



**2017-2018**

**East Shore District Health Department**

**Annual Report**

**East Shore District Health Department (ESDHD) Mission** - ESDHD is a local full-service health department that provides committed leadership to improve the health and well-being of all people. Utilizing results-based policies and programs, we prevent disease and injury and respond to public health challenges for present and future generations.

**East Shore District Health Department (ESDHD) Vision:** *ESDHD supports a thriving community that is healthy, resilient, and overcomes health disparities and environmental inequities through prevention, education, and access to adequate resources.*

ESDHD works with the state of Connecticut and the Connecticut shoreline communities to carry out the state mandated responsibilities and fulfill the essential services of a local public health system.

Our main responsibilities consist of:

- Assuring the conditions in which people can be healthy
- Promoting physical and mental health
- Preventing disease, injury and disability

Our environmental programs enable every resident to have healthy living conditions. Our health promotion programs educate and encourage the community to adopt healthy behaviors and prevent adverse behaviors. Disease control and prevention activities include vaccinations and education, as well as environmental health improvements to our communities.

District programs are primarily funded by state operating grants, preventative health block grants, town per capita contributions and fees collected for permits, licenses and services. Public health services to the participating towns are offered directly to residents by the Health District staff or indirectly through cooperation and agreements with partner agencies or individuals. Through the commitment of its Board of Directors, staff and participating towns, the Health District is poised to serve its residents well into the future.

Our activities are described under each essential service below. We strive to meet and provide the ten nationally recognized services expected of a local public health agency.

### 10 Essential Services of Public Health

1. Monitor health status to Identify and solve community health problems	2. Diagnose and investigate health problems and health hazards in the community
3. Inform, educate and Inform people about health issues	4. Mobilize community partnerships and action 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 health problems

## HEALTH DIRECTOR'S LETTER

I am pleased to present the annual report of the public health services provided by the staff of the East Shore District Health Department (ESDHD) for 2017-18. The ESDHD staff and our Board of Directors are a group of talented and considerate individuals that take great pride in protecting the health of our community.

The East Shore District Health Department is a full-time, full-service mission-driven health department that values all stakeholders at all levels, and to that end, we focus on improving the holistic health within our entire member town communities. We also realize, that health and wellness does not stop at our borders, therefore we share resources and public health services across adjacent multi-jurisdictions. As such, the 2017-2018 ESDHD Annual Report highlights collaborative activities, not programmatic statistics, to illustrate how we are working with partners throughout the Health District and surrounding communities to address issues that impact health.

The wide range of services we offer promote health while also preventing illness and injury. We know that encouraging positive health behaviors while also addressing social and economic barriers to health today will lead to improved health, fewer sick days taken, and reduced health care costs in the future.

Achieving significant change requires an investment in community partners. It also demands that we meet people where they are, so we can give them the resources they need (not that we think they need) to overcome the real barriers to achieving optimal health. Together we can do more to reduce health inequities and achieve our vision that ESDHD is a healthy community for all people.

Thank you for your partnership in our work.

Sincerely,



Michael A. Pascucilla, M.P.H., REHS  
CEO/Director of Health

## **ESDHD PHAB Accreditation Update:**

In the fiscal year July 2017 until June 2018, significant strides were made in ESDHD's work towards Public Health Accreditation Board (PHAB) national accreditation. ESDHD staff collected documented evidence in all of the areas of the Public Health Essential Services. Several mandatory pre-requisites to accreditation including the Community Health Assessment (CHA, highlighted in the 2016-2017 Annual Report), The Community Health Improvement Plan (CHIP, highlighted in this annual report for 2017-2018), the ESDHD Workforce Development Plan, the ESDHD Quality Improvement Plan have served to make us a better Health Department with clear goals and objectives. Accreditation ensures that the health department supports the work of State and National public health and supports the work of each individual employee of each division in our health department to reach our overall goals. It serves to organize the health department and reveal how we meet our community's public health needs and ensure that the community is supported in becoming a healthier.

Accreditation, in and of itself, falls into several of the essential services of public health:

E.S. 1 - We monitor the health of the community through their Community Health Assessment and the updates of this document. This year the ESDHD CHA was updated to include data on opioid deaths and emergency room visits, which has led to the acquiring of a grant to work on this important project.

E.S. 4 - ESDHD convenes a Community Health Improvement Planning (CHIP) Board with many of our partners. The ESDHD CHIP Board meets monthly to discuss new issues as well as our areas of interest which fall in the three categories of: Access to services and care, Mental Health and Addiction, and Promoting Healthy Lifestyles.

E.S. 5 - ESDHD CHIP supports and drives programs and policies that support individual and community health working as an independent agency and in collaboration with our partners.

E.S. 7 - Linking people with the services and care they require to be healthy is an important area addressed in the ESDHD CHIP.

E.S. 8 - Accreditation ensures a competent workforce through our Workforce Development Plan that was created to ensure that our employees are trained in their specialties as well as trained in the work

with many different people under many different circumstances. It also supports the individual employee in meeting their personal goals in order to become a better public health practitioner.

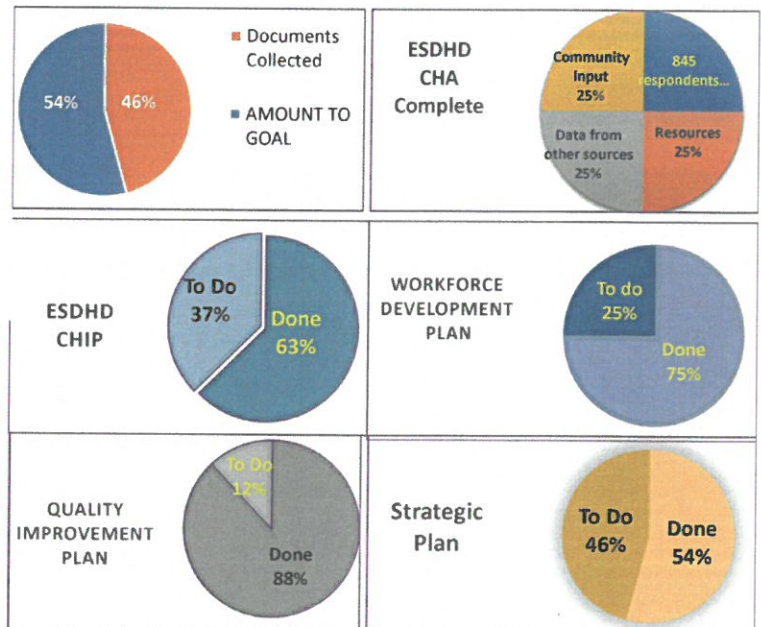
E.S. 9 - The ESDHD Quality Improvement Plan was created to evaluate the performance of the health department and its divisions and policies and programs in order to improve where needed in constant quality improvement.



### Accreditation Documents

Domains	Documents per Domain	Full	%
Domain 1	28	22	78.57
Domain 2	35	25	71.43
Domain 3	21	19.5	92.86
Domain 4	6	0	0.00
Domain 5	18	4	22.22
Domain 6	18	14	77.78
Domain 7	11	0	0.00
Domain 8	15	4	26.67
Domain 9	15	0	0.00
Domain 10	4	0	0.00
Domain 11	33	5	15.15
Domain 12	9	4	44.44
TOTAL Documents	213	4	45.77
Documents Collected	98		
AMOUNT TO GOAL	116		

## ESDHD PHAB Accreditation Update 5/8/2018



The above Figure shows a representation of the work completed towards ESHD's PHAB accreditation

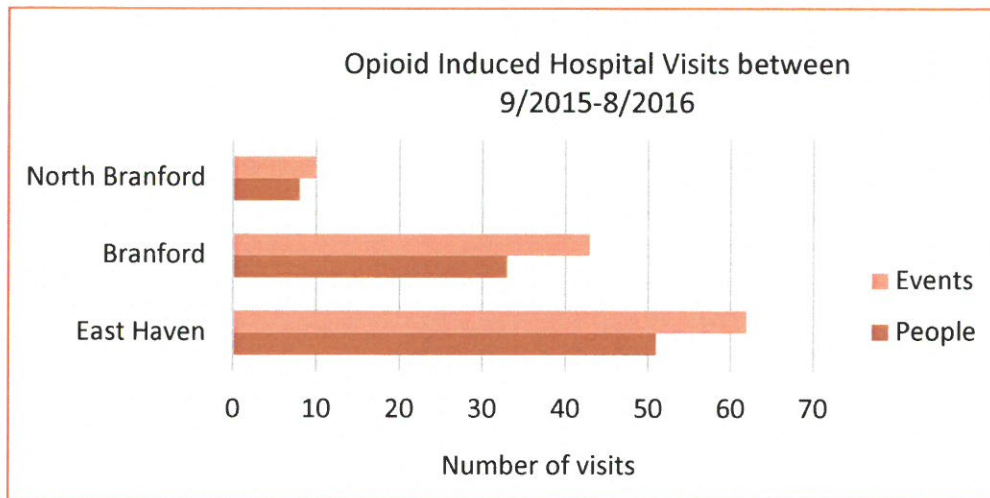
## ESSENTIAL SERVICE 1: MONITOR HEALTH STATUS TO IDENTIFY AND SOLVE COMMUNITY HEALTH PROBLEMS.

Periodic community health assessments are important to learn about the health status of a community. These describe the health status of the population and can help identify areas for health improvement, determine factors that contribute to health issues, and identify assets and resources that can be mobilized to address population health improvement.

The 2017-2018 fiscal year brought some new surveillance responsibilities and programs to the East Shore District Health Department. One of these areas was opioid and medication misuse.

### Opioid and Misuse of Medications

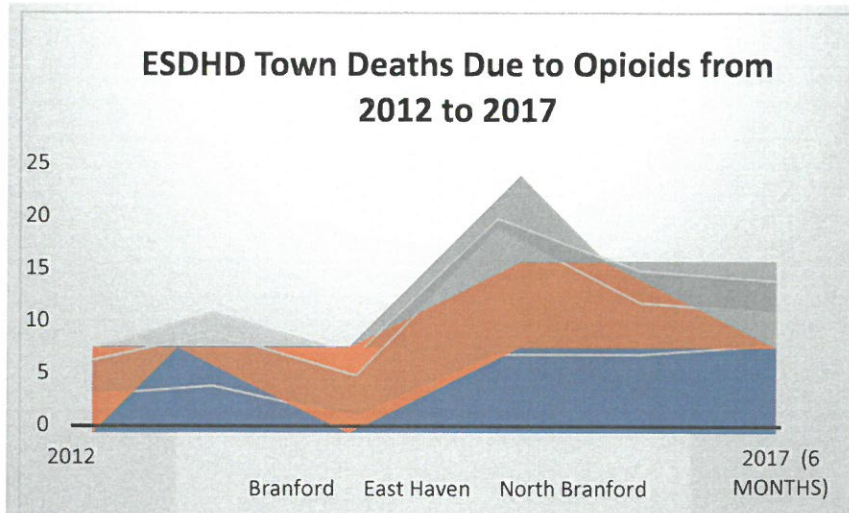
Data gathered from Yale New Haven Hospital from September 2015 to August 2016 showed us that all three of our district towns have residents that required medical attention that included opioid abuse.



*Hospital ED visits that involved opioids from Sept. 2015 to Sept 2016*

In our analysis of emergency room visits, from 2015 to 2016, North Branford had a rate of 30 per 10,000 residents require emergency room visits, Branford had 51 per 10,000 residents and East Haven had 92 per 10,000 residents.

In the State's Medical Examiner's Opioid Death Report, there is a greater amount of drug deaths in East Haven than in Branford and more in Branford than in North Branford. Another clear trend is demonstrated in the increase in death due to opioids from 2012 until the first 6 months of 2017.



*Deaths of residents in the towns of Branford, North Branford and East Haven from 2012 until 2017*

Other data that the ESDHD has collected is from our local Emergency Medical Services and the State prescription monitoring system. Emergency medical services in each town has reported increased calls related to opioids. State Department of Public Health (CT DPH) maps of the prescribing for controlled substances for 2016, show that Branford and East Haven providers write a large amount of prescriptions. North Branford has about half as much as the other two towns. Benzodiazepine also, was prescribed at a high rate. All of this statistical evidence has led to a grant to address the opioid use in our district. ESDHD will be monitoring the opioid data, educating on drug disposal, educating providers on prescribing practices and providing resources to community members to recognize and treat addiction.

**Outcome Data**

Because our health department believes in the rigor of evaluating programs through continual quality improvement, ESDHD data collection will include the number of individuals reached, and the number of active collaborations we engage in. We will also collect data on the number of trainings for our partners in EMS, family members, Law enforcement personnel, community members as well as medical providers. Data on number and types of materials created and distributed will be collected as well.



**State and National Databases** - The ESDHD staff keeps current on Centers for Disease Control and Prevention (CDC) and State reports of diseases and behavioral risks that affect the health and safety of the community.

**Rabies Investigations and Follow-up** - The Health District plays an integral role in local rabies control efforts. Arrangements for the testing of animals from veterinary offices and Animal Control Officers are made when an exposure is determined. Reports of potential human exposure to rabies are investigated. Each year, there are a few animals that test positive for rabies.

Animal Rabies Cases per Town						
	2012	2013	2014	2015	2016*	2017
<b>Branford</b>	0	1	2	0	0	0
<b>East Haven</b>	0	1	2	2	0	0
<b>North Branford</b>	0	1	1	1	0	0
<b>Connecticut</b>	173	150	183	170	91	39

*Animal Rabies Cases reported in our 3 towns from 2012 – 2017 CT DPH \*Starting in July, 2016, only animals involved in direct contact with humans were tested. No animals that had interactions with just pets were tested.*

**Lyme Disease Investigation and Education** – ESDHD receives suspected deer ticks from our residents and provides Lyme Disease testing at the Connecticut Agricultural Experiment Station (CAES). Educational materials on Lyme disease are offered free of charge to residents. 2017 saw significantly more ticks in Connecticut. The table below shows the CAES 2017 report of how many ticks were submitted and how many ticks were tested, and how many were tested positive for the *Borrelia Burgdorferi* spirochete that causes Lyme Disease in humans.

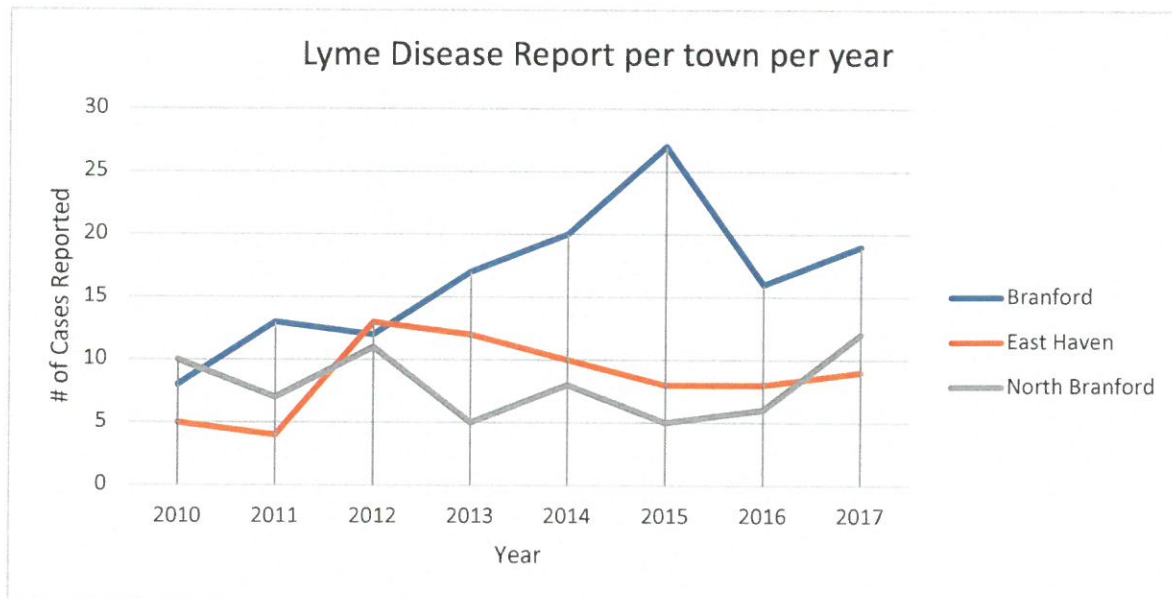


Below are the Statistics from the CT DPH on 2017 reported Lyme disease cases

Year	Total identified	Total tested	Total positive	Percent positive
<b>2013</b>	2594	1628	514	32
<b>2014</b>	2434	1313	360	27
<b>2015</b>	3084	2450	773	32
<b>2016</b>	2817	2177	628	29
<b>2017</b>	4458	3989	1277	32

*Tick testing from 2013 – 2017, CT Agriculture Experiment Station*

**West Nile Virus, EEE, and Mosquito Control** - The Health District manages risk-based mosquito control efforts for our three-member towns. We contract with a mosquito control professional to implement a larvicide program with considerable help from each town's Public Works Department. Mosquito related complaints are investigated and acted upon. The Health District is an integral part of a West Nile Virus



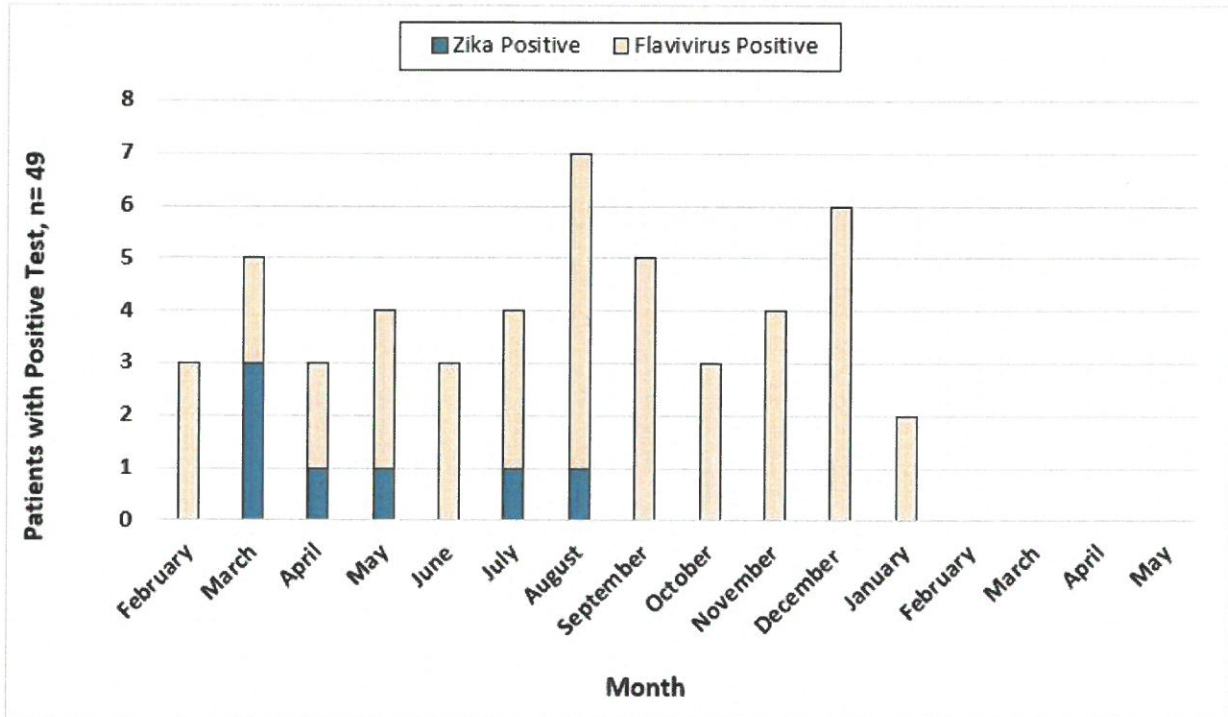
*Lyme Disease cases reported from 2010 until 2017, CT DPH*

and Eastern Equine Encephalitis (EEE) program with other participating agencies that also focus on surveillance, source reduction and personal protection. Connecticut had three confirmed human cases of West Nile Virus infection in 2017; two cases confirmed that the infections were acquired in Stamford and one case from New Haven that was acquired outside the State of Connecticut. There were no fatalities due to West Nile Virus.

**Zika Virus Surveillance** - With the added concern about the spread of the Zika virus from South America, the State of Connecticut has a program of human monitoring in conjunction with health care providers to make the state laboratory test available to suspected cases. Zika is spread mostly by the bite of an infected *Aedes species* mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters. They can also bite at night. Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects. There is no vaccine or medication to treat Zika.

In 2017 the numbers of women who were tested decreased significantly as seen below.

**Number of Pregnant Patients with Positive Zika or Flavivirus Test  
- Connecticut, February 15, 2016 - October 18, 2017**



*Zika cases reported from Feb, 2015 through Oct. 2017. CT DPH*

**Beach and Bathing Water** - Every week in the summer, between Memorial Day and Labor Day, we sample our beaches to assure that the waters are safe for the public for, swimming, fishing and shell-fishing. Samples are tested for bacteria by the State of Connecticut. If samples results contain elevated bacteria levels, we close the beaches, we retest, and re-open when level return to normal.

## **ESSENTIAL SERVICE #2: DIAGNOSE AND INVESTIGATE HEALTH PROBLEMS AND HEALTH HAZARDS IN THE COMMUNITY.**

This essential service includes provision of epidemiological identification of emerging health threats, active investigation of infectious disease and human health hazards and prevention of vaccine preventable disease through immunization.

**Communicable Disease Surveillance, Prevention and Control** - The Health District is responsible for surveillance, follow up and control of many infectious and reportable diseases of public health importance. All reports of infectious disease are reviewed and logged. Confidentiality is maintained on all reports. The local and state health departments share the responsibility for conducting the necessary activities in order to prevent the spread of disease. Investigations are conducted and proper controls are put in place under general guidance from the Connecticut Department of Public Health (CT DPH), Epidemiology Section. The Health District stays informed on emerging diseases and strives to be a primary source of information.

**Elevated Blood Lead Levels (EBLL) Investigation** - All health care providers for the pediatric population should be checking a child's blood for the presence of lead; most children are screened at about one-year-old and many are also screened at two years old. Laboratories are required to report to local health departments all persons found with blood lead levels equal to or greater than 10ug/dl. When a child is



found to have a level equal to or greater than 5ug/dl, the Health District provides parents with educational materials on reducing exposure and eliminating lead poisoning hazards. Some of the education information provided includes how nutrition plays a part in lead poisoning, keeping your child hands clean before eating and cleaning your house to reduce any lead dust in the home. When the

blood lead level is equal to or greater than 20ug/dl, the District conducts a thorough inspection of the home and completes an epidemiological investigation to identify the source of the exposure. We provide environmental inspection (through one of our Registered Sanitarians) and case management through our public health nurse.

Complaints Investigated 2017-2018				
COMPLAINTS	Branford	North Branford	East Haven	Total
Housing	63	17	66	146
Sewage	14	3	13	30
Garbage/Refuse	59	3	39	101
Air Pollution	4	0	1	5
Rodents/Insects/Animals	133	12	43	188
Food Service	45	7	25	77
Odors	8	3	3	14
Other	31	12	6	49
Follow-up	181	28	159	368
<b>Totals</b>	<b>538</b>	<b>85</b>	<b>355</b>	<b>978</b>

*Complaints investigated from July 2017 until June 30<sup>th</sup> 2018, ESDHD*

**General Nuisance Complaints** - The Health District responds to a variety of nuisance complaints which include conditions such as rodent and pest infestations, garbage, odors, stagnant water areas, improperly maintained properties, mold and indoor air quality, etc., which we either handle directly or refer to the appropriate agency.



## **ESSENTIAL SERVICE #3: INFORM, EDUCATE AND EMPOWER PEOPLE ABOUT HEALTH ISSUES**

ESDHD uses both traditional and technology driven channels of communicating health education and promotion. Below you will see a sampling of the many ways in which this is accomplished.

**Social Media and Press Releases** – ESDHD continues to utilize multiple modes of communication to reach out to as many people in the community as possible. Through the use of several electronic and traditional media outlets, we have been able to significantly increase our ability to educate the public on various topics, ranging from personal health to environmental issues. Relevant news and information are posted frequently via our Facebook page, Twitter account and Instagram. Our Facebook page interactions have increased significantly, with many groups/organizations/community members not only “liking” our posts, but “sharing” them frequently. Our Twitter account continues to receive new followers almost daily. The use of social media has continued to be beneficial for reaching out to the community, as well as for collaborations with people throughout the country. Not only are we able to share our messages, and provide education for others to utilize for their own communities, but our followers and friends are able spread the news ad education with just the click of a button!

**ESDHD Newsletter** - The Health Department publishes a quarterly newsletter to engage the public and inform the community on services and happenings at the health department as well as current public health news. The newsletter can be found at the website, in the town halls, the health department office and emailed to those who are interested.

### **On-Going Health Education Programs:**

**Various Health Presentations** – Our staff makes public health presentations in our communities at various venues throughout the district. Below is a sampling of topics presented over this past year:

- **Diabetes and You:** This presentation is intended to introduce the basics of diabetes. The risks, the symptoms and managing the disease.

- **Know Your Numbers:** This presentation introduces participants to the numbers used by doctors in regular testing such as: Blood Pressure, Blood Glucose, AC1, Cholesterol HDL/LDL and triglycerides.
- **Preventing Falls:** The Health Education Interns presented this subject to the Seniors from the Silver Sneaker Program at the SoundView YMCA as a part of our monthly talk series. This presentation emphasizes taking care of your health, adjusting your environment and the importance of exercising your balance muscles to lower the risk of injuries from falling.
- **Results of the Community Health Assessment:** This presentation shared with the community the results of the 2016 Community Health Assessment. It emphasizes the demographics, health and health behaviors that were reported. We also asked for feedback on the results that were obtained.
- **Label Reading and Nutrition:** Participants in this class are given real life examples of food and food labels. Different nutrients and their importance in health and risks to our health are discussed.
- **Food Safety in the Home:** This presentation discusses the ways that consumers can keep from food poisoning in their own kitchens. Cleanliness and proper food temperatures during food preparation are discussed.
- **Tick Talk:** Participants in this presentation are introduced to the statistics of tick as and the diseases that they carry. It has a special emphasis on Lyme Disease which is the most commonly acquired disease from ticks in our communities.
- **SCAMBURGERS:** This presentation is an interactive game that provides information on scams and crimes that are perpetrated in-person, on computers and phones. It provides facts about local scams that residents need to be aware of. It also is a forum that allows residents to share their own stories enabling residents to be on their guard against criminals.
- **Preparedness:** This talk discusses storms and preparations that shoreline residents should take for electrical outages, flooding and other likely scenarios.
- **Healthy Conversations:** This a series of health talks developed for the North Branford Community Center. Our talks have ranged from keeping healthy over the holidays to talking to your doctor to adult vaccines and what you should know and many more. The talks cover aging, chronic disease and physical and mental health.

**Bringing Public Health Messages to Community Events** – As we do every year, ESDHD participates in community and school events to bring health messages to the public. Over 2016-2017, our community could find us at the YMCA Healthy Kids Day, the Branford Festival, the North Branford Potato and Corn Festival, The East Haven Fall Festival as well as at the East Haven Back to School Celebration, YMCA Healthy

Seniors Day  
even attend  
School  
All of these  
Department  
residents and  
members  
programs are  
promotional  
information



and Branford Family Day. We the North Branford High Environmental Careers Fair. events give the Health the chance to meet with our answer questions. Staff representing all of our available; we offer free materials and important about our programs.

*Health Educator, Daisy Hernandez and Interns, Haley Hammen and Meghan At the CDR Tuesday Night on the Green*

**Live Well Diabetes Self-Management Program** was provided by the ESDHD Staff to participants at the North Branford Senior Center in the Spring of 2018. This Agency on Aging sponsored program is a 6-week long class that meets once a week for 2 hours. This class teaches those with diabetes or pre-diabetes how to manage their disease and empowers them to make decisions about living a healthier lifestyle while living with diabetes. Topics covered in the program are: monitoring your blood sugar, nutrition, physical activity, communication skills to use with doctors and loved ones, preventing complications, stress management, relaxing techniques, and dealing with difficult emotions.



*Rita Foster and Barbara Naclerio with the Live Well with Diabetes Class at the North Branford Senior Center*

**Biggest Winner-** This weight-loss competition between the three town halls within our district kicked off in March 2018 and continued through mid-May. As total percent (%) of weight-loss is counted in



participant's overall totals, completing weekly challenges is also included in the final tally of points. This year, we had 24 participants who represented the towns of East Haven and Branford. Participants did their very best to be crowned our "Biggest Winner 2018". Seven of our participants lost over 10 pounds during our 10-week program, while others considered their success not so much "losing weight", but being more mindful of their actions and choices. Overall, it was a truly successful year, and we look forward to working with our town's again next year!

**Community Opioid Prevention and Education (C.O.P.E.)** - In the Fall of 2017, ESDHD acquired a grant from the Department of Mental Health and Addiction Services (DMHAS) to address the opioid crisis in our district. There were several objectives to meet to address opioid and drug abuse and misuse: collaborate with our partners and community members to reduce the stigma of addiction, collect data on community attitudes and behaviors, educate the public through the message of "Monitor, Secure and Destroy" medications, support and provide education and trainings on the use of Naloxone (Narcan), educate providers and prescribers on the use of CT Prescription Monitoring and Reporting Systems (CPMRS), and provide resources to community members on available support and treatment for addiction.

Public Health nurse, Beth Capobianco, built strong community-based partnerships with community-based representatives to address prevention and intervention strategies. Beth established COPE (Community Opioid Prevention and Education) Advisory Committee that consists of 28 members, including representatives of current drug coalitions such as Guilford DAY, BHCare, Branford's Opioid Prevention and Education Network (OPEN), local emergency medical services (EMS), schools, counseling centers, pharmacists, government officials, other local health departments, and other community-based influencers.

ESDHD collected data from several sources in order to understand the extent of the misuse and overabundance of medications. ESDHD employed Yale University intern, Lena Tayo, to collect data on the community's use and misuse of medications and what they did with extra medications. Data was collected from local pharmacies. Pharmacies were contacted and interviewed to understand their perspective on the population that was filling prescriptions for opioids as well as their distribution of Narcan.

ESDHD promoted a public awareness campaign developed by DMHAS, containing message/images based on the phrase “Change the Script.” These messages address reducing stigma, disposal of unwanted drugs, signs and symptoms of overdose, and promote getting help with addiction. Marketing included a 30 Second PSA created to promote “Monitor, Secure, Talk, and Dispose” of medications that was shown at the Branford Theaters for 7 peak summer movie weeks.

ESDHD also educated local medical providers, dentists and veterinarians. Health care providers and dentists received letters on the importance of the use of the CPMRS and the effects of opioid drugs on our community. Veterinarians were provided with educational materials including Change the Script flyers on CPMRS, changing behaviors, effective communication with patients, a drug seeking behavior check list for pet owners, Opioid Safety for Veterinarians, and Opioid Safety for Pet Owners that includes how to dispose of prescription drugs properly.

Other initiatives that were used included a Narcan training and distribution with assistance of our partners at BHCare. ESDHD was also involvement in a drug awareness day at Branford High school. Policy changes were seen at the North Branford High school when they made Narcan available at the nurse’s office.



## **ESSENTIAL SERVICE #4: MOBILIZE COMMUNITY PARTNERSHIPS TO IDENTIFY AND SOLVE HEALTH PROBLEMS**

**CHIP Overview** - This year our Community Health Improvement Planning Board developed the Plan for Health improvement in the East Shore District. Based on relevant data from the ESDHD 2016 Community Health Assessment (CHA) and recent community issues. The three areas of interest for the CHIP Board were Access to services, Healthy Living and Mental Health and Addiction. Programming in these areas are highlighted in the CHIP Plan.

*Access to Services* was developed from the idea that access to healthcare was not a priority for many of the people in our district who live at or below the poverty level or do not get healthcare for other reasons. While meeting with the agencies that assist these populations, it was obvious that many of the various agencies did not have ready access to each other and were unaware of many of each other's resources available for their clients. Members of the CHIP Board developed an ESDHD Resource Book and created online access to the many different services on the ESDHD website.

*Healthy Lifestyles* is a mission of many of our partners and the Health Department. We are currently developing strategies to collaborate on some projects that spread messages and inspire people to get more physical activity, eat more nutritiously and reduce their risks to lifelong health problems brought about by chronic diseases.

*Mental Health and Addiction* is a focus area of many of our partner organizations. These organizations have seats on our COPE advisory board, as seen in the section prior. The CHIP Board is also working on a "Resilient Community" project. This involves sharing a documentary "Resilience" with our community in partnership with the Branford Early Childhood Collaborative (BECC), the school districts, and the local mental health professionals. We will be starting a conversation about tools the community can develop to address the stress and physical and mental health disabilities that have started with childhood traumas.

**Shoreline Regional Pump-Out Boat** - Since 2000, the Health District has administered a Federal Clean Vessel Act grant funded through the Connecticut Department of Energy and Environmental Protection (DEEP). The grant provides operating funds for the Shoreline Pump-Out Boats. In fact, we now operate two pump-out vessels. This project is a partnership between the Health District, the Town of Branford and the communities of East Haven, Guilford, West Haven and New Haven.

The boat operates Friday through Monday from May through mid-October. Any recreational vessel using Long Island Sound may have its vessel's waste holding tank pumped free of charge. The Town of Branford and East Shore District Health Department contracted with Coastal Tide Marine Services (CTMS) to run the operations of the Shoreline Regional Pump-out boat service for the 2017-2018 season. This has allowed for more hours and availability for boaters to pump the sewage from their boats. The expanded pump-out activity has been well received by the boating community, which has led to the pump out program's newest project—a fully-electric, solar powered pump out vessel! The project is being funded at 75% by DEEP, tasking us with fundraising the remaining 25% through other grants and various fundraising events. At the end of the season CTMS had serviced a number of marinas within the towns of Branford, Guilford, East Haven, New Haven and West Haven, including two Thimble Island mooring sites. Service to Transients was active all year, with increased activity towards the Fall. Boaters are still able to contact the pump-out boat by calling the service at (203) 430-9305 or VHF Channel 9. They can also set up their pump out service online at [www.Pumpout.me](http://www.Pumpout.me).



<b>Coastal Environmental Services Quick Stats 2017-2018</b>	
<b>TOTAL PUMPOUTS FOR 2017</b>	981
<b>TOTAL GALLONS PUMPED FOR 2017</b>	24,117
<b>AVERAGE GALLONS PER PUMPOUT</b>	24.58
<b>TOTAL GALLONS DISCHARGED FOR 2017</b>	22,302
<b>UNIQUE CUSTOMERS SERVICED IN 2017</b>	280
<b>UNIQUE MARINAS SERVICED IN 2017</b>	27

*Statistics from the ESDHD Pump-Out Boat program 2017*

**Y BE FIT** – Y Be Fit is the new name of the Smart Moves program. It is a weekly after-school program at the Soundview Family YMCA for 5th, 6th and 7th grade students. The Health Department, Branford School-Based Health Centers, Soundview YMCA and the North Branford and East Haven School Districts

have worked together to make this program possible. Pre-teens learn about healthy choices related to food, exercise and activity.

**Shellfish Waters Monitoring** - The East Shore District Health Department entered into a memorandum of understanding with the Connecticut Department of Agriculture (CT DOA) and the Town of Branford to assist in regulating the harvesting of shellfish by commercial and recreational harvesters. In Branford, the Health District carries out the primary task of announcing shellfish bed status at any given time. Branford has both commercial and recreational shellfish beds under varying classifications. The town also has a shellfish commission which helps administer the program. Recreational shell-fishing is allowed by permit only. Permits and information are available from the Branford Town Hall. There is also a shellfish hotline which announces the status of beds in Branford. The hotline is part of the town of Branford Information hotline at (203) 315-3909.



**BECC (Branford Early Childhood Collaborative)** - We continue to work closely with the BECC to address the problems of food insecurity and access to information for families of young children. Childhood obesity, school readiness, dental education, and the effects of domestic violence on young children are other areas that are being addressed by this multi-faceted community group. This year East Shore District Health Department supported BECC in its initiative of community resilience.

**East Haven and Branford School Readiness Councils:** These programs are state initiatives that assist communities to expand and enhance early care and education to all preschool age children. Local School Readiness programs operate quality programs which promote and provide open access and choice and strengthen the family. The mission of these councils is to provide all children in the town of East Haven and Branford high-quality early learning experiences, and provide services for families; it also supports parents in their role as caregivers and members of the work force.

**East Haven Multicultural Committee:** Founded in 2013, the East Haven Multicultural Committee is a small group of community stakeholders, organized through the Hagaman Memorial Library, which seeks to provide culturally diverse and multilingual resources to the East Haven population. The East Haven Multicultural Committee and Hagaman Memorial Library are currently planning their 3<sup>rd</sup> Annual Health Fair for 2018 where many free health screens, resources and education will be offered.

**ESDHD Community Health Improvement Planning (CHIP) Board:** The ESDHD CHIP Board is a coalition comprised of agencies, residents and town representatives that are working together to identify and address the public health needs of the community. The CHIP Board meets monthly to discuss the status of health in the community and strategies to address the areas of improvement. Currently areas to improve include: Access to Services and Care, encourage Healthy Lifestyles and to reduce the use and misuse of prescription and illegal drugs.

**East Haven Mobile Food Pantry:** East Shore District Health Department collaborates with the Connecticut Food Bank to offer fresh foods once a month to the East Haven community. Last year, the Mobile Pantry distributed more than 1.8 million pounds of dairy products, fresh vegetables, fruit, whole grain goods and other perishable items directly to people in need. The East Haven Mobile Food Pantry typically services between 150-200 people each month. This service is free of cost and no identifying information is required from those who come for food.

**Other Community Partners Include but are not limited to:**

- District Town Administrations
- Social Services of North Branford and East Haven
- BH Care
- Branford Counseling Center
- Branford, Board of Education
- Branford Early Childhood Collaborative (BECC)
- East Haven Board of Education
- FairHaven Health Clinic
- Cornell-Scott Hill Health Center
- North Branford Board of Education
- School-Based Health Centers
- Canoe Brook Center
- East Haven Senior Center
- North Branford Senior Center
- District Churches
- Yale New Haven Hospital / St. Raphael's Hospital
- Health Occupation Student Association (EHHS Chapter)
- Soundview YMCA
- Neighboring Health Departments
- Yale University
- Partnership for a Healthier Greater New Haven
- Quinnipiac University
- Southern CT State University
- University of New Haven
- University of Hartford
- The Community Dining Room
- United Way of Greater New Haven
- VNA Community Healthcare
- WIC (Women, Infants and Children)
- LAMPP (Lead Action for Medicaid Primary Prevention)

## **ESSENTIAL SERVICE #5: DEVELOP POLICIES AND PLANS THAT SUPPORT INDIVIDUAL AND COMMUNITY HEALTH EFFORTS**

Helping communities with their policies and plans as well as giving feedback to the State on current issues and laws is vital as health stewards to the community. Integrating a healthy environment as well as advocating for the health rights of the individual drives this function.

**Public Health Emergency Preparedness:** 2017-2018 was an active year in terms of Public Health Preparedness. There was a great deal of activity in the field of public health preparedness at ESDHD in our program administration at the local, state, and federal level.

In Connecticut, the 2017-2018 flu season heavily affected the state. In order to reduce the Influenza epidemic in the state, ESDHD was one of the many local health departments that participated in two of the Connecticut Department of Public Health's state-wide "Influenza Vaccination Day." ESDHD offered free flu shots to individuals who had not yet received the flu vaccine. In addition, the Shoreline MRC was activated, and volunteers assisted in **the vaccination of more than 200 people.**

This past year, ESDHD continued to be represented at numerous local training events, local and regional meetings, and various webinars. Our Preparedness Coordinator flew to Atlanta through grant funding to attend the National Association of County and City Health Officials (NACCHO) Public Health Preparedness Summit. An abstract submission for the PHEP conference on the development of Family Assistance Centers (FACs) was accepted and our preparedness coordinator got an opportunity to present at the conference along with some of the people she worked with to develop this plan.

Furthermore, ESDHD went through a transition of a new preparedness coordinator. As of July, ESDHD introduced a new preparedness coordinator that completed and submitted the PHEP grant reports. Our new preparedness coordinator will continue to work closely with the Office of Preparedness at the Department of Public Health to further develop Medical Countermeasures (MCM) plans. She will continue the process of planning a Point of Dispensing (POD) exercise for April 2019. This preparation work will allow us to build up our capacity to respond to future events, particularly the Medical Reserve Corps and our mass dispensing capability. She will also assume the responsibility of being an active member in the Region ESF-8 FAC workgroup. By doing so, she will be providing future trainings on Family Assistance Centers to our MRC volunteers.

**Leading by Example** - ESDHD has been working very hard in the implementation of the nation's largest fully electric, zero emissions, solar-powered pump-out boat. This new boat is being built to replace one of our older gasoline-powered pump-out boats. The adoption of the solar-electric pump-out boat will enhance our ability to keep our local waters and environment as clean and safe as possible for residents of the shoreline. The construction of the solar-electric pump-out boat will be completed by October 2018. We anticipate that the new boat will be in full operation for the rest of the 2019 boating season.



## ESSENTIAL SERVICE #6: ENFORCE LAWS AND REGULATIONS THAT PROTECT HEALTH AND ENSURE SAFETY

We have a well-trained, experienced staff of Registered Sanitarians working under the Assistant Director of Health to carry out our environmental health programs. Sanitarians are environmental health inspectors whose professional pursuits and duties are necessary to the promotion of life, health, and well-being of the public. Our sanitarians enforce the CT Public Health Code as well as State statutes and local health ordinances and work in an advisory role in many environmental health areas. The laws and regulations we uphold include duties such as food inspections, water monitoring, and subsurface sewage disposal system inspections.

**Housing Code Enforcement** - The health department is dedicated to ensuring safe housing through education and inspections. Local codes and state statutes concerning housing standards are to protect anyone who rents their residence. With enforcement supported by the State's Attorney's office and education provided to those who rent residences, we protect the health and welfare of many of our residents.



**Food Service Inspection Program** - Approximately 355 food establishments are inspected regularly by our environmental health staff and licensed annually. Food establishments are assigned a food classification (Class I, II, III, or IV) depending on the scope of food prepared and served. This classification determines the inspection frequency. The main purpose of our inspection program is to ensure food safety and to prevent the occurrence of food borne illness in our communities. Special attention is given to safe food practices, prevention of food contamination and food temperature control. Reports of food borne illness are also investigated by department.

Food Service Establishment Inspections by Class 2017-2018				
	Branford	North Branford	East Haven	Total
Class I	27	8	17	52
Class II	25	9	11	45
Class III	75	30	50	155
Class IV	202	48	110	360
Totals	329	95	188	612

*East Shore District Food Establishment Inspection Numbers*

**Temporary Event Inspections** - The Health District is also responsible for inspecting and permitting food vendors at temporary events such as fairs and festivals. The shoreline is very rich in the diversity of foods available at events and fairs. We are pleased to have inspected over 160 booths in 70 different events, some single day and some multiple day. From Thai food to fried dough, gyros to cannoli's, our inspectors have dedicated countless hours to ensuring proper food handling and sanitation at area events. Annual temporary event food safety training classes were held for the large events to train food vendors and food booth managers on the basics about preventing illness during outdoor events.

Other Food Service Inspections 2017-2018				
	Branford	North Branford	East Haven	Total
Plan Reviews	84	15	16	115
New Food Svc. Pre-Op	25	7	6	38
Temporary Inspection	103	76	29	208

*Other East Shore District Food Establishment Inspection Numbers*

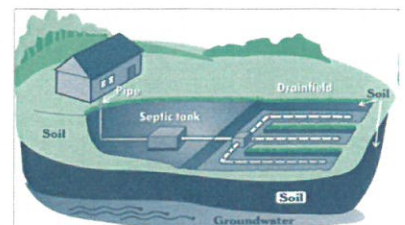
**Private Well Water Supplies** - The Health District regulates new private well water supplies and assists the Connecticut Department of Public Health on regulation of private, non-community and community water supplies. We provide guidance to homeowners served by private wells. Our activities include ensuring compliance with the Connecticut Public Health Code for drinking water quality standards, interpreting water analyses, inspecting and approving well sites, approving completed wells for use and enforcing well construction standards.



WATER SUPPLY Inspections 2017-2018				
	Branford	North Branford	East Haven	Total
Well Site Inspection	4	28	0	29
Well Water Sample	1	0	0	1
Analysis Review	29	64	6	99

*East Shore District Water Supply Inspection Numbers*

**Subsurface Sewage Disposal** - On-site subsurface sewage disposal systems are regulated by the Health District. This includes evaluation of new and existing lots for sewage disposal capacity and code compliance through deep test pit and percolation testing and lot development plan reviews. Permits are issued for new installations, repairs, and alterations to all systems. Our installation inspection program ensures system construction compliance with the Connecticut Public Health Code and technical standards. Additions and alterations to buildings and homes are regulated by the District by evaluating lots for sewage disposal capacity prior



to construction approval. Below is a table of subsurface sewage disposal activities handled by the East Shore District Health Department this year.

<b>SEWAGE DISPOSAL 2017-2018</b>				
	<b>Branford</b>	<b>North Branford</b>	<b>East Haven</b>	<b>Total</b>
<b>Soil Test (new)</b>	8	19	0	27
<b>Soil Test (B100)</b>	19	12	2	33
<b>Soil Test (repair)</b>	21	39	2	62
<b>Subdivision Soil Work (1/lot)</b>	3	11	0	12
<b>Subdivision Plan Review</b>	0	56	0	56
<b>Engineer Plan Review</b>	26	77	4	107
<b>Non-Eng. Plan Review</b>	45	45	1	91

*East Shore District Soil testing and plan review numbers*

**Barbering/Hairdressing/Cosmetology and Tattoo Parlor Inspection** - The District established a local ordinance early in 2004 to inspect hair salons, barber shops, spas and manicure/pedicure facilities, and tattoo parlors. The ESDHD inspected these facilities as well as massage parlors. Education & training are provided to operators. This year the health department offered education to nail salon owners and employees on proper hygiene for nail salons.



<b>Cosmetology Establishments 2017-2018</b>				
	<b>Branford</b>	<b>North Branford</b>	<b>East Haven</b>	<b>Total</b>
<b>Beauty Salon/Barber Shops</b>	114	30	49	193
<b>Massage</b>	11	3	2	16
<b>Tattoo Parlors</b>	2	1	3	6
<b>Nails</b>	22	5	14	41
<b>Beauty Salon/ Massage Combo</b>	5	0	0	5

*East Shore District Cosmetology Inspection Numbers*

**Other Activities Performed by ESDHD Environmental Staff** - The ESDHD staff also inspects daycare centers, motels, pools, beaches, and collects ground water and lead samples.

<b>OTHER INSPECTIONS 2017-2018</b>				
	<b>Branford</b>	<b>North Branford</b>	<b>East Haven</b>	<b>Total</b>
<b>Day Care Centers</b>	7	3	2	12
<b>Motels</b>	14	0	1	15
<b>B100</b>	55	64	2	121
<b>Pools (Public)</b>	30	5	28	63
<b>Beaches</b>	111	32	45	88
<b>Surf. /Groundwater Samples</b>	0	1	0	1
<b>Lead Samples</b>	2	10	1	13

*Other East Shore District Inspection Numbers*

**ESSENTIAL SERVICE #7: LINK PEOPLE TO NEEDED PERSONAL HEALTH SERVICES AND ASSURE THE PROVISION OF HEALTH CARE WHEN OTHERWISE UNAVAILABLE**

**Annual Influenza Vaccinations** – Flu season comes around every year, and in the fall the health department provides flu vaccine to the residents we serve. Each year the season presents different challenges. Last year we saw an increase activity in flu cases and an increased demand in flu clinics. We went to each town for extra clinics in January and February and continued providing the vaccine well into March, which is not usually seen. In addition to our traditional community flu clinics we collaborated with the Wallingford Health Department to organize a flu clinic for their community, held a clinic at the YMCA here in Branford, and again worked with our district schools to provide flu vaccinations to the staff. New to the school clinics are Overbrook School in East Haven for their pre-k students (the state requires preschool students enrolled in school to get a yearly flu shot). Over 1,200 residents and town employees were vaccinated this past year at ESDHD clinics.

Even with all the changes and events we continue to provide the services to our towns in a timely and convenient manner to our community, which includes offering the popular program of our drop-in Mondays for the community at large.

We continue to provide free vaccine for folks who for various reasons don't have insurance or their insurance doesn't cover vaccines, the number of people who get the free vaccine has declined as more people have insurance coverage.

**MMR (measles, mumps rubella) vaccine** – MMR continues to be available for adults going back to college. We most often get calls in the summer before college starts and hear the relief in resident's voices when they realize they can get the vaccine through their health department.

**Travel Clinic** – The Travel Clinic opened in spring of 2013. Residents are traveling all over the world to places like Antarctica, Haiti, Zimbabwe, Brazil, the Galapagos Islands and many more. The Travel Clinic provides travel-related vaccinations, travel health guidance and written information for the planned trip. Vaccines such as Yellow Fever, rabies, Hepatitis A and typhoid are among some of the vaccines available for people traveling internationally. There was a shortage of Yellow Fever vaccine this past year while the lab where it is made

