

Annual Report

2019



Eat Well. Live Well.
Lincoln Park

FEBRUARY 2020

LINCOLN PARK HEALTH DEPARTMENT

34 Chapel Hill Rd, Lincoln Park, NJ 07035

lincolnpark.org

Kathleen Skrobala, Health Officer





2019 ANNUAL REPORT

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Executive Summary

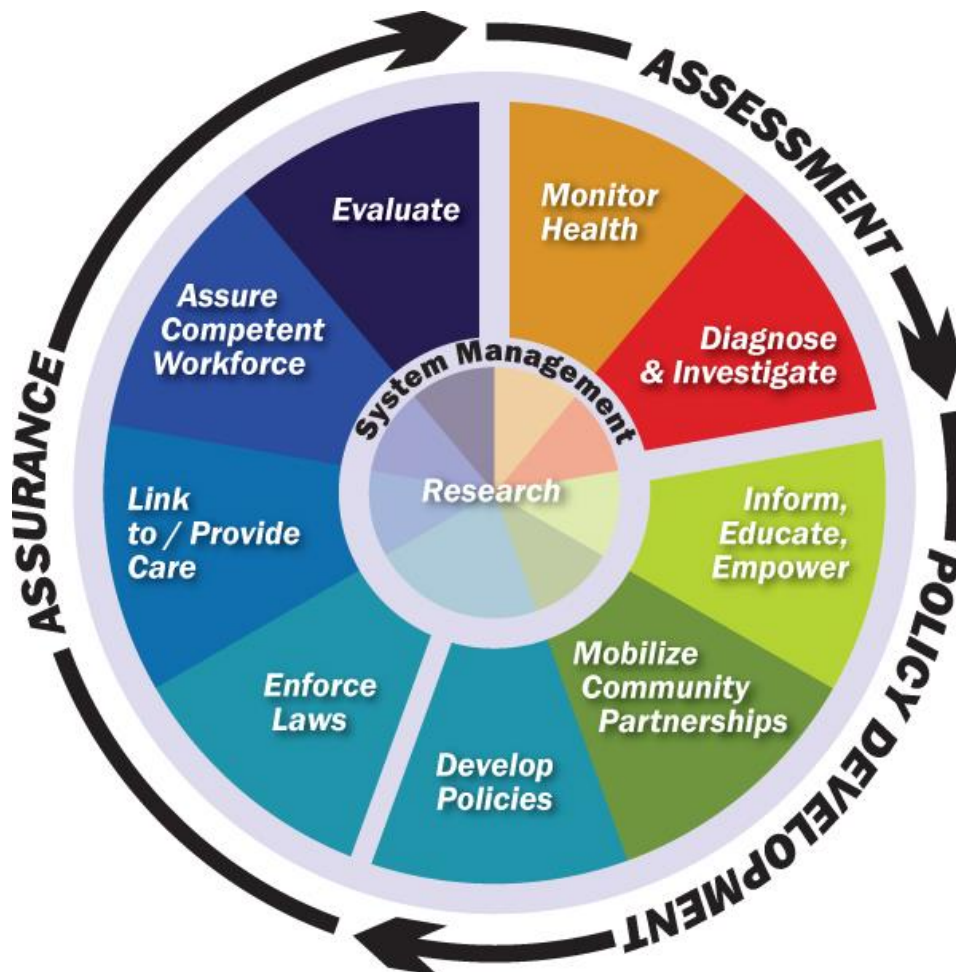
The Lincoln Park Health Department is pleased to share the accomplishments we have achieved over the past year. We supported our mission of “prevent, promote, and protect” by delivering comprehensive services to keep people healthy where they live, work, and play. Through our valued partnerships, including our schools, businesses, civic and community organizations, healthcare systems and universities, we are able to provide meaningful programs in the community. Our most valuable partner is you, the individual!

Services offered

The Lincoln Park Health Department employs best practices to meet the “Ten Essential Public Health Services.” This is accomplished through the services of a licensed health officer, public health nurse, registered environmental health specialist, certified health education specialist, certified registrar of vital statistics and animal control officer. Contract services are provided for a board-certified pediatrician and family practitioner. Shared services agreements with other municipalities enable us to meet the Public Health Practice Standards while providing cost savings to the Borough of Lincoln Park. The Lincoln Park Health Department offers a shared service for health officer to the Borough of Ringwood and received animal control services from Montville.

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

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 new insights and innovative solutions to health problems



2019 KEY ACCOMPLISHMENTS



LINCOLN PARK AT A GLANCE

Square Miles	6.9
Number of Households	3,531
Population (2010 census)	10,521
Population Density	1,525 people/square mile
Gender Percentage	Female 51.43% Male 48.57
Age Percentage	<18 years 18.6% 18-24 years 6.5% 24-44 years 26.4% 45-64 years 32.5% >65 years 15.9%
Race Percentage	White 86.26% Asian 7.38% Black or African American 1.83% Other 4.53%
Ethnicity Percentage	Non-Hispanic or Latino 90.41% Hispanic or Latino 9.59%



COMMUNITY HEALTH NEEDS ASSESSMENT



North Jersey Health Collaborative

health matters

North Jersey Health Collaborative

The Lincoln Park Health Department has been part of the North Jersey Health Collaborative for the past 6 years. Established in November 2013, the North Jersey Health Collaborative (NJHC) is an independent, self-governed 501(c)(3) organization with a diverse set of partners in five counties of New Jersey (Morris, Passaic, Sussex, Union, & Warren) representing healthcare, public health, social service, education, local government, business, and other community-based organizations. Working together across sectors, the NJHC and its partners seek to establish a more coordinated collective approach to community health improvement. Core functions of the NJHC include a shared process of community health needs assessment and health improvement planning to target factors that drive poor health, and the development of collaborative strategies and action plans designed to create communities where opportunities for health and well-being are available for all people. This report is part of our continued commitment to collect, analyze, and share data to inform and modify the collective health improvement efforts of more than 100 partner organizations. Based upon the 2019 Community Health Needs Assessment, the following priority areas were identified:

Access to health care • Affordable and safe housing • Chronic disease prevention • Healthy aging • Mental health, substance misuse, and suicide prevention • Physical activity & healthy eating

For a complete report on the Community Health Needs Assessment visit

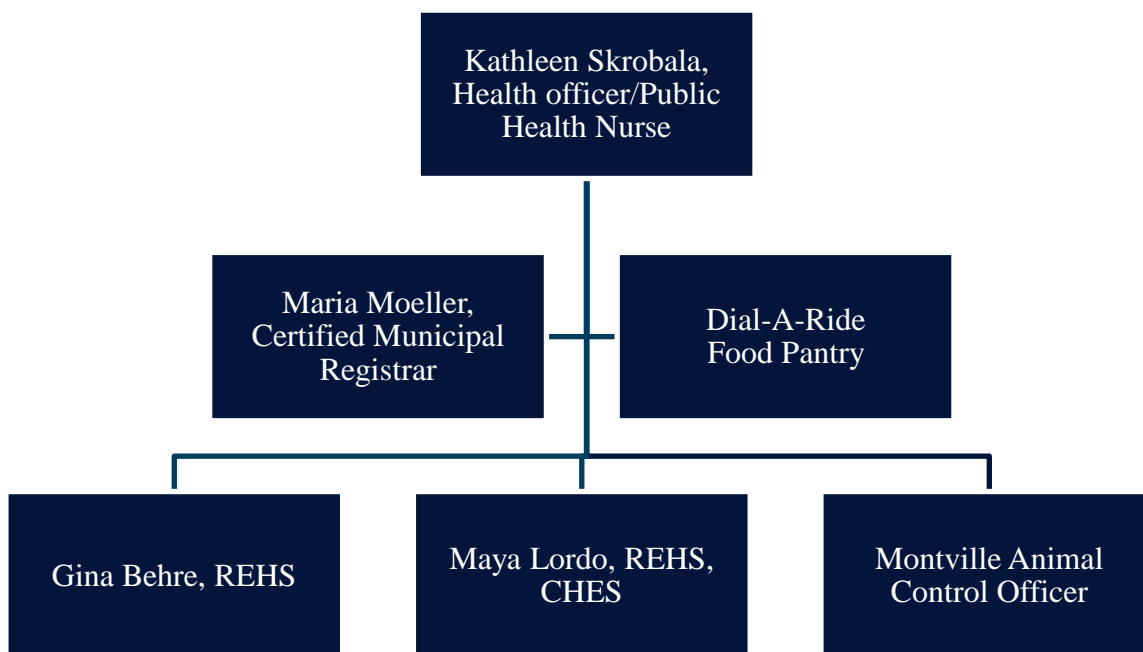
http://www.njhealthmatters.org/content/sites/njhc/resource_library/Morris_County_CHNA_2019_Final_Report.pdf

For a complete report on the Community Health Improvement Plan visit

[http://www.njhealthmatters.org/tiles/index/display?alias=morrisabout&status=2&alert=](http://www.njhealthmatters.org/tiles/index/display?alias=morrisabout&status=2&alert=1)

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ORGANIZATIONAL CHART



STAFF DIRECTORY	
Staff	Contact
Kathleen Skrobala, RN, BSN, MA, HO Health Officer	973-270-2036 kathys@bolp.org
Maria Moeller Certified Municipal Registrar	973-270-2040 mmoeller@bolp.org
Gina Behre, MS, Senior REHS Environmental Health Specialist	973-270-2039 rehs@bolp.org
Maya Lordo, MS, REHS, CHES Environmental Health Specialist	973-270-2039 mlordo@bloomfieldtwpnj.com
Jessi Cholewczynski, REHS Environmental Health Specialist	972-270-2039 rehs@bolp.org
Gail Strumph, ACO Animal Control Officer	972-334-6410 gstrumph@montvillenj.org
Jacqueline Castaneda Food Pantry Coordinator	973-694-2890 foodpantry@bolp.org
Maryann Galiger, RN, BSN Public Health Nurse	973-270-2040
Patricia Baran, MD Contract Pediatrician	
Francis Kielar, MD Contract Family Practice	

COMMUNITY GRANTS & PARTNERS

Community Grants

The Lincoln Park Health Department completed the 2nd year of our \$20,000 New Jersey Healthy Communities Grant. This grant created a kiosk at the Aqueduct Park and starting working towards a parking area on Beaverbrook Road for the Morris Canal Trail. It also provided 6 aeroponic tower gardens for the Lincoln Park Elementary School (LPES), Lincoln Park Middle School (LPMS) and Chapel Hill Academy, for children to learn about harvesting fruits and vegetables. The Health Department applied for our 4th grant through the NJHCN and received approval for \$20,000 to partner with the LPES and LPMS. This brings our total grant requests to \$70,000. This grant will go towards installing a climbing rock wall in the LPES gym, purchasing yoga mats and sensory path equipment, and installing two motion light game projectors in each school. We will also provide a healthy summer breakfast/lunch program for children in need. The Lincoln Park Health Department applied for a Stigma-Free grant from Chilton Medical Center to promote awareness about mental illness, stigma and resources.

Atlantic Health System
Canal Society of New Jersey
Chapel Hill Academy
Chilton Medical Center
Gettysburg College
JDT Medical Rehab Center
Lincoln Park Care Center
Lincoln Park Elementary School
Lincoln Park Historical Society
Lincoln Park Middle School
Lincoln Park Police Department
Montclair State University
Montville Health Department
Morristown Medical Center
New Bridge Services
North Jersey Health Collaborative
Pequannock Valley Rotary
Passaic County Public Health Partnership
ShopRite of Lincoln Park
William Paterson University
Wolfson's Market
Zufall Health Centers

PROGRAM REPORTS

Lincoln Park Health Screenings

**Advertised Health Screenings
(Provided at area Hospitals and Health Departments.)**

**Colorectal Screening
Dental Screening
Diabetes Screening
Early Intervention Screening
Female Cancer Screening
Male Cancer Screening
Skin Cancer Screening
SMAC Screening
Stroke Screening
Thyroid Screening**



Public Health Nursing

Flu Vaccines		
Vaccinations	2018 Data	2019 Data
Regular Adult Flu Vaccine	52	53
High Dose Flu Vaccine	52	48
Pediatric Flu Vaccine	12	11
Total Vaccines Given	116	112

Child Health Clinic		
Child Health	2018 Data	2019 Data
Clinics	11	7
# of Unduplicated Children	20	16
# of Visits	30	20
# of Vaccines Given	65	34

School Immunization Audits		
School Records Audited	2018 Data	2019 Data
Busy Beaver Preschool	24	20
Chapel Hill Academy	20	12
Jacksonville Chapel Preschool	100	105
Kindercare	23	67
Kids @ Play	12	14
Lincoln Park Elementary School	228	148
Lincoln Park Middle School	125	145
Total Records Reviewed	532	511

Health Screenings		
Screening	2018 Data	2019 Data
Blood Pressure	82	145
Skin Cancer	35	28

Communicable Disease Investigations & Screenings		
Diseases	2018 Cases	2019 Cases
Total Diseases Investigated	108	140
Disease Outbreak	4	2
Tuberculosis Screenings	7	7

Health Education

Today, more than ever, public health and healthcare systems are empowering people to make the right decisions about their health. We kicked off our first “*Summer Wellness Challenge*” with over 70 participants. Programs such as *Sunset Yoga*, *Reiki*, and a *Kid’s Scavenger Hunt*. We also spearheaded an anti-vaping campaign aimed at youth and a county-wide STD campaign. The Lincoln Park Health Department is using social media and “*pop-up*” health at events to provide quick, convenient and healthful messages. You will find this type of health education on our website, electronic sign, channel 77, facebook and billboards (in Morris County), but also through venues where people have already gathered. The “*Monday Campaign*”, “*Pop-Up Health*”, and “*Eat Well. Live Well. Lincoln Park*” as well as some initiatives below help to make Lincoln Park a healthy place to be!



2019 Health Education and Wellness Plan
Health Education Topics

Over 40 health education programs were offered by health professionals with 1200+ participants. People no longer come out for programs, so we bring programs to them!

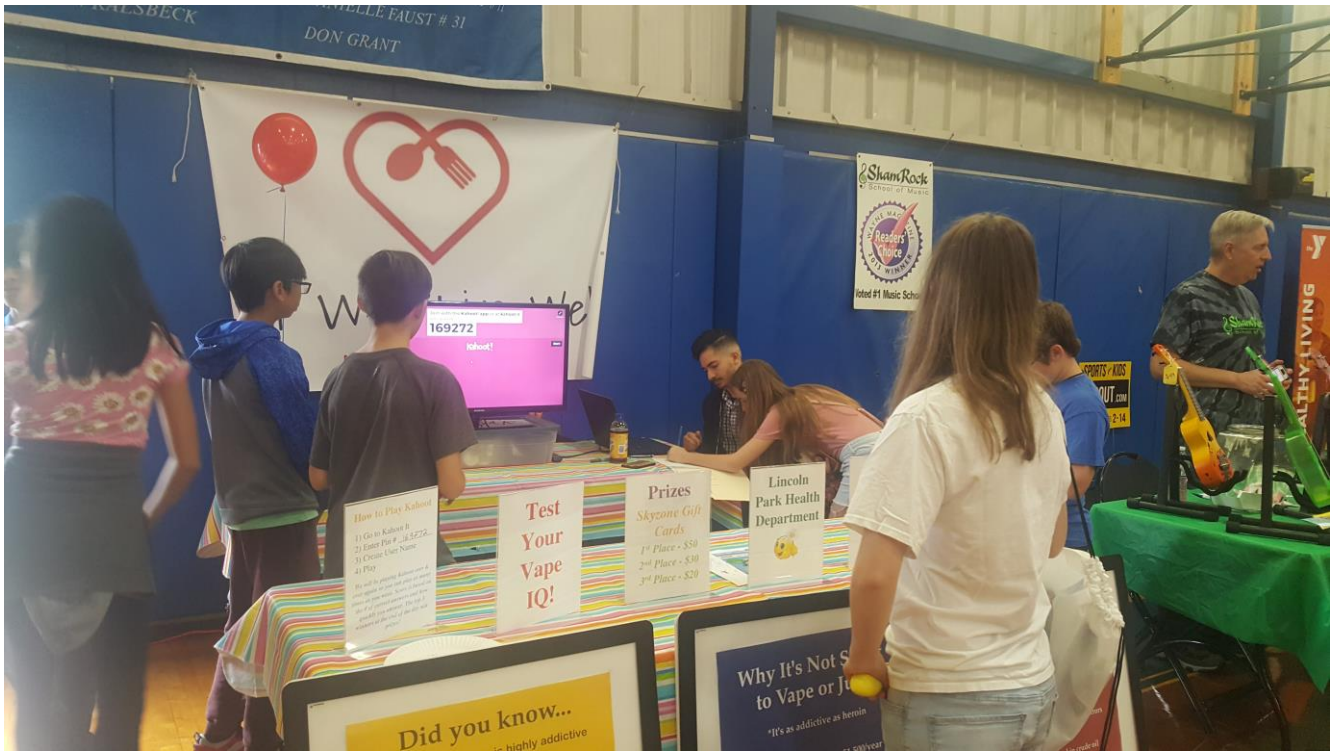
Date	Topic	Attendees
Every Monday	“The Monday Campaign” (different health messages every week of the year on health topics)	Electronic sign, website, Facebook, Channel 77
3/6/19	“Myths vs. Facts of the Keto Diet”	22
3/12/19 3/13/19 3/14/19	Salad in a Jar (NJHCN Grant)	25
3/23/19	Sugar Freed National Nutrition Month	15
4/10/19	Anti-Vaping	100
4/24/19	Taking Care of Your Pets	200
5/4/19	Anti-Vaping with Kahoot	133
5/15/19	Fun and Other Ways to Exercise	23
5/22/19 5/29/19 6/5/19 6/12/19	Yoga for Employees	14
5/28/19	Boot Camp Scavenger Hunt	20
6/3/19- 6/14/19	Mosquito and Tick Display	
6/20/19	Skin Cancer Screening	28
June-August 2019	Mind, Body, Spirit Summer Wellness Challenge	73
9/18/19	Guaranteed Stress Busters	21
11/13/19	Do Gyms Really Work?	14
10/5/19	Annual Diabetes Awareness Walk	30
July ‘19	Anti-Vaping & Sugar Freed	80
9/25/19	Alternatives to Opioids	80
9/28/19	Lincoln Park Day	250
11/13/19	Stigma-Free	15
12/16/19	Anti-Vaping	100



5th grade students at the LPMS learned how to make “salad in a jar” using produce from their hydroponic gardens.



Floral “Dine & Design” as part of our Summer Wellness Challenge



Students and parents learn about the dangers of vaping by playing “Kahoot” at the Lincoln Park Health & Happiness Fair on May 5, 2019.



Kids' Scavenger Hunt at Lanes Fields as part of our Summer Wellness Challenge



Sunset Yoga at the lake as part of our Summer Wellness Challenge

Employee Wellness Program

Lincoln Park is partnered with the North Jersey Municipal Employee Benefits Fund to provide education and wellness activities for employees. This is the 4th year for the campaign. To successfully complete the campaign, employees had to have an annual physical by their doctor, complete a biometric screening and derma-scan, attend at least one health education program, and participate in 3 fitness challenges. We also encouraged “Take the Stairs Campaign”, provided a healthy vending machine, offered yoga classes, gave annual flu vaccines and updated our “**Live Well/Work Well**” bulletin boards.

42 flu vaccines given (employee and volunteers)

35 employees signed up for the wellness program

95% employees successfully completed the wellness program

46 employees attended a walk (a walk with Kathy, a walk with Danielle, Diabetes walk)

4 health education programs were offered

78 attendees at the health education program

33 employees completed the online stress management



Senior Services

The Lincoln Park Health Department strives to help seniors age safely in their own homes. A number of services are advertised such as Dial-A-Ride and Morris Habitat for Humanity “Aging in Place”, as well as providing a Senior Services webpage <http://www.lincolnpark.org/354/Senior-Services> on the Borough of Lincoln Park website. Programs for senior education and fitness classes are advertised, as well as links with helpful information. Instruction on computer and Internet use are available for seniors by the Lincoln Park Public Library. In addition, home visits are provided for flu vaccines or welfare checks, often with a social worker from New Bridge Services.

Senior Services	Dial-a-Ride Trips	3,961
	Blood Pressure Screenings	17 meetings 143 blood pressures done
	Flu Vaccines	62

Vital Statistics

Significant life events, such as birth, marriage and death are recorded and kept in the health department. Marriage licenses, copies of marriage licenses and death certificates are issued upon request. Licenses for dogs and chickens/hens are issued annually.

Vital Records		
Records	2018 Data	2019 Data
Birth (in Lincoln Park)	0	0
Births (to Lincoln Park Residents)	95	89
Marriage Licenses Issued	53	62
Deaths	146	127
Death Certificates Issued	466	117

Animal Licenses		
Licenses/Investigations	2018 Data	2019 Data
Dog Licenses	951	927
Rabies Vaccines	82	70
Dog Bites	10	9
Cat Bites	0	6
Complaints Investigated	4	1
Chicken/Hen Licenses	3	5

Environmental Health

Environmental Health Services continually aim to reduce health risks through inspections of food establishments, rental units, camps and public pools/lakes as well as investigating public health nuisance and environmental complaints. Local and state laws are enforced through the services of registered environmental health specialists.

Public Health Complaints/Investigations		
Records	2018 Data	2019 Data
Property Complaints	28	26
Dogs and Cats	4	4
Other Animals	0	3
Rats/Infestation	5	7
Senior Welfare	18	5
Mosquitoes	24+	3
Total	87	48

Food Establishments		
Records	2018 Data	2019 Data
# of License Retail Food Establishments	49	44
# of Temporary Licenses	13	20
# of Routine Inspections	62	64
# of Routine Re-Inspections	8	5
# of Investigations	9	5
# of Inspections (other than routine)	7	7
# of establishments Where Enforcement Action Taken	3	0
# of Retail Establishment Plans Reviewed	4	4

Other Inspections/Notifications		
Records	2018 Data	2019 Data
Rental Units	66	89
Camps	2	2
Annual Lake	1	1
Lake Re-Inspection	2	0
Annual Pools	6	6
Pool Re-Inspections	0	2
Lake/ Pool Corrective Actions/Closures	2	0
Septic/Well Permits Issued	3	0
NJDEP Notifications	22	18

Vape Lounge	2	2
Nail Salons	7	5
Massage Therapy	1	2
Total	114	127

Lincoln Park Food Pantry

The Lincoln Park Food Pantry, through the support of the Borough of Lincoln Park and volunteers, helps to meet the needs of families experiencing a challenging time in their lives. Under the direction of the Food Pantry Coordinator, the pantry has serviced 50 families in 2019, giving out almost 3,000 bags of groceries. Many civic organizations, such as Girl and Boy Scouts, have donated their time, baked goods and food items to the pantry.



AFFILIATION & OTHER ACTIVITIES

The health department staff (including contract and per diem) belongs to a number of local, regional and national professional organizations and committees, which include:

- Bergen/Passaic Registrars’ Association
 - American Academy of Pediatrics
- Chilton Medical Center Community Advisory Board
- Chilton Medical Center Community Health Advisory Committee
 - Chilton Medical Center Vaping Task Force
 - Chilton Medical Center Veterans Committee
 - Health Advisory Board Head Start
 - Lincoln Park Stigma-Free Task Force
 - Morris County Health Officers’ Association
 - Morris County Registrars’ Association
 - Morris Regional Public Health Partnership
 - National Association of County and City Health Officials
 - New Jersey Association of County and City Health Officials

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- New Jersey Environmental Health Association
 - New Jersey Society for Public Health Education
 - North Jersey Health Collaborative
 - Passaic County Governmental Public Health Partnership
 - Registrars' Association of New Jersey

2020 Goals
<i>Partner with Lincoln Park Elementary and Middle Schools on Grant Activities</i>
<i>Complete Parking Area for the Morris Canal Trail</i>
<i>Promote Mental Health and Awareness through Stigma-Free Campaign</i>
<i>Provide 2nd Annual Summer Wellness Challenge for Residents</i>
<i>Conduct Public Health Emergency Preparedness Table Top Exercise</i>

