



# 2018-2019 ANNUAL REPORT



SERVING THE TOWNS OF:  
ANDOVER, ASHFORD, BOLTON, CHAPLIN, COLUMBIA, COVENTRY,  
MANSFIELD, SCOTLAND, TOLLAND AND WILLINGTON

POPULATION: 80,466    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 Specialist
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

Robert DeVito .....	Town of Ashford
Joseph Higgins .....	Town of Andover
Derek Kenndy .....	Town of Mansfield
Robert Morra (Alternate).....	Town of Bolton
Tammy Nuccio .....	Town of Tolland
Paul Shapiro.....	Town of Mansfield
Barbara Syme .....	Town of Scotland
M. Deborah Walsh .....	Town of Coventry
Mark Walter .....	Town of Columbia
Steve Werbner .....	Town of Tolland
Mike Zambo .....	Town of Ashford
Vacant .....	Town of Chaplin
Vacant .....	Town of Willington



**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

### *Another Year Gone By*



Once again I have the honor of sharing the highlights of another year gone by here at the Eastern Highlands Health District. These highlights are the culmination of the passion and dedication our staff applies to what we do. Protecting your environment, promoting wellness, and preventing illness is the result of this passion and dedication. With that, below is a rundown of the highlighted activities and initiatives for the 2018-2019 Fiscal Year.

**Community Health** – The Substance Abuse in Our Communities Workgroup was very active this year. Among other items, salient activities included partnering with the Coventry Police Department on a successful drug take back campaign, and partnering with the Town of Mansfield in the development of town policies to stage NARCAN in public buildings. We are also very pleased to now employ a Registered Nurse, thereby improving our communicable disease control and public health clinical services.

**Emergency Public Health Preparedness** – The efforts and activities of our Medical Reserve Corps unit continues to expand, with new members and more exercises and real world events. A few examples include Medical Aid Station Team support for the Hartford Marathon, pop up flu clinics, and a deployment in response to Hurricane Florence. Additionally, in partnership with area local health district agencies we agreed upon a structure to consolidate the 5 Mass Dispensing Areas (MDA) in Region 4 into one MDA.

**Environmental Health** – We experienced a number of staffing changes and vacancies in the environmental health program this year. Most notably after 22 years we said good bye to our long time Chief Sanitarian, Jeff Polhemus, whose contribution to the agency cannot be understated. With this change comes renewed excitement as we welcomed Lynette Swanson. With 20 years of environmental health experience under her belt, she has admirably filled the role of Chief Sanitarian.

In closing and with the end of other year, I want to assure our communities that we here at the Eastern Highlands Health District remain committed, and dedicated to providing essential, quality local public health services. If you have any ideas, or suggestions on how we might better serve our communities, please feel free to email us at [ehhd@ehhd.org](mailto:ehhd@ehhd.org), or call 860-429-3325.

My door is always open.  
Yours in Health,

Bob Smith

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 works inside and outside of its health district borders on collaborative emergency planning. EHHD is an active participant in the CT DEMHS Region 4 ESF8 workgroup, which brings together healthcare and community health in Eastern Connecticut. Regional activities this year included participation in communications drills, a regional hospital evacuation exercise, and a full scale Drive-Thru infectious disease exercise. Although linked to Region 4 for grant deliverables and fiduciary reporting, EHHD also continues to support preparedness work in Region 3. EHHD staff participated in a preparedness forum in Bolton, an infectious disease tabletop exercise with University of Connecticut, and supported Mansfield/UConn in a FEMA-evaluated radiological exercise by simulating distribution of potassium iodide (KI) tablets. As part of a statewide push to increase vaccination rates, EHHD provided seasonal flu clinics in Mansfield and in Coventry. The "Until Help Arrives" bystander first aid program was offered in Tolland and a Medical Aid Station Team (MAST) initial training was offered in Scotland.

EHHD continues to recruit and engage and organize medical and non-medical community volunteers with its Medical Reserve Corps (MRC) program. Throughout the year the volunteers are invited to participate in preparedness-related trainings, exercises, and real-world events. MRC volunteers supported multiple exercises, the statewide flu clinics, provided MAST medical support for the Hartford Marathon, and one MRC nurse deployed to support the response to Hurricane Florence. The recent addition of a Wellness Coordinator with a nursing background will be of great advantage to the EHHD MRC. This position will work closely with the EHHD preparedness coordinator to engage medical volunteers and to increase capacity to deliver vaccinations in case of pandemic or infectious disease outbreak. Anyone with interest in becoming an EHHD MRC volunteer can go to [www.EHHD.org](http://www.EHHD.org) and find the link under the Emergency Preparedness tab.

Although EHHD takes an all-hazards approach to emergency planning, Mass Countermeasures, the ability to rapidly distribute medications in an emergency, remains a key driver of our preparedness program. Building on years of detailed anthrax planning, we are working with federal, state, and regional partners to re-strategize and improve planning for pandemic flu and protecting individuals through vaccinations.

## 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.



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. 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](http://www.ehhd.org/Tobacco-Free-Living). EHHD continues to assist the town of Mansfield with implementation of 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](http://www.ehhd.org/tobacco). In addition, EHHD continues to update a summary of smoking cessation resources. The resources include web, phone, text, and nicotine replacement therapy cessation methods and can be found at [www.ehhd.org/tobaccocessation](http://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. Salient activities included partnering with the Coventry Police Department on a successful drug take back campaign, and partnering with the Town of Mansfield in the development of town policies to stage NARCAN in public buildings. For information on treatment options, resources and walk-in services and emergency care information please go to [www.ehhd.org/opioidepidemic](http://www.ehhd.org/opioidepidemic). 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](http://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](mailto: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](https://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.

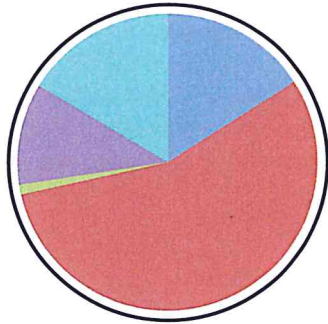
**Plan4Health Initiative:** **PLAN4Health**  
An American Planning Association Project  
Anchored by the American Planning Association (APA) and the American Public Health Association (APHA), the Plan4Health grant funded EHHD and the Community Health Action Response Team (CHART) to implement strategies 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 last year 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 and survey is available online at [www.healthyeasternct.com](http://www.healthyeasternct.com)



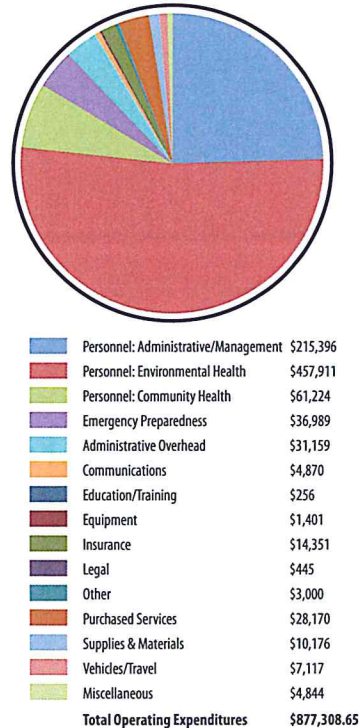
# EHHD

Budget Fiscal Year  
2018/2019\*

## FY 2018/2019 Revenue (see table below)



## FY 2018/2019 Expenses (see table below)



## EHHD Service and Activities Data by Town

	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
<b>COMPLAINTS</b>											
AIR QUALITY	0	0	0	0	0	0	0	0	3	0	3
ANIMALS/ANIMAL WASTE	0	2	0	1	0	0	2	0	1	0	6
ACTIVITY WITHOUT PROPER PERMITS	0	0	0	0	0	0	0	0	0	0	0
FOOD PROTECTION	1	2	1	1	0	0	9	0	5	2	21
HOUSING ISSUES	0	13	2	5	1	5	21	2	4	6	59
EMERGENCY RESPONSE	0	1	1	3	0	0	1	0	2	1	9
REFUSE/GARBAGE	0	1	0	0	0	0	1	0	1	1	4
RODENTS/INSECTS	0	0	1	1	0	0	1	0	1	1	5
SEPTIC/SEWAGE	1	6	3	2	0	1	2	0	6	0	21
OTHER	1	0	2	0	0	2	3	0	0	0	8
WATER QUALITY	0	1	0	2	1	2	2	0	6	5	19
<b>TOTAL</b>	<b>3</b>	<b>26</b>	<b>10</b>	<b>15</b>	<b>2</b>	<b>10</b>	<b>42</b>	<b>2</b>	<b>29</b>	<b>16</b>	<b>155</b>
<b>HEALTH INSPECTION</b>											
GROUP HOMES	0	0	0	0	0	1	0	0	0	0	1
DAY CARE	0	0	0	0	2	2	1	0	1	0	6
CAMPS	0	1	0	0	0	0	1	0	4	2	8
PUBLIC POOL	0	2	0	0	0	0	5	0	2	0	9
OTHER	0	0	0	1	0	0	1	0	0	0	2
SCHOOLS	0	0	0	0	0	0	4	0	0	0	4
MORTGAGE, FHA, VA	0	0	0	0	0	0	0	0	0	0	0
BATHING AREAS	0	0	0	0	0	0	0	0	0	0	0
<b>TOTAL</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>12</b>	<b>0</b>	<b>7</b>	<b>2</b>	<b>30</b>
<b>ON-SITE SEWAGE DISPOSAL</b>											
SITE INSPECTION - ALL SITE VISITS	61	89	78	71	85	196	182	21	165	28	976
DEEP HOLE TESTS - NUMBER OF HOLES	44	52	66	37	54	169	107	6	113	48	696
PERCOLATION TESTS - NUMBER OF HOLES	15	15	19	13	16	26	33	4	42	11	194
PERMITS ISSUED, NEW	6	5	7	1	8	13	4	0	9	2	55
PERMITS ISSUED, REPAIR	20	22	26	12	27	32	46	2	49	10	246
SITE PLANS REVIEWED	21	25	31	9	35	55	48	2	48	12	286
PUBLIC HEALTH REVIEWS	33	41	50	9	47	90	73	5	153	24	525
<b>WELLS</b>											
WELL SITES INSPECTED	1	7	2	10	15	8	9	0	1	1	54
WELL PERMITS ISSUED	6	14	9	6	10	22	11	1	10	5	94
<b>LABORATORY ACTIVITIES (SAMPLES TAKEN)</b>											
POTABLE WATER	0	1	0	1	0	0	3	0	19	2	26
SURFACE WATER	15	16	30	0	31	133	14	0	31	30	300
GROUND WATER	0	0	0	0	0	0	0	0	0	0	0
RABIES	0	0	0	0	1	0	0	0	0	0	1
LEAD	0	0	0	0	0	0	0	0	0	8	8
OTHER	2	1	3	3	2	3	6	1	5	0	26
<b>FOOD PROTECTION</b>											
INSPECTIONS	16	30	21	23	24	48	161	3	60	27	413
REINSPECTIONS	3	7	2	2	1	2	27	0	11	11	66
TEMPORARY PERMITS	4	19	12	7	6	123	29	13	16	10	239
TEMPORARY INSPECTIONS	0	4	8	1	0	90	7	7	0	1	118
PLAN REVIEWS	0	1	2	3	1	3	10	1	1	1	23
PRE-OPERATIONAL INSPECTIONS	2	4	0	4	2	1	16	1	1	0	31
<b>LEAD ACTIVITIES</b>											
HOUSING INSPECTION	0	0	1	0	0	2	0	0	0	0	3
ABATE PLAN REVIEWED	0	0	0	0	0	0	0	0	0	0	0
<b>MISCELLANEOUS ACTIVITIES</b>											
PLANNING AND ZONING REFERRALS	0	0	0	0	0	1	0	0	1	0	2
SUBDIVISION REVIEWED (PER LOT)	0	0	0	0	0	2	0	0	3	1	6

\* 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	2	1	0	0	1	0	2	0	1	1	8
Campylobacter	1	0	1	0	2	2	1	2	1	2	12
Cryptosporidium	0	0	0	0	0	0	1	0	1	0	2
Cyclospora	0	0	0	0	0	0	0	0	1	0	1
E. Coli 0157/STEC	0	0	0	0	0	1	0	0	0	0	1
Ehrlichiosis/Anaplasmosis	0	0	0	0	0	0	0	0	0	0	0
Giardia	0	0	1	0	0	1	0	0	0	1	3
Gonorrhea	2	1	1	0	0	2	17	0	1	1	25
Group A Streptococcus	0	0	2	0	1	0	0	0	1	0	4
Group B Streptococcus	1	0	0	0	0	1	2	0	2	0	6
Haemophilus Influenzae	0	0	0	0	0	0	0	0	0	0	0
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	1	1	2	1	1	4	3	0	3	2	18
Lead-Elevated Blood Lead Levels in children up to age 6 (5-9.9 ug/dl)	2	0	0	0	0	2	2	0	3	6	15
Lead-Elevated Blood Lead Levels in children up to age 6 (10-19 ug/dl)	1	1	0	1	0	0	0	0	0	1	4
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	2	0	4	5	5	9	1	10	5	46
Measles	0	0	0	0	0	0	0	0	0	0	0
Methicillin Resistant Staphylococcus Aureus	0	0	0	0	0	0	0	0	0	0	0
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	1	0	0	0	0	0	0	0	1
Rubella	0	0	0	0	0	0	0	0	0	0	0
Salmonella	0	0	1	0	3	1	3	0	4	0	12
Shigella	1	0	0	0	0	0	0	0	0	0	1
Streptococcus Pneumoniae	0	1	0	0	0	1	1	0	1	1	5
Syphilis	0	0	0	0	0	3	0	0	0	0	3
Tuberculosis Cases (Active)	0	0	0	1	0	0	0	0	1	0	2
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