



MONROE HEALTH DEPARTMENT

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Monroe Health Department, Open, Thriving, and Serving the Community With Excellence

The Monroe Health Department has grown tremendously following the dissolution of the combined Trumbull-Monroe Health District in June of 2015. Working diligently, we established a new health department dedicated to providing the “Ten Essential Public Health Services,” a national standard developed by the Centers for Disease Control and Prevention to measure optimal performance of public health services.

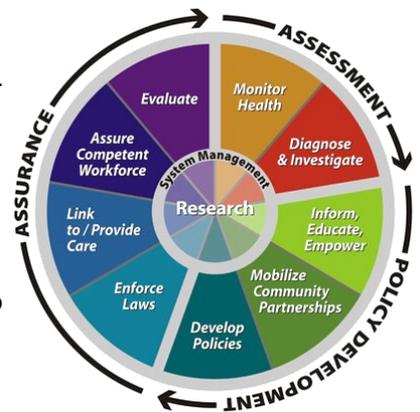
This annual report provides an overview of our first year’s efforts in safeguarding our community’s health by providing services in three broad program areas: Community Health, Environmental Health, and Emergency Preparedness. In brief, we provided seasonal flu immunizations to reduce the incidence of flu in our community, established a child vaccine clinic to service unvaccinated children, reduced the risk of foodborne illness by inspecting and regulating food service establishments, and requiring the repair of failed septic systems to prevent unsanitary conditions. Additionally, we assisted our regional partners in developing local emergency preparedness plans to respond to public health emergencies like disease outbreaks and natural or man-made disasters.

This year we continue to enhance our programs and services by streamlining work activities, promoting cost savings through the use of tablets to document inspections, increasing the public’s access to records via web portal, and beginning a “Matter of Balance” educational program. We are also creating a department workforce development plan and strategic plan through grant funding provided by the National Association of County and City Health Officials. Though these plans will help to prepare the department to become “Nationally Accredited,” they also serve as a road map for department goals and objectives, providing direction and allocating resources to better service our community.

This annual report provides an overview of our work efforts and programs to keep our community healthy. We hope you find it informative.

Best of Health,

Nancy Brault, MPH, RS,
Director of Health

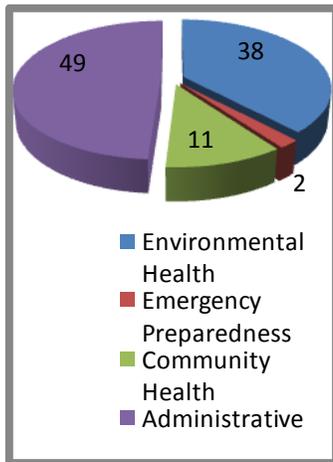


10 Essential Public Health Services





% Staff Time Per Program



*“What does it mean to have a healthy economy? How do we know if people are doing better than they were ten years ago? How do we measure growth meaningfully—in terms of not only dollars and cents, but also the quality of people’s lives?”**

**Mark Abraham and Mary Buchanan. “Fairfield County Community Well Being Index,” ctdatahaven.org, December 15, 2016, <http://ctdatahaven.org/reports/fairfield-county-community-wellbeing-index>.*

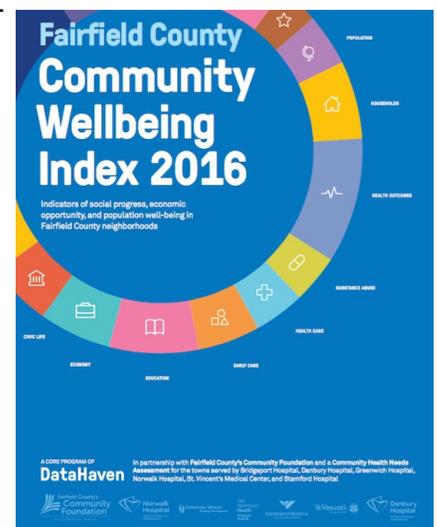
10 ESSENTIAL PUBLIC HEALTH SERVICES

Our first year department goals focused on establishing the underpinnings for our new department. Some of our activities, and accomplishments were:

- **Monitor Health Status** - participating in a health assessment process.
- **Investigate Health Concerns** - providing hypertension screenings. Conducting housing, trash, and septic complaint investigations.
- **Inform and Educate** - starting and expanding department marketing via Press Releases, website, Facebook page, and Twitter. Providing educational displays at the Town Hall, Edith Wheeler Memorial Library, Farmers’ Market and Masuk High Schools’ Career Day.
- **Mobilize Community Partnerships** - implementing our Community Health Improvement Plan. Enhancing service delivery with town departments including the Monroe Food Pantry, Housing Authority, and Senior Center. Participating in Board of Education Nurse’s Meetings.
- **Develop Policies** - creating town ordinances and work procedures.
- **Enforce Laws** - inspecting regulated facilities and enforcing provisions of the Connecticut Public Health Code and town ordinances.
- **Link to Care** - establishing a child vaccine clinic. Promoting wellness via seasonal flu clinics, and providing referrals for those with hypertension.
- **Assure Competent Workforce** - assuring staff training to maintain certifications, to prepare for emerging health issues, and develop leadership skills.
- **Evaluate** - conducting quality assurance reviews in program areas.
- **Research** - using Mapping and Lean Sigma Six process to develop ‘real time’ paperless inspection program using tablets and posting public records online.

COMMUNITY HEALTH DATA COLLECTION AND PLANNING

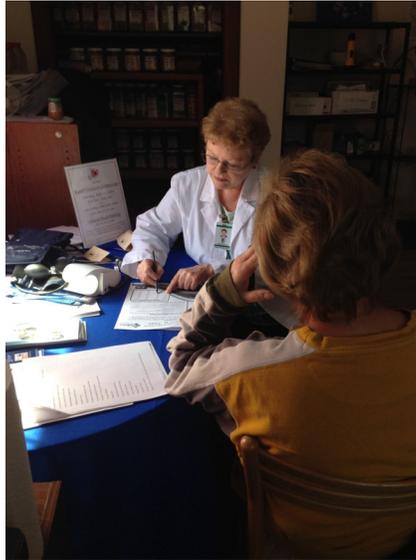
The Monroe Health Department is part of the Primary Care Action Group task force, a collaborative of area hospitals, health departments, community health centers, and other agencies that recently developed a Community Health Assessment. This assessment allows us to better understand the health needs of our communities. Through a variety of data sources including knowledge gathered from focus groups and surveys, valuable information was collected that guides us in our community health planning efforts and activities. Four areas of concern were identified and included in our Community Health Improvement Plan: Cardiovascular Disease/Diabetes, Obesity, Mental Health and Substance Abuse, and Access to Care.



COMMUNITY HEALTH SERVICES

The Monroe Health Department monitors, tracks, investigates, provides referrals, and implements control measures to address disease in our community. We accomplished this through the following select program areas and activities:

- “Putting on Airs” program, investigating and implementing control measures for asthma triggers through site visits in patient homes.
- “Hypertension Management” program, conducting screenings, providing education and referrals to reduce high blood pressure and obesity.
- Child lead program, investigation, tracking and case management to reduce lead poisoning in children.
- Child vaccine program, increasing public access by providing vaccines at the health department clinic.*
- Seasonal public flu clinics, administering vaccine to reduce illness in the community.
- Investigating cases of food-borne disease to determine food source and prevent new cases of illness.
- “Matter of Balance” educational program, preventing falls and injury. *



Cardiovascular Disease and Heart Health

COMMUNITY HEALTH STATISTICS

Disease reporting is central to monitoring the public’s health, observing trends, and establishing preventive measures. The Connecticut Public Health Code requires laboratories to report diseases on the lists of ‘reportable diseases’ to the State Department of Public Health. This information is shared with the local health department through the CT Electronic Disease Surveillance System. This year’s disease case totals as well as community health program measures are:

Select Disease or Condition**	Case Totals
Influenza	60
Chlamydia	21
Lyme Disease	14
Hepatitis C	5
Campylobacteriosis	4
Salmonellosis	4
Group A streptococcus	2

Program Area	Total #
Influenza Vaccine Doses	68
Blood Pressure Screenings	59
Diabetes Screenings	44
Hypertension Management Training (participants)	14
Food-borne Disease Interviews	5
Vaccine Clinics	2
"Putting on Airs" Home Visits	1
Child Lead Poisoning Cases	1

*New program area

**Disease or Condition - for additional information: <https://www.cdc.gov/diseasesconditions>



Monroe Child Vaccine Clinic



“Putting on Airs” Program



COMMUNITY HEALTH ENGAGEMENT

We are in the community, informing, educating, and mobilizing partnerships to protect the public’s health. We engaged our community by:

- Participating in Career Day activities at Masuk High School.
- Providing public health outreach through Lead Poisoning Prevention displays at the Town Hall and Edith Wheeler Memorial Library, as well as a Zika information booth at the Farmers’ Market.
- Conducting blood pressure and diabetes screenings at the Monroe Food Pantry, Park and Recreation events, Edith Wheeler Memorial Library, and senior housing.
- Establishing an internship program with Sacred Heart University to promote careers in public health by providing fundamental work experiences, and obtaining new insights on student initiatives.



ENVIRONMENTAL HEALTH SERVICES

The Monroe Health Department conducts a variety of regulatory inspections in the community, enforcing requirements of the Connecticut Public Health Code and town ordinances to safeguard the public’s health against safety hazards and disease. Some of these activities included:

- Inspecting food service establishments, food vending trucks, and special event food booths for sanitary conditions and food safety.
- Inspecting salons, daycare centers, and public swimming pools for sanitary and safety conditions.
- Conducting soil tests for septic system installations, review sewage disposal plans and inspect systems to ensure proper function.
- Approving private well locations.



“Education is for improving the lives of others and for leaving your community and world better than you found it.”

Marian Wright Edelman

Inspections Conducted		
Facilities	# Facilities	# Inspections
Food Service	99	272
Public Pools	8	12
Daycares	12	6*
Salons	34	2 **

Other Activities	#
B100a (Addition Reviews)	172
Soil Tested, Lots	77
Septic Permits, Repair	60
Septic Permits, New	7
Private Wells	16
Complaint Investigations	24

*Daycare inspections, once every 2 years. **Salon inspections, annually in Fall, commenced FY 2017.

EMERGENCY PREPAREDNESS

The Monroe Health Department worked closely with our emergency preparedness partners, the ESF-8 Healthcare Coalition, developing plans to best respond to local public health emergencies such as disease outbreaks and natural or man-made disasters. We participated in a wide array of readiness activities by:

- Developing a Family Shelter Plan and Ebola Response Plan.
- Participating in an Ebola/emerging infectious disease functional exercise, and a Stamford emergency response drill to dispense oral antibiotics at Stamford High School.
- Participating in regional monthly call downs using Motorola radios, and the Department of Public Health’s call down using Monroe’s Code Red system to contact our point of dispensing partners.
- Participating in Trumbull High School walkthrough and meeting to review facilities and equipment for the Trumbull and Monroe “point of dispensing ” area where vaccines, drugs, and other medical products received from the National Pharmaceutical Stockpile would be dispensed.
- Staff attendance at trainings to practice donning personal protective equipment, using emergency radios, connecting to the Code Red web-based emergency notification system, and reviewing the hazards associated with blood-borne pathogens.
- Staff organizing and participating in community seasonal flu clinics. These work experiences offered opportunities for the Monroe Health Department to prepare for public health emergency events that require setting up clinics in the community.



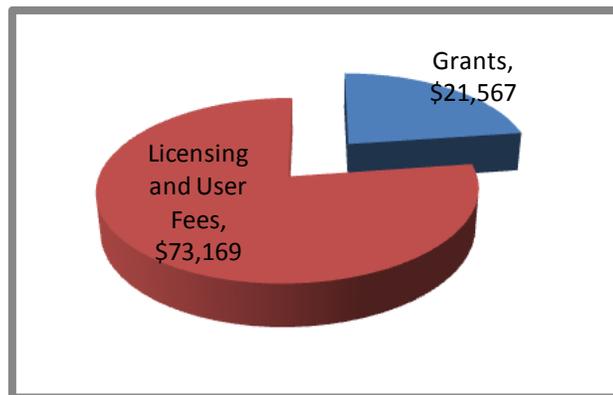
Town of Monroe

ESF-8 HEALTHCARE COALITION



FINANCIALS FY 2016

The Monroe Health Department received several state funding grants to support programs that we provided to the community: Emergency Preparedness, Lead Poisoning Prevention, and Preventive Health Services. In addition, we received income from licenses and permits of regulated facilities, subsurface sewage disposal plan reviews, soil testing, etc.



Anticipated Revenue - \$94,736

Investing in our health is the biggest investment we will ever make.

- Ellie Savoy

Contact Us:

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Monroe Health Dept. @
TownMonroeCT



The towns of Trumbull and Monroe decided in December 2014 to withdraw from the combined health district and form their own health departments. Monroe was determined to help empower people to take control and become more empowered to deal with health issues, while creating an environment that helps business and individuals comply with Health Department regulations.

The Monroe Health Department has grown tremendously since its formation only a year ago. Under the initial guidance of interim director Rich Matheny and the leadership of Ken Kellogg, Town Council Liaison, a foundation for the new department was established. The original start up crew, Barbara Krajewski, Administrative Assistant, Richard Jackson, Sanitarian, and Dr. Michael O'Reilly, Medical Advisor, provided the required public health services to the town of Monroe. Within a few months Nancy Brault, our full time director was hired and shortly thereafter Heather Henning, the department's Public Health Nurse to fully staff the department. All have done an exceptional job in this first year as illustrated in this report.

All healthcare is local in nature and must be dealt with in a manner fitting the communities culture and preferences. Together we can, and do make a difference. Thank you for your dedication, and excellence of service.

A special thank you to Town Council Liaison Ken Kellogg and the Board of Health members: Nicole Lieto, Vice Chairman, Eileen Fuchs, Secretary, and Nadine Rooney for your dedicated service, contributions, and leadership to the department.

Dennis Condon, Chairman, Monroe Board of Health

THANK YOU

Monroe Health Department Staff

Nancy Brault, Director of Health
Heather Henning, Public Health Nurse
Richard Jackson, Sanitarian
Barbara Krajewski, Administrative Assistant

Ken Kellogg, Town Council Liaison
Dr. Michael O'Reilly, Medical Advisor

Monroe Board of Health

Dennis Condon, Chairman
Nicole Lieto, Vice Chairman
Eileen Fuchs, Secretary
Nadine Rooney, Board Member
Nancy Brault, Board Member

Steve Vavrek, First Selectmen

Community Partners

Primary Care Action Group - Developed community health plans.

Stratford Health Department - Provided support for Monroe's seasonal flu clinics.

Stratford-Trumbull-Monroe Medical Reserve Core - Provided support for Monroe's seasonal flu clinics.

Griffin Hospital - Provided guest speakers for "Hypertension Management" program.

Monroe Walgreens Pharmacy - Provided guest speaker for "Hypertension Management" program and donated blood pressure monitoring devices for training participants.

Sacred Heart University - Provided student intern to assist with department programs.