

TRUMBULL HEALTH DEPARTMENT

ANNUAL REPORT 2016-2017

A LETTER FROM THE DIRECTOR OF HEALTH

The old saying goes that when public health is working, it is invisible. Public health promotes and protects the health of people and the communities where they live, learn, work and play.

Overall, public health is concerned with safeguarding the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country. Public health professionals try to prevent problems from happening or recurring by means of implementing educational programs, recommending policies, administering services and conducting research.

The Trumbull Health Department staff make a difference in our community every day. From educating a restaurant worker about how to stop cross-contamination, a cause of food-borne illness, to immunizing adults and children against disease and illness; from providing useful resources to educate residents about healthy choices to monitoring infectious disease in the community and taking action to prevent the spread of disease - these are just a few of the tasks our public health staff carry out on a regular basis. You may not see the work they've done, only because their efforts stopped or prevented illness, injury or even death.

As the town's public health agency, we are working diligently to prevent disease and promote health. To learn more about what we do, take a moment to read through this report.

Stay well,

Rhonda Capuano

Rhonda Capuano
Director of Health



TRUMBULL HEALTH DEPARTMENT STAFF

Rhonda Capuano, MPH, CHES Director of Health
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Joanna DiPalma, Administrative Assistant
Christine Dudek-Ratushnik, RN, MSN, Public Health Nurse
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William Mooney, Registered Sanitarian
Allen Thibodeau, Registered Sanitarian
Grace Vetter, RN, MA, NCSN, Public Health Nurse

TRUMBULL HEALTH BOARD

Richard Bellows, Chairman
Deborah Cavalier, Secretary
Nancy Busch
Debra Charles
Eileen Pannese

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.



Public Health
Prevent. Promote. Protect.

Trumbull Health Department

Trumbull Health Department

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TEN ESSENTIAL SERVICES OF PUBLIC HEALTH

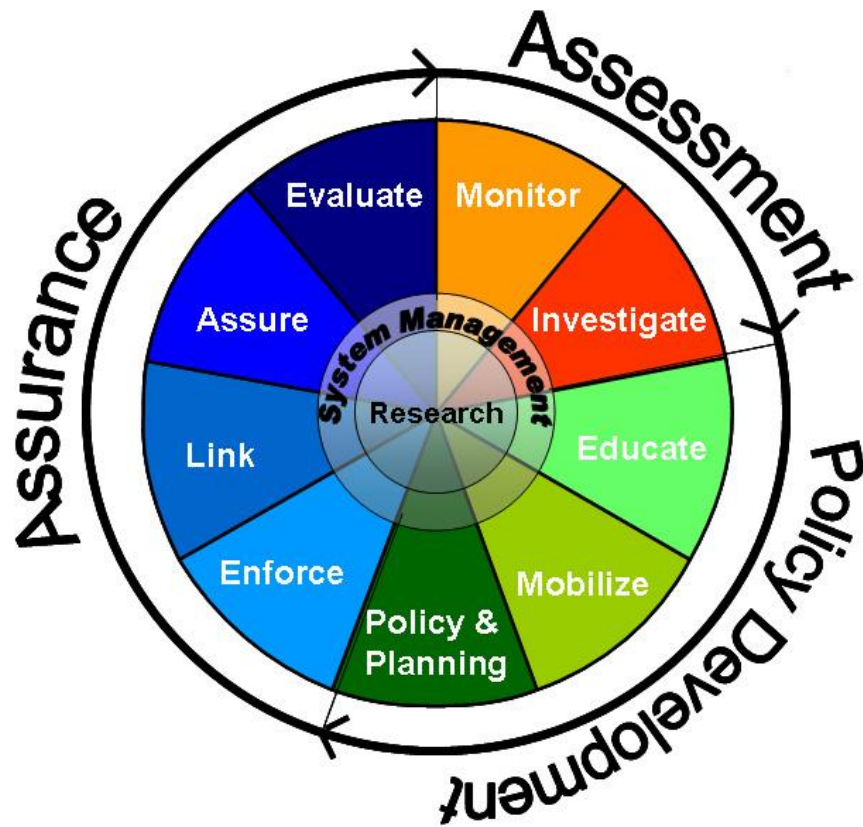
The three **core functions** of public health and the **10 Essential Services** provide a framework for the responsibilities of local public health systems. The core functions (assessment, policy development, and assurance) help us to focus our responsibilities as we strive to provide essential services 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.
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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 **240** food licenses were issued and **409** inspections conducted. The department also conducted **3** foodborne outbreak investigations.
- **Pools & Salons** – All **14** non-residential pools were inspected and licensed. **Thirty-six** salons were inspected and licensed.
- **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 **29** lots tested for sub surface sewage disposal systems. In addition, **24** permits were issued for sub surface sewage disposal systems, construction of new and repairs to existing systems.
- **Housing** - The health department received **48** housing-related complaints including: garbage, litter, rodents, sewage, heat, lead and mold.
- **Ticks** – **Two hundred thirteen** ticks were submitted for testing at the Connecticut Agriculture Experiment Station. **Fifty-two** (24%) tested positive.
- **Hoarding** – The health department responded to **5** hoarding cases.



Complaints/Violations	FY 16-17	Complaints/Violations	FY 16-17
Food	5	Rodents/Pests	11
Garbage/Litter	7	Sewage	5
Housing/Blight	8	Water Supply	1
Pool	3	Other	8

Ticks	FY 16-17
Specimens Submitted	213
# Lyme Positive Tests	52
% Lyme Positive tests	24%
# Trumbull Residents	183

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 forty-eight immunizations were administered during the past year. Other screenings included blood pressure, cholesterol, and PPD skin tests (tuberculosis) totaling 182.

Screening Type	FY 16-17
Blood Pressure	149
Cholesterol	8
PPD (Tuberculin)	25

Immunizations	FY 16-17
Private	643
Public	205

- **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 on testing requirements, cleaning and proper nutrition and home visits. Six children were followed during this past year for elevated blood lead levels, three of which were identified as having lead poisoning as per CT DPH criteria.
 - **TB Program** – The Health Department is responsible for investigating all cases of active tuberculosis (TB) in the Town. During fiscal year 2016-2017 there were two active tuberculosis (TB) cases in Trumbull residents. 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. There were no individuals evaluated and treated for latent TB during fiscal year 2016-2017.
 - **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 7 individuals with laboratory confirmed foodborne illnesses.
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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 2016-17, 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 Screenings
- Food Safety Presentations
- Glow Germ/Hand Hygiene Presentations

Community Events:

- Community Blood Pressure Screenings
- Community/School Health Fairs
- Family Fun Day
- National Walking Day



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 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



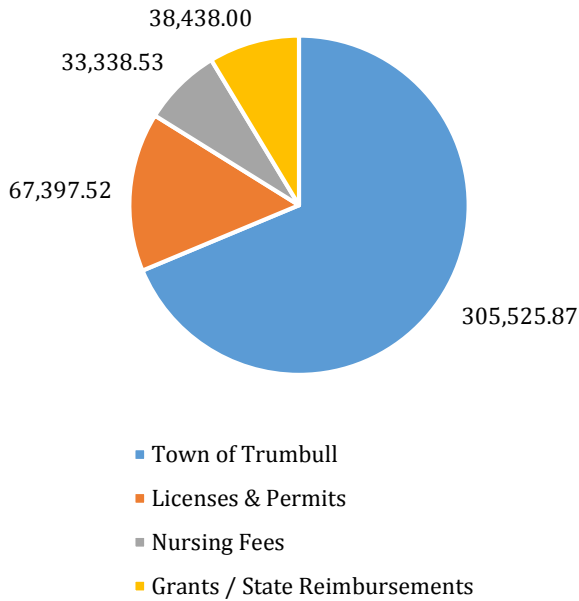
The Health Department works to ensure that the Town of Trumbull responds effectively to natural disasters, bioterrorism and other emergencies that could affect the health of the public. This is achieved through department planning and collaboration, staff training, and educating our citizens. The Trumbull 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 Regional Tabletop Exercises
- Participation in a Technical Assistance Review with the CT Department of Public Health
- Conducted and Participated in Call-down and Radio Drills
- Staff Review of Emergency Preparedness Response Plan and two-way radio usage
- Updated the Public Health Emergency Preparedness Response Plan for the town

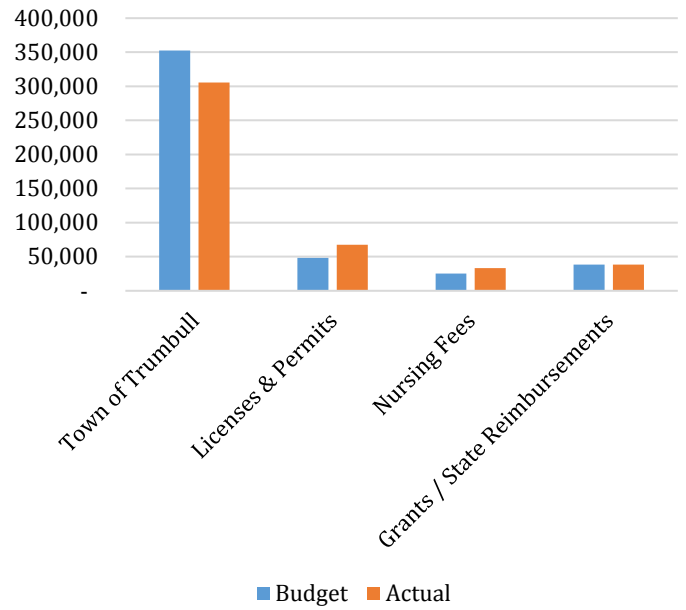


FINANCIALS: REVENUE & EXPENDITURES

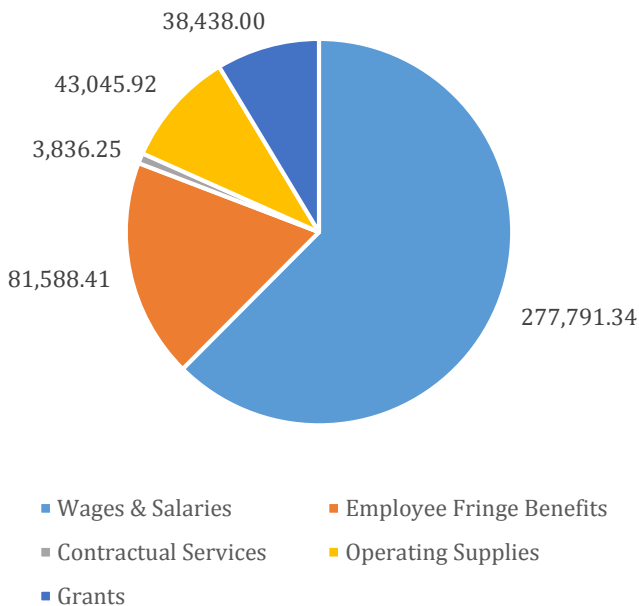
Revenue



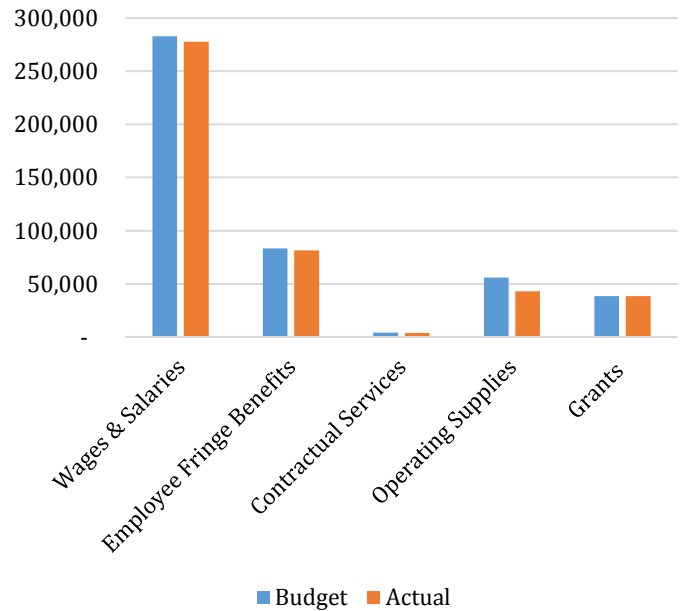
Revenue: Budget v Actual



Expenditures



Expenditures: Budget v Actual



*One grant award spans over two fiscal years.