



## Northeast District Department of Health

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**Public Health**  
Prevent. Promote. Protect.

### ***A MESSAGE FROM THE DIRECTOR OF HEALTH, Fiscal Year 2022***



The Northeast District Department of Health (NDDH)—your local health department—remained busy over the past year developing and delivering services and programs to transition from the grips of the COVID-19 pandemic to the freedom to get out, get active, and stay safe in northeast CT. NDDH and community partners continued to promote and provide vaccination services for the most vulnerable groups in our community. These partnerships and the outpouring of support from the community were integral to our efforts, as was the response from our Medical Reserve Corps (MRC) volunteers. They provided endless hours of work, thousands of vaccinations, and heaps of compassion and caring. We are fortunate to work in a state with a strong public health system—and local communities dedicated to working cooperatively to care for friends and neighbors. Learn more about becoming an MRC volunteer on our NDDH.org website, which was newly designed this year to streamline information and provide more online services.

While COVID remained a top priority, life went on in many other areas requiring public health expertise and response from our NDDH Environmental Health, Community Health, and Administrative teams. NDDH worked closely with State and local officials to respond to a 25K gallon fuel oil spill in our district; our teams conducted lead poisoning prevention investigations and case management as well as investigations to prevent rabies, Mpox, and food-borne illness. We worked with the Killingly Youth Substance Use Prevention Coalition and completed training on suicide prevention that we can, in turn, teach to other community partners so they can help prevent suicides. NDDH returned to the ever-popular Veterans Stand Down event at Quinebaug Valley Community College, providing free COVID-19 vaccines and coordinating over 90 free health screenings for veterans and their family members. We safely returned to indoor and outdoor settings to educate our communities about tobacco cessation, tick and mosquito-borne disease, fall prevention, and more.

NDDH's HealthQuest coalition encouraged everyone to improve mental, physical, and social well-being by exploring over 500 miles of trails throughout the Last Green Valley National Heritage Corridor and is working with UCONN Extension to add these trails on the new CT Trailfinder website at [cttrailfinder.com](http://cttrailfinder.com). HealthQuest also reconvened the Follow the Fifty Models of Heart Health for a 10-year ReZOOMion and engaged their participation in our ConNECTicuTRAILS initiative.

This short summary represents *thousands* of public health activities delivered to over 85,000 residents in our 12 towns. We kept our NDDH Board of Directors and town leaders apprised of our public health services, challenges, and successes at regular board meetings and our biennial town leader orientation.

We will continue to deliver these successful public health programs and more to make the great communities we serve even healthier and happier. We'll keep striving, so you keep thriving.

*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, 2021 – June 30, 2022**



<b>Environmental Services</b>	
<b>Subsurface Sewage Disposal</b>	
As-Built	12
B100	17
Plan Review, Commercial	1
Plan Review, New	13
Plan Review, Repair	4
Plan Review, Revised	5
Plan Review, Subdivision	0
Permit to Construct, Commercial	0
Permit to Construct, New	9
Permit to Construct, Repair	3
Property Document Search	24
Soil Test, Additional	3
Soil Test, New	4
Soil Test, Repair	4
Tank or Sewer Line	2
Water Treatment Permit	0
<b>Potable Water</b>	
Well Permit	10
<b>Food Service Sanitation</b>	
Restaurant Inspection	1
Restaurant Re-inspection	1
Restaurant Plan Review	0
Temporary Food Event	7
<b>Health Inspections</b>	
Campground	2
Daycare	0
Group Home	0
Hair Salon	0
Hotel/Motel	0
Medical	0
Nail Salon	0
Pool Inspection	2
<b>Complaints</b>	
Animal or Animal Waste	0
Bed Bugs	0
Food Service	1
Garbage	2
Heat/Water	0
Housing	2
Insects, Vermin (excluding Bed Bugs)	1
Lead Complaint	0
Manure/Flies	0
Mold	1
Odor	0
Outdoor Wood Furnace/Smoke	0
Septic	0
Other / COVID-19 Related	0
<b>Health Services</b>	
Lead Poisoning Prevention	3
Rabies Prevention	1
Number of Animals Tested Positive for Rabies	0
<b>Total Environmental Services</b>	<b>135</b>

<b>Reportable Communicable Disease (Calendar Year 2021)</b>	
Babesiosis	2
Giardiasis	0
Chlamydia	n/a
Gonorrhea	n/a
Group B Streptococcus	1
Hepatitis B	0
Hepatitis C	0
Influenza	0
Legionellosis	0
Listeriosis	0
Lyme Disease	1
Rotavirus	0
Salmonellosis	0
Streptococcus pneumoniae	1
<b>Total Reportable Communicable Disease</b>	<b>5</b>
<b>NDDH Oral Health Screening &amp; Education Program</b>	
Total Seen: Sterling did not participate	n/a
• Number with Caries	n/a
• Number with Other Dental Care Needs	n/a
<b>NDDH District-Wide Services</b>	
<ul style="list-style-type: none"> <li>• Emergency Planning, Preparedness and Response</li> <li>• Community Health Education covering a broad range of topics to prevent illness, promote wellness and protect health</li> <li>• Radon Awareness and Test Kits-for free home testing for radon, a leading cause of lung cancer</li> <li>• Flu Immunizations</li> </ul>	
<b>Grants (Federal, State &amp; Private Funds)</b>	
<p><b>CT Department of Public Health (CT DPH) Per-Capita Allocation</b> for support of municipal and district departments of health</p> <p><b>CT DPH and U.S. Centers for Disease Control &amp; Prevention (CDC) Chronic Disease Prevention</b> using environmental and policy strategies to increase opportunities for physical activity</p> <p><b>CT DPH Freedom from Smoking</b>-tobacco cessation, multi-session classes and nicotine replacement</p> <p><b>CT DPH/CDC</b> for Public Health Emergency Preparedness</p> <p><b>CT DPH</b> to build a Medical Reserve Corps of volunteers to respond to events of public health concern</p> <p><b>COVID-Related Grants:</b>  <b>CT DPH/CDC – Epidemiology and Laboratory Capacity 1 &amp; 2</b> for detection, response, surveillance, and prevention of COVID-19</p> <p><b>CT DPH Vaccine Equity Partnership Funding</b> to locate, educate and vaccinate vulnerable populations against COVID-19</p> <p><b>United Way of Central and Northeastern Connecticut</b> mobilize partners and collaborators to advance health equity related to COVID-19 health disparities among populations at higher risk and underserved</p>	