



Strategies for Health



MESSAGE FROM THE DIRECTOR

Welcome to the Stratford Health Department's first Annual Report! This snapshot of public health in 2012-2013 highlights our programs, services, and behind-the-scenes work we do to keep Stratford healthy.

I am especially excited about our role in the regional Community Health Assessment and the Community Health Improvement Plan. This past year, we collected information on the health of those who live, learn, work and play in Stratford.

After evaluating available health statistics, many of you told us your concerns, your health priorities, and what influenced your health choices through focus groups and surveys.

More than 72% reported being either overweight or obese and over 11% don't have health insurance. In addition to identifying obesity and access to health care as top priorities, we found that heart disease and diabetes, and mental health and substance abuse are also key areas that need improvement.

Working with partners and many of you, our job now is to address each priority, outlined in our five-year Strategic Plan and our Community Health Improvement Plan. Let us know if you would like to join in.

In Health,

Andrea L. Boissevain, MPH



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PUBLIC HEALTH BY THE NUMBERS

456 Food establishments inspected	712 Influenza vaccines provided
43 Putting on Airs asthma visits	131 Individuals immunized
1641 Visits to Wooster School Clinic	249 Volunteer hours at Sandy shelter
278 Visits to School Dental Clinic	885 Citizen complaints investigated
22 Smoking-cessation graduates	45 Ticks tested for disease
73 Screened for Tuberculosis	14 Animals tested for rabies

“Committed to improving the quality of life for Stratford residents through the promotion of health, prevention of disease, and by assuring a clean and safe environment.”

HEALTHY PEOPLE THRIVING IN A HEALTHY STRATFORD.

ENVIRONMENTAL SAFETY

EMERGENCY PREPAREDNESS

HURRICANE RESPONSE

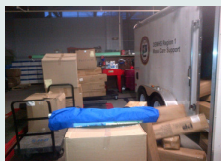
The SHD assisted with response to Hurricane Sandy. Working at the Town's Emergency Operations Center (EOC) in partnership with the Police, Public Works, Fire, and EMS, the SHD responded to public health issues related to power outages and water intrusion, and staffed the shelter at Bunnell High School, which was open for 3 days and housed 161 people seeking refuge. Special needs registrants were warned pre-storm to prepare for extended power outages and infrastructure issues through the Stratford Electronic Notification System.

DRILLS & EXERCISES

The SHD worked with the State Department of Public Health to set up a drill that tested receiving and inventorying approximately enough antibiotics to treat 104,000 residents in Stratford, Trumbull and Monroe in response to an Anthrax attack. The SHD also practiced responding to an ice storm as part of a Statewide exercise.

VOLUNTEERING

The Stratford-Trumbull-Monroe Medical Reserve Corps (MRC) Volunteers held 4 quarterly meetings and participated in trainings through the new Fairfield County Training Institute. Volunteers provided firefighter rehabilitation at 2 fires in Bridgeport, assisted with logistics and medical needs at the Hurricane Sandy shelter and provided support at all seasonal flu clinics. The MRC had recruitment and informational tables at both Stratford and Trumbull Days.



BEACHES & POOLS

Environmental staff collected water samples from Stratford beaches weekly from Memorial Day until Labor Day. Samples were sent to the State laboratory for testing and advisories were issued based on bacteria levels in the water. Swimming at beaches was automatically prohibited for a minimum of 24 hours following a rainfall that exceeded 1 inch, and a minimum of 48 hours following rainfall of 2 inches or greater. Staff also licensed and inspected 20 public swimming pools.

COSMETOLOGY

SHD conducted 57 inspections of beauty salons, barbershops, nail salons and tattoo parlors. New guidelines for licensing and inspecting tattoo parlors have been created by SHD nursing and environmental staff for Town Council review in the fall.

HOTEL & ROOMING HOUSES

SHD staff inspected 21 hotels, motels, and rooming houses to ensure compliance with the Public Health Code. Inspections focused on sanitary conditions, insect and rodent infestations and maintenance.

DAY CARE INSPECTIONS

The SHD inspected 16 child care centers, which included a review of immunization files, emergency plans, and an environmental safety review. Although the SHD doesn't license these centers, it is required that they be inspected by local health every two years.

ENVIRONMENTAL CONTAMINATION

With nearly \$800,000 in EPA Brownfield grants, work is underway to identify properties that can be cleaned up and turned around into productive use. The SHD continues to advocate that EPA and CTDEEP finish work on the Raymark Superfund site in a safe manner.

FOOD SAFETY

Food inspectors conducted 456 unannounced routine inspections of all licensed food establishments, including restaurants, bars, delis, grocery stores, schools, corporations and long-term care facilities. This year the SHD added two new part-time food inspectors to the staff.

COMPLAINTS & INVESTIGATIONS

The SHD received and documented citizen complaints on topics like housing, garbage, water intrusion, bed bugs, sewage, rodents and more. The SHD investigated 810 complaints and enforced the public health code to ensure code violations were corrected.

LEAD

The SHD received reports of 31 residents with elevated blood lead levels (2 adults and 29 children). Twenty-four reports required a follow-up environmental review and ongoing case management to ensure patient safety. The SHD held a Renovate, Repair, and Painting course for 15 contractors. The course reviewed safe practices and behaviors for working on homes that contain lead-based materials.

RADON

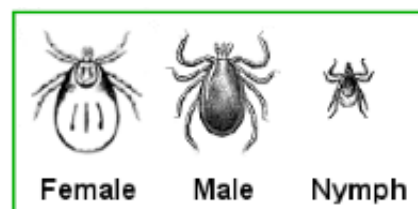
The SHD sold 24 Radon Screening Test Kits this year to residents at a reduced cost of \$10 per unit.

WELLS & SEPTIC

The SHD maintains the records for all current well and septic systems in Town and issues permits for new systems. This year the SHD reviewed 21 septic plans prior to installation.

VECTOR CONTROL

The SHD carried out routine activities to protect the community from disease-producing vectors such as mosquitoes, ticks, bats, fleas, rats, and other insects and animals. Forty-eight specimens were sent out for a variety of testing, such as Lyme Disease and Rabies. The SHD worked with Animal Control and Town Council to develop a new wild life ordinance, which prohibits certain wild animal feeding practices.



IMMUNIZATIONS

The SHD provided immunizations to 131 children and adults throughout the year. Vaccines offered included Varicella (Chicken Pox), Meningitis, Hepatitis B, TDaP, and Pneumonia. Recent changes in the State law allows free vaccines for children under 19 through the Vaccines For Children program (administration is \$20). The SHD promoted the "Cocoon" program, which encourages caregivers of infants to get vaccinated for Pertussis (whooping cough).

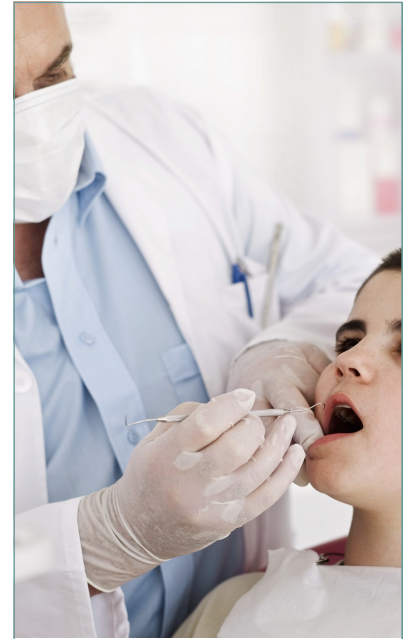
INFLUENZA

SHD staff, along with assistance from volunteers, provided 712 flu shots. The SHD continued to monitor influenza-like-illnesses in Stratford schools by gathering reports each week from school nurses. Staff closely monitored 2 new and potentially concerning influenza strains— H7N9 and H3N2v—and will continue to watch cases worldwide.

SCHOOL HEALTH

The SHD continued to operate the Wooster School-Based Health Clinic (SBHC) and Dental Clinic (SBDC) at Stratford Academy. The SBHC welcomed a new Nurse Practitioner and Social Worker to the team. Staff organized several group programs on topics like building social skills, bullying, physical activity, and girls health (which included group members bringing home simulation infants). The SBHC had 370 students enrolled and 1641 student visits during the school year.

The SBDC had 150 patients and 278 student visits this year. Staff has been working hard with the generous support of the Stratford Rotary Club to purchase equipment and supplies for a mobile dental unit that would travel to several schools throughout the district so parents can conveniently access dental care for their children. The mobile dental clinic will be up and running in 2014. Stay tuned for more information on locations!



COMMUNITY HEALTH

COMMUNICABLE DISEASES

The SHD received and reviewed 796 communicable disease reports that included food borne illnesses, sexually transmitted infections, water and vector borne diseases, tuberculosis, flu, measles, and more. Thirty-nine of the reports required follow-up. Rates of chlamydia and gonorrhea were particularly elevated among residents under the age of 25. There were 212 cases of chlamydia and 13 cases of gonorrhea. The SHD began exploring evidence-based practices to promote safe sexual practices and stop the spread of disease.

HIV/AIDS & HEPATITIS C

The SHD collaborated with the Greater Bridgeport Area Prevention Program (GBAPP) to bring free HIV/AIDS and Hepatitis C testing and counseling to residents every first and third Tuesday in September and October at the Birdseye Street Clinic.

TUBERCULOSIS

Nursing Staff screened 78 patients for tuberculosis (TB) and logged more than 100 field visits to ensure patients with active TB were complying with medical management.



PUTTING ON AIRS

Staff conducted 43 home visits for children and adults with asthma through the Putting on AIRS program. The goal of this program is to reduce emergency asthma visits by providing one-on-one education and medication review, a home assessment to locate asthma triggers and offering suggestions to help patients better manage asthma symptoms. The SHD also participated in World Asthma Day in May at the State Legislative Office Building.

FARMERS MARKET

Stratford Farmer's Market was open each Monday afternoon from June to October at the Deluca Field Overflow Parking lot on Main Street. The market featured fresh and local produce, seafood, baked goods, and more. The SHD supported the market by organizing opening day celebrations, weekly activities and through logistical support.

TOBACCO

The SHD embarked on an exciting and unprecedented public health initiative to re-ignite local efforts to educate residents about the dangers of tobacco smoke and support residents in their journey to kick the habit. The SHD received a grant from the EPA with the goal of reducing children's exposure to environmental tobacco smoke by creating materials to educate the public about the issue and providing free tobacco cessation programs to residents. Two free smoking cessation programs were held and 22 residents successfully completed the program.

OBESITY PREVENTION

GET HEALTHY CT

The Director of Health co-chaired Get Healthy CT, a group of stakeholders in the greater Bridgeport region dedicated to eliminating obesity by removing the barriers to healthy eating and physical activity. This year's projects included promoting a healthy eating and physical activity pledge; step-it-up campaign to encourage physical activity; produce of the week and much more. A website was also launched at www.gethealthyct.org

WORKSITE WELLNESS

The SHD launched a worksite wellness program for Stratford employees funded by a State grant. Each month during the year featured a new activity to promote healthy living. Activities included produce giveaways; walking and water challenges with incentives; yoga; lectures; and a health fair.



STRATEGIC PRIORITIES

COMMUNITY HEALTH ASSESSMENT AND IMPROVEMENT PLAN

Understanding the current health status of the community is important in order to identify priorities for future planning and funding, the existing strengths and assets on which to build upon, and areas for further collaboration and coordination across organizations, institutions, and community groups. The SHD joined the Primary Care Action Group (PCAG)—a coalition of hospitals, local health departments, federally qualified health centers, and numerous community and not-profit organizations serving the Greater Bridgeport, CT area—to complete a comprehensive regional health planning effort comprised of two phases: **1) A Community Health Assessment (CHA) that identifies the health-related needs and community strengths in the Greater Bridgeport area ; 2) Community Health Improvement Plan (CHIP) that determines the key health priorities, overarching goals, and specific strategies to help improve the health of area residents.**

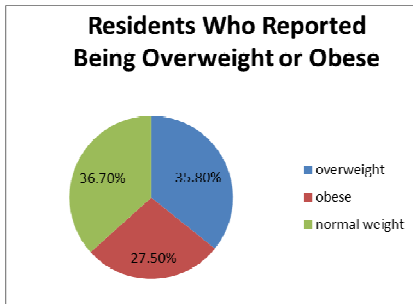
A quantitative survey that explored key health concerns, behaviors, and priorities for services and programming was developed and administered to 1,302 individuals throughout the 6 towns (including 490 from Stratford), and over 200 key stakeholders were surveyed through one-on-one interviews or focus groups. Four key health priorities were selected for action planning at a regional level and are shown below. A CHIP was created with key stakeholders and the SHD along with other partners will monitor implementation of the plan over the next 3 years. The full CHA report can be accessed on our website.

KEY HEALTH PRIORITIES

OBESITY

“People don’t recognize themselves or their children as obese.”

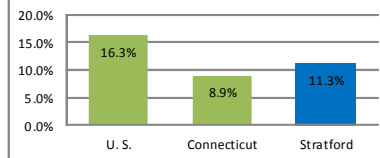
Residents Who Reported Being Overweight or Obese



ACCESS TO HEALTHCARE

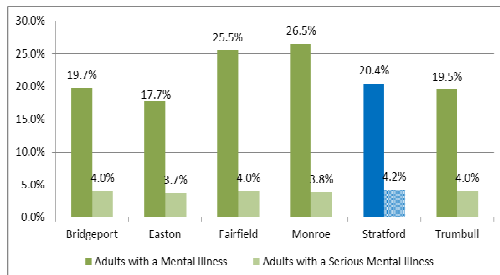
That’s a problem: how to get people like us who fall into this no-man’s land of not being poor enough to get subsidized help but not rich

Proportion of Persons without Medical Insurance



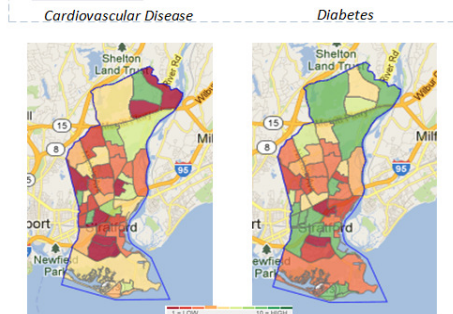
MENTAL HEALTH/SUBSTANCE ABUSE

“Mental health – that is one of the most unaddressed issues here.”



CARDIOVASCULAR AND DIABETES

“A lot of us have diabetes. It really seems to be increasing.”



STRATEGIC PLANNING

PLAN FOR FY 2014—FY 2019

The SHD received a grant from the National Association of City and County Health Officers (NACCHO) to conduct a department strategic plan and contracted with the Connecticut Association of Directors of Health (CADH) to facilitate 2, half-day discussions with SHD staff and develop or revise the mission, vision, values, strengths, weaknesses, opportunities and threats of the organization. Priorities, goals, objectives, actions steps, and a timeline for implementation were created. Strategic priorities identified were: **1. To strengthen ability to protect the health of the community; 2. To monitor and promote community health and well-being; 3. To improve organizational capacity and quality.** A copy is available on our web site.

NATIONAL ACCREDITATION

PHAB

The SHD embarked on an exciting initiative to achieve accreditation status through the Public Health Accreditation Board (PHAB), a national organization dedicated to improving and protecting the health of the public by advancing the quality and performance of health departments. The accreditation process will help the SHD improve service, develop leadership and identify performance improvement opportunities. Accreditation also documents the capacity of the SHD to deliver the Ten Essential Public Health Services. Staff meets monthly to discuss plans fulfilling each of the Standards and Measures identified by PHAB.

Strategies for Health ANNUAL REPORT FY 13



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