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Dr. Aliza Solomon

Dr. Lisa Wisotsky

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# 2017 Annual Report

*City of Englewood Department of Health*



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

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*Prevent / Promote / Protect*

## 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 ..... Senior 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

Fausto Garcia .....Registered Environmental Health Specialist  
Marjorie Jones, MD .....Pediatrician  
Patricia August .....Public Health Nursing Supervisor

## **Message from the Director**

The 2017 Annual Report of the Englewood Health Department provides details of our accomplishments over the past year. The Department provides a variety of services and programs to the community in the areas of preventive medicine, health education, environmental health, and vital statistics.

We received \$46,098 in grant money in 2017, of which nearly half came from the Englewood Hospital and Medical Center to support our Youth Health Educator position. This was the 18<sup>th</sup> consecutive year that they donated to the Reach and Teach program. We are grateful to have a generous hospital in our city to partner with us to promote public health.

Our annual spring walking program was called "Walk with a Doc," and we averaged 41 participants at each session. This was by far my favorite event in 2017 because it connected the community with local medical doctors while engaging residents in physical activity.

The Vital Statistics Section of the health department was busier than usual in the beginning of 2017 due to a 20% surge in birth certificates requests. We are fortunate to have hard working employees anchored in this section that efficiently met the demand while providing excellent customer service. One way we know this is from the complimentary letters received, not only from people who visited our office, but also from people who were helped electronically.

An outstanding job was done by the Environmental Health Section in helping our food service industry focus on food safety. They conducted a total of 305 retail food inspections and addressed all complaints in a timely and professional manner. There were no food-borne disease outbreaks in our jurisdiction. Additionally, we were awarded \$7,293 in grants from the Food and Drug Administration and the National Association of County & City Health Officials to enhance our food safety program.

We look forward to another productive year and a healthy 2018.

James M. Fedorko  
Director of Health Services/Health Officer

## **Message from the Board of Health**

In 2017, the Englewood Health Department continued its commitment to providing quality services, programs and excellent customer service to the citizens of Englewood and to those of surrounding towns who needed our assistance. Whether you came to the offices located at 73 S. Van Brunt Street or interacted with the staff at various community events, the same high level of excellence was exhibited. Under the leadership of James Fedorko, Health Director, residents and visitors alike received the best care from all branches of the department. This was evidenced by the programs and services for all ages, from infancy to senior citizen.

Following are some of the services that were provided: Child Health Clinics, Rabies Clinics, Walk with a Doc fitness program, restaurant inspections and licensing, Birth, Marriage and Death Certificates, Marriage Licenses, health programs at various schools in town, and Diabetes Self-Management courses.

It is with great pride that I serve as President of the Board, along with others who are just as committed to ensuring that each person in this city remains healthy and has access to necessary resources. Thank you.

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



Figure 1 - Front L-R Dr. Lisa Wisotsky; Dr. Ketsia Sadler; Stephanie Davis; Daniel Daniel  
Rear L-R William Soukas, Esq.; Dr. Aliza Solomon; Bertha-Nora Acosta; JoEllen Bostick;  
James Fedorko, Director/Health Officer

**Financial**

REVENUE	2015	2016	2017
<b>Operations:</b>			
Certified Copies, Amendments, Permits	146,444	141,973	153,034
Marriage/Civil Union/Dom Partner Lic	5,320	5,684	5,572
Dog Licenses	7,536	7,242	6,344
Cat Licenses	906	819	910
Pet Late Lic Fees & Dupl Tags	4,628	1,670	1,604
Retail Food Licenses / Plan Reviews	53,735	52,700	56,215
Food Establishment Re-insp / Late Lic Fees	475	4,675	3,910
Misc Lic (Pools, Temp Food, etc)	595	5,567	5,855
FMC / FHC Course Registration	600	1,450	6,695
CHC User Fees	565	1,275	1,595
Misc Income (Copies, Notary, Exped Svcs)	2,762	3,668	4,290
Fee For Service (Mantoux, Flu/Other Vaccines)	3,190	5,780	5,890
<b>Total Operations Income</b>	<b>226,756</b>	<b>232,503</b>	<b>251,914</b>
<b>Grants:</b>			
EMHC Reach & Teach	24,000	24,000	24,000
Munic Alliance: Sticker Shock	1,000	585	585
Munic Alliance: Stigma Free Initiative	2,000	3,500	500
Bergen County: Stigma Free Init, Wellness Init			1,400
FDA/NACCHO Food Safety Program	12,185	5,893	7,293
NJ ACCHO Emergency Preparedness			2,320
CDBG Heart Health/Diabetes Mgmt	5,000		10,000
<b>Total Grant Income</b>	<b>44,185</b>	<b>33,978</b>	<b>46,098</b>
<b>REVENUE GRAND TOTAL</b>	<b>270,941</b>	<b>266,480</b>	<b>298,012</b>

<b>EXPENDITURES</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>
Contractual Services	8,670	8,691	7,376
Advertising	2,177	1,165	240
Postage	5,640	7,737	4,253
Printing/Binding	2,554	2,055	1,548
Office Equipment - Servicing	1,905	0	1,043
Specialized Services	17,392	26,320	21,376
Books, Publications	308	789	4,072
Office Supplies	7,166	5,518	5,333
Training Aids/Programs	2,645	1,219	1,756
Meetings, Conventions, Conferences	2,822	1,041	1,114
Uniforms & Accessories	2,335	365	514
Memberships	985	1,030	1,145
Travel Allowance	1,375	1,665	1,588
Other Equipment	3,713	3,937	3,419
Motor fuel & lubricants (line added 2017)			604
Other materials & supplies	-215	1,072	874
Food & drugs	3,519	1,892	2,089
Photo, Blueprint & Developing (Copiers)	6,904	7,124	6,154
Child Health Clinic	932	1,957	832
Youth Programs	740		425
TASE (Tobacco Age of Sale Enforcement)	460	550	400
<b>EXPENDITURES TOTAL</b>	<b>72,027</b>	<b>74,127</b>	<b>66,155</b>
Staffing	13 FTE	13 FTE	13 FTE

## Vital Statistics & Licensing

The number of records filed in 2017 for events that occurred in Englewood remained about the same as the previous year. However, certified copies issued to the public increased by over 3,000 – 10,986 in 2016 vs. 14,113 in 2017 – a 22% increase in volume. Pet licenses were not renewed at the usual rate (824 total licenses for the year), but retail food licenses increased by 80, and there were an additional 69 temporary event licenses issued this year. Consequently, the support provided for telephone inquiries and the customer service desk also increased significantly.

In order for the staff to maintain certification as a Certified Municipal Registrar, they participated in State sponsored webinars or in-person trainings for continuing education credits. During the calendar year, the State Office of Vital Statistics & Registry offered 45 unique courses for credits. The credits could also be obtained by participating in surveys or skills courses. Staff is permitted to attend in-person trainings on a rotating basis to ensure coverage of the office. The State also provides frequent updates via email to ensure that all registrars are kept abreast of policy and Statutes changes.

### *Causes of Death*

CAUSES OF DEATH		2015	2016	2017
	Englewood Residents			
1	Heart disease	44	47	51
2	Cancer	43	46	46
3	Chronic respiratory disease	27	12	10
4	Stroke, Other cerebro-vascular	24	21	10
5	Diabetes+	4	4	1
6	Nephritis, Nephrotic syndrome, Nephrosis	33	21	9
7	Alzheimer's ( or any) dementia*		19	16
8	Influenza and pneumonia*		16	12
9	Accidental, Suicide, Homicide	5	6	2
10	Other	5	11	26
11	pending investigation	4	2	3
<b>TOTALS</b>		189	205	186

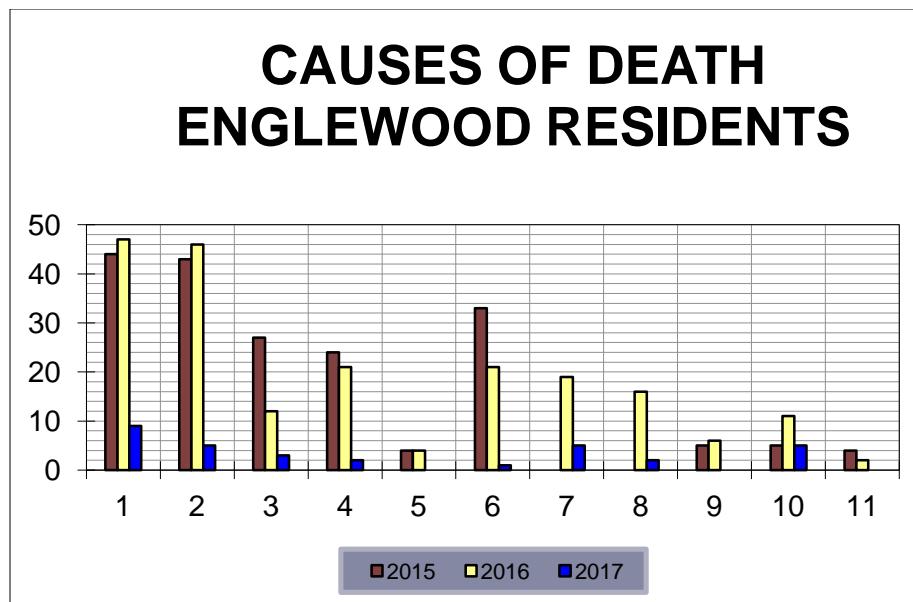
\*Reclassified per CDC 2016

+Diabetes was an underlying cause in 8 instances

Other incl adv age, failure to thrive, sepsis, autoimmune

For 2017, Congestive Heart Failure accounted for 12 of the 51 total cases of heart disease related deaths. While Diabetes was the primary cause of death for only 1 resident, it was an underlying cause for 8 residents. In addition, 11 of the Other causes were due to sepsis, and the most prevalent types of cancer were of the lung (12), pancreas (7) and prostate (7).

Two (2) Accidental, Suicide or Homicide Deaths were attributed to overdose involving multiple substances in both instances. The combined effects of heroin, fentanyl, acetyl fentanyl, cocaine and ethanol caused one death. Acute intoxication by ethanol, fentanyl and heroin caused the other death.



According to the Centers for Disease Control (CDC), the top 12 causes of death account for more than 75% of all deaths. For information on these diseases, risk factors, causes and tips for prevention, read [What Are the 12 Leading Causes of Death in the United States?](#)

As a means to compare our resident causes of death, the top 12 are as follows:

Cause	Deaths per year	% of Total
Heart disease	633,842	24.1
Cancer	595,930	22.7
Chronic lower respiratory disease	155,041	5.9
Accidents (unintentional injuries)	146,571	5.6
Stroke	140,323	5.3
Alzheimer's disease	110,561	3.9
Diabetes	79,535	3.0
Influenza and pneumonia	57,062	2.2
Kidney disease	49,959	1.9
Suicide	44,193	1.7
Septicemia	40,685	1.5
Chronic liver disease and cirrhosis	40,265	1.5

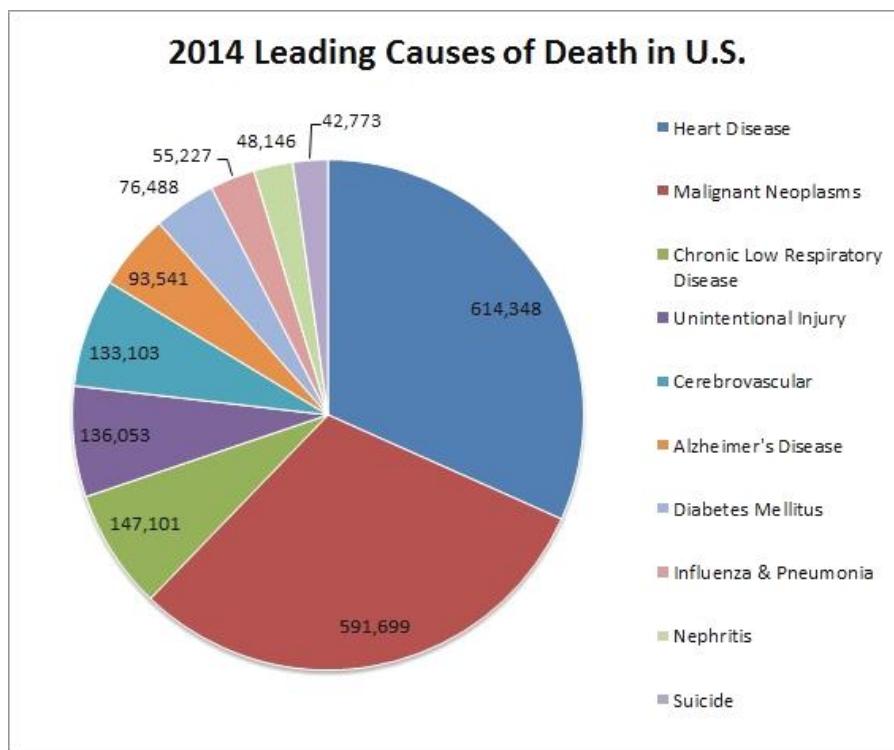


Figure 2 - CDC Statistics

## **Environmental Health**

The Environmental Health staff 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 the following:

- 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
- Response to various public health complaints & Health Code violations
- Educational outreach
- Wild animal/feral animal complaints

The Public Health Investigator (PHI) is a certified Animal Control Officer and holds licenses for pesticide application and lead paint/poisoning investigations. Additionally, the PHI handles animal bite investigations and areas where suspected rabies exposures have occurred. The REHS oversee, inspect and educate the various retail food establishments. This reduces the threat of food borne illness to the public due to improper preparation, storage and temperature control of various food products.

A variety of public health nuisance complaints are handled by the team. These complaints, and other issues, are resolved by educating the public on violations. At times, summonses are issued which require presenting cases before the Municipal Court to obtain positive resolutions.

### *Retail Food Program*

The Health Department is responsible for the food safety aspects of more than 250 retail food establishments in Englewood plus vending machines and community events. The goal of the program is to assure safe food to the public by continuously increasing awareness about safe food handling with food handlers, owners, managers, and the public; routine inspections with mandated corrections;

and legal enforcement and/or closure when all other efforts fail. We view food safety as a partnership between retail food establishments and our department.

While we look at all aspects of the operation, our concentration is on the five major risk factors identified by the Centers for Disease Control and Prevention. These risk factors are the aspects of food handling that directly cause food borne illnesses.

1. Poor personal hygiene
2. Inadequate cooking temperatures
3. Improper holding temperatures
4. Unclean food contact surfaces
5. Unsafe food sources.

The Food Establishment Surveillance Program, conducted by our department, is based upon the rules and regulations set forth in Chapter 24 of the New Jersey State Sanitary Code (NJAC 8:24- et al) and Minimum Standards. Other local and State Codes can also be used, as needed.

An inspection results in the establishment being rated as follows:

- *Satisfactory* (white placard) - 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 establishment ceasing all operations until the violations are corrected and compliance is achieved.

2017 Conditional Ratings			
H MART	1/26/2017	LUNA LOUNGE	6/8/2017
TIPICOS MORAZON RESTAURANT	1/25/2017	DUNKIN DONUTS (39PALISADES AVE)	6/13/2017
LA CUMBIA SALVADORENA	1/26/2017	BAGEL EXPRESS	6/14/2017
LA PLAZITA FOOD MARKET	2/24/2017	GW B EXXON/TIGER SERVICE STATION	8/14/2017
SPRING TREE BAGEL	2/27/2017	ENGLEWOOD FIELD CLUB	8/17/2017
DONG FUNG INC FAR EAST RESTAURANT	2/27/2017	FRESH TASTE LLC	8/17/2017
LITTLE CEASARS	2/28/2017	TAQUERIA GUEROS	8/26/2017
H MART	2/28/2017	CASSIE'S RESTAURANT	8/31/2017

GUS STEEL GRILL	3/6/2017	NEW WOK ORIENTAL	9/21/2017
ROUTE 4 EXPRESS	3/21/2017	BLUE MOON MEXICAN CAFE	9/28/2017
TIGER TRACK INC.- ENGLEWOOD TIGER	3/21/2017	HUMMUS ELITE	9/28/2017
TIPICOS MORAZON RESTAURANT	3/31/2017	JANIS E DISMUS MIDDLE SCHOOL	10/13/2017
DONG FUNG INC FAR EAST RESTAURANT	4/11/2017	NAMOODOL	10/18/2017
CIRCLE SQUARE JAMAICANAMER REST	4/26/2017	ROSE'S OF ENGLEWOOD	10/25/2017
LILY AND LIAM LLC	4/28/2017	PATTISERIE FLORENTINE	10/29/2017
TIPICOS MORAZON RESTAURANT	5/16/2017	SUSHI TATSU	12/7/2017
DUNKIN DONUTS (39PALISADES AVE)	5/19/2017	YESHIVA OHR HATALMUD	12/11/2017
MANHATTAN BAGEL	5/22/2017	7-ELEVEN (#34180)	12/26/2017
CHAT KAEW THAI CUISINE	5/23/2017	COLPAN BAKERY	12/27/2017
ALSTON'S DELI & CATERERS	5/24/2017	DUNKIN DONUTS (39PALISADES AVE)	12/28/2017
SPICE MANTRA	5/30/2017	BINGHAMTON BAGEL CAFE	12/29/2017
PLATO ESPANOL	6/8/2017		

**2017 Unsatisfactory Ratings**

SALVADOREAN DELI	12/07/2017
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Inspection placards must be publicly displayed by the establishment, in the front entrance facing the street, for easy viewing by the public. All inspection reports are available for viewing by the public on the City's website. Additionally, in the case of establishments that are graded as "Conditionally Satisfactory" or "Unsatisfactory", a report is submitted to the Bergen Record for publication.

#### *Food For Thought*

A semi-annual newsletter, *Food for Thought*, is created by the Registered Environmental Health Specialists as an educational support tool serving Englewood's restaurants, school cafeterias, mobile vendors, markets, health care facilities. The newsletter highlights changes within the NJ State Sanitary Code (Chapter 24), sanitation, food safety and problematic trends during inspections. Articles compiled serve to educate and remind food establishment owners of proper practices and precautions to be taken. It is also available to the general public through the City's website.

#### *Temporary Food License Inspections*

During the course of the year, the City of Englewood has various community events that involve the sale and/or preparation of food in an indoor or outdoor setting. These events require organizers to obtain temporary food licenses. A REHS is then required to inspect the event's food vendors to ensure that all State Sanitary Code regulations are followed and that proper food handling techniques are being observed. During 2017, there were 75 temporary licenses issued for events which included, but were not limited to the following:

- Bergen Pac End of Summer Concert
- Community Fellowship & Fun Day
- Englewood Classic Car Show
- Englewood Family Day
- Englewood Farmers Market
- Englewood National Night Out
- Englewood Night Market
- Englewood Sidewalk Sale
- Flat Rock Brook Nature Association "Great Fall Festival"
- 4<sup>th</sup> of July Celebration
- Jabari Society "Juneteenth" Celebration
- Latino Festival
- Sun Fun Camp End of the Summer Pool Party
- Uptown Barbershop Basketball Tournament
- Jabari Society "Juneteenth" Celebration

#### *City Licenses & Miscellaneous Inspections*

The Health Department conducts Certificate of Occupancy and Continued Certificate of Occupancy inspections at food establishments as well as beauty, barber and nail salons. These inspections are conducted to ensure compliance with all City and State regulations as well as the State of NJ Board of Cosmetology.

In addition, the Environmental Unit is responsible for plan reviews for new construction and renovations of existing structures. These reviews cover businesses such as retail food establishments, beauty, barber and nail salons and pools.

#### *Public Health Recalls*

The Environmental Unit is alerted of consumer recalls by the U.S. Food & Drug Administration (USDA), Food & Drug Administration (FDA) and the NJLINCS Health Alert Network via email. They advise what action is needed to be taken. In 2017, there were 386 food recalls, none of which required immediate action from the Health Department. If action is required, the Registered Environmental Health Specialist will do so. These actions may include going to the retail food establishment and have owners remove the products from the shelves and inform their customers of product recalls.

#### *Recreational Bathing/Pool Inspections*

Englewood has 9 semi-public pools and 2 public pools; each pool undergoes a yearly 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 to an opening inspection, spot checks are conducted throughout the season, as well as reviewing weekly water quality analyses reports.

#### *Youth Camp/Summer Program Inspections*

Our unit is also responsible for the sanitary inspections of all Englewood summer camps and after-school programs for children and youth. These programs provide fun activities and life learning skills but there is also a health risk component while attending them. The Health Department's Environmental Unit is tasked with conducting inspections as prescribed under Chapter 25 of New Jersey's Youth Camp Standards code. All camps and after-school youth programs must be registered with NJ Department of Health & Senior Services. The inspection covers areas such as proper ratios of staff to campers/students. Records reviewed during inspections include: Staff background checks, first aid supplies and medical logs for campers, bus safety and emergency protocols, as well as food safety practices. There were 4 youth camps and 1 new after-school program inspections conducted during 2017.

#### *Rabies Control*

Rabies is a deadly viral disease spread through the saliva of an infected animal usually through a bite. Given the nature of the disease special attention is needed when dealing with it. A critical part of the unit's mission is conducting bite follow-up and providing vaccinations against rabies. The

Health Department provides a free rabies clinic and also is contracted with Twin Oaks Veterinary Hospital to provide free rabies vaccinations for cats and dogs of Englewood residents.

The Environmental Unit conducts reviews and identifies all people who have been bitten by animals. It is important to determine that the biting animal has been vaccinated and will be confined for ten days to confirm the health of the animal. In addition, there are cases where a domestic animal is bitten and must be quarantined to ensure that it has not been infected with rabies. The Environmental Unit works in conjunction with the County and State with these cases to ensure public safety.

#### *Mentoring/Internships*

The Englewood Health Department serves as an internship site for students who attend Montclair State University, Rutgers University and William Paterson University. An inspector in the Environmental Unit allows the student to work alongside them as they perform day to day activities. The goal of the inspector is to expose the student to the many aspects of Environmental Health. The students are provided with the opportunity to observe food inspection and compliant investigation techniques, as they apply to local ordinances and State regulations.



Figure 3 Rabies Vaccination Clinic

## **Public Health Nursing**

The Englewood Health Department's Public Health Nursing unit continues to deliver health services to the City of Englewood and surrounding areas. The current nurse, employed for three and one-half years, continues to make preventive measures her number one priority. In 2017, the health department continued to promote its well care services and other health programs. The programs offered are favorable, relevant, and in touch with the community's demands and needs.

Programs have remained consistent and are available to residents and non-residents. Established programs continue to exist and have improved. New programs and practices were developed and integrated with existing programs. The main goal of the Public Health Nurse is to develop ways to improve programs and achieve positive outcomes and collaborate with other medical professionals to get additional health services at the facility.

The health department services include: well-child clinics, preventable disease vaccines for adults, blood pressure checks, community outreach, referrals, lead education, A1C testing, 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 and administrators, and peers.

### *Child Health Conference (CHC)*

The CHC is a wellness clinic that focuses on promoting the health of infants and school-aged children from the community who are uninsured, American Indian, Alaskan Native, or are on Medicaid part A. Preventative health care is provided for newborns to 18 year olds. Services include: physical examinations, health screenings, immunizations, and health counseling. Performance indicators for the past four years (2014-2017) are presented in the Nursing Statistics.

### *School Immunization Audits*

Each year, during January to March, the Public Health Nurse performs the yearly schools' immunization audit reviews. 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.

Children, who are not immunized, may be exempted for medical or religious reason. Medical exemptions should be written only by a physician licensed to practice medicine/osteopathic medicine or a nurse practitioner and must indicate a set period of time in which the child cannot receive specific vaccinations. Religious exemption is based on the parents' religious beliefs, and it must be dated and signed.

#### *Communicable Disease Reporting*

The primary function of the Communicable Disease Reporting System is to stop epidemics and disease outbreaks. It is an ongoing process that finds threats, and then we must respond rapidly to prevent new infections. In 2017, there were no disease outbreaks in Englewood.

#### *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. In addition, Mantoux skin test and blood pressure screening is also done at the clinic.

#### *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, and Lead Training Updates.

The Public Health Nurse provided onsite training to Health Department staff on safe vaccine management and handling.

#### *Community Outreach*

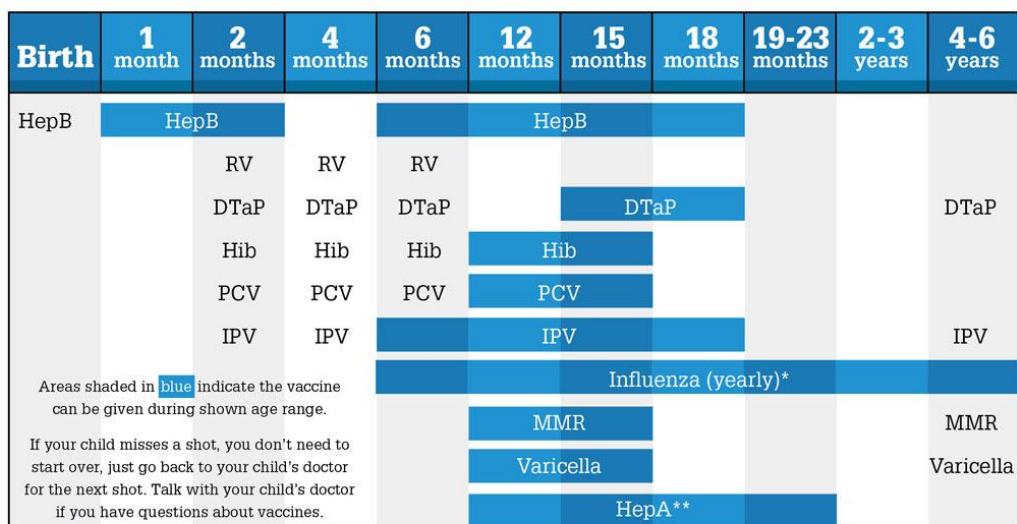
Conducting lectures on health at local churches and schools, participating in health fairs, and performing blood pressure, cholesterol, and blood glucose screenings are all means of community outreach. In addition, the Public Health Nurse promoted NJWell, an employee wellness program that focuses on helping an individual to set goals for optimal health by participating in healthy activities, and assisted participants with sign-up and completion of the on-line health assessment. Those who completed the program received a maximum of \$250.00 and a minimum of \$125.00. The monetary incentive received is based on the number of health assessments completed.

Statistics	2014	2015	2016	2017
<b>CHILD HEALTH CLINIC</b>				
Number of Sessions	8	19	19	19
Total Children Seen	49	82	139	146
Children ages 0-4	16	23	33	22
School-aged Children	33	59	105	124
Immunizations administered	120	163	324	326
Immun children ages 0-4	34	53	90	66
Immun school-aged children	86	110	234	260
Flu Vaccines administered	19	41	52	42
Mantoux skin test administered	0	3	15	15
Intakes- New Children	25	31	86	63
CHC Flu Clinic (1 session)				
Total Children Seen	19	17	24	14
CHC Screenings				
Growth Measurements	24	25	66	44
<b>ADULT HEALTH</b>				
Adult Blood Pressure	12	50	30	22
BP / Health Education	12	44	30	22
Adult TB Screenings	4	18	18	15
Adult Vaccination Clinics				
Flu Vaccines	9	10	56	65
Pneumonia Vaccines	4	2	8	14
Zostavax Vaccines (Shingles)	2	8	8	29
Tdap / Menvio Vaccines	18	44	92	70
Hepatitis Vaccines	10	9	9	37
Other Vaccinations	19	54	117	96
<i>Total vaccinations administered</i>	62	127	285	287
<i>Total persons vaccinated</i>	37	82	138	184
<i>Total older adult vaccinations admin</i>	4	0	0	0
<i>Total older adults vaccinated</i>	4	0	0	0

COMMUNITY OUTREACH					
Community Field Visits		9	26	24	12
Home visits		2	0	2	0
SCHOOL IMMUNIZATION AUDITS					
Number of schools audited		16	20	22	22
Number of records audited		2276	2551	2277	2200
FORMS COMPLETED					
Communicable Disease Reports		10	110	102	95
School Forms		30	36	86	54
Immunization Records		39	64	128	126

## CDC Recommended Immunizations

for Children from Birth through 6 Years Old



\* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

\*\* Two doses of Hep A vaccine are needed for lasting protection. The first should be given between 12 and 23 months of age, and the second 6-18 month later.

## **Health Education & Promotion**

The Health Educator is responsible for coordinating, implementing and developing health promotion and education programming on all life cycles. The purpose is to raise awareness, encourage health and provide educational interventions in an effort to modify and change negative behaviors. The goal is to identify community needs to prevent disease and illness by assisting the community to adopt healthy behaviors.

### **NEW PROGRAMS**

#### *Chronic Disease Self-Management Program*

"Take Control of Your Health" is a 6-week self-management curriculum from Stanford University for managing chronic illnesses. The program is for caretakers and individuals suffering from a chronic illness to teach the skills needed to live a healthy lifestyle with chronic conditions. The program was taught at the Englewood Housing Authority for seniors suffering from chronic illnesses. They learned many skills to help manage their illnesses and created small weekly goals they can accomplish each week. By the end of the program, many of the participants were on their way to creating a lifestyle change.

#### *Walk with a Doc*

The Englewood Heath Department conducted its 4<sup>th</sup> annual Spring Wellness Challenge – Walk with a Doc – which was held on Mondays, Wednesdays and Fridays for 4 weeks. The purpose of the program was to have Englewood residents exercise and meet local doctors. All the doctors had the opportunity to talk about their practice and promote prevention and health screenings. Each doctor then led participants on their 1.5 mile walk around the track. Throughout the course of the program, there were an average of 41 people per walk.

#### *Happiest Baby on the Block*

The Health Educator partnered with the Childbirth Education Department at Englewood Hospital and Medical Center to teach "Happiest Baby on the Block." This education program was created by Dr. Harvey Karp, Pediatrician, to educate parents on soothing techniques for their infants. The program is a part of Dr. Karp's vision to strengthen the bond between parents and children and create happier, healthier, and more loving families. Soon to be parents and caregivers are introduced to the fourth trimester – the 5 S's method – swaddling, side or stomach position, shushing, swinging and sucking. The ultimate result for parents is a calmed sleeping baby, if the 5 S's technique is done correctly. The first class was for 10 expecting couples who enjoyed the hands-on two-hour class.

## HEALTH PROMOTION

### *Web Page and Social Media*

Each month, the Health Educator writes an article based on the National Health Observances and current or upcoming programs which is posted in the Current Health News section of the City of Englewood website. The article is intended to educate the public on a specific topic to prevent or inform about disease and/or illness. Upcoming events are also added to the Health Department calendar.

Content is contributed to the Department's Facebook page and Twitter feed to include upcoming events, national health observances and current health topics.

### *Newsletter*

Englewood Health Watch is the Department's quarterly newsletter, and the Health Educator contributes an article on national health observances or upcoming programs or events. The newsletter is printed and distributed for the community and on the City's website.

### *Community Events*

Attendance at community events, to promote health and wellness, helps maintain the Health Department's presence within the city. By participating at these events, the Health Educator informs the public on current health topics and national health observances.

This year's events included:

- Pinkalicious Party
- Women's Wellness Program
- Hidden in Plain Sight
- Heart and Soul Festival, Englewood Hospital and Medical Center
- Stress Management Lunch & Learn
- NJ Well
- Spring Fest
- Stigma-Free 2<sup>nd</sup> Town Hall Meeting
- Family First Aid Training
- National Night Out Against Crime
- Chronic Disease Self-Management Program
- Epi-Pen Training
- Movember
- Happiest Baby on the Block
- Latino Festival, Grieco Elementary School
- Great American Smoke-out
- World AIDS Day
- Hispanic Festival
- Children's Flu Clinic
- Community Health Fairs
- Walk With a Doc
- Wellness Day, Janis E. Dismus Middle School
- Healthy Eating – Summer Program, Janis E. Dismus Middle School
- Puberty Lesson for 5<sup>th</sup> graders, McCloud Elementary School

- Happy Tooth, Sad Tooth Dental Activity
- Health Related Issues Group, Southeast Senior Center for Independent Living
- Car Seat Check Point

Topics Covered included:

- Allergies
- Alzheimer's
- Breast Cancer
- Cancer
- Dental Health
- Drug Abuse
- Eating Disorders
- Emergency Preparedness
- Exercise
- Food Safety
- Hand washing
- Hearing Loss
- Heart Disease
- HIV/AIDS
- Hygiene
- Immunizations
- Influenza
- Lung Cancer
- Men's Health
- Mental Health
- National Kidney Month
- National Public Health Week
- Nutrition
- Obesity
- Sexually Transmitted Infections
- Stress
- Winter Safety



Figure 4 - Community Outreach during National Night Out

### ***Reach and Teach Program***

Reach and Teach is a program founded in 1989 that focuses on community outreach to a variety of places such as churches, schools, and other organizations. The program was created to promote HIV/AIDS prevention and continues to evolve as it incorporates various other health topics today. This education program, sponsored by the Englewood Hospital and Medical Center and the Englewood Department of Health, targets the youth ages 12-21 through in-school outreach and educational curriculums.

The program partners with local agencies and organizations in order to provide health education that challenges and encourages youth to make healthier choices. Outreach is conducted in non-traditional settings such as the swimming pool, street fairs, school cafeterias, college fairs, parks, and agencies.

Reach and Teach is conducted by a full time Youth Health Educator that is dedicated to promoting health and wellness to Englewood adolescents and families. The main components of the program include "Reaching Out, Reaching In", "Staying Safe in Seventh", The Zone, cafeteria outreach, McCloud Afterschool Program, Greico After-school Program, and outreach at the daycare and elementary schools. The Youth Health Educator works closely with teachers, parents, Board of Education members, and other community leaders in order to successfully provide relevant education that promotes healthy lifestyles for the youth of Englewood.

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

This program component focuses on teen pregnancy and STI prevention through the use of informal lectures, group discussions, and interactive activities for 8<sup>th</sup> graders at Janis E. Dismus Middle School. Reaching Out, Reaching In is a 5-session program designed to educate students about self-esteem, drugs, STI's/ HIV, and pregnancy prevention, during their health classes, through the use of games, activities, props, and informal lectures. All of this is to equip students with necessary knowledge and empower them to make smarter choices and be aware of how not to contract an STI or become pregnant. While addressing the issues of teen pregnancy and STI/HIV contraction, Reaching Out, Reaching In 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. It educates students on body image, stress, the difference between flirting and sexual harassment, dating violence, and bullying. The program uses informal lectures and interactive

activities 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.

*Dwight Morrow High School - The ZONE*

The Youth Health Educator conducts monthly session with students at the ZONE in the middle and high school level in order to educate them about various health topics that are relevant to them. The Zone is a casual area where students come to access resources that assist them in a variety of ways. The Youth Health Educator incorporates interactive activities and brings awareness of health problems arising, such as the heroin epidemic, sugar intake, mental health, bullying and more. Students view videos, engage in discussions, play jeopardy, and listen to informal lectures of important health topics at hand.

*Cafeteria Outreach*

Consistent visits to Janis E. Dismus Middle School cafeteria are made by the Youth Health Educator during lunch hours to teach and give informational materials to students. Students take quizzes, look at pictures and models, and read informational posters and brochures that inform them about relevant health issues today. Topics include mental health, drugs and alcohol, summer safety, and more. The Youth Health Educator also hands out giveaways to students who participate in the cafeteria outreach and answers questions that 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. A primary focus is having students become physically active, encouraged by the Youth Health Educator who incorporates various team based physical activity games that students enjoy. Various games like human tic tac toe, math relay races, and others, are used, all of which challenge students to utilize teamwork, strategy, and cardio exercise.

*Mount Calvary After-school Program*

The Youth Health Educator is involved with the Mt. Calvary After-school Program. Presentations are conducted for students attending the program, and they are engaged in educational and physical activities that help them learn to be healthy. Topics include nutrition, respect, bullying, sugar intake,

and exercising. Students participated in physical activity games to incorporate team work and cardio exercise.

#### *Hand Washing*

The Youth Health Educator and Health Educator go to various day care centers to promote proper hand washing to the kids. The Health Educators prepare interactive activities for kids to visualize the spread of bacteria if they don't wash their hands. Kids learn the importance of hand washing and how bacteria can easily spread from one place to another. Kids are also shown how to properly wash hands through demonstration and are given giveaways at the end of the lesson.

#### *Happy Tooth Sad Tooth*

Dental educational outreach to day care centers and students at Quarles Elementary School is provided by the Youth Health Educator and Health Educator. The outreach incorporates an interactive activity and props that help students stay involved and visualize the information. Students learn which foods have a lot of sugar and are shown, through demonstration, how to properly brush their teeth. At the end of each lesson, the students are given giveaways that include toothbrushes, floss, and more.

#### *World AIDS Day*

This year, Dwight Morrow High School and Bergen Family Center invited a speaker for World AIDS Day. The speaker told his personal story of living with HIV. He stressed the importance of making wise decisions and getting tested while connecting to students in a personal way. A HIV testing van was made available by NJ Buddies for students who were interested. The Youth Health Educator played a supportive role during by educating students about HIV and STI in other small areas of outreach.

#### *McCloud After-school Program*

The Youth Health Educator and Health Educator worked with the McCloud After-school Program to do outreach. The Youth Health Educator planned out physically active games that incorporated team work, body coordination, and physical fitness. Students were also challenged to be respectful and honest in the games they played, as those were major factors to keep the games going.

### Grieco After-school Program

The Youth Health Educator started outreach at Grieco After-school Program late in 2017 to promote physical activity to the students. Similar to McCloud After-school Program, the Youth Health Educator prepared various physical games that involve cardio exercise and teamwork. Students are encouraged to be honest, respectful, and constantly active.



Figure 5 - Health Educator and Youth Health Educator presenting to elementary school students

<i>Health Education Statistics</i>		<b>Sessions</b>	<b># Reached</b>
<b>ACTIVITY</b>			
<b>Seniors</b>			
Bergen Family Center		10	25
Chronic Disease Self-Management Program		6	12
Housing Authority Outreach - 111 West St		1	20
Southeast Senior Center for Independent Living (SESCIL)		10	25
<b>Adults</b>			
Englewood Hosp and Med Ctr - Heart and Soul Fest		1	25
Englewood Blood Drive		1	40
Englewood Moves - Walk With a Doc		12	50
Great American Smokeout		1	10
Happiest Baby on the Block		1	14
Hidden In Plain Sight		1	35
Hispanic Festival		1	80
Movember		1	12
National Night Out Against Crime		1	50
National Public Health Week		3	45
NJ Well Sign-Up		2	20

Sidewalk Sale	1	25
Spring Fest	1	20
Stigma-Free Town Hall Meeting	1	25
World AIDS Day	1	50
<b>City Staff Trainings</b>		
Lunch and Learn - Stress Management	1	28
Family First Aid Training	1	15
<b>Employee Trainings</b>		
Epi-Pen Training - King's Kids Learning Center	1	20
<b>Youth</b>		
Back to School Block Party	1	120
Bergen Community College Health Fair	1	230
Children's Flu Immunization Clinic	1	25
Community Garden	6	10
Green Fair	1	70
Healthy Eating	1	30
HIV - Sexual Health Talk	1	20
Mackay Pool Outreach	1	10
Physical Activity	1	25
Pinkalicious Party	1	22
Teen Leadership Conference	1	100
World AIDS Day	1	20
<b>School Programs</b>		
Vincent K. Tibbs Day Care		
Handwashing Activity	1	20
Infant Day Care		
Handwashing Activity	1	15
Kings Kids Learning Center		
Dental Activity	3	70
Handwashing Acitivity	6	100
D.A. Quarles Elementary School		
Dental Activity	8	230
After School Program	1	30

Mc.Cloud Elementary School		
After School Progam	6	95
Grieco Elementary School		
Read Across America	1	18
Latino Festival	1	80
Janis E. Dismus Middle School		
Wellness Day	4	175
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
World AIDS Day	1	100
Steered Straight	1	150
The ZONE	4	65
<b>TOTAL</b>	<b>150</b>	<b>3,284</b>



Figure 6 - Walk With a Doc at Winton White Stadium

## **Municipal Alliance**

Health Department staff are actively involved in the Municipal Alliance 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. The Alliance works in partnership with businesses, schools, non-profit organizations and faith based organizations to promote public awareness, provide education and share resources. In addition to coordinating the State-funded program activities of the Alliance, the Department has direct oversight of two of the programs – Sticker Shock and Stigma-Free – which are reflected in its revenue.

During the year, staff participate in Alliance sponsored events or conferences that enhance their skills. This past year, those activities included:

- *Hidden in Plain Sight* Presentation, Dwight Morrow High School PTO
- *Young Adult Brain & Drug Use* Conference, Bergen Community College
- *How to Engage Today's Teens*, Alliance Training
- *New Jersey Prevention Network* Conference, Atlantic City
- *Knock Out Opioid Abuse Town Hall Meeting*, Bergen Community College
- *Stigma-Free Town Hall Meeting*, Englewood Hospital and Medical Center
- *Mental Health First Aid Trainings conducted*, various locations
- *History and Basics of Opioid Abuse* Workshop
- *Opioid and Marijuana Extraction* Workshop
- 

The purpose of the Sticker Shock Campaign is to raise awareness among owners of establishments that sell alcohol, and their customers, about the consequences of selling to or buying alcoholic beverages for anyone under the age of 21. The Youth Health Educator works with two students from Dwight Marrow High School or Dwight Englewood School. These students place stickers and bottle hangers on alcoholic beverages in Englewood establishments with liquor licenses. The bottle hangers and stickers are provided by The Center for Alcohol and Drug Resources. They warn adults not to buy alcoholic beverages for minors and list possible consequences of such actions. The purpose of the Sticker Shock Campaign is to educate parents, guardians, and students about the laws as they buy alcohol in these liquor establishments.

The Stigma-Free Task Force hosted its second Town Hall Meeting addressing the issue of mental health which focused on the family. With a filmed presentation, *What I Wish You Knew*, Wendy and

Steve Sefcik described the loss of their son T.J. to suicide as a result of depression. This was followed by two workshops on the subjects "Promoting Mental Well-being at Home: Using family strengths to cope with stress" and "Signs & Symptoms of Depression".

The Task Force also sponsored two Mental Health First Aid training sessions and the installation of 15 permanent "Englewood is Proud to be Stigma Free" signs on streets at the main entries to Englewood.



Figure 8 - Permanent Stigma-Free Sign, Palisade Ave and N Van Brunt St, in front of City Hall



Figure 9 Mental Health First Aid training, facilitated by certified trainers Deborah Baldwin and Maggie Preis



Figure 7 - Health Educators at PTO's "Hidden In Plain Sight" presentation by Center for Alcohol & Drug Resources