



**East Shore District Health Department
Serving the Towns of Branford, East Haven, and
North Branford**

Annual Report

2024 - 2025

Dear Community Partners, Leaders, and Residents,

As our local public health agency reflects on our past years' accomplishments, as well as our challenges, I am overwhelmed with gratitude and excitement for our organization's future as outlined in our 50th Annual Report of the East Shore Health District (ESHD). Incorporated on July 1, 1974, ESHD, in collaboration with the Towns of Branford, East Haven, and North Branford, continues to provide the highest quality full-time, full-service, research-based public health programs to our residents.

This past year, together with our staff, Board of Directors, businesses, academic partners, and our communities, we celebrated the 50th anniversary of the public health agency – a true milestone as one of the oldest and most successful local health districts in the State of Connecticut. I want to send a sincere *“WARM HEARTED, THANK YOU”* to each and every one of you for your help and support over the last half-century. The success and strength of our local health district lie within the communities we serve and the partners we have.

We need to admit that we live in one of the most special places, not just in Connecticut or the United States, but on this planet – Coastal Connecticut is truly, quintessential New England at its best. Living, working, and playing in our charming communities - well, it is pretty special! We enjoy some of the highest K-12 and higher education standards in our local communities and New Haven County. And yes, while we face challenges, like other communities, we continue to come together to support each other and promote the highest standards of living and quality of life. This is due to all the collective work we do together with our town leaders – it's because of the personal and professional dedication of all our partners and stakeholders.

We also want to share another milestone. ESHD was formally recognized as a Nationally Public Health Accredited Health District on February 27, 2025. We are one of only a few health districts in Connecticut to achieve this national status, and across the United States. I need to acknowledge the hard work of the Board of Directors, past and present team members, and our communities, who have all supported us over the last decade. This is one of the highest honors for a public health agency, and it would not have been achieved without the determination of Mrs. Barbara Naclerio, Public Health Educator Division Manager and one of our longest-serving agency employees.

Despite the current financial and political turmoil across the nation and the world, the single most crucial factor determining a person's health outcomes, success, happiness, and quality of life occurs at the local community level. This is where we spend most of our lives, our zip codes matter. As your Director of Public Health, I feel compelled to express that our local community neighborhoods define one's health and wealth of life. This includes the quality of our schools, access to health care, safe environments, recreational spaces, and local businesses, all of which make our townships exemplary and among the best places to live, work, play, and raise our families. We are proud to be part of this special place we call home.

I am grateful to and inspired by the commitment of our team members who work at ESHD, our Board of Directors, town leaders, and our partners and champions across Connecticut with whom we work every day. Although our work ahead will be challenging, I know together, we will continue to make a difference in the lives of the residents of the communities we serve.

Sincerely,

Michael A. Pascucilla., Ph.D., M.P.H., REHS, DAAS
CEO/Director of Public Health

EAST SHORE HEALTH DISTRICT (ESH D) Est. July 1, 1974.

Vision Statement:

ESDHD seeks to achieve and support a thriving community that is healthy, resilient, and that overcomes health disparities and environmental inequities through prevention, education, and access to adequate resources.

Mission:

ESDHD is a full-service health department that provides committed leadership in order to improve the health and well-being of all people. Utilizing results-based policies and programs, we work to prevent disease and injury and to respond to public health challenges for present and future generations.

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

Our primary 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 enjoys 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, education, and contact tracing during outbreaks 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. Educate and inform 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 health problems

THE EAST SHORE DISTRICT HEALTH DEPARTMENT ACQUIRES NATIONAL ACCREDITATION

The East Shore District Health Department is proud to announce its recent national accreditation through PHAB (Public Health Accreditation Board). We are one of the few Connecticut Health Departments that has achieved this honor. What is PHAB Accreditation? The Public Health Accreditation Board (PHAB) is a national, non-profit organization dedicated to improving and protecting the health of communities by advancing the quality and performance of public health departments. This national accreditation program, which receives support from the Centers for Disease Control and Prevention, sets standards against which the nation’s governmental public health departments can continuously improve the quality of their services and performance. Accreditation is the measurement of a health department’s performance against a set of nationally recognized, practice-focused, and evidence-based standards.

Through our ten-year journey, we have become more committed than ever to meeting the needs of our community with the assurance of a workforce that strives to uphold the highest standards of performance, transparency, and accountability. We have put in place a department strategic plan, workforce development plan, and improvements to meet the needs of our communities. We have shown innovation and partnerships with our residents and other agencies and town departments that serve them. Schools, libraries, emergency services, and so many others have worked side-by-side with us to help ensure health and safety through vaccinations, education on child-care, food safety programs, consultations on building so as to not impact the environment, providing information and resources on mental-health tools and support. Preparing for disasters and emergencies, and assisting people in starting new businesses and services with safety and health in mind, are a few more areas we work in.

Our accreditation shows the community and leadership in the towns our commitment to healthier communities.



ESSENTIAL SERVICE 1: Monitor health status to Identify and solve community health problems.

Monitoring state, local, and national disease trends

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. In addition to these sources, our own ESDHD Community Health Assessment is conducted every four years. ESDHD also shares and receives data from partners in our community and across the State.

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 a human exposure is determined. Reports of potential human exposure to rabies are investigated. Each year, several animals test positive for rabies.

Animal Rabies Cases per Town											
	2013	2014	2015	2016*	2017	2018	2019	2020	2021	2022	2023
Branford	1	2	0	0	0	1	0	0	1	0	0
East Haven	1	2	2	0	0	0	0	0	0	0	0
North Branford	1	1	1	0	0	0	0	0	0	0	0
Connecticut	150	183	170	91	39	40	41	40	36	27	36

*Table 1: Animal Rabies Cases reported in our three towns from 2013 – 2023 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 for a \$5.00 administration fee, provides Lyme Disease testing through the Connecticut Agricultural Experiment Station (CAES). Residents receive testing results and educational materials on Lyme disease free of charge. The table below shows the CT DPH 2013 – 2023 reported cases of human Lyme disease in each of our towns.



Newly Diagnosed Human Cases of Lyme Disease 2013 - 2023					
Year	Branford	East Haven	North Branford	Total	Connecticut
2013	17	12	5	34	2918
2014	20	10	8	38	2346
2015	27	8	15	50	2553

2016	16	8	6	30	1752
2017	19	9	12	40	2022
2018	19	7	8	34	1853
2019	8	7	3	18	1311
2020	3	0	2	5	617
2021	0	1	2	3	541
2022	12	7	7	26	2022
2023	17	14	7	38	3239

Table 2: Connecticut Department of Public Health <https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/Lyme-Disease-Statistics>

Human cases of Babesiosis, EEE, Powassan, and Rocky Mountain Spotted Fever in Connecticut											
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Babesiosis (confirmed + probable)	248	173	286	306	311	247	206	120	281	115	246
EEE	0	0	0	0	0	0	4	0	0	0	0
Powassan	-	-	-	-	-	-	5	2	3	6	5
Anaplasmosis	-	-	-	-	-	103	103	123	140	80	65
Rocky Mountain Spotted Fever	0	0	0	6	7	24	5	9	4	1	9

Table 3: Connecticut Department of Public Health <https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/Lyme-Disease-Statistics>

West Nile Virus, EEE, and Mosquito Control – The Health District manages risk-based mosquito control efforts across 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 and Eastern Equine Encephalitis (EEE) program with other participating agencies that also focus on surveillance, source reduction, and personal protection. Connecticut had 12 confirmed human cases of West Nile Virus infection and no fatalities due to West Nile Virus in 2024. There were no human cases of EEE, and 4 cases of Powassan Virus were reported in Connecticut in 2024.

Human Cases of West Nile Virus in Connecticut											
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
WNV Cases	6	10	1	3	23	1	9	7	7	7	12
WNV Deaths	0	0	0	0	1	0	0	0	0	0	0
Chikungunya	35	16	2	6	0	0	1	0	0	2	0

Table 4: Data was acquired through the CDC. [N/A = Data Not Available](#)

Beach and Bathing Water - Each week in the summer, between Memorial Day and Labor Day, our staff and trained volunteers collect samples from our beaches to ensure the water is safe for public swimming and other recreational use. Samples are sent to the State of Connecticut Laboratory for testing. If sample results contain elevated bacteria levels, staff will resample the water and take steps to close the beach when necessary. Beaches are reopened when bacterial levels return to normal.

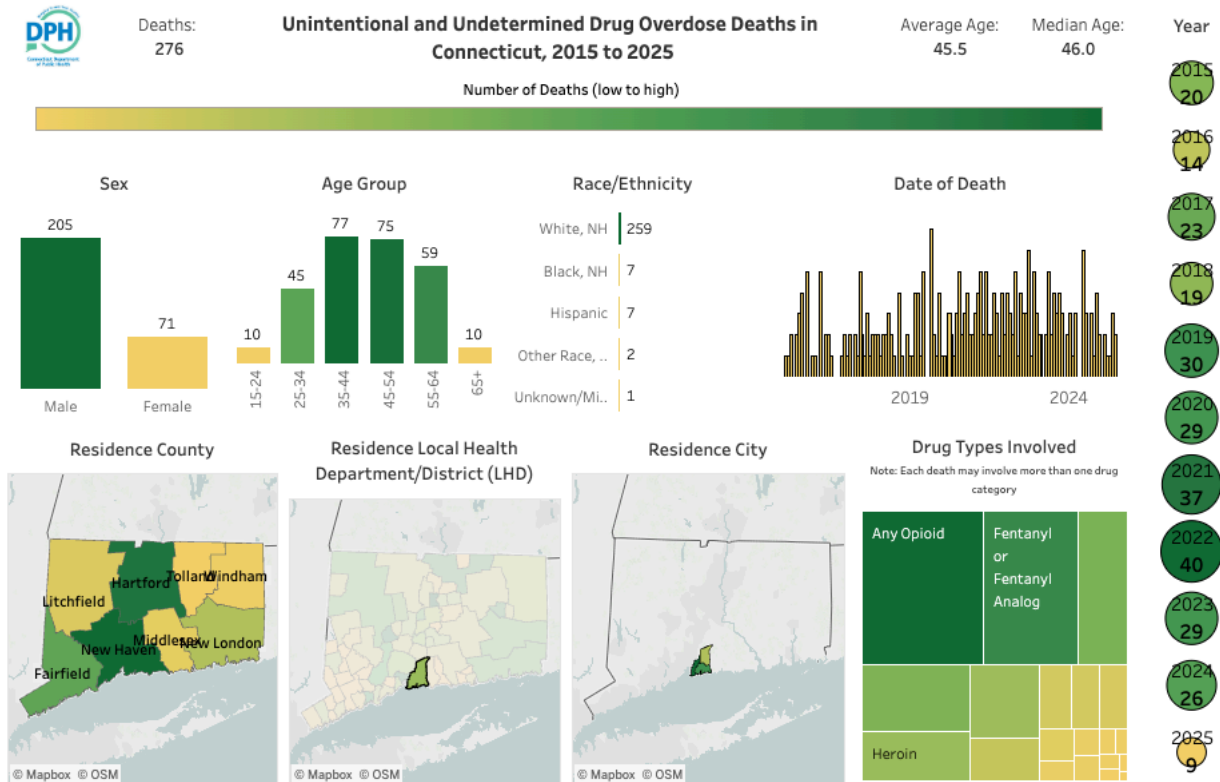
Substance Abuse – The ESDHD Community Opioid Prevention and Education program works with the State surveillance of drug overdoses in our district. Surveillance data below was collected:

Deaths due to Accidental Drug Overdoses					
Year	Branford	East Haven	North Branford	Total	Connecticut
2017	12	9	2	23	1038
2018	9	8	2	17	1017
2019	9	15	6	30	1200
2020	13	12	4	28	1374
2021	12	22	3	31	1531
2022	14	21	5	39	1464
2023	7	18	4	29	1338
2024	7	15	1	23	862
2025*	2	3	0	5	308

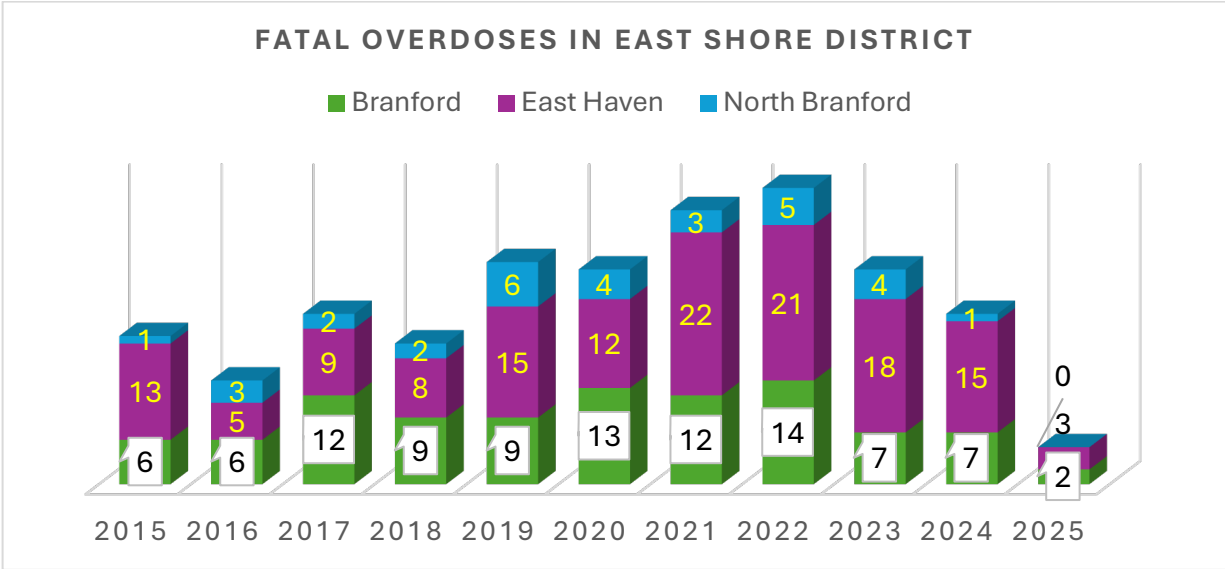
Table 5: Injury and Violence Surveillance Unit Connecticut Department of Public Health
DPH.OpioidSurveillance@ct.gov *Through June 2025

Since 2023, the East Shore District Health Department has worked with partners in the community to address the rise in substance overdose EMS calls and fatalities. Partners have met to share different perspectives. Fire, Police, EMS, and Mental Health Support Services, and address the rapid rise in drug overdoses and put together a plan to address the issues involved in drug misuse and the harm that it

brings to the community.



The ESDHD Harm Reduction Program provides our residents with resources and support. We also promote mental health awareness and education for the community. We hope to reduce the stigma of addiction, through programs that include education for the public on what substance abuse looks like and the use of Naloxone (Narcan) to reduce overdose fatalities. Our program shares statistics on emergency room visits and fatalities in our towns. We then follow with information on how our community can respond, destigmatize substance abuse, and help those who need treatment, as well as the use of Narcan to save the lives of those. We conduct outreach in our communities to provide resources and help acquire basic needs for our residents who are currently struggling with addiction and/or homelessness. We continue to work with our partners and towns to address these needs through programs such as drug prescribing education for medical providers.



Other programs that are attached to these efforts include personal drug disposal and safety in the home, Narcan training, Adverse Childhood Events (ACES) public discussions, suicide prevention, including QPR (question, persuade, refer), and programs that address loneliness and mental health difficulties. The onboarding of a Harm Reduction Specialist in the summer of 2024 has added support and consistency to our programming.

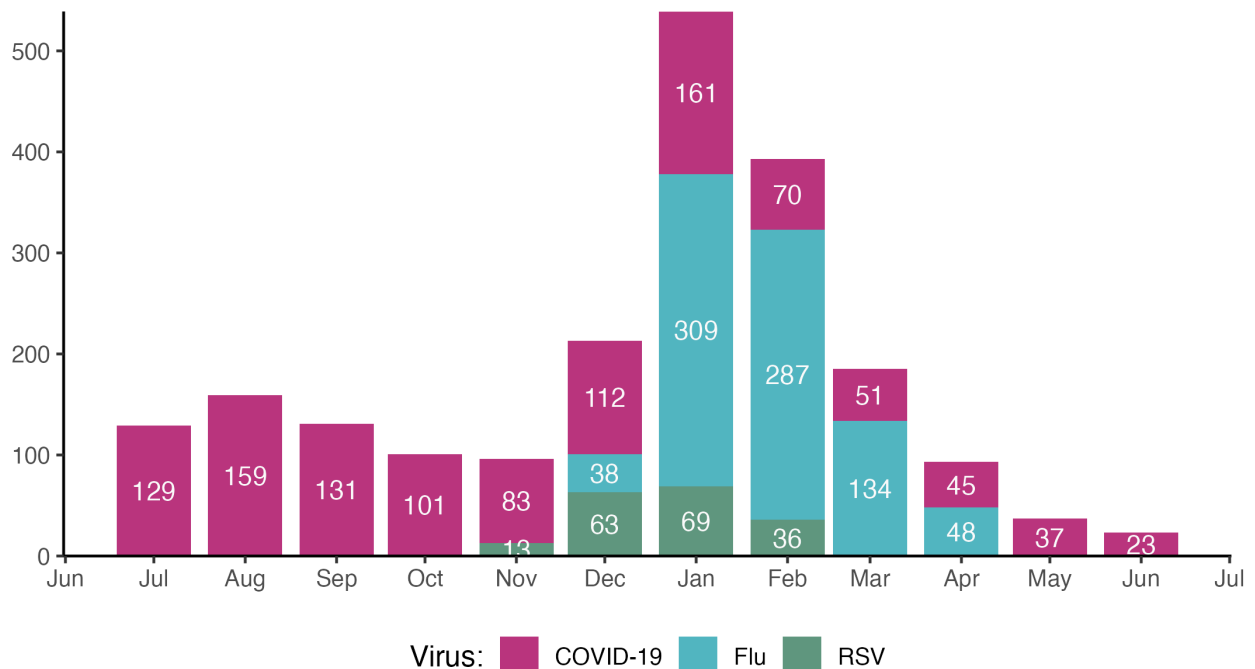
Essential Service #2: Diagnose and investigate health problems and health hazards in the community

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

Communicable Disease Surveillance, Prevention and Control –

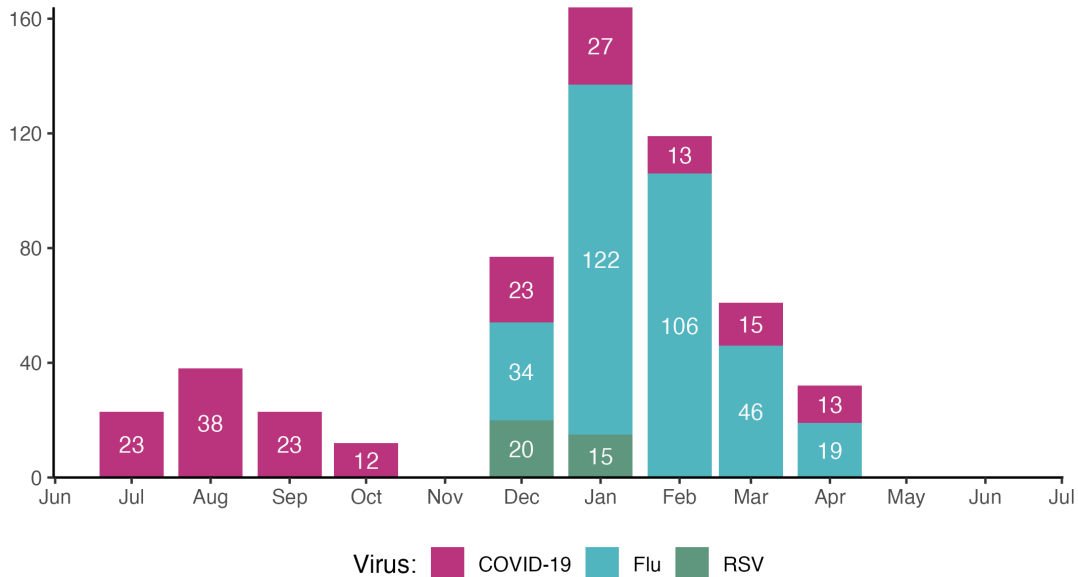
Respiratory Virus Burden and Vaccination – Respiratory virus season typically occurs between October and May, though COVID appears to have a regular summer wave as well. We expect to see more people sick with respiratory illnesses during this time and offer vaccination to prevent both illness and its severity. Each year, the season presents different challenges. As seen below, we had more ER visits for flu than for either COVID or RSV. There were more reported cases of COVID than flu overall during the 2024-2025 season, but more ER visits for flu than for COVID. Flu ER visits more than doubled from the previous year, and COVID ER visits decreased by about 20%. We continue to recommend preventative measures during respiratory virus season, including vaccination, wearing a mask, staying home when sick, and increasing ventilation at home and at work.

Respiratory Virus Case Counts by Month, July 2024 - June 2025
East Shore Health District



Data from CTEDSS. Months with 0 cases had either no cases or fewer than 11 and were suppressed.

Respiratory Virus ER Visits by Month, July 2024 - June 2025
East Shore Health District



Data from EpiCenter. Months with 0 cases had either no cases or fewer than 11 and were suppressed.

Respiratory Virus Cases and ER Visits July 2024 - June 2025						
Virus	Total Cases FY24-25	Total Cases FY23-24	Case Percent Change from FY23-24	Total ER Visits FY24-25	Total ER Visits FY23-24	ER Visit Percent Change from FY23-24
COVID-19	1,102	1,604	-31.3%	208	277	-24.9%
Flu	852	479	77.9%	335	134	150.0%
RSV	207	263	-21.3%	48	32	50.0%

Includes all graph-suppressed cases

Table 6: ESDHD data table

The good news is that while COVID may have caused the highest burden of illness in our district, that burden has also markedly declined compared to the previous fiscal year. See Table 1 for details.

ESDHD delivered over 2,000 flu vaccines to our towns and businesses throughout the season. COVID-19 vaccinations were much lower, with just over 250.

ESDHD Vaccinations 2024 - 2025	
Flu vaccinations we did in 2024:	2092
COVID vaccinations in 2024:	252
Travel Clinics 2024:	44 appointments
Home visits in in the 2024:	32 flu vaccines given, 40 Covid vaccines given

Table 7: Data compiled by ESDHD

ESDHD continues to provide free vaccines for anyone who, for various reasons, doesn't have insurance or whose insurance doesn't cover vaccines. The number of people in our district who have received free vaccines has declined compared to last year, but it is unclear whether this is due to a true increase in insurance coverage or to people without insurance being less willing or able to come to us for vaccination.



Elevated Blood Lead Levels (EBLL) Investigation - All health care providers for the pediatric population should check a child's blood for lead; it is recommended to be screened twice before age 3. The testing typically occurs at ages 1 and 2. Laboratories are required to report to local health departments all persons found with blood lead levels equal to or greater than 3.5ug/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 educational information provided includes how nutrition plays a role in lead poisoning, having your child wash their hands before eating, and cleaning your home to reduce lead dust. When a child's blood lead level is equal to or greater than 5ug/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 inspections (through one of our Registered Sanitarians) and case management through our public health nurse.

Table 8: Data compiled by ESDHD

Complaints Investigated 2023-2024				
COMPLAINTS	Branford	North Branford	East Haven	Total
Housing	50	6	33	89
Sewage	18	1	5	24
Garbage/Refuse	5	0	2	7
Air Pollution	4	1	3	8
Rodents/Insects/Animals	29	7	53	89
Food Service	22	4	21	47
Odors	3	1	2	6
Cosmetology	6	0	1	7
Other	122	57	115	294
Totals	259	77	235	571

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, and improperly maintained properties, which we either handle directly or refer to the appropriate agency. ESDHD Environmental Health Staff respond to nuisance complaints by following local and state codes and include education as a key component in achieving compliance.

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 is a sampling of the many ways this is accomplished.

Health Education and Promotion: Our presentations for the period July 1, 2023, to June 30, 2024, continue to reach out in person and remotely to our residents and utilize technology to promote health and safety. We utilized social media and our website to reach our residents.

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 several electronic and traditional media outlets, we have significantly increased our ability to educate the public on topics ranging from personal health to environmental issues. Relevant news and information are posted frequently via our Facebook page (East Shore District Health Department), Twitter account (@esdhd), Instagram (@eastshoredhd), and on the official ESDHD website.

Social Media Analysis 2024-2025

	Facebook	Instagram		Twitter
Likes or follows	1204 – followers 307 new followers	120	Follows	304 following 231 followers
Page visits	2500	224	Posts	23
Posts	165	38	Impressions	706
Reach	21,400 total – 573 – followers 5507 - non-followers	2835	Engagement	28
Interactions	425 total	6	Detail expands	3
Link clicks	119	92	Profile visits	1
Shares	89 shares	-	Reposts	6

Table 9: Data compiled by ESDHD

Our Facebook page interactions have increased significantly, and our Twitter account continues to receive new followers. 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 to spread the news and education with just the click of a button.

Our website, www.esdhd.org, continues to be invaluable in spreading information on public health guidance and resources. As conditions changed in the public sector, the State of Connecticut instituted different regulations for safety and made available various programs for those out of work or needing resources for housing and necessities.

Our Health Education staff continued to advise town entities, organizations, schools, and businesses with information to help ensure the safety and health of their staff and clientele.

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:

- Avoiding Scams
- Camp Counselor Safety, First Aid, and QPR (Question, Persuade, Refer suicide prevention)
- Fall Prevention
- Fat, Sugar, and Salt, Oh My!
- Harm Reduction and Narcan Training
- Heart Disease 101
- The Importance of Childhood Vaccines
- Let's Talk Ticks
- Mindfulness
- Preparing for Emergencies
- Picky Eaters
- QPR Gatekeeper Training
- Seasonal Affective Disorder
- Staying Safe and Active in the Winter
- Tackling Loneliness



- Toddler Nutrition
- Understanding Depression “It’s Okay to be not Okay”
- Walking for your Health
- Winter Nutrition – recipe sharing

Bringing Public Health Messages to Community Events – This year we attended several events for families with children – North Branford High School Environmental Fair and the Soundview YMCA Healthy Kid’s Day. We gave out information on the dangers of vaping. We gave out prizes to all. We also manned a table at the Potato and Corn Festival, the East Haven Festival, and the Branford Festival.

*ESDHD Teddy Bear Clinic –
Blackstone Library*

Essential Service #4: Mobilize community partnerships to identify and solve health problems

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. ESDHD is working with the CT DOA to complete a Sanitary Survey, which is required as part of the shellfish designation areas. The Town of Branford has a shellfish commission that helps administer the program. Recreational shell-fishing is allowed by permit only. Permits and information are available from the Branford Town Hall.



Beach Water Sampling - ESDHD conducts water sampling at the designated public beaches throughout the summer months. Environmental health staff will go out to the beach every Monday from Memorial Day to Labor Day to collect water samples. The water samples are sent to the State of CT Public Health



Laboratory for testing. If the water samples exceed the bacteria threshold, a resample is taken, and if needed, the beach will be closed. The beach is reopened when the resample comes back within safe limits. The Health District also has a preemptive beach closure policy in which the beaches are closed when rainfall reaches a certain number of inches within a 24-hour period. Research conducted showed that 2" of rain will likely lead to a water sample with a high bacteria count. Following pre-emptive closures, the beach is reopened when a water sample is taken and is within safe limits.

Short Beach Water Quality Project – ESDHD, in collaboration with the Civic Association of Short Beach (CASB) and local residents, worked on the Short Beach Water Quality project. This project aimed to



determine the source of high bacteria levels at Clark Avenue (Johnson's) Beach in Branford. Clark Avenue beach has been known for having water samples with higher bacteria levels compared to other beaches in the area. The Short Beach Water Quality project began in 2023 to determine the source of the high bacteria levels using Microbial Source Tracking (MST). MST is a technology that identifies the species causing the bacteria (i.e. bird, dog, human, etc.). Water samples continue to be collected from the storm drains around the short beach area. Preliminary data showed that the main cause of the high bacteria in the water was dog waste. The CASB and ESDHD worked together to create an educational campaign to raise awareness of the issues and change behavior to promote better water quality. Following the implementation of the awareness campaign, the initial water

sample data show improvement in overall water quality. We are continuing to work on the project with additional water sampling and development of a community survey to measure campaign awareness and behavior change.

Community Health Improvement Planning Board (CHIP) –

This year, our Community Health Improvement Planning Board continued its work to improve the health of the community. Meetings were conducted in a hybrid manner. We addressed physical activity with a Health Department and Greenway Trails partnership sponsored “Walk with the Community and the Greenway Trails” on Saturday, July 27th. There were approximately 25 participants.



We held several meetings to address substance use in our community. ESDHD hired a Harm Reduction Specialist, who was introduced and outlined parts of the program to help bring harm reduction and reduce overdoses in the community. He presented on opioids, addiction, and harm reduction. This included a training on using Narcan to respond to an overdose. During Save a Life Day (April 9th) we trained 19 people in using Narcan and distributed 15 Narcan kits. We had some overdoses in the community during that week, so we went out in our mobile clinic to several venues to engage the public and share materials and resources.

The CHIP Board discussed suicide in the community with several different presentations. Naomi Twickler gave an overview of the SMART for Kids program for gun safety. As ESDHD acquired a suicide prevention grant Stephanie Schillat gave an overview of the work that ESDHD was doing. This including messaging throughout the community, reducing the risk of lethal means through distribution of gun locks and giving information on CALM training. Stephanie also went out various community locations to hold readings of “Gizmo” for children under 10 years old. The Gizmo program provides school-aged children with the tools they need to manage their mental health.

The CHIP Board was a community focus group for our Community Health Assessment that was conducted through data collection from multiple health and government sites, along with collecting information from a public survey that was online. In May, the CHIP Board heard from the ESDHD Epidemiologist about some pre-released information.

Other programs presented were a Mandated Reporter Training through the Department of Youth and Families, and Information on Carelon’s program, “The Connect Initiative,” that provides resources for schools provided by this federally funded Initiative. Schools and districts can be evaluated by the Child and Development Institute for availability of behavioral health resources. Branford public schools presented a slide show on the effect of screen-time on children’s mental health.

East Haven and Branford School Readiness Councils –

These programs are state initiatives that assist communities in expanding and enhancing 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 with high-quality early learning experiences and provide services for families; it also supports parents in their role as caregivers and members of the workforce.

Nurturing Families Advisory Board -

The Nurturing Families program is guided by a dedicated advisory board that meets quarterly to collaboratively enhance the services we provide. Our board is comprised of professionals who serve families with children under age 5 in the towns we support. We also have two former program participants and three current families on the board. We deeply value the input of parents, believing their voices are essential to shaping the program’s direction.

This year, the advisory board reviewed our promotional materials, ensuring they are culturally sensitive and accurately reflect the program’s offerings for new parents. The board also evaluated our Commitment to Community Level Advocacy policy and assessed our progress in fulfilling this mission, offering valuable suggestions to strengthen our efforts.

Additionally, the board examined a set of questions designed for focus groups with current families. These questions aim to gather insights on improving outreach efforts, understanding what motivates families to participate in home visiting, and identifying factors that encourage families to remain engaged with the program. The overarching goal is to better reach, enroll, and retain underserved and marginalized populations

Other Community Partners Include, but are not limited to:

BH Care	Branford Counseling Center
Branford Early Childhood Collaborative (BECC)	Branford, Board of Education
Branford School Base Health Centers	Family Resource Centers of Branford, East Haven, and North Branford.
Branford Community Foundation	Shoreline Greenway Trails
FAVOR CT	Connecticut Family Support Network
Canoe Brook Center	Cornell-Scott Hill Health Center
District Churches	District Town Administrations
East Haven Board of Education	East Haven Senior Center
Fair Haven Community Health Clinic	Health Occupation Student Association (EHHS Chapter)

LAMPP (Lead Action for Medicaid Primary Prevention)	Neighboring Health Departments – Guilford HD, Madison HD, New Have HD, Quinnipiac Valley HD, Chesprocott HD
North Branford Board of Education	North Branford Senior Center
Partnership for a Healthier Greater New Haven	Quinnipiac University
School-Based Health Centers	Social Services of North Branford and East Haven
Soundview YMCA	Southern CT State University
The Community Dining Room	United Way of Greater New Haven
University of Hartford	University of New Haven
VNA Community Healthcare	WIC (Women, Infants and Children)
Yale New Haven Hospital / St. Raphael's Hospital	Yale University

Essential Service #5: Develop policies and plans that support individual and community health efforts

ESDHD Policies and Procedure -

The staff of ESDHD has worked diligently to create and update policies and procedures. The following list of Policies and Procedures is a representation of the many plans and policies that guide our work and protect the residents of the district and the staff of the health department.

- ESDHD Strategic Plan
- Community Health Improvement Plan
- ESDHD Public Health Emergency Response Plan (PHERP)
- ESDHD Communications Plan
- Standard Operating Procedures in Administration, Environmental Services, Nursing, Maternal Child Health, Health Education, and General Procedures

ESDHD is currently revising the ESDHD Strategic Plan. Our Community Health Improvement Plan has been updated in 2024. The ESDHD Communications Plan and PHERP were also updated in 2024. As projects and plans change, so do Standard operating procedures.

Public Health Emergency Preparedness -

The 2024-2025 year kicked off the first year of the new five-year grant cycle for the Public Health Emergency Preparedness (PHEP) grant. ESDHD works with the neighboring towns of Guilford and Madison to complete deliverables aimed at improving our communities' response to public health emergencies. These deliverables including updating the local All-Hazards Public Health Emergency Response Plan, attending planning meetings, planning and participating in trainings, drills and exercises to test our response capabilities, and building relationships to protect our communities' vulnerable populations.

Over the course of the 2024-2025 year, the Emergency Preparedness Coordinator/ Health Educator:

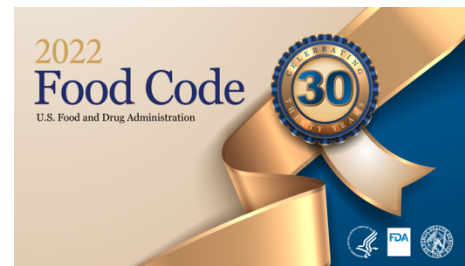
- Assisted in organizing a training on Biohazard Safety for first responders at the Branford Fire Department.
- Gave presentations on personal preparedness at the local senior centers and Soundview YMCA, including "Winter Safety" with Branford's Fire Marshall, Rob Dobuzinsky, "Winter Safety and Preparedness", and "Preparedness Bingo".
- Helped organize and participate in a Red Cross Fire Safety Day around the North Ivy St Mobile Home Parks in February 2025, following two fire fatalities in late December 2024/early January 2025.
- Evaluated an Avian Flu Tabletop Exercise at the New Haven Fire Training Academy, testing the New Haven Health Department's ability to respond to a potential Avian Flu outbreak.
- Facilitated a Hot Wash with ESDHD Staff for the Real-World Extended Downtime (Phone System) Event that ESDHD experienced in March 2025; and

- Participated in a Mass Care and Sheltering Tabletop Exercise (TTX) held at the New Haven Fire Training Academy, testing the Region's ability to respond to a hurricane making landfall in Branford.

In December 2024, ESDHD became the fiduciary agent for the Region 2 Regional Emergency Planning Team. This opportunity allows ESDHD to be part of conversations about the strategic direction of emergency preparedness planning for our communities and the neighboring towns in CT DEMHS Region 2. ESDHD is the first Health District in CT to take on this role, as historically this function has been completed by regional Councils of Government (COGs).

Essential Service #6: Enforce laws and regulations that protect health and ensure safety

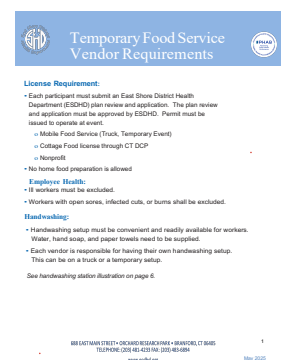
Food Service Inspection Program - Approximately 400 food service establishments are annually licensed and regularly inspected by our environmental health staff. Environmental Health Staff follow the FDA Food Code to conduct risk-based inspections to promote food safety and prevent the occurrence of foodborne illness within our communities. The Environmental Health Division continues to work on the Retail Program Standards (RPS) within its food inspection program. The RPS is a Voluntary National Retail Food Regulatory Program that serves as a guide to design, enhance and manage a food inspection program. We now offer the Serv Safe Course to our communities. Serv Safe is one of the courses offered to obtain a Certified Food Protection Manager (CFPM) certificate in the State. Restaurants designated as a class 2, 3, or 4 are required to have a CFPM on site to oversee operations and ensure all staff are following food safe practices.



Food Service Establishment Inspections by Class 2024-2025				
	Branford	North Branford	East Haven	Total
Class I	39	20	29	88
Class II	58	37	42	137
Class III	185	106	127	418
Class IV	24	19	21	64
Totals	306	182	219	707

Table 10: Data compiled by ESDHD

Temporary Event Inspections - The Health District is responsible for inspecting and permitting food vendors at temporary events such as fairs and festivals. Environmental Health Staff 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 of preventing illness during outdoor events. A new temporary event packet was created to help vendors comply with the requirements under the FDA food code. ESDHD is one of many health departments in the State that is now part of the reciprocal vendor licensing agreement.



Other Food Service Inspections 2024-2025				
	Branford	North Branford	East Haven	Total
Plan Reviews	25	8	11	44

New Food Svc. Pre-Op	20	8	17	45
Temporary Inspection	50	69	52	171

Table 11: Data compiled by ESDHD



Cosmetology Inspections - The District enforces a local cosmetology ordinance during inspections of hair salons, barber shops, manicure/pedicure facilities, and other cosmetology establishments that provide services such as eyebrow waxing and eyelash extensions. The



ESDHD annually inspects these facilities as well as tattoo and massage establishments.

Cosmetology Establishments 2024-2025				
	Branford	North Branford	East Haven	Total
Inspections	143	36	25	204
Plan Review	38	3	5	46

Table 12: Data compiled by ESDHD

Private Well Water Supplies - The Health District approves the location of new private water supply wells to ensure required set-back distances from potential sources of contamination. We also 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, approving well site locations, and



WATER SUPPLY Inspections 2023-2024				
	Branford	North Branford	East Haven	Total
Well Drilling Permit Review	5	12	1	18
Well Water Sample	1	0	0	1

confirming completion.

Table 13: Data compiled by ESDHD

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 within our communities.



Subsurface Sewage Disposal - On-site subsurface sewage disposal systems are regulated by the Health



District. This includes the evaluation of new and existing lots for sewage disposal capacity and code compliance through deep test pits 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. The District regulates additions and alterations to buildings and homes served by a septic system. ESDHD evaluates the 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.

SEWAGE DISPOSAL		2024-2025		
	Branford	North Branford	East Haven	Total
Soil Test	50	47	0	97
Subdivision Plan Review	1	1	0	2
Plan Review	32	38	0	70
Site Inspection	72	99	0	171

Table 14: Data compiled by ESDHD

Lead Inspections – ESDHD is responsible for conducting epidemiological investigations when there is a child identified with an elevated blood lead level, and when lead-based paint is confirmed to be within a home



with a child residing less than 6 years old. ESDHD Environmental Health Staff are certified as lead inspectors/risk assessors and work closely with the ESDHD Nursing Division when there is a childhood lead case in the District. Workload specific to lead investigations will continue to increase as State Statutes are changing. The blood lead levels identified in children who require a local health response will be lowered each year. Starting January 2025, the blood lead level that triggers an epidemiological inspection is 5ug/dl.

Other Activities Performed by ESDHD Environmental Staff - The ESDHD staff also inspects daycare centers, hotel/motels, and pools. Daycare inspections are conducted every 2 years and are required by the State of CT Office of Early Childhood. Both hotel/motel and pool inspections are conducted annually.



Administrative Services and Support - Our administrative staff processes all of the licenses, permits and approvals as well as the health department orders for residents who must address health issues on their properties and arrest warrants for those who do not comply. Below is an accounting of those for 2023-2024. Our office staff prides itself on its helpful and professional service towards the public. They answer many phone calls daily that require a large breadth of knowledge and patience. They appreciate any feedback from the public so that we may better serve our community. Our administrative staff is the front line in the office. They are invaluable in their customer service and ability to navigate sometimes difficult situations and provide resources for our residents. Below is a table of some of the duties

they perform. Administration is constantly researching ways to streamline the workflow and communication for its customers and residents. In the last couple of years, the Districts administration has implemented online payments and fillable forms for the convenience for our residents, establishments, and partners. This year administration has started scanning our premise files, which should be available for viewing online sometime in 2025. This new file process will help both the residents and contractors to be able to review and/or print a file without coming into the office and move our office towards becoming a greener organization.

PERMITS PROCESSED July 2024 - June 2025				
	Branford	North Branford	East Haven	Totals
Additions	47	33	0	80
Wells	2	12	1	15
Geo Wells	0	0	0	0
Well abandonment	0	1	0	1
Septic Repair	25	23	0	48
Septic New	4	8	0	12
Discharge	32	23	0	55
Other, C of A, well only	11	12	1	24
TOTAL	121	112	2	235

Table 15: Data compiled by ESDHD

ADMINISTRATIVE WORK 2024-2025	
CALLS	5787
VISITORS	1650
TRAVEL CLINIC	44
FLU VACCINATIONS	2123
TICKS	83

Table 16: Data compiled by ESDHD

Other Activities Performed by ESDHD Environmental Staff - The ESDHD staff also inspect daycare centers, hotel/motels, and pools. Daycare inspections are conducted every 2 years and are required by the State of CT Office of Early Childhood. Both hotel/motel and pool inspections are conducted annually.



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Table 17: Data compiled by

ESSENTIAL SERVICE #7: LINK PEOPLE WITH NEEDED PERSONAL HEALTH SERVICES AND ASSURE THE PROVISION OF HEALTHCARE

Annual Influenza Vaccinations – Flu season comes around every year, and in the Fall, ESDHD provides flu vaccines to the residents we serve. ESDHD delivered over 2,000 flu vaccines throughout the season to our towns and businesses, and additionally, over 250 COVID-19 vaccinations were administered.

Each year, the season presents different challenges. This past flu season (2024-2025), residents from our towns comprised flu Emergency Room (ER) cases, which increased over the previous year by 150% to 335 cases. The RSV cases and ER cases were at 48 cases, which was an increase of 50% over the previous year. Covid cases decreased by nearly 25% from the year before at 208 ER cases. Connecticut fatalities for the 2024 - 2025 season show COVID with 380, Flu with 3885 hospitalizations and 216 fatalities, and RSV with 1248 hospitalizations and 1 fatality.

ESDHD VACCINATIONS 2024 - 2025	
Flu vaccinations given from 2024-2025	2,128
COVID vaccinations given from 2024-2025	252
Number of Travel Clinics from 2024 - 2025	44 appointments
Number of home visits from 2024-2025	32 Flu vaccines given, 40 Covid vaccines given

Table 19: Data compiled by ESDHD



ESDHD continues to provide free vaccines for people who, for various reasons, don't have insurance or whose insurance doesn't cover vaccines.

TDAP (Cocoon Program) – We have been promoting the TDAP program available to pregnant women and their families or caregivers. We encourage the pregnant Mom, their partner, family members, and caregivers for the newborn to receive a TDAP vaccine to protect the baby from Pertussis (whooping cough). If everyone who is interacting with the baby has been vaccinated, you are essentially “cocooning” them from Pertussis. We offer the TDAP vaccine for free through the State vaccine program to those interested in getting it.

MMR (measles, mumps, rubella) and Meningitis vaccines – ESDHD will continue to offer these vaccinations to young adults returning 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 for free.

Travel Clinic – The Travel Clinic resumed offering services after our Public Health Nurse and medical advisor received education on providing travel clinic services. This service allows residents who are traveling all over the world to receive travel-related vaccinations, travel health guidance, and written information for the planned trip. Vaccines such as Rabies, Yellow Fever, Meningitis, Hepatitis A, and typhoid are among some of the vaccines available for people traveling internationally. We were able to vaccinate 37 people through our travel clinic, with most receiving multiple vaccines to keep them safe while travelling abroad.



Work-Site Wellness and Mobile Wellness Clinics – We returned to our Work-Site Wellness programs and Community Health & Wellness Clinics this year, promoting health programs with different Health talks and Ask the Nurse clinics. We provided blood pressure, O2 Saturation checks, pulse, blood glucose, and cholesterol check as well. These tests, along with a review of medications and health questions from our residents, prove to be a valuable tool to help our community members. We enjoy providing Health Education and promoting positive health practices to our community members.



Essential Service #8: Assure a competent public health workforce

The East Shore District Health Department is staffed by full-time and part-time professionals dedicated to the public health of the community. Registered Sanitarians are state certified in several areas of environmental health. The East Shore District is staffed by experienced professionals dedicated to their duties.

2024 - 2025 Staff

Michael A. Pascucilla, Ph.D., M.P.H., R.E.H.S.	CEO/ Director of Public Health
Amy Scholz – R. S., M.P.H.	Deputy Director of Public Health
John-Paul Cardichon	Business Manager
Christian Silvernale R.S.	Registered Sanitarian
Brittany Nappi R.S., M.P.H.	Registered Sanitarian
Ketia Similien	Environmental Health Inspector
Margarita Mogollon, R.S., R.E.H.S	Registered Sanitarian – Part-time
Beth Capobianco, R.N.	Public Health Nurse – Part-time
Theresa Heier, R.N.	Public Health Nurse Supervisor
Stephanie Schillat, R.N.	Public Health Nurse – Part-time
Johnathon Marquis	Harm-Reduction Specialist
Deidre Popkin, M.S.W.	NFN Program Clinical Supervisor
Karene Reid-Oriabor, MS	NFN Lead Family Support Provider
Cassandra Torres	NFN Family Support Provider
Carolina Serna	NFN Family Support Provider
Barbara Naclerio, M.P.H., C.H.E.S.	Public Health Education Manager
Elisabeth Matuska, M.P.H., C.H.E.S.	Emergency Preparedness Coordinator/ Health Educator
Madison Wierzel, MS, M.P.H.	Public Health Educator/Epidemiologist
Marsha Davis	Office Manager/ Bookkeeper
Liz Early	Executive Assistant
Adrienne Petrella	Administrative Assistant

Staff Development – Among the various professionals who work in the Health District, nine are licensed, registered, or certified. Seven members of our full-time staff hold master’s degrees in public health or social work, with two more currently pursuing their Master of Public Health. Every year, our staff participates in a retreat. In October 2024, the ESDHD staff participated in a retreat to explore collaborative thinking through communication and leadership within the health district . The staff also enjoyed a Thimble Island Cruise in Long Island Sound. A second day of this program continued in January. We also instituted 2 months of Mindfulness training on Fridays, focusing on self-care, meditation, and positive thinking. Mechanisms are in place to ensure that training needed to maintain appropriate continuing education is made available to all staff and that all required qualifications are current. Our staff is trained in Cardio-Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use, as well as the Incident Command System (ICS) used in emergencies. Our staff has also participated in risk management training in handling biological hazards. Special training is provided in the role each person might have in the event of a public health emergency. The staff also engaged in Mandated Reporter training presented by the Department of Children and Families (DCF). The State Department of Public Health, professional organizations, and academic institutions provide special public health training throughout the year to local public health agency staff. The Commissioner of Public Health meets twice a year with all the Directors of Health for updates.



Workforce Development Team – This year, ESDHD committed to becoming a Trauma-Informed, Anti-Racist organization to better support our residents and staff. Several staff members participated in trainings with other agencies across the shoreline and self-assessment was completed to identify ESDHD’s Strengths and Areas for Improvement. In the Fall of 2024, the Workforce Development Plan was updated to reflect the needs of existing staff, based on data collected from a core competency training completed the previous year. In addition to these efforts, our Workforce Development Team worked to continue staff development in areas such as Mandated Reporter training, CPR/First Aid, Biohazard Safety, and Mindfulness. We also continued staff morale activities, such as monthly activities hosted by each Division.

Staff Trainings - Our staff is striving to provide our community with the best and most accurate services. To meet this objective, staff training and seminars are part of everyone’s year. Below is a sampling of the training that our staff attended throughout this year:

ESDHD Staff Trainings 2024 - 2025

Environmental:

- 2024 Virtual Self-Assessment/verification audit workshop for retail standards
- Annual Conference (CT RWA/Wastewater)
- CAES Vector-borne Disease Symposium
- CAHCEO
- CEHA
- Co-creating Culturally Inclusive Community Using Restorative Practices
- Connecticut Emergency Management Symposium

- FD218 Risk Based Inspections Methods Retail
- Mindfulness Self-Care Tool Kit
- NEHA Conference

- Preparing for pool system
- Soils training
- Undoing Racism
- Yankee Conference

Community Health/ Preparedness:

- 2025 CCM Emergency Management Symposium

- An Orientation to the DMHAS Center for Prevention, Evaluation, and Statistics at UCONN
- ASIST
- Biohazard Safety Training

- Blood borne Pathogen
- CAPHN Annual Conference
- Co-creating Culturally Inclusive Community Using Restorative Practices
- CPR Trainer Certificate\
- EMA IS-520 certificate of achievement
- Haddon Matrix in Emergency Preparedness
- Health Communications w/ CT SOPHE
- Homeland Security Exercise & Evaluation Program Training

- How to Think like a Modeler (University of Texas at Austin Center for Health Communication)
- ICS 400
- Mandated Reporter Training
- Mindfulness Self-Care Tool Kit
- NACCHO 360 Conference (Virtual)
- Naloxone training
- Threat & Hazard Identification & Risk Assessment/Stakeholder Preparedness Review
- Undoing Racism
- Health Communications w/ CT SOPHE

- 2025 CCM Emergency Management Symposium
- Haddon Matrix in Emergency Preparedness
- How LHDs are Using AI to Improve Health Outcomes
- CIC Exam: CIC Certified
- TIAR trainings
- FEMA IS-520 certificate of achievement
- How to Think like a Modeler (University of Texas at Austin Center for Health Communication)
- FEMA IS-230: Fundamentals of Emergency Management certificate of achievement
- An Orientation to the DMHAS Center for Prevention, Evaluation, and Statistics at UCONN
- CITI Research Training

Maternal/ Child Health trainings

- Learn Conference & DC:0-5
- Mandated Reporter Training DCF
- Trauma Screen Time
- Zero to three conf
- Dental care for moms and infants
- Sensory Master Training (3)
- FDC
- CT-IMH
- Understanding IPV and Disclosure of Abuse
- OEC home visiting
- Training on Autism
- OEC annual event
- Co-creating Culturally Inclusive Community Using Restorative Practices
- Mindfulness Self-Care Tool Kit
- Undoing Racism
- Infant Massage
- Creators Program
- Mindfulness Facilitator Training

ESDHD Internship Program - The Internship Program at ESDHD employs multiple interns each year to participate in new and ongoing projects. Each college intern is also given a stipend if allowed by the college or university as our budget allows. Between community health programs and environmental health projects, there are always fun and interesting things happening at the health department. We accept both graduate and undergraduate students who want a taste of public health in action. Interns at our agency get exposure to environmental health duties as well as ongoing community health programs such as our maternal-child health and many health educational programs. They also got the opportunity to participate in our emergency preparedness trainings if they wished. Our interns this year were involved in health education and preparedness, including assisting in COVID-19 vaccination clinics, contact tracing, and messaging. They were also involved in our Drug Use Harm Reduction programming. We also employed several interns to work on water quality in the tributaries to Long Island Sound.

Volunteer Trainings -

Medical Reserve Corps – The Medical Reserve Corps (MRC) is a national network of local groups of volunteers engaging local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response, and recovery capabilities. ESDHD is the housing organization for the Shoreline Medical Reserve Corps, which has over roughly 150 volunteers.

The primary focus of the 2024-2025 year was to build and sustain the current volunteer pool by offering training opportunities that improved community resilience and increased capacity of volunteer capabilities. Several training opportunities and meetings were held for volunteers, including Adult Mental Health First Aid, Basic Life Support and CPR, Stop the Bleed, and Cultural Humility Training for MRC Volunteers.

Activity Type	Number of Activations	Total Volunteers	Total Volunteer Hours
Response	6	15	76.25
Meetings	3	25	26
Trainings	8	49	349
Yearly Total		89	451.25

Table 20: Data compiled by ESDHD

Going forward, the Shoreline MRC will continue to strengthen awareness and build integration of MRC capabilities with stakeholders through joint trainings and exercises. The Shoreline MRC will also focus on creating new training opportunities for MRC Volunteers that strengthen public health emergency preparedness capabilities and build community resiliency.

Essential Service #9. Evaluate effectiveness, accessibility and quality of personal and population-based health services

Nearly all of our community health programs and projects go through evaluation by participants and by the staff to assess the efficiency and effectiveness of the programs. Monthly staff meetings and bi-weekly manager meetings are held, enabling staff to “check-in” on all current projects and programs as well as the day-to-day operations of the health department. The staff is encouraged to analyze their processes and brainstorm ways to address and overcome any trouble they may encounter or concerns that they have.

Quality Improvement Projects:

Digital Premise Files - ESDHD administrations has moved from paper to digital files. This quality improvement was planned and implemented over several years. Digital files enable our community members to remotely access information on their properties through a link on the ESDHD website. The move to digital files allows our staff quicker access to information and a higher quality customer service. This improvement paired with our online forms and pay-online system saves time and time in securing licenses ad permissions to community members for property upgrades and repairs.

Environmental Health Database - As part of the environmental health performance management plan, one of the main improvement areas is to utilize a new environmental health database. The process for finding a new database began when the State of CT adopted the FDA Food Code. ESHD’s current database did not support the new FDA food inspections forms. This was an opportunity to look at all of our environmental programs and find an enhanced database to support the work we do. Our team researched various databases, and in December 2024, ESHD decided to work with Inspect2go to build out a database. This is a collaboration among ESHD and five other health districts. Although still in the early stages, we will continue to build out the system, with the goal of implementing digital field inspections and online applications for many of our programs over the next year.

New website: After many years of employing a website consultant, ESDHD has moved to an anew company to host the website. The website is more attractive and an improvement in content and more live features that employees can change in real time. It contains many sections and fillable forms for the public, including paying online and digital file access.

Grant-funded projects through the State and Federal government include money to address accreditation efforts, public health preparedness, vaccinations, and health promotion in addressing COVID-19, maternal/child health education, and opioid prescription monitoring support for health care providers. This year we have expanded our substance use disorder program through a grant provided in conjunction with the New haven Health Department. The grant allows us to meet people where they are at. By meeting people in the streets, we have a better way meet needs with materials and resources. All of these

grants require evaluation and performance-based objectives to continue. Our staff evaluates and reports on these programs regularly.

Performance Management:

ESDHD uses performance management for each division. Staff and managers complete division self-evaluations and create goals and implement quality improvement processes to improve programming and outcome of our services and programs. We evaluate these projects quarterly. Staff from each division participate in these strategic steps to in order to improve the outcomes of the health department as a whole.

Essential Service #10: Research for new insights and innovative solutions to public

The health department is currently involved in several research endeavors to better our services and improve the community's environmental health: We have some ongoing research in the area of environmental health. Below is a summation of that research from publications.

Environmental Studies: Between July 2024 and June 2025, the water quality program worked with five interns to sample Short Beach outfalls (3 to 7 sites) and proposed East Haven recreational shellfish beds (2 to 6 sites) following precipitation events and Farm River (5 to 11 sites) weekly.

- **Short Beach:** Behavioral and infrastructure interventions implemented in collaboration with the Civic Association of Short Beach successfully reduced moderate and high canine markers in high E.coli samples from 85% to 17% from 2023 to 2024, resulting in no beach closures in 2024. A survey of 95 Granite Bay/Short Beach residents found that 85 of them had heard of the campaign, 60 respondents were convinced by the campaign that dog waste was likely or very likely the cause of water quality issues (3x the number who thought it is unlikely or very unlikely). Two remaining hotspots of contamination were identified and have been the focus of 2025 sampling.
- **Farm River:** We have identified avian waste above the marsh as the driver of bacterial contamination in the Farm River. In collaboration with the Friends of the Farm River Estuary, we have identified individual waterbodies and parks for intervention.
- **Shellfish beds:** Microbial source tracking analysis found that avian bacteria drove past high bacteria levels at six proposed shellfish bed locations and identified hotspots. Resampling after infrastructure improvements found lower E.coli levels.

This work was featured by Save the Sound and presented to the Towns of Branford and East Haven, the US EPA, the Connecticut Commissioner Meeting, the Friends of the Farm River Estuary, the Short Beach Sanitation Committee, the Short Beach community, and academic settings including the Connecticut Public Health Association Annual Meeting, the National Environmental Health Association Annual Education Conference, the National Environmental Monitoring Conference, the American Public Health Association Annual Meeting, and the European Public Health Conference.

Nurturing Families (NF): Our NF program is funded by the Office of Early Childhood (OEC). OEC employs Social Finance to regularly examine our data. Social Finance is conducting evaluations of four metrics: Key Population Enrollment, Prenatal Enrollment, Caregiver Education/Training or Employment, and Prenatal and Postpartum Care. The results of these evaluations are shared regularly at the state and individual site levels. Monitoring and ensuring that programs are meeting these measures in part ensures that the states and individual programs are providing families with the best practices for early intervention in pregnancies for better outcomes of children and families.

ESDHD FISCAL YEAR 2024/2025 BUDGET

REVENUES Fiscal Year 2024/2025	
Program	Amount
CT DEEP Pump-out Boat	\$5,000
Solar Electric Pump-out Boat	\$15,000
DMHAS Academic Detailing Grant	\$40,000
National Council on Aging Grant	\$50,000
CT DPH Workforce Development Grant	\$200,257
CT DPH/CDC Immunization Grant	\$225,781
NACCHO Shoreline MRC	\$0.00
CT DPH Pandemic Crisis Funding Grant – ELC2	\$97,000
State of Connecticut	\$180,643
Emergency Preparedness	\$105,555
Fees	\$189,782
Immunization/PH Nursing Program	\$97,000
MRC Grant (Regional & Local)	\$15,000
Interest	\$524
Local Contribution	\$895,571
Maternal Child Health Grant	\$456,232
Carry Over Fund Balance	\$800,745
Less Working Capital Requirements (State Health suggest ~ 5 months Less	-\$793,939
Total	\$2,565,151

EXPENDITURES Fiscal Year 2024/2025	
Salaries	\$1,329,936
Payroll Taxes	\$108,000
Fringe Benefits	\$625,215
Consultants	\$134,200
General Expenditures	\$317,800
Total	\$2,515,151

CAPITAL Fiscal Year 2024/2025	
Capital Equipment/Contingency Fund	\$50,000
GRAND TOTAL EXPENDITURES	\$2,565,151



BOARD OF DIRECTORS

Branford

Darlene Zimmermann

Elaine Anderson

Susan Addiss

East Haven

Dennis Nastri, Chairman

Susan Deko

Wendy Bellmore

North Branford

Virginia H. Fallon

Michael Turcio

Medical Advisor: Richard Young, M.D.

The East Shore District Health Department Board of Directors exists to lead the Health Department in its efforts to better the health of the community. Utilizing the Board and the Director of Health's guidance, the staff works to complete the vision of a healthy environment for all residents in our three district towns. The Board of Directors is composed of representatives from each of our constituent towns. The term of office for members is three years. Members of the Board of Directors may be appointed for successive terms. The ESDHD Board of Directors meets every second Thursday of the month. The meeting schedule can be obtained at any of the three town websites.

Visit us at www.esdhd.org