



North Central District Health Department

- Enfield—31 North Main Street, Enfield, CT 06082 * (860) 745-0383 Fax (860) 745-3188
- Vernon—375 Hartford Turnpike, Room 120, Vernon, CT 06066 * (860) 872-1501 Fax (860) 872-1531
- Windham—Town Hall, 979 Main Street, Willimantic, CT 06226 * (860) 465-3033 Fax (860) 465-3034
- Stafford—Town Hall, 1 Main Street, Stafford Springs, CT 06076 * (860) 684-5609 Fax (860) 684-1768

Patrice A. Sulik, MPH, R.S.
Director of Health

Town of Suffield Annual Report July 1, 2018 - June 30, 2019

North Central District Health Department Overview

The North Central District Health Department (NCDHD) provides Suffield with full-time health department services and is on call seven (7) days a week, 24 hours a day for emergencies.

Founded in 1974, NCDHD currently serves eight (8) Member-Towns and a population of 166,351. This is the largest population in Connecticut served by a local health department.

NCDHD is governed by a Board of Directors (Board of Health) in accordance with the General Statutes of Connecticut. Victor Mathieu and Ben Rodriguez serve as Suffield's representatives to the Board.

NCDHD is staffed by a Director of Health, Director of Environmental Services, Food and Institutional Services Director, Public Health Preparedness Coordinator Assistant, Health Educator, Public Health Nurse, six (6) Sanitarians, two (2) PT Sanitarians, 3.25 Administrative staff and a Bookkeeper. Dr. Melvin Spielberg serves as the Medical Advisor.

Highlights

"Putting on AIRS"

NCDHD received a grant to act as the fiduciary and program service provider for Region III, which includes the North Central and Northeast regions of Connecticut. Putting on AIRS is a **free** program designed to help individuals with poorly controlled asthma and their families reduce in-home factors that can make asthma worse. This evidence based program combines scheduled home visits with education and medication review to reduce asthma symptoms, school absenteeism and lost days at work.

Vision Statement

All North Central District Health Department member communities, regardless of circumstance, enjoy optimal health status and achieve the highest quality of life possible.

Mission Statement

The North Central District Health Department promotes and protects the optimal health status and well-being of our communities by:

- Administering public health regulations
- Promoting and engaging community partnerships
- Promoting primary prevention and health education, and
- Ensuring public health emergency preparedness

Highlights continued...

Flu Clinic Program

The department continues to expand flu vaccination capacity throughout the district and is now able to accept Medicare and Harvard Pilgrim insurances, in addition to Aetna, ConnectiCare and Cigna. For the 2019-2020 flu vaccination season, the Health District will also be able to accept Anthem insurance! Check our website, www.ncdhd.org soon for flu clinic dates.

With the support and guidance of our Health Coalition, the Health District conducted a Community Health Needs Assessment (CHNA) for the District. This document will inform the creation of a Community Health Improvement Plan (CHIP) to guide the District's planning and collaboration with public health partners!

NCDHD Activities

Food Protection



NCDHD conducts food service inspections under Section 19-13-B42 of the Connecticut Department of Public Health (CT-DPH) Code. The department is responsible for plan review for all proposed food service operations or additions to existing operations.

In addition to inspection of restaurants, NCDHD inspects cafes, bakeries, cafeterias, food vendors at fairs and carnivals, itinerant food vendors, shellfish vendors, grocery stores, food facilities in rest and convalescent homes, clubs where food and liquor are served or dispensed and dinners sponsored by church, fraternal and other non-profit organizations. NCDHD also inspects cafeterias at the public and private schools.

Food Protection

Facilities: 35
Schools: 5
Inspections: 87
Re-Inspections: 12
Other Inspections: 62
Food Plans Reviewed: 0
Temporary Events: 28

Day Care Centers

Day Care Centers: 5

Day Care Centers

Day care centers are licensed by the CT-DPH. NCDHD conducts an environmental inspection once every two (2) years and provides that inspection to the state as is required for re-licensure.



Investigation of Food Borne Outbreaks



It is the responsibility of NCDHD to follow up on and investigate possible outbreaks of food borne illnesses.

Septic Disposal Systems



NCDHD is responsible for the issuance of permits for on-site sewage disposal facilities. Soil investigation, the location and method of installation are governed by the Public Health Code and are enforced by this department.

This process requires preliminary site reviews, comprehensive soil testing, review of plans, installation inspections and a final issuance of a Permit to Discharge.

Septic Systems

New Lot Soil Tests: 6
Repair Soil Tests: 21
New Lot Plan Reviews: 14
Repair Plan Reviews: 31
New Septic Permits: 6
Repair Septic Permits: 25
B100* Reviews: 45
Permits to Discharge: 26

**Reviews for change of use, addition, etc. on well and/or septic*

Wells

Well Permits: 11
Well Water Tests: 7

Private Well Drilling Permits/Approval of Water

NCDHD approves application for the drilling of new private water supply wells. Once a well is drilled, the water must be tested by an approved laboratory and the results reviewed by staff. For information on how to maintain your private drinking water well, please visit:



<http://www.ncdhd.org/private-drinking-water-wells>

Complaints



NCDHD is responsible for investigating a broad range of complaints: housing complaints, including but not limited to lack of heat or hot water and sewage disposal, potential public health nuisances, rodent or insect infestations, water quality, and refuse or garbage complaints.

Complaints

Housing: 8
Sewage Overflow: 0
Food Service: 3
Miscellaneous: 7
Water Quality: 1
Refuse/Garbage: 3
Total: 22

Communicable Diseases*

Follow-ups: 1,146
Investigations: 26

**These numbers include January 2019 through June 2019 for all towns in the district*

NCDHD conducts follow-up on a broad range of reportable diseases. School Nurses contact the department when there is a concern about a student with a communicable illness. NCDHD also works closely with CT Department of Public Health on communicable disease investigations.



Communicable Diseases

Barber Shops, Beauty Salons and Nail Salons



NCDHD reviews and approves plan for cosmetology salons and shops and licenses and inspects these establishments.

In Suffield, eight (8) salons were inspected and licensed this past year with re-inspections conducted as necessary.

Tattoo Parlors

NCDHD registers tattoo parlors and ensures they are compliant with CT-DPH regulations by annually requiring a signed statement from a physician stating that she/he has trained the technicians and that all technicians are licensed by the CT-DPH.



Environmental Protection



NCDHD responds to cases of environmental contamination or spills including: oil spills, cases of suspected hazardous or toxic waste as well as reports of potential air or water pollution. The department then works in cooperation with the appropriate Member-Town and the Department of Energy & Environmental Protection (DEEP) to investigate and abate.

Pools

Licensed & Inspected: 3

Public Pools and Recreational Areas

NCDHD inspects recreational swimming areas during the summer season. Water samples are collected and tested from approved recreational bathing areas. Toilets and other associated facilities are also inspected. Public swimming pools are licensed and inspected.



NCDHD tests bathing waters at Sunrise Park and Babb's Park swim areas between Memorial Day and Labor Day each year. Heavy rain events can result in elevated bacteria counts which necessitate temporary beach closure.

School Health Services



NCDHD consults with the School Nurses and Medical Advisors of our Member-Towns in cases where there may be an increased level of communicable illness in a school setting. School reporting of communicable diseases provides important information to the department and the State.

Lead



Lead poisoning is one of the most preventable serious diseases in children. Even relatively low levels of lead in blood may lead to permanent damage to the nervous system and brain, interfere with growth, make learning difficult and affect I.Q. scores. NCDHD is currently addressing **57 cases** of childhood lead poisoning within the District's Member-Towns.

The State of Connecticut's requirement that all children be tested annually between the ages of 9 months and 35 months is revealing more children with levels of elevated blood lead levels often associated with older housing.

Public Health Preparedness

NCDHD works continuously with Public Health partners in Regions 3 and 4 to plan, train and exercise to develop our capacity to respond to a local, regional or state public health emergency. In addition to monthly meetings with Health Care Coalition partners in each region, staff participated in the following:



Regional Whole Community Workshop

Patrice Sulik, Director of Health, and Patrick Getler, Emergency Response Assistant, attended the Region 3 Access and Functional Needs Whole Community Planning Workshop at the Chrysalis Center in Hartford, CT. The workshop provided opportunity for coalition partners to discuss regional roles and activities to address key response priorities for access and functional needs planning. This workshop was organized by the Capital Region Council of Government as part of a grant deliverable for the Public Health Emergency Preparedness Grant for the Region 3 ESF-8 Healthcare Coalition and Local Health Departments.

Point of Dispensing Set Up Exercise

On April 16, NCDHD conducted a Point of Dispensing Set Up Exercise in partnership with the Vernon Police Department, Vernon Public Schools, Vernon EMS and Vernon Office of Emergency Management. The purpose of the exercise was to accomplish facility set up by staff within three (3) hours and evaluate the setup to inform the next cycle of preparedness planning. The department has three (3) primary Point of Dispensing sites. A different site will be exercised each year.

Quarterly Call Down Drills

NCDHD conducted a total of four (4) call down drills throughout the fiscal year on a quarterly basis to test its emergency notification system. These call down drills included all staff, local emergency management directors, point of dispensing sites, and local distribution sites. The drills achieved a response rate from the call down list that puts the District in the "advanced" capability category based on CDC guidelines for call down drills.

Community Health Activities

- The Health District provided a Lyme Disease presentation at the Library.
- Nikki Lengyel, Youth Services Coordinator and Captain McKee were interviewed to inform the District's Community Health Needs Assessment.

Community Health Activities continued...

- Health District staff participated in Suffield's Local Prevention Council meetings.
- Health District staff participated in the Suffield High school Job Fair.



Joanna Keyes, Health Educator, and Torrie Epps, Intern, participated in the Suffield High School Resource Fair on May 2, 2018.

NCDHD Health Coalition

NCDHD formed a Health Coalition to bring partners together to collaborate on important public health concerns. The NCDHD Health Coalition consists of individuals from Member-Towns in our district. Those members are: Melissa Maltese from East Windsor; Mary Bartley, Erin Graziani, Susan Phillips and Rebecca Stack from Ellington; Damian Humphrey from Enfield; Caitlin Kelley, Marty Sitler and Peggy Stickel from Vernon; Mary DeMarco from Windham. Additional members are always welcome!

The purpose of this coalition is to concentrate the community's focus on specific problems, to build partnerships, and to be consistent in our community's approach to addressing an issue. The vision of the NCDHD Health Coalition is to work together with community partners to eliminate public health disparities and inequalities that affect our Member-Towns in an effort to improve the quality of life of our residents.

Opioid Grant Advisory Group

The Opioid Grant Advisory Group consists of individuals from each of the eight (8) Member-Towns in our district. Those members are: Melissa Maltese, Director of East Windsor Social Services & Senior Center from East Windsor; Peter Hany, EMT from Ellington; Gary Wiemokly, Chief of EMS and Coleen Sullivan, Enfield Youth Service Prevention Coordinator of North Central Opioid Addiction Taskforce from Enfield; Lieutenant Thomas Duncan from Stafford; David Messenger person in recovery-active on many groups to battle opioid addiction from Suffield; Steven Jackson, Counselor at Hockanum Valley Community Council and William Meier, Vernon Police Coordinator of Vernon Multidisciplinary Group serving Vernon seniors Member of Vernon ROCKS Member of NCDHD Board of Health from Vernon; Stephen Feathers, Risk Reduction Outreach Worker at Perception Programs Inc and Karen Ravenelle-Bloom, Member of Windham Pride Coalition from Windham; and Susan M. Reardon, Business Representative Citizens Anti-Drug Coalition from Windsor Locks. These members bring a unique knowledge and skills to help address the opioid crisis in our district, and provides recommendations and key information to support the efforts.

We thank NCDHD Health Coalition and Opioid Grant Advisory Group members for their contributions!

Upcoming Health & Wellness Classes

For additional information, details on how to register and future classes please visit our website at:

<http://www.ncdhd.org/calendar-of-events>

September 11 - Board Meeting

Time: 7:00 PM
Location: NCDHD Enfield
Address: 31 N Main Street
 Enfield, CT 06082

September 17 - Sepsis Presentation

Time: 6:30 PM – 7:30 PM
Location: Rockville Library
Address: 52 Union Street
 Vernon, CT 06066

September 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

September 19 - Health Education

Time: 2:00 PM – 4:30 PM
Location: Enfield Food Shelf
Address: 96 Alden Avenue
 Enfield, CT 06082

North Central District Health Department



Pictured Above: The North Central District Health Department at their Point of Dispensing Set Up Exercise in partnership with the Vernon Police Department, Vernon Public Schools, Vernon EMS, and Vernon Office of Emergency Management that was held on April 16, 2019.