

Chesprocott Health District



Annual Report 2022-2023

Message From the Director



I am pleased to present the 2022-2023 Chesprocott Health District annual report. This report summarizes how our department touches the lives of Cheshire, Prospect, and Wolcott residents daily to achieve healthy people in healthy communities. This past fiscal year, we continued to address the COVID-19 pandemic by directly providing vaccinations, coordinating pop-up clinics in our community, contact investigations, and providing mitigation guidance to local businesses, residents, and community partners. This was done while delivering essential public health services to all three communities. On May 11, 2023, the federal government officially ended the COVID-19 Public Health Emergency. Still, our department continued offering essential services to our residents and vulnerable populations, including home-test kits and personal protective equipment (PPE).

We strive to protect our residents by offering vaccinations, conducting disease investigations, and reducing the number of food-borne illnesses through our licensing and inspection program of food service establishments. We respond to various public health concerns and issues to help keep our residents healthy and safe. Many residents attend health education classes that we offer, including Narcan training, suicide prevention, and preventing falls for the elderly. These efforts would not have been possible without the dedication and passion of our professional staff.

I want to thank our staff, the Board of Directors, Town Mayors, Town Managers, and the many community partners who continue collaborating and supporting us as we provide public health services to our communities.

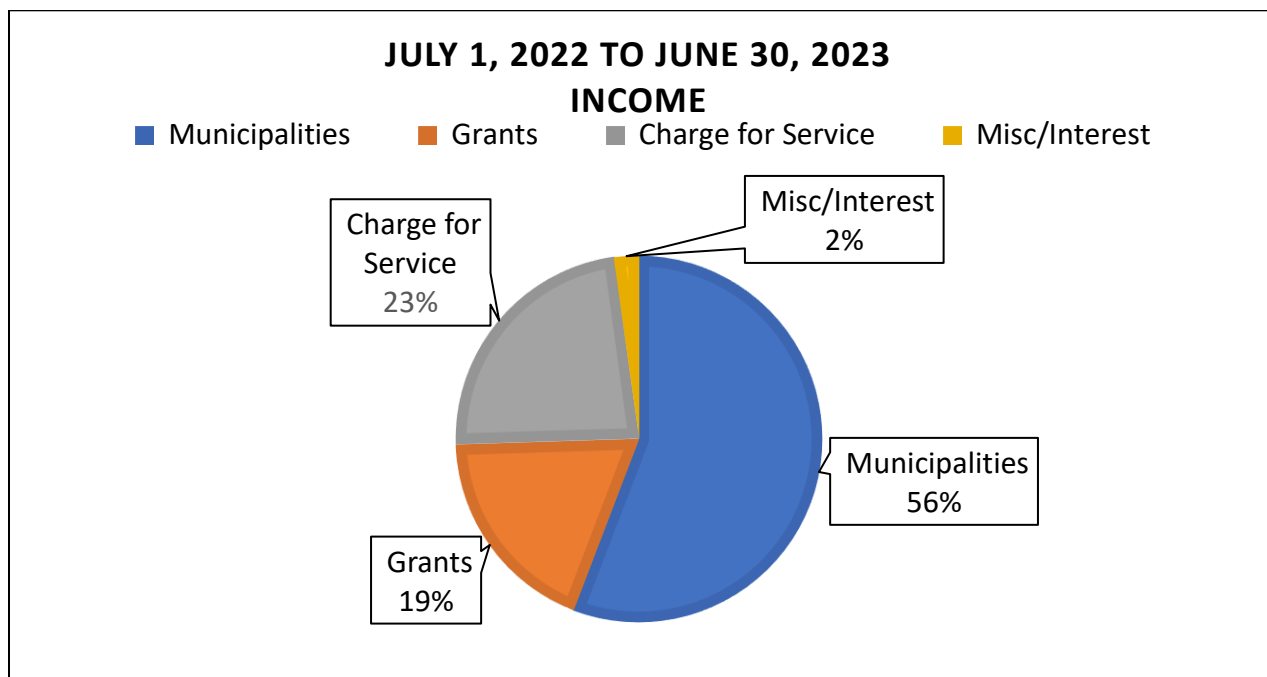
Wishing you the best of health,

A handwritten signature in black ink that reads "Maura A. Esposito, MPH". The signature is written in a cursive, flowing style.

Maura A. Esposito, MPH
Director of Health

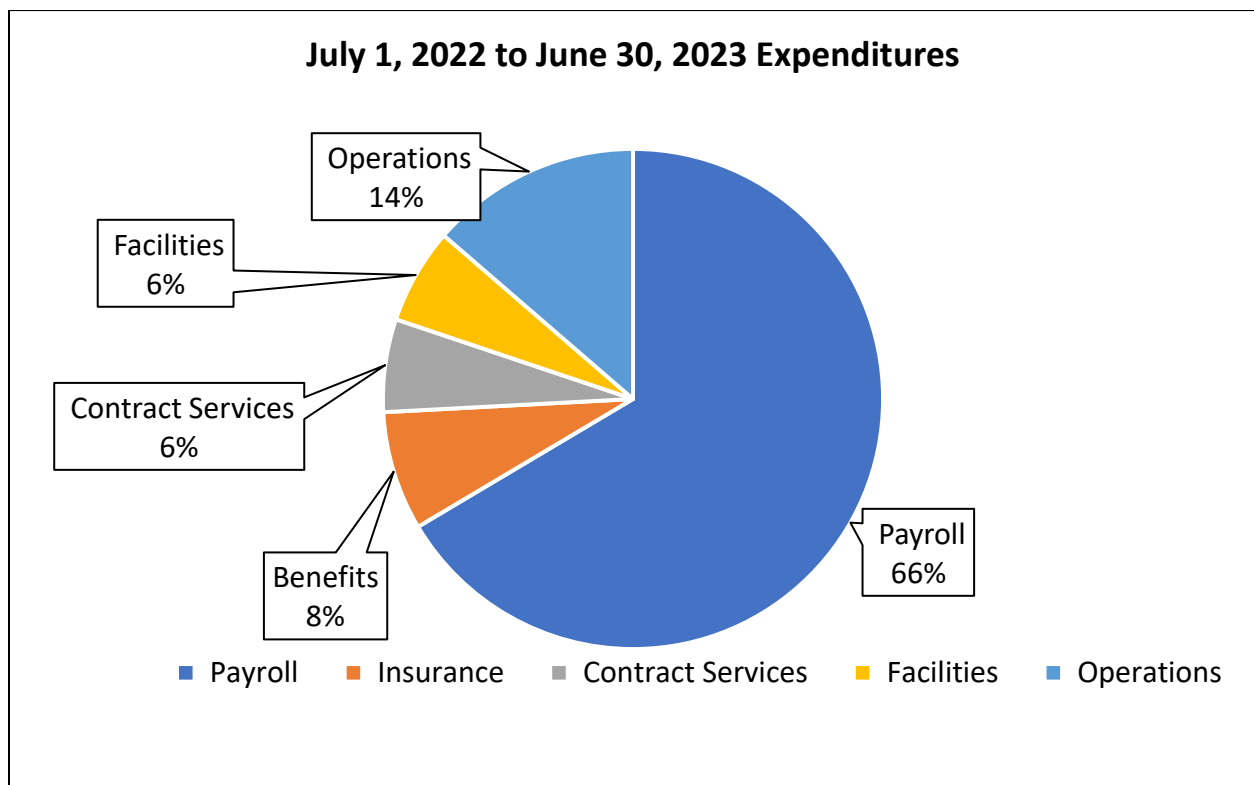
Financial Highlights

INCOME: Chesprocott Health District continues to receive federal grant funding to support nursing, vaccinations, and operating vaccination clinics due to the declared Public Health Emergency. While these grants have provided increased funding to the health district, we still rely on other sources of income. We rely on member municipalities to contribute an annual per capita cost of \$13.15 per town population. The State Department of Public Health provides a similar yearly per capita rate of \$2.60 for health districts while providing opportunities to apply for grants that address chronic disease and injury prevention programs. We also apply for private grants from health foundations such as the Connecticut Community Foundation. Another primary source of income includes our service fees. These fees are collected from license renewals, septic permits, and plan reviews, along with other environmental services provided. We continue to seek outside funding sources, including billing private insurance companies to recapture costs incurred by providing vaccination services. Lastly, funds are invested in the CT Short-Term Investment Fund, where we receive interest.



Categories	Amount	Percentage
Municipalities	\$713,361.00	55.80%
Charge for Service	\$298,178.49	23.33%
Grants	\$239,047.47	18.70%
Misc / Interest	\$27,677.06	2.17%

Expenditure: The health district expenses are separated into five major categories. Personnel costs, which include payroll and employee benefits, account for 75% of the total costs of the health district. The second largest expense domain requires purchasing material and supplies for our many programs, services, vaccination clinics, and office operations. We manage our operations from a rented office and rent an offsite space where files and educational materials are stored. We also incur expenses from outsourcing services, including information technology, legal services, financial services, and a yearly audit. We strive to use local resources and local providers to meet our needs.



Categories	Amount	Percentage
Payroll	\$818,137.30	66%
Operations	\$168,087.87	13.64%
Benefits	\$94,735.30	7.70%
Facilities	\$76,124.78	6.20%
Contract Services	\$73,894.85	6.00%

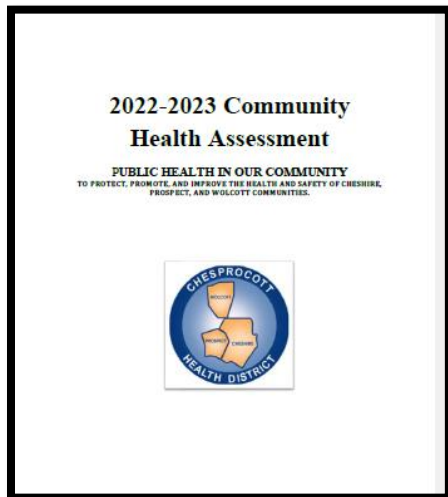
Ten Essential Public Health Services:

The Ten Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve equity, the 10 Essential Public Health Services actively encourage policies, systems, and overall community conditions that enable optimal health for all and seek to remove systemic and structural barriers resulting in health inequities. Such barriers include poverty, racism, gender discrimination, and other forms of oppression. The Chesprocott Health District believes everyone should have a fair and just opportunity to achieve optimal health and well-being. This annual report will demonstrate how Chesprocott Health District uses this framework to apply valuable public health services and programs to the community.



1. Monitor Health

Assess and monitor population health status, factors influencing health, and community needs and assets.



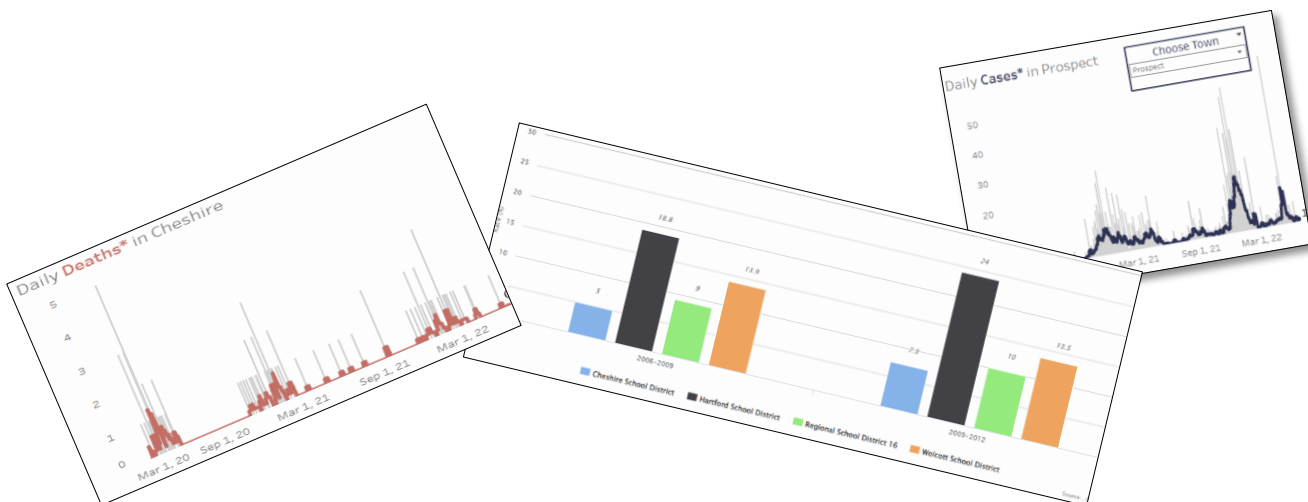
Chesprocott Health District strives to provide services and programs that reflect the needs of our communities. We determine those needs by conducting a Community Health Needs Assessment (CHNA). During the past year, our health educator collected health data, conducted interviews, and gathered information from a health needs assessment survey we shared on social media, including all three community Facebook pages and our website. On April 18, 2023, a presentation at the Prospect Fire House took place, where the data was shared with many community partners.

The health district not only uses the data from our Community Health Needs Assessment, but we also use other surveillance systems, information systems, and community reports to monitor the health of our community. This information assists us in making data-driven decisions for the programs we plan and implement and the partners we collaborate with.



CT DATA

CT Data is a website that contains extensive data on various topics, including health and healthcare, housing, demographics and population, and children and family data. We used this site extensively when creating the CHNA and researching demographic information, including poverty-level census information. The website contains an extensive database of COVID-19 tracking information, which allowed us to look at each municipal COVID-19 data.





ODMAP/EPI Center

As an agency serving and supporting our communities in public safety and health, we are provided access to the Overdose Detection Mapping Application Program (ODMAP). This website provides real-time suspected overdose data across our jurisdiction, which helps support public safety and local public health. EPI Center is another database that allows local health departments to access hospital overdose data should a person be taken to an emergency room or urgent care facility.



CT WIZ

This is Connecticut's secure web-based immunization information system. The website tracks and records the administration of immunizations for all of Connecticut's children and all adult COVID-19 vaccinations. A public portal was created last year, and CT residents can access their vaccination records on this site.

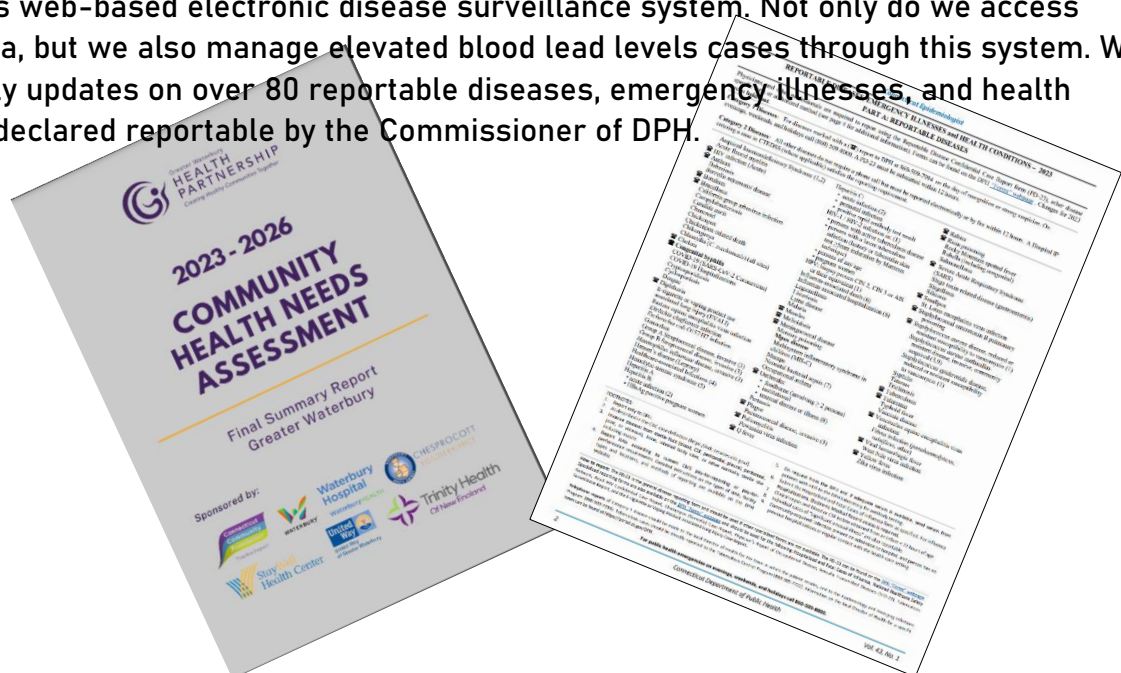


GWHP

The Greater Waterbury Health Partnership collaborates with many regional health partners, including Chesprocott. Every three years, a Community Health Needs Assessment is funded, and the partners consider options to address the needs of the residents in the Greater Waterbury area towns, which include Cheshire, Prospect, and Wolcott. The Director of Health serves on the Executive Committee and has participated in all Community Health Needs Assessments, Community Health Improvement Plans, well-being reports, and strategic planning. The information shared and relationships fostered have provided numerous resources and opportunities to improve health services.

CTEDESS/Maven

The CT DPH provides the health district with infectious disease data and disease reporting through this web-based electronic disease surveillance system. Not only do we access disease data, but we also manage elevated blood lead levels cases through this system. We receive daily updates on over 80 reportable diseases, emergency illnesses, and health conditions declared reportable by the Commissioner of DPH.



2. Investigate Health Problems

Investigate, diagnose, and address health problems and hazards affecting the population.

Communicable Disease Surveillance

The Health District receives communicable disease reports from various sources, including the CT DPH, hospitals, local doctors, and first responders. Each January, the CT DPH releases a list of infectious diseases, emergency illnesses, and other health conditions that must be reported to the health district per Connecticut General Statute 19a-215. We receive mailed paper reports and monitor electronic reports through the Connecticut Electronic Disease Surveillance System (CTEDSS). The following is a sampling of infectious disease cases reported in the past.



Reports Reviewed	2019-2020	2020-2021	2021-2022	2022-2023
Lyme/Tickborne illness	72	56	54	71
Foodborne Illness	14	15	16	26
Sexually Transmitted Diseases	105	104	63	52
Group A/B Streptococcus & MRSA	17	21	15	11
Hepatitis B & C	63	62	79	113
Influenza	108	1	53	157
COVID-19 (lab confirmed)	0	7326	11178	3942

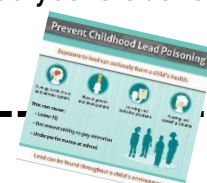
** These numbers reflect the number of cases from July 1 to June 30th of those years above

Childhood Lead Poisoning

In 2021 CDC recommended and Connecticut adopted lowering reportable lead blood levels from 5 µg/dL to 3.5 µg/dL. Effective January 1, 2023, any blood level cases at or equal to 3.5µg/dL is required to report to CT DPH and local health. Every case is contacted by our public health nurse who provides educational material, guidance and follows each case. Our Environmental Health Specialists conduct a comprehensive epidemiological investigation for all cases that report blood lead levels of equal to or above 15µg/dL. Our goal is to educate parents on lead hazards and reduce environmental lead exposure and lead poisoning.

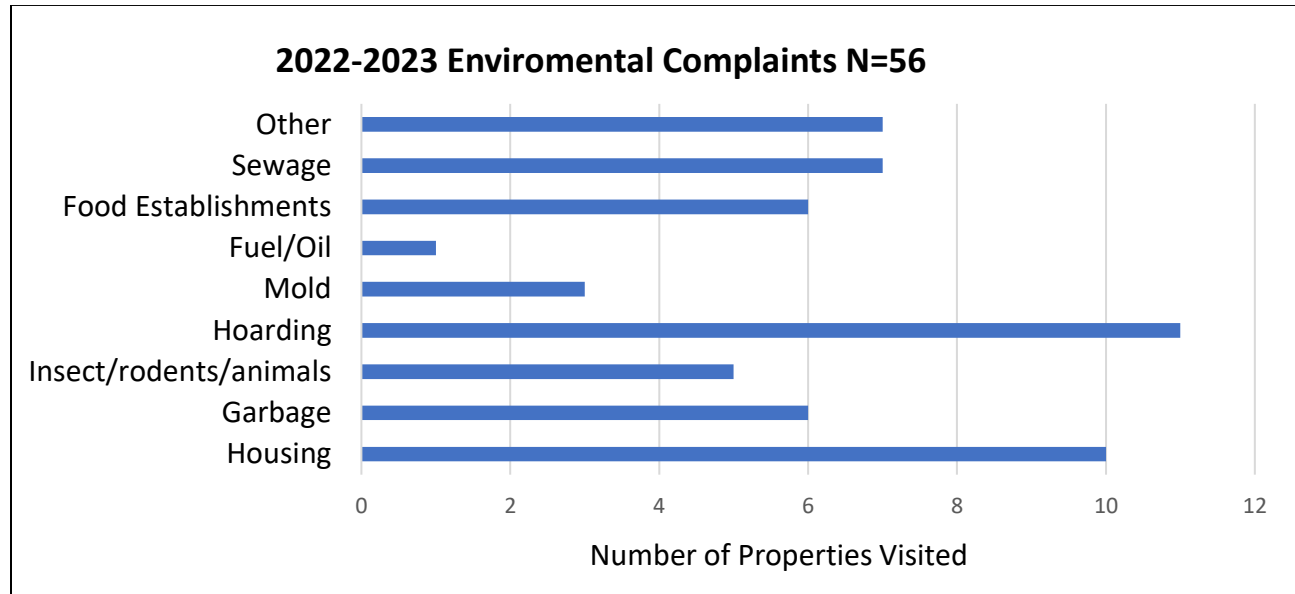
Lead Case Investigation:

Chesprocott Public Health Nurses investigated twelve (12) elevated blood lead level reports. Of those reports only one venous blood test levels was above 15µg/dL and required lead paint abatement.



Environmental Health Complaints

Our office investigates various complaints, but environmental complaints are the most reported. During this time, staff sanitarians investigated 56 complaints. The most written complaints are the following:



3. Inform and Educate

Communicate effectively to inform and educate people about health, factors influencing it, and how to improve it.

Chesprocott Health District
Presents

Lifestyle Change Program

Taking tiny steps—not giant leaps—is the best way to get lasting results.

The Program Begins:
Thursday, September 22nd
Time: 10 a.m. - 11 a.m.
Where: Cheshire Senior Center

Program Goals

- Increase Your Quality of Life.
- Increase physical activity.
- Lose 5% percent of your body weight.

Program Information

Time Commitment:
The program runs for 1 year.

- During the first 6 months of the program, you will meet once a week in person.
- During the second 6 months, you will meet once a month group.

Eligibility

- Must be able to commit to the full program.
- Concerned about their current nutrition and physical activity.
- Have NOT been diagnosed with type 1 or type 2 diabetes.
- Have received a result of high risk for type 2 diabetes on the Prediabetes Risk Test.
- Have had a recent blood test in the prediabetes range.

To Register Call the Cheshire Senior Center at 303.272.8206 or email lgavely@cheshiredist.org

CHESPROCOTT Health District

National Diabetic Prevention Program

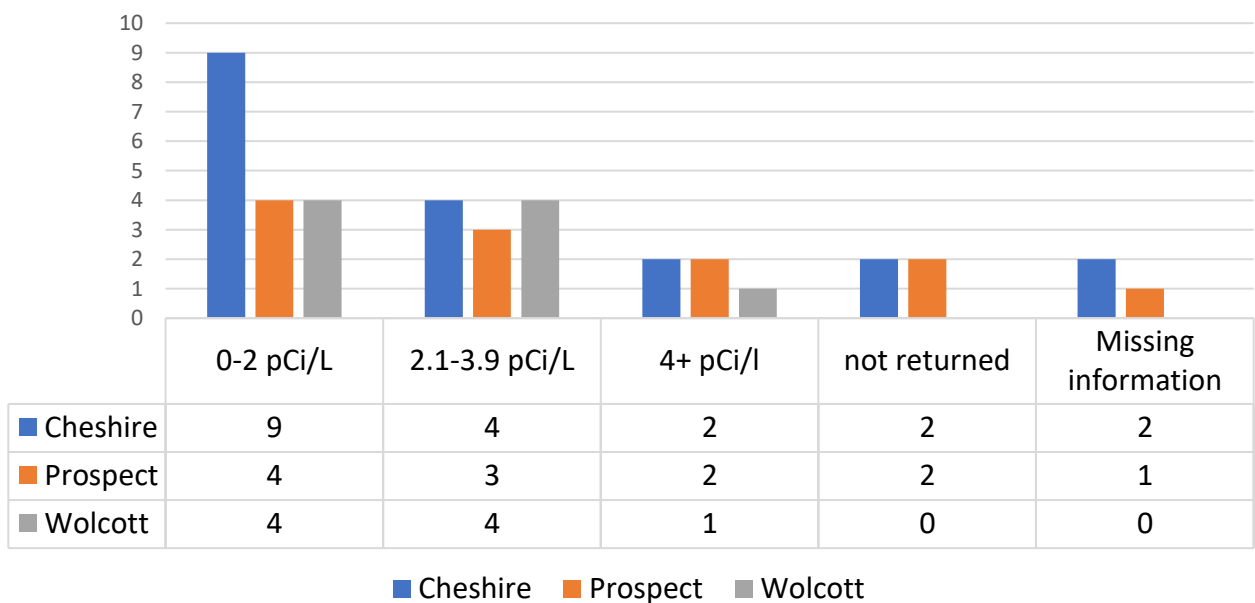
This past year, two cohorts participated in the CDC-recognized National Diabetic Prevention Program. This evidence-based program is a lifestyle change program. Each cohort meets weekly for the first six months and then monthly for the remainder of the year. Classes were held at the Cheshire Senior Center and the Cheshire YMCA, but the program was offered to all residents of the health district. The program had 17 participants who recorded their diet weekly, counted food calories, recorded daily exercise, and supported each other. Overall, it was a successful program reporting positive results, including weight loss and lowered A1C blood counts.

Radon Awareness Month

In January, our health district promoted radon awareness month. In partnership with the CT DPH, we received 36 home radon test kits and distributed them throughout the district.



2023 Radon Kit Test Results N=30



Chesprocott Newsletters

The new year began with developing, printing, and distributing the first Chesprocott Newsletter. These newsletters were distributed to senior centers, town halls, libraries, and community centers. They contained important information ranging from disease trends, mental health wellness tips, a calendar of events,





Community Narcan Training

Narcan training is an essential part of overdose prevention education. The health district collaborates with community prevention partners Cheshire Human Services, Wolcott Citizens Against Substance Abuse (CASA), and Wolcott Volunteer Ambulance to provide training in all our communities. These trainings empower community members, family, and friends to help save lives. Participants learned about opioids, what Narcan is, how to administer it, the Good Samaritan Law, and local resources for assistance. Participants received Narcan kits, which contained two doses of Narcan.



QPR (Question, Persuade, Refer) Suicide Prevention Training

The QPR gatekeeper training for Suicide Prevention is a brief educational program designed to teach “Gatekeepers” – those who are strategically positioned to recognize and refer someone at risk of suicide (parents, educators, health professionals, coaches, etc.) the warning signs of a suicide crisis and how to respond by questioning, persuading, and referring the person to appropriate resources. Our Public Health Educator collaborated with Meriden Health Department, Wolcott CASA, and other organizations to hold these essential training courses throughout our communities.

4. Community Engagement

Strengthen, support, and mobilize communities and partnerships to improve health.



In late summer, Trinity of New England donated a used ambulance to the health district. The ambulance is used as a community outreach vehicle. The vehicle is used to transport our community event educational materials and supplies.

During the year, our Public Health Nurses, Community Outreach Coordinator, Emergency Response Coordinator, and Public Health Educator attended many community events where vaccinations were provided, vaccine test kits and face masks were distributed, blood pressure was checked, and health-related materials were shared.



Prospect Spring Fling



Cheshire Chamber of Commerce
Home & Garden Show



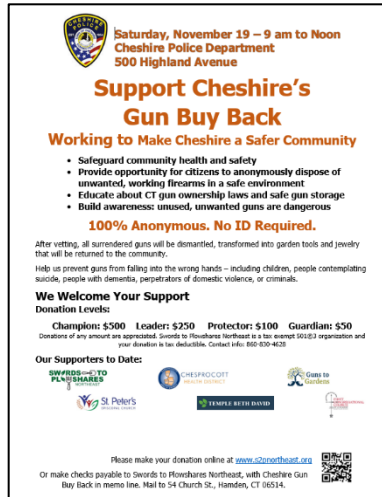
Cheshire Fall Festival



Collaboration with First Responders

Chesprocott has a very close partnership with our community first responders and those employees who respond to emergencies. We want to keep them healthy and safe so they can keep protecting our community members.

Cheshire Gun Buy Back



In the Fall, we partnered with many other community partners, including the Cheshire Police Department, St. Peter's Church, Temple Beth David, Guns to Gardens, The First Congregational Church, and the Swords to Plowshare program. On November 19, 2022, over 96 guns were collected from 50 citizens. Half of those citizens were Cheshire residents. Over half were veterans who reported inheriting firearms.



Prospect Fire Department Hoarding Training

On February 2, 2023, Chesprocott held a hoarding training for 20 Prospect Firefighters at the Prospect Fire Department. Hoarding complaints have risen in the past few years, and first responders need to recognize the risks associated with these situations and what resources are available to help those individuals.

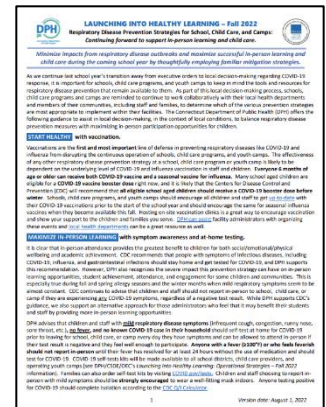


5. Develop Policies and Plans

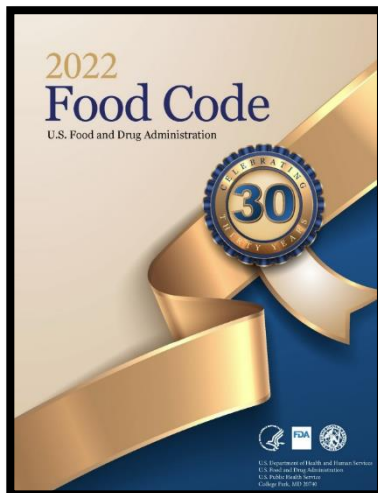
Create, champion, and implement policies, plans, and laws that impact health.

COVID-19 Back-to-School Guidance and Strategies

The health district continued to guide three public schools and one private school on implementing respiratory disease prevention strategies for in-person learning and childcare. The CT DPH had issued guidance for facilities with low, medium, and high community levels of COVID-19. We supported schools, childcare, and camps in implementing these strategies to keep our children healthy and to continue in-person learning.



Connecticut Adopts the 2022 FDA Food Code



On February 17, 2023, the Connecticut General Assembly passed regulations to adopt the Food and Drug Administration (FDA) Food Code. This required educating the food service establishments on new requirements, including notifying Certified Food Protection Managers that they must have current certification and that they were required to be on-site during peak hours of operation. It required our environmental food inspectors to re-classify all food service establishments in the district. The inspectors also needed to learn how to use the new inspection form, which does not use a pass/fail score but uses a priority rating system.



6. Public Health Laws

Utilize legal and regulatory actions to improve and protect public health.

Public health laws influence the health of the entire population. Environmental Health laws include food sanitation, lead inspections, drinking water quality, clean air, waste-water disposal, and vector control. Infectious disease laws include outbreak investigations, immunizations, contagious disease reporting, quarantine, tuberculosis enforcement, and contact tracing of sexually transmitted infections. Chronic disease laws include sales of tobacco products to youth, smoke-free ordinances, and the adoption of bike lanes. In contrast, injury prevention laws have seat belt laws, helmet laws, speeding limits, and harm reduction.

Our Environmental Health staff are vital to promoting and protecting the population's health.

While they enforce the CT Public Health Code and applicable state and local ordinances, they gain compliance through educating our regulated entities, including restaurants, daycare centers, public pools, and salons.

Educating the public and the regulated facility on the meaning, purpose, and benefits of the law and compliance requirements builds partnerships.

Chesprocott licenses and inspects all public swimming pools to ensure water quality and safe swimming conditions at each pool. The facilities must comply with Sec 19-13-B33b of the Public Health Code.



Currier Woods Cheshire



Cheshire Community Pool

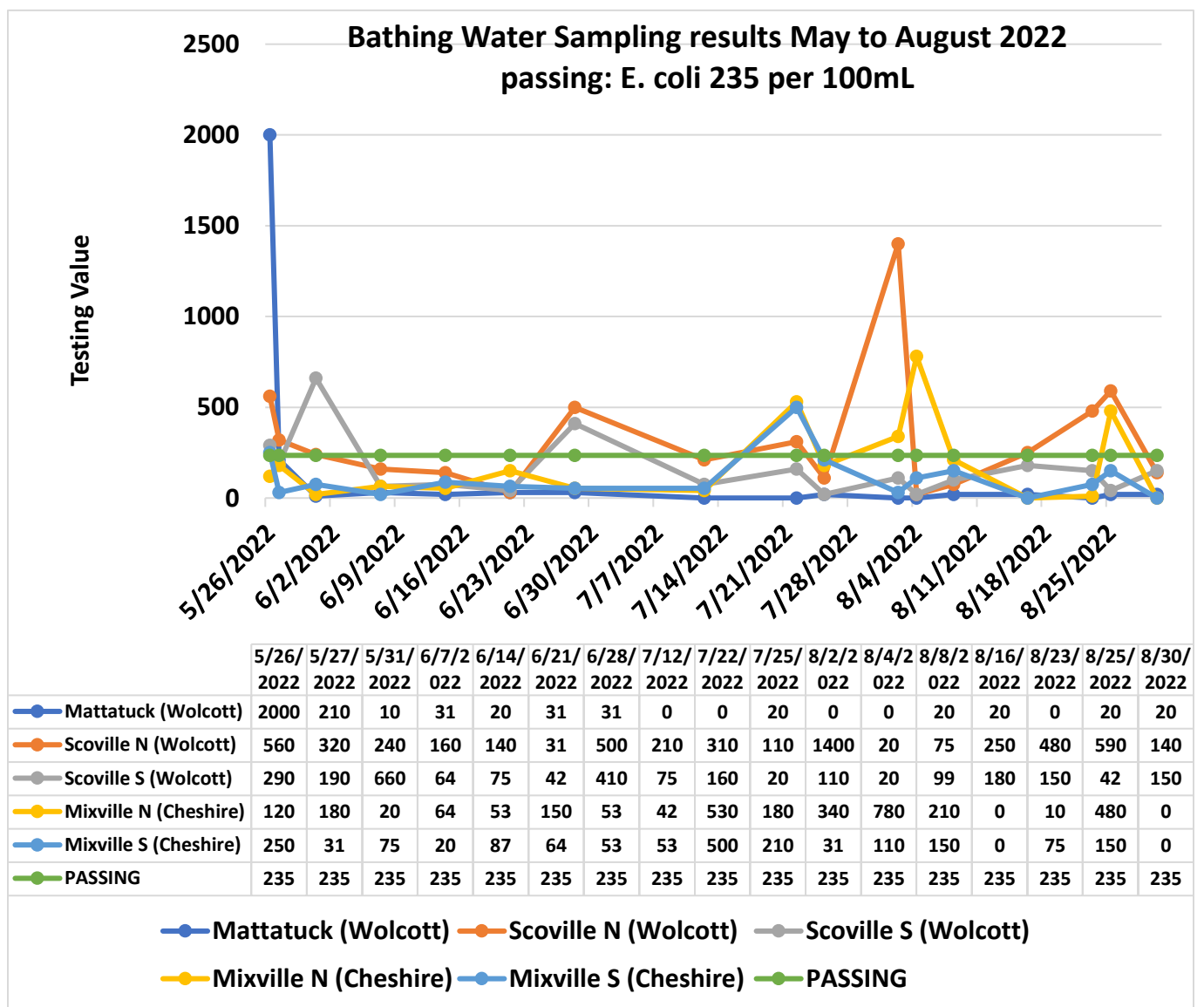
Beginning the week before Memorial Day, the environmental health staff collect weekly samples of all bathing water within the district. In the case of elevated levels of E.Coli (see the green line), we resample and close the area to the public until the levels are safe.



Mixville Recreation Area Cheshire



Woodtick (Scoville) Recreation Area

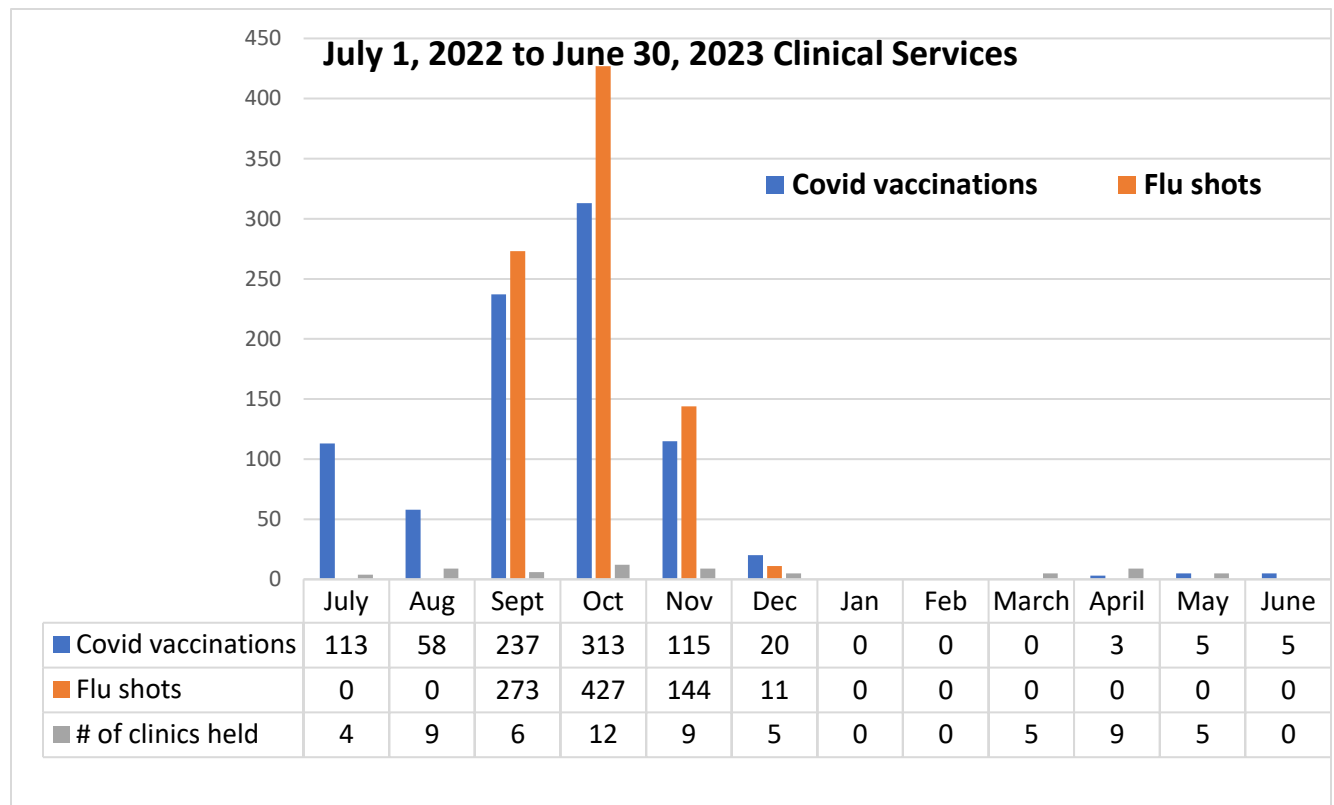


7. Access to Health Care

Assure an effective system that enables equitable access to the individual services and care needed to be healthy.

Vaccines Provided

CHD clinical staff and Medical Reserve Corp (MRC) members held many vaccination clinics throughout our district, providing COVID vaccinations and flu shots.

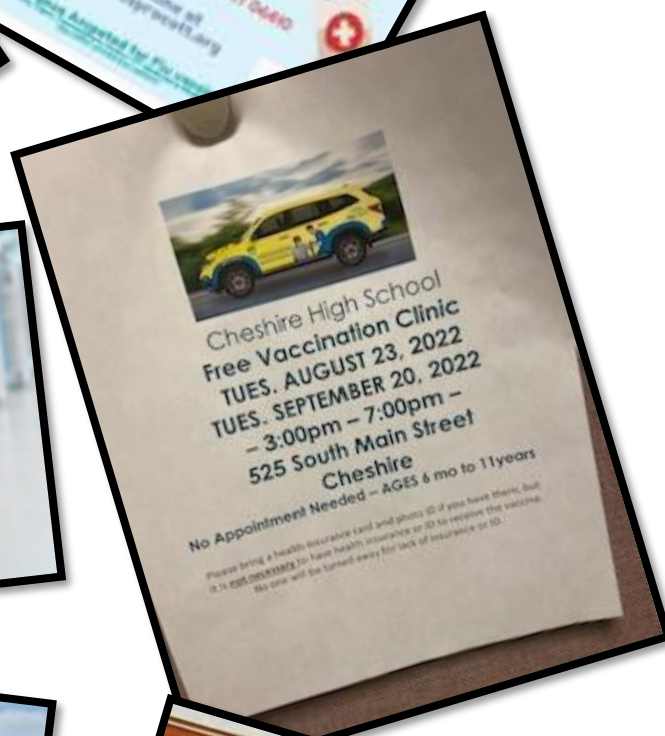
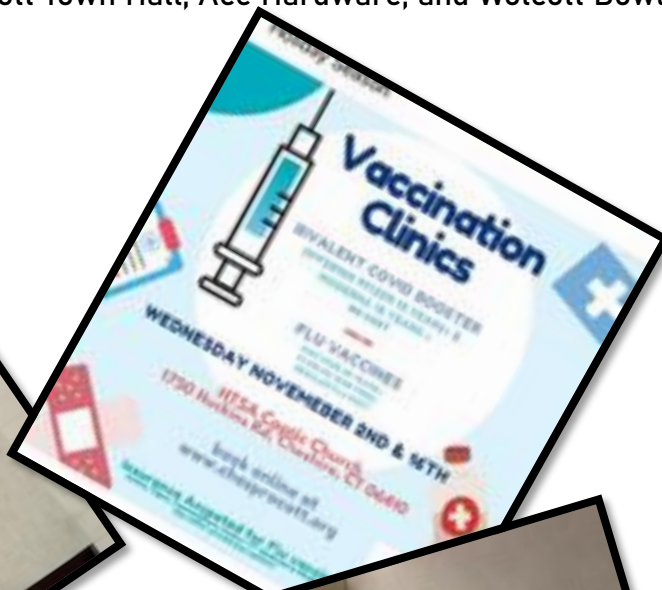


A total of 64 clinics were held throughout the district. Partnering agencies included local government, churches, private businesses, and community events.

Cheshire: Cheshire Fall Festival, Cheshire Public Schools, Elim Park, Cheshire Senior Center, Marbridge, The Holy Theotokos & St Athanasius Coptic Orthodox Church, Cheshire Town Employees, Cheshire Police, Cheshire Fitness Zone, Chesprocott office, and Viron Rondo.

Prospect: Prospect Senior Center, LaBonnes Grocery Store, Prospect Community Center, Prospect Fire Department, Cross Pointe Nutrition, and Brunch House.

Wolcott: Wolcott Senior Center, Wolcott Town Hall, Ace Hardware, and Wolcott Bowling Lanes.



8. Maintain a Competent Workforce

Build and support a diverse and skilled public health workforce.

The environmental health staff must attend annual lead code enforcement update seminars and renew their Lead Inspector and Lead Risk Assessor certificates. This year, our newer sanitarians became certified in Phase I and Phase II Subsurface Sewage and Food Inspector Certification by the CT Department of Public Health. They also earned certification as pool and spa operators.

Professional Organizations

Staff at Chesprocott are members of many professional organizations. These organizations provide continuing education, health alerts, research journals, best practices, data, and advocacy.



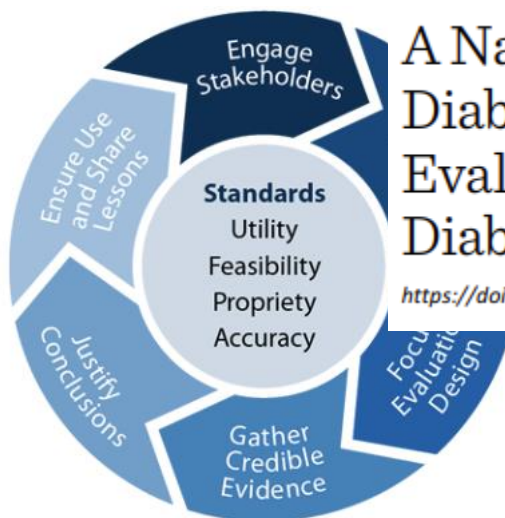
Proud Members of COWRA



9. Evaluation

Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement.

Our staff actively use performance data to improve the health of our residents using performance measures and standards, to establish targets and goals, to prioritize and allocate resources, to make needed changes in policy or program directions to meet objectives, and to improve the quality of public health services.



A National Effort to Prevent Type 2 Diabetes: Participant-Level Evaluation of CDC's National Diabetes Prevention Program

<https://doi.org/10.2337/dc16-2099>

A National Effort to Prevent Type 2 Diabetes: Participant-Level Evaluation of CDC's National Diabetes Prevention Program

<https://doi.org/10.2337/dc16-2099>

Retention Among Participants in the National Diabetes Prevention Program Lifestyle Change Program, 2012–2014

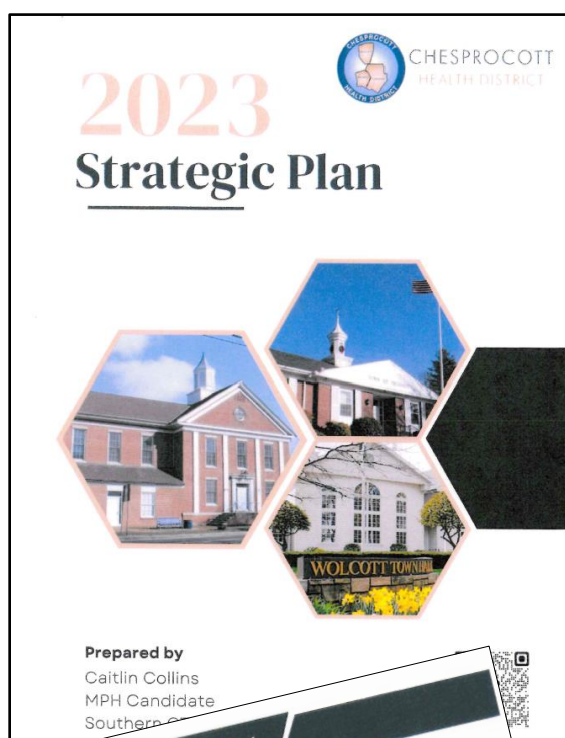
Michael J. Cannon ; Svetlana Masalovich; Boon Peng Ng; Robin E. Soler ; Rajai Jabra; Bryce D. Smith

Results: A total of 29 (73%) completing both the presurvey and the post-survey. In the number of falls or participants following an established exercise program, 75% reported a reduction in falls. In addition, the intervention involved a lifestyle change program, in which participants achieved weight loss of 5 pounds for a person weighing 200 pounds), reduced the risk of developing type 2 diabetes.

10.Evidence Based

Build and maintain a robust organizational infrastructure for public health.

Health departments must have a well-managed human resource system, be competent in general financial management, and have information management capacity. Public health leaders need an infrastructure to ensure that decisions, policies, plans, and programs are ethical and address equity.



In May 2023, the health district appointed a Southern Connecticut State University Master of Public Health candidate to create the first CHD Strategic Plan.

Acknowledgments

This Strategic Plan was authored by Caitlin Collins, intern with Chesprocott Health District and MPH Candidate at Southern Connecticut State University.

Thank you to all members of the staff team, Board of Directors, and partners who took time to participate in the steps taken to develop this plan.

Director of Health

Maura Esposito, MPH, RS

Chesprocott Staff Team

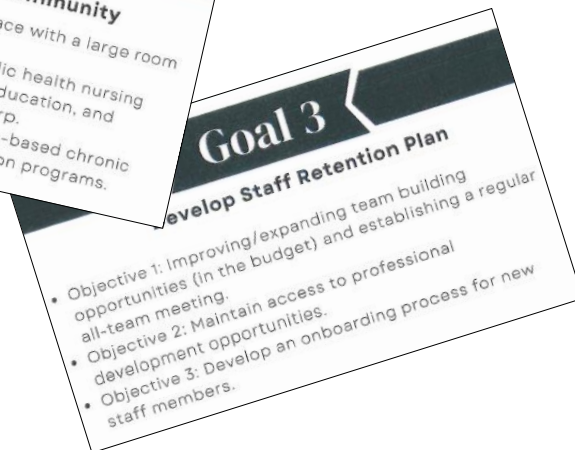
Jeff Andrews, Chief Sanitarian
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Kaylianna Bryant, Sanitarian
Alexa Gatinella, Public Health Nurse
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Darlene Miakos, Office Manager/ Human Resources
Hilary Norcia, Health Educator
Lily Pawloski, Emergency Preparedness Coordinator
Caroline Redlitz, Office Assistant
Michelle Silva, Sanitarian

Board of Directors

Lauren Backman
Maria Benvenuto
Barbara Ecker
Andy Giordano
Sean Kimball
Liz Normand

Partners

Office of Human Services, Town of Cheshire



The need for more robust fiscal management was discussed at the Board of Directors meeting, and the Finance Committee was encouraged to meet more frequently. The FY24 Budget included funding an accountant consultant to meet those needs.

Department Contact Information

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