



CITY OF ENGLEWOOD DEPARTMENT OF HEALTH

2023 ANNUAL REPORT



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MESSAGE FROM THE BOARD

The Englewood Health Department provides a wide variety of services that keeps our community healthy while protecting and promoting the public by continuing its focus on the prevention of disease and on accomplishing public health promotion at multiple levels for All Residents of the City of Englewood.

In 2023, Director, Dr. Shatrujan Bastola and the team of dedicated employees/consultants in areas of public health, environmental, vital statistics, health education, infectious disease, and coordination/outreach of partnerships/programs of the Englewood Health Department. Their efforts, knowledge, and skills are geared towards the protection and promotion of the health of all residents in the city of Englewood.

They prioritize meeting our community health needs with equity and justice in a stigma free environment based on Public Health Practice Standards for Local Boards of Health and Vital Statistics by providing programs of education, public health nursing, environmental health and food safety, adult and child clinics, vaccination programs and school immunization audit(s), chronic disease awareness, regular and seasonal health fairs, outreach coordination targeted at comprehensive program inclusive of every resident in the city.

They collaborate with employees of the different departments of the city and other stakeholders; for example, now we have new exercise equipment at Mackay Park, supported by the City and by a grant from the Russell Berrie Foundation.

They continue to maintain and forge new partnerships with multiple community, mental health, private, religious, County and City government organizations with a long history of support for the EHD, including Englewood Health (Hospital and Medical Center), the Municipal Alliance, Leaders of the local religious institutions, schools, businesses, and many health professionals and other volunteer organizations essential for the EHD to achieve a robust public health infrastructure that considers the diversity of ideas for improvement of the health of our community.

The \$887,800 2023 budget, supported by Members of the Council, the Mayor, and the City Manager has been instrumental for the Health Department to continue to be a public health resource for our community. This was complemented with two grants.

I am humbled by the opportunity to serve our community in collaboration with my Colleagues on the Board as President for the 2023 year.

Dr. Maryelena Vargas
President, Board of Health

MESSAGE FROM THE HEALTH OFFICER/DIRECTOR

Englewood Health Department (EHD) operates pursuant to [NJAC 8:52](#) (Public Health Practice Standards for Local Boards of Health) and NJSA Title 26 (Health and Vital Statistics) with the oversight from NJDOH certified Health Officer, functioning as the Chief Executive Officer and the Board of Health (BOH) as the governing body. EHD is on the frontlines in ensuring health and wellness of the Englewood residents.

The Englewood Health Department operated with a budget of \$887,800 in the year 2023. The department supplements its needs with grant funding that has been allocated for supplies and two grant-funded positions.

EHD's Public Health Infrastructure is comprised of five divisions: administration, environmental health, health education, public health nursing and vital statistics. Our total full time staff capacity is 14. The support of City administration and other City Departments are instrumental to our successful day to day operation.

We offered different health services to the Englewood Communities under the broader framework of [10 Essential Public Health Services](#) and [Healthy People 2030](#). The 10 Essential Public Health Services provide a framework for public health professionals to protect and promote the health of all people in all communities to achieve equity while Healthy People 2030 provides national health goals to address priority health needs.

We are taking a futuristic approach in accomplishing the City's mission of promoting, strengthening and evaluating public health efforts to improve the health and wellbeing of all people. The Plan of Action to improve health outcomes is to:

- Set goals and objectives to guide evidence-based public health interventions and activities (Strategic Planning)
- Reduce Health Disparities, achieve health equity and attain health literacy (reach out to vulnerable population with increased health risk and adverse health outcomes)
- Collaborate for and assist in creating social, physical and economic environments (identify, prioritize and address social determinants of health)
- Promote healthy development, behaviors and well-being across all life stages (health education and awareness on health issues) by boosting efforts to increase outreach for health education through public health events, health screenings and health fair.
- Focus on prevention of injuries caused by substance abuse and opioid overdose; focus on protection and preservation of mental health through the enhancement of staff competencies and increased community awareness and participation in mental health programs.
- Build sustained collaboration with political leadership (City Council, Mayor and public at large) and other public health partners (academia, schools, nursing

homes, federally qualified health centers, businesses, Bergen County Health Department, municipal health departments, NJDOH, CDC, WHO, City Departments and Boards), to design policies and to take public health actions.

EHD takes pride in presenting public health achievements made in program 2023 in numbers:

EHD Achievements by Numbers	2023 Total
<i>Public Health Nursing</i>	
Total Reportable Communicable Disease Cases Reported in CDRSS	1404
Total COVID-19 cases reported into CDRSS	1142
Total COVID-19 deaths reported into CDRSS	2
Total Communicable Disease Outbreaks Reported	13
Total COVID-19 vaccines administered	32
Total Flu vaccines administered	282
Total Adult vaccines administered other than Flu & COVID	98
Total Child Health Clinics held	21
Total children examined	148
<i>Health Education</i>	
Total public health/community outreach events	108
Total residents reached	1340
Total continuing education trainings	116
Total health promotion/planning meetings & calls	135
<i>Environmental Health</i>	
Total RFE Inspections done	312
Total temporary events inspected	72
Total RFE and temp event licenses issued	357
Total emergency calls/events attended by REHS	7
Total rabies clinic	1
Total rabies vaccines given	76
Total public health complaints investigated	87
Total animal bites investigated	22
Total dog confinement notices issued	13
Total public calls/inquiries	112
<i>Vital Statistics & Licensing</i>	
Total pet licenses issued	581
Total birth certificates issued	12,622
Total death certificates issued	2,388
Total marriage certificates issued	414

The above integral interpretation of achievements depicts the volume of engagement of EHD's hard working team and of annual public health activities. More importantly, what is significant is the lives that we as public health workers touch with our services on a daily basis.

With continued and effective disease surveillance, prevention and control efforts, COVID-19 started receding significantly in the year 2023. Compared to prior years in 2023,

morbidity, severity and fatality indicators showed declining trend. The Federal COVID-19 Public Health Emergency Declaration ended on May 11 following an end to COVID-19 as Public Health Emergency of International Concern from WHO on May 5. SARS-CoV-2 continued to mutate resulting in circulation of new Omicron variants that led to some case surges in 2023. An Updated 2023–2024 COVID-19 Vaccine was recommended and 2023 was indeed the first Fall respiratory virus season where vaccines were available for the three primary respiratory viruses responsible for most hospitalizations – COVID-19, RSV, and flu.

Following recommendations from the BOH, EHD analyzed 3 years data (based on vital statistics division reporting) on primary causes of death and their risk factors and identified primary causes of mortality among the Englewood Residents. EHD reviewed further the current public health interventions that are in place and worked towards the development of prospective public health actions/programs towards the prevention and control of priority chronic diseases. Heart Disease, Cancer, COVID-19, Accidents/injuries (unintentional injuries), Stroke (cerebrovascular disease), chronic lower respiratory diseases, Alzheimer's/Dementia, Diabetes, Influenza/Pneumonia, Nephritis; nephrotic syndrome; nephrosis, Intentional self-harm (suicide) and others were identified to be the priority problems in descending order of mortality burden. Assessment of existing public health intervention pertaining to each of the conditions mentioned were performed and future health education events, health fairs and disease screening programs will focus on prevention and control of chronic illnesses and mental health issues.

Health inspections, public health complaints investigation, animal control, childhood and adult immunization, well child clinic and issuance of birth, death and marriage certificates remained the priorities. Issuance of RFE and pet licenses continued. Timely investigation of communicable diseases and their clusters/outbreaks another important function EHD was engaged in. Rabies prevention and control through a free annual rabies clinic for pets and follow-up and monitoring of animal bite in humans stayed another important public health priority.

In 2023 EHD carried out various public health outreach events. Major PH health education and outreach events and observances in 2023 were: Women's Right Information Center Monthly Outreach Table; Bergen Family Center (BFC) Adult Day Program Monthly Outreach & Education; Outreach table at the Englewood Public Library; Outreach table at the Center for Food Action (CFA) Drive-Thru; Nutrition Education (SNAP-ed) with Community Food Bank of NJ; NJ SNAP-Ed Virtual Class ; Outreach table at the NAACP Annual Health Fair; COVID-19 Vaccine Clinics; LHOC visited each latin restaurant on Palisades Avenue and dropped off flyers for Free Children's Dental Screening by Bergen Community College; Partnership for Healthy Eating Dinner in the Palisades Charter School in Englewood (Vaccinations by Public Health Nurse); National Public Health Week - **April 2023**; Community Health Event in Bergen Community College; Women's Rights Information Center Mujer Hispana, Grupo de Apoyo Integral en Persona; Annual Wellness Challenge; Take Control of Your Health: Chronic Disease Self-Management Program; Englewood

Family Health Festival Event (Health Fair) on **5/7/23** in Depot Square/Veterans Park; Office of Concern; JDMS Mental Health & Wellness Fair- Blood pressure checks by Public Health Nurse; Open Store by Metro Community Church; NJMVC Mobile Unit Outreach; Block Party Outreach Event; World Hepatitis Day - Collaboration with Team Management 2000 Mobile Unit; Community Health Expo (Vaccines offered by Public Health Nurse); Quarles Back to School Parent Orientation; Back to School Fair; Grieco Back to School/Open House; McCloud Back to School Night; JDMS Back to School Night/Mental Health Fair; DHMS Back to School Night; Fall Health Fair; SESCIL: Senior Health & Resources Fair; Spooky Skatacula, Metro Community Fall Open Store; ScreenNJ Lifesaver Mobile Unit: Breast Cancer & Lung Cancer Screening; Free Diabetes Screening; World AIDS Day

EHD will continue to give utmost importance to program evaluation. Program evaluation provides opportunity to determine whether the program is meeting its goals, to identify areas for improvement, to inform decision making and to improve accountability. EHD will continue make program evaluation an integral part of all public health interventions and outreach efforts which will provide feedback to improve the processes and intended outcomes of public health interventions.

EHD team will work harder to provide fair and just health awareness and services for Englewood residents to attain highest level of health as envisioned by NJDOH public health practice standards. To that end it will make all efforts to eliminate health care disparities by decreasing the differences in the burden of disease, injury, or opportunities experienced by the residents disadvantaged by their social and economic status, geographic location and environment. Many populations are found to experience health disparities, including people from racial and ethnic minority groups, people with disabilities, women, people who are LGBTQ+ (lesbian, gay, bisexual, transgender, queer, intersex , or other), people with limited English proficiency, and other groups. EHD will play its role in preventing health care disparities by enhancing and sustaining partnership with community-and faith-based organizations, businesses, Englewood Health system and other health care providers. Our goal will be to implement key functions of Local Public Health by adapting existing policies, programs and systems in conformity to 10 essential health services, health equity framework and social determinants of health and community health needs.

The EHD team extends their sincere appreciation to the BOH members, City Council Members, City Manager and key public health partners and stake holders including faith communities for their unrelenting support to the EHD Team to achieve successes in the year 2023.

Dr. Shatrujan Bastola
Director/Health Officer

COVID-19 SITUATION IN 2023

COVID-19 finally slowed down and things started to slowly fall back to normalcy in 2023. The Federal COVID-19 Public Health Emergency Declaration ended on May 11 following an end to COVID-19 as Public Health Emergency of International Concern from WHO on May 5. SARS-CoV-2 continued to mutate resulting in circulation of some new Omicron variants that led to some case surges in 2023. An Updated 2023–2024 COVID-19 Vaccine came out and 2023 was indeed the first Fall respiratory virus season where vaccines were available for the three respiratory viruses responsible for most hospitalizations – COVID-19, RSV, and flu. Four years into the COVID-19 pandemic, many individuals have immunity against COVID-19 due to vaccination and/or prior infection. Immunity, in addition to treatments, have greatly reduced the risk of severe outcomes from COVID-19. Immunocompromised individuals and persons with certain underlying health conditions, however, continue to be at higher risk for severe illness. Like previous years, our health department continued to receive some reports of COVID-19 outbreaks in K-12 Schools and long-term care facilities. By the end of 2023, approximately 9636 Englewood residents (nearly one-third) had confirmed COVID-19 infections at some point and 109 Englewood residents had succumbed to death. Following graph shows trend in COVID-19 cases and deaths among Englewood residents from 2020-2023. PCR confirmed COVID-19 cases are represented by bars and are referenced on primary y-axis, whereas, COVID-19 associated deaths are represented by line-graph and are referenced on secondary y-axis. Compared to three prior years into the pandemic, 2023 was very stable for COVID-19. However, since the threat of COVID-19 remains, it is important that individuals and communities take necessary prevention and treatment measures to keep everyone safe.

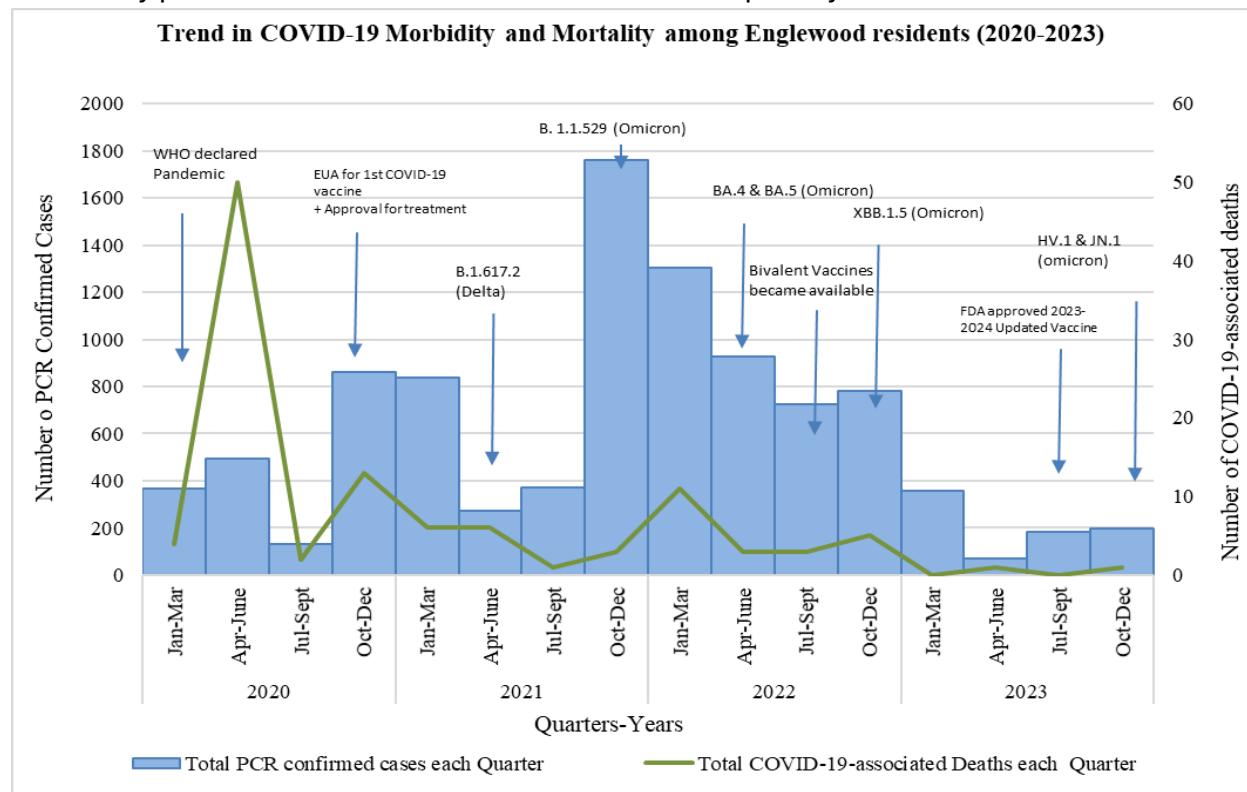


Fig: Trend in COVID-19 cases and deaths in Englewood, 2020-2023

VITAL STATISTICS & LICENSING

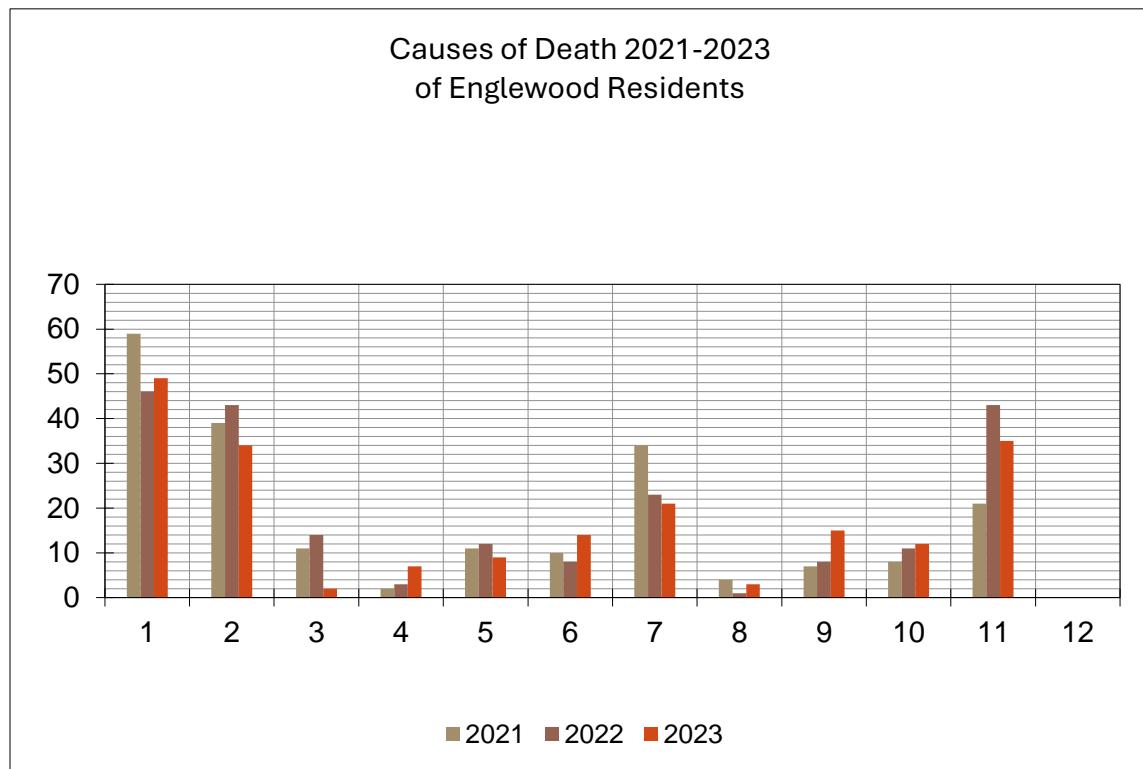
Vital Statistics for 2023 saw a slight decrease in birth from 2022. There were 3151 births in 2022 and 2919 births in 2023 a difference of -7'3%. On average of the 2919 births in Englewood less than 10 % of the births are Englewood Residents. Approximately 53% of births for 2023 were male. The percentage of resident giving birth in Englewood did not increase or decrease from 2022 to 2023. The ratio of male and females being born also did not increase or decrease from 2022 to 2023.

Death certificates closed the year with 261 deaths filed. Compared to last year death certificates had a mild increase in both filing and issuance. Filed certificates increased by approximately 6.1% over 2022. However, residency deaths filed decreased by 4.7%. Roughly 2,010 death records were issued in 2023. Issuance saw an increase of 2.7%. One party must be an Englewood Resident to apply for a marriage license in Englewood. However, once the marriage license is obtained couples can get married anywhere in the state of New Jersey. Marriage license applications showed increase of 4.1%. Marriage certificates filed did not increase or decrease in comparison to last year. Roughly 56% of marriages filed were Englewood residents. Approximately 37% of marriages filed are New Jersey residents. Less than 7% of marriages filed are out of state residents.

CAUSES OF DEATH (PRIMARY) Englewood Residents					
CDC ranking as of 2020 (corrected)			2021	2022	2023
1	Heart disease	59	46	49	
2	Cancer	39	43	34	
3	COVID-19	11	14	2	
4	Accidents (unintentional injury/overdose)	2	3	7	
5	Stroke / Cerebrovascular disease	11	12	9	
	Chronic lower respiratory disease (incl				
6	COPD)	10	8	14	
7	Alzheimer's/dementia (and complications of)	34	23	21	
8	Diabetes	4	1	3	
9	Influenza and pneumonia*	7	8	15	
10	Renal diseases	8	11	12	
11	Other causes**	21	43	35	
12	Pending Investigation	0	0	0	
TOTALS		206	212	201	

* Incl aspiration pneumonia and HCAP

**Other incl Accidental, Adv Age/Fail to Thrive, Sepsis, etc.



LICENSING

Environmental licenses consist of food, vape, body art and temporary licenses. There were approximately 414 licenses issued last year. Three hundred twenty-five permanent license. Permanent licenses represent 78.5% of all licenses issued. Temporary licenses are 21.4 % of all. Excluding temporary licenses general licenses represent 11.7% of annual licenses. General licenses consist of pools, electronic cigarettes, body art and portosans. Less than 6% of annual permanent licenses are pools. Approximately 1.2% of permanent license are body art and 10.5% are electronic cigarettes. Portosans are typically temporary licenses and make up less than 3% of all licenses issued.

REVENUE

REVENUE	2021	2022	2023
Operations			
Certified Copies, Amendments, Permits	146,938	146,409	140,023
Marriage/Civil Union/Dom Partner License	4,004	2,240	2,772
Dog Licenses	2,780	2,482	3,864
Cat Licenses	388	268	561
Pet Late Lic Fees & Duplicate Tags & Hen Lic	523	908	414
Retail Food Licenses / Plan Reviews	59,670	69,190	63,134
Food Establishment Re-inspection / Late Lic Fees	950	1,898	4,122
Misc License (Pools, Temp Food, etc.)	19,350	21,459.50	21,819
FMC / FHC Course Registration		5,350	1,250
CHC User Fees	1,507		2,462
Mental Health FA Train/Stigma Free Englewood		1,797	
Misc Income (Copies, Notary, etc.)	119	126	104
Fee For Service (Mantoux, Flu/Other Vaccines)	721	580	1,050
Total Operations Income	236,950	253,682.50	241,595
Grants			
EMHC Reach & Teach			
EHMC/Rutgers Healthy Community Collab	5,500		
Municipal Alliance: Sticker Shock			
Municipal Alliance: Stigma Free Initiative			
Bergen County: Stigma-Free & Wellness Initiative		5,754.10	5,754.10
Municipal Alliance			
Municipal Alliance: DMHAS		4,620	4,620
Bergen County: Comm Devel Block Grant			
FDA/NACCHO Food Safety Program			
NJ ACCHO Emergency Prep (COVID19)			
NJ ACCHO Strengthening PH Capacity			427,132
NJ DOH COVID Strengthen PH Capacity		274,735	
NJ DOH COVID Vaccination Suppl Funding	50,000	50,000	
Total Grant Income	55,500	324,735	437,506.10
REVENUE GRAND TOTAL	292,450	578,417.50	437,506.10

EXPENDITURES

EXPENDITURES	2021	2022	2023
Contractual Services	39,705	40,430.14	13,217.01
Advertising	1,190	655.22	530
Postage	3,129	2,613.95	8,858.95
Printing/Binding	971	1,287.80	2,219.64
Vehicle Repair/Maintenance			
Office Equipment - Servicing	542	555.58	223
Specialized Services	19,016	22,134	36,279.01
Books, Publications		31	
Office Supplies	4,212	4,530.63	5,372.81
Training Aids/Programs	1,130	2,485.98	1,319.93
Meetings, Conventions, Conferences	761	488.85	754.96
Uniforms & Accessories		2,080.48	66.49
Memberships	95	535	1,295
Travel Allowance	1,272		
Office Furniture			
Other Equipment	2,942		201.96
Motor Fuel & Lubricants	468	774.55	339.50
Other Materials & Supplies	512	948.87	2,438.60
Food & Drugs	632		1,903.60
Photo, Blueprint & Developing (Copiers)	5,103	5,004.99	8,140.65
Equipment Repair/Maintenance	225		
Child Health Clinic	938		1,549.24
Youth Programs			
TASE (Tobacco Age of Sale Enforcement)	250	80	
EXPENDITURES TOTAL	83,093	84,637.04	84,710.35
Staffing	12.5 FTE	14.5 FTE	13 FTE

ENVIRONMENTAL

The Environmental Unit continuously worked to provide Public Health education and enforcement to the Englewood community. This year includes the retirement of the Environmental Units Supervisor, along with recruitment efforts for a Public Health Investigator and Registered Environmental Health Specialist. Under the guidance of the Health Officer/Director as well as State and Local laws the team persevered to ensure Public Health Practice Standards were met.

<p>Animal Control</p> <ul style="list-style-type: none"> ● Animal Complaint Investigation ● Animal Bite Report ● Dog Confinement ● Rabies Vaccination Clinic 	<p>Although the Englewood Health Department has a contract with Bergen County Animal Control, the Environmental Health Unit still handles Animal Complaints, complete animal bite reports, and confine animals if the suspicion of rabies occurs. The Englewood Health Department holds an annual Rabies Vaccination Clinic free of cost to Englewood resident's Dogs and Cats.</p>
<p>Board of Cosmetology and Consumer Affairs</p> <ul style="list-style-type: none"> ● Beauty, Barber, Braiding & Nails ● Tattoo ● Permanent Make-up ● Massage Salons 	<p>While Cosmetology Inspections fall under the responsibility of the Board of Cosmetology, the Board of Cosmetology requested from local Health Departments this year to assist with inspections and ensuring all shops and employees within our jurisdiction are licensed for public safety.</p>
<p>Emergency Response & Enforcement</p> <ul style="list-style-type: none"> ● On Call ● Conditional Re-Inspection ● Notices of Violation ● Summons 	<p>Every week, one employee of the Environmental Health Unit must be available for Emergency Calls and respond rapidly.</p> <p>Enforcement is the unit's most utilized tool, but it always comes after education. The EHD is dedicated to educating residents/business owners when a violation occurs by issuing a detailed Notice of Violation and allowing an abatement opportunity, rather than just issuing citations.</p>
<p>City License Inspections/OPRA Request</p> <ul style="list-style-type: none"> ● Certificate of Occupancy ● Certificate of Continued Occupancy ● Plan Review ● OPRA 	<p>Plan Reviews, CO and CCO inspections are conducted when an establishment is new or went through a change of ownership or a renovation. This is to ensure the establishment is up to code.</p> <p>Open Public Record Act requests are requested through the City's Clerk Office</p>
<p>Environmental Nuisance Complaints</p> <ul style="list-style-type: none"> ● Noise ● Odor ● Pests ● Garbage ● Sewage 	<p>Nuisance complaints are addressed. These complaints are resolved through educating the public on violations in accordance with the Englewood Health Revised Nuisance Codes Chapter 505, 1-6. At times summonses are issued which require presenting cases in Municipal Court to obtain positive resolutions.</p>

Events & Educational Outreach

- Educational Infographics and Food for Thought News bulletin
- Food Safety Training
- Temporary Events
- Tobacco Education Survey

Throughout the year the Environmental Team offers guidance and educational materials to the public, and retail food establishments, this includes Food Safety Training to food establishment employees, distribution of the Food for Thought newsletter to all retail food establishments, and conducting the Tobacco Education Surveys to Tobacco Retailers. A total of 72 Temporary food establishment inspections were conducted and vendors received a combination of inspection of both educational pamphlets to ensure food safety during events.

Temporary Events

1. Englewood Recreation Department - “Extravaganza” & “Spooktacula”
2. Farmers Market
3. 4TH OF JULY Fireworks Celebration
4. Sizzling Sidewalks
5. Caribbean Festival
6. Harmon Concierge Car Show
7. Memorial Day Classic Car Show
8. Flat Brook Nature Association’s “Great Fall Festival”
9. Jabari Society’s- “Juneteenth Celebration” and “Back to School” Events
10. Englewood Health Department “Fall Fair”
11. Englewood Police Department “Movie in the Park”
12. Englewood Public Schools “Trunk or Treat” and “Back to School” Events
13. Metro Church Picnic
14. Community SDA Church “Keep Hope Alive Community Impact” Event
15. Christmas Tree Lighting
16. Menorah Lighting

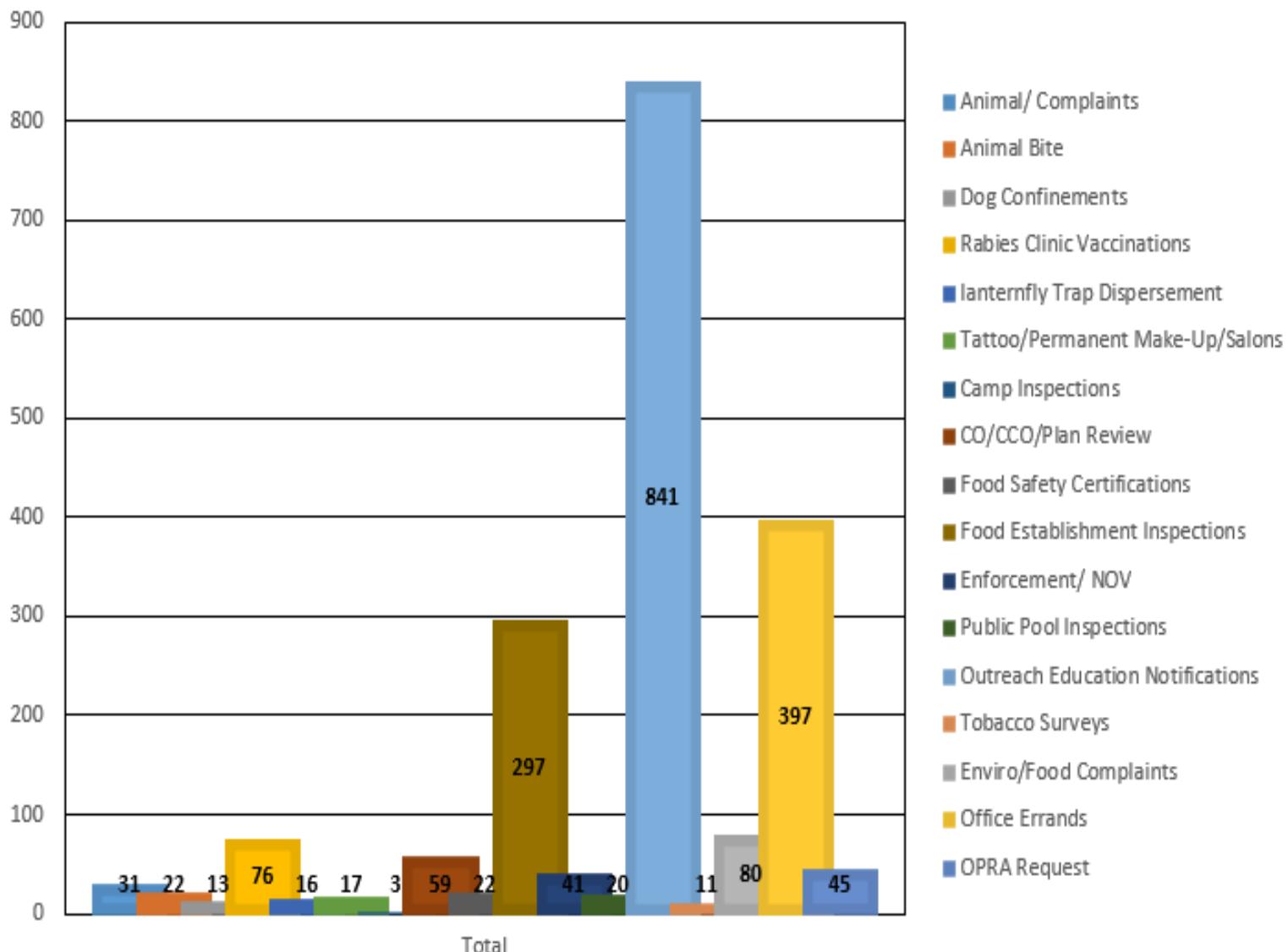
During 2023, additional public health concerns initiated the opportunity to provide education on the following topics:

1. Bear Facts
2. Service Animals/Pets in Restaurants
3. Spotted Lanternfly
4. Emergency Preparedness in Retail
5. Cottage Food Law Guidance

<p>Retail Food Program Inspections</p> <ul style="list-style-type: none"> ● Adult Care Facilities ● Churches & Synagogues ● Daycare Centers ● Mobile Food Trucks ● Retail Food Establishments ● Schools 	<p>Food Establishments</p> <p>Retail Food Safety includes the delivery, storage and preparation of the foods, the consumer's consumption and or purchase. REHS conduct inspections established under Chapter 24 of the New Jersey State Sanitary Code, to ensure the safety of the public. This occurs by way of unannounced inspections. The inspection includes, but is not limited to: observation of food handling, proper temperature control of food items, and general cleanliness and storage of food. New Jersey State Code only requires one inspection per year</p>
<p>Recreational Inspections</p> <ul style="list-style-type: none"> ● Pools ● Youth Camps 	<p>Pool Safety</p> <p>Compliance with the New Jersey Chapter 26 of the Recreational Bathing Code is the standard for the inspections of pools. Environmental Unit addresses. Englewood has nine semi-public pools and two public pools, each of which undergoes a yearly pre-opening inspection. During the course of each inspection, a pool is checked for water quality/proper chemical levels, adequate safety equipment, properly certified lifeguards and that there are no hazards to the public. In addition, spot checks are conducted throughout the season, as well as reviewing weekly water quality analyses reports.</p> <p>Youth Camps</p> <p>The REHS performs inspections for Englewood Youth Camps that provide seasonal activities and life learning skills. All camps must be registered with the NJ Department of Health & Senior Services, and inspections are conducted per Chapter 25 of New Jersey's Youth Camp Standards code. The inspection covers areas such as proper ratios of staff to campers, staff licensing and background checks, and that proper medical staff is available.</p>

Environmental Health Unit Inspection Activity	Total
Animal/ Complaints	31
Animal Bite	22
Dog Confinements	13
Rabies Clinic Vaccinations	76
Lanternfly Trap Disbursement	16
Tattoo/Permanent Make-Up/Salons	17
Camp Inspections	3
CO/CCO/Plan Review	59
Food Safety Certifications	22
Food Establishment Inspections	297
Enforcement/ NOV	41
Public Pool Inspections	20
Outreach Education Notifications	841
Tobacco Surveys	11
Enviro/Food Complaints	80
Office Errands	397
OPRA Request	45
Total	1991

ENVIRONMENTAL UNIT INSPECTION & VISIT ACTIVITIES 2023



PUBLIC HEALTH NURSING

The Public Health Nursing unit continues to provide essential services to the City of Englewood and its neighboring areas. The COVID-19 pandemic has brought about many changes; as a result, the role of the Public Health Nurse has also evolved significantly over the past couple of years. The dedication of the Public Health Nurse and teammates who assist the clinic in assuming additional responsibilities during these trying times is commendable. All are commended for their hard work and willingness to go above and beyond. Additionally, the extension of their services to include Child Health Clinic services for non-Englewood residents is a reassuring gesture to the people of municipalities that do not provide Child Health Clinic services.



The Public Health Nursing Department is expanding and regularly conducts training sessions for volunteers and nursing students who wish to learn more about public health work functions. One of the public health nurse's key responsibilities is to provide resources that aim to maintain the public's health. In this regard, the department has established various strategies and interventions to bring about positive change.

Due to the increase of migration to the United States, the Child Health Clinic has been impacted. Many individuals from the surrounding communities require healthcare services and vaccines to enter school. The clinic provides a range of health services, including administering

vaccines for well-child clinics, adult preventable diseases, COVID-19 vaccines, contract tracing, test kits distribution, Mantoux skin testing, community outreach, referrals, lead education, school immunization audits, patient teaching, and education through seminars and pamphlets to reduce and stop the spread of infectious diseases. The Public Health Nurse also supports and answers queries from the public, school nurses, administrators, and peers.

The role of the Public Health Nurse entails several responsibilities, including updating the New Jersey Immunization Information system for individuals vaccinated at the facility. They are also responsible for ordering vaccines and providing annual training to employees who participate in the daily functions of packaging, storing, administering, and documenting VFC, Adult 317, and the COVID-19 vaccine program. In order to maintain the standard of the Vaccine Program, the Public Health Nurse participates in the annual required training set by the New Jersey Department of Health and then undergoes re-enrollment for both vaccine clinics (VFC and Adult 317) to be able to administer vaccines and keep the clinics afloat.

The Englewood Health Department follows Centers for Disease Control and Prevention (CDC) recommendations and offers COVID-19 vaccines. There have been several updates to the vaccine administration protocols. As of September 16, 2022, bivalent doses for Moderna and Pfizer have been added to the series of vaccines already in use. Then, commencing April 18, 2023, the rules for administering COVID-19 vaccines have changed.

COVID-19 bivalent doses will be administered as initial doses, and a single dose will be sufficient. Monovalent doses for Moderna and Pfizer are obsolete; however, Janssen and Novavax primary series remain unchanged.

As of September 12, 2023, the New Jersey Department of Health issued a new COVID-19 vaccine protocol in regulation with the new vaccine mandate, strains, and usage. The COVID-19 vaccines are now commercialized, and stringent rules are placed on how or who should receive them from the New Jersey Department of Health. Since the population's need for the COVID-19 vaccine has decreased, the Englewood Health Department has changed its means of advertising. The department offers the vaccine through COVID-19 clinics, vaccine outreach clinics, walk-ins, and the homebound. They advertise COVID-19 vaccine clinics through flyers, Facebook, and Instagram. From 2020 to 2022, the following COVID-19 vaccines have been administered: Janssen – 185; Moderna Monovalent - 1203; Moderna Bivalent – 54; Novavax – 2; Pfizer Monovalent – 117; Pfizer Bivalent – 72. In 2023, Moderna Monovalent – 2 doses, Moderna Bivalent – 21, Pfizer Monovalent – 4, and Pfizer Bivalent – 5 were administered.



Adult Vaccine-Preventable Disease – 317 Vaccine Program

The Adult Vaccine Preventable Disease program is aimed at controlling the spread of infectious diseases that can be prevented through vaccines. The program provides affordable vaccines to uninsured adults in Englewood and surrounding communities. The vaccines administered include Hepatitis A, Hepatitis B, Hepatitis A and B combined, Human Papillomavirus Vaccine (HPV), Measles, Mumps and Rubella (MMR), Meningococcal, Pneumococcal, Tetanus Diphtheria Acellular Pertussis (Tdap), Varicella, and Shingles (Shingrix). The affordable vaccines were mainly received by non-immigrants who wanted to change their residential status to become residents. Adult uninsured students also received vaccines through this program.



Public Health Nurse at a Free Adult Vaccination Event

Child Health Clinic

The Well Child clinic is a program that caters to infants, school-aged, and high school children in Englewood and surrounding communities who do not have insurance, have Medicaid Part A, or are American Indian or Alaska natives. The program aims to maintain the health of children by providing preventive healthcare services to newborns up to 18 years old. These services include physical examinations, school physicals, sports physicals, health screenings, immunizations, Mantoux skin testing, and health counseling. The vaccines are provided free of cost; however, a one-time administrative fee per child is charged.

Community Outreach

The Public Health Nurse assisted with Health Fairs, which included vital signs screening, patient intake and documentation, and administering vaccines. These health fairs were held at various locations, such as churches, workplaces, Depot Square, Mobile Unit, and centers. The nurse also partnered with the Bergen County Division to administer HIV screening and Mammogram tests. The events were coordinated and synchronized with health issues recognized during a given month.



Free Health Screening Event and a Community Outreach Event

Communicable Disease Reporting

On May 5, 2023, the COVID-19 virus was no longer deemed a public health emergency as per the World Health Organization (WHO). As the years progressed, the disease began to wane and lost its status as the most prevalent disease. The public health nurse collaborated with the New Jersey Department of Health to monitor COVID-19 cases in long-term care facilities, assisted living facilities, and school outbreaks. Infectious diseases can spread through blood, body fluids, contact, droplets, food, and vectors. The monitoring of infected residents helped to reduce and prevent the spread of the disease by educating patients on causes, effects, and lifestyle changes. Apart from COVID-19, Englewood has experienced a few isolated cases of diseases such as Campylobacter, Giardiasis, Hepatitis A, Hepatitis B, Hepatitis C, Lyme, Pertussis, Salmonella, Shigella, Streptococcus pneumoniae, Streptococcus pyogenes, and Varicella.

Education and Training

In order to stay up-to-date with the latest procedures and changes in the public health environment, the Public Health Nurse attends a range of training sessions including seminars and webinars. These training sessions cover a variety of topics such as Vaccines for Children, Vaccine Preventable Disease, Communicable Disease Monitoring and Reporting, Immunization Audit, New Jersey Immunization Information System Documentation, and New Jersey Inventory Management Order and Distribution System for vaccines, Lead Poisoning in Children, and Redbook.

Furthermore, the Public Health Nurse provides yearly training to all new staff members and existing staff who participate in Communicable Disease Reporting Surveillance New Jersey Immunization Information System vaccine input and documentation, COVID-19 Standard of Practice for Vaccine Administration, Storage, Packaging, Documenting and all other detailed documentation that relate to the everyday functions of providing healthcare services. This training serves as a refresher for existing staff members and ensures that everyone is up-to-date on the latest practices.

School Immunization Audits

As per the mandate of the New Jersey Department of Health, and under the authority of the Principal or School Administrator and the Local Health Department, it is required that all students in all schools (public and private), including daycare, nursery school, preschool, kindergarten, elementary, and high schools, are to be immunized as per the recommended vaccine schedule. Medical or religious exemptions are accepted. Religious exemption is based on religious beliefs, and a medical exemption should be written only by a physician licensed to practice medicine/osteopathic medicine and a nurse practitioner. The religious exemption must be dated, handwritten, and signed, and the word 'Religious' must be referenced in the statement. A medical exemption must indicate a specific period in which the child cannot receive specific vaccinations.

Prior to the start of the School Immunization Audit, the Public Health Nurse communicated via email with the Englewood Schools that the school immunization audit would commence in early January. In January, Public Health Nurses reached out to all school representatives and scheduled appointments with dates and times for immunization audits. In addition, Public Health Nurse sent reminders to the schools to complete and submit the IMM-7 reporting timely to the New Jersey Department of Health.

Lead Education

There have been few reported cases of lead poisoning in children lately, although it remains a serious threat to their health as well as that of adults. Lead can be found in various sources, including drinking water, paint chips from older houses, soil, pottery, and spices. To reduce lead levels, certain procedures must be followed. Proper nutrition is one of the key factors that can help contain the levels of lead in the body. In case of a lead poisoning incident, the parent(s) or guardian of the affected child should be informed about the different food groups and protective measures that can be taken to lower the child's lead levels. Sometimes, lead abatement on a home becomes necessary due to specific circumstances.

Seasonal Flu Education Prevention

The Englewood Health Department and Buckley's Pharmacy joined forces to offer flu vaccines to the Englewood community, including employees and residents of surrounding areas. The flu vaccine events were held at various locations, such as the Englewood Health Department, Englewood Public Library, Englewood Schools, and Office of Concern.

Recertification of Vaccine for Children and Adult 317 Vaccines Clinic

To comply with the state of New Jersey's regulations on vaccine administration, the department's clinic must be recertified annually. The recertification for the current year was conducted in February 2023, and both clinic re-enrollment applications were approved and activated.

HEALTH EDUCATION

The Health Education Unit is comprised of the Health Educator and Local Health Outreach Coordinator. Together, they are responsible for evaluating the needs of the community and conducting health education and promotion activities with the purpose of promoting,

maintaining, and improving individual, family, and community health. They plan activities and events 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.



In addition, the Health Educator and Local Health Outreach Coordinator sit on the following committees and coalitions to promote interagency collaborations across the public health field and support the needs of our community.

- Englewood Municipal Alliance
- Englewood Stigma Free Task Force
- Bergen-Hudson Chronic Disease Coalition
- Bergen County Prevention Coalition
- Bergen County CHIP Nutrition & Physical Activity Force
- Community Chest Loneliness Project Planning Committee
- Partnership for Healthy Eating

NEW PROGRAMS

Spring into Wellness Challenge

Each spring, the Health Educator plans the Annual Wellness Challenge. Like last year, this six-week program was developed to target the needs of Englewood residents based on our most recent Community Needs Assessment. Participants were challenged to walk at least 10,000 steps per day to reduce the risk of cardiovascular disease and improve their overall health and wellbeing.

In addition to the individual daily component of the challenge, participants met in person weekly for group exercise led by GYMGUYZ Personal Training and free blood pressure readings by the Englewood Volunteer Ambulance Corps.



We also received a visit from Councilman at Large, Charles Cobb!

Also on-site were local community organizations providing resources in both English and Spanish and The Shirvan Family Live Well Center team, who provided nutrition education and delicious, healthy meals for participants to take home. The Brain Injury Alliance of New Jersey provided a Pedestrian Safety presentation at the beginning of the challenge to educate participants about the best ways to stay safe while meeting their step goals.

Additional perks included the free use of the Holy Name Hospital Fitness Center and a free adult or children's class from Tiger Schulman's Martial Arts. Additionally, Kaeos Fitness donated 3 personal training sessions to be raffled off during the challenge. Registration was kept open throughout the duration of the challenge to encourage participation. By the end of the challenge, there were fifty-four registered participants. All participants received a certificate of achievement for completing the challenge and the top three participants with the most steps recorded were awarded ShopRite gift cards. The feedback on our evaluations, available in both English and Spanish, was overwhelmingly positive. In fact, most participants loved this program so much, they wanted it to be two days a week next year.





Summer Steppers PLUS!

This year, we revamped the Summer Steppers walking program by adding a stretching and yoga component. This four-week program encouraged all forty-eight registered participants to continue to stay active after the conclusion of the Spring into Wellness Challenge. Our Summer Steppers walked the track at Mackay Park with a Personal Trainer from GYMGUYZ then gathered for stretching and yoga on the front lawn.

Free blood pressure readings were provided by Englewood Volunteer Ambulance Corps and healthy meals were given out by The Shirvan Family Live Well Center. This program also featured community resource tables and raffles. Evaluations were given in both English and Spanish and were overwhelmingly positive. We look forward to continuing to offer this program annually.





National Public Health Week

This year, the Englewood Health Department hosted a free community health screening event during National Public Health Week. We provided community members with free blood pressure screenings, A1C tests, and more!

Other ways we promote healthy living include:

- Social media
- City of Englewood website
- Newsletters/Emails
- Digital Marquees
- Community events
- Private or Group Health Counseling Sessions with the Health Educator

Identifying the Social Determinants of Health

The New Jersey Department of Health (NJDOH) received federal funding which was used towards extending the Strengthening Local Health Capacity Grant for another fiscal year. The goal for the new fiscal year was for Local Health Departments to continue to prevent and address COVID-19 and infectious diseases as well as identifying the Social Determinants of Health within their municipality.



According to Healthy People 2030, “the Social Determinants of Health (SDOH) are the condition in the environments where people are born, live, learn, work, play, worship and age that affect one’s health, functioning and quality-of-life.” This grant extension allowed the Englewood Health Department to continue funding the Local Health Outreach Coordinator and the Infectious Disease Preparedness Generalist positions for another year. The findings of the Rapid Public Health Assessment completed by the Local Health

Outreach Coordinator and the Infectious Disease Preparedness Generalist identified the following as the major Social Determinants of Health in Englewood:

Hunger	Healthcare	Income	Language	Healthcare Coverage
Transportation	Support System	Community Engagement	Stress	Provider Availability

Building Bridges and Filling Gaps

The Health Education Unit shifted our focus for the fiscal year to include the identified Social Determinants of Health within Englewood during the planning of community programs or events. There were five permanent locations in Englewood in which we provided recurring outreach and resources to the community. Those locations were:

- Bergen Family Center (Adult Day Program)
- Center for Food Action
- Englewood Public Library
- Office of Concern
- Women's Rights Information Center

In addition to conducting outreach at the permanent locations, the Health Educator and Local Health Outreach Coordinator participated in a variety of health-related community events throughout the year to promote our services to the public and create partnerships with local organizations. A few of this year's events included:

- Annual flu clinics
- Annual immunization audit of Englewood Schools
- Bergen Family Center's Harvest Festival
- COVID-19 vaccine clinics
- Englewood Farmers Market
- Englewood Police Department's Mental Health Awareness Event
- Englewood Police Department's Movie Night in the Park
- Englewood Public Schools Back to School Fair
- Englewood Public Schools Back to School Nights
- Juneteenth Festival
- World Hepatitis Day
- Metro Community Center's Open Store Event
- Spooky Skatetacula
- Sticker Shock

- Stigma Free Town Hall
- World Aids Day

Health topics covered in 2023 included:

Alcohol & Drug Abuse	Blood Pressure	Cancer	Cardiovascular Disease	COVID-19
Diabetes	Food Safety	Hand Hygiene	Influenza	Hepatitis
Nutrition	Obesity	Respiratory Syncytial Virus	Skin Cancer	Stress
Summer Safety	Vaccines	Violence	Mental Health	HIV/AIDS

HEALTH FAIRS

The Englewood Health Department continued its commitment to fostering community wellness through the organization of two impactful health fairs. These events not only



provided valuable health resources but also served as platforms for education, empowerment, and outreach. Both health fairs exemplified our commitment to empowering communities and promoting health equity. By providing access to essential screenings, resources, and educational opportunities, we strived to bridge gaps in healthcare access and empower individuals to take proactive steps towards their well-being. The success of these events underscores the strength of collaboration and the collective impact achieved when communities and organizations unite in the pursuit of better health outcomes.

The Englewood Family Health Festival: Empowering Health Consciousness

Kicking off the year on Sunday, May 7th, 2023, the Englewood Family Health Festival took place at Veteran's Park. This vibrant event saw the active participation of approximately 30 organizations, each dedicated to promoting health. Attendees had access to an array of crucial screenings and tests, including blood pressure screenings, depression screenings, A1C screening, HIV screening, Hepatitis screening, and more. The collaborative effort of various organizations ensured that attendees received comprehensive health insights and support. This event served as a testament to our commitment to proactive health education and community engagement.

Fall Health Fair: Breast Cancer Awareness Month and Celebrating Hispanic Heritage Month

The Fall Health Fair, held on Sunday, October 8th, 2023, was a collaborative effort between the Englewood Health Department and the Hadnott Foundation. Dedicated to enhancing the lifestyles of people of color, particularly in the realms of breast cancer and prostate cancer prevention and early detection, the Hadnott Foundation brought invaluable expertise to the event. With over 80 organizations participating, including six mobile units, attendees were offered a comprehensive range of screenings, from HIV/HCV/BMI/BPM to glucose screenings, prostate

screenings, lung screenings, breast health,

and cancer awareness screenings. In addition to screenings, the Englewood Health Department seized the opportunity to promote preventive care by offering free flu vaccines during the Fall Health Fair. Led by our Public Health Nurse and supported by Bergen Community College Nursing

students, we successfully vaccinated 56 residents, emphasizing the importance of immunization in safeguarding community health.

As we reflect on the accomplishments of 2023, we remain steadfast in our dedication to promoting community wellness and look forward to continued collaboration and innovation in the years ahead.



40+ Double Dutch Club

MUNICIPAL ALLIANCE

The Municipal Alliance is funded by The Governor's Council on Substance Use Disorder (GCSUD) with a 25% match from the City of Englewood. The State funds the program



through fines collected from individuals convicted of a drug offense or driving under the influence by DEDR Fund – Drug Enforcement and Demand Reduction. While funding was significantly cut after the COVID-19 pandemic, Englewood continues to provide prevention education and services.

STIGMA-FREE

Stigma-Free Englewood, an Alliance initiative, has continued its efforts to eliminate the barrier created when substance-use and mental health disorders are stigmatized by providing information and resources to the community. Our goal is to spread the message that your mental health is just as real and important as your physical health.

Community First! Stop the ODs was the first of an opioid education and prevention town hall series which was held in October 2023 at Community Baptist Church. The hope is that these programs can be expanded to other locations around the city. In addition, in collaboration with The Center for Alcohol & Drug Resources (TCADR), placement of Narcan in various locations in the city is in progress, starting with City buildings. Narcan has been placed at the Englewood Public Library, and the Englewood Housing Authority has agreed to placement once building renovation has been completed. The parking garage on Englewood Avenue will have Narcan on hand once storage containers for it have been installed. This is being organized by the Chief of Police. Since Narcan is becoming readily available to the public, the next town hall meeting will be a training on when and how to use it in 2024.



COMMUNITY PROGRAMS

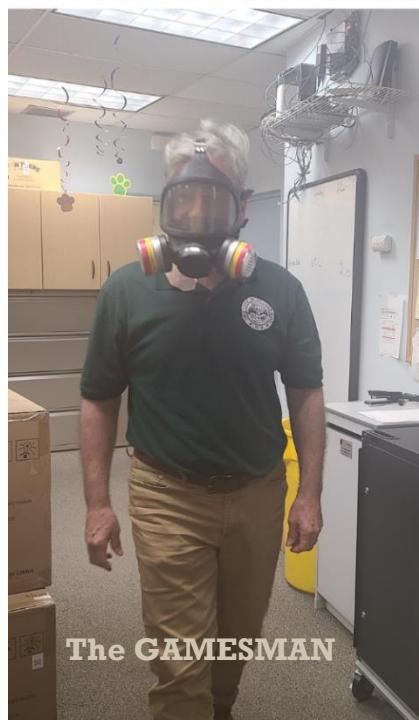
During the year, staff participate in Alliance sponsored events or conferences that enhance their skills. Some of those activities included:

- Hidden in Plain Sight Presentation, virtual with the Center for Drug and Alcohol Resources
- Stop the OD's! Stigma-Free Opioid Town Hall Meeting, at Community Baptist Church
 - In partnership with The Center for Drug and Alcohol Resources, the Bergen County Prosecutor's Office, and The Defining Moments Foundation
- Talk Saves Lives, with Englewood Public Library
 - Wendy Sefcik, Co-Chair of the NJ Youth Suicide Prevention Advisory Council, shared her story about her son T.J.'s death, and information on what we can all do to fight suicide.
- Stigma-Free Symposium exhibition table, Biagio's in Paramus
- Englewood Police Department Mental Health Awareness Day, Mackay Park
- Sticker Shock
- Timothy Shoemaker Chemical Substance Assemblies, McCloud & Dwight Morrow
- Opioid Settlement Funds Town Hall, Bergen Community College



RETIREMENT

The Board and the Englewood Health Department extend best wishes to Matthew A. Traudt on the event of his retirement after 29 years of service. Matt served as the Environmental Unit Supervisor for the Englewood Health Department, which he obtained through his hard work and dedication after starting as an Environmental Assistant and then being promoted to Public Health Investigator. Matt was an invaluable resource for the community when handling the many environmental complaints received from residents. He served the residents of the City of Englewood in many ways by earning multi-certifications such as Animal Cruelty Investigator, Lead Inspector/Risk Assessor, Community Noise Enforcement, Certified Pool Operator, CPR/AED, and Geese Pease. Thanks Matt!



RENOVATIONS

The Health Department's clinic area went through some much needed renovations in the fall of last year. Special thanks to all who assisted us through this process: the City Manager and Administration, Department of Public Works, Engineering, and the Englewood Volunteer Ambulance Corps.