



Strategies for Health

MESSAGE FROM THE DIRECTOR

Last year we identified our top four health priorities: obesity; cardiovascular disease and diabetes; access to health care; and mental health and substance abuse...and in just one year, arm-in-arm with our partners around the greater Bridgeport region, we've made great strides!

We have staff involved in each of the work groups tasked with addressing those priorities. For instance, I co-chair the steering committee for Get Healthy CT, the obesity prevention coalition that serves as a clearinghouse on healthy eating tips, recipes, as well as physical activities. Visit www.gethealthyCT.org to learn more about how to get involved.

We also joined many of our partners in the regional "Know Your Numbers" campaign by holding screening sessions so folks could get their cholesterol, blood pressure and blood sugar checked at the Library, Town Hall, and the South End Community Center. By knowing YOUR numbers, you are one step closer to taking action to improve your health.

Access to health care continues to challenge both healthcare partners and public health. Connecticut's uninsured rate declined nearly 50%. We contributed in some way by securing a grant from Access Health CT to assist residents seeking health insurance.

Our Community Services staff helped create a social media campaign launched in May for Mental Health Awareness Month to help de-stigmatize those with mental illness showcasing 2-minute videos of people with depression, social anxiety or bi-polar disorder—all trying to get the word out that prevention works, treatment is effective, and people recover.

If you are interested in participating in any of the four priority areas, we welcome you....we need your input, your ideas and your energy in helping all of us achieve health.

Our Annual Report provides a snapshot of public health in 2013-2014, featuring programs, services, and the behind-the-scenes work we do to keep Stratford healthy.

In Health,

Andrea L. Boissevain, MPH
Director of Health

PUBLIC HEALTH BY THE NUMBERS

- | | |
|---|--|
| 510 Food establishments inspected | 542 Influenza vaccines provided |
| 22 Putting on Airs asthma visits | 129 Individuals immunized |
| 2195 Visits to Wooster School Clinic | 733 Disease reports reviewed |
| 264 Visits to School Dental Clinic | 582 Citizen complaints investigated |
| 115 Cars through drive-through POD | 33 Ticks tested for disease |
| 506 Pounds of medication deposited | 19 Animals tested for rabies |

INSIDE THIS ISSUE

Environmental	2
Community Services	3
Community Health	5
Strategic Priorities	6

“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

DRIVE-THROUGH POD

Mass Dispensing Area (MDA) 12, serving Stratford, Trumbull, and Monroe, conducted a full-scale drive-through Point of Dispensing (POD) exercise at Bunnell High School. The purpose of the drill was to test the capability to dispense medication in a drive-through format to residents using a mock scenario in which residents were exposed to Anthrax. Approximately 75 people from around the region worked at the drill including personnel from MRC, CERT, fire, and police. The POD site dispensed to 115 vehicles consisting of 356 individuals during the 85 minutes of active dispensing.

DRILLS & EXERCISES

The SHD participated in the Connecticut Department of Public Health's statewide drill in April to test delivery of strategic national stockpile (SNS) assets to MDAs and hospitals. In June, staff worked with local emergency management and power utilities to play in a statewide hurricane drill.

MEDICAL RESERVE CORPS

The MRC had a busy year with trainings and exercises. In July, volunteers traveled to Morris, CT to learn about firefighter rehabilitation in CT DEHMS Region 5 and were provided with a tour of the fire rehab trailer and logistical aspects of patient intake, recording vital signs, and dispensing commodities. Volunteers also participated in an active shooter training to learn about basic response to an active shooter scenario. In March, the Capitol Region Emergency Planning Committee's Functional Needs Unit hosted a training on strategies and techniques for managing the needs of individuals with disabilities in emergency situations.

COSMETOLOGY

SHD conducted 57 inspections of beauty salons, barbershops, and nail salons. Inspections include hands-on education about properly sanitizing tools and other supplies.

HOTEL & ROOMING HOUSES

SHD staff inspected 17 hotels, motels, and rooming houses to ensure compliance with the Public Health Code. Inspections focused on sanitary conditions, insect and rodent infestations and maintenance.

CHILD CARE INSPECTIONS

Twenty-six center-based child care inspections were conducted. Lawmakers approved a proposal to double the number of State inspectors for child care facilities and increase the frequency of inspections – now once every 2 years for centers, and once every 3 years for family homes.

RADON

The SHD sold 13 Radon Screening Test Kits this year to residents at a reduced rate of \$10 per kit. Home owners are urged to test their homes since radon cannot be smelled or seen. Radon is the second leading cause of lung cancer in the United States.

TATTOO

State tattoo regulations changed in October 2013. The SHD has been working to update and revise its local tattoo ordinance to align with the revised State code.

LEAD

Reports of 25 residents with elevated blood lead levels, all of which are children, were received by the SHD. Eighteen reports required a follow-up environmental review and ongoing case management to ensure patient safety. The SHD also held two Renovate, Repair, and Painting (RRP) courses for 36 contractors. The course reviewed safe practices and behaviors for working on homes that contain lead-based materials.



FOOD SAFETY

Food inspectors conducted 510 unannounced routine inspections and reinspections of all licensed food establishments, including restaurants, bars, delis, grocery stores, schools, corporate and long-term care facilities. The SHD licensed many more food trucks this year with the addition of a local brewery and worked to revamp the process for issuing temporary food event licenses.

COMPLAINTS & INVESTIGATIONS

The SHD received and documented 582 citizen complaints on topics like housing, garbage, water intrusion, bed bugs, sewage, rodents and more. The SHD enforced the public health code to ensure violations were corrected.

WELLS & SEPTIC

Records for all current well and septic systems in Town are maintained by the SHD and permits are issued for new systems. This year the SHD reviewed 4 septic plans prior to installation and issued 1 well permit.

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. Fifty-two specimens were sent out for a variety of testing, such as Lyme Disease and Rabies.

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 conducted 37 public swimming pool inspections.

PARTNERSHIP FOR SUCCESS

Stratford Community Services (CS) is a division of the Health Department. They oversee the Stratford Partnership For Success (PFS) Coalition, a subgroup of the Stratford Youth and Family Advisory Board (YAFAB). PFS is a youth-adult coalition working to reduce underage drinking by raising community awareness about the problems linked with underage drinking and limiting youth access to alcohol. Stratford PFS coalition has used grant funds to address the most important problems of underage drinking among Stratford youth ages 12-17. The coalition had several accomplishments this year including the first ever underage drinking Freshmen Forum held for Stratford 9th graders.

RISK FACTORS

In 2010, the PFS Coalition determined that the risk factors that would have the greatest success and most impact were peer norms and low perception of harm.

“TALK EARLY, TALK OFTEN” TO PREVENT UNDERAGE DRINKING



COMMUNITY SERVICES

GOALS

Members of the Stratford PFS Coalition identified several overarching goals for the year:

- Reduce underage drinking in the Stratford youth population.
- Raise community awareness about the dangers associated with underage drinking.
- Limit youth access to alcohol.

Did you know?

72% of Stratford youth (in 7-12 grade) report they are not drinking alcohol.

Tips for Parents

- ✓ Talk *early and often* to your kids about how underage drinking is illegal & unacceptable.
- ✓ When they're out with friends, stay in touch with your kids by phone and text.
- ✓ Know your teen's friends and their friends' parents.
- ✓ Secure alcohol in your home so it isn't available to teens.
- ✓ Brainstorm with your teen about how to say "no" and who to contact if they need help out of a situation.

STRATEGIES

In order to meet the overall goals, the PFS Coalition implemented environmental strategies.

Enforcement

- PFS teamed up with the Stratford Police Department to conduct alcohol compliance checks on local retail merchants and on premise establishments. The purpose was to observe if merchants allowed the sale of alcohol to underage youth.
- Police surveillance at youth "hot spots" and school events, e.g. prom and graduation.

Social Marketing

- Web presence and advertisements that focused on social host law messaging—the law that prohibits adults to permit minors to illegally possess alcohol on their property. The phrase "Talk Early, Talk Often" was branded to encourage parents to discuss the dangers of underage drinking with their children.

Education

- Information was provided at community festivals, Town Hall meetings, school open houses, PTA meetings, health fairs and after school programs.

FUNDING

Stratford received a total of \$320,000 from the State of CT Department of Mental Health and Addiction Services between January 2010 to June 2014 to implement these strategies.

EVALUATION

METHODS

PFS and a local evaluator conducted program evaluations examining both process and outcomes. Overall impact was measured by short term (1 to 3 years) and long term (3 to 5 years) outcomes.

- Quantitative data— surveys for Stratford parents and from outside sources, e.g. RYASAP and Governor's Prevention Partnership.
- Qualitative data— open-ended survey questions, interviews, meeting notes, and town hall conversations.

DATA

Data collected from surveys with parents and youth showed:

- 15% reduction in 30-day past use among youth.
- 5% reduction in past two-week binge use.
- 20% increase in perception of parental disapproval.
- 5% increase in perception of risk of harm of drinking.



KEY ACCOMPLISHMENTS

The Stratford PFS Coalition had many key accomplishments between 2010 and 2014:

- Worked with the Stratford Police Department to conduct bi-annual alcohol compliance checks in the community.
- Provided Training For Intervention Procedures (TIPS) for on premise and off-premise permittees to ensure that local retailers and servers comply with alcohol-related laws.
- Implemented an underage drinking prevention forum for all Stratford 9th graders and their parents.
- Collaborated with Mothers Against Drunk Driving (MADD), Stratford Public Schools and Stratford Police Department to implement presentations and school assemblies to provide underage drinking education to the community, parents and youth. Presentations also included information on refusal skills and communication between youth and adults regarding risky behaviors.
- Produced a five-part webisode series called "What's In Your Cup?", for parents and youth about the social and legal consequences of underage drinking.
- Engaged youth in the community with programs and projects, as well as attended events that promoted positive youth development, such as fundraisers, four-day MADD Power Camp and an overnight retreat.
- Supported community service, youth leadership and positive adult and peer relationships through mini-grants.
- Recognized individuals (youth and adults), businesses, and organizations that are making a positive impact on the quality of life for youth in Stratford.

CONCLUSION

Over the past year, the Stratford PFS Coalition has significantly increased its capacity to address underage drinking by strengthening relationships with other community organizations, as well as recruiting more members to increase and improve momentum within the coalition.

Stratford has been able to shift the trend of underage drinking rates in the community through the hard work of dedicated residents. Indicators, such as past 30-day use, perception of risk of harm and parental disapproval of use all strongly impact the substance abuse rates among youth. Data has demonstrated that these indicators are trending in the right direction



NEXT STEPS

PFS Coalition activities will focus on increasing perception of harm and parental disapproval of underage drinking, which will continue the progress toward reducing youth alcohol use. Social marketing campaigns will also encourage parents to monitor their children's access to and consumption of alcohol at home. The Town of Stratford has submitted a Drug Free Communities grant application to sustain the work of the PFS Coalition.



YOUTH AND FAMILY ADVISORY BOARD

The following were initiated by YAFAB:

Youth Suicide Prevention: CS counselors completed Question, Persuade, Refer (QPR) suicide prevention trainer certification and facilitated 12 sessions for 318 youth and adults. Counselors also screened 24 youth and adults as part of National Depression Month.

Mental Health First Aid: CS, with the support of an AT&T grant to Sterling House, facilitated 4 Mental Health First Aid courses for 74 people.

Conversation on Mental Health.: One adult and one teen Community Conversation on Mental Health were facilitated to discuss local mental health challenges and make recommendations. Input contributed to the *Healthy Minds Healthy Connecticut* published by the Southwest Regional Mental Health Board.

Resource Guide: The 2014 Resource Guide, Greater Bridgeport area, Mental Health and Substance Abuse, was widely distributed in the schools and community.

MEDICATION DROP BOX

A medication drop box was installed at the Stratford Police Department lobby for proper disposal of unwanted or expired medications.



COMMUNITY SERVICES

INFLUENZA

SHD staff, along with assistance from MRC volunteers, provided 542 flu shots. The SHD continued to monitor influenza-like-activity in Stratford schools by gathering reports each week from school nurses. Influenza A (H3N2), 2009 influenza A (H1N1), and influenza B viruses circulated in the United States. However, the 2009 H1N1 virus predominated overall during the 2013-2014 flu season.

WORKFORCE DEVELOPMENT

An annual training day was held for staff to ensure a competent workforce. The training day included a review of proper use of Personal Protective Equipment (PPE), blood borne pathogen safety, confidentiality, medication and sharps disposal, and stool sample collection. Staff was also fitted for N-95 respirators, which would be used as protection from disease during a pandemic or similar event.

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 SHD requested and was granted permission from the Planning and Zoning Committee to move the market to a new location at Paradise Green beginning late June 2014. Several more farmers and vendors were recruited to sell local products at the new location.

BLOOD PRESSURE & CHOLESTEROL

Free blood pressure and cholesterol screening events were held at Town Hall, Stratford Library, South End Community Center, and the Main Street Festival as part of a "Know Your Numbers" campaign. Seventy-one individuals were screened for blood pressure and 59 were screened for cholesterol. Those with elevated numbers were provided health counseling and referred for follow-up care.



COMMUNITY HEALTH

PUTTING ON AIRS

Staff made 22 home visits for children and adults with asthma through the Putting on AIRS program. The goal of this program is to reduce acute asthma episodes and Emergency Department visits by providing education and a home assessment to identify asthma triggers. The SHD received funding from the State to continue to provide visits over the next year and create an asthma advisory group.

ACCESS TO HEALTHCARE

Thanks to funding from Access Health CT Assistor Program to the South End Community Center, contact was made with 671 individuals about their health insurance options and 123 people were enrolled in health care coverage.

IMMUNIZATIONS

The SHD provided immunizations to 129 children and adults. Vaccines offered included Varicella (Chicken Pox), Meningitis, Hepatitis B, Tetanus, Diphtheria, and Pertussis (TDaP), and Pneumonia.



COMMUNICABLE DISEASES

The SHD received and reviewed 733 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. There were 164 cases of chlamydia and 30 cases of gonorrhea. Rates of chlamydia and gonorrhea were particularly elevated among residents under the age of 25. The SHD staff worked with the Board of Education to promote safe sexual practices among youth and stop the spread of disease. This included presentations to students at both high schools.

TUBERCULOSIS

Nursing Staff screened 51 patients for tuberculosis (TB) and logged 95 field visits to ensure patients with active TB were complying with medication management. This year the SHD experienced a shortage in TB testing solution and the State Department of Public Health restricted use for contact investigation of actual TB cases.

CULTURAL COMPETENCY

A cultural competency training was provided to staff as part of ongoing improvement efforts at the SHD. The goal of the training was to enhance the ability to provide culturally competent services. Staff examined how cultural factors influence and shape their own perceptions and responses and how these influence actions with colleagues and clients.

SCHOOL HEALTH

GOING MOBILE

The SHD secured mobile dental unit equipment and licenses to operate at 4 schools in Town — Wooster Middle School, Nichols Elementary, Franklin Elementary, and Lordship Elementary. Bringing dental services to students makes it easier for them to access care. Cleanings, exams and restorative care will be offered at the sites during 2014-2015 school year. The SHD will continue to operate a dental clinic at Stratford Academy/Johnson House School.

HEALTH CENTER

The Wooster School-Based Health Center had the highest enrollment to date of 402 students. The Nurse Practitioner and Social Worker ran several groups and activities including a girls health and empowerment group that included the use of simulation infants to teach students about the difficulties of teen parenting. Staff worked with school administration to survey students about bullying and school climate. Flu shots were offered to all students and 28 were vaccinated.

STRATEGIC PRIORITIES

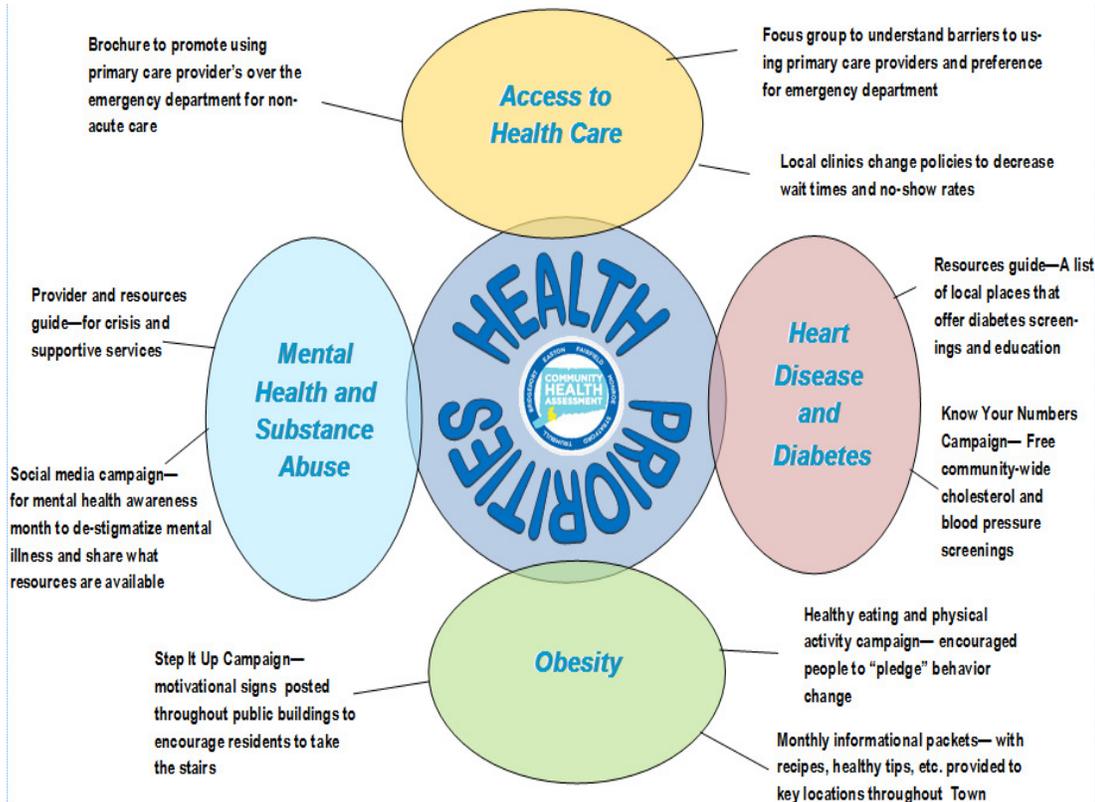
COMMUNITY HEALTH IMPROVEMENT PLAN UPDATES

Where and how we live, work, play, and learn affects our health. Understanding how these factors influence health is critical for developing the best strategies to address them. To accomplish these goals, the SHD joined the Primary Care Action Group (PCAG) – a coalition of hospitals, local health departments, federally qualified health centers, state agencies and numerous community and non-profit organizations serving the Greater Bridgeport, CT area—to complete a Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). The results of the CHA were reviewed publicly, and based on input, 4 key health priorities and goals were selected for action planning at a regional level:

- **Obesity (healthy eating and physical activity)**—Reduce and prevent obesity by creating environments that promote healthy eating and active living.
- **Cardiovascular Disease and Diabetes**—Reduce the incidence, progression and burden of cardiovascular disease (CVD) and diabetes (DM).
- **Access to Health Care**—Improve access to quality health care for all individuals living in the Greater Bridgeport Region.
- **Mental Health and Substance Abuse**—Increase the understanding of mental health and substance abuse as public health issues in order to achieve equal access to prevention and treatment.

CHIP workgroups were formed around each health priority to develop objectives, strategies, and action steps and the plan was presented publicly in August 2013. Work groups, which the SHD actively participates in, meet monthly to refine goals and objectives and to implement strategies.

CHIP ACCOMPLISHMENTS



ACCREDITATION

PHAB

The SHD continued the journey to achieve national accreditation through the Public Health Accreditation Board (PHAB). Accreditation helps to ensure quality performance, service delivery, and accountability. All pre-requisites for applying for accreditation were completed including a Community Health Assessment, accompanying Improvement Plan and strategic plan. An official application was submitted in January and accepted by PHAB. The SHD received a grant to assist with accreditation fees and support staff time to work on fulfilling the standards and measures identified by PHAB. In May, two staff members traveled to PHAB headquarters in Alexandria, Virginia to be trained on documentation selection and submission, the site visit process, and the accreditation decision. The SHD will submit all documentation by May 2015 and have an accreditation determination by the end of next year.

STRATEGIC PLANNING

UPDATES

Updates were made to the SHD's strategic plan throughout the year. A management team met bi-weekly to ensure the work plan timeline was being adhered to and objectives were accomplished. Highlights from the year included the submission of the PHAB application, completion of quality improvement, workforce development and performance management plans, quality improvement training, and updates to policies and procedures. Staff will continue to work on the five-year strategic plan through 2018.

Strategies for Health

ANNUAL REPORT FY 14



STRATFORD HEALTH DEPARTMENT

468 Birdseye Street • Stratford, CT 06615

Phone: 203-385-4090 • Fax: 203-381-2048 • Email: healthdepartment@townofstratford.com

Facebook: www.facebook.com/stratfordhealthctdepartmentct • Twitter: @healthstratford