



Year In Review

July 1, 2008—June 30, 2009

Mission Statement:

“The Central Connecticut Health District is committed to preserve, protect, promote and improve the quality of life in a healthy environment through the prevention of diseases, ongoing health education opportunities and the enhancement of the well being of its citizens.”

We are the local health department serving the towns of Berlin, Newington, Rocky Hill and Wethersfield.

Our vision is for

“Healthy People in a Healthy Community”.

Central Office:

505 Silas Deane Highway, Wethersfield, CT 06109

Phone: (860) 721-2822 Fax: (860) 721-2823

Berlin Office

240 Kensington Road, Berlin, CT 06037

Phone: (860) 828-7017 Fax: (860) 828-9248

Newington Offices:

131 Cedar Street, Newington, CT 06111

Phone: (860) 665-8586 Fax: (860) 665-8533

120 Cedar Street, Newington, CT 06111

Phone: (860) 665-8571 Fax: (860) 667-5835

Rocky Hill Office:

761 Old Main Street, Rocky Hill, CT 06067

Phone: (860) 258-2770 Fax: (860) 258-2767

Current Board of Directors

Berlin— Patricia Checko, Vice Chair

Berlin— Raymond Jarema

Berlin— Carolyn Wysocki

Newington— Kevin Borrup, Chair

Newington— Amanda Hurwitz

Newington— Vacancy

Rocky Hill— Judith Sartucci

Rocky Hill— Arthur Yoaps

Wethersfield— Dianne Doot

Wethersfield— Grant Golub

Wethersfield— Nancy Klatt

Check out our website!

www.ccthd.org

A message from the Director of Health

I am pleased to present the Central Connecticut Health District's Fiscal Year 2008/2009 Annual Report and would like to highlight some of our recent accomplishments and plans for the future.

We are the local health department serving the towns of Berlin, Newington, Rocky Hill and Wethersfield, CT with a population of over 94,600 people. Our central office is in the Wethersfield Town Hall, with satellite offices for the Sanitarians in each of the other three town halls. Our Community Health Coordinator is located in the Newington Senior and Disabled Center.

Please take some time to visit our web site (www.ccthd.org) to find out more about who we are, how we are organized and funded, and what we do. Your feedback would be appreciated.

One of our most challenging efforts this year was our response to the H1N1 Swine Flu outbreak that began in April. Initial efforts focused on working with school officials regarding school closures, advising municipal leaders and providing current/accurate information to the public. We planned to become a vaccine provider to offer public vaccination clinics.

Our Community Health Report Card was updated and includes demographics and information on a variety of reportable diseases and conditions. We have completed this report for the past seven years allowing us to make comparisons from year to year. A copy is posted on our web site.

We initiated our salon regulation program, hired a part-time salon inspector and inspected and licensed over 160 salons. We were grateful to be able to continue to establish community partnerships and collaborations with various agencies and town departments including senior centers, community centers, police and recreation departments, libraries etc. These

partnerships have allowed us to offer many of the programs and services noted in this report. We were fortunate to be able to continue our prescription drug counseling, skin cancer screening, mental aerobics, blood glucose screening and vascular screenings. We also participated in numerous health fairs and expos including the UP-BEAT picnic in Berlin, Senior Expo in Newington, and the CCMC School Safety Fair in Wethersfield to name a few.

The District has been successful in obtaining several grants allowing us to offer a variety of programs and services. Through the efforts of our Health Educator and our Community Health Coordinator we have obtained funding to support: cholesterol screening and education; diabetes education; dental screening and cleaning for seniors; asthma prevention; healthy meal choices in restaurants; child safety seat inspection clinics; and a seat belt use awareness program for high school seniors. These programs were all funded by grant monies.

We are very thankful to have a considerable number of volunteers who donate their time and expertise to help support our programs and services. Many of the programs and services that we offer, in particular our annual seasonal influenza and pneumonia immunization clinics, would not be possible without them. We hosted a Volunteer Reception as a way of saying "THANK YOU" for their support.

Please contact me should you have any questions or desire any additional information. Thank you for your support.

Sincerely,

Paul Hutcheon, M.P.H., R.S., Director of Health

Current Staff



Standing L-R:

Greg Mattus, Registered Sanitarian, Newington
Rebecca Drew, Registered Sanitarian, Wethersfield
Eileen Knapp, Secretary
Brigid White, Registered Sanitarian
Linda Bantell, Health Educator
Tamara Liberatore, Registered Sanitarian, Berlin
Judy Torpey, Emergency Preparedness Coordinator
Hilary Norcia, Community Health Coordinator

Seated L-R:

Cheryl Kissinger, Administrative Assistant
Nancy Brault, Chief of Env. Health, Newington
Paul Hutcheon, Director of Health
Ed Malik, Registered Sanitarian, Rocky Hill

Programs and Services

Environmental Health

Environmental Highlights FY 08/09

- The District provided an emergency response to the tornado that caused power outages in three of our four towns. Staff inspected food service establishments to ensure safe food handling. Establishments found to be operating without power were ordered closed and unsafe food destroyed.
- We offered a “Meals for One” program for seniors. Participants observed several different “meals-for-one” being prepared by one of our Sanitarians (a former chef!). Participants learned about safe food handling practices and how to properly clean and sanitize.
- We prepared a draft model “Blighted Premises Code” for the Town of Newington’s Green Team. The draft code included a definition for blighted properties and mechanisms for enforcement.
- Staff inspected all public pools to ensure compliance with the new Virginia Graeme Baker Pool and Spa Safety Act. This Act required public pools to install anti-suction devices on pool drains to prevent entrapment by December 19, 2008. Pools not in compliance by the deadline were ordered closed until the proper drains were installed.
- Staff implemented the newly adopted Salon Ordinance. All salons were inspected and required to comply with the new requirements for equipment, facilities, sanitation and operation.

Food Service Establishments



Food service establishments including restaurants, convenience stores, grocery stores, bars, schools, private clubs, itinerant vendors, seasonal and temporary operations

are routinely inspected to ensure compliance with the requirements of the CT Public Health Code, the CCHD Sanitary Code and to prevent food borne illness. Inspections focus on food protection, food handling, cleanliness, upkeep and personal hygiene practices. Food service establishments including temporary events must obtain a license from the District to operate and must be inspected and approved prior to opening. The District is also now enforcing the new CT DEP regulations regarding the proper removal of fats, oils and grease. There were 504 establishments and 1,564 inspections performed.

Motels

44 motels/rooming units including motels, rooming houses, hotels and bed and breakfast operations are inspected on an annual basis to ensure compliance with the CCHD Sanitary Code. Inspections focus on general sanitary conditions, insect/rodent infestations and maintenance. Motels/rooming units are licensed annually.

Septic Systems



New septic system installations and repairs to existing septic systems are overseen, reviewed and approved by the District. Soil testing is performed, plans are reviewed, installations are inspected and final approval is issued by the District in accordance with the CT Public Health Code.

Programs and Services

Environmental Health

Public Swimming Pools



Public swimming pools including town-owned, schools, health clubs, motels/hotels, apartments, condos and private clubs are inspected on a routine basis to en-

sure compliance with the requirements of the CT Public Health Code and the CCHD Sanitary Code. Inspections focus on pool water chemistry/disinfection, safety equipment, filtration and cleanliness. Pools are licensed annually. There are 53 public pool sites in the Health District. 170 inspections were performed.

Day Care

Day care establishments with 7 or more children are inspected every two years by the Health District prior to re-licensure by the CT Department of Public Health to ensure compliance with the requirements of the CT Public Health Code.



There are 43 day care facilities in the District. 25 were inspected this year.

Complaint Investigations

The District investigates complaints concerning regulated facilities (restaurants, pools, motels, salons) and environmental or public health hazards (mosquito breeding, rodent infestations, accumulations of trash, substandard rental housing, sewage spills/overflows, foodborne illnesses, water/air pollution) Appropriate enforcement action is taken to eliminate violations and hazardous conditions.

Salons

The District recently adopted a Sanitary Code providing for the regulation and licensure of salons including barber shops, beauty salons and nail salons. The inspection and licensure program was initiated and 160 establishments were inspected and licensed.

Private Wells

Private wells are regulated by the District to ensure proper location and installation, and a safe water supply. The District ensures compliance with the CT Department of Consumer Protection, Well Drilling Regulations and the CT Public Health Code. Permits and water tests are required.

Elevated Blood Lead Investigations

Laboratories are required to report to the District all persons found with blood lead levels equal to or greater than 10 ug/dl. When a child is found to have a level equal to or greater than 10, the District provides the parents with educational materials on reducing exposure and eliminating hazards. When a child is found to have an elevated blood lead level equal to or greater than 15 ug/dl, the District conducts a thorough inspection of the home and completes an epidemiological investigation to identify the source of the exposure. The District follows up with orders to have the lead hazards eliminated. The District also partners with area paint and home improvement stores to offer educational materials to contractors and painters on how to work lead safe. Educational information is available in the District office.



Programs and Services

Environmental Health

Special Project- Digital Health Department

The Health District is working in collaboration with the Capital Region Council of Governments, the CT Association of Directors of Health and five other capital area local health departments to create a Digital Health Department. The intent of the project is to create a standardized, web-based system for data collection, management and information sharing. The system will allow for in-the-field data entry for inspections, including digital photos. Health departments will be able to schedule work, archive and track all inspections and permits, run queries, reports and do data analysis. The system will allow public access to select information through the local health departments' websites. The public will be able to view inspection histories, submit on-line complaints and track compliance.



Emergency Preparedness

The Health District continues to receive federal funding for a part-time Emergency Preparedness Coordinator. The federal grant is administered by the Connecticut Department of Public Health.

The District would respond to any type of chemical, biological or radiological emergency in coordination with the district towns. Since the Health District has a small staff, it will continue to depend on the support of both medical and non-medical volunteers. As volunteers participate in CCHD activities especially the seasonal flu clinics, they are trained in mass dispensing related issues such as safety, communication, incident command system, infection control, logistics, screening etc. Point of Dispensing clinics (PODs) would be set up for any emergencies required for vaccinations or medications of Health District residents.

At the end of this year, the H1N1 Novel virus arrived in Connecticut and an initial plan was developed with the CT DPH, Health District towns and School Districts. Volunteer recruitment was increased with excellent response. A Volunteer Newsletter contained information on H1N1.



A tabletop exercise to prepare for a pandemic influenza situation was conducted with the Town Managers, School Districts including nursing staff and other town officials from Berlin, Newington, Rocky Hill and Wethersfield. The Connecticut Association of Directors of Health (CADH) conducted the exercise and summarized evaluation data. A follow-up session addressed the findings and recommendations for inclusion in plans.

VOLUNTEERS with ALL TYPES of SKILLS are needed. Participate as your schedule will allow. Please join our other 400+ volunteers to keep our district healthy. Call the Emergency Preparedness Coordinator at (860)721-2816.

Programs and Services

Community Health

Influenza & Pneumonia Clinics



The District provided 3,192 flu shots and 129 pneumonia shots at 6 clinics. The District is grateful for the continued support of the Wethersfield/

Rocky Hill Professional Nurses' Association and many other volunteers and doctors who make these clinics possible.

Vascular Screenings

In cooperation with Life Line Screening, District residents may participate in periodic vascular screenings held in each town. Four different ultrasound tests are available: carotid vascular, abdominal aortic aneurysm, atrial fibrillation, and ankle brachial index. The cost of each test is \$40 or all four tests for \$129.

Skin Cancer Screenings

Through a cooperative agreement with Dr. Albert Babcock, plastic surgeon, residents of the District received free examinations for skin cancer. Dr. Babcock examined any skin abnormalities or areas of concern that participants had. Unfortunately Dr Babcock retired and the program is no longer offered.



Thank you Dr. Babcock for many years of service!

Reportable Diseases

There are over 40 communicable diseases/conditions which must be reported to the local health department in Connecticut. The District records these reports and performs follow-up on certain cases, particularly suspected food or water borne diseases, tuberculosis and elevated blood lead levels.

Bicycle Helmets/Radon Test Kits

The District sells new, ANSI Approved, Snell Certified bike helmets in sizes toddler through adult at a cost of \$10.00 each. Radon test kits are also available from the District at a cost of \$8.00. The kit is left in the home for 3 to 7 days, then mailed away in the postage paid envelope included. Results are provided in a week via e-mail.



Household Hazardous Waste Collections

The District participates in the household hazardous waste collection days sponsored by the MDC in Rocky Hill, Newington and Wethersfield. The MDC collects and properly disposes of or recycles a wide variety of common household products. Visit the MDC website, www.themdc.com for dates, locations and items that can be brought to the collections.

Programs and Services

Community Health

Heart Truth Campaign – Stroke Screenings for Women



The Heart Truth Campaign was developed by the National Heart, Lung, and Blood Institute in collaboration with the HHS Office of Women’s Health (OWH) to raise awareness about women and heart disease and stroke.

The CT Department of Public Health statistics from 2006 indicate the number one killer of all residents in three out of the four towns is heart disease with stroke the number three and number four causes of death respectively.

CCHD received a grant for \$5,000 from the Federal OWH to implement an awareness campaign for women focusing on heart disease and/or stroke. In May of 2009, CCHD partnered with the local libraries, Hartford Hospital and the American Heart Association to conduct stroke screenings and education lectures regarding risk factor, symptoms and preventive care for stroke.

A total of 66 women from all four District towns received stroke screenings and attended the educational lectures where free materials were distributed.

Reducing Your Blood Cholesterol

This is a free screening and educational program for residents which begins with an initial cholesterol screening, including a complete lipid profile. Participants with elevated cholesterol levels, as well as those interested in preventing high cholesterol, may then enroll in the educational program. They learn about the risks of high blood cholesterol, lifestyle modifications that can be made including diet and physical activity, current drug therapies, and resources and support available.



Diabetes: Self-Care

The “Diabetes: Self-Care” program is open to adult diabetic residents and/or immediate family members or caregivers. Participants learn skills they need to know and practice to minimize their risk for diabetes-related complications. Topics include blood-glucose monitoring, exercise, nutrition, eye and foot care, and other self-care information.

The course is taught by a certified diabetes educator and registered dietitian. Adults who have been diagnosed with diabetes, parents of diabetic children, or significant others of people with diabetes are invited to enroll. This free program consists of 6 two-hour classes held weekly.

Programs and Services

Community Health

Visit with a Nurse

Through contracts with Visiting Nurse and Home Care, Inc., the Berlin Visiting Nurse Association and the Newington Senior and Disabled Center, the District provided residents age 60+ the opportunity to visit with a nurse to discuss any health related issue. The nurse provided blood pressure checks, information and counseling on diabetes, cholesterol, exercise, stress management, weight management, fall prevention, and medication concerns. There was no charge to the participant and no appointment was required. Clinics were held once a week at the Newington Senior and Disabled Center, Rocky Hill Community Center and the Berlin Senior Center. Clinics were held once a month at the Wethersfield Community Center, Nathan Hale Housing and First Church Village in Wethersfield. Unfortunately due to budget constraints, the District no longer funds this program.

Blood Glucose Screening

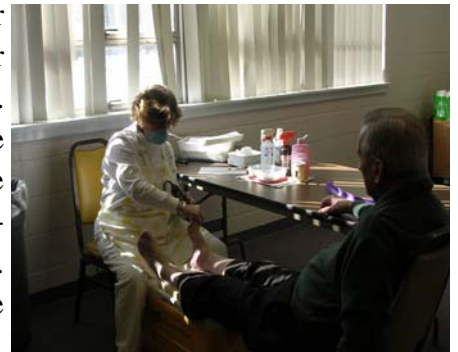
The District teamed up with the Wethersfield Health Care Center to offer free blood glucose screenings to resident's age 65+. Clinics are held monthly in Rocky Hill and Wethersfield. The blood sugar test takes only minutes, and time is permitted to allow participants an opportunity to discuss the meaning of the resulting numbers and what to do if the glucose level is too high.

Mental Aerobics

The District, along with the Berlin Senior Center and Newington Healthcare Center, sponsored this free hour long program of fun-filled activities designed to give the mind a work-out and maintain mental wellness. The program was held at the Berlin Senior Center.

Pedicare Footcare Clinics

Pedi-Care, LLC holds footcare clinics for District residents several times per month at the Senior Centers in Berlin, Newington, Rocky Hill and Wethersfield. These clinics are designed for non-diabetics. A specially trained Registered Nurse does a general assessment of the feet and lower extremities, trims, files and cleans nails, reduces thickened toenails, corns and calluses, and massages the feet. The nurse will refer clients to a doctor or podiatrist for further treatment if needed. The cost of the clinic is \$28. Home visits are also available at a cost of \$45. Appointments are necessary.



Prescription Drug Counseling

Pharmacist John F. Aforismo, of RJ Health Systems, Inc. conducts these free, individualized prescription drug counseling sessions for residents age 65+. The program is sponsored by the Health District and the Wethersfield Senior Center. Participants discuss their medications in a confidential, one-on-one session and are counseled about the best way and time to take particular medications, drug interactions, supplements and possible side effects. Sessions are held monthly at the Wethersfield Community Center. Appointments are necessary.

Osteoporosis Screening

In cooperation with Life Line Screening, District residents may participate in periodic osteoporosis screening held in each town. The cost of the test is \$35.

Programs and Services

Community Health

Obesity Prevention- Smart Dining in the District

The District received a \$15,000 grant from the CT Department of Public Health to reduce obesity in children ages 8-18. Obesity is the second leading cause of preventable death in the US and rates have quadrupled among children age 6-11. The grant had two program areas:

The **Smart Dining in the District** portion of the program looked to get a minimum of 40 family style restaurants to agree to offer healthy meal options on their menus by August 2009. Examples of healthy options include: purchasing lean meats, fish and poultry; removing skin from chicken; using vegetable oil for frying; offering grilled or baked dishes; and adding nutritional information about items when possible.

The **second component** involved conducting an assessment of a chosen town's current walking and biking trails and routes in all the neighborhoods using the US Department of Transportation's Walkability and Bikeability Checklist; the final product being a trail guide and new signs indicating the safe trails and routes in Wethersfield. A kick-off event, co-sponsored with Wethersfield Parks and Recreation, included a bike rodeo, fitness demonstrations, trail walks, refreshments and fun. The Guide is available as a link on our web site at www.ccthd.org on the obesity prevention page.



Open Airways for Schools

The Health District received a two year grant from the CT DPH that began in September 2007 and ended in August of 2009 totaling \$35,000. The grant was a regional effort implemented by the Region II Asthma Coalition. We contracted with the American Lung Association of Connecticut to conduct trainings of their Open Airways for Schools (OAS) program to 25 elementary school nurses in year one and 25 trainings in year two. These trainings were provided as an in-service training for school nurses or other health professional as designated by the participating school. Each Health Department worked with their school districts' Nursing Supervisor to identify the schools in their district for participation concentrating on those schools with the highest number of children with asthma. The American Lung Association of Connecticut provided two, two-hour trainings and certified instructors provided a teaching guide and detailed curriculum. Each child who participated in the program received a peak flow meter and t-shirt at no cost to the participant.



The goals of OAS program are to reduce the number of hospitalizations, number of emergency room visits, and days of school missed due to asthma; and better day-to-day control of asthma among children who have enrolled in the program. The program consists of a series of six forty-minute sessions for children with asthma in grades 3, 4 and 5, which are conducted during the school day, lunch period, before or after school. Each of the six OAS lessons and corresponding homework provides students important information about asthma management.

Over the two years 55 school nurses were trained and over 100 children in the District graduated from the program.

Please call us at 721-2822 to participate!

Programs and Services

Community Health

Smiles for Life Senior Dental Program



The District received a two year grant from the North Central Area Agency on Aging to provide free dental screenings, cleanings and educational sessions for residents age 60+. With 24% of the Districts residents over 60, reports that residents lack adequate dental insurance, can't find a dentist that accepts their insurance or are unable to afford dental care, the District collaborated with the Senior Centers in each town to offer this program. The District conducted 101 dental screenings at 8 clinics and held two educational sessions. Future plans include offering dental cleanings. Cleanings/screenings are conducted by a licensed Dental Hygienist. Barriers to dental care will also be examined. Proper brushing, flossing, prevention of tooth decay, dental caries, and cavities will be discussed with each client along with providing a dental package including a toothbrush, dental floss and educational materials.

Child Passenger Safety Checks

The District conducted a free child safety restraint public clinic in each member town. According to the National Highway and Transportation Safety Administration (NHTSA), 72.6% of child restraint systems are installed incorrectly and more than 40,000 child passengers under the age of four are killed each year in car crashes. In 2005, the Centers for Disease Control and Prevention cited that the number two cause for non-fatal injuries for children ages 1-4 in CT was the improper selection and installation of child restraint systems. The District covered the cost of training five community service individuals in the NHTSA four day training where they became certified passenger safety technicians. This program provided assistance to parents and caregivers on the basics of correct seat selection, installation of the seats, and detection of unsafe child safety seats.



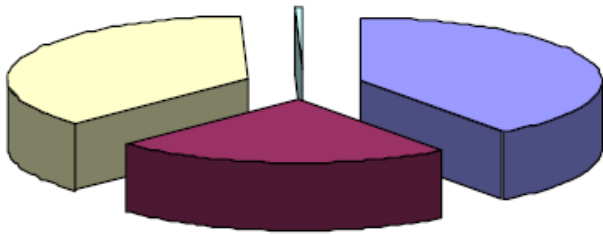
Teen Safety Belt Challenge

The Health District along with CT Children's Medical Center's Teen Driving Partnership (a sub-group of the national group Injury Free Coalition for Kids) received \$2,000 from State Farm Insurance to implement the *Drive Smart Challenge* in two district High Schools (Rocky Hill and Wethersfield).

The *Drive Smart Challenge* is a program designed to increase seat belt use by high school students. Student groups such as SADD Chapters or Student Councils participate in the *Challenge* by conducting seat belt checks and a variety of activities to promote seat belt use by students. By participating in the *Challenge*, the two high schools both won a cash prize of \$450 to put towards a graduation party or a career seminar. Other giveaways and prizes for participating students were also given as well as a certificate for the completion of the program. Results, although not statistically significant, did show the number of students and adults wearing seat belts increased during the post tests after 2 months of educational interventions.

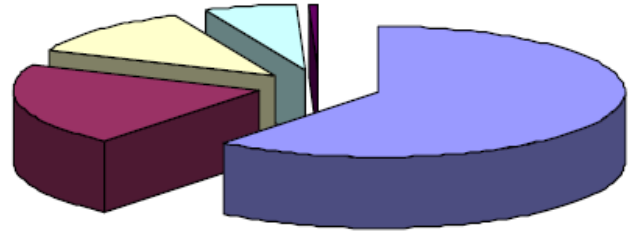
Central CT Health District Financial Report— 2008-2009

Total Revenue \$961,882



- Town Contributions (@ \$4.06 per capita); \$384,137
- Program Revenue; \$220,623
- Grants (Federal, State, Other); \$351,967
- Interest Income; \$5,155

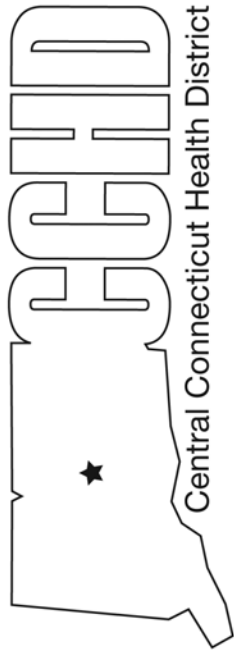
Total Expenditures \$939,511



- Salaries; \$571,598
- Employee Benefits; \$193,733
- Program Expenses; \$111,874
- Operating Expenses; \$56,128
- Other Expenses; \$6,178

Out & About





Central CT Health District
505 Silas Deane Highway
Wethersfield, CT 06109

Year in Review

July 1, 2008—June 30, 2009

www.ccthd.org