

The Starfish Report

2022

Prepared by:

Christine M. DePierro-Gacek, MAT, MPH
Epidemiologist



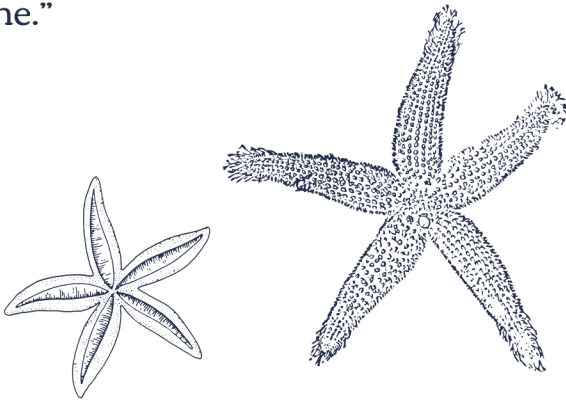
Central
Connecticut
Health
District

THE STARFISH REPORT

AN ANNUAL REPORT ON THE IMPACT OF HEALTH EDUCATION, HEALTH SERVICES AND ENVIRONMENTAL SERVICES FOR THE CENTRAL CONNECTICUT HEALTH DISTRICT COMMUNITY.

THE STORY OF THE STARFISH

As an old man walked the beach at dawn, he noticed a girl ahead of him picking up starfish and flinging them into the sea. Finally catching up with the girl, he asked why she was doing this. She answered that the starfish would die if left until the morning sun. "But the beach goes on for miles and there are millions of starfish," said the old man. "How can your effort make any difference?" The girl looked at the starfish in her hand, threw it safely into the waves and said, "it matters to that one."

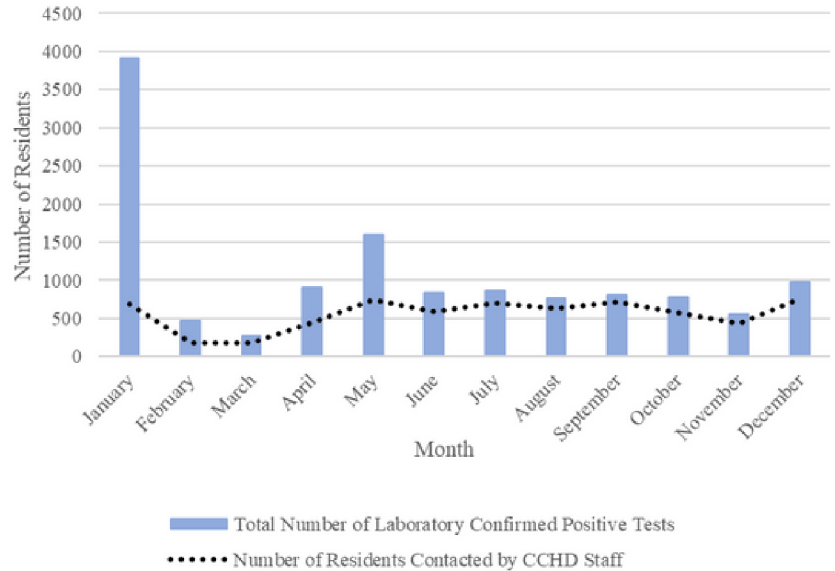


COVID-19

OVER THE PAST YEAR...

Between January 1, 2022 and December 31, 2022 the Central Connecticut Health District reached out to 6,629 residents diagnosed with COVID to help them navigate through their isolation and quarantine periods.

Residents with Laboratory Confirmed COVID-19
Contacted by Central Connecticut Health District Staff
January 1, 2022- December 31, 2022



98K

Residents living in
CCHD Jurisdiction.

6,629

Number of residents
diagnosed with COVID-
19 contacted.

2,381

Number of COVID-19
positive residents we
provided services and
outreach to.

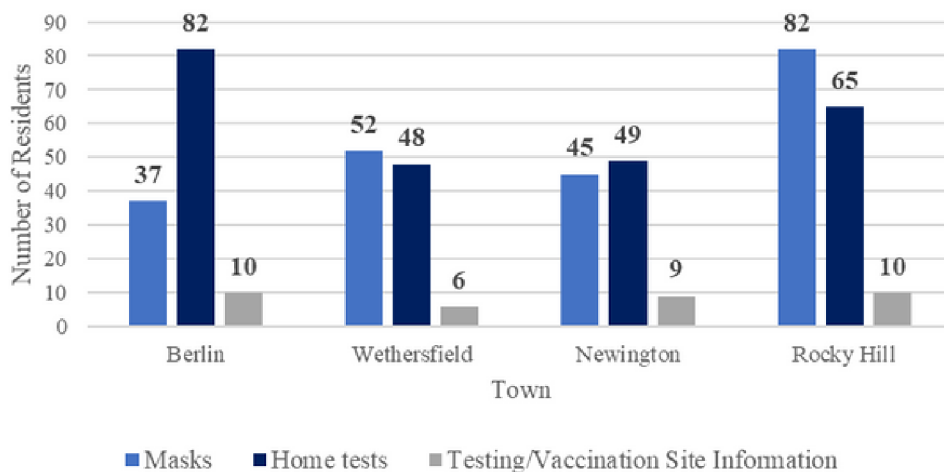
Central Connecticut Health District

HEALTH EDUCATION AND OUTREACH

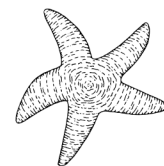
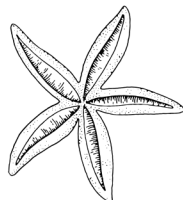
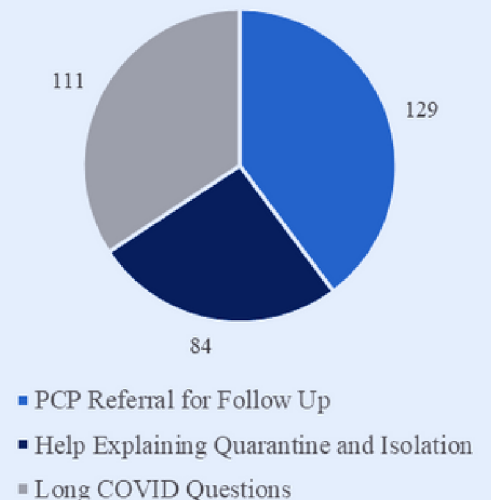
OVER THE PAST YEAR...

Between January 1, 2022 and December 31, 2022 CCHD's Health Educator, Betty Murphy, helped educate COVID-19 positive residents on quarantine and isolation protocols; answer questions regarding long COVID; and refer patients to a primary care provider (PCP) for COVID-19 follow-up. She assisted 536 residents living in the towns of Berlin, Newington, Rocky Hill and Wethersfield.

Number of Residents Receiving Assistance
from Health Educator, Betty Murphy
Central Connecticut Health District



Health Education Topics Answered and
Addressed by Health Educator



536

Number of residents who
received outreach
services.

103

Number of residents helped
by Health Educator to
schedule a flu clinic
appointment.

6

Number of COVID-19 positive
residents who received
pulse oximeters and/or help
with groceries through their
town social services.

Central Connecticut Health District

2022 COVID-19 VACCINATION CLINICS

TO HELP PREVENT SERIOUS ILLNESS AND DEATH DUE TO COVID-19.....

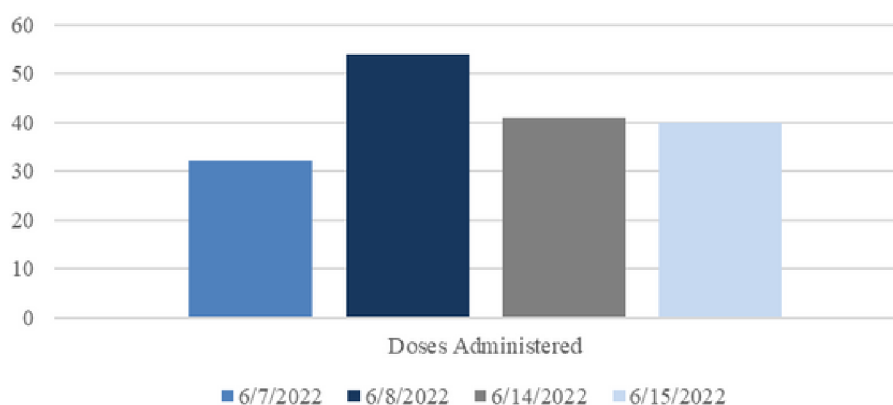
The Central Connecticut Health District held four COVID-19 Booster vaccination clinics during the month of June on the 8th, 9th, 14th and 15th. In addition, the Health Educator worked with the Department of Public Health's Yellow Van, a mobile vaccination unit, to provide COVID-19 immunizations.

Number of COVID-19 Vaccination Recipients at CCHD Organized Yellow Van Clinics

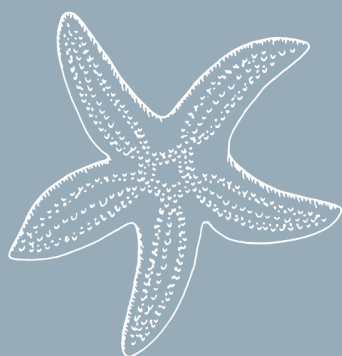
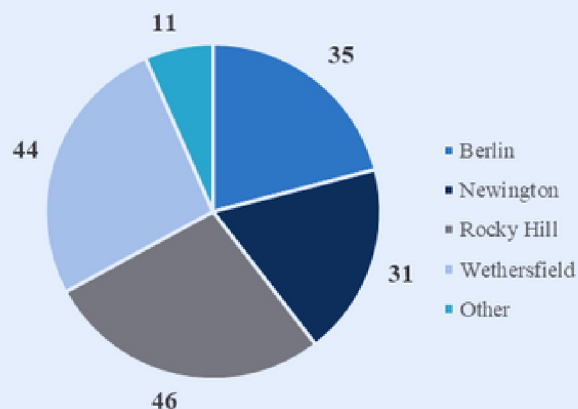
Yellow Van Location	Number Vaccinated
Newington Senior Center, Newington	71
Executive Square, Wethersfield	51

CCHD COVID-19 Booster Clinic Data

Doses Administered by Vaccine Clinic Date
Central Connecticut Health District
June 2022



June 2022 COVID-19 Booster Clinics
Town Demographics of Patients Receiving Vaccine



289

Number of individuals
receiving COVID-19 vaccines
and boosters at CCHD
organized clinics.



Central Connecticut Health District

2022 INFLUENZA VACCINATION CLINICS

TO HELP PREVENT SERIOUS ILLNESS AND DEATH DUE TO INFLUENZA.....

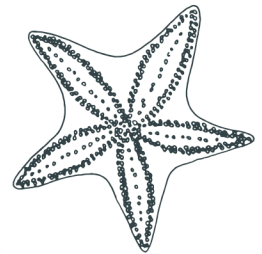
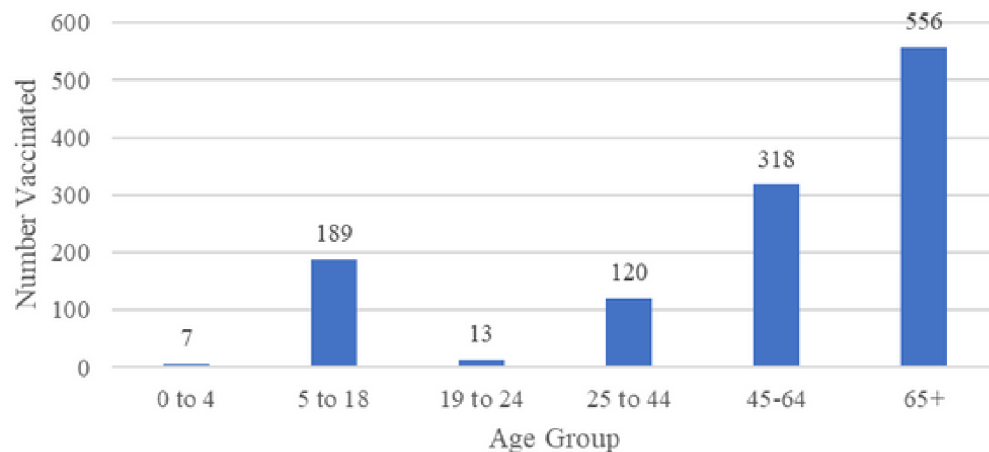
The Central Connecticut Health District held nine vaccination clinics during the month of October. Clinics were organized by our Emergency Preparedness Coordinator. Two clinics were held in each of the four towns: Wethersfield, Berlin, Rocky Hill and Newington. An additional pediatric clinic was held in the town of Newington.

2022 Influenza Vaccination Clinic Patient Demographics (N = 1211)

<i>Town</i>	<i>Percent</i>
<i>Wethersfield</i>	<i>39%</i>
<i>Newington</i>	<i>21.1%</i>
<i>Rocky Hill</i>	<i>16.3%</i>
<i>Berlin</i>	<i>13.7%</i>
<i>Other CT Towns</i>	<i>9.7%</i>
<i>Out of State</i>	<i>.2%</i>



Influenza Vaccine Clinic Age Distribution
Central Connecticut Health District
October 2022



763

Number of adults
receiving the
quadrivalent Fluarix
vaccine.

257

Number of seniors
receiving the Highly
Active Influenza
Vaccine (HAIV) Fluzone.


196

Number of children
receiving the
quadrivalent FluLaval
vaccine.

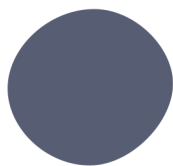
Central Connecticut Health District

CLINICAL SERVICES

SEPTEMBER 2022 - DECEMBER 2022...



Our Public Health Nurse, Lisa Coakley, performed **120** Direct Observed Therapies since the initiation of CCHD's Tuberculosis (TB) program in September, 2022. CCHD monitors patients with Latent and Active TB. Our nurse makes sure patients with TB in our jurisdiction have access to healthcare, are getting proper medical treatment, serves as a liaison between the medical provider and the patient and ensures they are taking their medications as directed through Direct Observed Therapy (DOT). DOT is extremely important. If TB medications are not taken as directed, this increases the risk of multiple drug resistant TB (MDR). MDR is both dangerous and extremely costly.



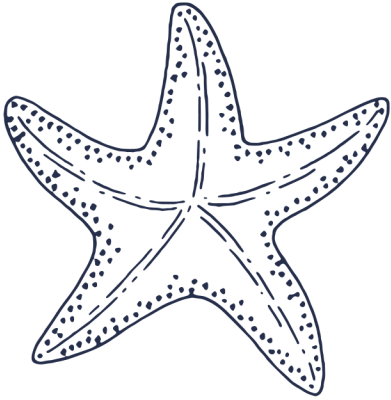
120

Number of Direct Observed
Therapies performed.



Central Connecticut Health District

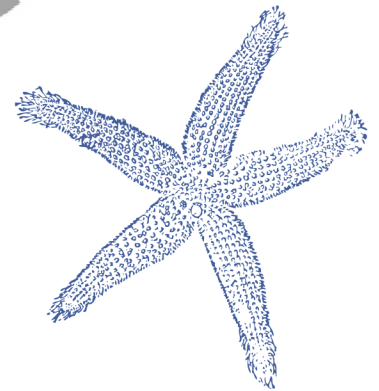
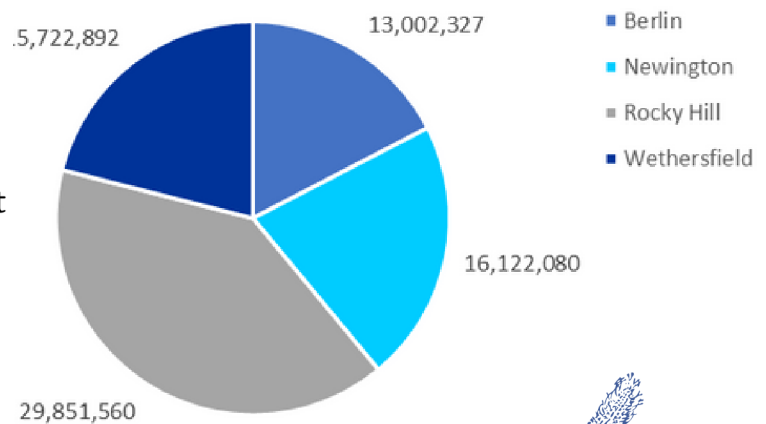
HEALTH PROMOTION



WALK THIS MAY 2022.....

To build comradery and promote health, CCHD's Community Health Team put on a four town walking competition for the towns of Berlin, Newington, Rocky Hill and Wethersfield that started May 1, 2022 and ended on May 31, 2022.

Total Number of Steps Taken in Each Town



High Stepper Award Trophy:

Rocky Hill was the TOWN earning the highest overall number of steps: 29,851,560.

Impact Award Plaque:

Rocky Hill was also recognized as the TOWN achieving the highest participant enrollment: 120.

Million Steps Award Pin Recipients:

- Laurie from Newington logged in 1,046,560 steps.
- Pradeep from Rocky Hill logged in 1,027,672 steps.



73,963,262

Total number of steps taken by all 350 participants.
That number of steps is equal to walking
around Earth 1.5 times!!



Central Connecticut Health District

HEALTH EDUCATION

During 2022.....

CCHD's Public Health Nurse and Health Educator held virtual educational opportunities for the residents of Berlin, Newington, Rocky Hill and Wethersfield, to help them stay informed when it comes to making choices regarding prevention and health.

Mask Wearing & COVID-19 Safety

Date: May 24, 2022

Objective: To show residents how to correctly wear a mask and how to maintain COVID-19 personal safety.

Tickborne Diseases

Date: June 28, 2022

Objective: To inform and educate residents about native tick-borne diseases; how to prevent tick bites; and how infections are treated.

Sun Safety & Skin Cancer

Date: August 25, 2022

Objective: To show residents how they can keep their skin protected in the sun and to educate residents on common skin cancers.



Central Connecticut Health District

HEALTH EDUCATION AND AWARENESS THROUGH SOCIAL MEDIA

JANUARY 1, 2022 THROUGH DECEMBER 31, 2022...



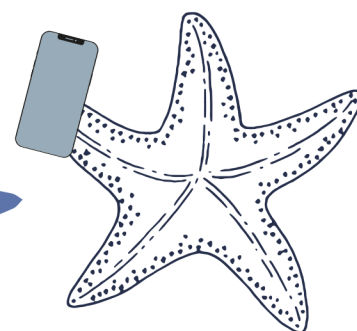
CCHD has tweeted 347 times. The tweets shared have engaged 2,381 users on Twitter. There were a total of 15,934 visits to CCHD's twitter profile during 2022.



CCHD has created 322 FaceBook posts during 2022. Of the posts shared, there were a total of 1,882 reactions, 268 shares and 139 comments. 1,803 FaceBook users visited CCHD's page,



CCHD has created 187 posts and 188 stories on Instagram. The posts and stories shared reached a total of 27,345 Instagram users, and a total of 293 Instagram users visited CCHD's profile .



39,600

Number of page
Impressions on Twitter.

90,874

Number of page
impressions on FaceBook.

38,678

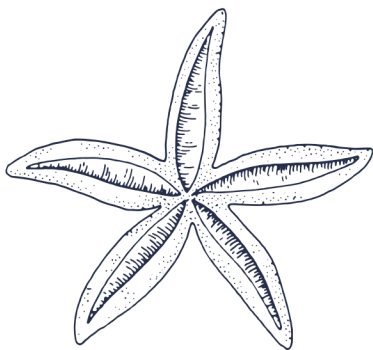
Number of page
impressions on Instagram.

Central Connecticut Health District

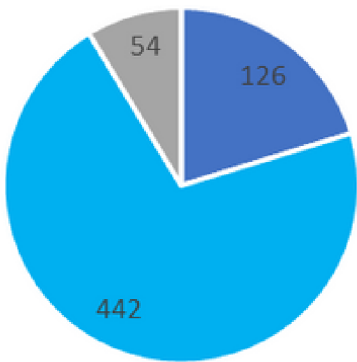
STATE OPIOID RESPONSE GRANT

SINCE THE INCEPTION OF THE STATE OPIOID RESPONSE (SOR) GRANT....

The SOR Grant Recovery Coach, Sara Piatti, has helped a total of 330 people experiencing addiction to opioids.

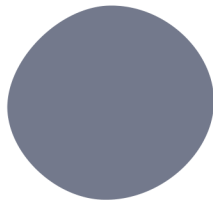
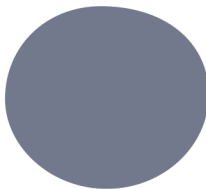
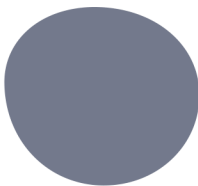
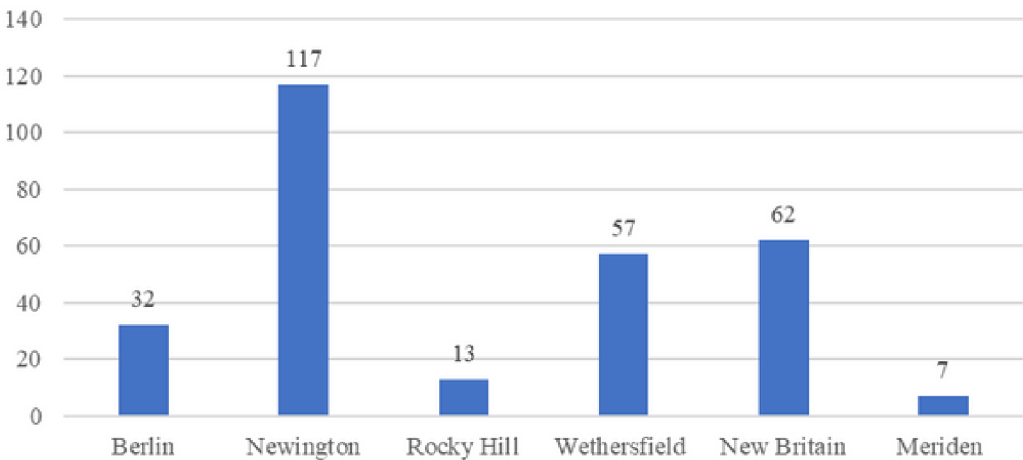


Number of Opioid Resources Provided



■ Narcan ■ Fentanyl Strips ■ DDaP

Number of People Receiving SOR Grant Services
Central Connecticut Health District
January 1, 2019- December 31, 2022



330

Number of residents
who received outreach
services.



54

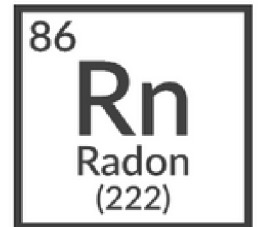
Number of residents
linked to Department
of Drug and Alcohol
Programs *DDaP.

Central Connecticut Health District

ENVIRONMENTAL HEALTH SERVICES

IN 2022.....

CCHD provided 22 test kits to its residents during January, which is recognized as Radon Awareness Month.



INSPECTIONS:

CCHD's Environmental Team did a total of 1,164 inspections in the towns of Berlin, Newington, Rocky Hill and Wethersfield in 2022. By performing these inspections, our staff is ensuring that the food you consume at food service establishments is prepared safely, and in a clean environment; publicly used pools are safe to swim in; your child is attending a daycare that is clean and safe; and more. We do all of this to not only to prevent the spread of disease but to ensure health in our community.

2022 Environmental Inspections

<i>Establishment Type</i>	<i>#</i>
<i>Food Service</i>	945
<i>Septic</i>	39
<i>Pools</i>	74
<i>Motels</i>	43
<i>Salons</i>	41
<i>Childcare</i>	22



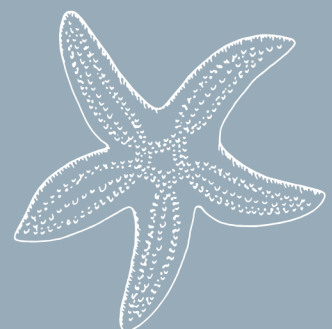
COMPLAINTS:

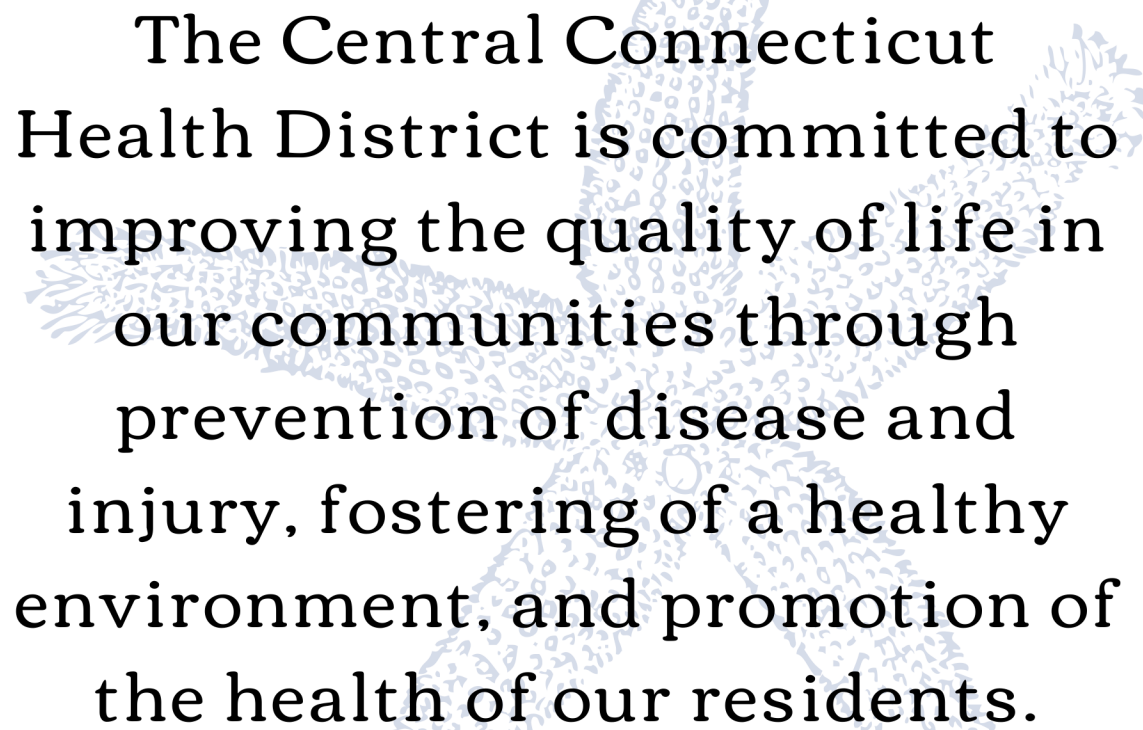
We care about our residents and we respond to their concerns about the health and safety conditions of their living environment and community. In 2022 our Environmental Team followed up on 223 complaints to ensure the safety of our community..



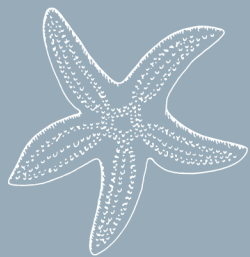
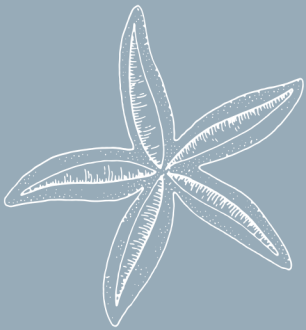
#2

Environmental Radon exposure is the second leading cause of lung cancer death in the U.S.





The Central Connecticut Health District is committed to improving the quality of life in our communities through prevention of disease and injury, fostering of a healthy environment, and promotion of the health of our residents.



www.ccthd.org

