

2020

QUINNIPIACK VALLEY HEALTH DISTRICT ANNUAL REPORT



Public Health
Prevent. Promote. Protect.

QUINNIPIACK VALLEY
HEALTH DISTRICT (QVHD)

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ABOUT QVHD

Mission:

The Mission of the Quinnipiack Valley Health District (QVHD) is to protect the residents of Bethany, Hamden, North Haven and Woodbridge Connecticut from disease, injury and environmental hazards through prevention, education, enforcement and collaboration.



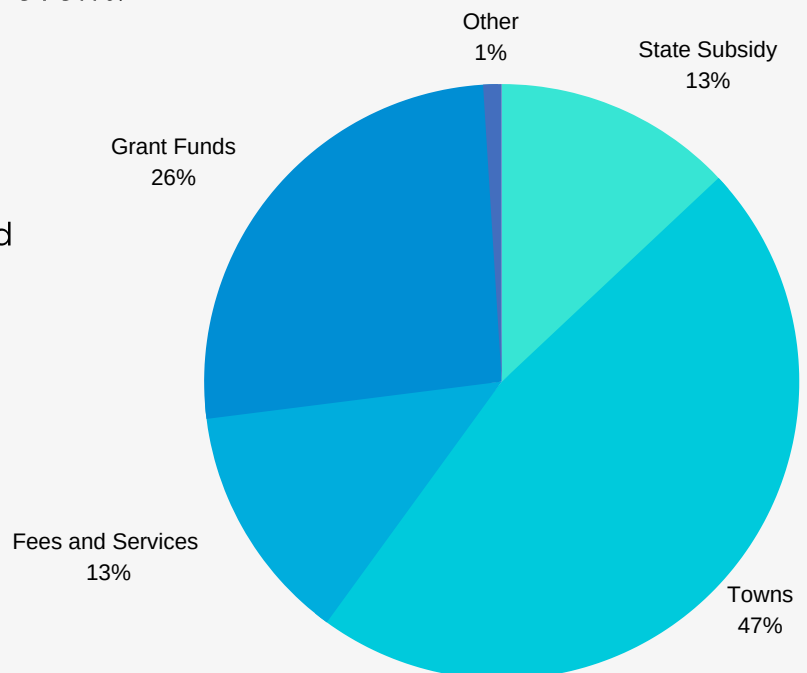
Accomplished Through:

- Collaboration with local and government leaders in setting health priorities.
- Systemic identification of community health concerns and risks.
- Preventive services for the early control and identification of disease.
- Provision of current, credible information to promote health behavior choices.
- Environmental health services that insure compliance with the state and local laws, regulations and ordinances.
- Local and regional emergency preparedness for response to an unexpected environmental or biological event.

2019-2020 Revenue

QVHD is funded by: Town and State contributions on a per capita basis, revenue from permit and services, grant awards, and miscellaneous income.

**The 2019-2020 revenue is:
\$1,269,724.58**



LETTER FROM THE ACTING DIRECTOR OF HEALTH

Dear Residents and Community Partners,

This has been an extraordinary year for Quinnipiack Valley Health District (QVHD) internally, as well as externally. Along with providing the 10 Essential Public Health Services to our district towns, QVHD has been in full COVID-19 response since the very beginning of the global pandemic. We continue to provide critical public health support to our towns and residents as we all navigate this unprecedented time. I encourage you to take a moment to read through this annual report to learn more about our efforts.

I have had the honor and privilege to have led QVHD, as Acting Director of Health, since April 2020. The staff and I have worked closely to strengthen critical relationships with our town partners providing almost daily COVID-19 related communications and guidance. We hit the ground running with providing messaging to our communities, highlighting what QVHD does and most importantly, providing information to keep residents healthy and informed. It was a year of action, education and collaboration and one we are honored to continue.

Lastly, I want to invite YOU to connect with us. QVHD is on social media. Feel free to “like” and follow our official accounts. You can reach out to us during business hours Monday – Friday, between 8:30 am - 4:30 pm at (203) 248-4538 or by e-mail, info@qvhd.org.

We'd love to hear from you!



@QVHD

Stay well,



@Quinnipiack Valley Health District

Ali Mulvihill, MPH

Director of Community Programs



<http://www.qvhd.org>

STAFF



STAFF	ROLE
Alicia (Ali) Mulvihill, MPH	Acting Director of Health* / Director of Community Programs
Lynn Fox, BS, RS	Chief Environmental Services
Alexis Rinaldi, BS, RS	Sanitarian
John Laudano, BS, RS	Sanitarian
Kristen Amodio, BS, RS	Sanitarian
Ryan Currier, BS, RS	Sanitarian
Kara Sepulveda, BS	Public Health Program Assistant
Miokka Cummings	Secretary
Barbara Bildstein, BS	Secretary

*As of April 3, 2020

Leslie Balch, Director of Health, Retired January 2020

Richard Matheny, Interim Director of Health , January 2020- April 3, 2020

BOARD OF DIRECTORS

2019-2020



The Board of Directors is the managing body of QVHD and is composed of Town representatives appointed for a three year term. Each member-town has one representative for each ten thousand population or part thereof, up to a maximum of 5 representatives per town.

MEMBER

TOWN

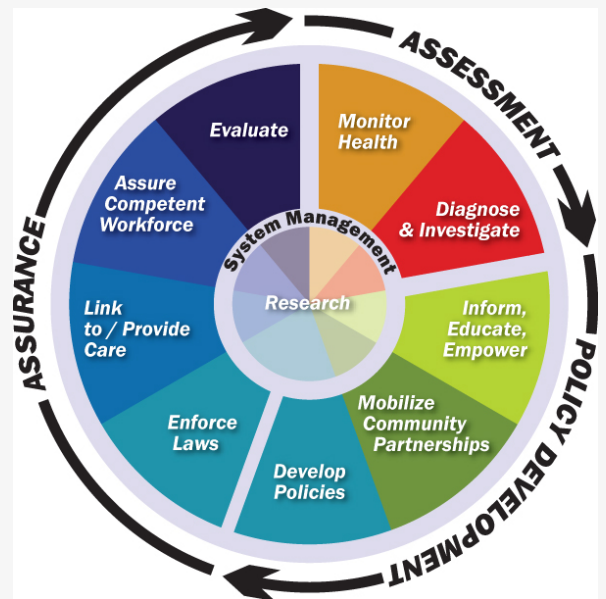
Joy Donaldson	Hamden	President
Peter Marone	Hamden	Vice President
Carol Goldberg	Bethany	Director
Elizabeth (Betsy) Thornquist	Bethany	Alternate
Ann Levison	Hamden	Director
Chante-Colleen Lewis	Hamden	Director
Vacant	Hamden	Director
Vacant	Hamden	Director
Jacquelyn O'Neill St. Peter	North Haven	Alternate
Joseph M. Solimene	North Haven	Director
Peter S. Sandor	North Haven	Director
Vacant	North Haven	Director
Richard Martinello	Woodbridge	Director
Roy Ivins	Woodbridge	Alternate

Brian Weeks, Hamden Director, Resigned September 2019;
 Kyle Blake, Hamden Alternate, Resigned October 2019;
 Nancy Spector, Hamden, Resigned January 2020;
 Thomas Mitchell, North Haven Alternate, Resigned September 2019;
 William Kohlhepp, North Haven Director, Resigned July 2020

TEN ESSENTIAL SERVICES

OF PUBLIC HEALTH

QVHD's responsibilities, services and programs are guided by the 10 Essential Public Health Services. In 1994, the 10 Essential Public Health Services were developed by the Centers for Disease Control and Prevention's (CDC) Core Public Health Functions Steering Committee and provided framework for public health activities that all communities should undertake (CDC, 2018). The 10 Essential Public Health Services are guided by three core functions: assessment, policy development and assurance.



THE 10 ESSENTIAL PUBLIC HEALTH SERVICES INCLUDE:

1. **Monitor** health status to identify and solve community health problems.
2. **Diagnose** and **investigate** health problems and health hazards in the community.
3. **Inform, educate** and **empower** people about health issues.
4. **Mobilize** community partnerships and action to identify and solve health problems.
5. **Develop** policies and plans that support individual and community health efforts.
6. **Enforce** laws and regulations that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** competent public and personal health care workforce.
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to health problems.

The purpose for incorporating the 10 Essential Services in all of our work is to prevent epidemics and spread of disease, protect against environmental hazards, prevent injuries, promote and encourage healthy behaviors, respond to disasters and assist communities in recovery, and assure the quality and accessibility of services.

COMMUNITY HEALTH DIVISION

The goal of QVHD's Community Health Division is to increase the quality, availability, and effectiveness of population-based health education, programs and services. The 10 Essential Services steer our promotion and outreach efforts and are the foundation for our work. Throughout the year, QVHD's Community Health Staff worked on a variety of health promotion initiatives. This included involvement in community events, such as health fairs and food drives. Community Health Staff routinely provided timely information on health issues to our residents and town administration and partners. Staff also carried out communicable disease control, which included surveillance, investigation, counseling, referral, education and control measures when needed for mandated reportable diseases. Monitoring reportable diseases is done on a routine basis to prevent the spread of infectious diseases.

QVHD Staff worked throughout the year to prepare, respond and recover from public health emergencies that can happen at any time and without any notice. QVHD has a variety of plans that are updated and revised as needed to ensure our staff is adequately prepared to respond. To support QVHD's emergency preparedness efforts, QVHD has a team of both medical and non-medical volunteers called the Medical Reserve Corps (MRC). QVHD MRC volunteers strengthen public health, emergency response and community resiliency. Volunteers are trained and credentialed to respond to emergencies in QVHD's jurisdiction and beyond. Active recruitment is always taking place for MRC volunteers and anyone interested in joining can call QVHD for more information or register via ctresponds.ct.gov

QVHD administers two School Based Health Centers (SBHC) in the Town of Hamden, one at Church Street Elementary School and one at Hamden High School. The SBHCs are supported by a grant from the State of Connecticut and QVHD subcontracts with Cornell Scott Hill Health Center for clinical services. The SBHCs are state licensed outpatient clinics housed right in the schools. The SBHC is open during school hours so that students and parents do not need to miss school or work to get care. All services are provided with no charge to students or families (no cost/fees to families) though billable services may be submitted to an insurance company.

COMMUNITY HEALTH DIVISION

QVHD'S COMMUNITY HEALTH COALITION

Through efforts towards Public Health Accreditation, the QVHD formed a Community Health Coalition. The Community Health Coalition is comprised of community partners which look at health indicators for the district in order to identify strengths and weaknesses of the community and subsequently adopt strategies to address community health needs. The Community Health Coalition is comprised of individuals from the district towns and represents town departments, community organizations and residents. The coalition worked together to develop a Community Health Assessment (CHA) which led to the Community Health Improvement Plan (CHIP). A CHA “refers to an assessment that identified key health needs and issues through systematic, comprehensive data collection and analysis” (CDC, 2019). The CHA process led to the CHIP, “a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process” (CDC, 2019). The coalition members share ownership of all phases of the process, “including assessment, planning, investment, implementation, and evaluation” (CDC, 2019).

Membership remains open to the public.

PRIORITY AREA 3: MENTAL HEALTH & SUBSTANCE USE

QVHD Community Health Staff, Kara (left), Ali (right) at the American Foundation for Suicide Prevention Walk to Fight Suicide October 2019 in Hamden.

AFSP.org/Hamden



COMMUNITY HEALTH

CORONAVIRUS (COVID-19) RESPONSE

The Quinnipiack Valley Health District served as the lead advisor on SARS-COV-2 (also known as COVID-19) response, the novel coronavirus that hit the United States in February 2020. QVHD's Interim Director of Health and Director of Community Programs met regularly with the town administration, emergency management directors, superintendents, various departments and organizations to provide guidance on COVID-19. QVHD developed numerous educational materials to help convey accurate information on the virus and relay necessary safety precautions needed to keep residents safe. QVHD's Medical Reserve Corps volunteers were recruited to assist with staffing shortages at long term care facilities, whom QVHD provided daily check ins and guidance to on infection control. To date, staff continues to communicate any new cases or deaths to all town Emergency Management Directors and town elected officials daily. QVHD was responsible for distributing personal protective equipment, received from the state Department of Public Health, weekly to specified town medical providers upon request. QVHD staff serve on various re-opening committees to provide regular updates, guidance and information to assist with necessary response and recovery planning. Emergency Preparedness planning is in full gear as QVHD plans for future COVID-19 mass vaccinations once a vaccine is approved.



QVHD Acting Director of Health (right) at Hamden's Pop Up COVID-19 Test Site with Hamden's, Adam Sendroff & the Cornell Scott Hill Health Center crew!

COVID-19 EDUCATIONAL MATERIALS

COVID-19 SAFETY GUIDELINES FOR FOOD TAKE OUT / DELIVERY

Members of the general public should have limited access to the food establishment



All orders should be placed over the phone or online



Payment should be processed over the phone / electronically



PICK UP ORDERS:

Orders should be received via curbside.

If curbside pick up isn't feasible, stagger pick up times, limit those inside and maintain a 6 foot distance at all times.

DELIVERY ORDERS:

Instruct your driver on where you would like your food placed when delivered.

TIP: Please tip staff/drivers online to avoid contact.



**#EATLOCAL
#ENJOY**



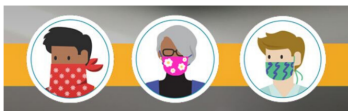
www.qvhd.org/coronavirus-preparedness | CT.GOV/CORONAVIRUS



SLOW THE SPREAD OF COVID-19

Growing evidence suggests the virus can spread:

- Before people show symptoms (pre-symptomatic)
- From people who have the virus but never show symptoms (asymptomatic).



Wear a cloth face cover while out in public

(Please save medical masks for health care workers)

ALWAYS MAINTAIN YOUR DISTANCE

- Do not take off your mask if you see someone you know
- Do not engage in physical contact
- Respect peoples space, including workers
- Avoid touching your face
- Regularly disinfect commonly touched items (door knobs, cell phones, counter tops, faucets, light switches)
- Wash your hands regularly with soap and water

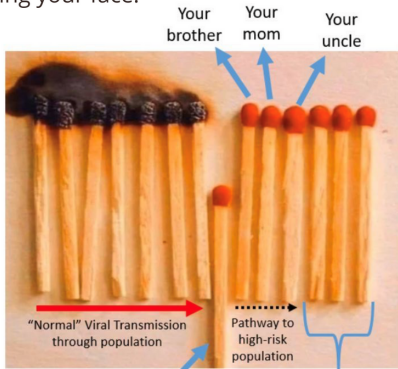


THE IMPORTANCE OF SOCIAL DISTANCING

Social Distancing is a public health practice that aims to *stop or slow* the spread of COVID-19. It is designed to protect the health of high risk populations.

- Please make an effort to avoid large gatherings, maintain a distance of at least 6 feet between others, and stay home when possible.
- Practice Everyday Precautions: Wash your hands, stay home when sick & avoid touching your face.

Why should "low-risk" healthy people self-isolate as much as possible?



You, although **low-risk**, self-isolate. This means avoiding crowds and staying at home as much as possible

Your grandma, her other elderly friends, and others a **high risk** are not exposed

Image Source: John Drazan, SPORTS2STEM



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www.qvhd.org/coronavirus-preparedness | CT.gov/coronavirus | CDC.gov/coronavirus/2019-nCov



COVID-19 SAFETY GUIDELINES FOR GROCERY SHOPPING

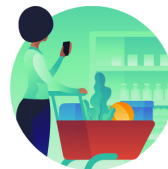
COMMUNITY SPREAD OF COVID-19 IS OCCURRING LOCALLY. COVID-19 SPREADS PERSON TO PERSON THROUGH CLOSE CONTACT.

SOCIAL DISTANCING IS REQUIRED

SHOPPING TIPS

- Maintain a 6 foot distance between yourself, other shoppers and employees
- Go shopping alone, one person per household, when possible
- Be prepared, take an inventory of what you need before shopping to reduce time & to avoid multiple trips
- Wipe down your cart or basket handles prior to use (most stores provide sanitizing wipes)
- Avoid peak hours (weekends & 4PM-6PM during the week)
- Use a debit or credit card to limit contact with cashiers
- Try a delivery service like Peapod, CVS, or Instacart

TAKE PRECAUTIONS



- Stay home if you're sick
- Avoid touching your mouth and face
- Wash all produce
- Wash your hands with soap and water after you get home, before and after unpacking groceries
- Only go shopping for essentials

www.qvhd.org/coronavirus-preparedness
CT.GOV/CORONAVIRUS



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VOLUNTEERS NEEDED

THE QUINNIPIACK VALLEY HEALTH DISTRICT IS REQUESTING ALL MEDICAL & NON-MEDICAL VOLUNTEERS TO ASSIST WITH LOCAL COVID-19 RESPONSE

PLEASE JOIN THE MEDICAL RESERVE CORPS (MRC) VOLUNTEER UNIT BY FILLING OUT THE FOLLOWING: WWW.SURVEYMONKEY.COM/R/COVID19QVHD

WWW.QVHD.ORG/QVHD-MRC | WWW.QVHD.ORG/CORONAVIRUS-PREPAREDNESS | WWW.CT.GOV/CORONAVIRUS



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COMMUNITY HEALTH

REPORTABLE DISEASE SURVEILLANCE

DISEASE NAME	2018-2019 TOTAL	2019-2020 TOTAL	JULY 1, 2019– JUNE 30, 2020 BY TOWN			
			BETHANY	HAMDEN	NORTH HAVEN	WOOD- BRIDGE
Campylobacteriosis	17	9	0	5	3	1
Chlamydia	288	317	5	280	23	9
Coronavirus ¹	0	1448	38	1005	267	138
Cyclosporiasis	4	1	0	1	0	0
Dengue Fever	0	0	0	0	0	0
Giardiasis	2	3	0	2	0	1
Gonorrhea	76	68	1	61	5	1
Haemophilus Influenzae	0	1	0	1	0	0
Hepatitis A	0	0	0	0	0	0
Hepatitis B	1	12	0	5	5	2
Hepatitis C	21	86	4	63	15	4
Influenza ²	322	127	7	88	26	6
Group A Strep Strep/Group B Strep	5/14	4/18	0/0	2/8	1/9	1/1
Legionellosis	9	6	0	2	3	1
Listeriosis/Yersiniosis	1	1	1	0	0	0
Lyme Disease ³ /Ehrlichiosis/Babesiosis	27/0/5	9/1/6	2/0/0	3/1/4	2/0/1	2/0/1
Malaria	0	0	0	0	0	0
Measles	0	0	0	0	0	0
Pneumococcal disease	10	1	0	0	1	0
Salmonellosis	8	10	1	6	3	0
Shiga-toxin producing organism	2	2	0	2	0	0
Shigellosis/ Cryptosporidiosis	1	4	0	2	0	2
Staph aureus (MRSA)	0	1	1	0	0	0
Syphilis	46	53	0	48	3	2
Tuberculosis ⁴	2	1	0	1	0	0
Varicella/ Pertussis/Meningitis/Mumps	0/1/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Vibrio species	0	3	0	1	1	1
West Nile	0	0	0	0	0	0
TOTALS	862	2,192	60	1,591	368	173

COMMENTS:

(1) Data source: Connecticut Electronic Disease Surveillance System

(2) Influenza (flu) includes only cases hospitalized and/or death and may underrepresent actual influenza in the community.

(3) Lyme Disease is reportable only by physician and by labs with automated electronic reporting to DPH surveillance, therefore it may be underreported. The numbers reported above are positive by lab or MD report.

(4) Represents active cases of Tuberculosis.

ENVIRONMENTAL HEALTH: IN ACTION

- The Environmental Health Division is involved in Food Safety (Inspection of food service establishments) to reduce the risk of foodborne disease by ensuring reasonable protection from contaminated food and improving the sanitary condition of food establishments.
- Regulation of subsurface sewage disposal systems installation.
- Drinking water quality awareness & monitoring: collaborate with Regional Water Authority (RWA) and Department of Energy & Environmental Protection (DEEP) to protect water sources from chemical, sewage spills and disposal of resident waste. Review private well water sampling results related to property sales and notify owners if any parameters are out of acceptable range.
- Inspections of Salons for safety and protection of both consumers and practitioners.
- Responding to housing complaints filed by residents, including but not limited to mold, radon, asbestos, bedbugs, and general maintenance issues.
- Student housing in the Town of Hamden. At the time of initial application to the Town of Hamden for a Student Housing Permit, QVHD inspects housing for compliance with the Hamden Housing Code.
- Yearly inspections of schools and bi-yearly inspections of daycares to ensure required standards established by state statutes and regulations are met.
- Environmental investigations of premises (paint, dust, soil) where children with an elevated blood lead level have been found. QVHD can identify lead hazards of all premises and ensure remediation is done using lead safe work practices.
- Case management of children with an elevated blood lead level.
- Inspections and licensing of public swimming pools.
- Weekly monitoring and sampling of public bathing areas in Bethany to assure safe swimming conditions (begins after Memorial Day and continues until Labor Day).



ENVIRONMENTAL HEALTH: COVID-19 PANDEMIC RESPONSE

All Environmental Health Staff (EHS) have been involved with issues and activities related to COVID-19. In preparation for the anticipated statewide shutdown of businesses, information was gathered from credible sources and distributed to businesses including long term care facilities, restaurants, grocery and convenience stores, childcare centers, public pools, tattoo establishments, hair and nail salons. QVHD was one of the first districts in the state to mandate the closure of all cosmetology establishments in an effort to limit disease transmission. QVHD worked and continues to work with these businesses in preparing them to re-open safely following all the Governor's Executive Orders and Re-Open Connecticut sector rules and guidelines. The EHS respond daily to an overwhelming amount of COVID-19 related questions, concerns and complaints from both the public and business owners, staff make referrals to various appropriate agencies as needed. QVHD staff continues to stay current by monitoring and interpreting the almost daily new and revised Governor's Orders, re-opening Sector Rules and guidelines from multiple State and Federal agencies so that the most up to date information is relayed. QVHD is responsible for the enforcement of sector rules for establishments regulated by QVHD, including food establishments, hair and nail salons, tattoo establishments, massage therapy establishments, hotels and public pools. EHS respond to complaints, provide education, and have obtained voluntary compliance. Enforcement in the way of Notices of Violations and closure of establishments have not been necessary.



Note: Picture was taken prior to the enforcement of social distancing.

QVHD Environmental Health Staff

(Left to right): Miokka Cummings, John Laudano, Alexis Rinaldi, Lynn Fox, Ryan Currier, Kristen Amodio and Intern Hazhia Sindi

ENVIRONMENTAL HEALTH

JULY 1, 2019 - JUNE 30, 2020

2019-2020 Environmental Activity	TOTAL
Planning & Zoning Reports	6
Food Service Inspections	499
New/opening Food Service	24
Itinerant licenses	49
Temporary licenses	171
Student Housing Inspections	31
Cosmetology Inspections	200
New/opening Cosmetology	14
Certificate of Compliance	210
Tattoo Inspections/Licenses	5
Public Pool Inspections	66
Hotel/Motel	5
Day Care Inspections	22
Elevated Blood Lead/Inspections	2
Lead Risk Assessments	6
Lead Case Management	21
Beach Water Sampling	14
Swim Advisory Issued	1
	TOTAL
Notice of Violation	87
	TOTAL
Arrest Warrant Applications	3
SEWAGE ACTIVITY	TOTAL
Soil Test	159
New	13
Repair	81
B100a/Addition	65
Tank Replacement	61
Water Treatment Waste Water System	15
Well Permits	41

	TOTAL
Complaints	468
TYPE	
Abandoned Property	11
Animal/Animal Waste	15
Asbestos	2
Bed Bugs	9
Cosmetology	11
Day Care	0
DEEP Related	1
Drainage/Flooding	4
Drinking Water	6
Food Borne illness	13
Food Service	79
Garbage/Refuse	32
Heat	32
Hoarding	4
Hotel/Motel	5
Housing	88
Indoor Air Quality	11
Junk Vehicles	26
Lead	3
Mold	39
Mosquito/Stagnant Water	23
Other	8
Outdoor Air Quality	4
Public Pools	4
Public Toilets	4
Rodents/insects	28
School	4
Sewage	6
Tattoo	0
Utility Shut Off	1

CONNECT WITH US!



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District



www.qvhd.org



QVHD Connections
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