

ANNUAL REPORT

2021



**City of Englewood
Department of Health**



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Matthew A. Traudt Public Health Investigator / Animal Cruelty Investigator

CONSULTANTS

Patricia AugustPublic Health Nursing Supervisor
Marjorie Jones, MDPediatrician

MESSAGE FROM THE BOARD PRESIDENT

As 2021 came to an end, and we looked forward into 2022, we were able to reflect on the past year's accomplishments. The COVID-19 pandemic continued to be a daily topic, but the department struck back with immunization clinics and educational information spread throughout the community. We began another year under the leadership of James Fedorko, who served the Englewood community day and night, but had to bid him farewell as he moved into another position.

During this time, we were able to welcome back Deborah Baldwin, a longtime and well valued asset to the Health Department, to serve as Acting Director amidst our search for a new Director/Health Officer. Despite the leadership changeover, the staff continued to provide educational programming to improve the health of our constituents, obtain grant funding to support our vaccination endeavors, as well as a new exercise facility to be erected at Mackay Park, and run day to day operations. We applaud all of the staff for their hard work and dedication.

The Englewood Health Department continues to partner with several organizations including Englewood Health (hospital), the Municipal Alliance, local religious institutions, schools, businesses, health professionals and volunteers who all contribute to maintain and sustain OUR healthy community. I also want to recognize our governing body, Council members and Mayor, for the financial support they continue to budget in order for the Health Department to continue on with its mission. Thanks to each of them for keeping Englewood as a top priority.

Once again, I am grateful for the opportunity to serve this community on the Board and as President. I thank you for your ongoing support and look forward to 2022 under the new leadership of Dr. Shatrughan Bastola.

Dr. Aliza Solomon
President, Board of Health

VITAL STATISTICS & LICENSING

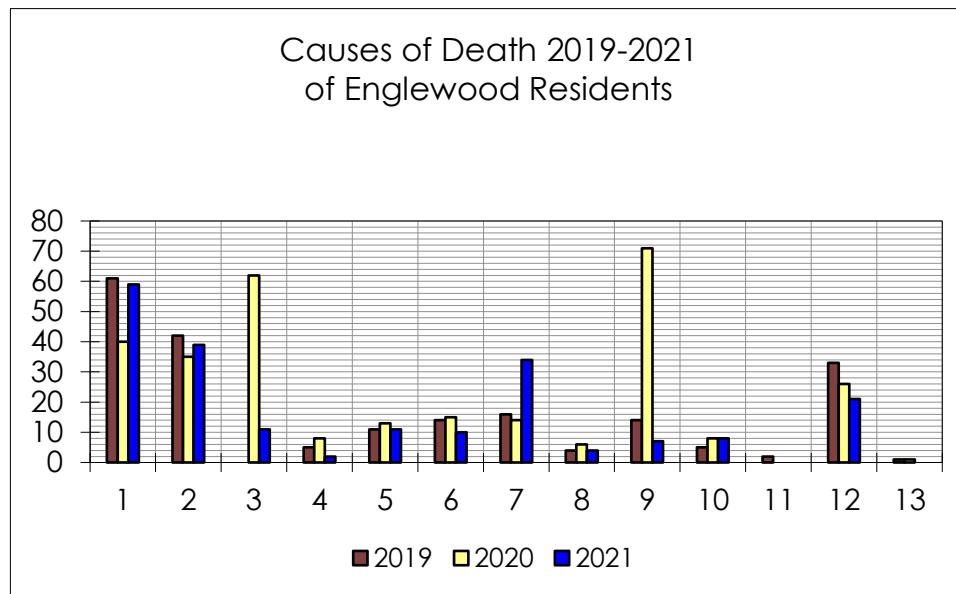
Professionalism, patience, a positive attitude and people-first has remained the stalwartly attitude of the Vital Statistics and Licensing team during these pandemic times. Although the Centers for Disease Control & Prevention (CDC) reports a 2% decline in births during the first six months of 2021, there was a significant increase in services provided. Customer service increased overall by 42% from last year, and certified copies issued also increased 43% over last year. In addition to that, government agency requests for individuals requiring assistance nearly tripled in comparison to 2020. Following a significant increase in the number of resident deaths in 2021, as a result of the COVID-19 pandemic, this year's total number returned to a normal range. Heart disease and cancer are still the leading causes of death for Englewood residents.

CAUSES OF DEATH (PRIMARY)				
Englewood Residents				
CDC ranking as of 2022		2019	2020	2021
1	Heart disease	61	40	59
2	Cancer	42	35	39
3	COVID-19		62	11
4	Accidents (unintentional injury)	5	8	2
5	Stroke / Cerebrovascular disease)	11	13	11
6	Chronic lower respiratory disease	14	15	10
7	Alzheimer's/dementia*, complications of	16	14	34
8	Diabetes	4	6	4
9	Influenza and pneumonia**	14	71	7
10	Nephritis, nephrotic syndrome, nephrosis	5	8	8
11	Intentional self harm (suicide)	2	0	0
12	Other (unable to categorize)	33	26	21
13	Pending Investigation	1	1	0
TOTALS		204	298	206

* Other incl Adv Age, Failure to Thrive, Sepsis, Autoimmune, etc

**Incl aspiration pneumonia and HCAP

VITAL STATISTICS & LICENSING



A number of small retail establishments closed, reflecting the impact of the pandemic. Although one would expect to see a decline in the number of retail licenses for 2021, there was, in fact, an increase of 5% as new businesses joined the community of Englewood. On the other hand, pet licenses show a significant decline with only 67 cats and 359 dogs licensed for 2021, compared to 109 cats and 569 dogs licensed in 2020. This is a decrease of 38.5% for cats and 36.9% for dogs.

As a team, we leading with dedication, fortitude and a helpful attitude; make it a point to put people first; and endeavor to always assist the public at large. The staff continue to stay abreast of training as well as adhere to state laws and guidelines. Though these times may be unprecedented, the Vital Statistics and Licensing team continues to rise to the occasion.

REVENUE

For 2021, general revenue was within normal range following a down-turn in 2020 due to the COVID-19 pandemic.

REVENUE	2019	2020	2021
Operations:			
Certified Copies, Amendments, Permits	142,147	87,233	146,938
Marriage/Civil Union/Dom Partner Lic	5,712	3,724	4,004
Dog Licenses	5,214	4,620	2,780
Cat Licenses	713	662	388
Pet Late Lic Fees & Dupl Tags & Hen Lic	1,089	251	523
Retail Food Licenses / Plan Reviews	57,340	58,995	59,670
Food Establishment Re-insp / Late Lic Fees	2,140	325	950
Misc Lic (Pools, Temp Food, etc)	13,690	11,150	19,350
FMC / FHC Course Registration	2,590	0	0
CHC User Fees	2,366	1,344	1,507
Mental Health FA Train/Stigma Free Englewood	1,460	0	0
Misc Income (Copies, Notary, Exped Srvcs)	5,215	323	119
Fee For Service (Mantoux, Flu/Other Vaccines)	3,460	660	721
Total Operations Income	243,136	169,287	236,950
Grants:			
EMHC Reach & Teach	18,000	0	0
EHMC/Rutgers Healthy Commun Collab		5,500	5,500
Munic Alliance: Sticker Shock	579	579	0
Munic Alliance: Stigma Free Initiative	0	0	0
Bergen County: Stigma Free & Wellness Init	0	0	0
Bergen County: Comm Devel Block Grant		5,119	
FDA/NACCHO Food Safety Program	5,887	5,500	
NJ ACCHO Emergency Prep (COVID19)		24,263	
NJ ACCHO Strengthening PH Capacity		5,615	
NJ DOH COVID Strengthen PH Capacity		142,236	
NJ DOH COVID Vaccination Suppl Funding			50,000
Total Grant Income	24,466	188,812	55,500
REVENUE GRAND TOTAL	267,602	358,099	292,450

EXPENDITURES

An increase in expenditures, particularly for Contractual Services, was the result of temporary contractual agreements with Bergen County Department of Health Services.

EXPENDITURES	2019	2020	2021
Contractual Services	8,203	9,996	39,705
Advertising	610	236	1,190
Postage	4,879	4,246	3,129
Printing/Binding	1,413	1,467	971
Vehicle Repair/Maintenance	363		
Office Equipment - Servicing	1,472		542
Specialized Services	19,488	25,860	19,016
Books, Publications	1,512		
Office Supplies	3,162	4,806	4,212
Training Aids/Programs	2,716	951	1,130
Meetings, Conventions, Conferences	2,937	612	761
Uniforms & Accessories		1,308	
Memberships	370	345	95
Travel Allowance	1,250	1,500	1,272
Office Furniture	349	308	
Other Equipment	5,750	11,890	2,942
Motor fuel & lubricants	432	352	468
Other materials & supplies	6,194	797	512
Food & drugs	4,026	873	632
Photo, Blueprint & Developing (Copiers)	5,299	5,103	5,103
Equipment repair/maintenance			225
Child Health Clinic	1,309	8,253	938
Youth Programs	163	113	
TASE (Tobacco Age of Sale Enforcement)	720		250
EXPENDITURES TOTAL	72,617	79,016	83,093
Staffing	13 FTE	12.5 FTE	12.5 FTE

ENVIRONMENTAL

The Environmental unit of the Health Department consists of the Public Health Investigator/Animal Control Officer and two Registered Environmental Health Specialists (REHS). The REHS team conducts food safety inspections and Communicable Disease Reporting and Control.



Staff investigate complaints related to public health nuisance and environmental health (air, solid waste, hazardous material). Tobacco Age of Sale/Electronic Smoking Device (ESD) compliance checks, and inspections of pools, camps, and a body art salon (permanent make-up) and enforces health code violations.

Additional activities during 2021 involved assistance with COVID-19 pandemic activities which entailed outreach efforts including tracking, home visits and vaccine clinics.

Our Animal Control Officer is responsible for monitoring animal regulations and violations and overseeing the Annual Rabies Clinic (February), which is free to residents. Our 2021 clinic provided vaccinations to a total of 22 dogs and 8 cats. In collaboration with Englewood Cliffs Veterinary, we were able to provide 57 free rabies vaccine vouchers as an additional resource to the community.

2021 Complaint Investigations



- Noxious Weeds
- Insects (Bees, Ants, Roach, Bed Bugs)
- Deer
- Rodent/Mice

PUBLIC HEALTH / NURSING

The responsibilities of the Public Health Nurse have increased as a result of the COVID-19 pandemic, beginning in 2020 and extending into 2021. In addition to keeping up with the routine functions and daily operations of the Health Department, responsibilities included

conducting contact tracing and providing COVID-19 protocols for exposure and positive tests to all City of Englewood employees. This information was also provided to the Englewood school district, businesses, and the general public.



Participants of Let's Cuff It program

In addition to the education effort, numerous COVID-19 vaccine clinics were held at the Englewood Health Department, churches, and other

locations at various times of the day to facilitate the vaccination campaign. COVID-19 case information and vaccination counts were reported to the Department head, the Board of Health and the Mayor. Long Term Care (LTC) facilities in Englewood were closely monitored for COVID-19 outbreaks. As a facility outbreak arose, the Public Health Nurse monitored the occurrence(s) and tracked cases until the outbreak period ended. This information was communicated to the New Jersey Department of Health.

From the beginning of the COVID-19 vaccine administration program until the close of 2021, the Englewood Health Department administered vaccines as follows: Moderna vaccine - 502 first doses, 424 second doses, 28 third doses and 83 booster doses; Johnson & Johnson vaccine – 127 first doses and 11 booster doses; Pfizer vaccine for ages 5-11– one first dose.



Despite the pandemic, the Department held its second "Blood Pressure: Let's Cuff It" program, in August 2021, to teach seniors how to measure their own blood pressure. This year the program was larger than the previous year and was held at the Winton White Stadium. A certified wellness coach, who conducted exercise regimen routines, was incorporated into the program. There were 20 participants, including many returning and a few newcomers. Everyone received a Garmin Activity Tracker watch. The device enabled the participants to track and record steps and monitor heart rates. The theme for the program was the effectiveness and benefits of activities on blood pressure; therefore, the participants recorded their blood pressure before exercise/walk and again after exercise/walk.

As of December 2021, a total of 100 flu vaccines were administered to adults 19 years and older, and 60 flu vaccines were administered to children 6 months to 18 years. Flu vaccine clinics were held at the Health Department and at the Lorenzo Food Group. Of the 100 adult flu vaccines administered, 76 vaccines were administered at the Lorenzo Food Group.

HEALTH EDUCATION

The Health Educator is responsible for conducting a variety of health education and promotional activities with the purpose of promoting, maintaining, and improving individual, family and community health. They plan activities for the public or special groups such as health fairs, discussion groups, educational presentations, trainings, seminars and more. In addition, they encourage a healthy lifestyle and effective behavioral change by continuously planning, developing and implementing community-based programs.

NEW PROGRAMS

Hike the Appalachian Trail

This year, the Englewood Health Department developed a virtual walking program in which participants “hiked” along the Appalachian Trail beginning at Springer Mountain, Georgia and ending in Maine’s tallest mountain, Katahdin. The Appalachian Trail is 2,193 miles long, traversing 14 states, and typically takes a single hiker about 5-6 months to complete. The walking group pooled their steps to accomplish this goal in a shorter timeframe. The walking program was designed to encourage participants to walk 10,000 steps per day. This daily step goal can boost energy, help manage weight, and reduce the risk of heart attack.

An in-person kick-off event was held on June 14th, 2021 at Flat Rock Brook Nature Center to give participants a taste of the hiking experience. Participants tracked and submitted their steps, received weekly newsletters with notable places passed along the trail, and had the opportunity to participate in Zoom meet-ups as well as in-person walks/hikes to share their experiences and any challenges faced. A finale event was held on July 1st, 2021 at the Nature Center. Participants were eligible to win raffles and receive gifts for participating in the program.



City of Englewood Website & Social Media Platforms

Each month, an 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. This is intended to provide the community with the latest news relevant to their health and wellbeing.

HEALTH EDUCATION

The Health Educator also assists with the health department's Facebook page content by posting COVID-19 advisories, current health news and tips, community events and National Health Observance dates. By utilizing social media platforms, the Englewood community remains informed and prepared.

Newsletter

The Health Educator contributes to our quarterly newsletter, the "Englewood Health Watch". The newsletter is printed for distribution throughout the community and posted on the city website. News regarding National Health Observances, COVID-19 updates, upcoming programs and successful programs is included. The newsletter helps to educate the public on health topics and inform them of where to seek important information.

Community Events

The Health Educator participates in a variety of health-related community events throughout the year to promote our services to the general public and create partnerships with local businesses and centers. The health education unit is continuously reaching out to schools, community events, churches, seniors and the general public to provide health education and promotional activities. Due to the global COVID-19 pandemic, the majority of events this year were virtual or involved minimal in-person contact.

This year's events included:

- Annual Flu Clinic
- Bergen Family Summer Safety
- COVID-19 Educational Session
- COVID-19 Vaccine Clinic
- Englewood Blood Drive
- Healthy Cooking Class
- Blood Pressure – Let's Cuff It
- National Night Out
- Sticker Shock

Topics covered included:

- Alcohol and Drug Abuse
- Blood Pressure
- COVID-19
- Influenza
- Nutrition
- Skin Cancer
- Stress
- Summer Safety
- Vaccines
- Violence

MUNICIPAL ALLIANCE

The Municipal Alliance is funded by The Governor's Council on Alcohol and Drug Addiction (GCADA) with a 25% match from the City of Englewood. State funding is solely derived from Drug Enforcement and Demand Reduction (DEDR) fines, such as driving under the influence, and all Alliances experienced a drastic funding cut after the onset of the COVID-19 pandemic. Despite this cut, Englewood continued to provide services specific to alcohol and drug education and prevention. Programming was directed to adults as well as to the community's youth.

Activities included maintenance of the Alliance web page and social media posts, contributions to the Health Department's quarterly newsletter, Sticker Shock program outreach to establishments that sell alcoholic beverages, and "Speak Sobriety" virtual workshops/assemblies by Stephen Hill for students and parents.

STIGMA-FREE ENGLEWOOD

The City Council passed a resolution in 2015 designating Englewood as a Stigma-Free community. The Bergen County initiative began in Paramus and has since expanded to include all Bergen County municipalities. Its intent is to educate the community about all mental health and addiction issues and promote an environment of support for those in need of services. This program is supported by the Municipal Alliance and by donations from the public.

In commemoration of Mental Health Month in May, a poetry/art contest was held for middle and high school students. Participating student were required to submit a poster or poem/song lyrics that address the stigma associated with mental health and substance use disorders, incorporating the theme "SEE THE PERSON, NOT THE ILLNESS". Judging of entries was held on April 28th, and an on-line event to announce the winners was on May 18th.

All entries were touching and displayed an ability to speak to issues of mental health, which adults often have difficulty with. The winner, Christine Salazar, a junior at Dwight Morrow High School won \$75 and attendance at Lindsay Meyer Teen Institute's summer peer leadership program for her entry.

MUNICIPAL ALLIANCE

SEE ME

By Christine Salazar

The eyes are the window to the soul
But what if that soul has been consumed,
does a disease consume a being?

Watching the person you love
Deteriorate before your eyes is no easy feat;
But the separation between a person and their illness
Is key to complete the journey to recovery.

People are afraid, afraid that they will never be able to escape
the restless nights and ongoing cycle, the days that go on for eternity.

But separating a person from their challenges
Gives hope to them.

They may never be the same again, but challenges give strength,
Strength to persevere, to build a stronger character than ever before