



Eastern Highlands Health District

2012-2013

ANNUAL REPORT



SERVING THE TOWNS OF:

ANDOVER, ASHFORD, BOLTON, CHAPLIN, COLUMBIA, COVENTRY,
MANSFIELD, SCOTLAND, TOLLAND, AND WILLINGTON

POPULATION: 82,082 SERVICE AREA: APPROXIMATELY 208 SQUARE MILES

Health District Staff

Robert L. Miller, MPH, R.S. Director of Health
 Kenneth Dardick, MD Medical Advisor
 Glenn Bagdoian, R.S. Sanitarian II
 Ande Bloom, MS, RD Community Health
 and Wellness Coordinator
 Millie Brosseau Administrative Assistant
 Kyle Chmielecki Project Specialist
 John Degnan, MA Public Health Emergency
 Preparedness Coordinator
 Geoffrey Havens, R.S. Sanitarian II
 Holly Hood, MPH, R.S. Sanitarian II
 Jeff Polhemus, R.S. Chief Sanitarian
 Jody Schmidt, MS, R.S. Sanitarian II
 Lynette Swanson..... Environmental Health Inspector



Back: John Degnan, Glenn Bagdoian, Geoff Havens, Jeff Polhemus, Kyle Chmielecki, Robert Miller **Front:** Jody Schmidt, Holly Hood, Ande Bloom, Millie Brosseau

EHHD Board of Directors

Elizabeth Paterson (Chair)..... Town of Mansfield
 John Elsesser (Vice Chair)..... Town of Coventry
 Joyce Stille (Assistant Treasurer)..... Town of Bolton
 Alisa Bray Town of Chaplin
 Maria Capriola (Alternate)..... Town of Mansfield
 Rick Field Town of Tolland
 Ralph Fletcher Town of Ashford
 Matt Hart Town of Mansfield
 Michael Kurland..... Town of Mansfield
 Jonathan Luiz Town of Columbia
 Christina Mailhos (Alternate)..... Town of Willington
 Paul Schur Town of Willington
 M. Deborah Walsh Town of Coventry
 Steve Werbner..... Town of Tolland
 Mike Zambo (Alternate)..... Town of Ashford
 Vacant Town of Andover
 Vacant Town of Scotland



Back: Rick Field, Steve Werbner, Jonathan Luiz, John Elsesser, Ralph Fletcher, Michael Kurland **Front:** Matt Hart, Joyce Stille, Elizabeth Paterson, Christine Mailhos, Paul Schur

Mission Statement -

Eastern Highlands Health District is committed to enhancing the quality of life in its communities through the prevention of illness, promotion of wellness and protection of our human environment.

Vision - Healthy people, healthy communities ... healthier future.



Message from the Director

It is my pleasure to present the community with the Eastern Highlands Health District Annual Report for the 2012-2013 fiscal year. The Health District engaged in many new and exciting activities and initiatives during this past fiscal year. The following highlights are just a few.

Strategic Planning - The board of directors, working closely with staff and our strategic planning consultant, embarked on the health district's first strategic planning process. The process ended in the adoption of a four year strategic plan and an associated action plan for implementation. The strategic plan will guide the agency over the next four years towards its mission to prevent illness and promote wellness.

Environmental Health - Preventing illness through enforcement of the Connecticut Public Health Code continues to be the mainstay of environmental health services provided by Eastern Highlands Health District. These services go beyond the traditional health inspection, complaint investigation, and water sampling. In this past year, our environmental health specialists worked closely with the Town of Bolton and state officials in developing and providing the first comprehensive local public health response to a potentially toxic Blue/green algae bloom in a state recreational lake. The response to this bloom at Lower Bolton Lake subsequently provided the framework for what is now the first edition of a state-wide response guideline for local public health officials.

Community Health - The community health program was very busy this past year. A community health needs assessment for Tolland County was completed as part of a five year, \$419,000 Community Transformation Grant received in the prior year. The needs assessment findings will drive community health improvement strategies in the next three years in Tolland County. These strategies will focus on tobacco free living, and high quality clinical health screening, among others.

Additionally, the Health District's award winning employee wellness program, "Be Well", partnered, for the first time, with the Eastern Connecticut Health Insurance Partnership to provide biometric screening and on-line personal health risk assessments targeting 2000 public sector employees in eastern Connecticut.

Lastly, it is immensely important to recognize our community partners. Their support in our efforts to prevent illness and promote wellness in the citizens we serve cannot be over-valued. Together we comprise a local public health network that continues to make great strides in protecting the communities we serve. I thank you for your dedication and commitment to local public health.

My door is always open.

Yours in Health,

Robert L. Miller, MPH, R.S.
 Director of Health





Public Health
Prevent. Promote. Protect.

Local health departments work across the nation to prevent disease, promote health and protect communities. The National Association of County and City Health Officials (NACCHO)

developed this logo to promote universal recognition of this critical work and to provide a consistent image and message for local health departments. The EHHD is proud to support this national effort.

EHHD History

As one of 53 full time health departments in Connecticut, the Eastern Highlands Health District provides services to a little more than two percent of the state's population. The district was formed in June of 1997, when the town leaders and residents of Bolton, Coventry and Mansfield realized that pooling resources could increase the scope and quality of public health services by providing a full-time public health staff while reducing expenses. In 2000, the Town of Tolland joined the District, and subsequently, the Towns of Willington (in 2001) and Ashford (in 2004) also joined. In June of 2005, four other contiguous towns (Andover, Chaplin, Columbia and Scotland) became part of the Health District. Each of these ten towns now has the benefits of full-time public health services, ensuring that the essential services of local public health are met for these communities.

What is a Health District?

Health districts are much like full-time municipal health departments in the services they provide. They are governmental entities that carry out critical local public health functions that include: infectious disease control, code enforcement, and health education. Through a binding relationship with member towns (provided for in state statutes), services are offered to a group of towns that may not otherwise have a full-time health department without district membership. Joining a health district is an attractive option for towns because they are provided with access to full-time public health services at minimal cost. District membership increases the ability of a town to benefit from grant-funded public health programs. Towns that are members of health districts provide annual per capita contributions to support health district operations.

Top 10 Benefits Your Community Receives as a Member of a Public Health District:

1. A professionally staffed department with fully trained and certified personnel.
2. Improved availability of services; seven days a week, 24 hours a day for emergencies.
3. Less fragmentation of services.
4. Uniform enforcement of state laws and regulations, codes and ordinances.
5. A regional approach to public health problems that cross town lines.
6. Pooling of manpower for backup services in times of need.
7. The capability to address a wider scope of public health problems and issues than your community could manage on its own.
8. Reduction of waste and maximized effectiveness through problem identification, priority setting, improved coordination and more efficient use of resources.
9. Eligibility for extensive state and federal funding, bringing services to the local level that might not otherwise be possible.
10. An opportunity for your town to network with other local health departments and state agencies.

10 Essential Services of Local Public Health:

1. **Monitor** health status to identify community health problems.
2. **Diagnose** and **investigate** health problems and health hazards in the community.
3. **Inform, educate** and **empower** people about health issues.
4. **Mobilize** community partnerships to identify and solve health problems.
5. **Develop** policies and plans that support individual and community health efforts.
6. **Enforce** laws and regulations that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** a competent public and personal health care workforce.
9. **Evaluate** effectiveness, accessibility and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to public health problems.

EHHD'S PROGRAMS AND SERVICES

Eastern Highlands Health District works diligently to comply with all State of Connecticut mandates for district health departments. We provide the community with a range of programs and services to promote and protect environmental, personal, and community health.

Emergency Preparedness

Public Health Emergency Preparedness

Planning The Eastern Highlands Health District (EHHD) has updated both its Local Public Health Emergency Response Plan and the Mass Dispensing of Prophylactic Medications Annex to that plan. These plans provide processes that can be used in the event of a large-scale natural or manmade emergency, to insure that appropriate public health and medical resources will be available to the public.



EHHD participates fully in the Connecticut Division of Emergency Management and Homeland Security (DEMHS) regional planning process in Region 3 and Region 4, and continues to develop all-hazards plans for a robust public health response to all emergencies. The towns covered by the Northeast, Windham and Southeast Councils of Government constitute the DEMHS planning Region 4 and include seven of the ten Eastern Highlands Health District member towns. The Capital Region Emergency Planning Committee (CREPC) encompasses DEMHS Region 3 and includes the remaining three of the EHHD member towns. Taken together, the total population of the EHHD – Mass Dispensing Area (MDA) is 82,082. This regional planning and response framework facilitates the coordination of effective approaches to public health and medical preparedness and response, and supports an all-hazards approach when responding to various emergencies. Both the Region 3 and Region 4 planning processes have been recently recognized for excellence by the National Association of County and City Health Officials (NACCHO) – Project Public Health Ready.

The District has been involved in a number of regional drills and exercises throughout this year. These included: regional communication and staff call down drills; regional clinic operational drills, and the Governor's Statewide Winter Storm Exercise.

Environmental Programs

Water Quality- EHHD reviews and approves private well sites and drinking water analysis reports to assure that the drinking water supplies are free of harmful bacteria, chemicals and pollutants. The health district also inspects and monitors the water quality at public bathing areas and public swimming pools to assure compliance with water quality and health safety standards.

Subsurface Sewage Disposal- EHHD's sanitarians conduct soil testing, review septic system design plans, issue permits to construct, and conduct site inspections during construction to verify compliance with codes and technical standards.



Food Protection- All food service establishments are inspected frequently and operating licenses are renewed annually. Temporary and special events where food is served to the public are also licensed and inspected for food safety compliance.

Campground / Daycare / Youth Camp Inspections- EHHD conducts annual family campground inspections, biennial daycare inspections, and assists the State of Connecticut with youth camp kitchen inspections.

Complaint Investigation/Code Enforcement- EHHD staff investigate all complaints received by the department, ranging from food protection and water quality concerns to housing, sewage and vermin problems. Where conditions are found that violate the Public Health Code or Connecticut General Statutes, and the conditions are not immediately corrected, property owners or violators are subject to enforcement procedures.

Communicable Disease Control & Surveillance

Disease Surveillance- EHHD conducts communicable disease surveillance to detect outbreaks. Statistics detailed at the end of this report represent the total number of reported disease cases that have public health significance in member towns. (It is generally acknowledged that these diseases are underreported within the population.)

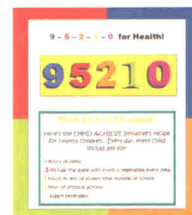
Disease Control- Clinical laboratory and physician case reports are reviewed for possible follow-up and investigation. Outbreaks of disease are investigated, and measures to prevent and control further spread of disease are implemented when necessary.

Community Health

Health Promotion initiatives in the Health District focus on sustainable interventions and nurturing partnerships to build a healthier community. While targeted programming is utilized when appropriate, our current focus is on policy, systems, and environmental changes to make the healthy choice the easy choice for all member town residents, employees, and visitors.

Community Transformation Initiative-

The health district was awarded CDC funding through the State Department of Public Health in November 2011 to use the ACHIEVE model to improve policies and the environment across EHHD towns and all of Tolland County in three strategic directions: tobacco-free living, healthy eating and active living, and quality clinical preventive services with a focus on at-risk populations and groups experiencing health disparities. This year the coalition (Community Health Action Response Team "CHART") focused on completing a Community Health Needs Assessment which is posted on the EHHD website. These efforts will continue into the next year with several key initiatives focusing on the strategic directions.



Asthma- The EHHD is represented on the Region 3 Asthma Coalition. Through funding from the State Department of Public Health, six in-home assessments for environmental asthma triggers were provided to families in the health district.



Keep It Clean- A New England regional campaign to educate homeowners on lead safety issues during home painting and renovation projects is supported by the EHHD Health Education Program. Local hardware stores participated in the program and received materials to distribute to consumers as well as resources for employee training.

Be Well- Developed by the EHHD in 2006, provides comprehensive programming and promotion on a contractual basis to local employers. The goal of this employee wellness program is to improve the overall health and wellness of employees through initiatives that target risk factors and issues that influence health. Provided as a full contracted service to four employers in health district towns (Town of Mansfield, Mansfield BOE, Region 19 BOE, and the Town of Tolland), basic Be Well initiatives are also provided to member town and school employees through the State Preventive Health Block Grant (to focus on policy and environmental changes to reduce the incidence of obesity in worksites). Each year Be Well contributes to strong health outcomes and a significant return-on-investment for participating employers.(www.ehhd.org/be_well)

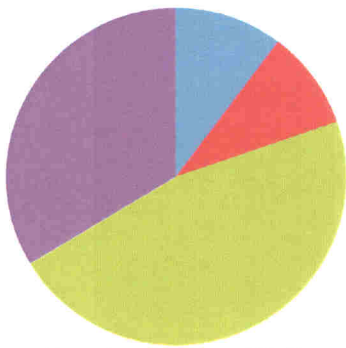


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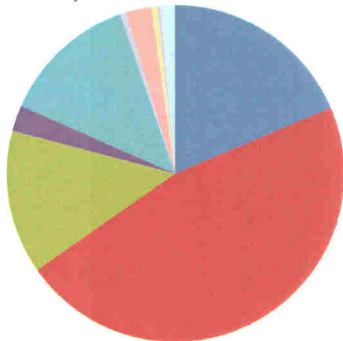
Budget Fiscal Year 2012/2013

EHHD receives funds from a variety of sources including member town contributions, State and Federal grants, and permit fees. Towns are charged on a per-capita basis, which supports local public health services.

Revenues 2012-2013



Expenditures 2012-2013



EHHD Service and Activities Data by Town

	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Wilmington	District Totals
COMPLAINTS											
Air Quality	0	1	0	0	0	0	1	0	0	0	2
Animals/Animal Waste	0	0	0	0	1	0	0	0	0	0	1
Activity Without Proper Permits	0	0	0	0	0	0	0	0	0	0	0
Food Protection	0	1	0	1	0	1	3	0	1	0	7
Housing Issues	2	1	8	3	0	0	5	1	2	6	28
Emergency Response	1	1	0	0	0	2	2	0	0	2	8
Refuse/Garbage	2	0	0	0	2	0	2	1	0	1	8
Rodents/Insects	0	1	0	1	2	1	4	1	0	1	11
Septic/Sewage	2	1	4	0	4	3	3	0	3	2	22
Other	0	1	0	0	0	1	5	0	2	1	10
Water Quality	0	1	2	0	1	1	1	0	0	1	7
Total	7	8	14	5	10	9	26	3	8	14	104
HEALTH INSPECTION											
Group homes	0	0	0	0	1	1	1	0	0	0	3
Day Care	0	1	1	0	0	2	4	0	3	4	15
Camps	0	0	0	0	0	0	0	1	0	1	2
Public Pool	0	2	0	0	0	0	0	0	0	0	2
Other	0	13	0	0	0	2	5	0	0	0	20
Schools	0	0	0	0	0	0	4	0	0	0	4
Mortgage, FHA, VA	0	0	0	0	0	0	1	0	0	0	1
Total	0	16	1	0	1	5	15	1	3	5	47
ON-SITE SEWAGE DISPOSAL											
Site inspection -- all site visits	17	58	47	46	45	157	175	17	154	92	808
Deep hole tests -- number of holes	18	25	152	16	108	269	124	16	78	61	867
Percolation tests -- number of holes	4	15	9	6	16	24	32	4	27	6	143
Permits issued, new	2	0	8	2	11	22	12	1	6	2	66
Permits issued, repair	7	9	11	4	9	16	32	1	61	7	157
Site plans reviewed	8	7	20	7	20	42	53	3	51	12	223
B100a reviews	20	42	40	9	67	76	87	5	199	45	590
WELLS											
Well sites inspected	0	1	3	3	27	37	3	3	11	7	95
Well permits issued	3	6	15	3	13	28	30	3	25	6	132
LABORATORY ACTIVITIES (Samples Taken)											
Potable water	0	0	0	1	0	0	6	0	0	0	7
Surface water	30	14	59	2	46	172	28	0	48	44	443
Ground water	0	0	0	0	0	0	0	0	0	0	0
Rabies	0	1	1	1	0	0	0	1	0	0	4
Lead	0	5	0	0	0	0	0	0	0	0	5
Other	0	1	0	0	0	3	10	0	0	1	15
FOOD PROTECTION											
Inspections	26	37	27	25	30	86	182	3	79	41	536
Reinspections	5	6	4	2	3	9	26	2	9	10	76
Temporary permits	6	14	16	0	12	73	28	0	13	7	169
Temporary inspections	2	0	4	0	0	74	9	6	0	1	96
Plan reviews	2	3	2	0	0	3	10	0	3	1	24
Pre-operational inspections	2	1	5	3	5	2	33	0	17	0	68
LEAD ACTIVITIES											
Housing inspection	0	1	0	0	0	0	0	0	0	0	1
Abate plan reviewed	0	0	0	0	0	0	0	0	0	0	0
MISCELLANEOUS ACTIVITIES											
Planning and Zoning referrals	1	0	0	0	6	9	5	0	0	3	24
Subdivision reviewed (per lot)	2	0	0	0	4	12	22	1	1	2	44

Selected Reportable Diseases for Calendar Year 2012 by Town *

	Andover	Ashford	Bolton	Chaplin	Columbia	Coventry	Mansfield	Scotland	Tolland	Willington	District Totals
Babesiosis	0	0	0	0	0	0	0	1	0	0	1
Campylobacter	2	0	0	0	3	2	2	0	5	0	14
Chlamydia	11	5	10	3	6	18	37	1	12	9	112
Cryptosporidium	0	0	0	0	0	0	0	0	1	0	1
Cyclospora	0	0	0	0	0	0	0	0	0	0	0
E. Coli 0157/STEC	0	1	0	0	0	1	3	0	0	0	5
Ehrlichiosis/Anaplasmosis	0	0	0	0	0	0	0	0	0	0	0
Giardia	1	0	0	0	1	1	0	0	0	0	3
Gonorrhea	0	0	0	0	1	0	0	0	0	0	1
Group A Streptococcus	0	0	0	0	0	0	1	0	2	0	3
Group B Streptococcus	0	0	1	0	1	0	0	1	2	0	5
Haemophilus Influenzae	0	0	0	0	0	0	0	0	0	0	0
Hepatitis A	0	0	0	0	0	0	0	0	0	0	0
Hepatitis B	0	0	0	0	0	0	1	0	0	0	1
Hepatitis C	1	2	0	2	2	7	6	0	6	6	32
Lead-Elevated Blood Lead Levels in children up to age 6 (10-19 ug/dl)	0	2	0	0	0	0	0	0	1	2	5
Lead-Elevated Blood Lead Levels in children up to age 6 >20 ug/dl	0	0	0	0	0	0	0	0	0	0	0
Listeria	0	0	0	0	0	0	0	0	0	0	0
Lyme Disease--Confirmed	2	8	4	6	15	17	26	4	15	8	105
Lyme Disease--Probable	1	3	1	3	4	6	5	2	1	1	27
Measles	0	0	0	0	0	0	0	0	0	0	0
Methicillin Resistant Staphylococcus Aureus	1	1	0	0	2	2	2	1	2	1	12
Mumps	0	0	0	0	0	0	0	0	0	0	0
Neisseria Meningitis	0	0	0	0	0	0	0	0	0	0	0
Pertussis	0	0	0	0	1	0	4	1	0	0	6
Rubella	0	0	0	0	0	0	0	0	0	0	0
Salmonella	0	0	0	0	0	1	1	0	4	0	6
Shigella	0	0	0	0	0	2	0	0	0	0	2
Streptococcus Pneumoniae	0	1	0	0	0	0	1	0	1	1	4
Syphilis	0	0	0	0	0	0	1	0	0	0	1
Tuberculosis Cases (Active)	0	0	0	0	0	0	1	0	0	0	1
Varicella	0	0	0	0	0	0	0	0	0	0	0
Vibrio	0	0	0	0	0	1	0	0	0	0	1
West Nile Virus	0	0	0	0	0	0	0	0	0	0	0
Yersinia	0	0	0	0	0	0	0	0	0	0	0

*The numbers above represent a fraction of the number of occurrences.



4 South Eagleville Road
Mansfield, CT 06268