



Northeast District Department of Health

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Public Health
Prevent. Promote. Protect.

A MESSAGE FROM THE DIRECTOR OF HEALTH, Fiscal Year 2020



NDDH is **your** local public health department. We work within a larger public health system that includes the CT Department of Public Health (DPH), the national Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) to ensure the conditions in which people can be healthy. Local public health departments are recognized as the authorities that are most in tune with the everyday conditions that impact the health of communities and the people who live in them. You can rely on NDDH to Prevent Illness, Promote Wellness, Protect Health in a thoughtful and strategic manner that addresses the political, economic, environmental, cultural, and other realities in the Quiet Corner of CT. We do this in collaboration with towns, agencies, and institutions. We made great strides over the past year.

In November, the Board of Directors approved a Strategic Plan, **Mission Statement:** *The Northeast District Department of Health will, through community partnerships, promote, protect, and improve health in northeast Connecticut by monitoring health concerns, preventing illness, and encouraging healthy lifestyles;* **Vision:** *Healthy people engaged in creating a thriving community;* and **Values:** *Community, Trust, Accountability, Peace of Mind, Ethics, and Expertise.* In December, our attention turned to an emerging disease in China. Our Strategic Plan and past experiences informed our response to what would become known as COVID-19.

We held flu vaccination clinics for adults and children in the fall. Our Holiday Dazzle Light Parade float promoted hygiene and flu prevention. In the spring we were promoting the use of cloth face coverings. In February, we began COVID-19 case investigations - helping people find appropriate care and self-isolate to prevent the spread of disease. In March, we convened schools and employers to protect students and the workforce. NDDH convened health care, social service agencies, and town officials to share best practices and ensure the provision of food, shelter, and services. NDDH distributed personal protective equipment (PPE) to health care providers and worked with Day Kimball Healthcare and Generations Family Health Center, to enhance local COVID-19 testing. Local media partners—WINY, the Bulletin, Courant, Day, Putnam Town Crier, and Villager newspapers were integral to these efforts.

Our work expanded beyond COVID-19. We conducted inspections—and provided timely updates on the Governor’s Executive Orders and the Department of Economic and Community Development’s Rules to municipalities, agencies, and businesses to help them operate safely. We held a community forum to prevent opioid-related deaths; distributed Vial of Life kits to make medical information readily available to first responders; and gave out free radon test kits to reduce exposure to radon—the leading cause of lung cancer among people who don’t smoke. Our HealthQuest coalition partners collaborated on efforts to create opportunities for physical activity while social distancing. It’s been busy, but we are committed to our work. We will continue to lead the way—and work in the background—to protect you!!

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, 2019 – June 30, 2020



Environmental Services	
Subsurface Sewage Disposal	
As-Built	1
B100	17
Plan Review, Commercial	1
Plan Review, New	12
Plan Review, Repair	5
Plan Review, Revised	1
Plan Review, Subdivision	0
Permit to Construct, Commercial	0
Permit to Construct, New	6
Permit to Construct, Repair	5
Sieve Analysis	0
Soil Test, Additional	9
Soil Test, New	7
Soil Test, Repair	6
Tank or Sewer Line	4
Water Treatment Permit	0
Property Document Search	0
Potable Water	
Well Permit	8
Other Water Services	0
Food Service Sanitation	
Restaurant Inspection	10
Restaurant Re-inspection	1
Restaurant Plan Review	0
Temporary Food Event	7
Health Inspections	
Campground	2
Daycare	0
Group Home	0
Hair Salon	0
Hotel/Motel	0
Medical	0
Nail Salon	0
Pool Inspection	2
Complaints	
Animal or Animal Waste	1
Bed Bugs	0
Food Service	0
Garbage	0
Heat/Water	0
Housing	1
Insects, Vermin (excluding Bed Bugs)	0
Lead Complaint	0
Mold	1
Odor	0
Outdoor Wood Furnace/Smoke	0
Septic	0
COVID-19 Related	1
Health Services	
Lead Poisoning Prevention	0
Rabies Prevention	2
Number of Animals Tested Positive for Rabies	0
Total Environmental Services	110

Reportable Communicable Disease (Calendar Year 2019)	
Babesiosis	0
Giardiasis	0
Chlamydia	7
Gonorrhea	0
Group B Streptococcus	0
Hepatitis B	0
Hepatitis C	2
Influenza	11
Legionellosis	0
Listeriosis	0
Lyme Disease	1
Rotavirus	0
Salmonellosis	0
Streptococcus pneumoniae	0
Total Reportable Communicable Disease	21
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 (CT DPH) Per-Capita Allocation for support of municipal and district departments of health • CT DPH and U.S. Centers for Disease Control & Prevention (CDC) Obesity Prevention through environmental and policy strategies • CT DPH Freedom from Smoking-tobacco cessation, multi session classes and nicotine replacement • CT DPH 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 • CT COVID-19 Crisis Relief to enhance response including education, personal protective supplies and equipment • CT DPH/CDC for Emergency Preparedness and Response • Radon Awareness and Test Kits-for free home testing for radon, a leading cause of lung cancer • CT Office of Rural Health for Vial of Life Program to make essential health information available to first responders 	