



# MONROE HEALTH DEPARTMENT

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## MESSAGE FROM THE DIRECTOR OF HEALTH

The Monroe Health Department is committed to improving the quality of life throughout our community, encompassing our residents, businesses, and visitors. We achieve this through the promotion of health, prevention of disease and injury, and fostering a healthy environment.

This 2017 Annual Report provides a snapshot of our ongoing work in the areas of environmental health, community health, and emergency preparedness. Some of these efforts include unannounced food service inspections to ensure sanitary conditions in our food service establishments, soil evaluations and subsurface sewage disposal plan reviews to ensure the proper placement and function of leaching systems. We check the spread of disease by providing childhood vaccinations and referrals for medical follow-up, and also investigate new cases of illness. We collaborate with our community and regional partners, maintaining and practicing our emergency preparedness plans to better respond and care for our community during natural or man-made disasters. These routine services are foundational and are the underpinnings of local public health services in Monroe.

As with any business, our organization must focus on more than just the routine work. We are committed to self-improvement, and planning for future needs. Last year we received grant funding from the National Association of County and City Health Officials to develop a three-year strategic plan. Our Board of Health, stakeholders, and partners participated in this process and established a number of goals for the department. Currently, as part of this initiative, we are developing and implementing a comprehensive public relations plan, and clarifying our scope of services to our customers through outreach at the Monroe Farmers' Market, the Edith Wheeler Memorial Library, our website, and through social media.

As we move forward in completing our routine work and goals for this coming year, our efforts will continue with a focused commitment to the health of our community.

Always,



Nancy Carol Brault, MPH, RS  
Director of Health



**Public Health**  
Prevent. Promote. Protect.

## 10 ESSENTIAL PUBLIC HEALTH SERVICES

*The following is a sampling of the essential services that we provided to our community:*

*“Happiness lies, first of all, in health”*

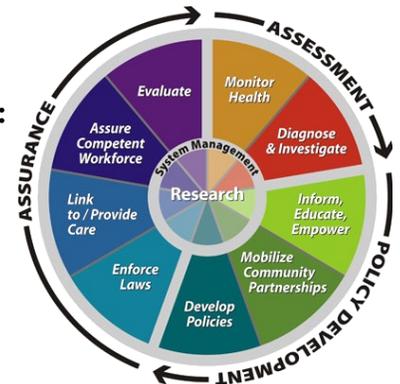
*George William Curtis*



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

*Marian Wright Edelman*

- **Monitor Health Status of Our Community by:** establishing a disease tracking database and maintaining a complaint database to track illness and environmental complaints.
- **Investigate Health Concerns by:** providing hypertension screenings, investigating environmental complaints and reports of illness.
- **Inform and Educate by:** conducting outreach via Press Releases and social media, participating in community meetings, providing Lead Poisoning, Nutrition, and Tick and Mosquito-born disease prevention displays at the town hall, library, and Farmers’ Market. Providing a community presentation with a subject matter expert from CT Agricultural Experiment Station concerning tick-born diseases. Participating in Masuk High School Student Career Day activities.
- **Mobilize Community Partnerships:** by implementing a self-care hypertension management program with community partners (food pantry, library, Housing Authority, Senior Center, and area churches), collaborating with St. Vincent’s Medical Center, Griffin Hospital and Cardiology Associates of Fairfield County to provide speakers for the program, by engaging partners for an Opioid Awareness, Walk of Hope event at Masuk High School. (Board of Education, Monroe Social Services Department, ADAM, C.A.R.E.S. Group, etc.), active involvement with regional coalitions such as the Primary Care Action Group to support our Community Health Improvement Plan initiatives.
- **Develop Policies by:** working with the Board of Health, first selectman and town council to create Health Department ordinances and work procedures.
- **Enforce Laws by:** inspecting regulated facilities and enforcing provisions of the Connecticut Public Health Code and town ordinances through hearings and issuing health orders.
- **Link to Care by:** providing childhood vaccinations, organizing seasonal flu clinics with our regional partners, and providing referrals for those with hypertension and tuberculosis for follow-up health care.
- **Assure Competent Workforce by:** creating a Work Force Development Plan and assuring staff trainings for recertification, emerging health issues, leadership, and emergency preparedness. Partnering with Southern CT State University and Sacred Heart University, School of Nursing through our internship program to promote careers in public health.
- **Evaluation by:** conducting quality assurance reviews in select program areas. Planning and participating in regional emergency preparedness activities. Assessing health department programs through participant evaluations.
- **Research through:** developing a process for public record access online. Attending public health improvement trainings.



## 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 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 and diabetes screenings, providing education and referrals to reduce high blood pressure and obesity in the community.
- Child lead program, investigation and case management, reducing lead poisoning in children.
- Child vaccine program, increasing public access by providing vaccines at the health department clinic.
- Seasonal public flu clinics, reducing the incidence of flu illness in the community.
- Disease surveillance and investigation to prevent the spread of illness.



*“Take care of your body. It’s the only place you have to live.”*

*Jim Rohn*



Cardiovascular Disease and Heart Health

## COMMUNITY HEALTH STATISTICS

Disease reporting is central to monitoring the public’s health, through observing trends, and establishing preventive measures. The Connecticut Public Health Code requires laboratories to report diseases on the lists of reportable diseases, emergency illnesses and health conditions to the State Department of Public Health and the Local Health Director of the town in which the patient resides. This information is also tracked through the CT Department of Public Health, CT Electronic Disease Surveillance System.



Monroe Child Vaccine Clinic

Disease or Condition*	Case Totals	Program Area Detail	Number
Influenza	103	Influenza Vaccine Doses	230
Chlamydia	32	Blood Pressure Screenings	64
Lyme Disease	14	Diabetes Screenings	64
Gonorrhea	5	Hypertension Management	10
Hepatitis C	5	Training (participants)	
Salmonellosis	5	Food-borne Disease Interviews	2
Streptococcus pneumonia	3	Vaccine Clinics	4
Campylobacteriosis	1	Child Lead Poisoning Cases	1
Babesiosis	1		

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



“Putting on Airs” Program

*“The only way forward, if we are going to improve the quality of the environment, is to get everybody involved.”*

*Richard Rogers*

## ENVIRONMENTAL HEALTH SERVICES

The Monroe Health Department conducts a variety of regulatory inspections in the community. We enforce requirements of the Connecticut Public Health Code and town ordinances to safeguard the public’s health against safety hazards and disease. We regulate and inspect food service establishments, daycare facilities, public pools, salons, septic system installations, private wells and building additions. We also work interdepartmentally with the Fire Department and Land Use Group on property reviews and development.

**Residential Projects:**

Deer Meadow and Birdseye Estates, Timothy Hill and Acorn Lane subdivisions.

**Commercial Projects:**

Carruba, Mondial, Walmart, Pondview, McDonalds, Main St. motel, carwash/detail center, and Axel Plastics.



## ENVIRONMENTAL HEALTH STATISTICS

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

*Ellie Savoy*

Regulated Facilities	Number of Facilities	Inspections or Reviews	General Environmental	Inspections or Reviews
Food Service, Routine/ Reinspections	99	296/31	Soil Test, Residential - # lots	78
Food Service, Plan Reviews	-	7	Soil Test Commercial - # lots	14
Temporary Event and Farmers’ Market, Food Booth Inspections	-	96	Septic Plan Review Residential, New/Repair	25/53
Day Care, Routine Inspections	12	5*	Septic Plan Review Commercial, New	20
Cosmetology, Routine Inspections	34	11	Permits to Construct Residential, New/Repair	4/54
Cosmetology, Plan Reviews	-	11	Permits to Construct Commercial, New /Repair	6/6
Public Pools, Routine Inspections	8	6	B100a (Addition Reviews)	169
			B100a Site Inspections	33
			Well Permits	31
			Complaint Investigations / Reinspections	40/27
			Rabies Case Investigations	4

\*Daycare inspections, once every 2 years.

# EMERGENCY PREPAREDNESS

The Monroe Health Department works closely with our regional emergency preparedness partners, the ESF-8 Healthcare Coalition, to develop plans and prepare to respond to local public health emergencies such as disease outbreaks and natural or man-made disasters. This past year we participated in a wide array of readiness activities:

- “Family Assistance Center” seminar and tabletop exercise.
- “911 at the Mall” tabletop exercise.
- Flu Clinic, live drill with the Stratford Health Department, Stratford-Trumbull-Monroe Medical Reserve Corps (MRC) and the Monroe Community Emergency Response Team (CERT).
- Exercised Monroe’s Code Red system and participated in call downs using Motorola radios to test our ability to contact our community, region, and State emergency preparedness partners.
- Staff attendance at trainings to use emergency radios, connecting to the Code Red, web-based emergency notification system.
- Provided a MRC recruitment event at the Monroe’s Community Wellness Fair.



Town of Monroe

*“By failing to prepare, you are preparing to fail.”*

*Benjamin Franklin*



## ESF-8 HEALTHCARE COALITION

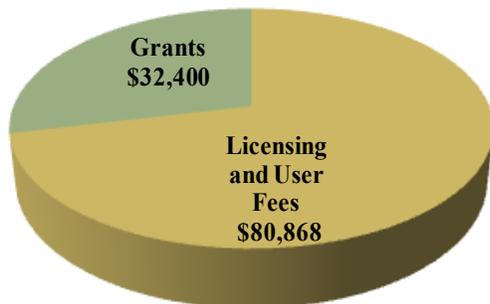


# FINANCIALS FY 2017

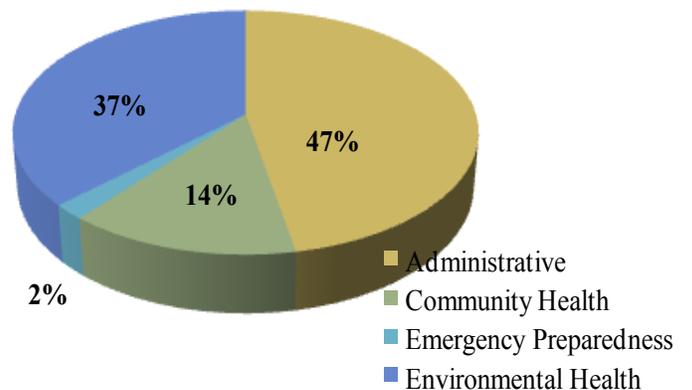
The Monroe Health Department received several state funding grants to support programs that we provided to the community: Emergency Preparedness, Lead Poisoning Prevention, and Preventive Health Services. We also received funding from the National Association of County and City Health Officials to create a Work Force Development Plan and Strategic Plan.

The bulk of our income comes from licenses and permits of regulated facilities, subsurface sewage disposal plan reviews, and soil testing.

### Anticipated Revenue - \$113,268



### Percent Staff Time Per Program Area



Monroe Health Department  
7 Fan Hill Road  
Monroe, CT 06468

Phone: (203) 452-2818  
Fax: (203) 452-2956  
Email:health@monroect.org

Find Us On The Web  
<http://www.monroect.org/health>



[www.facebook.com/MonroeHealthCT](http://www.facebook.com/MonroeHealthCT)



Monroe Health Dept. @  
<https://twitter.com/TownMonroeCT>



## MESSAGE FROM THE CHAIRMAN BOARD OF HEALTH

Since its inception in 2015 the Monroe Health Department has done a tremendous job helping people and businesses thrive. Upon its creation 2 years ago the department was determined to help people and businesses become more empowered to deal with health issues - creating an environment that helps businesses and individuals comply with state health department regulations and new ordinances. Under the guidance of Nancy Brault, Director of the Health, we have had a very intense time balancing critical resources with growing town needs, with the addition of businesses and citizen services the department has been extremely busy, producing far more than was originally planned for.

The department has created multiple ordinances to preserve the safety of our citizens while preserving our community culture. These ordinances comply with the State Public Health Code, offering the correct mix of services while maintaining a business friendly environment. We obtained grant funding to undergo and create a multi year strategic plan. This initiative was created to enhance efficiencies in inspections and services while enhancing the life style that is enjoyed in town. We have reached out across departmental lines: planning and zoning, board of education, fire safety services and others to make sure we can continue to make this town a better place to live and visit.

To the staff, board members, town council and our selectman Steve Vavrek a special thank you for your tireless efforts and service, drafting, reviewing and approving ordinances required for the businesses and people of Monroe.

Thank you all,

Dennis Condon, Board of Health Chairman

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### THANK YOU

#### Monroe Health Department Staff

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

#### Monroe Board of Health

Dennis Condon, Chairman  
Nicole Lieto, Vice Chairman  
Eileen Fuchs, Secretary  
Nadine Rooney, Board Member  
Nancy Brault, Board Member  
Ken Kellogg, Town Council Liaison

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*Dr. Michael O'Reilly, Medical Advisor*  
*Steve Vavrek, Monroe First Selectman*

#### Community Partners

- Stratford Health Department - support for Monroe's flu clinics.
- Stratford-Trumbull-Monroe Medical Reserve Core and Monroe Community Response Team - support for flu clinics and emergency preparedness drill.
- St. Vincent's Medical Center, Griffin Hospital and Cardiology Associates of Fairfield County - guest speakers for Hypertension Management Program.
- Southern CT State and Sacred Heart Universities - student interns.
- Dr. Kirby C. Stafford, CT Agricultural Experiment Station - tick-borne disease presentation.
- ADAM, The C.A.R.E.S. Group, The Herren Project - Walk of Hope event.