

2006-2007 ANNUAL REPORT

ASHFORD TOLLAND WILLINGTON CHAPLIN **COVENTRY MANSFIELD** BOLTON ANDOVER COLUMBIA SCOTLAND

Serving the towns of Andover, Ashford, Bolton, Chaplin, Columbia, Coventry, Mansfield, Scotland, Tolland and Willington

Population: 79,088 • Service Area: Approximately 208 Square Miles 860.429.3325 • ehhd@ehhd.org • www.ehhd.org

HEALTH DISTRICT STAFF

Robert L. Miller, MPH, RS, Director of Health

Kenneth Dardick, MD, Medical Advisor

Ande Bloom, MS, RD	
	Program Coordinator
Jeff Catlett	Sanitarian I
Geoffrey Havens, RS	Sanitarian II
Lucinda Hogarty, MPH Emergency Pre	Public Health eparedness Coordinator
Holly Hood, MPH, RS	Sanitarian II
Janet McAllister, RS	Sanitarian II
Jeff Polhemus, RS	Sanitarian II
Maria Remy	Secretary
Jody Schmidt, MS, RS	Sanitarian II

EHHD BOARD OF DIRECTORS



Back left: Steve Werbner, Michael Kurland, Doug Cameron, John Elsesser, Paul Schur Front left: Charles Johnson, Joyce Stille, Elizabeth Paterson, Tierney Tully

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Back left: Ande Bloom, Robert Miller, Geoff Havens, Jeff Polhemus, Jeff Catlett, Maria Remy Front left: Lucinda Hogarty, Janet McAllister, Jody Schmidt, Holly Hood

MISSION STATEMENT

The mission of the Eastern Highlands Health District (EHHD) is to preserve public health through the prevention of illness and promotion of wellness within its local communities.

This mission is achieved through enforcing state and local health regulations; monitoring the health status of the community; informing and educating citizens on health issues; operating programs that support community health efforts; and collaborating with other public health partners in pursuit of our common goal.



A Message From the Director of Health

It is with great pleasure that I present the Eastern Highlands Health District's Annual Report for fiscal year 2006-2007. The Health District offers many resources to improve the quality of life in the communities we serve. From environmental health efforts to protect drinking water and food, to disease prevention programs addressing childhood asthma and skin cancer prevention, the EHHD has many

tools in the public health toolbox to build a healthy community.

The past year was marked by the addition of two exciting new health promotion programs in the area of employee wellness and childhood obesity. The "Be Well" effort provides local government employers an employee wellness program specifically crafted to their employees' interest and needs. The "Safe Routes to School" program facilitates community efforts to break down barriers to children walking and biking to school, thus providing increased access to physical activity.

Significant strides were also made in this past year to improve local preparedness for Pandemic influenza. The EHHD drafted a comprehensive Pandemic Influenza Response Plan, complete with an annex on Isolation and Quarantine. A drill of two components of the plan (surge capacity and continuity of operations) engaged many community partners. It is these and other accomplishments in the area of public health emergency preparedness during this past year that continue to build on our capacity to respond to all types of public health emergencies.

Lastly, the Eastern Highlands Health District could not achieve its mission without the support and contribution of many community partners who collaborate with the District. It is not lost upon us that our agency is just one of many essential components of the local public health system. This system works because of the many cooperative collaborations we enjoy through out our local community. On behalf of our Board of Directors, I extend sincere gratitude to the many other agencies, entities and individuals that support the local public health system. Thank you!

My door is always open.

Sincerely,

Robert L. Miller, MPH, RS Director of Health





Local health departments work across the nation to prevent disease, promote health and protect communities. The National Association of County and City Health Officials (NACCHO) developed this logo to promote universal recognition of this critical work to provide a consistent image and message for local health departments. The EHHD is proud to support this national effort.

What is a Health District?

Health districts are much like full-time municipal health departments in the services they provide. They are governmental entities that carry out critical local public health functions that include: infectious disease control, code enforcement, and health education. Through a binding relationship with member towns (provided for in state statutes), services are provided to a group of towns that may not otherwise have a full-time health department without district membership. Joining a health district is an attractive option for towns because they are provided with access to full-time public health services at minimal cost. District membership increases a towns' ability to benefit from grantfunded public health programs. Towns that are members of health districts provide annual per capita contributions to support health district operations.

EHHD History

As one of fifty full time health departments in Connecticut, the Eastern Highlands Health District provides services to just over two percent of the state's population. The district was formed in June of 1997, when the town leaders and residents of Bolton, Coventry and Mansfield realized that pooling resources could increase the scope and quality of public health services by providing a full-time public health staff while reducing expenses. In 2000, the Town of Tolland joined the District, and subsequently, the Towns of Willington (in 2001) and Ashford (in 2004) also joined. In June of 2005, four other contiguous towns (Andover, Chaplin, Columbia and Scotland) became part of the Health District. Each of these ten towns now has the benefits of full-time public health services, ensuring that the core functions of public health are met for these communities.

Top 10 Benefits Your Community Receives as a Member of a Public Health District:

- I. A professionally staffed department with fully trained and certified personnel.
- 2. Improved availability of services; seven days a week, 24 hours a day for emergencies.
- 3. Less fragmentation of services.
- 4. Uniform enforcement of state laws and regulations, codes and ordinances.
- 5. A regional approach to public health problems that cross town lines.
- 6. Pooling of manpower for backup services in times of need.
- 7. The capability to address a wider scope of public health problems and issues than your community could on its own.
- 8. Reduction of waste and maximized effectiveness through problem identification, priority setting, improved coordination and more efficient use of resources.
- 9. Eligibility for extensive state and federal funding, bringing services to the local level that might not otherwise be possible.
- 10. An opportunity for your town to network with other local health departments and state agencies.

Public Health's 10 Core Functions:

- I. **Monitor** health status to identify community health problems.
- 2. **Diagnose** and **investigate** health problems and health hazards in the community.
- 3. **Inform, educate,** and **empower** people about health issues.
- 4. **Mobilize** community partnerships to identify and solve health problems.
- 5. **Develop** policies and plans that support individual and community health efforts.
- 6. **Enforce** laws and regulations that protect health and ensure safety.
- 7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
- 8. **Assure** a competent public and personal health care workforce.
- 9. **Evaluate** effectiveness, accessibility and quality of personal and population-based health services.
- 10. **Research** for new insights and innovative solutions to public health problems.

EHHD'S PROGRAMS AND SERVICES

Eastern Highlands Health District works diligently to comply with all State of Connecticut mandates for district health departments. We provide the community with a range of programs and services to ensure that environmental, personal and community health is protected.

ENVIRONMENTAL PROGRAMS

Water Quality – EHHD approves private well sites and monitors public bathing water to assure that our drinking and bathing water quality is free of harmful bacteria, chemicals and pollutants.



Subsurface Sewage Disposal – EHHD's sanitarians conduct soiltesting, review septic plans and issue permits to construct according to technical standards.

Food Protection – All food service establishments are inspected frequently and permitted annually.



Campground/Daycare/Youth Camp Food Service Inspection – EHHD conducts annual campground inspections, bi-annual daycare inspections, and assists the State of CT with youth camp kitchen inspections.

Complaint Investigation/Code Enforcement– EHHD staff investigate all complaints received ranging from food protection to housing. Complaints violating the Public Health Code and CT General Statutes are subject to enforcement procedures.

COMMUNICABLE DISEASE CONTROL & SURVEILLANCE

Disease Surveillance – EHHD conducts communicable disease surveillance to detect outbreaks. Examples of communicable diseases include but are not limited to: hepatitis, rabies, and food borne illness. Statistics detailed at the end of this report represent the total number of reported disease cases that have public health significance in member towns. (It is generally acknowledged that these diseases are underreported within the population.)

Disease Control – Clinical laboratory and physician case reports are reviewed for possible follow-up and investigation. Outbreaks of disease are investigated, and measures to prevent and control further spread of disease are implemented when necessary.

EMERGENCY PREPAREDNESS

Public Health Emergency Preparedness Planning – In 2003/2004, EHHD completed the state-mandated Emergency Response Plan for its jurisdiction. Through the development of this plan, EHHD engaged multiple district-wide partners to

ensure that in the event of a largescale emergency, resources would be coordinated effectively. During the 2006-2007 fiscal year all plans were updated. Recruitment of public health emergency response volunteers is ongoing, and the



Health District staff continues to train and drill for possible public health emergencies.

The Connecticut Department of Emergency Management and Homeland Security has assigned all the towns in the state to emergency planning regions for effective emergency response. The towns covered by the Northeast, Windham and Southeast Council of Governments are beginning to work together as Planning Region 4. The EHHD is working with Region 4 partners to coordinate the regional public health and medical preparedness response capacity that will support an all-hazards approach. All-hazard planning, organized regional response and effective sharing of resources are key in mitigating the effect of any type of emergency.

Pandemic Influenza – Preparedness planning for pandemic flu included the development of a districtwide Pandemic Influenza Response Plan, including an annex on Isolation and Quarantine. A number of events were held to advance community understanding of the need to anticipate the widespread effects of a pandemic. Continuity of operations workshops and tabletop drills were held for municipal and school officials, and a public forum on the topic provided information on steps that households can take to prepare for this type of emergency. A full-scale drill was held to simulate the establishment of an alternative care site on the campus of the University of Connecticut; the site was designed to care for influenza patients, in the event that health care systems would be overwhelmed. This type of collaboration with regional partners has solidified the District's ability to respond to any type of public health emergency.

HEALTH PROMOTION

Cardiovascular Health Promotion – Established programs continue to be cornerstones of the health promotion efforts throughout the district.

These include the Healthy Hearts
Restaurant Certification Program –
which includes 64 food establishments,
including eight schools, and the

HEALTHY
HEARTS
Restaurant Certification

Meant Healthy Dining - a brochure listing the Healthy Heart

Certified restaurants from all towns in EHHD, along with locations in all towns for recreation. Other useful information on healthy living and resources are provided in this pamphlet. Now in its second printing, over 16,000 pamphlets have been distributed in EHHD communities since 2005.

HEARTSafe Communities – The Health Education Program has been a catalyst in getting several EHHD communities designated with the State Department of Public Health as HEARTSafe Communities. This program focuses on strengthening

each link of the cardiac 'chain of survival', and communities must document access to services (available AEDs & emergency care) and knowledge of skills (CPR & AED training) to qualify.



Chaplin, Coventry, Mansfield, and Tolland were awarded this designation in 2007.

Tolland School Wellness Committee -- The School Health Index prompted the initiation of this committee, which focuses on a healthy school environment, staff health, staff as healthy role models, an increase in physical activity, and increasing students' fruit and vegetable consumption. EHHD provides representation at monthly committee meetings and committee functions.

SafeRoutes National Center for Safe Routes to School





Safe Routes to School –The EHHD was awarded a competitive grant in June by the State and Territorial Injury Prevention Directors

Association to facilitate the coordination of a SRTS effort in the district. SRTS provides a framework to address barriers to children walking or riding a bike to school. As one of six sites in the country, EHHD will work with Parker school in Tolland to establish a coalition to identify and address barriers and create a SRTS plan.

Skin Cancer Prevention Program - Supported by a Preventative Health Block Grant administered by the State Department of Public

Health, this program provides free training sessions on how to prevent skin cancer from over exposure to ultraviolet rays.

Training is offered to daycare

providers (who receive certificates of participation upon completion of the program), students, community groups, employees and other interested individuals within the District. Educational and promotional items have also been developed through this grant to further educate the EHHD community on skin cancer prevention.

Asthma – The EHHD is represented on two Regional Asthma Coalitions (RAC), that provide resources and services to all member towns. RACs bring together local health departments & districts to address community issues regarding asthma education for various groups. In 2006-2007, EHHD worked with RAC 2 to gather information about asthma in the region and providing educational opportunities to childcare providers, while RAC 3 provided Putting on AIRS training to the Health Educator and a sanitarian to enable them to provide in-home assessments to area families with children affected by asthma.

Keep It Clean - A New England regional campaign to educate homeowners on lead safety issues during home painting and renovation projects is supported by the EHHD Health Education Program. Four local hardware stores

(two in Mansfield, one in Tolland and one in Bolton) participated in the program and received materials for both consumers & employee training.

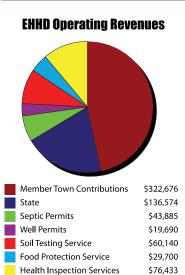
Be Well – Developed by the EHHD, the intent of this employee wellness program is to provide comprehensive programming and promotion on a contractual basis to local employers. The goal of Be

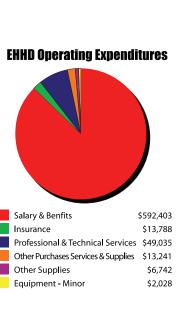
Well is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.



EHHD Budget Fiscal Year 2006/2007

EHHD receives funds from a variety of sources including member town contributions, State and Federal grants, and permit fees. Towns are charged on a per-capita basis, which supports local public health services.





EHHD 2006-2007 ACTIVITY TOTALS											
	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
Environmental Health Activit	ies										
Complaints											
Food Protection	3	0	0	0	0	5	8	0	I	0	17
Housing	1	1	0	I	0	4	13	0	1	4	25
Refuse/Garbage	0	2	1	0	2	0	4	0	0	2	11
Rodents/Insects	1	0	2	0	1	0	4	0	0	0	8
Water Quality	I	2	0	0	I	0	4	0	0	I	9
Air Quality	0	0	0	0	0		4	I	0	0	6
Sewage Disposal	5	2	4	4	2	7	3	2	I	I	31
Other	-	1	3	0	2	16	16	1	4	3	47
Inspection											
Group Homes	0	0	0	0	- 1	1	1	0	0	0	3
Day Care	0	0	3	0	4	3	2	0	2	3	17
Camps	0	ı	0	0	i	ı	0	0	- I	0	4
Mobile Homes	0	0	0	0	0	0	0	0	0	0	0
Motels/Rooming Homes	0	0	0	0	0	I	0	0	0	0	ı
Schools School	0	ı	0	0	0	0	0	0	0	0	'
	U	0	0	0	0	0	0	0	0	0	'
Mortgage, Fha, Va	6	5	7	0	-	-	•	0	8	7	75
Public Pools/Bathing Areas	•			0	6	11	8	-			
Other	0	0	0	U	0	12	0	0	0	0	12
On-Site Sewage Disposal		201			202	40.4				1.40	01.47
Site Inspection - All Site Visits	116	206	183	57	303	424	230	42	444	142	2147
Deep Hole Tests - # Of Holes	82	120	98	199	145	512	190	111	292	104	1853
Percolation Tests - # Of Holes	17	18	15	20	10	28	38	20	44	15	225
Permits Issued, New	5	8	24	4	34	35	47	13	31	15	216
Permits Issued, Repair	7	8	10	7	4	26	33	I	26	10	132
Site Plans Reviewed	22	24	34	П	38	83	71	7	58	22	370
B100a Reviews	26	46	52	16	83	201	101	13	148	67	753
Wells											
Well Sites Inspected	6	25	13	5	54	45	6	- 1	38	9	202
Well Permits Issued	13	13	29	8	27	64	63	5	36	15	273
Laboratory Activities (Sample	es Taken)										
Potable Water	0	0	0	0	0	0	0	0	0	I	I
Surface Water	15	18	59	3	42	216	107	0	60	51	571
Ground Water	0	0	0	0	0	0	2	0	0	0	2
Rabies	0	0	0	0	0	0	0	2	0	0	2
Lead	0	0	0	0	0	0	2	0	0	0	2
Other (Birds, Etc)	0	0	0	0	0	0	0	0	0	0	0
Food Protection											
Inspection	15	23	27	18	23	64	151	4	61	34	420
Reinspection	3	3	2	0	3	6	58	0	5	6	86
Temporary License Issued	0	5	6	3	3	9	28	ı	II	11	77
Plan Reviews	3	J	2	0	2	0	1	0	2	0	11
Site Construction Inspections	5	4	7	0	3	2	5	0	9	0	35
Lead Activities	J	7	,	U	3		J	U	,	U	33
	0	0	0	0	0	0	0	0	0	0	0
Housing Inspection							-	-			
Abate Plan Reviewed	0	0	0	0	0	0	0	0	0	0	0
Miscellaneous Activities											
Planning And Zoning Referrals	4	20	12	0	17	25	14	I	5	5	103
Subdivision Reviewed (Per Lot)	0	17	44	8	21	57	0	0	12	17	176
Meetings	0	18	2	0	22	54	53	0	23	5	177
Conferences/Seminars	2	0	2	0	0	П	7	0	10	0	32

S el	lected	Repor	table	Diseas	es for C	alendar	Year 2	006 by	Town		
	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
Babesiosis	0	2	0	0	0	0	4	I	I	0	8
Campylobacter	0	2	1	0	I	I	3	0	0	I	9
Chlamydia	10	7	7	8	7	12	31	3	11	8	104
Cryptosporidium	0	0	1	0	0	0	0	0	0	0	1
Cyclospora	0	0	0	0	0	0	0	0	0	0	0
E. Coli 0157	0	0	0	1	0	0	0	0	0	0	I
Ehrlichiosis	0	0	0	0	0	1	0	0	0	0	I
Giardia	0	0	0	0	0	0	1	0	0	0	I
Gonorrhea	2	2		I	0	0	2	0	0	I	9
Group A Streptococcus	0	0	0	0	0	0	0	0	0	0	0
Group B Streptococcus	0	1	0	0	0	2	2	0	0	1	6
Haemophilus Influenzae	0	0	0	0	0	0	0	0	0	I	I
Hepatitis A	0	0	0	0	0	2	0	0	0	0	2
Hepatitis B	0	0	0	0	0	I	I	0	2	I	5
Hepatitis C	0	2	3	I	2	5	8	0	4	2	27
Lead-Elevated Blood Lead Levels in											
children up to age 6 (10-19 ug/dl)	0	1	0	0	0	0	0	0	0	0	I
Lead-Elevated Blood Lead Levels in											
children up to age 6 >20 ug/dl	0	0	0	0	0	0	0	0	0	0	0
Listeria	0	0	0	0	0	0	0	0	0	0	0
Lyme Disease	5	13	7	6	7	36	23	4	35	10	146
Measles	0	0	0	0	0	0	0	0	0	0	0
Methicillin Resistant Staphylococcus Aureu	ıs 0	0	0	I	0	4	3	0	4	0	12
Mumps	0	0	0	0	0	0	0	0	0	0	0
Neisseria Meningitidis	0	0	0	0	0	0	I	0	0	0	I
Pertussis	0	0	0	0	0	0	0	0	0	0	0
Rubella	0	0	0	0	0	0	0	0	0	0	0
Salmonella	0	0	2	0	0	I	4	0	2	0	9
Shigella	0	0	0	0	0	0	0	0	0	0	0
Streptococcus Pneumoniae	0	0	2	0	0	0	0	0		0	3
Syphilis	0	0	0	0	0	1	0	0	0	0	I
Tuberculosis Cases (Active)	0	0	0	0	0	0	0	0	0	I	Ĺ
Vibrio	0	0	0	0	0	0	0	0	0	0	0
West Nile Virus	0	0	0	0	0	0	0	0	0	0	0
Yersinia	0	0	0	0	0	0	0	0	0	0	0



4 South Eagleville Road Mansfield CT, 06268