



# Annual Report

**July 1, 2006—June 30, 2007**

Mission Statement:

*"The Central Connecticut Health District is committed to preserve, protect, promote and improve the quality of life in a healthy environment through the prevention of diseases, ongoing health education opportunities and the enhancement of the well being of its citizens."*

"Healthy People in a Healthy Community" is our vision for the Central Connecticut Health District. We are the local health department serving the towns of Berlin, Newington, Rocky Hill and Wethersfield. As a governmental agency, we are committed to providing essential local public health services through ongoing education, prevention of diseases, investigation of health problems, monitoring and advocacy.

Central Office:

505 Silas Deane Highway, Wethersfield, CT 06109  
Phone: (860) 721-2822 Fax: (860) 721-2823

Berlin Office

240 Kensington Road, Berlin, CT 06037  
Phone: (860) 828-7017 Fax: (860) 828-9248

Newington Office:

131 Cedar Street, Newington, CT 06111  
Phone: (860) 665-8586 Fax: (860) 665-8533

Rocky Hill Office:

761 Old Main Street, Rocky Hill, CT 06067  
Phone: (860) 258-2770 Fax: (860) 258-2767

Current Board of Directors

Berlin — Lynn P. Gavelek  
Berlin—Carolyn Wysocki  
Newington—Kevin Borrup  
Newington—Andrea Urciuoli  
Newington—Lauren Lionetti  
Rocky Hill—Arthur Yoaps, Vice Chair  
Rocky Hill—Vacancy  
Wethersfield—Patrick J. Kelly  
Wethersfield—Nancy Klatt, Chairperson  
Wethersfield—Dianne Doot

**Please visit our website!**

**[www.ccthd.org](http://www.ccthd.org)**

## A message from the Director of Health

I am pleased to present the Central Connecticut Health District's (CCHD) Fiscal Year 06/07 Annual Report and would like to highlight some of our recent accomplishments and future plans.

We incorporated the Town of Newington into the Health District during the past year and have expanded our staff, programs and services accordingly. We now serve a population of 94,246 with established offices in each town hall.

Please take the time to review our web site, [www.ccthd.org](http://www.ccthd.org), where you will find considerable information about who we are and what we do. You will be able to learn more about the programs and services that we offer, view the reports and presentations we have made, and see how we are organized and funded. We are in the process of updating our web site and would appreciate your feedback when posted.

We completed a Community Health Survey that allowed us to gather current health information from 400 residents, with even representation from each member town. Questions focused on such topics as environmental health, personal health problems and concerns, physical activity and access to health care. We also gathered information from the adult respondents regarding children younger than 18 living in their home. We continue to evaluate the data collected from the survey to help us identify priority areas to target for programs and services.

We prepared a Community Health Report Card that includes information on a variety of reportable diseases and conditions. This report is a compilation of available health data mainly from the CT Department of Public Health. We have completed such a report for the past four years allowing us to make comparisons from year to year. We completed two grant funded programs, one addressing healthy eating for middle school aged children, the other addressing heart disease in women. We continue working on a grant funded program addressing physical activity and the disabled. We were recently successful in obtaining a grant to address asthma on a regional basis. We will use this grant to train school nurses in the coming year.

We began a strategic planning process that will be completed early this year. We hope to establish a strategic plan that will offer us direction for the next few years. Preparation of the plan has included input from a number of key partners including the Board of Health, District staff, town managers and mayors.

A forum was created with representation from each town including town managers, emergency management directors, police, fire, EMS and the District's Emergency Preparedness Coordinator to plan for public health emergencies. Federal funding has allowed the District to purchase the necessary ancillary supplies for the initial opening of our vaccination and/or medication clinics.

We continued to establish community partnerships allowing us to address graffiti, bone health, hearing loss, headaches and mental awareness.

We adopted a CCHD Sanitary Code with regulations for food establishments, public swimming pools and rooming units/motels.

We are fortunate to have a considerable number of volunteers who donate their time and expertise to support our programs and services. Many of the programs and services that we offer, in particular our annual influenza immunization clinics, would not be possible without them. On behalf of the Board of Health and the staff, I would like to thank all of the volunteers who have helped us this past year.

I would appreciate your feedback so please don't hesitate to give me a call with your comments or concerns!

Sincerely,

Paul Hutcheon, M.P.H., R.S., Director of Health

### Current Staff



#### Standing L-R:

Laura Morris, Community Health Coord.  
Linda Bantell, Health Educator  
Judy Torpey, Emergency Preparedness Coord.  
Tamara Liberatore, Registered Sanitarian, Berlin  
Rebecca Drew, Registered Sanitarian, Wethersfield  
Nancy Brault, Chief of Env. Health, Newington

#### Seated L-R:

Greg Mattus, Registered Sanitarian, Newington  
Cheryl Kissinger, Admin. Assistant  
Paul Hutcheon, Director of Health  
Ed Malik, Registered Sanitarian, Rocky Hill  
Not shown— Eileen Knapp, Secretary

# Programs and Services

## Environmental Health

### Food Service Establishments



Food service establishments including restaurants, convenience stores, grocery stores, bars, schools, private clubs, itinerant vendors, seasonal

and temporary operations are routinely inspected to ensure compliance with the requirements of the CT Public Health Code, the CCHD Sanitary Code and to prevent food borne illness. Inspections focus on food protection, food handling, cleanliness, upkeep and personal hygiene practices. Food service establishments including temporary events must obtain a license from the District to operate and must be inspected and approved prior to opening. The District is also now enforcing the new CT DEP regulations regarding the proper removal of fats, oils and grease.

### Public Swimming Pools



Public swimming pools including town-owned, schools, health clubs, motels/hotels, apartments, condos and private clubs are inspected

on a routine basis to ensure compliance with the requirements of the CT Public Health Code and the CCHD Sanitary Code. Inspections focus on pool water chemistry/disinfection, safety equipment, filtration and cleanliness. Pools are licensed annually.

### Motels

Motels/Rooming Units including motels, rooming houses, hotels and bed and breakfast operations are inspected on an annual basis to ensure compliance with the CCHD Sanitary Code. Inspections focus on general sanitary conditions, insect/rodent infestations and maintenance. Motels/rooming units are licensed annually.

### Septic Systems



New septic system installations and repairs to existing septic systems are overseen, reviewed and approved by the District. Soil testing

is performed, plans are reviewed, installations are inspected and final approval is issued by the District in accordance with the CT Public Health Code.

### Day Care

Day care establishments with 7 or more children are routinely inspected prior to relicensure by the CT Department of Public Health to ensure compliance with the requirements of the CT Public Health Code.

### Private Wells

Private wells are regulated by the District to ensure proper location and installation, and a safe water supply. The District ensures compliance with the CT Department of Consumer Protection, Well Drilling Regulations and the CT Public Health Code. Permits and water tests are required.

## 2006 –2007 Activity Data — Environmental Health

<b>Program Area</b>	<b>Berlin</b>	<b>Newington</b>	<b>Rocky Hill</b>	<b>Wethersfield</b>	<b>District Total</b>
<b>Food Establishments</b>					
Routine Inspections	308	299	292	314	1213
Reinspections	22	89	41	44	196
Number of Temporary Events	21	10	3	10	44
Temp Event Plan Reviews	64	24	8	31	127
<b>Public Pools</b>					
Routine Inspections	7	36	45	25	113
Reinspections	2		4	5	11
Water Samples Taken				14	14
<b>Motels</b>					
Routine Inspections	18	13	4	12	47
Reinspections	15	5		4	24
<b>Water Supply</b>					
Well Permits Issued	4		2		6
Number of Inspections		1	2		3
Water Samples Taken		1			1
<b>Day Care Establishments</b>					
Number of Inspections	3	11	6	7	27
<b>Septic Systems</b>					
Addition Reviews	4				4
New Systems	2				2
Repair Systems	6			1	7
Site Inspections	8			1	9
Lots Soil Tested	10	1			11
Plans Reviewed	16	1			17
<b>Complaint Investigations</b>					
Number of Complaints	12	205	12	66	295
Number of Inspections	23	347	23	96	489

# Programs and Services

## Environmental Health

### West Nile Virus (WNV) Surveillance

The CT Agricultural Experiment Station coordinates the statewide WNV surveillance program which consists of 91 mosquito trap sites in 72 towns including Newington and Wethersfield. Mosquitoes trapped in both Newington and Wethersfield tested positive for WNV. District staff assisted the member towns with their larvaciding programs. West Nile Virus is spread by the bite of an infected mosquito. Residents are reminded to eliminate/treat mosquito breeding areas such as unused swimming pools, upright buckets and other stagnant water collections.

### Complaint Investigations

The District investigates complaints concerning regulated facilities (restaurants, pools, motels, etc.) and environmental or public health hazards (mosquito breeding, rodent infestations, accumulations of trash, substandard rental housing, sewage spills/overflows, foodborne illnesses, water/air pollution, etc.) Appropriate enforcement action is taken to eliminate violations and hazardous conditions.

### Elevated Blood Lead Investigations

Laboratories are required to report to the District all persons found with blood lead levels equal to or greater than 10 ug/dl. When a child is found to have a level between 10 and 19, the District provides the parents with educational materials on reducing exposure and eliminating hazards. When a child is found to have an elevated blood lead level equal to or greater than 20 ug/dl, the District conducts a thorough inspection of the home and completes an epidemiological investigation to identify the source of the exposure. The District follows up with orders to have the lead hazards eliminated. The District also partners with area paint and home improvement stores to offer educational materials to contractors and painters on how to work lead safe. Educational information is available in the District office.



## Environmental Program Highlights 2006-2007

- Staff was involved in notifying food service establishments serving highly susceptible populations such as schools, day care facilities and long term care facilities of several food recalls during the year. The District receives recall notifications from the CT Department of Public Health. Recalls can involve manufactured food, such as canned chili, or fresh vegetables such as spinach.
- Staff created and distributed a notebook with over 25 pages of educational material for food service establishments that cook and serve potentially hazardous food. The notebook contained educational information on a variety of topics including safe cooking temperatures, proper handling for potentially hazardous foods, personal hygiene, food borne diseases etc.
- Environmental staff investigated rodent infestations in several towns. Rats, voles, and other rodents can cause problems in a neighborhood if a food source is present. Bird food, pet food, and improperly stored household waste are common attractions to rodents. Staff worked with property owners to eliminate the food sources and exterminate the pests.

## Program Attendance — 2006-2007

<b>PROGRAM</b>	<b>Berlin Attendees</b>	<b>Newington Attendees</b>	<b>Rocky Hill Attendees</b>	<b>Wethersfield Attendees</b>	<b>Other</b>	<b>Total # Attendees</b>
Able To Be Healthy Program	4	4	4	4		16
Anti-Graffiti Initiative		7		8		15
Bike Helmet Sales						120 Helmets Sold
Blood Cholesterol Screenings	51	22	32	52	8	165
Blood Cholesterol Education	6	4	8	7	3	28
Blood Cholesterol Screenings						85 Total
Blood Glucose Screenings	9	4	105	97	3	218
Chiropractic Thermal Imaging						89 Participants Total
Diabetes Education	13	3	2	3	3	24
Flu Clinics—Flu Shots						7 Clinics, 3,047 flu shots
Flu Clinics—Pneumonia Shots						7 Clinics, 126 pneu shots
Footcare	384	385	83	351		1203
Hazardous Waste Collection						644 Cars
Headache Workshop			2	5	2	7
Health Fair—E W School, Weth						100 Attendees
Health & Safety Fair—CCMC						150 Attendees
Health Fair—Berlin Senior Expo	100					100 Attendees
Health Fair-Newington Sr Expo		150				150 Attendees
Hearing Screening	6	1				7
Mental Aerobics	117					117
Nutrition Program for Cub Scouts				20		20
Osteoporosis Screenings						295 Attendees
Prescription Drug Counseling	1	4	3	15	1	24
Radon Test Kits Sold						78 kits sold
Senior Health Promotion Clinics	912	1347	704	457		3420
Skin Cancer Screenings	18	19	11	41	10	99
Skate Jam		4	1	20		25
Upbeat Picnic—Berlin						Attendance Unknown
Vascular Screenings						270 Attendees
Vascular/Stroke Prev. Workshop						15
Your Body, Your Food Program				30		30

# Programs and Services

## Community Health

### **Influenza & Pneumonia Clinics**



The District annually offers influenza and pneumonia immunization clinics. The District is grateful for the continued support of the Wethersfield/Rocky Hill

Professional Nurses' Association and many other volunteers and doctors who make these clinics possible.

### **Reportable Diseases**

There are over 40 communicable diseases/conditions which must be reported to the local health department in Connecticut. The District records these reports and performs follow-up on certain cases, particularly suspected food or water borne diseases, tuberculosis and elevated blood lead levels.

### **Bicycle Helmets/Radon Test Kits**

The District sells new, ANSI Approved, Snell Certified bike helmets in sizes toddler through adult at a cost of \$10.00 each. Radon test kits are also available from the District at a cost of \$8.00. The kit is left in the home for 3 to 7 days, then mailed away in the postage paid envelope included. Results are provided in a week via e-mail.

### **Household Hazardous Waste Collections**

The District participated in three household hazardous waste collection days sponsored by the MDC.

### **Skin Cancer Screenings**

Through a cooperative agreement with Dr. Albert Babcock, plastic surgeon, residents of the District can receive free examinations for skin cancer. Dr. Babcock will examine any skin abnormalities or areas of concern that participants may have. The screenings are held at the Community Centers in each town.

### **Sun Safety**



A new Sun Safety program began in cooperation with the Park and Recreation Departments of Berlin, Rocky Hill and Wethersfield to increase public awareness about sun safety and protective measures. At each of the 5 public pools, staff training to approximately 80 life guards and swim instructors was provided, free educational booklets for the public were available, sun-safety precautionary signs and the daily UV index were posted, and about 1000 SunSignal stickers were provided to every child enrolled in swim classes. (SunSignals are stickers that change color with exposure to harmful UV rays.)

### **Vascular Screenings**

In cooperation with Life Line Screening, District residents may participate in periodic vascular screenings held in each town. Three different ultrasound tests are available: carotid vascular, abdominal aortic aneurysm, and ankle brachial index. The cost of each test is \$40 or all three tests for \$99.

Please call us at 721-2822 to participate!

# Programs and Services

## Community Health

### Visit with a Nurse

Through a contract with Visiting Nurse and Home Care, Inc., and the Berlin Visiting Nurse Association, the District provides residents age 60+ the opportunity to visit with a nurse to discuss any health related issues. The nurse can provide blood pressure checks, information and counseling on diabetes, cholesterol, exercise, stress management, weight management, fall prevention, and medication concerns. There is no charge to the participant and no appointment is necessary. Clinics are held once a week at the Rocky Hill Community Center and Berlin Senior Center and once a month at the Wethersfield Community Center, Nathan Hale Housing and First Church Village in Wethersfield. Effective July 1, 2006 the Health District subsidizes the same services in Newington at the Newington Senior and Disabled Center.

### Blood Glucose Screening

The Health District and the Wethersfield Health Care Center have teamed up to offer a glucose screening program to residents who are 65+.

Free blood glucose screenings are held monthly in Rocky Hill and Wethersfield. The blood sugar test takes only minutes, and time is permitted to allow participants an opportunity to discuss the meaning of the resulting numbers and what to do if the glucose level is too high.

### Osteoporosis Screening

In cooperation with Life Line Screening, District residents may participate in periodic osteoporosis screening held in each town. The cost of the test is \$35.

### Reducing Your Blood Cholesterol

This is a free screening and educational program for residents which begins with an initial cholesterol screening, including a complete lipid profile. Participants with elevated cholesterol levels may then enroll in the educational program. They learn about the risks of high blood cholesterol, lifestyle modifications that can be made including diet and physical activity, current drug therapies, and resources and support available.



### Diabetes: Self-Care

The “Diabetes: Self-Care” program is open to adult diabetic residents and/or immediate family members. Participants learn skills they need to know and practice to minimize their risk for diabetes-related complications. Topics include blood-glucose monitoring, exercise, nutrition, eye and foot care, and other self-care information.

The course is taught by a certified diabetes educator and registered dietitian. Adults who have been diagnosed with diabetes, parents of diabetic children, or significant others of people with diabetes are invited to enroll.

This free program consists of 6 two-hour classes held weekly.

### Mental Aerobics

The District, the Berlin Senior Center and Newington Healthcare Center sponsor this hour long program of fun-filled activities designed to give the mind a workout and maintain mental wellness. The program is held at the Berlin Senior Center.

# Programs and Services

## Community Health



### **Pedicare Footcare Clinics**

Pedi-Care, LLC holds footcare clinics for District residents several times per month at the Senior Centers in Berlin, Newington, Rocky Hill and Wethersfield. These clinics are designed for non-diabetics. A specially trained Registered Nurse does a general assessment of the feet and lower extremities, trims, files and cleans nails, reduces thickened toenails, corns and calluses, and massages the feet. She will refer residents to a doctor or podiatrist for further treatment if needed. The cost of the clinic is \$27. Home visits are also available at a cost of \$42. Appointments are necessary.

### **Prescription Drug Counseling**

Pharmacist John F. Aforismo, of RJ Health Systems, Inc. conducts these free, individualized prescription drug counseling sessions for residents age 65+. Participants discuss their medications in a confidential, one-on-one session and are counseled about the best way and time to take particular medications, drug interactions, supplements and possible side effects. Sessions are held monthly at the Wethersfield Community Center. Appointments are necessary.

## 2006-2007 Select Communicable Disease Cases

	Berlin	Newington	Rocky Hill	Wethersfield	District Totals
Campylobacteriosis	6	1	3	4	14
E. Coli	0	0	0	0	0
Salmonellosis	4	3	3	4	14
Shigellosis	1	0	0	0	1
Blood Lead Screening	0	1	4	1	6
Giardiasis	2	3	2	1	8
Hepatitis A	0	0	0	0	0
Influenza	3	7	3	3	16
Lead Poisoned 10-19	0	2	1	4	7
Lead Poisoned 20+	0	0	2	1	3
Lyme Disease	4	3	2	1	10
Rabies, Positive	2	1	0	0	3
Infectious Tuberculosis	0	1	0	0	1

# Programs and Services

## Community Health

### **Able to Be Healthy**

The Able to Be Healthy Initiative, funded by a \$23,852 grant from the National Association of County and City Health Officials, is a program aimed at reducing secondary health conditions in adults with sensory and physical disabilities. The key objective of this initiative is to identify barriers to health promotion experienced by individuals with sensory and physical disabilities. Assessments of local area fitness facilities were conducted to determine accessibility for individuals with sensory and physical disabilities. A web-based survey was conducted to determine the “common” barriers (chronic pain, fatigue, lack of interpersonal resources, lack of financial resources and transportation) that impact their experience in health promotion.

The Able to Be Healthy Guide was developed with 500 copies available free of charge. This guide includes information on how to manage secondary health conditions, mental health, physical activity, nutrition, transportation, tools and technology and links to other resources.

### **Heart Truth Campaign**

The Heart Truth Campaign was funded by a \$6,466 grant from the Federal Department of Health and Human Services, Office of Women’s Health. The purpose of this program was to increase awareness of women’s heart disease and its risks. This was accomplished by partnering with area churches to conduct cholesterol screenings. In addition, several educational sessions were held at each church. These sessions were an opportunity for women to better understand the implications of HDL, LDL, triglycerides and blood pressure measures. Strategies were offered to participants to reduce their personal risk of heart disease. A total of 10 cholesterol screenings were held with a total of 122 women between the ages of 40 – 60 participating. Thirty eight (38) women were identified as borderline high cholesterol, twenty one (21) women were identified as high cholesterol and eighteen (18) were identified as pre-diabetic.

### **Your Body – Your Food**

The Your Body – Your Food program was funded by a \$5,000 grant received from the New England Dairy Council to conduct an after-school program aimed at youth in a middle school to increase healthy eating and healthy activity.

The concept and practice of 3-A-Day dairy selections, 5-A-Day fruit and vegetable selections and the Power of Choice curriculum, helped empower kids to eat healthfully by providing them with the tools and strategies to focus on moderation, insight into how high sugar, high fat food impacts how you feel and how your body develops. Two high school seniors were utilized to act as peer mentors to the 7<sup>th</sup> and 8<sup>th</sup> grade students. They acted as a bridge between the middle school and the high school communities, performed as local area experts on matters of health, served as role models and were able to reinforce and support students.

### **Asthma Prevention**

CCHD has received a two year, \$35,000 regional asthma prevention grant from the Centers for Disease Control and Prevention. CCHD will act as the fiduciary for the Regional Asthma Coalition which consists of 35 towns in the greater Hartford area. According to the CT State Department of Public Health, in the 2005-2006 school year there were 5,832 asthmatics in the 35 towns. The Coalition will contract with the American Lung Association of Connecticut to provide training of the Open Airways for Schools to 50 elementary school nurses. The goal of the program is to reduce the number of hospitalizations, emergency room visits and days of school missed due to asthma and a better day-to-day control of asthma among children who have enrolled in the program. Open Airways for Schools consists of a series of six forty minute sessions for children with asthma in grades 3, 4 and 5.

# Programs and Services

## Community Health

### Emergency Preparedness

The Emergency Preparedness Coordinator continued working with the four member towns as well as state and regional partners. A forum was held with representatives of all 4 towns for Pandemic Influenza planning.

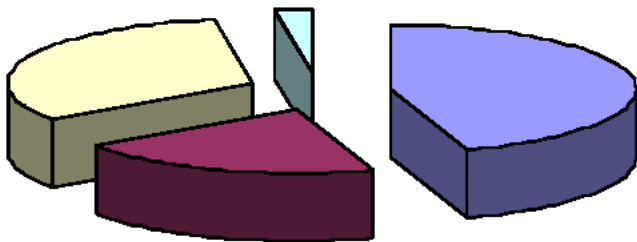
We were fortunate to have a summer intern from the Yale Center for Public Health Emergency Preparedness, a physician from Pakistan, who focused on daycare readiness. He helped day care facilities assess their emergency planning and identify resources. The intern, along with CCHD staff and representatives from the CT Department of Emergency Management & Homeland Security, the CT Department of Public Health Licensing Division and local emergency planners, participated with daycare staff in tabletop exercises that probed sheltering in place and evacuation issues. The physician intern, with help from a second student intern, developed a brochure that addresses emergency preparedness with children. Pamphlets were distributed to all day care facilities and copies are available at all CCHD offices.

Volunteers continue to support the CCHD. A newsletter was recently sent out to all volunteers to update them on current activities and training. Some of the training focused on how to work with people with special needs, the incident command system, mass sheltering and care, Point of Dispensing (POD) clinic structure and others. Volunteers who assisted with the annual flu clinics went through some Just in Time Training (JITT) and helped to evaluate various components of the POD.

The Health District needs medical and non-medical volunteers for emergency preparedness training - all types of skills are needed. If you are interested in learning more about being a volunteer, please call 721-2816 or see volunteer information at our web site, [www.ccthd.org](http://www.ccthd.org).

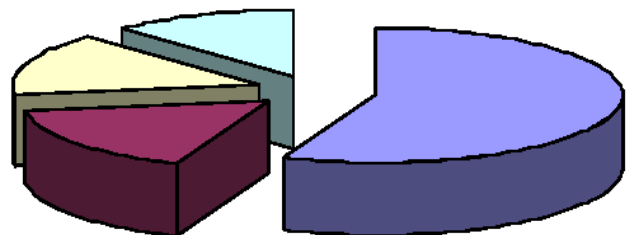
## Central CT Health District Budget— 2006-2007 (Actual)

### Total Revenue \$937,467

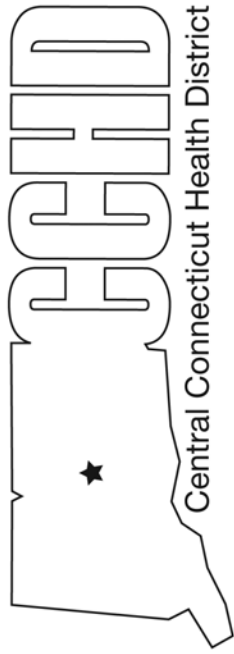


- Town Contributions (@ \$4.06 per capita); \$422,571
- Program Revenue; \$190,164
- Grants (Federal, State, Other); \$301,105
- Interest Income; \$23,627

### Total Expenditures \$887,903



- Salaries; \$498,668
- Employee Benefits; \$147,008
- Program Expenses; \$134,520
- Operating Expenses; \$107,707



Central CT Health District  
505 Silas Deane Highway  
Wethersfield, CT 06109

# Annual Report

**July 1, 2006—June 30, 2007**

[www.ccthd.org](http://www.ccthd.org)

