



2017-2018 ANNUAL REPORT



SERVING THE TOWNS OF:
ANDOVER, ASHFORD, BOLTON, CHAPLIN, COLUMBIA, COVENTRY,
MANSFIELD, SCOTLAND, TOLLAND AND WILLINGTON
POPULATION: 80,840 SERVICE AREA: APPROXIMATELY 208 SQUARE MILES

Health District Staff

Robert L. Miller, MPH, RS Director of Health
 Kenneth Dardick, MD Medical Advisor
 Glenn Bagdoian, RS Sanitarian II
 Millie Brosseau Administrative Assistant
 Diane Collelo, RS Sanitarian I
 Holly Hood, MPH, RS Sanitarian II
 Derek May Public Health Emergency
 Preparedness Coordinator
 Sherry McGann, RS Sanitarian II
 Jeff Polhemus, RS Chief Sanitarian
 Lynette Swanson Environmental Health Inspector
 Brian Clinton, MA, MCHES Community Health and
 Wellness Coordinator



Back left to Right: Jeff Polhemus, Rob Miller, Brian Clinton, Glenn Bagdoian *Front left to Right:* Holly Hood, Sherry McGann, Diane Collelo, Millie Brosseau

EHHD Board of Directors

Elizabeth Paterson (Chair) Town of Mansfield
 John Elsesser (Vice Chair) Town of Coventry
 Joyce Stille (Assistant Treasurer) Town of Bolton

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 M. Deborah Walsh Town of Coventry
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 Mike Zambo Town of Ashford
 Joseph Higgins Town of Andover
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Back: R. DeVito, P. Shapiro, K. Dardick, M. Walter, J. Elsesser, J. Higgins
Front: D. Kennedy, J. Stille, E. Paterson, D. Walsh

Mission Statement -

Eastern Highlands Health District is committed to enhancing the quality of life in its communities through the prevention of illness, promotion of wellness and protection of our human environment.

Vision - Healthy people, healthy communities ... healthier future.



Message from the Director

Once again another year has passed with Eastern Highlands Health District, and its community partners working hard to make our communities a healthier, safer place to work, play, and live! I have the great pleasure of presenting the Eastern Highlands Health District Annual Report for the 2017 - 2018 Fiscal Year. Below is a rundown of highlighted activities and initiatives that have occurred over the past year.

Environmental Health - With the passing of new legislation this past year, the State of Connecticut has adopted the FDA Food Code. Parts of the Code went into effect this past year, and eventually the entire code will apply to all restaurants state-wide. Over the year much has gone into preparing for this transition. This includes retraining field staff, informing and educating food service establishments, and revising local policies. We look forward to continuing the important partnership we have with our area restaurants as we work together to implement this important change.

Community Health - This year our community health program participated in the state sponsored Influenza Vaccination Day, hosting two flu clinics in response to the severe flu outbreak this past season. Residents were also invited to participate in free radon testing as part of the statewide program in partnership with the state health department.

The Substance Abuse in Our Communities Workgroup was very active this year. They hosted a train the trainer program targeting first responders on NARCAN administration. They also developed a tri-fold brochure listing all drug treatment programs and service options in the region, which was then distributed health district wide.

Emergency Public Health Preparedness - I am pleased to announce a partnership with our sister agency the Northeast District Department of Health in an initiative to share an emergency public health program coordinator. In just a short time, our new coordinator has successfully re-engaged and expanded our Medical Reserve Corps unit by providing training opportunities, staffing MRC events, and promoting recruitment.

In closing, I cannot forget to recognize our community partners. Their support in our efforts to prevent illness and promote wellness in the citizens we serve cannot be overstated. Together we comprise a local public health network that continues to make great strides in protecting the communities we serve. I thank you for your dedication and commitment to local public health.

My door is always open.

Yours in Health,

Robert L. Miller, MPH, R.S.
 Director of Health





Public Health

Prevent. Promote. Protect.

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 and to provide a consistent image and message for local health departments. 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 offered 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 access to full-time public health services at minimal cost. District membership increases the ability of a town to benefit from grant-funded public health programs. Towns that are members of health districts provide annual per capita contributions to support health district operations.

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

1. 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 manage 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.

10 Essential Services of Local Public Health:

1. **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

We provide the community with a range of programs and services to promote and protect environmental, personal, and community health.

Emergency Preparedness

All-hazards emergency preparedness cannot be addressed by one agency working alone. Eastern Highlands Health District (EHHD) continues to build partnerships and link services to prepare for a successful community response to any emergency or disaster.

EHHD is a supportive partner in the ongoing development of Connecticut's Healthcare Coalitions (HCC). These coalitions engage representatives from disciplines including public health, hospitals, long term care, behavioral health, emergency medical services (EMS), emergency management, and health centers to formalize cooperative planning. EHHD is an active participant in the CT DEMHS Region 4 HCC steering committee and on several HCC workgroups. Although linked to Region 4 for grant deliverables and fiduciary reporting, EHHD also continues to support preparedness work in Region 3 and assisted with the Region 3 Project Public Health Ready (PPHR) application.



Over the past year EHHD staff has attended a wide range of trainings on topics including Mass Dispensing, Incident Command, biological agent security, and infectious disease mitigation. EHHD actively participated in the planning and conducting of several regional and statewide exercises. EHHD began sharing a Public Health Emergency Preparedness Coordinator with Northeast District Department of Health (NDDH) and has supported the shared position with additional staff. As part of an actual emergency response, EHHD provided two seasonal flu clinics within the district in response to an active flu season.

Utilizing community volunteers will be vital to a successful response to any large-scale emergency. To this end EHHD is in the process of re-engaging its Medical Reserve Corps (MRC) program. Working closely with other MRCs we hope to recruit and organize medical and non-medical volunteers from the district. During the past year EHHD MRC participated in a regional MRC appreciation event, supported a town blood pressure clinic, and delivered the FEMA "Until Help Arrives" bystander first aid program. EHHD will continue to use the MRC as a mechanism to recruit and engage community volunteers. Anyone with interest in becoming an MRC member can go to www.EHHD.org and find the link under the Emergency Preparedness tab.

Environmental Programs

Water Quality – EHHD reviews and approves private well sites and drinking water analysis reports to assure that the drinking water supplies are free of harmful bacteria, chemicals and pollutants. Our sanitarians provide guidance and information to residents with water quality issues and concerns. The health district also inspects and monitors the water quality at public bathing areas and public swimming pools to ensure compliance with water quality and health safety standards.

Subsurface Sewage Disposal – EHHD sanitarians conduct site evaluations and soil testing, review septic system design plans, issue permits to construct, and perform site inspections during construction to verify compliance with codes and technical standards.

The health district is also required to evaluate the septic system impacts from proposed building additions, accessory structures and use changes on all properties served by on-site subsurface sewage disposal systems.



Food Protection – All food service establishments are inspected frequently and operating licenses are renewed annually. Temporary and special events, including Farmers' Markets, where food is served to the public, are also permitted and inspected for food safety compliance.

Campground/Daycare/Youth Camp Inspections – EHHD conducts annual family campground inspections, biennial

daycare inspections, and assists the State of Connecticut with youth camp kitchen inspections.

Complaint Investigation/Code Enforcement – EHHD staff investigate all complaints received by the department, ranging from food protection and water quality concerns to housing, sewage, and vermin problems. Where conditions are found that violate the Public Health Code or Connecticut General Statutes, and such conditions are not corrected in due course, property owners or violators are then subject to enforcement procedures.

Childhood Lead Poisoning Prevention – EHHD receives laboratory reports of blood lead tests for children under age 6 when blood lead levels are 5 µg/dL or above, and tracks these cases until the child's blood lead level is confirmed below this reference level. The health district provides re-test reminder letters and educational packets to these families to help them understand the health risks associated with lead exposure and assist them in identifying and reducing lead hazards in their child's environment. Elevated blood lead levels can require additional intervention by the health district including property inspections and lead abatement enforcement.

Communicable Disease Surveillance & Control

Disease Surveillance – EHHD conducts communicable disease surveillance to detect outbreaks. Examples of communicable diseases include but are not limited to: hepatitis, rabies, and foodborne 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.

Community Health

Health Promotion initiatives in the Health District focus on developing sustainable interventions and nurturing partnerships to build a healthier community. While targeted programming is utilized



when appropriate, our current focus is on policy, systems, and environmental changes to promote and encourage healthy lifestyles for all member town residents, employees, and visitors. In the summer months EHHD worked diligently to mitigate the spread of disease from mosquitos and ticks. Informational signs and larvicides were provided to member towns. The plaques provide information on the prevention of acquiring Lyme disease, and were placed in parks and near trails. Educational workshops on these diseases were presented in Tolland. During the winter, EHHD distributed radon test kits to residents. These kits allow residents to be aware of the current radon levels in their home, and to take action if necessary. In response to the wide-spread flu activity this year EHHD conducted two flu clinics and created a flu prevention flyer. Over 200 adults and children were vaccinated at these clinics. The flyer was distributed to member town libraries, community centers, health centers, senior centers, and schools. EHHD staff worked with several school districts to create model school health and wellness policies.

Tobacco Free Living – Focusing on policy, systems, and environmental changes, EHHD developed toolkits to encourage towns in Tolland County to adopt smoke free policies or ordinances to make their workplaces smoke free. The toolkits can be found at www.ehhd.org/Tobacco-Free-Living. EHHD continues to assist the town of Mansfield in implementing its smoke free workplaces policy. A toolkit was developed to assist other organizations/communities to implement similar policies. This toolkit can be found at www.ehhd.org/tobacco. In addition, EHHD has



developed a summary of smoking cessation resources. The resources include web, phone, and in-person based cessation methods and can be found at www.ehhd.org/tobaccocessation

Substance Abuse In Our Community Workgroup – In response to the opioid and substance use epidemic affecting our towns, EHHD created a workgroup comprised of representatives from municipal leadership, human services, social workers, first responders, school leadership, and child advocacy. The workgroup initiated several projects this year. A Community Naloxone (Narcan®) Training Program for first responders was conducted in December. This workshop showed first responders what over-the-counter Naloxone looked like, and provided instruction to victims and families on how to administer the life-saving drug. Additionally, the workgroup created and printed the Substance Abuse Treatment Resources brochure. This brochure provides information on treatment options, resources and walk-in services and emergency care information and can be found at www.ehhd.org/opioidepideic. The brochures have been distributed to town leadership, libraries and social service departments.



Be Well – Developed by EHHD in 2006, this program provides comprehensive programming and promotion on a contractual basis to local employers. The goal of this employee wellness program is to improve the overall health and wellness of employees through initiatives that target risk factors for health. This program is provided as a full contracted service to four employers in health district towns (Town of Mansfield, Mansfield BOE, Region 19 BOE, and the Town of Tolland). Basic Be Well initiatives are also provided to member town, school employees and private sector businesses through the State Preventive Health Block Grant (to focus on policy and environmental changes to reduce the incidence of obesity in worksites). Each year Be Well contributes to strong health outcomes and a significant return-on-investment for participating employers. Examples of programs and policies implemented include, but aren't limited to, monthly wellness newsletters, online wellness resources, on-site biometric health screenings, and wellness seminars. You may learn more about the program at www.ehhd.org/be_well. If you're interested in having Be Well part of your business or organization please email Be Well at Be_well@ehhd.org.



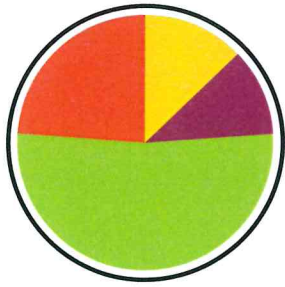
Health Education: EHHD provides its member towns and residents with newsletters, social media sites and web pages for health information, and regular updates with health and wellness "hot topics." EHHD continually updates the social media pages (Facebook: www.facebook.com/EHHDCHART and Twitter: <https://twitter.com/EHHDHealth>) with information about health, wellness and safety issues. We focus our "hot topic" health updates on providing clear and concise information on health topics pertaining to a particular month or season. EHHD staff participated in several educational workshops and health fairs throughout the year focusing on topics such as hurricane/emergency preparedness, childhood vaccines, healthy snacks for kids, planning for care as you age, and flu prevention and treatment.

Plan4Health Initiative: **PLAN4Health**
An American Planning Association Project
Anchored by the American Planning Association (APA) and the American Public Health Association (APHA), the Plan4Health grant funded EHHD and the Community Health Action Response Team (CHART) to implement strategies to increase physical activity and access to healthy food for our region. During the year EHHD continually marketed the Toolkit to the planning and zoning boards and commissions of small and rural town in Connecticut. The Toolkit is continually maintained and updated to provide the most current and accurate information. A survey was introduced this year was a survey to gain feedback on the Toolkit and its ability to meet the needs of users. This survey will be reviewed and analyzed to make changes for the future. The toolkit is available online at www.healthyeasternct.com

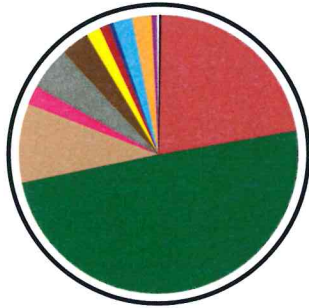
EHHD

Budget Fiscal Year 2017/2018*

FY 2017/2018 Revenue (see table below)



FY 2017/2018 Expenses (see table below)



EHHD Service and Activities Data by Town

	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
COMPLAINTS											
AIR QUALITY	0	1	1	0	0	0	3	0	1	0	6
ANIMALS/ANIMAL WASTE	0	2	0	0	0	0	2	1	2	0	7
ACTIVITY WITHOUT PROPER PERMITS	0	0	0	1	0	0	0	0	0	0	1
FOOD PROTECTION	0	3	0	1	1	0	12	0	3	0	20
HOUSING ISSUES	1	1	2	3	1	3	11	1	2	3	28
EMERGENCY RESPONSE	0	0	0	0	0	1	2	0	1	1	5
REFUSE/GARBAGE	0	4	0	1	0	0	1	0	0	1	7
RODENTS/INSECTS	1	2	0	1	0	1	4	0	0	0	9
SEPTIC/SEWAGE	1	2	2	1	2	0	4	0	4	0	16
OTHER	0	3	3	0	2	0	5	0	2	1	16
WATER QUALITY	0	0	1	1	1	1	5	0	9	0	18
TOTAL	3	18	9	9	7	6	49	2	24	6	133
HEALTH INSPECTION											
GROUP HOMES	0	0	0	0	0	0	0	0	0	0	0
DAY CARE	0	1	0	2	0	2	4	0	7	2	18
CAMPS	0	1	0	0	0	0	0	0	2	1	4
PUBLIC POOL	0	2	0	0	1	1	5	0	4	1	14
OTHER	0	0	0	0	0	0	0	0	0	0	0
SCHOOLS	0	0	0	0	0	0	4	0	0	0	4
MORTGAGE, FHA, VA	0	1	0	0	0	0	0	0	0	0	1
BATHING AREAS	0	0	0	0	0	0	0	0	0	0	0
TOTAL	0	5	0	2	1	3	13	0	13	4	41
ON-SITE SEWAGE DISPOSAL											
SITE INSPECTION - ALL SITE VISITS	27	113	23	67	95	177	155	16	119	39	831
DEEP HOLE TESTS - NUMBER OF HOLES	66	51	79	36	90	150	92	9	109	41	723
PERCOLATION TESTS - NUMBER OF HOLES	10	17	18	12	18	31	27	3	35	11	182
PERMITS ISSUED, NEW	2	7	5	2	9	20	6	0	9	3	63
PERMITS ISSUED, REPAIR	15	16	15	6	22	39	31	3	45	6	198
SITE PLANS REVIEWED	16	24	16	9	20	65	36	4	55	8	253
B100A REVIEWS	28	24	34	10	42	88	84	4	139	36	489
WELLS											
WELL SITES INSPECTED	1	4	0	3	18	29	10	4	9	3	81
WELL PERMITS ISSUED	4	11	9	1	10	24	14	3	18	7	101
LABORATORY ACTIVITIES (SAMPLES TAKEN)											
POTABLE WATER	0	3	0	0	0	0	2	0	8	0	13
SURFACE WATER	14	14	27	0	29	119	16	0	31	26	276
GROUND WATER	0	0	0	0	0	0	0	0	0	0	0
RABIES	0	0	0	0	0	0	0	0	0	0	0
LEAD	0	0	0	0	0	0	11	0	0	0	11
OTHER	0	0	1	0	2	3	8	0	2	0	16
FOOD PROTECTION											
INSPECTIONS	22	43	36	26	25	65	250	11	74	43	595
REINSPECTIONS	6	3	4	2	5	25	39	0	6	5	95
TEMPORARY PERMITS	4	19	20	10	4	88	50	13	23	14	245
TEMPORARY INSPECTIONS	0	0	6	0	0	114	9	0	0	0	129
PLAN REVIEWS	2	3	0	1	1	12	6	0	0	3	28
PRE-OPERATIONAL INSPECTIONS	7	4	0	3	2	3	24	0	5	2	50
LEAD ACTIVITIES											
HOUSING INSPECTION	0	0	0	0	0	0	1	0	0	0	1
ABATE PLAN REVIEWED	1	0	0	0	0	0	0	0	0	0	1
MISCELLANEOUS ACTIVITIES											
PLANNING AND ZONING REFERRALS	0	0	0	0	1	1	2	0	0	0	4
SUBDIVISION REVIEWED (PER LOT)	0	0	4	0	9	8	2	0	1	0	24

* Figures not audited at the time of this publication.

Selected Reportable Diseases by Town*

	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
Babesiosis	1	1	1	0	2	0	4	0	1	1	11
Campylobacter	1	0	0	0	1	2	0	0	2	1	7
Chlamydia	4	3	3	3	4	9	37	0	13	1	77
Cryptosporidium	0	0	0	0	0	0	0	0	0	0	0
Cyclospora	0	0	0	0	0	0	0	0	0	0	0
E. Coli 0157/STEC	0	1	0	0	0	0	0	0	0	0	1
Ehrlichiosis/Anaplasmosis	0	0	0	0	0	0	0	0	0	0	0
Giardia	0	0	2	0	0	1	0	0	1	1	5
Gonorrhea	2	0	3	0	0	4	22	0	3	3	37
Group A Streptococcus	0	0	0	0	0	1	0	0	0	0	1
Group B Streptococcus	1	0	0	0	0	1	0	0	1	0	3
Haemophilus Influenzae	0	0	0	0	0	0	1	0	0	0	1
Hepatitis A	0	0	0	0	0	0	0	0	0	0	0
Hepatitis B	0	0	0	0	0	0	0	0	0	0	0
Hepatitis C	0	0	1	0	1	0	2	0	2	0	6
Lead-Elevated Blood Lead Levels in children up to age 6 (5-9.9 ug/dl)	2	1	2	2	1	3	10	0	1	10	32
Lead-Elevated Blood Lead Levels in children up to age 6 (10-19 ug/dl)	0	0	0	0	1	0	4	0	0	1	6
Lead-Elevated Blood Lead Levels in children up to age 6 >20 ug/dl	0	0	0	0	0	0	1	0	0	0	1
Listeria	0	0	0	0	0	0	0	0	0	0	0
Lyme Disease	3	5	5	7	3	13	20	1	8	8	73
Measles	0	0	0	0	0	0	0	0	0	0	0
Methicillin Resistant Staphylococcus Aureus	0	0	0	0	0	0	0	0	1	0	1
Mumps	0	0	0	0	0	0	0	0	0	0	0
Neisseria Meningitis	0	0	0	0	0	0	0	0	0	0	0
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	1	0	0	0	0	2	2	0	2	0	7
Shigella	0	0	0	0	0	0	0	0	1	0	1
Streptococcus Pneumoniae	0	0	0	0	0	0	0	0	0	0	0
Syphilis	0	0	0	0	1	0	1	0	0	0	2
Tuberculosis Cases (Active)	0	0	0	0	0	0	0	0	0	0	0
Varicella	0	0	0	0	0	0	0	0	0	0	0
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

* The case numbers above are considered to be below actual figures due to under reporting.



4 South Eagleville Road
Mansfield, CT 06268