

Trumbull Health Department



Annual Report 2023 – 2024



Public Health
Prevent. Promote. Protect.



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Message from the Director of Health

Luci Bango, REHS, RS, MPH

As we turn the page on another year, I wanted to take a moment to reflect on some of the significant accomplishments of the Trumbull Health Department. This past year presented its own year of challenges and successes affecting public health in our community. We experienced surges in preventable diseases, such as measles. Novel diseases such as the bird flu, H5N1 also found new ways of presenting challenges to public health.

Through state and federal funding, the Trumbull Health Department was able to expand its immunization program and offer additional vaccinations to its residents. We were also able to offer new public health programs, including, QPR Suicide Prevention and NARCAN training for residents. All of these programs were coordinated through local partnerships leading to healthier and safer communities.

This year, we look forward to focusing on the needs of our residents and continue to offer important health programs and initiatives to promote healthy lifestyles. We look forward to continued partnerships with local and state agencies and strengthening relationships allowing our staff to offer additional services to our residents.

Through the dedication of our staff, the resilience of our residents, and strong partnerships with local and state agencies, we have navigated public health hurdles effectively. I am incredibly proud of the work we have accomplished as a department and as a town. Together, we can build a healthier and safer community and future for the town of Trumbull.

Warm Regards,

Luci Bango

Luci Bango, REHS, RS, MPH

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Mission

The Trumbull Health Department serves as the official local public health entity for the Trumbull, Connecticut community. The Trumbull Health Department is committed to improving the quality of life for all it serves through the promotion of health, prevention of disease, and by assuring a safe and clean environment for our residents.

Vision

The Trumbull Health Department's overall role is to protect and promote the public's health through people, prevention and partnerships.

Trumbull Board of Health

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Amy Lehaney, MPH, RS
Karen Tolk, RN
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- Director of Health

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- Medical Director

Richard Jackson, RS, CSS

- Sanitarian

Nicolette O'Kelly, RS

- Sanitarian

Samantha Cousins, RN, MSN

- Public Health Nurse

Susan Jacozzi, MPH, CHES

- Health Educator

Taylor Pennino, BS

- Administrative Assistant

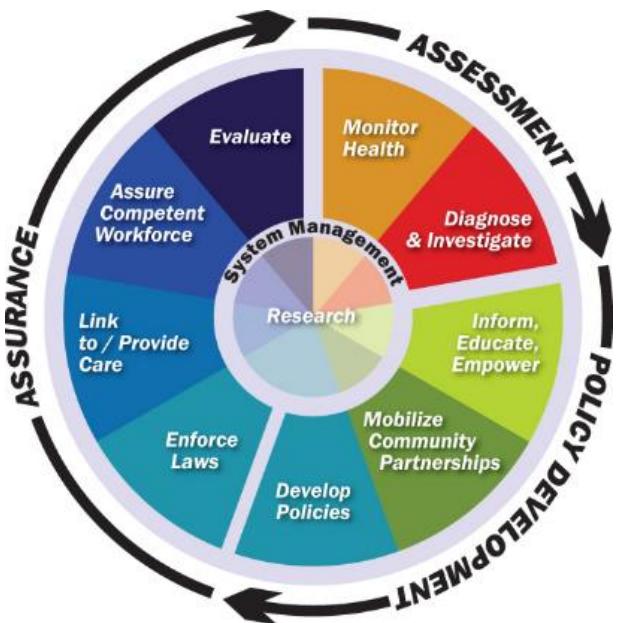
Jennifer Kegan, BS

- Administrative Support

Kyera Leos

- Administrative Support

10 Essential Services of Public Health



The responsibility of local health departments is to protect and promote health, and prevent disease and injury. To accomplish this mission, public health departments deliver **10 Essential Public Health Services** to serve as the framework for public health initiatives. The Trumbull Health Department provided these essential services through the accomplishments and services below.

Evaluate

Evaluated town and state health data of communicable diseases to determine trends and prevent illnesses.

Assure a Competent Workforce

Staff participated in QPR suicide prevention trainings with mental health professionals to learn how to identify and help prevent suicide.

Link to and Provide Care

Updated the town website and Facebook pages with current health data and educational information related to various public health topics. Offered free medical lock boxes, radon tests and COVID test kits to residents.

Enforce Laws

Conducted inspections of licensed establishments, including pools, salons and restaurants enforcing state and local health codes.

10 Essential Services of Public Health

Research

Applied data from health agencies and websites to develop local policies to prevent the spread communicable diseases.

Diagnose and Investigate

Conducted case management and investigations communicable diseases to help prevent the spread of infection.

Inform, Educate & Empower

Published press releases and educational information regarding communicable diseases, tick-borne diseases, radon and other public health topics to inform the public.

Monitor Health

Monitored state disease surveillance databases for COVID-19 and other communicable diseases to determine community transmission and epidemiologic trends.

Mobilize Community Partnerships

Partnered with local health departments and town agencies to offer flu vaccinations and public health educational trainings.

Develop Policies

Updated current policies and procedures to include current data and trends including Emergency Preparedness plan.



Community Health



The Trumbull Health Department investigates, monitors, tracks and implements control measures to address communicable diseases in order to reduce their spread in the community. We work closely with the Connecticut Department of Public Health (CT DPH), Trumbull Public Schools, and other health agencies to prevent and control the spread of disease. The health department provides educational programs and preventative programs/screenings for early prevention, detection and control of chronic diseases.

SERVICES AND PROGRAMS PROVIDED:

VACCINES

The health department provides vaccinations for a wide variety of preventive diseases for children and adults. Vaccines are obtained through the Connecticut Department of Public Health's Vaccines for Children Program and private purchase.

- **205 (non-flu, non-COVID) vaccines** were administered during the past year.
- **938 flu vaccines** were administered at the health department at # flu clinics around town.
- **11 COVID-19 vaccines** were administered at town clinics and the health department.

LEAD PROGRAM

The Public Health Nurse monitors the Connecticut Department of Health's lead reporting database (MAVEN), and follows up on any elevated blood lead levels in children up to six years of age.

- **7 cases of elevated blood lead levels** were monitored by the Trumbull Health Department.

TUBERCULOSIS PROGRAM

The health department is responsible for investigating all cases of active tuberculosis in the town.

- **23 PPD tests** were administered and read this past year.

ENTERIC DISEASES

The Public Health Nurse monitors the Connecticut Electronic Disease Surveillance System (CTEDSS).

- **545 diseases monitored** and tracked

A1C KNOW YOUR NUMBERS

The A1C test, also known as the hemoglobin A1C or HbA1c test, is a simple blood test that measures your average blood sugar levels over the past 3 months. It is used to diagnose prediabetes and diabetes.

- **16 A1C tests administered**



TICKS

- **133 ticks were submitted for testing** at the Connecticut Agricultural Experiment Station.
- **23 tested positive for Lyme**
- **7 tested positive for anaplasmosis**
- **7 tested positive for babesiosis**



Community Health



NARCAN TRAINING

The health department partnered with TPAUD and the HUB to offer Narcan trainings teaching individuals how to recognize the signs of an opioid overdose and how to administer the Naloxone (Narcan).

- **121 Persons trained/kits distributed**

FIT TESTING

The Public Health Nurse conducted fit testing for employees who respond to calls involving exposures requiring respirators. Fit testing is the method for finding the respirator that fits your face and making sure it provides a tight seal to help keep you protected.

- **8 Individuals fit tested**

AUTOMATED ELECTRONIC DEFIBRILLATOR (AED)

Automated Electronic Defibrillator (AED) training teaches how to use an AED and how to help preserve life when someone is in cardiac arrest in public spaces.

- **45 Individuals trained**

QPR SUICIDE TRAINING

This training teaches individuals how to Question, Persuade and Refer someone who may be suicidal. It discusses the common causes of suicidal behavior and the warning signs and how to get help for someone in crisis.

- **26 Individuals trained/participated in QPR training**

MATTER OF BALANCE

Matter of Balance is an evidence-based program that was developed by the Partnership for Healthy Aging. This program is designed to reduce the fear of falling and increase activity levels among older adults. Comprised of eight two-hour sessions, participants learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

- **9 Residents graduated from the Matter of Balance program**





Environmental Health



The Environmental Health division works to provide a clean, safe and healthy environment. The Sanitarians protect public health and the environment by ensuring conformance with local, state and federal ordinances and laws pertaining to a wide variety of environmental health programs. Much of this work is accomplished by performing routine inspections and investigations and taking enforcement action when warranted.

SERVICES PROVIDED:

FOOD PROTECTION

The goal of the food protection program is to reduce the incidence of foodborne illness. Our objective is to meet state requirements for food establishment inspections. During this past year, the health department conducted:

- **292 Food inspections**
- **45 Seasonal/temporary event inspections**
- **102 Food plan reviews**

POOLS

- **24 Non-residential pools inspected and licensed**

SALON INSPECTIONS

- **50 Salons inspected and licensed**

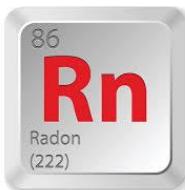
DAYCARE INSPECTIONS

- **20 Daycares inspected**





Environmental Health



TOBACCO

- 14 Tobacco establishments inspected

NUISANCE/HOUSING

The health department investigated public health complaints and nuisances, including garbage, rodent, mold and sewage.

- 136 Complaints investigated

SEPTIC

- 191 Lots tested for subsurface sewage disposal systems, including repairs, building additions and plan reviews.
- 73 Permits issued for subsurface sewage systems

RADON

- 132 Radon kits distributed

WATER QUALITY

Trumbull's 3 fresh water lakes were tested for bacteriological water quality beginning in May and ending in August on a weekly basis.

- 57 Water samples collected





Health Education



The Health Education Division provides outreach to our residents, schools, businesses, public and private entities. Their goal is to promote healthy lifestyles through our Health Promotion and Wellness Programs. During the past year, the health department launched health promotion initiatives to help community members live healthier lifestyles and reduce their risk of disease. Some of these initiatives and community events include:

INITIATIVES

- Blood Pressure Workshops
- Opioid Prevention
- Radon Test Kits
- Blood Drive
- A1C Test Kits
- Narcan Training
- QPR Suicide Training
- Recycling Drives

COMMUNITY EVENTS

- Bike Safety Event with Trumbull BMX
- Community Blood Pressure Screenings
- Community Health Fairs
- Medication Lock Box Distribution
- Matter of Balance
- Nature Hikes
- Public Health Cupcake Wars
- Public Health Summer Day Camp
- Flu and Handwashing Education
- Tashua Dive-In Summer Pool Event
- QPR Suicide Training
- Kids Safety Day at YMCA
- Community Volunteer Fair



Displays and educational materials on various topics were provided to residents, business owners, and employees. Topics included: Emergency Preparedness, Lead Poisoning Prevention, Lyme disease and other tick-borne diseases, Radon, Narcan and Flu.



Emergency Preparedness

The Trumbull Health Department works to ensure that the Town of Trumbull responds effectively to natural disasters, bioterrorism and other emergencies that could affect the health of the public. This is achieved through department planning and collaboration, staff training, and educating our citizens. The Trumbull Health Department is part of the CRI Region 1 Planning Group which consists of Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, and Wilton. In the event of a bioterrorism attack, the health department is prepared to do mass dispensing and mass vaccination, providing medication or vaccinations quickly to town residents to prevent disease. Some of the activities during this past year that staff participated in to prepare for such an event included:

- Participation in Statewide Preparedness Exercises
- Participation in Local Regional Tabletop Exercises
- Participation in Regional Full-Scale Exercises
- Coordination of Local Full Scale and Functional Exercises
- Participated in Call-down and Radio Drills
- Participation in various trainings, such as QPR Suicide Prevention, Bloodborne Pathogens, N95 Fit Testing Train the Trainer, ICS Training
- Plan development which includes Crisis and Emergency Risk Communication, Mass Dispensing Plan
- Staff Review of Emergency Preparedness Response Plans and emergency call down drills
- Staff Review of the Public Health Emergency Preparedness Response Plan and Point of Dispensing Plan for the town

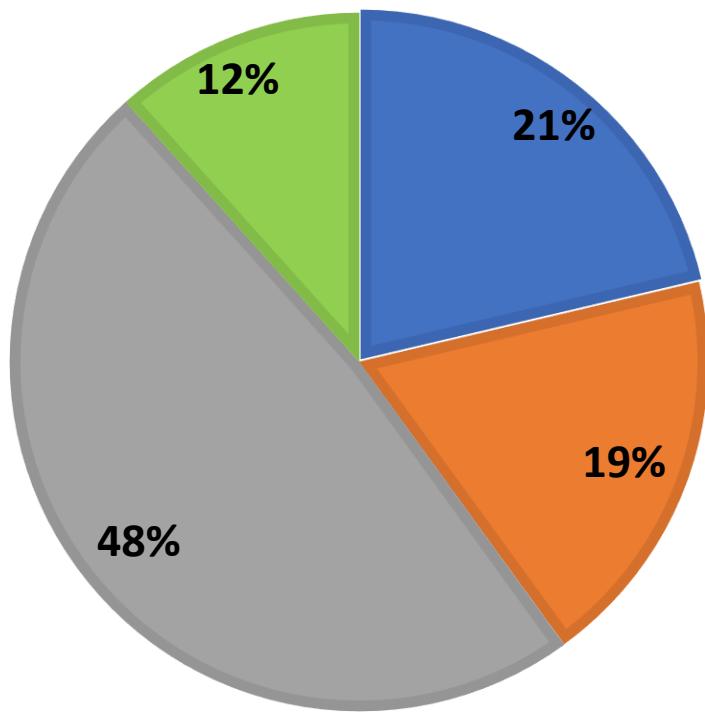




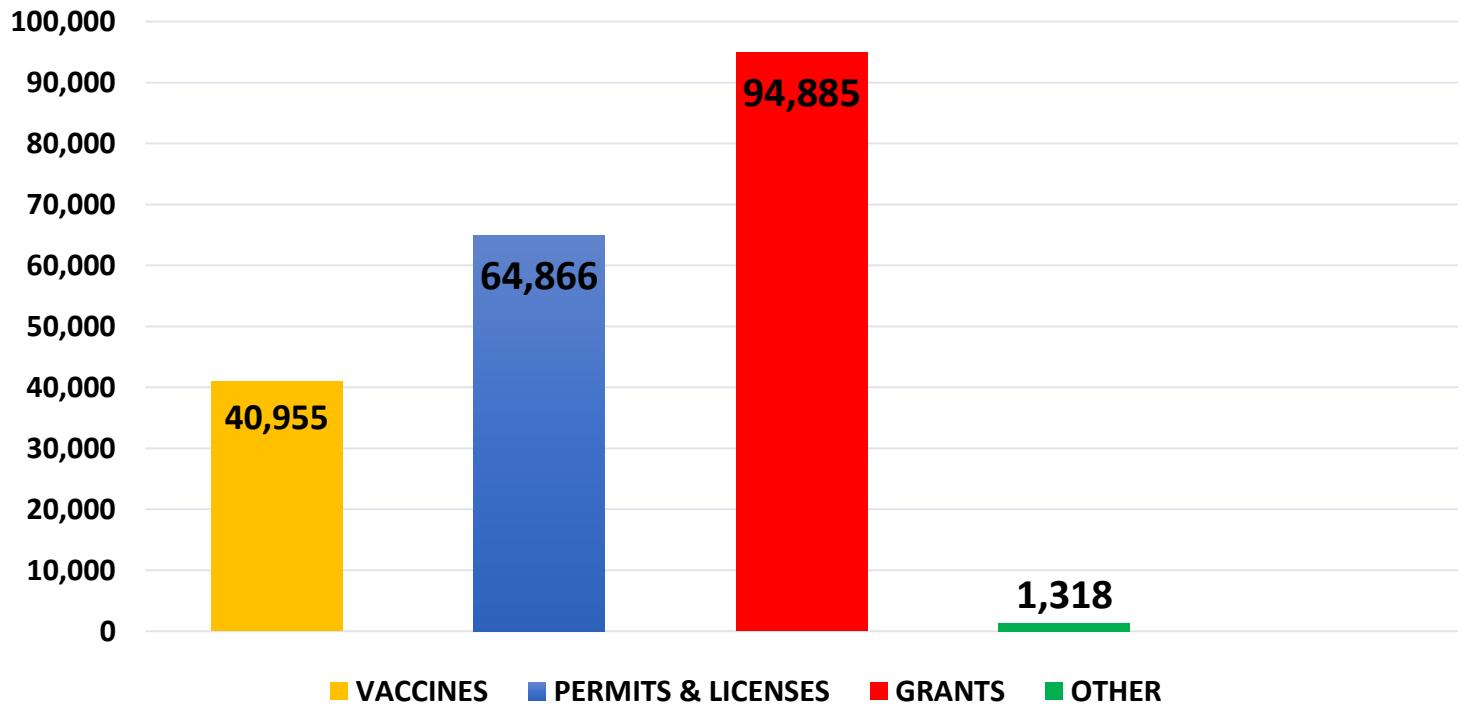
Data and Statistics

- Workforce Development Grant
- Emergency Preparedness Grant
- ELC-Epidemiology & Laboratory Capacity
- Immunization Grant

GRANT FUNDING



REVENUE SOURCES





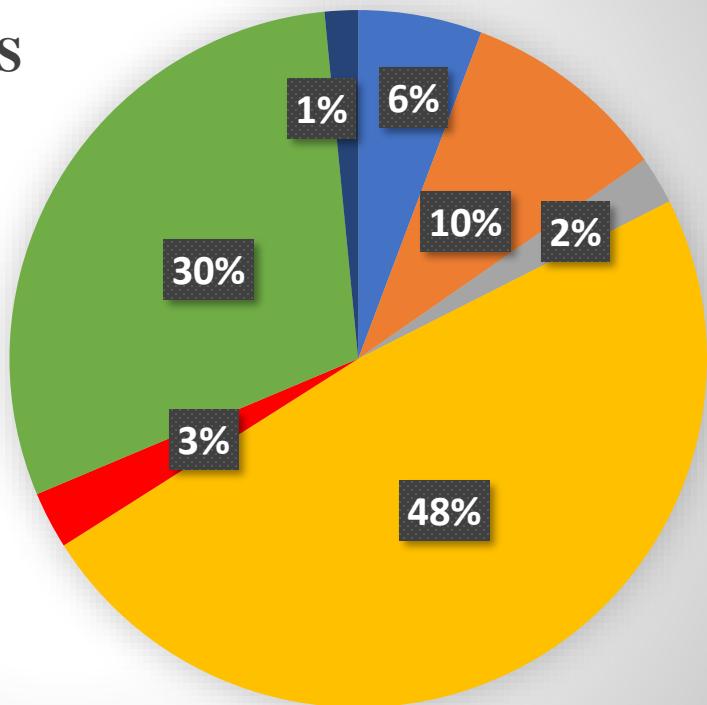
Data and Statistics

ENVIRONMENTAL HEALTH INSPECTIONS

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PLAN REVIEWS

- SALONS
- COMPLAINTS
- DAYCARE
- FOOD
- POOLS
- SEPTIC/WELLS
- TOBACCO



VACCINES ADMINISTERED

