About the Naugatuck Valley Health District

The Naugatuck Valley Health District (NVHD) was founded in 1972 as a collaborative effort to provide public health functions to the towns of Ansonia, Derby, Seymour and Shelton. Beacon Falls and Naugatuck were included in the voluntary effort in 1980 and 1985, respectively. The NVHD is an independent governmental entity formed under the CT General Statutes. One of twenty health districts in the state of Connecticut, it was the third district to be formed. The NVHD serves a population of approximately 127,000 residents. The district is governed by a board of directors comprised of representatives appointed by the towns served by the District. It was the first health district in Connecticut to achieve national public health accreditation.

VISION
Optimal health and quality of life for our communities.

MISSION
The Naugatuck Valley Health District, as the official public health agency for its partner communities, is committed to improving the quality of life for all it serves through the promotion of health, prevention of disease, and by assuring a safe and clean environment.

VALUES

Professionalism: we will treat all our community members, clients, partners and colleagues in a caring, respectful, ethical and fair manner.

Knowledge: we will utilize the most current evidence-based information in all our work and embrace ongoing workforce and leadership development.

Integrity: we will be truthful, honest, fair and hold ourselves to the highest standards while being fully accountable for our decisions and actions.

Dedication: we will work to demonstrate our commitment to the Naugatuck Valley Health District and to the public health of the communities we serve.

Teamwork: we will support each other in the spirit of collaboration and cooperation for the public good.
Dear Friends,

Looking back at past annual reports, the primary mission of the Naugatuck Valley Health District to promote health, prevent disease and assure a safe and clean environment remained constant over the decades. The Health District continues to conduct investigations and ensures control measures for infectious diseases, provides immunizations, assures access to health services, offers health education, and inspects and enforces abatement of environmental hazards, among other responsibilities. However, the scope of services and how they are delivered have changed over time.

Thanks to many collaborative community partners, Naugatuck Valley Health District is now better equipped to meet these changes by providing current, flexible and accountable programs to the residents it serves. This year was no exception. With assistance from the Valley Community Foundation, the District educated Valley families about childhood lead poisoning initiatives and offered Freedom2Breathe, a program to increase understanding among caregivers, medical professionals, and childcare providers about the importance of asthma action plans in reducing unnecessary hospitalizations and visits to emergency departments. With funding from the CT Community Foundation and the Katharine Matthies Foundation, Matter of Balance was offered throughout the District. This multi-session, evidence-based program focused on reducing falls and increasing physical activity in seniors. A grant from the National Association of County and City Health Officials funded the Medical Reserve Corps to provide an overdose prevention and education campaign in collaboration with community partners. Multi-million dollar funding from HUD to make Valley homes lead free helps to assure the health of our children.

Notable this fiscal year, Janet Gernat retired as Business Manager in October 2016. Ms. Gernat completed a distinguished career with the Naugatuck Valley Health District spanning almost two decades. She supported the staff with her keen attention to the administration of financial matters, facilities management and human resources coordination, among other responsibilities. We wish her all the best in her retirement.

As you review this Annual Report, I hope that you will be pleased with our achievements, as we have been honored to serve you.

Kind regards,

Karen N. Spargo

Director of Health
Essential Service 1

Monitor health status to identify and solve community health problems

Data Share located on the health district website at www.nvhd.org is dedicated to assessments related to health conducted either by NVHD or other organizations.

The District continued to serve as the host site for a State Department of Public Health (DPH) Regional Field Epidemiologist.

The district participated in the 2016 Valley Community Index sponsored by the Valley Community Foundation in partnership with Griffin Hospital. The index is designed to provide a sustainable assessment that meets the needs of a broad range of community partners including the public health system.

Essential Service 2

Investigate health problems and environmental public health hazards

Communicable Disease Control is a statutory responsibility that the district carried out with surveillance, investigation, counseling, referral, education and control measures to prevent the spread of infectious diseases. Infectious disease follow-up: 1090  Disease outbreak investigations: 1

Direct observed therapy was provided in the home for residents with infectious tuberculosis and screenings for the potentially exposed. The Naugatuck Valley Health District also provided flu shots to the homebound by request. Home visits: 189

The Public Health Nurse managed human cases for those potentially exposed to the rabies virus by providing vital health education, consultation and referral. The health district may also arrange laboratory testing of specimens as appropriate. Rabies prevention: 9

Potentially infected ticks were sent to the CT Agricultural Station for laboratory testing. Follow–up was provided to residents. Ticks sent for laboratory testing and follow-up: 45
Communicable Disease Cases in District Reported to NVHD 2016-17

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</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>462</td>
<td>373</td>
<td>274</td>
<td>Staphylococcus</td>
<td>42</td>
<td>44</td>
<td>38</td>
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<tr>
<td>Influenza A and B</td>
<td>319</td>
<td>186</td>
<td>192</td>
<td>Pneumococcal Disease</td>
<td>39</td>
<td>20</td>
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<tr>
<td>Hepatitis C</td>
<td>262</td>
<td>208</td>
<td>250</td>
<td>Carboxyhemoglobin</td>
<td>37</td>
<td>28</td>
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<tr>
<td>Lyme</td>
<td>103</td>
<td>31</td>
<td>61</td>
<td>Gonorrhea</td>
<td>32</td>
<td>42</td>
<td>46</td>
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<tr>
<td>Syphilis</td>
<td>54</td>
<td>9</td>
<td>14</td>
<td>Hepatitis B</td>
<td>32</td>
<td>30</td>
<td>24</td>
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<tr>
<td>Streptococcal</td>
<td>53</td>
<td>38</td>
<td>35</td>
<td>Babesiosis</td>
<td>13</td>
<td>9</td>
<td>11</td>
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</table>

NVHD provided childhood immunizations through the CT Vaccine Program.
Vaccine for Children Program: 118
Adults (Cocoon Program): 4

A Childhood Immunization Registry and Tracking Service (CIRTS) tracked children’s immunizations scheduled in health care providers’ offices for an assigned region of NVHD, and also, Oxford, Trumbull, Stratford and Monroe.
CIRTS follow-up: 1661

To reduce the impact of childhood lead poisoning, NVHD provided case management, medical provider coordination and education for families of children under age 6 with elevated lead levels. Staff conducted environmental investigations of paint, dust, soil and water samples from premises where poisoned children were identified. Orders were issued to property owners to ensure that lead hazards are eliminated.
Investigations managed: 42
Environmental inspections and visits: 47
Orders issued: 7

NVHD sanitarians provided environmental health investigations of resident complaints subject to state and local laws and regulations with the goal to protect the health of the public from illness, disease and injury from health hazards.

Environmental Complaints Investigated

<table>
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<tr>
<th>Food Establishments: 47</th>
<th>Housing: 120</th>
<th>Nuisance: 51</th>
</tr>
</thead>
<tbody>
<tr>
<td>Septic and Sewage: 11</td>
<td>Salons: 2</td>
<td>Other: 6</td>
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</tbody>
</table>
Essential Service 3

Inform, educate and empower people about public health issues

The Food Establishments Code was revised to allow for a letter grade rating system for sanitation in food establishments. The new letter grade is more visible and familiar to the public.

Matter of Balance, a multi-session program focused on reducing the fear of falling and increasing physical activity among seniors, was offered in community sites.

Education was provided to parents and caregivers, and childcare and medical providers to increase awareness and utilization of asthma action plans with the purpose of reducing hospitalizations and emergency room visits.

Backpack stuffers were provided to elementary school children to educate parents about childhood lead poisoning. More than 1000 letters went out to Valley landlords with information on their responsibilities in controlling lead hazards.

The District provided follow-up technical assistance and educational materials on water quality test results that do not meet standards.

A monthly newsletter was distributed in the community, and the Community Health reception area continues to be designated for timely health topic displays.

The NVHD website at www.nvhd.org offered information and links to reliable sources on a range of public health topics including a description of NVHD programs, local codes, forms and news releases.
Essential Service 4

Mobilize community partnerships to identify and solve health problems

In partnership with the Shelton Echo Hose Company, the Naugatuck Valley Medical Reserve Corps prepared, trained and credentialed volunteers to respond to emergencies in the jurisdiction. Active members: 58

The NVHD partnered with the Waterbury Health Department to host the WIC Program for the jurisdiction to provide a supplemental food and nutrition education program for pregnant and postpartum women and children up to age five years. Participants: 965
Essential Service 5

Develop policies and plans that support individual and community health efforts

The 2015-2020 Organizational Strategic Plan guided the District with five priority areas including the following: technology, communications, workforce development, evidence based programs and long-term financial planning.

NVHD participated in local, regional and state public health preparedness efforts focused on disease surveillance and control measures, risk communication, environmental hazards, quarantine and isolation, continuity of operations and mass vaccination and dispensing clinics. NVHD hosted a Functional Point of Distribution (POD) drill in the Spring of 2017 including regional and community partners the Medical Reserve Corps and EMS.

NVHD teamed up with Griffin Hospital and other community partners to begin a new Community Health Improvement Plan. The seven priority areas are: 1) Creation of a Chronic Behavioral Health Community CARE Team, 2) Lifestyle-Focused Chronic Disease Management & Prevention Programs, 3) Substance Use Disorders 4) Childhood Obesity Prevention/Community Based Programming, 5) Lung Cancer Screening and Smoking Cessation, 6) Asthma Prevention, and 7) Healthy Homes.
Essential Service 6

Enforce laws and regulations that protect health and ensure safety

NVHD licensed, inspected, reviewed plans and provided education to food service establishments including restaurants, markets, caterers, private clubs, itinerant vendors, school cafeterias, group homes, day care centers, nursing homes and temporary events.

- FSE licenses issued: 654
- Temporary event licenses: 330
- Food plan reviews: 23
- Inspections and visits: 2184

The NVHD responded to housing code complaints filed by residents with investigations that may result in enforcement activities including the issuance of violation orders and/or litigation.

- Complaints investigated: 120
- Inspections and visits: 232

NVHD issued permits and supervised the installation of private subsurface sewage disposal systems, and provided deep-hole tests, inspections and investigations. Plans were reviewed for change of use, additions, and engineered systems.

- SSDS permits issued: New: 16  Repair: 72  Subdivision lots: 37  Test hole applications: 67
- Change of Use (B100a): 71  Subsurface sewage disposal system visits: 214

NVHD provided day care inspections for state licensing and investigated school complaints.

- Inspections and visits: 61

NVHD issued permits and inspected all private well construction sites working with homeowners, the construction industry and other government agencies to resolve water quality problems and protect the water supply at the local level. Well drilling permits issued: 31  Private well water visits/samples: 53

NVHD issued permits and inspected all public pools.

- Inspections and visits: 70  Closed: 14

NVHD issued permits and inspected all tattoo and body piercing establishments and body care salons including hair, nail, massage and tanning salons.

- Body care permits: 180  inspections and visits: 216
- Tattoo and body piercing permits: 9  Inspections and visits: 23

NVHD provided a range of nuisance inspections that may have resulted in enforcement action.

- Nuisance: 109
Essential Service 7

Link people to needed personal health services and promote strategies to improve access to health care services

Influenza vaccine, recommended for residents six months and older, was provided in the senior centers and other community sites.
Influenza vaccine recipients: 564

Adult immunizations were offered in community settings by nursing staff.
Adult immunization recipients: 22

The Women’s Health Initiative, a collaboration of health providers, focused on access to maternal and child health, developed and distributed a directory of available health services for women in this area.
The NVHD Workforce Development Plan ensured all staff certifications were current and that required training for credentials was met. Trainings were based on the Core Competencies for Public Health Professionals from the Council on Linkages and the Fifteen Preparedness Capabilities from the Centers for Disease Control and Prevention (CDC). The Connecticut State Department of Public Health, professional organizations and academia provided special public health training throughout the year to agency staff so they can keep abreast in a dynamic science-based field.
The NVHD seeks to continuously evaluate its programs with areas identified for quality improvement. The NVHD entered into federal, state and private foundation contracts to provide performance-based grant programs. The district filed an annual report of mandated activities to the CT State Department of Public Health. The NVHD Board of Directors assured that an annual financial report conducted by a certified auditing firm was conducted and submitted to the State of CT and the Federal Government for additional review. The NVHD maintains national voluntary accreditation status through the Public Health Accreditation Board in adherence to a rigorous set of standards for local public health departments.

As a local public health entity, activities provided by the District were classified as non-research with the purpose to prevent or control disease or injury. NVHD staff participated in a community advisory capacity to the Yale-Griffin Prevention Research Center and VITAHLS, with the purpose of improving community health promotion and disease prevention through interdisciplinary applied prevention research.
### FUNDING SOURCES 2016-2017

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<th>Program</th>
<th>Revenue</th>
<th>Source</th>
<th>Amount</th>
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<tr>
<td>Putting on Airs</td>
<td>$5,464</td>
<td>Allocations from the State</td>
<td>$208,992</td>
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<td>Immunization Action Plan</td>
<td>$73,841</td>
<td>Allocations from Cities/Towns</td>
<td>$872,332</td>
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<td>NauVEL Lead Hazard Control/Healthy Homes</td>
<td>$100,908</td>
<td>Permits, Licenses, Fees</td>
<td>$357,691</td>
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<td>Public Health Preparedness</td>
<td>$92,468</td>
<td>Other Income</td>
<td>$49,612</td>
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<td>Lead Poisoning Prevention</td>
<td>$32,357</td>
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<td>Medical Reserve Corps</td>
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<td>NACCHO MRC</td>
<td>$300</td>
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<td>Preventative Health Block Grant</td>
<td>$37,180</td>
<td>Ansonia</td>
<td>18,854</td>
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<td>Freedom 2 Breathe- Valley Community Foundation</td>
<td>$21,836</td>
<td>Beacon Falls</td>
<td>6,081</td>
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<td>Matter of Balance- CT Community Foundation</td>
<td>$3,000</td>
<td>Derby</td>
<td>12,700</td>
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<td>Matter of Balance- Katherine Matthies Foundation</td>
<td>$7,000</td>
<td>Naugatuck</td>
<td>31,538</td>
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<td>Valley Needs &amp; Opportunities- Valley Community Foundation</td>
<td>$1,000</td>
<td>Seymour</td>
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<td>Shelton</td>
<td>41,296</td>
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<tr>
<td><strong>Total Grants</strong></td>
<td>$389,204</td>
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| **TOTAL DISTRICT POPULATION**                      |          |                                            | 126,944  |

**Funding Breakdown:**
- Allocations from the State: 11%
- Grants: 20%
- Allocations from Towns: 46%
- Permits, Licenses and Fees: 19%
- Other Income: 2%
NAUGATUCK VALLEY HEALTH DISTRICT
98 BANK STREET * SEYMOUR, CT 06483  °  203-881-3255

NVHD BOARD OF DIRECTORS
John Zikaras, Chair, Shelton
Rosalie Averill, Vice Chair, Seymour
Thomas Clifford, Exec Committee Chair, Ansonia
Gary Merlone, Ansonia
Susan Mis, Beacon Falls
Lisa Brailey, Derby
Camille Kurtyka, Derby
Mary Connolly, Naugatuck
Edie Sletner, Naugatuck
Jeffrey Dussetschleger, Seymour
Jean Jones, Shelton
Barbara Lombardi, Shelton
Edward Kisluk, Shelton

Karen Spargo, Secretary /Treasurer /Ex-Officio
Elizabeth King, Recording Secretary

Professional Advisors:
Kenneth Ward, M.D  Medical Consultant
Frederick Stanek, Esq  Legal Consultant

NVHD STAFF
Karen, N. Spargo, MA, MPH, RS, Director of Health
Carol Slajda, MBA, MA, Nauvel Program Manager
Jessica Stelmaszek, MPH, Public Health Preparedness /MRC Coordinator
Joan Lane, MPH, Public Health Specialist

Administrative Support
Lisa McEachern, Business Manager
Colleen Lindholm, Administrative Assistant
Judith Waleski, Administrative Assistant

Environmental Health Division
David Rogers, MS, RS, Assistant Director
Rita Fazzino, RS, Housing Code Enforcement
Melanie Dokla, BS, RS, Head Sanitarian
Pran Gjeloshi, BS, RS, Sanitarian
Laurel Shaw, BS, RS, Sanitarian
Yvonne Douglas, BS, Sanitarian

Community Health Division
Carissa Caserta, MPH, Assistant Director
Kristen Charest, RN, Public Health Nurse
Alicia Mulvihill, MPH, Health Educator
Elizabeth Green, BS, Immunization Coordinator