



Northeast District Department of Health

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Public Health
Prevent. Promote. Protect.

A MESSAGE FROM THE DIRECTOR OF HEALTH, Fiscal Year 2019



NDDH is proud to have worked with great public health partners from across the region and the nation this year. We partnered the National Network of Libraries of Medicine to increase awareness of the availability of reliable health information and education resources and with local librarians, shelters food pantries and police to provide free Hepatitis A vaccines to vulnerable populations. We ran free flu vaccination clinics for adults and children with vaccine provided by the State Department of Public Health (DPH) and responded to threats of measles outbreaks by encouraging routine childhood vaccinations. NDDH and the Uncas Health District implemented *Freedom from Smoking*—the American Lung

Association's smoking cessation program. NDDH secured free radon test kits from DPH and distributed them to residents over the winter in an effort to reduce exposure to radon—the leading cause of lung cancer among people who don't smoke.

This spring, the CT Office of Rural Health provided funds for our Vial of Life program. Vial of Life kits make medical information readily available should there be a health emergency. Local first responders report that these kits save precious minutes when they respond to life-threatening events. We distributed the kits through partnerships with town halls, local fire and emergency response personnel, senior centers and other community partners. Our HealthQuest coalition partners collaborated on fall prevention efforts—including a hugely successful veterans stand down event at Quinebaug Valley Community College. We collaborated with the Last Green Valley to promote walking and with RiMaConn to promote running.

Over the past year, we promoted handwashing and safe food practices, tobacco avoidance, timely immunizations, physical activity (while avoiding ticks, mosquitoes and stray animals of course), adequate sleep and so much more, because we are in the business of prevention. We work to prevent chronic conditions such as asthma, obesity, heart disease, diabetes and infectious disease, such as the flu. We are spreading a message of hope to all those struggling with addiction because we know that recovery is possible. We do it all to make this a healthy community—healthy in terms of physical, mental, social and economic well-being. We do it to keep kids in school and the frail out of hospitals. We do it to prevent the impact illness makes on individuals—and on those who care for them. We do this so we can see you out and about enjoying the beauty of northeast Connecticut and the company of good neighbors.

We are dedicated to working collaboratively to keep northeast CT happy, healthy and safe and are so grateful to everyone who support the goals of public health. Thank you for all you do!

Susan Starkey, MPH MS RD

Susan Starkey, MPH, MS, RD
Director of Health



NORTHEAST DISTRICT DEPARTMENT OF HEALTH
Public Health Activities for the Town of Sterling, July 1, 2018 – June 30, 2019



Environmental Services	
Subsurface Sewage Disposal	
As-Built	23
B100	25
Plan Review, Commercial	0
Plan Review, New	3
Plan Review, Repair	5
Plan Review, Revised	1
Plan Review, Subdivision	0
Permit to Construct, Commercial	0
Permit to Construct, New	5
Permit to Construct, Repair	5
Sieve Analysis	6
Soil Test, Additional	4
Soil Test, New	1
Soil Test, Repair	6
Tank or Sewer Line	5
Water Treatment Permit	7
Property Document Search	33
Potable Water	
Well Permit	9
Other Water Services	3
Food Service Sanitation	
Restaurant Inspection	16
Restaurant Re-inspection	0
Restaurant Plan Review	1
Temporary Food Event	10
Health Inspections	
Campground	4
Daycare	0
Group Home	0
Hair Salon	0
Hotel/Motel	0
Medical	0
Nail Salon	0
Pool Inspection	3
Complaints	
Animal or Animal Waste	0
Bed Bugs	0
Food Service	0
Garbage	2
Heat/Water	1
Housing	0
Insects, Vermin (excluding Bed Bugs)	1
Lead Complaint	0
Mold	0
Odor	0
Other	0
Outdoor Wood Furnace/Smoke	0
Septic	1
Health Services	
Lead Poisoning Prevention	4
Rabies Prevention	2
Number of Animals Tested Positive for Rabies	0
Total Environmental Services	186

Reportable Communicable Disease (Calendar Year 2018)	
Babesiosis	0
Giardiasis	0
Chlamydia	5
Gonorrhea	0
Group B Streptococcus	0
Hepatitis B	1
Hepatitis C	1
Influenza	9
Legionellosis	0
Listeriosis	0
Lyme Disease	3
Rotavirus	0
Salmonellosis	0
Streptococcus pneumoniae	0
Total Reportable Communicable Disease	19
NDDH Oral Health Screening & Education Program	
Total Seen:	NA
• Number with Caries	NA
• Number with Other Dental Care Needs	NA
NDDH District-Wide Services	
<ul style="list-style-type: none"> • Qualified Food Operator & Food Awareness Safety Training • Emergency Planning, Preparedness and Response • Community Health Education covering a broad range of topics that prevent illness, promote wellness and protect health • Flu Immunizations 	
Grants (Federal, State & Private Funds)	
<ul style="list-style-type: none"> • CT Collaboration for Fall Prevention at Yale School of Medicine to reduce falls and fall related injuries among older adults by addressing the multi-factorial risk factors • CT Department of Public Health Per-Capita Allocation for support of municipal and district departments of health • CT Department of Public Health Grant for environmental and policy strategies to decrease obesity and chronic disease • Freedom from Smoking-tobacco cessation, multi session classes and nicotine replacement • Opioid Prevention-to prevent opioid misuse and opioid related deaths • Division of Emergency Management and Homeland Security to build a voluntary Medical Reserve Corps to respond to events of Public Health Concern • U.S. Department of Health and Human Services and Centers for Disease Control & Prevention (CDC) for Public Health Emergency Preparedness and Response • Radon Awareness and Test Kits-for free home testing for radon, a leading cause of lung cancer • Vial of Life to provide health information for first responders 	