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2019 ANNUAL REPORT

City of Englewood Health Department



STAFF

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James M. Fedorko
Director, Health Services/Health Officer

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 / Alternate Deputy Registrar
Henrietta Goodman Deputy Registrar
Caroline Machiri Youth Health Educator (Reach & Teach)
Priscilla B. Lewis Registered Environmental Health Specialist
Claudette Murdock Public Health Nurse
Beatrice Reynolds License Clerk / Alternate Deputy Registrar
Alisa M. Smith Confidential Executive Secretary / Sub-Registrar
Matthew A. Traudt Public Health Investigator / Animal Cruelty Investigator

CONSULTANTS

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

MESSAGE FROM THE DIRECTOR

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The Englewood Health Department remained a vibrant part of the community in 2019 because of the hard work and dedicated service of our volunteer Board members who seek to protect and sustain the City's health and well-being. They hold the department accountable to the three core functions of Public Health which are assessment of health issues, assurance that the community can rely on a competent workforce, and create/enforce policy that will protect health.

Our department focuses on programs that address the health needs of the various residents of our diverse city. We held exercise programs for seniors, provided health prevention and education programs for youth, delivered free vaccinations for populations without health insurance, created a healthy cooking demonstration for the deaf, organized a blood drive and offered a Child Health Clinic scheduled every 2nd and 4th Tuesday of the month.

The Englewood Health Department was awarded approximately \$29,000 from several different grants in 2019. The bulk of the grant money came from the Englewood Health which helps fund the salary for the Youth Health Educator position. This year marked the 30th consecutive year of financial commitment from the hospital, and the milestone was celebrated with a formal presentation at the August 20, 2019 City Council Meeting. We



estimate that the hospital has donated \$720,000 throughout the 30 year period.

In 2019, our Public Health Nurse, who has been working for the Englewood Health Department for over five years, was awarded Public Health Nurse of the Year by the NJ Boards of Local Health on December 10th. We are proud of her accomplishment and are grateful to have her on our staff.

National Nutrition Month proclamation reading

Legislatively speaking, the Board of Health passed an ordinance in March that requires businesses that sell vape products to license with the Health Department. The ordinance allows the Health Department to better regulate these businesses to prevent the sale of vape products to minors. Fees collected from the vape retail licenses are also used to provide tobacco and nicotine prevention education within our school district.

Sincerely,

James Fedorko

Director, Health Services/Health Officer

MESSAGE FROM THE BOARD PRESIDENT

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The Englewood Health Department has worked tirelessly this year to improve the health of our entire community. As such, it is my pleasure to share with you the 2019 Annual Report. Under the leadership of James Fedorko, the Health Department serves the community daily by coordinating emergency preparedness, monitoring communicable disease, providing health related services and programming, and enforcing health related policies and ordinances. All of this work could not be accomplished without the financial support of our governance, and for this we are grateful. We work to maintain a fiscally sound budget that will provide programming as well as services for our community, and none of this would have been possible without our local government partners.

The Englewood Health Department also partners with several organizations including Englewood Health, the Municipal Alliance, religious institutions, schools, businesses, health professionals and volunteers who all contribute to maintaining a healthy community. I would like to thank everyone for working together with us to build a better Englewood. I hope we continue to foster these relationships for many years to come.

This year the Health Department embarked on Continuous Quality Improvement (CQI) projects that aligned with Healthy New Jersey 2020, the state's health improvement plan. One such example was to improve flu vaccination status in our community. In addition, programming has addressed topics including improving outcomes in diabetics, preventing childhood and adult obesity, and addressing substance abuse. As we plan for 2020 we hope to continue this work, and align additional projects with Healthy New Jersey 2030.

It is a privilege to serve this community on the Board and as President. I thank you for your support during this past year and look forward to what the future has in store for our community.

Sincerely,

Aliza B. Solomon, DO
President, Board of Health

FINANCIAL DATA

REVENUE

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REVENUE	2017	2018	2019
Operations:			
Certified Copies, Amendments, Permits	153,034	140,405	142,147
Marriage/Civil Union/Dom Partner Lic	5,572	6,075	5,712
Dog Licenses	6,344	5,359	5,214
Cat Licenses	910	842	713
Pet Late Lic Fees & Dupl Tags & Hen Lic	1,604	2,586	1,089
Retail Food Licenses / Plan Reviews	56,215	53,505	57,340
Food Establishment Re-insp / Late Lic Fees	3,910	2,295	2,140
Misc Lic (Pools, Temp Food, etc)	5,855	5,505	13,690
FMC / FHC Course Registration	6,695	4,555	2,590
CHC User Fees	1,595	1,750	2,366
Mental Health FA Train/Stigma Free Englewood			1,460
Misc Income (Copies, Notary, Exped Services)	4,290	7,014	5,215
Fee For Service (Mantoux, Flu/Other Vaccines)	5,890	4,130	3,460
Total Operations Income	251,914	234,021	243,136
Grants:			
EMHC Reach & Teach	24,000	12,000	18000
Munic Alliance: Sticker Shock	585	585	579
Munic Alliance: Stigma Free Initiative	500	3,552	0
Bergen County: Stigma Free Init, Wellness Init	1,400	500	0
FDA/NACCHO Food Safety Program	7,293	5,432	5887
NJ ACCHO Emergency Preparedness	2,320		
CDBG Heart Health/Diabetes Mgmt	10,000		
Total Grant Income	46,098	22,069	24,466
REVENUE GRAND TOTAL	298,012	256,090	267,602

FINANCIAL DATA

EXPENDITURES

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EXPENDITURES	2017	2018	2019
Contractual Services	7,376	10,639	8,203
Advertising	240	273	610
Postage	4,253	4,213	4,879
Printing/Binding	1,548	2,301	1,413
Vehicle Repair/Maintenance			363
Office Equipment - Servicing	1,043	0	1,472
Specialized Services	21,376	23,923	19,488
Books, Publications	4,072	1,831	1,512
Office Supplies	5,333	6,045	3,162
Training Aids/Programs	1,756	2,314	2,716
Meetings, Conventions, Conferences	1,114	1,634	2,937
Uniforms & Accessories	514	841	0
Memberships	1,145	370	370
Travel Allowance	1,588	1,925	1,250
Office Furniture		945	349
Other Equipment	3,419	2,810	5,750
Motor fuel & lubricants (line added 2017)	604	233	432
Other materials & supplies	874	3,212	6,194
Food & drugs	2,089	2,576	4,026
Photo, Blueprint & Developing (Copiers)	6,154	8,121	5,299
Equipment repair/maintenance	0	72	0
Child Health Clinic	832	2,008	1,309
Youth Programs	425		163
TASE (Tobacco Age of Sale Enforcement)	400	500	720
EXPENDITURES TOTAL	66,155	76,786	72,617
Staffing	13 FTE	12.5 FTE	12.5 FTE

VITAL STATISTICS & LICENSING

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According to Wikipedia, “Customer service is the provision of service to customers before, during and after a purchase. One good customer service experience can change the entire perception a customer holds toward an organization.”¹ Although every interaction with a customer is not a purchase transaction, the Vital Statistics and Licensing staff serve as the customer service representatives of the Department of Health. They are tasked with fielding thousands of telephone calls annually including, but not limited to, world-wide vital records orders, pet and retail licensing requirements, various health education events and resident complaints. The Department takes pride in the number of compliments received for their service.

There was a decrease of approximately 10% in the number of vital records filed (2,852), as well as approximately a 5% decrease in the number of certified copies issued in 2019 – just over 13,000.

The number of dog and cat licenses issued (732 total) decreased approximately 14%. Retail licenses have remained consistent, with 302 for food establishments and 10 public pools. General licenses (33) increased due to an ordinance requiring a license for retailers selling vaping products. In addition, 65 temporary food licenses were issued for special events.

One additional staff member obtained certification as a Certified Municipal Registrar, and all staff are required to participate in State sponsored trainings for continuing education credits to maintain their certification. These trainings consist of webinars and in-person trainings which are scheduled so that there is adequate coverage in the office.

¹ Teresa Swartz, Dawn Iacobucci. *Handbook of Services Marketing and Management*. Thousand Oaks, CA: Sage

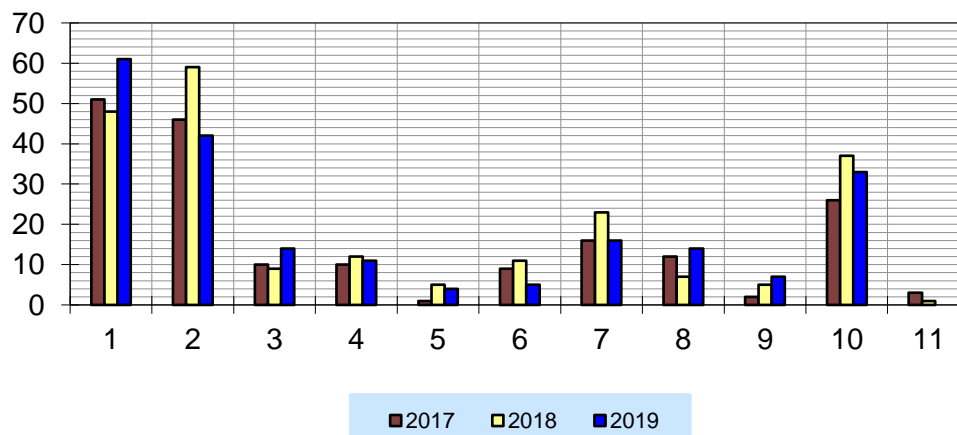
VITAL STATISTICS & LICENSING

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CAUSES OF DEATH Englewood Residents			
	2017	2018	2019
1 Heart disease	51	48	61
2 Cancer	46	59	42
3 Chronic respiratory disease	10	9	14
4 Stroke, Other cerebro-vascular	10	12	11
5 Diabetes+	1	5	4
6 Nephritis, nephrotic syndrome, nephrosis	9	11	5
7 Alzheimer's (any) dementia*, complication	16	23	16
8 Influenza and pneumonia*	12	7	14
9 Accid, Suicide, Homicide	2	5	7
10 Other	26	37	33
11 pending investigation	3	1	0
TOTALS	185	212	203

+Diabetes was an underlying cause in these instances
Other incl adv age, failure to thrive, Sepsis, Autoimmune, etc.

CAUSES OF DEATH 2017-19 ENGLEWOOD RESIDENTS



ENVIRONMENTAL HEALTH

Environmental Health

The Environmental Health Unit consists of a Public Health Investigator/Animal Control Officer and two Registered Environmental Health Specialists (REHS). Under the direction of the Health Officer, the Environmental unit enforces State and Local laws to protect the public.

The REHS team is required by the State of New Jersey to conduct inspections for:

- Retail Food Establishments
- Temporary Food Events
- Youth Camps
- Public Recreational Bathing Facilities
- Body Art Facilities
- Smoke Free Air Act
 1. Tobacco Age of Sale Enforcement (TASE)
 2. Electronic Smoking Device Age of Sale Enforcement (VASE)

Duties of the REHS

- Review plans for
 - Retail food establishments
 - Barber, beauty and nail salons
 - Recreational bathing facilities
- Daily/weekly review of
 - Food recalls
 - Recreational lab reports
 - Childhood lead tracking
 - Influenza-like illness surveillance
- Investigate complaints
- Weekly submission of conditional and unsatisfactory ratings to www.northjersey.com
- Apply for grants
- Conduct food handler and food manager trainings
- Student mentorship

The Public Health Investigator/Animal Control Officer ensures public safety by:

- Conducting State mandated inspections of pet shops and kennels
- Assisting the veterinarian with vaccinations at the annual rabies clinic
- Investigating animal bite reports and suspected rabies exposure
- Initiating dog/cat confinements

Complaint investigations include but are not limited to the following:

- Domestic/Wildlife Animals
- Air/Odor
- Mold
- Noise
- Hoarding
- Outdoor Rodent/Mice Activity
- Solid Waste
- Sewage
- Noxious Weeds
- Stagnant Water/Mosquito

The Environmental Health Unit resolves different types of complaints and violations by educating the public, and when necessary issues notice of violations or summonses to resolve public health matters.

Retail Food Program

In 2019, the REHS team was responsible for 252 retail food establishments, 44 vending machines and 76 events requiring temporary food licenses in the City of Englewood. The goal of the Retail Food Program is to assure safe food to the public through efforts such as increasing awareness about safe handling of food 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 the health 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 those that directly cause foodborne illnesses. They are:

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

Retail food inspections are 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.

ENVIRONMENTAL HEALTH

When an inspection is conducted at a retail food operation, a health inspection placard is issued.

- **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 establishment ceasing all operations until the violations are corrected and compliance achieved.

2019 Conditional Ratings			
IDEAL LODGE #470	01/14/2019	DESPENSA LA PLAZITA	05/07/2019
U PIE COMPANY LLC	01/15/2019	MORIAH SCHOOL @ FIVE STAR CATERERS	05/13/2019
NEW JADE LEE KITCHEN	01/16/2019	ANTHONY'S COAL FIRED PIZZA	05/14/2019
TAPAS DE ESPANA II INC.	01/22/2019	ENGLEWOOD ON THE PALISADES	05/20/2019
BEST DUMPLINGS	01/23/2019	JANIS E DISMUS MIDDLE SCHOOL	06/14/2019
TANI SUSHI & ASIAN GRILL	01/28/2019	CUPCAKES BY CAROUSEL	06/17/2019
AKAI LOUNGE (DU ENTERPRISES)	01/31/2019	THE TWELVE BASKETS	06/18/2019
BAGEL EXPRESS	02/19/2019	LAS MARAVILLAS DE TULCINGO	07/17/2019
BROADWAY CAFE	02/21/2019	THE TWELVE BASKETS	07/23/2019
NEW WOK ORIENTAL	02/26/2019	LAS MARAVILLAS DE TULCINGO	08/09/2019
RAMEN NOODLE AZUMA	03/05/2019	FAR- EAST KITCHEN	09/25/2019
BEST DUMPLINGS	03/07/2019	AZALEA'S DELI LLC	10/01/2019
CASSIE'S RESTAURANT	03/11/2019	SHILOH LODGE #53	11/20/2019
BLUE MOON MEXICAN CAFE	03/13/2019	MORIAH SCHOOL @ FIVE STAR CATERERS	11/26/2019
BLUE MOON MEXICAN CAFE	03/28/2019	BLUE MOON MEXICAN CAFE	12/03/2019
BINGHAMTON BAGEL CAFE	03/28/2019	THE FRESH FORK	12/09/2019
7-ELEVEN (#34180)	04/08/2019	PATTISERIE FLORENTINE	12/16/2019
ENGLEWOOD DINER	04/30/2019		
2019 Unsatisfactory Ratings			
TAQUERIA GUEROS	07/22/2019		

These placards must be publicly displayed in the front entrance facing the street for easy viewing by the public. All inspections are available to the public for viewing 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 northjersey.com for publication.

Food for Thought

"Food For Thought" is the biannual newsletter created by the Registered Environmental Health Specialist as educational support tool for Englewood's restaurants, school cafeterias, mobile vendors, markets, nursing homes and the hospital. In 2019, the newsletter highlighted enforcement practices, food manager certification, produce safety, food allergies, and foodborne illnesses. The items compiled by the REHS team serve to educate and remind food establishments of proper practices and precautions to be taken in the various establishments. The newsletter is also available to the general public through the City's website.

Temporary Food Establishment

A temporary retail food establishment is a retail food establishment that operates for a period of no more than 10 consecutive days in conjunction with a single event or celebration. The temporary events involve the sale and/or preparation of food in an indoor or outdoor setting. A food Vendor must obtain a Temporary event license with the Englewood Health Department. An REHS is then required to inspect the event the day of to ensure all regulations under the State Sanitary Code are followed and that proper food handling techniques are being observed. During 2019, there were 76 temporary licenses issued for events which included, but not limited to the following:

- Englewood Memorial Day Parade
- Jabari Back to School Cookout
- 4th of July Celebration
- Prince Hall Community Festival
- Brownstone Halloween Party
- Englewood Community Day
- Englewood Farmers Market
- Englewood Sidewalk Sale
- Juneteenth Celebration
- Backyard Block Party
- Englewood Art Walk

City Licenses & Miscellaneous Inspections

The Englewood Health Department conducts Certificate of Occupancy and Continued Certificate of Occupancy inspections at retail food establishments, 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 REHS is responsible for plan reviews for new construction and renovations of existing structures. Floor plans are required when:

1. There is a new construction of a retail food establishment;
2. There is a conversion of an existing structure for use as a retail food establishment;
3. A retail food establishment is remodeled or a change of type of retail food establishment; or
4. The health authority determines that plans and specifications are necessary to ensure compliance with these rules.

Plan reviews cover businesses such as retail food establishment's beauty, barber, nail salons and Public Recreational Bathing Facilities.



Public Health Investigator demonstrating proper handwashing at a portable sink

Public Health Recalls

The Environmental unit is alerted by the U.S. Food & Drug Administration (USDA), Food & Drug Administration (FDA) and the NJLINC Health Alert Network via email. These alerts will advise the REHS if action is required. In 2019 there were 276 food recalls none of which required immediate action from the Englewood Health Department. If action is required the Registered Environmental Health Specialist will take action. These actions may include going to the retail food establishment and have the owners remove the products from the shelves and inform their customers of product recalls.

Public Recreational Bathing Facilities

Inspections of The New Jersey Department of Health (NJDOH) readopted the Public Recreational Bathing Facility Rule with changes. Some of these changes included the way inspections are to be performed, definitions to new terms, sampling, water quality and the completion of the operational checklist. Englewood has 11 seasonal pools and 2 year round pools. All pools are provided with two inspections 1) Documentation review of pool structural, electrical, bonding and grounding approvals, first aid kits, and life guard certifications. 2) The second inspection includes: water quality/proper chemical levels, adequate safety equipment, properly certified lifeguards, pool signage and no hazards to the public. This ensures that each pool is in compliance with Chapter 26 of the Public Recreational Bathing Facility Rule. The NJDOH also requires, in accordance with N.J.A.C. 8:26-5.2(a) 2, Pool Director Certification, *“For pools larger than 2,000 square feet, the designated adult supervisor shall possess pool director training certification”*. Current adult pool supervisors should have obtained this certification N.J.A.C. 8:26-5.2(a) 2 through December 31, 2019.

Summer Youth Camp

In 2019, there were 5 youth camps that registered with the NJDOH. Youth camps in the City of Englewood must register annually with the New Jersey Department of Health. The NJDOH will send the Englewood Health Department a list of youth camps that require a pre-opening inspection. Pre-operational inspections are conducted by the REHS team to compliance of the following: Employee history checks, sex offender checks, CPR certifications, and Health records. The REHS team will also ensure that the camp has a fully stocked binder with the policies and procedures of the camp, a first aid kit, a retail food license (if required) and a medical program. The youth camp must be in full compliance with the Chapter 25 New Jersey's Youth Camp Standards code in order to open for the season. Flat Rock, Ebenezer, Sun Fun, Englewood Field Club, Brazilian Soccer and Swim Camp.

Mentoring/Internships

Students from Montclair, William Paterson, and Rutgers majoring in Public Health have dedicated their internship hours to review the work specifications performed by the Registered Environmental Health Specialist and Animal Control Team.

Englewood Health Department Student Internships are a key building component within the work environment as these relationships provide and exploratory career experience. These experiences benefit the Health Department with offering an initial look at future hiring potential. For the students this provides not only an overview of work practices but adds to building their resume portfolio. Students who serve as Environmental Interns have the opportunity to engage hands on with the activities performed by the Environmental Unit Team. The students shadow on environmental complaints, food compliance inspections and provide input to outreach events and aid in assessment of community needs.

Tattoo/Body Art

Under New Jersey Department of Health (NJDOH) state regulation N.J.A.C 8:27-1, we are required to inspect body art facilities. The oversight is to prevent disease transmission, particularly blood borne pathogens. Currently Englewood Health Department has only one tattoo salon “Renaissance Tattoo” located on Grand Avenue.

Grants

The Englewood Health Department (EHD) was awarded grant funding by the Food and Drug Administration (FDA) and the Association of Food and Drug Officials (AFDO) to create Food Safety Posters as part of the Retail Standards Grant Program. The goal of the posters were to help the retail food industry understand food safety in their common language. The REHS team was able to complete this project by conducting a needs assessment of the 239 Retail Food Establishment in the City of Englewood and a door to door language survey. A review of the inspection reports from the last five years (2013-2018) of all 239 establishments, revealed that the retail food establishments needed education on hand washing, food storage, cooling, cleaning & sanitizing, and warewashing. The language survey determined that the top five languages were English, Spanish, Korean, Chinese, and Japanese. In collaboration with the food establishment managers, five posters were created using pictures and minimal words. Each poster included all five languages. In order to determine if the posters were effective, an evaluation form was handed out to 30 retail food establishments. The evaluation

ENVIRONMENTAL HEALTH

FOOD SAFETY

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revealed that 29 out of 30 establishments utilized the posters, and indicated that they agreed and/or strongly agreed that the posters were easy to read and follow. The posters prove to motivate food handlers to practice food safety principles



Food Manager Certification

The City of Englewood requires that EVERY retail food establishment have a Certified Food Manager onsite at all times during business hours. The food manager must attend an accredited certifying program that offers the food safety certification examination. The Englewood Health Department has been providing Food manager and food handler training since 2015. To date we have had 171 participants attend our classes.

TASE/VAPE

Tobacco Age of Sell Enforcement (TASE) and Electronic Smoking Device (ESD) inspection are conducted at licensed retail establishments in the City of Englewood to determine compliance with the New Jersey Department of Health regulation, N.J.S.A. 2A:170-51.4 which States: "The sale of a tobacco and/or any type of smoking device to someone under the age of 21 is prohibited." The REHS team work with a young adult under the age of 21 to investigate the establishments. In April 2019, the REHS team conducted 10 inspections for the TASE program and all 10 retail establishments passed. In October and November 2019, the REHS



Senior REHS during the TASE program

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team conducted 20 ESD inspections and two retail establishments sold to the minor. A summons was issued to each establishment.

Food Safety Council

In 2015, a Food Safety Council was formed in order to establish a collaborated effort in maintaining Safe Food Handling practices within the City of Englewood. The council works along with Health Department Director and REHS team to offer Best Practices, Training, and Networking opportunity to local food establishments.



Prize winner at the Food Safety Council meeting

The objectives of the Englewood Food Safety Council are to:

1. Disseminate information regarding food safety to all employees of retail food establishments.
2. Improve the knowledge base of current and future retail food employees.
3. Provide the most current data on food safety to retail food establishments in a timely manner.
4. Provide a mechanism where retail food establishments can relay their needs to the governing body (Englewood Health Dept.).

In 2019, the REHS team hosted its 4th Food Safety Council meeting in February at Noches de Colombian and discussed issues regarding food manager certification courses, conditional and summonses being issued to the retail food establishments, health department videos, and funding that was awarded to the REHS team for food safety.

Animal Control

The City of Englewood holds a contract with the Bergen County Animal Shelter for a large portion of animal control. Supplementing animal control for the City within the Health Department is the Public Health Investigator who is certified by the State as an Animal Control Officer. This allows the Department to assist residents in a timely manner or to help the County as needed for the safety and comfort of the residents when problems arise with contact to domestic or wild animals.

ENVIRONMENTAL HEALTH

ANIMAL CONTROL

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Additionally, the Public Health Investigators follow up on animal bite reports. This includes people bit by domestic animals, wildlife or when a domestic animal is bitten by wildlife. Following state guidelines the Public Health Investigator checks on the status of person or animal exposed to what may be a potentially rabid animal. In the case of people bitten by domestic animals a review of current rabies vaccination along with a Ten Day Confinement to ensure the health of the animal and possible complications to the bite victim. Also, in the case of domestic animals exposed to wildlife or “bites of unknown origin” a different confinement may be called for depending on the rabies vaccine status of the domestic animal. This may include confinement for 45 days, in the case of a previously vaccinated pet up to 6 months for an unvaccinated pet.

Rabies Control

In October of 1989 the raccoon variation of rabies first came to Warren and Hunterdon Counties. Within 3 years the fatal viral disease was detected in all 21 Counties in New Jersey. To fight the spread of rabies, free rabies clinics are available through the Health Department, the Bergen County Animal Shelter and Twin Oaks Veterinary Hospital. At the Health Department’s clinic alone, 78 cats and dogs were vaccinated against rabies in 2019.

Additional efforts to prevent the spread of rabies includes investigation of all bite reports, issuing confinements of domestic pets involved in bites and quarantines of



Public Health Investigator trapping raccoon

those pets exposed to potentially rabid animals. The unit works with bite victims concerning status of biting animals and the possibility of victims needing post exposure rabies prophylaxis. When necessary the Unit confers with State and County agencies to ensure the safety of the public.

PUBLIC HEALTH NURSING

The Englewood Health Department's Public Health Nursing Unit delivers health services to the City of Englewood and surrounding areas. In recognition of her work for the Health Department, the Public Health Nurse was awarded the prestigious 2019 Public Health Nurse of the Year by the New Jersey Local Boards of Health Association. The Englewood City Council formally recognized her achievement during the January 2020 Council Meeting. Our Public Health Nurse earned the honor because of her zeal, dedication, and duty to performance, which were demonstrated in preventing new infections of communicable diseases, increasing vaccination rates at our clinics, and ensuring proper vaccinations in our schools and day care centers.

Programs offered by the Health Department's Nursing Unit are well attended and relevant to the community's demands and needs. The public health nurse regularly evaluates the effectiveness, accessibility, and quality of the provided health services within the department and develops ways to improve programs and achieve a positive outcome. Often this is done by collaborating with other medical professionals and government agencies. Additionally, the public health nurse links people to needed personal health services and assures provision of health care when they are otherwise unavailable in our local health department. Our services include well-child clinics, preventable disease vaccines to adults, blood pressure checks, community outreach, referrals, lead education, A1C diabetes 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, school 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 and surrounding areas who are uninsured, American Indian, Alaskan Native, or have Medicaid Part A. Preventative health care are provided for newborns to 18 year old children. The services include: physical examinations, health screenings, immunizations, and health counseling.

PUBLIC HEALTH NURSING

School Immunization Audits

Each year from January to March, the Englewood Health Department's Public Health Nurse performs School Immunization Audits. All school-aged children are mandated by the New Jersey Department of Health to be immunized per the recommended schedule. This is regardless of if the student attends public or private school and includes daycare, nursery school, preschool, and kindergarten students. Children who are not immunized, may be exempted for medical reasons or religious reasons. Medical exemptions must be written by a physician licensed to practice medicine/osteopathic medicine or a nurse practitioner. A medical exemption must indicate a set period of time in which the child cannot receive specific vaccinations. Religious exemptions are based on the parents' religious beliefs and must be dated with a signature.

Significant employee turnover within schools and daycare centers that document students' immunization records, as well as uncertainties regarding factual medical exemptions was noted. As a result, the Englewood Health Department collaborated with subject matter experts from the State Department of Health to conduct an Immunization Review Workshop on December 5, 2019. The workshop was organized by the Public Health Nurse and was open to all professionals that review immunization records at schools and daycare centers. Attendees were eligible to receive nursing credits and daycare clock hour credits.

Communicable Disease Reporting

The monitoring of communicable or infectious diseases is an ongoing process that is integral to reducing or eliminating the spread of disease. Educating the public about the "dos and don'ts" has proven to be vital. Infectious disease may be spread through blood, body fluids, close contacts, droplets, food, and vectors. Vectors are organisms that carry and spread infections like mosquitoes, ticks, and fleas. Over the years, many different diseases have made their way to the United States and have generated scares in the population. By means of educating and bringing awareness to the public, the Health Department continues to help control the spread of diseases. From time to time, a new virus, bacteria and or news of outbreaks are broadcasted by the media. The coronavirus (COVID-19) is the latest disease that is piquing our attention and is being monitored by the Health Department. Nonetheless, the City of Englewood had 348 communicable disease reports to investigate in 2019.

PUBLIC HEALTH NURSING

Adult Vaccine Preventable Disease Program

The Adult Vaccine Preventable Disease Program is designed to minimize the spread of infectious disease that can be controlled by increasing vaccine demand. The program provides vaccines at an affordable cost to uninsured adults in Englewood and surrounding communities. In addition, Mantoux skin tests and blood pressing screenings are offered at our clinic.

Recertification of Vaccines for Children and Adult Vaccines Clinic

New Jersey State requirements for safe vaccine management and handling regulations are an important part of the Englewood Health Department's everyday function. In order to administer vaccines and to be compliant with the State of New Jersey vaccine program, the Englewood Health Department's clinic has to be recertified each year. Re-certification was completed and the Health Department was in good standing to administer vaccines.

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 and Updates.

Community Outreach

The Public Health Nurse participated in numerous community outreach education programs working in conjunction and collaborated with schools, local churches, local businesses, doctors' offices, senior centers, and the Partnership for Healthy Eating. She also participated in various health fairs, conducted lectures on health, and performed blood pressure, cholesterol, and blood glucose screenings. Additionally, the Public Health Nurse promoted NJWELL (employee wellness program that focuses on helping individuals set goals for optimal health by participating in healthy activities) and assisted participants with sign-ups and completion of the online health assessment. Participants who completed NJWELL received a maximum



Public Health Nurse, Mayor Wildes, and a pharmacist from Walgreens at an Annual Flu Clinic

PUBLIC HEALTH NURSING

of \$250 and minimum of \$175. The sum of money received is based on the number of health assessment each individual completed.

Preceding the 2019 flu season, the goal was set to increase flu vaccine participation rate by 20% by December 31, 2019. Tremendous efforts, outreach, and campaigning were done to achieve the targeted goal. Both the adult and child clinic have seen significant increase in flu vaccine rates when compared to previous years.

On-Site Training

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



Flu Clinic during an event sponsored by the Korean Community Center

PUBLIC HEALTH NURSING

2019 CLINIC STATISTICS

Promote | Prevent | Protect

	2017 YTD	2018 YTD	2019 YTD
CHILD HEALTH CLINIC - CHC			
Number of Sessions	19	22	22
Total Children Seen	146	120	142
Children ages 0-4	22	29	18
School-aged Children	124	41	124
Immunizations administered	326	284	314
Immun children ages 0-4	66	78	49
Immun school-aged children	260	203	265
Flu Vaccines administered - CHC	42	64	47
No Immunization administered	8	10	21
Montoux skin test administered	15	16	34
Intakes– New Children	63	70	75
CHILD HEALTH FLU CLINIC			
Number of Sessions (Englewood Health Dept,)	1	1	1
Total Children Seen	14	34	33
Montessori Early Learn School (Englewood)	0	0	1
Total Children Seen	0	0	12
CHC SCREENINGS			
Growth Measurements	44	55	64
TEEN PARENTS - CHC			
New	0	0	0
Repeat	0	0	0
ADULT HEALTH			
Adult Blood Pressure	22	96	80
BP/Health Education	22	96	80
Adult TB Screenings	15	13	9

PUBLIC HEALTH NURSING

2019 CLINIC STATISTICS

Promote | Prevent | Protect

Adult Vaccination Clinics			
Flu Vaccines	65	33	116
Pneumonia Vaccines	14	2	3
Zostervax Vaccines (Shingles)	29	3	9
Tdap/Menveo Vaccines	70	48	42
Hepatitis Vaccines	37	34	22
Other Vaccinations	96	63	63
<i>Total vaccinations administered</i>	287	183	255
<i>Total persons vaccinated</i>	184	130	233
<i>Total older adult vaccinations administered</i>	0	0	24
<i>Total older adults vaccinated</i>	0	0	24
Community Outreach			
Community Field Visits	12	28	37
Home visits	0	0	0
SCHOOL IMMUNIZATION AUDITS			
No. of schools audited	22	22	22
No. of records audited	2200	2197	2125
FORMS COMPLETED			
Communicable Disease Reports	102	100	125
School Forms	86	55	70
Immunization Records	128	111	141

HEALTH EDUCATION

The Health Educator is responsible for conducting a variety of health education and promotional activities with the purpose of maintaining and improving individual, family and community health. She performs activities catered to the public and local special groups through health fairs, discussion groups, educational presentations, trainings, seminars and much more. The Health Educator encourages a healthy lifestyle and effective behavioral change by continuously planning, developing and implementing community-based programs.

NEW PROGRAMS

Walk and Move Wellness Challenge

Our 6th annual “Walk into Spring” was an exciting 6-week program designed to get community residents moving by engaging them in walking and yoga. The program allowed participants to do a 1.5-mile walk on Mondays and Fridays and 1 hour of yoga on Wednesdays. In addition to the opportunity to participate in exercise, participants were entered in a raffle for a chance to win one of five prizes. The purpose of the program was for them to make new friends, get healthy and learn about various health topics.

We had a table during the kick-off and finale with giveaways and information on exercise and nutrition. There was an average of 19 participants at each walk, with 30 people being our largest turnout. Participants attended the program, rain or shine. We gave out two grand prizes consisting of a \$100 Bergen PAC gift card, duffel bag, weights, resistance bands and exercise equipment. Two participants won a \$20 gift card to Playa Bowls and two others won a gift card to The Good Neighbor Juice Bar.

Eat Smart, Live Strong

The Englewood Health Department partnered with New Jersey Supplemental Nutrition Assistance Program (NJ SNAP) to conduct the “Eat Smart, Live Strong” program at Rock Creek Terrace and South East Senior Center for Independent Living (SESCIL). The program educated seniors on how to increase their fruit and vegetable intake. Nutritionist Cleanna Webster showed participants how to incorporate more fruits and vegetables into their diet by preparing smoothies and dips during each session and taught exercises that could be added into their daily routines.

Women's Information and Resource Center

The Health Department began conducting monthly educational sessions at the Women's Information and Resource Center. The 1-hour sessions included education based on the monthly health observances, upcoming programs and events. The Department also provided healthy snacks such as fruit and vegetable platters.

Deaf and Hard of Hearing Cooking Class

The Englewood Health Department, Inserra Shoprite and the Bergen County Department of Health hosted a cooking class for the deaf and hard of hearing population. Registered Dietitians Rita Rusin and Kelsey Lubeck from Inserra Shoprite led the workshop by



demonstrating how to make mushroom and farro risotto and avocado pesto with zucchini noodles. The two registered dietitians discussed eating healthy, proper serving sizes, substitutions and the importance of exercise, which was translated by American Sign Language Interpreter, Christina DiCosmo.

Deaf & Hard of Hearing Cooking Class

Skin Cancer Screenings

Free skin cancer screenings were hosted for City of Englewood employees by the Englewood Health Department and Englewood Health. The event was well received; 17 city employees had the opportunity to be screened and get information on skin health and sunscreen.

City of Englewood Website & Social Media Platforms

A monthly article is submitted for the "Current Health News" portion of the city website. The article is usually based on National Health Observances or upcoming community events. The "Current Health News" article aims to provide the community with current health news and information. The Health Educator also assists with the Health Department's Facebook page by posting local community events and motivational health tips.

HEALTH EDUCATION

HEALTH PROMOTION

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Newsletter

"Englewood Health Watch," our quarterly newsletter, is printed for distribution throughout the community and posted on the city website. The seasonal newsletter is written based on National Health Observances, upcoming programs and successful programs. The Health Educator contributes articles to the newsletter which helps to educate the public on health topics and where to seek information.



Health Educator tabling during the Adult Flu Clinic at the Englewood Public Library

Community Events

The Health Educator participates in a variety of health-related community events throughout the year to promote the department's services to residents and create partnerships with local businesses and centers. The health education unit continuously reaches out to schools, community center, churches, seniors and the general public to provide health education and activities.



Annual Latino Festival at Dr. John Grieco Elementary School

HEALTH EDUCATION COMMUNITY EVENTS

Promote | Prevent | Protect

This year's events included:

- Epi-Pen Training
- New Residents Day
- Violence Prevention
- Skin Cancer Screenings
- Englewood Blood Drive
- Deaf & Hard of Hearing Cooking Class
- Wellness Fest
- City Employee Flu Clinics
- Eating Smart, Being Active
- Partnership for Healthy Eating
- Back to School Back Pack Giveaway
- 6th Annual Latino Fair- Grieco Elementary School
- Great American Smokeout
- Sticker Shock
- Women's Wellness Program
- National Public Health Week
- Walk Into Spring
- Caregivers Group
- 4th Annual Stigma Free Town Hall Meeting
- HAPPY (Heroin Addiction Prevents Peoples Years) Week
- Community Health Fairs
- Health Related Issues Group at Southeast Senior Center for Independent Living
- World AIDs Day- Dwight Morrow High School
- Korean Event – Flu Clinic at Englewood Health

HEALTH EDUCATION COMMUNITY EVENTS

Promote | Prevent | Protect

Topics Covered in 2019 include:

- Allergies
- Alzheimer's
- Arthritis
- Blood Pressure
- Cancer
- Dehydration
- Diabetes
- Drug Abuse
- Drug Compliance
- Emergency Preparedness
- Exercise
- Food Safety
- Hearing Loss
- Heart Disease
- HIV/AIDS
- Hygiene
- Immunizations
- Influenza
- Lung Cancer
- Men's Health
- Mental Health
- National Public Health Week
- Nutrition
- Opioid Epidemic
- Obesity
- Sleep
- Stress
- Vaping
- Violence
- Winter Safety



*Health Director handing out lunches to
Great American Smokeout participants*

HEALTH EDUCATION

2019 STATISTICS

Promote | Prevent | Protect

ACTIVITY	# of Sessions YTD	# Reached YTD
Bergen Family Center	11	25
Epi-Pen Training	1	20
Partnership for Healthy Eating	2	80
Senior Health Fair	1	20
Women's Wellness Program	2	23
MOM 101	1	31
National Nutrition Month	2	15
Women's Information Center	5	81
ServSafe	1	13
New Residents Day	1	40
Stigma Free Town Hall Meeting	1	17
Bridges Family Success Center	2	116
Violence Prevention	1	35
Walk & Move	24	70
NJ SNAP	N/A	N/A
Rock Creek	4	5
SESCIL	4	15
Englewood Housing Authority	4	12
SESCIL	4	15
Community Baptist Church	1	25
Nutrition Lunch	1	4
Farmers Market	1	15
Focus Group	1	14
City Employee Skin Cancer Screenings	1	17
Englewood Blood Drive	1	26
Deaf & Hard of Hearing Cooking Class	1	20
Wellness Fest	1	60

HEALTH EDUCATION

2019 STATISTICS

Promote | Prevent | Protect

City Employee Flu Clinic	1	16
Flu Clinic- Library	1	38
6th Annual Latino Fair	1	65
Muffins and Moms	1	10
Great American Smokeout	1	8
Korean Flu Clinic	1	60
World AIDs Day	1	180
Flu Clinic- Rock Creek	1	10
Flu Clinic- WIC	1	5
Sticker Shock	1	1
AFDO Grant	1	20
TOTAL	90	1,227



The Health Department and Stigma-Free tabling at the Chamber of Commerce Well Fair

Vaping Presentation

Due to the epidemic of underage youth who are vaping, the Youth Health Educator conducted a vaping and tobacco products presentation for 8th grade students at Janis E. Dismus Middle School and for 9th and 12th grade students at Dwight Morrow High School. The presentation included various information on the dangers of tobacco products, ingredients in tobacco products, and how it can affect their overall health and the developing brain.

Nutrition Month

The Englewood Health Department and Englewood Public Library entered a Bergen County Library Nutrition contest. The Health Department hosted a variety of information to youth through the month of March at the Englewood Public Library. Some of the activities included a display of fresh fruits and vegetables, story time, coloring and nutrition sing along with the Library's Director, John Arthur. The Englewood Public Library won 1st place. The county then hosted a healthy snack workshop for Englewood youth at the Library.

Reach and Teach

We continued the Reach and Teach Program for 6th through 8th graders at Janis E. Dismus Middle School. The program hosted various health topics supported by the schools health education requirements such as drugs, nutrition, sexually transmitted infections and physical activity.

Dental Hygiene Month

February is Children's Dental Month. Dental hygiene education was conducted at Quarles Primary School Kings Kids Day Care Center. We reviewed brushing twice a day, for how long, cavities, healthy foods and flossing. We showed the students a video on how to brush their teeth and gave everyone a goody bag with a toothbrush, toothpaste, floss, and activity sheet. It was a 15-minute presentation and the children really enjoyed it.

Grieco Elementary After School Program

Throughout the school year, the Youth Health Educator conducted nutrition outreach at Grieco Elementary School. The students learned about healthy food groups required for growing up and staying healthy. Students were able to demonstrate their knowledge of

healthy eating through food games, coloring and arranging food according to its food group in My Plate. We were also able to distribute tangerines to all the students in the after school program.

Sticker Shock

Sticker Shock is a campaign initiative of the Bergen County Prevention Coalition administered by Municipal Alliance. The purpose of Sticker Shock is to bring awareness to underage drinking. The campaign sends a clear message through placement of lime green stickers throughout liquor stores warning the public of the consequences they can face if they purchase alcohol for minors. A Sticker Shock event was hosted at the Bergen Family Center's The Zone. Seven students from Janis E. Dismus Middle School and Dwight Morrow High School volunteered to participate in the program. The event began with a small presentation from the Youth Health Educator and Lt. Tom Greely of the Englewood Police Department to educate the minors on the program, underage drinking and the importance of their roll in this event. The students then proceeded to three liquor stores to place warning stickers on alcoholic beverages.



Tree planting on Arbor Day at the community garden

The Program Coordinator/Assistant to the Director, the Health Educator and Youth Health Educator are actively involved in the Municipal Alliance with a goal of encouraging and supporting smart decision making among youth about risky behaviors such as alcohol, tobacco and drug use. The Alliance also promotes the health and well-being of all of Englewood's residents with various community programs. In partnership with businesses, schools, non-profit organizations and faith based organizations, the Alliance works to promote public awareness, provide education and share resources.

The Department's Program Coordinator/Assistant to the Director is the Alliance Coordinator. In addition to coordinating each of eight the State-funded program activities, the staff has direct oversight of two of the programs – Sticker Shock and Stigma-Free. From October through December, the Coordinator was involved the application process for the new grant cycle covering fiscal years FY2021-2025.

Sticker Shock Campaign

Establishments that sell alcohol, and their customers, are the intended target of the Sticker Shock program. It is intended to educate establishment owners and customers about the laws as they buy alcohol and the consequences of selling to or buying alcoholic beverages for anyone under the age of 21. Local high school students work with the Youth Health Educator and place stickers and bottle hangers on alcoholic beverages in Englewood establishments with liquor licenses. Materials for the program are provided by The Center for Alcohol and Drug Resources. The Health Educator is the program administrator.

Community Programs

On April 9, the Municipal Alliance and Stigma-Free Englewood held its annual Town Hall Meeting at Englewood Hospital and Medical Center. "Gambling With Your Future: It's Risky" was presented by Frank Lazzaro, Problem Gambling Prevention Specialist, and Dan Trolaro, Assistant Executive Director of the Council on Compulsive Gambling of New Jersey. The event was co-sponsored by the Governor's Council on Alcohol and Drug Abuse, Englewood Hospital and Medical Center and the Health Department.

The Alliance Coordinator promoted the two DEA National Prescription Drug Take Back days and the City's Project Medicine Drop (Rx drop box in the Police Department). In October, the Alliance hosted a Red Ribbon Week resource table at Winton White Stadium during the first half of Dwight Morrow High School's final home football game.

Stigma-Free Englewood Activities

Through a City Council Resolution, a trust account was created for Stigma-Free Englewood to facilitate fundraising activities and donations to help offset program expenses. Activities to raise awareness in the community included:

January	Hosted a table at County-wide Stigma-Free Symposium
May	Hosted a table at a Bergen County Stigma-Free Wellness Fair; Attended a Bergen County Freeholders Meeting to advocate for budget funds; Participated in a Mental Health Month event at Bridges Family Success Center
June	Hosted a table at the Juneteenth Health Fair; Distributed educational material at Raise the (Pride) Flag event at Englewood Library
October	Provided a table display at Dwight Morrow High School cafeteria for Mental Health Awareness week

Mental Health First Aid Training (MHFA)

The Department's Program Coordinator/Assistant to the Director is a certified Mental Health First Aid instructor. Three training sessions were co-sponsored by the Department and the Stigma-Free Task Force this year (February, May and October). The certified instructor attends quarterly meetings of the County's Training Corps.

The Alliance Coordinator is a member of the Bergen County Prevention Coalition, which meets monthly. In addition, the Coordinator serves on the Bergen County Mental Health Board and on the Advisory Council of Englewood Health's Gregory P. Shadek Behavioral Care Center.

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

- *New Jersey Prevention Network Conference*, Atlantic City
- *Tree of Addiction Conference*, sponsored by Center for Alcohol & Drug Resources

MUNICIPAL ALLIANCE

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- *Knock Out Opioid Abuse Summit, Newark*
- *Retreat Behavioral Health Luncheon Presentation – Bridging the Gap: From Crisis to Solutions*



Bergen County Stigma-Free Symposium



Mental Health First Aid training at Bridges Bergen Family Center



Stigma Free Englewood provides community outreach during Juneteenth celebration