library Summer Youth Program**

The Youth Health Educator partnered with the Englewood Public Library to conduct a summer program for the youth. The program focused on a variety of activities such as arts and crafts, playing different kinds of instruments, and more. Through this, children were exposed to a wide range of unique arts and music styles. The Youth Health Educator assisted the children with their activities and set up ice breaker games for the volunteers at the program.



**Figure 3 - Library outreach**

### **World AIDS Day**

Guest speaker, Tangy Major, shared her personal story with students at Dwight Morrow High School. Mrs. Major showed the students a video of her life story about contracting and living with HIV. Many students seemed very intrigued and encouraged from her story. Some asked various personal questions, as well as questions about HIV. Students learned basic information about HIV and were moved by her story. The Youth Health Educator invited Mrs. Major to speak in a more personal and intimate setting at the Englewood Library, where other students were able to listen and ask questions.

### **McCloud After School Program**

Outreach was conducted at the McCloud After School Program by the Youth Health Educator and Health Educator. The Youth Health Educator planned out physically active games that incorporated team work, body coordination, and physical fitness. Students were challenged to be respectful and honest in the games they played, as those were major factors to keep the games going. Some games included relay races, variations of tag, and more. The purpose of this outreach is to encourage and promote physical fitness and teamwork among students. Students enjoyed the various games played and were encouraged to work together.

### **McCloud Hygiene Lesson**

The Youth Health Educator and Health Educator gave a hygiene presentation at McCloud School. The Youth Health Educator focused on the boys and the Health Educator talked with the girls. Students were taught about proper hygiene habits, such as changing clothes after sweating, putting on different types of deodorant, how to maintain good oral hygiene, etc. The Youth Health Educator also prepared an activity where students matched and learned about different products being used for different body parts.

ACTIVITY	Sessions	Encounters
<b>Seniors</b>		
Senior Centers Outreach	19	50
Special Programs- Diabetes: Don't Sugar Coat It	13	15
<b>Adults</b>		
<i>Training/Education</i>		
Food Handlers Course	4	46
Car Seat Check Point	7	104
Tobacco Age of Sale Enforcement	1	10
Breast Cancer Lecture - St. Paul's Church	1	25
Sticker Shock	1	n/a
<i>Wellness</i>		
EHMC- Heart and Soul Festival	1	300
Stigma-Free Town Hall Mtg, Emotional Wellness Conf	2	150
National Public Health Week	2	30
Englewood Moves	9	70
NJ Well	1	75
Flu Clinic	2	60
Women's Wellness Mindfullness	1	15
<i>Outreach/Promotion</i>		
Hispanic Festival, 5 Streets United Block Party	2	78
Independence Day, Natl Night Out Against Crime	2	150
Farmer's Market	5	60
Sidewalk Sale, Movember Mixer	2	26
<b>Employee Trainings</b>		
Epi-Pen Training - King's Kids Learning Center	1	20
Bloodborne Pathogen Training	2	35
<b>Youth</b>		
Library Summer Club, Pool Outreach	7	40
Child Flu Clinic	1	25
Bergen Community College Health Fair	1	230
Community Garden, Green Fair	7	80
Back to School Block Party	1	120
<b>School Outreach</b>		
D.A. Quarles Elementary School	9	260
Kings Kids Learning Center	9	170
McCloud Elementary School	6	95
Grieco Elementary School	2	118
Vincent K. Tibbs Day Care, Infant Day Care	2	35
Janis E. Dismus Middle School		
Wellness Day	8	240
Reaching Out, Reaching In	14	280
Back to School Night	1	30
Cafeteria Outreach	4	200
HITTS Program	1	10
Staying Safe in Seventh	14	280
Dwight Morrow High School		
NULITES	2	8
Assembly: World AIDS Day, Steered Straight Presentations	2	250
The ZONE	4	65
<b>TOTAL</b>	<b>173</b>	<b>3,855</b>

## Municipal Alliance

Since 2014, the Department of Health has been responsible for coordinating the activities of the Englewood Municipal Alliance, which is funded by the Governor's Council on Alcoholism and Drug Abuse. Currently, all programs are operating under a 5-year grant cycle (2014-2019). The priority for this grant cycle is to reduce alcohol misuse and, specifically, underage drinking.

The EMA's vision is a community in which all members make wise and safe choices about alcohol, tobacco and drug use. Its vision is to promote the health and well-being of the residents of Englewood by encouraging smart decision making about at risk behaviors, especially alcohol, tobacco and drug use. This will be accomplished by working in partnership with businesses, schools, non-profit organizations and faith based organizations to promote public awareness, provide education and share resources.

The Department's Health Educators are responsible for one of the Alliance's programs, "Sticker Shock". The program aims to educate the community on the risk of providing and purchasing alcohol for minors. In FY2016, Special Programs funding was awarded for Englewood's Stigma Free Initiative, which is under the direction of the Department's Program Coordinator, who is also the Stigma Free Task Force Chair.

### *Sticker Shock Campaign*

The Youth Health Educator and Health Educator conducted Sticker Shock. The purpose of the program is to raise awareness among establishments that sell alcoholic beverages, and their customers, not to sell or buy alcoholic beverages for anyone under the age of 21.

Two students from Dwight Morrow High School worked with the Youth Health Educator to place stickers and bottle hangers on alcoholic beverages in Englewood establishments.

The stickers warned adults not to buy alcoholic beverages for minors and showed consequences of such actions. The campaign educates parents, guardians, and students about these laws as they buy alcohol in these establishments.

### *Stigma Free Initiative*

Public awareness about mental health and substance use disorders is ongoing throughout the year at community events and at formal presentations. Staffs attend various professional conferences and meetings during the year. The program was represented at events in the County as well.

Our feature program was a town hall meeting held at Englewood Hospital and Medical Center in March entitled "Mental Health: Let's Talk About It." This was co-sponsored by the Municipal Alliance and the hospital. Community outreach included a tree-planting ceremony in May and participation in the 5 Streets United Block Party in September.

In March, the Program Coordinator and the Youth Health Educator provided a resource table and information to municipalities interested in the initiative at a Stigma Free Networking Breakfast. They also presented at a seminar on Emotional Wellness Collaborations which focused on partnerships between schools and emotional wellness providers. In December, the Program Coordinator became a certified Mental Health First Aid Instructor.



**Figure 4 - Stigma Free Networking Breakfast**

## Stigma Free Town Hall Meeting 3/4/2016



# Community Outreach

## *Diabetes Education & Prevention*

The highlight of 2016 was the *Diabetes: Don't Sugar Coat It* education program. This was conducted by the Health Educator with funds from the Bergen County Community Development Block Grant. The 12-session program began on January 13<sup>th</sup> and concluded on June 22<sup>nd</sup>, with participants meeting every two weeks. The program used several approaches towards improving the health of Englewood seniors by incorporating nutrition education, self-management strategies, fitness activities and quarterly measurements of A1C, LDL and BP.

The program assisted participants with setting personal health goals and provided opportunities to them with a one-on-one session with a Certified Diabetes Educator. Participants learned about diabetes-related topics such as nutrition, exercise, weight loss, stress management, sleep tips, preventing complications and managing sick days. Components of the program included cooking classes at Le Gourmet Factory and low intensity physical activity, as well as providing a support system for participants by peers and mentors.

The program was very successful and increased the understanding of diabetes risk factors associated with unhealthy lifestyles and steps that can be taken to live a healthier lifestyle.

In addition to this program, the Public Health Nurse co-facilitated a six-week Diabetes Self-Management Workshop, with the Registered Environmental Health Specialist, at Mt. Calvary Baptist Church. This program is projected to be held twice yearly.

Staff assisted with an employee wellness program, NJ Well, through promotion and assisting participants complete the on-line health assessment.

The Public Health Nurse participated in numerous community events, working in conjunction with local churches at health fairs, performing blood pressure, cholesterol, and blood glucose screening. The Health Educator conducted outreach at senior centers, health fairs, day care centers, schools, churches, the hospital and many other locations.

2016 Community Events	
Adult Daycare Group at Bergen Family Center	Blood borne Pathogen Training at Recreation Department
Happy Tooth, Sad Tooth Dental Health Activity	Health Related Issues Group at Southeast Senior Center for Independent Living
Breast Cancer Lecture - St. Paul's Episcopal Church	Hispanic Festival
Heart and Soul Festival at Englewood Hospital and Medical Center	Car Seat Check Point
Pneumonia and Influenza Clinic	Epi-Pen Employee Training
Sticker Shock Campaign	Bergen County Car Seat Checkpoint at Riverside Square Mall
Blood borne Pathogen Training at Recreation Department	Latino Festival at Grieco Elementary School
World AIDS Day	



# **Mission, Vision & Values Statement**

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## **Mission**

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The mission of the Englewood Health Department is to protect and enhance the health of the people of Englewood. The Department accomplishes this mission by:

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

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## **Vision**

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The Department envisions an Englewood where healthy people live in healthy communities. We see a Department that, through effective organization and collaboration, creates an Englewood in which:

- people live long, healthy lives
- preventable diseases and disabilities are, in fact, prevented
- public health strategies significantly contribute to improving the quality of life
- the employees of the Department are recognized and rewarded for their excellence and are fulfilled in their careers
- there is public recognition of the Department's track record for excellence

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## **Values**

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The Department of Health values:

- people living healthy lifestyles in healthy communities
- that everyone deserves the best quality health care available
- our ability to identify threats to the public's health and respond to them through better coordination and utilization of available resources
- the importance of fostering partnerships with individuals and communities
- our diversity and uniqueness and that of those we serve
- a supportive work environment that promotes achievement of our full potential