

TRUMBULL HEALTH DEPARTMENT

ANNUAL REPORT 2017-2018

A LETTER FROM THE DIRECTOR OF HEALTH

I am pleased to present the Trumbull Health Department's 2017 Annual Report and share with you the many ways we are working to help improve the health of our residents and to build a healthy community.

Public Health is concerned with safeguarding and improving the physical, mental, and social well-being of the community as a whole. Three core functions of public health include: Assessment, Policy Development and Assurance. With a primary focus on wellness and prevention, public health is a cost-effective means of addressing health at a population level, often well before individual problems become acute. All of our residents enjoy the benefits of our essential services, including immunizations, restaurant inspections, disease control, emergency preparedness, and health promotion. Examples of services provided by the Trumbull Health Department include:

- Inspecting food service establishments, salons, public pools, and day care centers;
- Reviewing and approving plans for septic systems and wells;
- Conducting public health nuisance investigations;
- Providing health education and community outreach on topics including healthy lifestyles, sun safety, food safety and chronic disease management;
- Monitoring for reportable diseases and conditions (e.g., tuberculosis, elevated blood lead levels, food borne illnesses) through surveillance, report analysis, case investigation and coordination with state and local health facilities and providers in an effort to reduce disease transmission throughout the community; and
- Administration of school required immunizations, periodic adult and annual flu vaccinations.
- Conducting surveillance for potential bioterrorism agents, responding to a flu pandemic, and preparing responses to emergency situations.

This report highlights the accomplishments of the Trumbull Health Department over the past year to meet the three core functions of public health and the ten essential public health services.

Good Health to you!

Rhonda Capuano

Rhonda Capuano, MPH, CHES
Director of Health



TRUMBULL HEALTH DEPARTMENT STAFF

Rhonda Capuano, MPH, CHES Director of Health
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Joanna DiPalma, Administrative Assistant
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Grace Vetter, RN, MA, NCSN, Public Health Nurse

TRUMBULL HEALTH BOARD

Richard Bellows, BS Public Health, RRT
Nancy Busch, MA, BSN, BC-NE Chairperson
Debbi Charles, M.S. Ed, S. Ed
Amy Lehaney, MPH, RS
Glenn Rich, M.D.

MISSION

The Trumbull Health Department (THD) serves as the official local public health entity for the Trumbull, Connecticut community. THD 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 Health Department

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TEN ESSENTIAL SERVICES OF PUBLIC HEALTH

The three **core functions** of public health and the **10 Essential Services** provide a framework for the responsibilities of local public health systems. The core functions (assessment, policy development, and assurance) help us to focus our responsibilities as we strive to provide essential services to our constituents.

The **10 Essential Services of Public Health** serve as the framework for public health initiatives. The Trumbull Health Department uses these services as guidance in planning all public health activities.

The **10 essential services** and our accomplishments are below:

1. **Monitor health status to identify and solve community health problems.** Examples include participates in a health assessment process with area hospitals and local health departments, tracks reportable infectious diseases, and monitors lead poisoning.
2. **Diagnose and investigate health problems and health hazards in the community.** Examples include investigates citizen complaints, reports problems to appropriate agency for enforcement, monitors and engages environmental hazards and risks (i.e., radon, lead, Lyme disease, rabies), and inspects schools, daycares, food services, salons, group homes, shelters.
3. **Inform, educate, and empower people about health issues.** Examples include use of social media (i.e., Facebook), produces and distributes educational brochures on a variety of health topics, conducts health screenings, develops, implements and evaluates education programs, and partners with area hospitals/clinics.
4. **Mobilize community partnerships and action to identify and solve health problems.** Examples include implements community health assessment and community health improvement plan and partners with area hospitals, local health departments, first responders, town departments, and community organizations.
5. **Develop policies and plans that support individual and community health efforts.** Examples include development of town ordinances and work procedures, development of plans/policies for local board of health for governance and oversight, public health participation/representation on local policy setting boards/department, and health data collection, surveillance, and information sharing.
6. **Enforce laws and regulations that protect health and ensure safety.** Examples include enforcing provisions of the Connecticut Public Health Code and town ordinances in routine inspections, public health investigations, and violation orders.
7. **Link people to needed personal health services and assure the provision of health care when otherwise unavailable.** Examples include research and referrals to services, tick collection and testing, provides vaccination clinics, and blood pressure screenings and workshops.

8. **Assure competent public and personal health care workforce.** Examples include licensure of professional and clinical staff, staff trainings to maintain certifications, and CT DPH training/recertification (food and lead inspections).
9. **Evaluate effectiveness, accessibility, and quality of personal and population-based health services.** Examples include health promotion/education programs, monitoring of communicable diseases, food service and subsurface septic work.
10. **Research for new insights and innovative solutions to health problems.** Examples include collection of bathing water to determine preemptive closures and bacterial levels, marketing techniques for health department programs, and collection of data for tick borne diseases.



ENVIRONMENTAL HEALTH

Providing a clean, safe and healthy environment is the foundation of public health and the main focus of the environmental health programs.

- **Food Protection** – the ultimate 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, a total of **251** food licenses were issued and **496** inspections conducted. The department also conducted **2** foodborne outbreak investigations.
- **Pools & Salons** – All **13** non-residential pools were inspected and licensed. **Thirty-four** salons were inspected and licensed.
- **Daycare Inspections** – Conducted bi-annually, **13** of 21 licensed daycares were inspected.
- **Water Quality** (testing) – Trumbull's **three** fresh water lakes were tested for bacteriological water quality from Memorial Day through Labor Day on a weekly basis.
- **Septic** – There were **9** lots tested for sub surface sewage disposal systems. In addition, **18** permits were issued for sub surface sewage disposal systems, construction of new and repairs to existing systems.
- **Housing** - The health department received **34** housing-related complaints including: garbage, litter, rodents, sewage, heat, lead and mold.
- **Ticks** – **Two hundred three** ticks were submitted for testing at the Connecticut Agriculture Experiment Station. **Forty-four** (31%) tested positive.
- **Hoarding** – The health department responded to **1** hoarding case.
- **Radon Test Kits** – Distributed **135** radon test kits to town residents and followed up with test results.
- **Larvacide Dunks** – Distributed **90** dunks to town residents.



Complaints/Violations Residential and Non-residential FY 17-18			
Food	7	Rodents/Pests	3
Garbage/Litter	4	Sewage	3
Housing/Blight	12	Water Supply	3
Pool	4	Other	9

Ticks	FY 17-18
Specimens Submitted	203
# Lyme Positive Tests	44
% Lyme Positive tests	31%
# Trumbull Residents	164

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) and other health agencies to prevent and control the spread of disease. The Health Department provides educational programs and prevention programs/screenings for early prevention, detection and control of chronic diseases.

- **Vaccines and Services** – The Health Department provides vaccinations for a wide range of preventive diseases for both children and adults. Vaccines are obtained through the Connecticut Department of Health's Vaccines for Children Program in addition to privately purchased. **Eight hundred twenty-four** immunizations were administered during the past year. Other screenings included blood pressure, cholesterol, and PPD skin tests (tuberculosis) totaling **192**.

Screening Type	FY 17-18	Immunizations	FY 17-18
Blood Pressure	139	Private	675
Cholesterol	35	Public	149
PPD (Tuberculin)	19		

- **Lead Program** – The Public Health Nurses monitor the CT DPH disease tracking and reporting database Maven (lead). The nurse's follow-up on any reported elevated blood lead levels in children up to six years of age. The follow-up includes telephone calls to parents and pediatricians, providing parents with educational materials that include blood testing requirements, cleaning techniques to minimize the spread of lead dust in the home, proper nutrition and home visits with environmental sampling, when indicated. **Three** children were followed during this past year for elevated blood lead levels, and **two** adults were identified as having significant elevations. Adult investigations are primarily done by DPH but with collaboration of the local health department.
- **TB Program** – The Health Department is responsible for investigating all cases of active tuberculosis (TB) in the Town. During fiscal year 2017-2018 there was **one** case of active tuberculosis among residents and another case involving the investigation and follow-up of **three** contacts to an active case. Additionally, THD was responsible for the investigation and monitoring of **three** tuberculosis cases referred to THD by the DPH Refugee and Immigrant Health Program. The Health Department also evaluates, diagnoses and treats latent TB. A person with latent TB is infected with TB but does not show symptoms and is not contagious. **One** individual was evaluated and treated for LTBI during fiscal year 2017-2018.
- **Enteric Disease Follow-up** – The Public Health Nurses monitor the CT DPH disease tracking and reporting database Maven (enteric). The department works in conjunction with the Connecticut Department of Health Food Net program. The Health Department interviewed two individuals with laboratory confirmed foodborne illnesses.

HEALTH EDUCATION

The Health Education Section provides outreach to our citizens, schools, businesses, public and private entities. Our goal is to promote healthy lifestyles through our Health Promotion and Wellness Programs. In 2017-18, 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
- Dermascan skin screenings
- Employee/Worksite Wellness Programs
- Smoking Cessation Programs
- Trumbull Treks walking trail maps



Community Events:

- Community Blood Pressure Screenings
- Community/School Health Fairs
- Community Wellness Programs
- National Walking Day
- Nature Hikes



Displays and educational materials on various topics were provided to residents, business owners, and employees. Topics include: Emergency Preparedness, Lead Poisoning Prevention, Lyme disease and other Tick Borne Diseases, Medical Reserve Corps, Meningococcal Disease, Radon, Sun Safety, West Nile Virus, and Zika Virus.

The Health Department has developed partnerships with several community organizations, such as First Selectman's Task Force on Health and Wellness, Trumbull Public Schools, Trumbull Partnership Against Underage Drinking (TPAUD), Primary Care Action Group, Get Healthy Connecticut, Fairfield University, Sacred Heart University, and Southern Connecticut State University to help us reach even more community members and address the health issues of our community.



EMERGENCY PREPAREDNESS

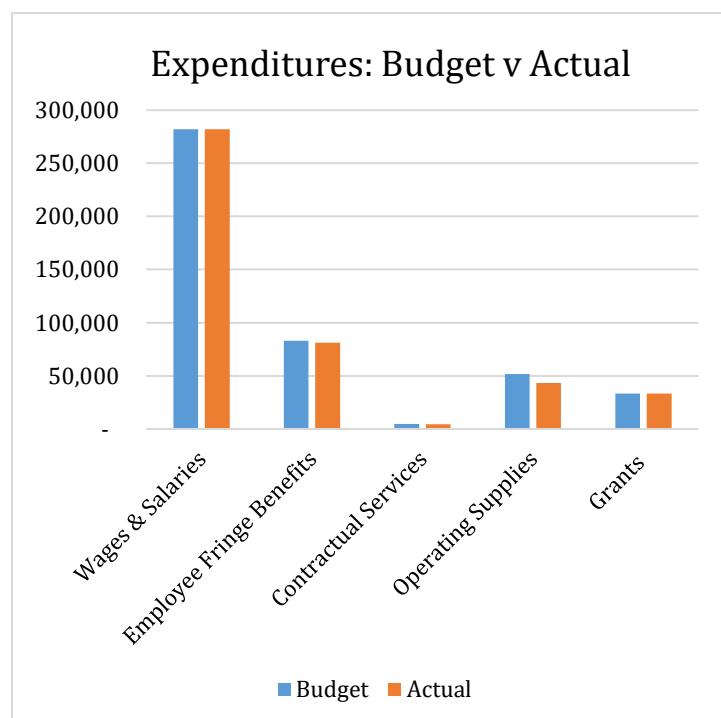
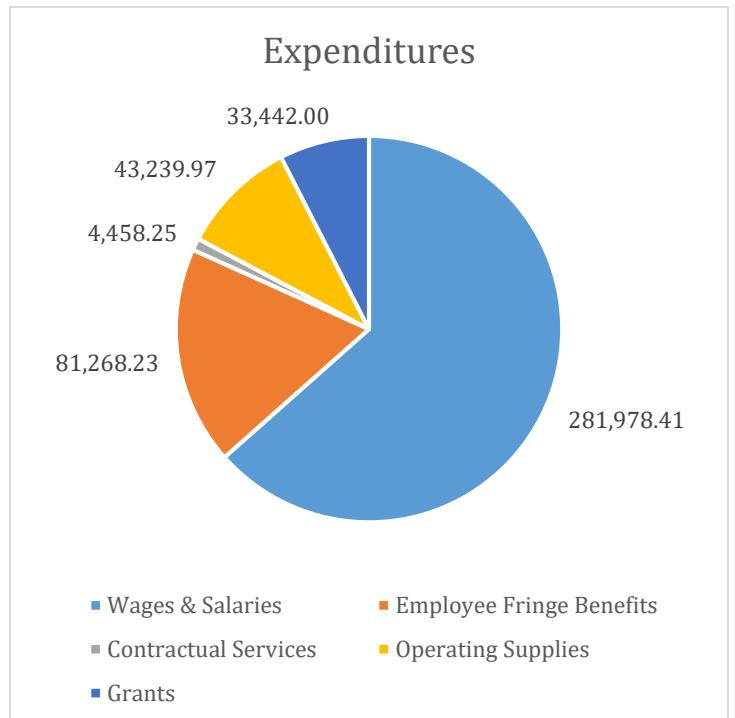
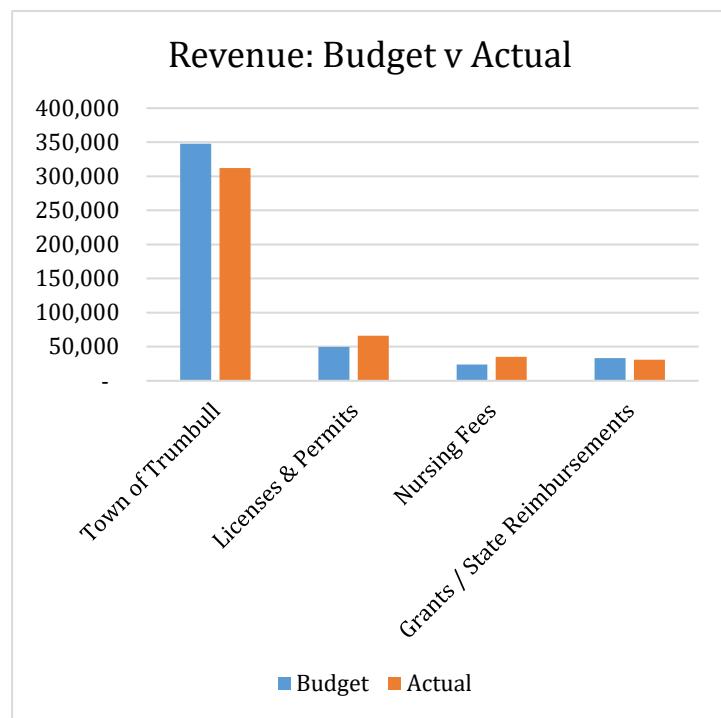
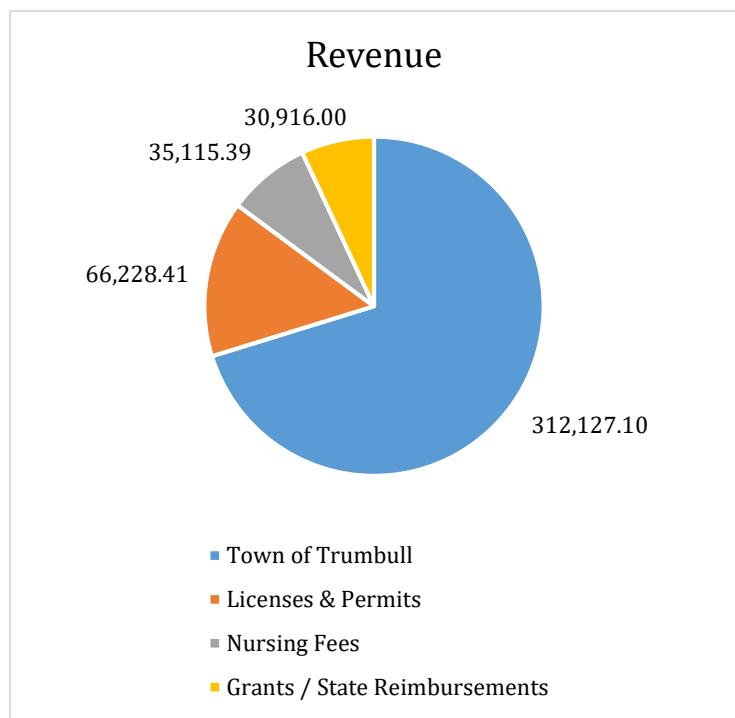


The Health Department works to ensure that the Town of Trumbull responds effectively to natural disasters, bioterrorism and other emergencies that could affect the health of the public. This is achieved through department planning and collaboration, staff training, and educating our citizens. The Trumbull Health Department is part of the Mass Dispensing Area (MDA) #12 which comprises Stratford, Monroe and Trumbull. 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 and Local Regional Tabletop Exercises
- Participation in Regional Full Scale Exercises
- Participation in a Technical Assistance Review with the CT Department of Public Health
- Participated in Call-down and Radio Drills
- Staff Review of Emergency Preparedness Response Plans and two-way radio usage
- Staff Review of the Public Health Emergency Preparedness Response Plan for the town



FINANCIALS: REVENUE & EXPENDITURES



*One grant award spans over two fiscal years.