



The State of Health in Teaneck – 2019 Report

Pursuant to N.J.A.C. 8:52, Public Health Practice Standards of Performance for Local Boards of Health in New Jersey, the local health jurisdiction is required to do the following:

- Conduct an assessment of the health within one's community
- Produce an evaluation report
- Provide information to the public

The following is a full report by the Township of Teaneck Health Department as per the New Jersey Department of Health (NJDOH) requirement. This report includes the following information, but not limited to, programs and analysis where applicable: vital statistics, public health nursing, maternal and child health, public health investigations, environmental evaluation, zoonotic and rabies control, retail food establishments, public health planning, health education, municipal alliance, social services, emergency preparedness, etc. Included in this report will be important links to other agencies and contact information.

MISSION OF THE DEPARTMENT OF HEALTH & HUMAN SERVICES:

To provide programs and services which promote and protect the health, welfare and safety of all the men, women and children who live, work or do business in the Township of Teaneck.

ORGANIZATIONAL SET-UP:

Under State law, every municipality must provide a department of health with a full-time licensed health officer. In addition, vital statistics must also be provided. Section 2 of Article XII of the Code of the Township of Teaneck also requires such. The department, in 2019, was made up one (1) health officer, (1) chief REHS, (3) registered environmental health specialists (REHS), (1) registrar, (1) deputy registrar & (1.5) clerical staff positions. Social Services Coordinator position was vacant during the first half of 2019. The service was contracted for in the second half of the year. Animal Control and Public Health Nursing were also provided through contracts. Teaneck is under the Faulkner Act, therefore there is no local Board of Health. The Health Officer reports to the Municipal Manager, as according to ordinance.

MORBIDITY AND MORTALITY:

Morbidity and mortality are essentially illness and death, respectively. This is the true indicator of the status of health in a community, region or even globally. First, we will examine morbidity in Teaneck. All municipalities are required to be connected and interactive with the New Jersey State Communicable Disease Reporting Surveillance System (CDRSS). How this works is that when a communicable disease is identified by a physician or lab, it is electronically reported to the New Jersey Department of Health (NJDOH). Our staff checks this website daily to identify communicable illnesses in Teaneck, to monitor the case and follow the matter until it is closed (individual has received treatment or care to cure or control the spread of disease). We also work closely with State and County health officials and epidemiologists to not only monitor local communicable disease onset, but to examine any possibilities of endemic, epidemic or pandemic spread of such. We currently have three staff members who monitor this surveillance system.

In 2019, our department investigated the report of (105) total cases of communicable disease. With a population of near 40,000, the # of cases would come to approximately (2.5) cases per every (1,000) residents. For full details on communicable disease including listed diseases, please go to the following NJDOH website at: <http://www.nj.gov/health/cd/index.shtml>

MORTALITY (Statistics and Comparative Data):

Death is the major indicator of the health and well being of a community. In Teaneck, we have one full time registrar, 1 full time deputy/clerical and 1 part-time clerical staff member to process licenses for birth, death & marriage. With mortality, specifically, when an individual becomes deceased, a legal document must be produced noting the cause of death. In many cases, there are multiple causes. The NJDOH collects this data based on (33) major causes of death. Below is a list of causes of death and related statistics for the three-year period of 2017 through 2019 for residents of Teaneck. The chart below identifies the **primary cause of death** in Teaneck cases (many cases had multiple causes of death):

<u>Causes of Death/Mortality – Teaneck Residents ONLY</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>
1 - Cardio Vascular (CVD) & Pulmonary (CPD)	181	194	190
2 - Cancer (various)	37	35	31
3 - Diabetes (as a primary cause of death)	02	00	01
4 - Intestinal (includes Failure to Thrive)	10	04	02
5 - Kidney/Renal	03	03	07

	<u>2017</u>	<u>2018</u>	<u>2019</u>
6 - Liver/Sepsis	17	19	12
7 - Pneumonia	16	07	07
8 - Stroke	05	05	04
9 - Cerebro-Vascular Disease (incl. Dementia)	10	14	21
10 - Accidents (incl. Homicide, Suicide)	10	07	14
11 - Other/Pending	10	00	07
TOTAL:	301	292	296

Mortality Statistics:

- (64 %) of deaths were either CVD or CPD (66 % in 2018)
- (10 %) of deaths were due to various cancers (12 % in 2018)
- (74 %) of all deaths were due to either CVD, CPD or cancer (78 % in 2018)
- (26 %) of all deaths were from other primary causes (22 % in 2018)
- (4) cases of cancer deaths that were from lung cancer (8 cases in 2018)
- (2) cases of cancer deaths were from breast cancer (4 case in 2018)

For New Jersey State data on causes of death and health statistics please go to the following link:

<http://www.nj.gov/health/chs/>

The following is data showing the age range upon death and its relative percentage for the same three year period:

<u>Age Recorded at Death-Teaneck Residents-ONLY</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>
< 70 years of age (% rounded)	55 (18 %)	47 (16 %)	75 (25 %)
70 to 79	54 (18 %)	53 (18 %)	62 (22 %)
80 to 89	101 (34 %)	92 (32 %)	82 (28 %)
90 +	91 (30 %)	100 (34 %)	77 (25 %)

Other Notes:

- (140) male deaths in 2019 or (47 %)
- (156) female deaths in 2019 or (53 %)
- (53 %) all deaths occurred after age (80) compared to (66 %) in 2018 for the same range

(25 %) all deaths occurred before the age of (70) compared to (16 %) in 2018
(29) of the (75) deaths in the (< 70) range, (39 %) are in those residents under the age of (60)
(10 %) of all mortality cases are for the (< 60) age range

Births in Teaneck: (1,553)

Births to Teaneck Residents: (362) (23 % of all births)

** Data provided in the morbidity and mortality report was generated from this division within the Health Department.

PROVIDED PROGRAMS:

In order to meet our mission statement to promote and protect the health, welfare and safety of our community, we have implemented a large number of programs. Below is a description of our programs and some relative data:

FOOD INSPECTIONS:

Our (185+) retail food establishments are inspected annually. Last year, the Health Department conducted (284) inspections of such. These inspections included routine-full inspections, follow-up on food recalls and complaints. We found our establishments to be in quite good shape. Of all retail food inspections conducted, we found compliance in (95 %) of all inspections. Those not in compliance were either given time to abate health violations or were issued summonses for non-compliance. At the end of 2019, all such establishments were in compliance with state and local codes. Our inspections are performed by (4) licensed inspectors who look for compliance in H.A.A.C.P. (hazard analysis critical control point). This is the evaluation of how they handle food from the point of delivery to the establishment until the point of service. We also require that all establishments have personnel with current food handler training.

LEAD:

Under State law, each health department must investigate and conduct inspections and follow-up in all cases of childhood lead poisoning. We currently have (2) staff members that update the LEADTRAX database, one who also conducts the environmental inspections and one that does the health education and nutrition component. Our staff worked on (6) cases last year. These cases are brought to our attention on the LEADTRAX database once the NJDOH receives a confirmed blood sample from a physician/lab identifying the child with an elevated blood lead level.

NOISE:

Our staff follows up all noise complaints. Last year we had less than (10) such complaints. We coordinate with the Building Department to make sure there are proper plan reviews and applications for stationary air conditioner units, generators and pool pumps. This helps eliminate many complaints. Last year, we evaluated and conducted inspections for (287) such applications. We do have on staff, (1) inspector who is NJ State certified in noise complaints.

WATER:

Our water supply is from Suez of North America. They monitor the water 24/7 and provide sampling results on their website. For more information on the Suez of North America, go to:

<http://www.mysuezwater.com/new-jersey/standard-home>

Please see the following link for FAQ's about our water supply:

<http://www.mysuezwater.com/new-jersey/support-center/faq>

RADON & POISON:

Radon has not been an issue in Teaneck. We do receive monthly reports from the NJDEP (Dept. of Environmental Protection) on Radon statistics in New Jersey. For more information on all environmental issues you can go to the NJDEP website at: <http://www.state.nj.us/dep/> or the United States Environmental Protection Agency (EPA) at: <http://www.epa.gov/>. Reports on poisonings are reported to us monthly by NJPIES (poison control) <http://www.njpies.org/>.

RABIES:

Rabies control starts with the licensing of our dogs and cats. This annual licensing help inoculate our pets against rabies. We licensed (1,415) dogs and cats during the year. In the case of a bite or scratch from a dog or cat to a human, the pet owner is notified to quarantine the animal for ten days to see if it develops rabies symptoms. All other mammals that can carry rabies cannot be quarantined and must be shipped to a lab for evaluation and testing. In the case where an animal is found to be rabid or the animal in question cannot be identified for testing or quarantine, we work along with the person involved to direct them for rabies post-exposure treatment.

ANIMAL CONTROL:

In addition to licensing and quarantine, we also contract with an animal control service. In 2019, we contracted with the Bergen County Health Department Animal Control starting July 1st. Animal control patrols looking for stray animals, picking up deceased animals, sheltering, education and veterinary services. For more information on our current contracted service, please go to the following website:

<https://www.co.bergen.nj.us/animal-shelter-adoption-center/animal-control-policies>

In addition, we also provided free rabies shot to our residents for their pets. Provision of rabies clinics is required under state law. We utilized the Bergen Veterinary Hospital: <http://www.bergenvet.com/> for such services in 2019, as well as the Bergen County Animal Shelter:

<https://www.co.bergen.nj.us/animal-shelter-adoption-center>

We provided a total of (105) free rabies vaccination. In 2019, we also investigated and followed-up on (32) animal bites or incidents. (11) animals were also tested for rabies with (0) being confirmed positive for rabies. Bergen County Animal Control provided the following service figures for 2019:

* (304) total requests for service * (170) # street patrols (July 1 through December 31st)

SOLID WASTE & WATER POLLUTION:

For information regarding specifics on solid waste removal and water pollution, go to the Bergen County Utilities Authority website at: <http://www.bcua.org/>. You can also get additional information at the NJ Board of Public Utilities website at: <http://www.bpu.state.nj.us/>.

OTHER FACILITIES:

In 2019, we inspected all of our school cafeterias and day care facilities. The schools were (17) in number while the day care facilities were (17) in number. These establishments were inspected in accordance to state guidelines. In addition, our Public Health Nurse conducts audits to make sure that all such places have up-to-date records for their student's immunization records. We must make sure that each school submitted their annual report by February 1, 2019 for 2018. We also inspected the (9) public bathing facilities in the Township, for a total of (43) inspections at these locations. This includes inspections prior to opening and while in operation. In addition, each facility must provide weekly samples for bacteria, chlorine and acidity levels. Our staff takes the samples for municipal facilities.

HOUSING/VECTOR/PROPERTY MAINTENANCE:

Our staff registers and inspects all rental properties in the Township, from single family dwellings to individual apartment units. In 2019, we conducted (667) such inspections. This was a tremendous increase from the prior year due to the significant addition of new housing units within the Township. Our staff looks for safety and habitability concerns such as heat, hot water, general electrical and plumbing, windows, paint, railings, etc. to all be in good repair. In addition, we follow-up all complaints for no hot water, no heat and infestation, such as roaches, bed bugs, etc. In 2019, we conducted (10) inspections for no heat or hot water and followed up on (92) complaints regarding vector, vermin/ pests and other wildlife.

In Teaneck, unlike most other towns, property maintenance is handled by the Health Department. This includes property maintenance of privately owned, residential, commercial and other non-municipal

owned properties. The Property Maintenance Code can be found in Section 29 of the Codes of the Township of Teaneck. We also enforce Sections 19 and 21 of the Codes of the Township, applicable to general health. In general, this code includes removal of junk, debris, tall grass and weeds, maintaining properties free of blight and so on. In 2019, we conducted (710) property maintenance inspections and issued over (900) violations notices (initial and follow-up notices) and various letters, advisories, etc. and issued (152) summonses for non-compliance with (\$ 6,487) assessed in court costs & fines. We also were involved in (53) summary abatements, which are municipal clean-ups of vacant private properties in violation of the property maintenance code or other health codes requiring attention. These summary abatement clean-ups and/or court ordered clean-ups are performed by the Department of Public Works and/or outside contracted services. Public grounds are maintained, operated and controlled by the Department of Public Works.

State Housing Inspections were taken over by the Township from the State of New Jersey, back in 2017. These inspections were made by the contracted State Housing Inspector through the Division of Consumer Affairs (DCA). In 2019, (800) plus inspections were made for multiple family dwelling, hotel, etc.

SOCIAL SERVICES:

In 2019, Social Services was a vacant position through the end of May. Health Department staff referred clients to various agencies within the community to assist with food, housing and other related crisis. The Health Officer met with the Social Services Advisory Board (SSAB) on a regular basis to see how the Township could better address the needs of the community. Through the PATF I and II funds for needy families with housing, fuel, food, health care and other issues, the department offered this financial assistance based on qualification through application. We also had a Social Services Intern available for general referrals at the Senior Center on Tuesdays and Thursdays from 10:00AM – 4:00PM. The program was shifted to the Senior Center for greater convenience and availability for this particular portion of our community during 2018. As of June, the Township contracted with Vantage Health Care Systems for Licensed Clinical Social Work support, counseling and general social services assistance programming. This service was available (15) hours a week at the Rodda Center Medical Outreach Room. During 2019, over (170) residents received some level of social services assistance.

VITAL STATISTICS:

Vital Statistics is run and operated by a registrar, clerical assistant and a part-time clerical staff. Vital statistics are prepared in accordance with state law, as well as records retention. Certificates are prepared for birth, death & marriage. In 2019, a total of (4,769) certificates were manufactured by the Registrar and other staff. Also, we offered customers an opportunity to order and purchase vital statistics on-line through a service called Vitalchek.

To order a vital statistic on-line, go to the following link: <https://www.vitalchek.com/>

For more information on vital statistics, please go to the state website at:

<http://www.state.nj.us/health/vital/>

MUNICIPAL ALLIANCE AGAINST SUBSTANCE ABUSE:

Our Municipal Alliance (aka TMAASA) was established in 1989 to promote an alcohol and drug-free lifestyle. We receive money through a grant provided by the (GCADA) Governor's Council Against Drugs and Alcohol. The Health Officer has been coordinating this program for over 21 years. In 2019, we received \$15,279 in DEDR funds (money acquired by the courts from drunk-driving cases and penalties). Our 2019 programming included: Project Graduation, DARE, National Night Out, Elks Peer Leadership, Red Ribbon Week and others. Our target audience ranged from elementary school through age 21, for underage drinking. Also in 2019, the program coordinator completed and submitted a 5-year grant to the State for approximately \$60,000. The grant runs from mid-2020 through mid-2025.

SAFETY COMMITTEE & EMPLOYEE WELLNESS:

The Township has a committee set up specifically to address safety and health issues for employees. The health officer also coordinates this committee and has done so for the past 21 years. Some of our employee programs include: Right-to-Know, Hazard Analysis, Blood-borne Pathogen Training, provision of the Hepatitis B series to emergency workers and first responders and other safety programs. We meet every other month to address employee injuries and how to prevent them going forward. Through application, we also apply for reimbursements from the State for blood-borne pathogen services provided to out fire and police personnel. These services are handled by agreements with Holy Name Medical Center, Department of Occupational Health (OHS).

Employee Wellness was a big priority in 2019. In addition to the Safety Committee, the Township organized a committee of employees and other safety & wellness professionals to develop a program to help keep our workforce healthier and more productive. Such programs this year included: weight loss, yoga for relaxation, providing convenient vendors who supplied healthy fruits and vegetables at a reduced cost, as well as emailing the workforce monthly wellness newsletters. There were also a number of trainings offered during the year for employee safety and wellness.

NURSING & HEALTH EDUCATION:

The Health Department contracts with Holy Name Medical Center for Public Health Nursing and Health Education. Our partnership is now in its 38th year. For more information about HNMC, go to their website at: <http://www.holyname.org/>

Our nursing program, in general, consists of evaluation of immunization records for school-aged children, screenings for diabetes, hypertension, obesity, community outreach, assistance in the health fair, flu and pneumonia clinics, communicable disease reporting, LEADTRAX investigations and many more features and programs. The contract also includes a Child Health Clinic (CHC) at the hospital for well baby care. This helps ensure that the uninsured or underinsured have an opportunity to get vaccinations and preventative care for their children. Our nursing staff is on-site at our senior center

(Richard Rodda Center) daily for (20) hours a week, to provide an assortment of screenings, dispense information and avail themselves to related consultation. The nursing staff also works closely with the school nurses to share information on disease outbreaks and school based health education.

CHILD HEALTH CLINIC (CHC):

Clinics were held at the Holy Name Medical Center Pediatric Center. We contract with HNMC for several nurses and a State Licensed Pediatrician to perform such services. The service is free to uninsured or underinsured (NJ FamilyCare – Plan A only) families of Teaneck children through high school age and is provided one night per month. The following services were provided:

- Physical examinations
- Well-baby care examinations
- Blood-lead screenings
- Immunizations
- Tuberculosis testing

SENIOR WELLNESS & CHRONIC DISEASE PREVENTION:

The nursing staff spent (20) hours per week (5 days/4 hours per day) at the Richard Rodda Center conducting screenings, giving consultation and conducting health promotion activities. The 2-nurse staff provided over (2,250) blood pressure screenings, senior assessments and outreach visits. Some of the health promotion activities included lectures on the following topics: chronic disease, seniors and falls, diabetes, Parkinson's disease, concussions, bereavement, joint pain, heart disease, cancer, healthy eating and nutrition, obesity, exercise and many more topics. There were also various programs and sessions promoting healthy choices in nutrition, exercise and stress reduction.

OTHER NURSING ACTIVITIES & PROGRAMS:

In 2019, the nursing staff conducted (105) disease investigations for such diseases as Influenza, Pertussis, Lyme Disease, Measles, Hepatitis, Salmonellosis, Legionella, Shigellosis, Varicella, E.coli and a number of other communicable diseases. The report of these cases are either potential, suspect or confirmed and must be evaluated and handled according to State protocol. The Public Health Nurse (PHN) was also responsible to monitor all those identified as possible carriers of the Zika Virus. Fortunately, we had (0) positive cases of Zika Virus in 2019. All open communicable disease cases had to be investigated by March 31st for the prior year, as required by the NJDOH.

In 2019, the Measles hit the forefront with outbreaks in various communities in the tri-state area and beyond. The Township, in coordination with other local, state and federal agencies, conducted (24) hour surveillance of the measles. We also provided regular resources on our website, provided information on obtaining childhood vaccines through our Child Health Clinic and other outreach efforts. In April, the Health Officer presented the Council with updates on the Measles situation. As of the end of 2019, (0) cases of Measles were confirmed in Teaneck.

They also conducted home visits and assessments for families with children who had elevated blood-lead levels. The PHN worked in conjunction with the lead inspector to identify possible causes and to determine corrective action, environmentally and nutritionally. (95) adult influenza vaccinations were administered in (2) flu clinic sessions at the Richard Rodda Center. School audits and re-audits of (34) pre-schools, public kindergarten, private schools and day care facilities for school immunizations were conducted.

The nursing staff also assisted and collaborated with local civic partners in providing mini-health fairs, providing information at National Night Out and Memorial Day Street Fair, and a variety of educational seminars and presentations throughout the community. These programs offered screenings for blood pressure, dental, hearing, physical therapy, stress reduction, laboratory services and many more.

WEBSITE / PUBLIC INFORMATION / HEALTH PROMOTION:

Our website is updated on a regular basis. We provide information and links to relative agencies. Each article is researched and prepared by the Health Officer or other public health officials on current topics in the media or to address the needs of the community. In 2019, nearly (50) web articles or public address notifications were posted on the Township website.

OFFICE OF EMERGENCY MANAGEMENT:

The Health Department and Social Services is directly involved with OEM. This involves planning, strategy, implementation and execution of the local annexes for Emergency Preparedness. This is done through regular meetings and trainings, in addition to updating of policies and annexes. We oversee all health & social service operation in an emergency, including the set up of shelters (reception centers), if needed.

TASK FORCE, COMMITTEE & ADVISORY BOARD ACTIVITIES:

In 2019, the Health Department and other local agencies and government representatives addressed a variety of health issues through the following Task Forces and Advisory Committees:

- *Social Services Advisory Board* (to identify needs of the community, including healthcare concerns, low-income, social issues, drug addiction, domestic abuse, senior care, etc.)
- *Stigma-Free* (to identify those who may have mental health issues or concerns and finding ways to educate and get those individuals to seek treatment)

OTHER PROGRAMS:

- The Health Department is also a partner in the CHIP (Community Health Improvement Partnership). This is a consolidation of County agencies and resources formulated to address the health concerns within the County of Bergen. The Health Officer is an active member on the Nutrition and Obesity Task Force and is also the Chairman for the CHIP's Financial Committee. More information on the CHIP can be found at the following website: <http://www.healthybergen.org/>.
- The Health Department also offers financial assistance and support for the Teaneck High School Student Assistance Counselor (SAC). This staff member plays a very important role with students, especially in matters such as drug/alcohol use and abuse, teen pregnancy, sex education, bullying and other areas of interest or concern.
- Financial assistance and support are also provided to Vantage Health Systems in Englewood. They provide mental health services, including counseling for issues such as substance abuse, mental and physical abuse, etc. Last year, they assisted approximately (200) Teaneck residents. Vantage also works closely with our Social Work Specialist and the Stigma-Free Task Force.
- Teen Clean is a program where students from the Teaneck High School Forum are hired to assist the Health Department and the Department of Public Works in cleaning and maintaining public grounds and lots. This program is approximately a decade in running. Typically we employ seven to eight freshman and sophomores annually.
- Teaneck held its 2nd Annual Weight Loss Challenge in 2019. In March, (250) plus residents registered for the (10) week program. The program featured: supermarket tours, various lectures, Walk-with-the-Health Officer Program, educational materials, free gym memberships, etc. By the end of the program, the residents that completed the program lost a total of (563) pounds
- Pest control on public lands and grounds is also provided by the Health Department. Treatment for roaches, mice, termites and other pests is done on a weekly basis for all public buildings to

maintain a pest-free environment and maintain the integrity of our parks and structures. We work with a local licensed provider on pest control and maintain all records at our office, as required under NJDEP guidelines.

- Staff fulfilled (301) OPRA records request in 2019
- Staff produced (2,002) total licenses in 2019
- Staff collected (\$ 190,916) in total revenue in 2019

2019 HEALTH EVALUATION & ASSESSMENT:

The morbidity & mortality statistics showed a consistent pattern with the leading causes of death nationally, which is heart disease (vascular or pulmonary) and cancer. Heart & respiratory disease made up (64 %) and cancer (10 %) of deaths in 2019. These overall statistics are consistent with the prior year's mortality cases, with a slight downtrend in both areas. The number of cancer deaths did not indicate any specific cancer over another of what would be expected. The number of deaths for male and female were consistent with 2018, with male deaths at (47 %), while female deaths were at (53 %). The rates of death by age group increased for lower age ranges, showing an earlier onset of mortality, as compared to the prior year. Diseases or causes of death such as Dementia or Alzheimer's, and also accident/drugs/suicide/self-inflicted rose, especially as it relates to the under 60 and under 70 age ranges. Several of the cancer cases, also showed alcohol and/or drug use as secondary or tertiary causes of death. Pending cases are undetermined, so drug & alcohol cannot be ruled out. The trend here seems to be related to earlier onset of mental illness, and also increases of mortality as a result of substance abuse, especially in age ranges below average death rate expectancy.

The numbers of communicable diseases reported were statistically insignificant with (105) cases out of nearly 40,000 population (2.5/1,000). The number of disease investigation cases was relatively flat in 2019 from 2018 from (105) to (101). There were no validated outbreaks reported for illness related to food-borne or water-borne causes, in 2019. There were (0) positive cases of Zika Virus identified in 2019. There were (0) confirmed cases of Measles. The number of childhood lead cases was relatively flat from the prior year. There were no significant, or out of the ordinary outbreaks identified in our schools, public or private. There were no cases of humans acquiring rabies or animals testing positive for rabies in Teaneck in 2019.

Like other local, State, and Federal agencies, we will continue to monitor morbidity and mortality rates as they relate to the upward trends in mental health disease, and the use of drugs & alcohol. These are national issues and we are no exception. With that being said, in general, my overall assessment is that Teaneck is consistent with other municipalities in the County and State and in general good health and standing.

If you have any questions, please forward any inquiries to: health@teanecknj.gov

To contact our Health Department staff, please see below:

HEALTH:

PHONE: (201) 837-1600 (x1500)

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VITAL STATISTICS:

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Laura Turnbull, Municipal Registrar lturnbull@teanecknj.gov

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SOCIAL SERVICES:

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If you have concerns in an area of nursing, please contact, Public Health Nurse at:

(201) 227-6251 schumeyer@mail.holyname.org

Ken Katter, Health Officer
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