



# STRATEGIES FOR HEALTH

Public Efficient Community Clean Caring  
Prevention Health Mind Professional  
Restaurants Services Dependable Quality Familiar  
Hard Working Accessible Knowledgeable Hear  
Accurate

## MESSAGE FROM THE DIRECTOR

What does public health mean to you? That was one of the questions we posed through surveys offered via email and at gatherings like Main Street Festival. The word bubbles to the left and on page 6 capture key words shared when asked about public health in our community. Improving and raising awareness of the Stratford Health Department “brand” has been a focus of ours this year. This report highlights the breadth of our work in opioid and suicide prevention activities, working with partners to address sexually transmitted infections in 15-19 year olds, increasing food access with partners like the CT Food Bank and launching a population-based strategy to address asthma, just to name a few. This year we also welcomed Rich Fredette, Stratford’s Blight Officer into our department. Neighborhood issues like trash and unkempt properties contribute to “upstream” issues known as social determinants of health. It’s all public health, it’s what we do; responding to community needs with meaningful, measurable programming that keeps community health improvement at the fore.

In Health,  
Andrea L. Boissevain, MPH



## AT A GLANCE: PUBLIC HEALTH BY THE NUMBERS



**47,856 MEALS**  
Families provided with meals through the South End Community Center food pantry.



**581 CITIZEN COMPLAINTS**  
Garbage, housing, and other environmental health complaints followed up on by health inspectors.



**116 IMMUNIZATIONS**  
Residents vaccinated against life threatening diseases by public health nurses.



**3,650 PATIENT VISITS**  
Stratford youth treated or counseled by school-based health and community services clinicians.



**1,139 POUNDS**  
Medication deposited in the police station drop box. Every household received information about this service.



**586 DISEASE REPORTS**  
Reports related to foodborne illness, tuberculosis and other communicable diseases reviewed.

**HEALTHY PEOPLE THRIVING IN A HEALTHY STRATFORD**

# ENVIRONMENTAL SAFETY

## EMERGENCY PREPAREDNESS

### REGIONAL APPROACH

The SHD continued emergency planning with Region 1 response partners through the Health Care Coalition (HCC). Regional activities included an Ebola exercise and drill with hospitals and long-term care facilities to practice inter-agency response to emergency scenarios.

### TRAINING

Texas A & M Engineering Extension Services (TEEX) provided POD management training for staff and MRC volunteers. Participants engaged in interactive activities to plan for mass dispensing scenarios. MDA 12 partners also engaged in an exercise to review response to a pandemic flu scenario and learn how to work together to vaccinate residents rapidly.

### MEDICAL RESERVE CORPS

Stratford-Trumbull-Monroe MRC members participated in trainings, exercises, and volunteer opportunities throughout the year. Stratford EMS provided *Stop the Bleed* training where volunteers learned how to recognize and respond to uncontrolled bleeding with the use of a tourniquet and wound suppression. Members also trained on Narcan administration in response to an opiate overdose. Volunteers were integral in staffing the CT Food Bank mobile food pantry at Holy Name of Jesus Church, and helped distribute food each month. They also participated in flu clinics and *Know Your Numbers* screenings.



## HEALTHY ENVIRONMENTS

The SHD continued to collaborate with the CT DPH, CT DEEP, and EPA to provide local public health input and perform outreach surrounding cleanup of multiple properties impacted by the former Raymark Industries, Inc. The SHD worked with community members to establish a Raymark Community Advisory Group and hosts bimonthly meetings to discuss updates, questions and concerns on the cleanup project. The SHD also created a fact sheet on the new Groundwater and Vapor Intrusion Zones Ordinance, which was enacted to protect the public from exposure to contaminants in groundwater. The SHD received and responded to 118 inquiries and concerns about the Raymark Site, Brownfield Sites, and environmental contamination. The SHD pilot tested the AirNow Flag Project and developed a campaign to educate the public about poor air quality days using a color-coded flag system and mobile app. Poor air quality days particularly effect vulnerable populations such as asthmatics and the elderly. Sanitarians also performed weekly water monitoring at public beaches during summer months to ensure water was safe for community recreation.

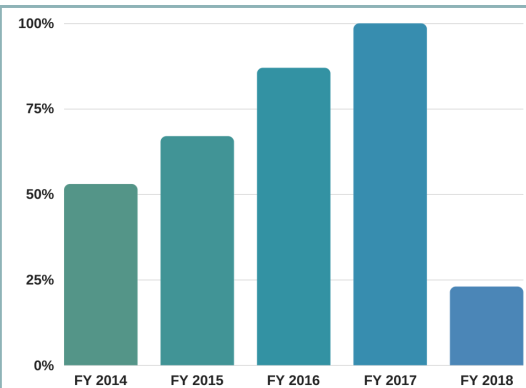
## COMPLAINT INVESTIGATIONS

The SHD received 581 complaints from residents about community environmental issues related to garbage, odor, mold, noise, vermin and other potential hazards. Environmental staff followed up on all complaints and conducted 379 re-inspections.



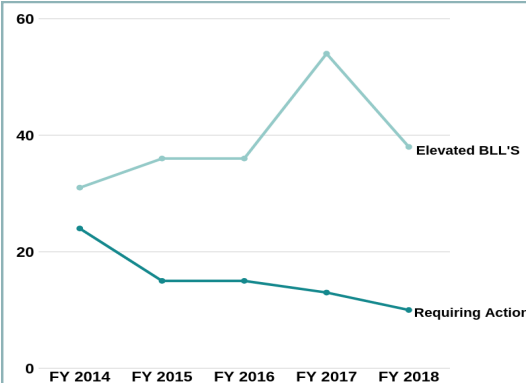
## FOOD SAFETY

The SHD conducted 352 Food Service Establishment inspections and re-inspections, reflecting a decrease in total inspections overall compared with last year due to the implementation of the recently adopted FDA food code that requires 3 inspections annually rather than the previous 4 per year. The adoption of the FDA food code also required that each certified food inspector take online FDA training courses, totally approximately 70 hours of education. The SHD transitioned to an online permitting system so that consumers can fill out required paperwork via the town website. The system can be used to complete other permits as well.



## NAIL SALON FAILURE RATE

The SHD continued quality improvement activities in response to nail salon inspection failure rates and accompanying critical health violations such as improper cleaning and sanitizing procedures. The SHD offered a training for nail salon owners and technicians in 5 languages using certified interpreters and covered topics such as safety and cleanliness. Attendees were also presented with draft revisions to the local Chapter 55 ordinance pertaining to barbershops, hairdressing, and cosmetology and provided with opportunities to comment on the revisions, which included stricter regulations and penalty fees.



## LEAD PREVENTION

Lead quality improvement project advancements this year included goals related to prevention, education and outreach. The SHD continued their partnership with the Stratford Housing Authority to assess Section 8 Housing where children under 6 years of age are residing for lead hazards. If hazards were identified, SHD staff communicated with landlords about remediation, while simultaneously educating parents on preventing lead poisoning through cleaning and behavior modification. This work was in addition to the routine risk assessments completed when a child was identified with an elevated blood lead level (BLL).



# Medication DropBox

**accepts Pet Meds!**

**Did You Know...**

located at the Stratford Police Station

**Free Safe Anonymous**



## OPIOID RESPONSE

The Partnership implemented prevention strategies around prescription drug and opioid misuse prevention. In collaboration with the Stratford Library, Stratford Fire, EMS and Police, the Netflix documentary 'Heroin(e)' was screened along with a panel discussion with first responders. Two 'Overdose Prevention and Naloxone' trainings were held at the Fire Department in collaboration with Rotary Drug. Over 30 Naloxone kits were distributed. The Partnership created a 'pet medication drop box' poster and post card to notify pet owners that the Drop Box accepts pet meds, too. Posters are displayed at veterinary offices and animal hospitals, day-care, pet stores and grooming salons. A Stratford C.A.R.E.S. Hope and Support group was established in April 2018. The group offers a place to discuss a loved one's substance use misuse and abuse and provides education, empowerment and encouragement. The group meets Mondays, 7-9 p.m. at the United Methodist Church, 2600 Main Street.

# COMMUNITY PREVENTION



## Stratford Partnership for Youth and Families

### STRATFORD PARTNERSHIP FOR YOUTH AND FAMILIES

Stratford Partnership for Youth and Families (Partnership) mobilizes youth and community partners to reduce youth substance abuse and create a safe, healthy and drug-free environment where youth and families thrive. Goals are to increase community collaboration and reduce youth substance, focusing on underage drinking, youth marijuana use and prescription drug misuse and abuse. The Partnership also promotes Search Institute's 40 Developmental Assets, which are the positive qualities and experiences that help young people thrive.

### THE CHAIN

The Partnership's Youth Committee created 5 one-minute videos and a 5-minute video-series to raise awareness about the daily pressures that teens face and their choices when it comes to making decisions to misuse/abuse substances, including prescription drugs. The video-series highlights the consequences and outcomes and can be found at [www.StratfordPartnership.org](http://www.StratfordPartnership.org).

### PREVENTION WORKS

The Partnership implemented an array of prevention strategies to reduce youth substance use:

- **Freshman Forum** — an annual underage drinking and youth marijuana use prevention evening program for all 9<sup>th</sup> graders and their families.
- **Sticker Shock Campaign** — in collaboration with the Stratford Police Explorers, stickers were placed on alcoholic beverages in 3 participating liquor stores reminding adults of the consequences of providing/buying alcohol for minors.
- **Safe Prom and Safe Graduation** — campaigns promoted to 12<sup>th</sup> graders and their families.
- **Enforcement** — Compliance checks were conducted with Police resulting a 10% failure rate of tobacco merchants and 13% failure rate of off-premise alcohol merchants (liquor stores).



**the Chain**

StratfordPartnership.org  
@StfdPartnership  
@StfdPartnership  
Stratford Partnership for Youth and Families

This project was created by the Youth Committee of the Stratford Partnership for Youth and Families, sponsored by Town of Stratford Community Services.

**Growing Up Now**  
 What Every Parent needs to know about the  
**13 Reasons Why**  
 Sequel

**JOIN THE CONVERSATION ►**

Event will feature *She Mattered*, a presentation about teen suicide and its connection to bullying and mental health. A discussion with school administrators and mental health professionals will follow.

**January 29, 2018, 6:15 - 8pm**  
**Wooster Middle School Media Center**  
 Snow Date Jan. 31

**Open to Parents and School Staff Only**

**SOUTH END COMMUNITY CENTER (SECC)**

The SECC identifies and assesses the changing needs and resources of the community and is devoted to involving, motivating and empowering all residents, especially the residents of the South End to develop their resources to commit, take responsibility, and be caring citizens of the Town of Stratford.

**COMMUNITY ACTIVITIES**

The licensed K-6 After-School Enrichment Program had 17 elementary children enrolled. Of those, 58% of the families were low income and eligible for Care4Kids or scholarship assistance. The Summer Soiree Enrichment Program is a summer learning and enrichment program designed to prevent the “summer slide” – the fall in achievement scores and grades among low-income children that come with no sustained learning opportunities when school is not in session. In addition to typical day camp activities like swimming and field trips, homework packet assistance and activities that focus on math, language arts, science and social studies skills are incorporated in the weekly theme-based curriculum. During 2017 summer, 34 children attended camp with 76% low income and qualifying for scholarship assistance. The IRS Volunteer Income Tax Assistance (VITA) program provides free tax return preparation assistance to low/moderate income workers. Volunteers prepared 473 returns for individuals who earned less than \$54,000.

**HELPING NEIGHBORS**

The SECC Food Pantry is open 3 mornings a month and food is provided by client choice. This past year, on average, 77 adults, 54 children, and 36 seniors received 3,988 meals per month. Clothing was also distributed through the Coat Closet program, which is open during winter months. New backpacks and school supplies were given to 35 children and 25 received clothing, shoes and uniforms as part of the Back-To-School Drive. During the 2017 holiday, 96 children received gifts. The SECC also hosted a summer lunch program weekdays for children under the age of 18 with an average 40 children receiving lunch daily.

**COMMUNITY BUILDING**

The South West Regional Mental Health Board, which works to ensure a high-quality mental health system for the residents, recognized Community Services (CS) for “outstanding efforts to promote wellness and recovery, raise mental health awareness and reduce stigma, coupled with unwavering support of the South West Regional Mental Health Board.” CS offers youth and family counseling, social services, child and youth development, substance abuse prevention, and advocacy including:

- **Growing Up Now** — Partnered with the Wooster School-Based Health Center and Public Schools to deliver suicide prevention programming to parents in response to the Netflix Series “13 Reasons Why.”
- **Mental Health and Youth Mental Health First Aid** — 3 workshops equipped 57 community members to recognize and connect someone developing a mental health issue to appropriate support and care.
- **Juvenile Review Board** — 5 panel meetings took place to review 42 youth cases.
- **The Center for Family Justice** — CS is home to a satellite office, which provides caring support, information and referral, crisis services and shelter for victims of domestic and sexual violence and child abuse.
- **Life Skills Classes** — Programming included Girls Circles, Community Service Club, and Youth Leadership Stratford conference with a total of 183 youth participants.
- **Parenting Programs** — 6 programs reached 122 parents, including 2 programs conducted in Spanish.
- **CT Energy Assistance Program** — Of the 216 applications taken at Community Services, 178 were completed reaching a total of 499 residents.

**COMMUNITY SERVICES**





## OUT AND ABOUT

The SHD engaged in community events including the Main Street Festival, Pumpkin Festival, Family Fitness Day, Latin Festival, Kids Day at the Farmers Market and more. Residents were engaged to learn more about SHD programs and services and surveyed for feedback about the most important community health issues. Activities and giveaways were provided at each event.

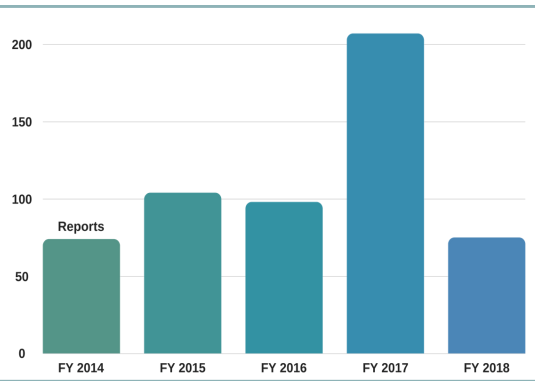
## FOOD ACCESS

The SHD continued food access initiatives to provide all residents regardless of income with the opportunity to access fresh fruits and vegetables as well as other healthy food items. The SHD collaborates with CT Food Bank mobile food pantry program to deliver free fresh produce, dairy products, whole grains, and other items to residents every month. This past fiscal year, 979 families were served. A partnership continued with Fresh Connections, a produce-distribution program from Lifebridge Community Services, to provide residents the opportunity to purchase low-cost fresh produce and/or shop their "pop-up" market twice a month at the Birdseye Municipal Complex. Through this partnership a six-week cooking class and nutrition education series was also offered to residents. The SHD assists with coordination of the Stratford Farmers market, which occurs every Monday at Paradise Green between June and October and continued the Donate Produce campaign that connects the local community garden and backyard gardeners with food pantries in need.

# COMMUNITY HEALTH

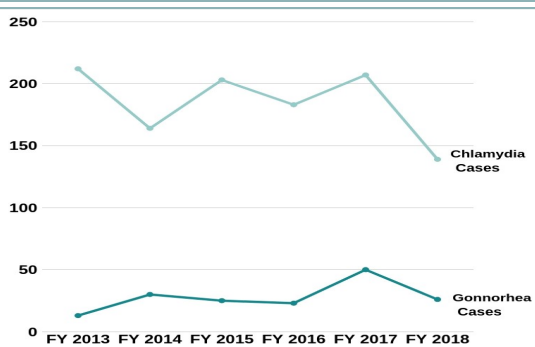
## HEPATITIS C CASE REPORTS

The SHD lead a Hepatitis C workgroup with CT DPH and other local health departments in the State to develop strategies to identify residents with Hepatitis C and link them to treatment. The quality improvement project focused on problems with data collection and reporting of cases. Strategies to improve data collection processes and policy changes with laboratory reporting were implemented and measured. The SHD organized 2 Hepatitis C education events for healthcare providers in partnership with Gilead Sciences, Inc.



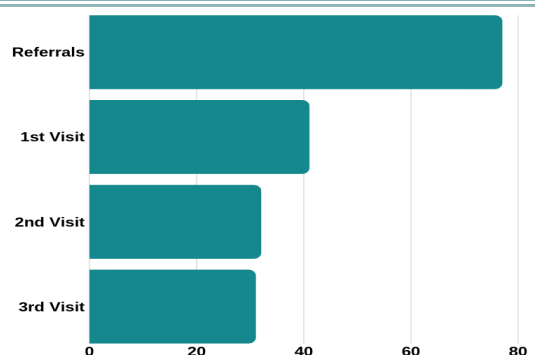
## STI RATES

The SHD continued the Stratford Sexually Transmitted Infections (STI) collaborative quality improvement project with partners from public schools, community services, Planned Parenthood, the library, and others. The group developed a strategic plan to address chlamydia and gonorrhea rates among teens and includes action items related to access to care, education/outreach, and asset development. A staff member was brought on board to coordinate project logistics.



## ASTHMA PROGRAM COMPLETION

Review of performance benchmarks revealed that not all patients participating in the Putting on AIRS (POA) asthma program had asthma action plans, and furthermore, not all participants were completing the required 3 visits. The POA team embarked on a quality improvement initiative to improve compliance rates and decrease no show rates among patients. Changes to the program format included focusing more on social determinants and decreasing barriers to completion.



## HEALTHY KIDS

### SCHOOL-BASED CLINIC

The Wooster School-Based Health Center (SBHC) had 414 students enrolled and received 2633 patients visits. The SBHC collaborated with CS, the SHD, and the Public Schools to organize a suicide prevention education event for parents at Wooster Middle School. A speaker from *She Mattered* spoke about suicide and its connection to mental health and bullying. The clinic also began participating in a national quality improvement project.

### EARLY CHILDHOOD

The SHD continued a partnership with the School-Readiness committee and its health sub-committee and organized additional sessions of the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Four providers participated this fiscal year for a total of 7 since the program's inception in Stratford. SHD staff worked with providers to institute sustainable health policies.

### WELL-CHILD VACCINATIONS

Nursing staff provide 86 childhood immunizations and 119 pediatric flu vaccines, particularly at a super hero-themed flu clinic held at EMS.

# COMMUNITY IMPROVEMENT

Contamination Soil Raymark Teenage Pregnancy Air Nutrition  
 Disease Community Drug West Nile Clean  
 Addiction Flu Wellness Health Healthy  
 Vaccines Services Access Making Obesity

## COMMUNITY HEALTH ASSESSMENT AND IMPROVEMENT PLAN

The SHD, as part of the Primary Care Action Group (PCAG) regional collaborative with public health, hospital, and health agency partners, revised and updated the Community Health Improvement Plan (CHIP) based on newly assessed data and evolving community needs. The group also formalized an evaluation process to track impacts made to community health indicators as a result of strategy implementation. The SHD sought input from residents at the Main Street Festival about the most important community health issues.

### **CARDIOVASCULAR DISEASE AND DIABETES**

By 2019, there will be no increase in the incidence of cardiovascular disease (CVD) and diabetes (DM) in the Greater Bridgeport Region.

#### Strategies:

1. Decrease the number of emergency room visits related to diabetes or cardiovascular disease.
2. Improve access to healthy food at local food pantries and meal programs.
3. Increase access to health screenings for chronic disease management and linkages to services.
4. Communicate awareness and benefits of National Culturally and Linguistically Appropriate Services (CLAS) standards to agencies.

### **HEALTHY LIFESTYLES**

By 2019, promote healthy lifestyles in the Greater Bridgeport Region to reduce the incidence of overweight and obese adults by 2% and reduce tobacco by 2%.

#### Strategies:

1. Increase access to and availability of affordable healthy food and beverage choices.
2. Increase access to and availability of affordable physical activity opportunities.
3. Support healthy lifestyles in the school and worksite environment.
4. Promote tobacco cessation in the Greater Bridgeport Region.

### **MENTAL HEALTH AND SUBSTANCE ABUSE**

Increase early detection of behavioral health disorders and improve coordination of care.

#### Strategies:

1. Integrate mental health and substance abuse screenings into urgent care and municipal settings.
2. Increase access to services by improving the coordination of care for frequent users of the ED.
3. Increase access to mental health and substance abuse resources in the community through health education initiatives.
4. Increase access to mental health providers.

### **ACCESS TO CARE**

Improve access to quality health care for all individuals living in the Greater Bridgeport Region.

#### Strategies:

1. Increase % of Greater Bridgeport population accessing specialists.
2. Improve access to and quality of transportation for Medicaid patients.
3. Increase % of population accessing dental care.
4. Increase the number of people accessing care from appropriate delivery site (clinic, hospital, ED, etc.)
5. Increase the effective control of asthma in the community.
6. Communicate awareness and benefits of CLAS to reduce inequality.

## PERFORMANCE IMPROVEMENT

The SHD continues to track performance measures to drive projects that improve the quality and efficiency of the department. Staff took part in a quality improvement prioritization exercise using data from performance management dashboards where health indicators are tracked. The group reached a consensus to perform 5 different projects related to the following areas: lead poisoning prevention, Hepatitis C data tracking, nail salon compliance, and impact of asthma programming. In addition, the SHD maintained status as an accredited health department, one of only 3 local health departments in Connecticut to earn this status.



# STRATEGIES FOR HEALTH ANNUAL REPORT FY 18



## STRATFORD HEALTH DEPARTMENT

468 Birdseye Street • Stratford, CT 06615

Phone: 203-385-4090 • Fax: 203-381-2048 • Email: [healthdepartment@townofstratford.com](mailto:healthdepartment@townofstratford.com)

Facebook: [StratfordHealthDepartmentCT](https://www.facebook.com/StratfordHealthDepartmentCT) • Twitter: [@healthstratford](https://twitter.com/healthstratford) • Instagram: [@StratfordHealth\\_Department](https://www.instagram.com/StratfordHealth_Department)

*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."*