WESTPORT WESTON HEALTH DISTRICT

An Invitation To Join Us

March 2020

WHAT IS PUBLIC HEALTH?

- Preventing communicable disease and reducing its impact as much as possible.
- **Protecting private well water drinking supplies.**
- **Ensuring the long term sustainability of on-site septic systems where public sewers are not available and preventing the unplanned need for public sewer expansion .**
- Ensuring a safe food supply and people do not get sick from eating at restaurants and from other food vendors.
- **Enforcing community based land-use policies and advising town policy makers on community issues as needed.**

Westport Weston Health District

The Westport Weston Health District is a full service health district offering comprehensive public health services to the communities we serve, is fully compliant with state mandates and staffs one of the few community travel clinics in Connecticut.

The WWHD was the first Health District formed in Connecticut in 1965, now having over 50 years of experience providing quality services by dedicated public health professionals.

Westport Weston Wilton medical reserve corps

District Mission & Objectives

MISSION:

To protect and improve the health and well being of District residents.

Meet the Public Health needs of our constituent towns and its citizens.

To uphold and enforce the Public Health Code and such local regulations as may be adopted by the Board of Directors of the Health District.

To work with other providers of health services to coordinate existing programs and to develop and implement needed public health programs.

To promote healthful living and sound health practices, to prevent the spread of communicable disease, monitor the health status and public health statistics of the community, provide community appropriate health education and health clinic services.

Benefits Of Participating In A Health District Include:

Availability and access to full time comprehensive public health services and programming provided by trained professionals.

Leveraging of staff, resources, and priorities to address major projects, issues and/or emergencies.

- Food Borne disease outbreaks requiring quick responses with expertise and staff.
- Field work and plan reviews of large projects.
- Emergencies requiring immediate public health field response, sheltering, EOC guidance.

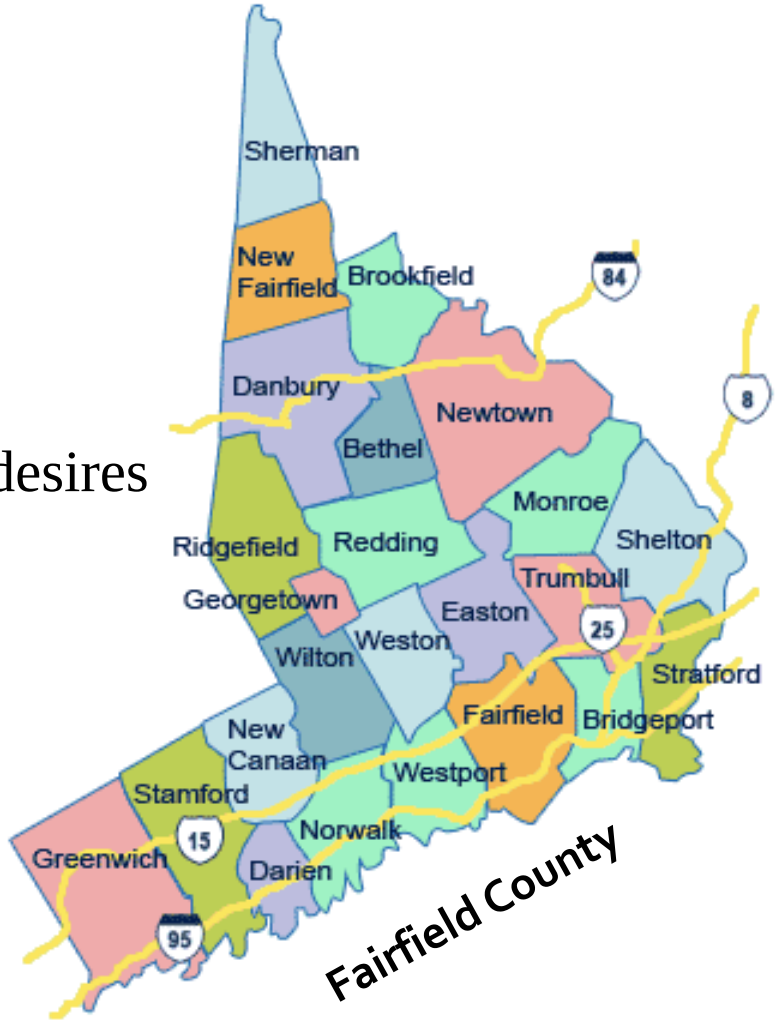
Eligibility for state and federal funding, bringing to the local level dollars that might not otherwise be possible.

Cost savings over time. With increasing public health demands, escalating municipal costs, limited financial resources and uncertain economic times, participation in a health District is one way to provide professional services at a reasonable cost.

Health Districts – What Makes Sense?

"Ideal" District Attributes

- Natural geographic area
- Compatible constituent needs, wants & desires
- Convenient transportation routes



Community Profiles

Connecticut Economic Resource Center, Inc. (CERC) Town Profiles 2019

Addressing current and future local public health challenges requires a thorough understanding of the demographic characteristics of a community

	Easton	Weston	Westport
Population:	7,517	10,247	28.115
Land Area:	27.4 sq. mi.	19.8 sq. mi.	20 sq. mi.
Pop/Sq. Mi.	277	524	1,392
Med HH Inc.:	$136,786	$219,868	$181,360
Households:	2,762	3,448	9,820
Median Age:	49	45	45
% 0-4 yr:	**4**	**5**	**5**
% 5-14 yr:	**15**	**20**	**17**
% 15-24 yr:	**10**	**11**	**12**
% 25-44 yr:	**16**	**14**	**16**
% 45-64:	**38**	**37**	**34**
% 65+:	**18**	**13**	**16**

Easton, Weston, and Westport Share Many Common Concerns

Environmental:

Maintaining on-site septic systems and private drinking water wells as long term sustainable options for residential development.

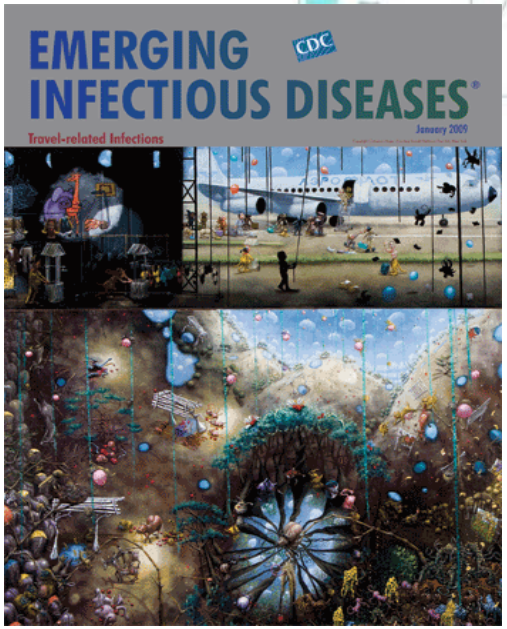
Assuring foods being offered for sale to the public is safe and wholesome, whether purchased at a store, restaurant or mobile vendor.

Saugatuck River Watershed:

The Saugatuck River Watershed is an important resource worthy of collaborative protection.

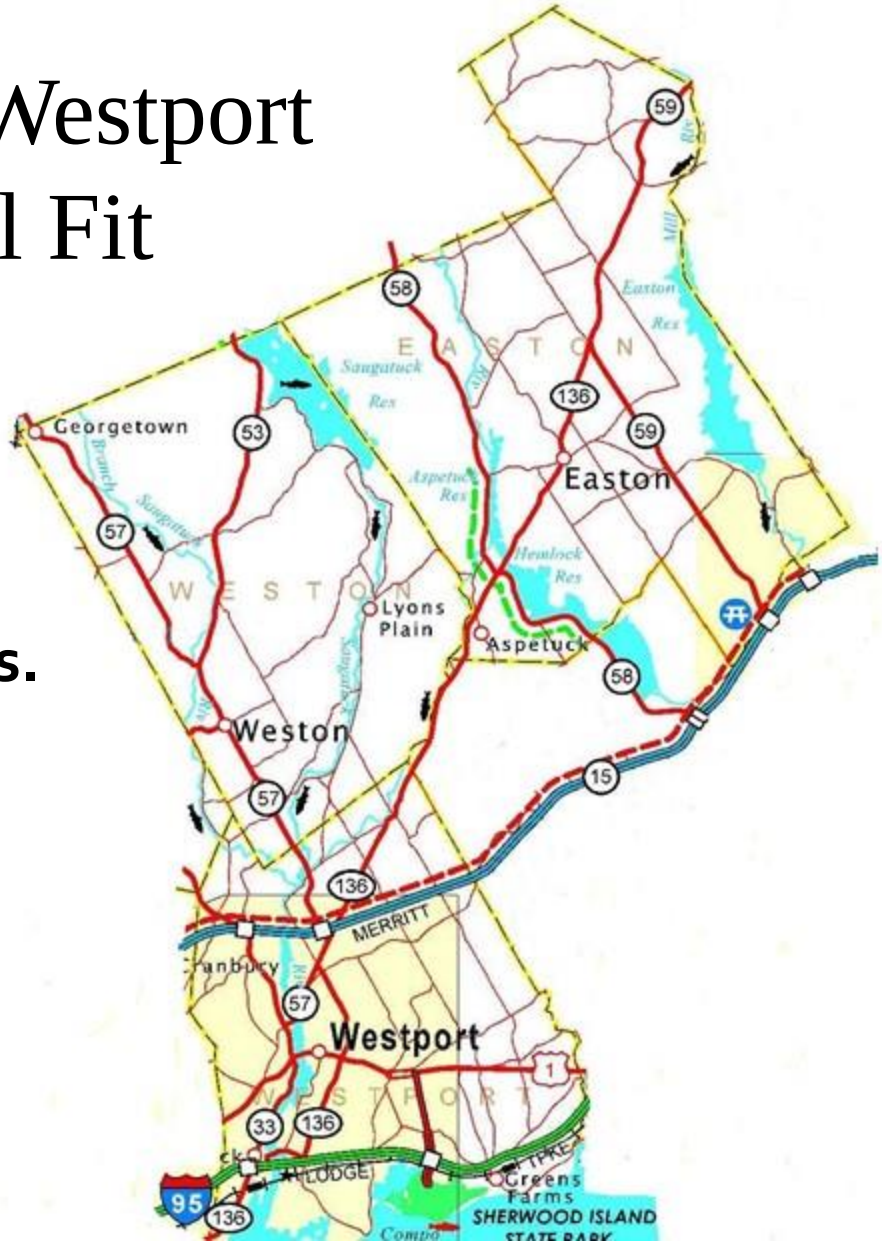
Infectious and Communicable Disease Control :

The WWHD actively monitors the incidence of all reportable illnesses within the District and works with all area health care providers in its surveillance, investigation and response to outbreaks. Infectious and Communicable Disease outbreaks do not recognized municipal boundaries.



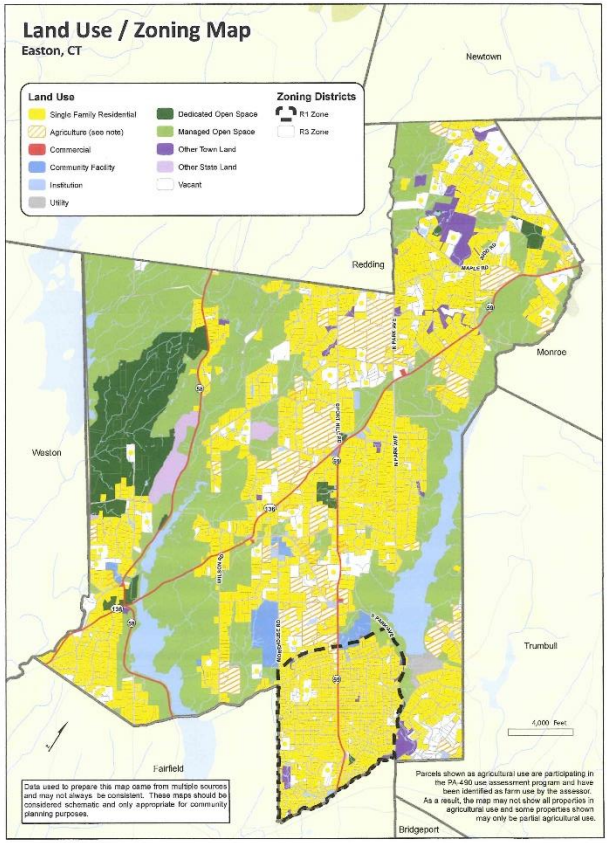
Easton, Weston, & Westport Seem Like a Natural Fit

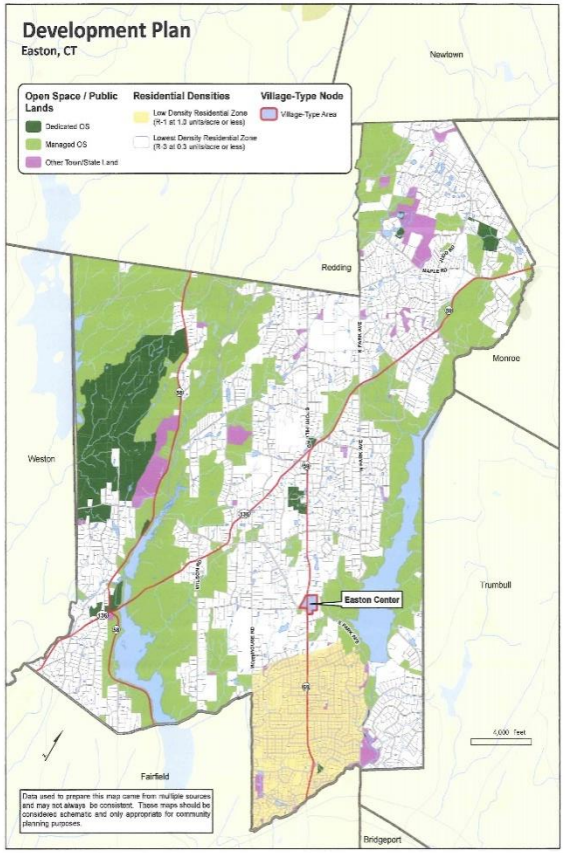
- **Excellent Transportation Routes Between Towns.**
- **Very Similar citizen needs.**
- **Concern for the same natural resources.**

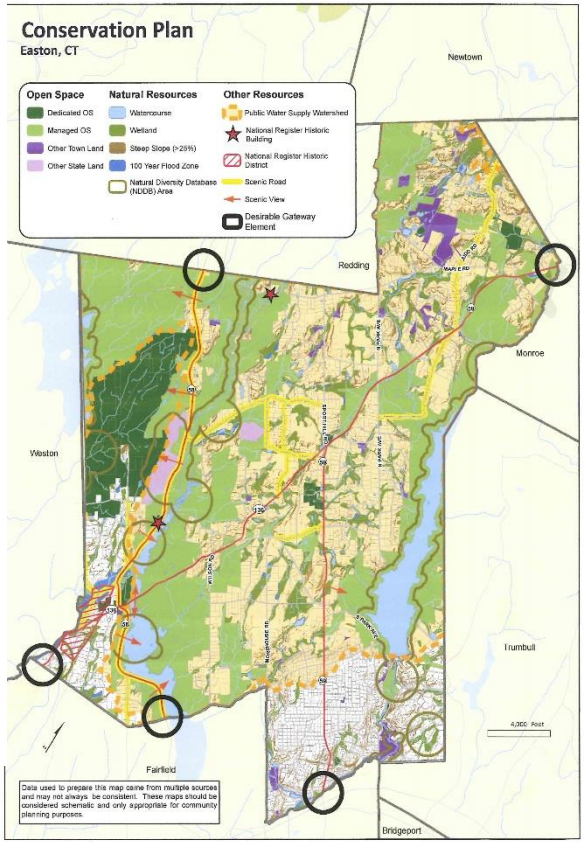


The Health District Would:

- **Ensure the Long Term Viability of On-site Septic Systems**
- **Endeavor To Keep Development Under Control**
- **Work To Protect Private Wells**







Environmental Health

Food Service Inspections

Food service establishments, including restaurants, convenience stores, grocery stores, bars, schools, private clubs, itinerant vendors, seasonal and temporary operations are routinely inspected to ensure compliance with the requirements of the CT Public Health Code, the WWHD Sanitary Code, and to prevent foodborne illness. During 2017, 33 (36 last year) plan reviews for new food service establishments were completed. Inspections focus on food protection, food handling, cleanliness, upkeep and personal hygiene practices. There are 228 permitted and inspected food service establishments in Westport in 2017.

Food service establishments, including temporary events, must obtain a permit from the District to operate and must be inspected and approved prior to opening. There were 4 multi-vendor Farmer's Markets and 203 (207 last year) temporary event application reviews. The District is also now enforcing the new CT DEP regulations regarding the proper removal of fats, oils and grease.

Septic System Inspections

New septic system installations and repairs to existing septic systems are reviewed, overseen, and approved by the District. Soil testing is performed; plans are reviewed; installations are inspected, and final approval is issued by the District in accordance with the CT Public Health Code for flows under 5,000 gallons per day. In 2017, there were 62 (73 last year) new and 45 (82 last year) repair septic systems installed; 123 (144 last year) soil test applications, 91 (113 last year) existing system inspections.

Water Supply Wells

Private wells are regulated by the District to ensure proper location and installation for a safe water supply. The District endeavors to raise public awareness about well water issues and ensures compliance with the CT Department of Consumer Protection, Well Drilling Regulations and the CT Public Health Code. Permits and water tests are required for all new wells. This year there were 15 (31 last year) new potable wells, there were no (1 last year) irrigation wells drilled in 2017, 22 (31 last year) Geothermal wells drilled and 3 (1 Last year) well was abandoned.

Lead

The District reviews lead sampling reports, remediation, abatement and management plans. The WWHD has two certified inspectors that can conduct limited lead inspections, follow-up inspections, investigate complaints, and inspect renovation and remediation for schools, daycares, and group homes. Lead certified staff must be recertified annually to be qualified to do this work.

Construction Activity

District staff review proposed building construction plans for compliance to public health code requirements. In 2016, District staff reviewed proposed plans for 44 (41 last year) new homes. Additionally, staff reviewed proposed building addition plans to determine what, if any, impact there might be on the septic system. The level of review is contingent upon the complexity of the proposal and kind of usage. In 2017, 139 (159 last year) plan reviews were conducted for habitable additions, 81 (78 last year) for non-habitable additions.

Complaint Investigations

The District investigates nuisance complaints in accordance with Section 19-13-B1 of the Connecticut Public Health Code. In 2017, there were 40 (56 last year) complaints dealing with housing, sewage, garbage, rodents, mold and other concerns. Appropriate enforcement action is taken to eliminate violations and hazardous conditions.

Public Pool Inspections

Public swimming pools are required to be inspected by the Connecticut Public Health Code each year. There are 29 public pools requiring annual inspections.

Beach Water Monitoring

In accordance with the Connecticut Public Health Code, each summer, the District tests the waters at Westport beaches and other fixed locations on Long Island Sound. The samples are tested for bacteria to ensure that the water is safe for swimming. The WWHD collected 85 beach monitoring samples during 2017.

Daycare and Group Home Licensing Inspections

There are 19 licensed daycares within the District that are inspected routinely every two years and with any facility change or renovation, and playground revisions. In 2017, there were 7 licensed group homes in Westport.

Shellfish

WWHD staff oversees the local recreational shellfishing program. Staff monitors rainfalls and closure notices as received from the State and surrounding towns. Staff routinely review water quality data and sampling results with regards to the US FDA shellfish program requirements for the operation of the conditional shellfishing areas. Staff assists with the survey and follow-up of elevated fecal coliform results impacting the shellfishing areas. The WWHD attends and participates in the annual CT Sea Grant Shellfish Commission meetings.

Cosmetology

There are 113 (88 last year) permitted salons that are inspected annually. Salons offering pedicures are inspected twice a year. WWHD also reviewed 15 (6 last year) plans for renovations and for permitting of new establishments.

Water Quality

The WWHD has broadened its role in monitoring and surveying local water quality and is working with a number of active environmental groups interested in preserving and improving water quality. Staff aided in the selection of sampling locations, the collection of samples for analysis, and interpretation of results. District staff collected 22 (24 last year) residential water samples for potability analysis.

Community Health

Westport Weston Health District Clinic – **Health Clinic**
180 Bayberry Lane Westport, CT 06880
P:203.227.9571 F:203.221.7199

Our Health District Prides ourselves on being able to offer free and affordable services!

Some of our **Free** services include:

- Community Wellness Homebound Visits
- Lead Testing
- Annually Offered Radon Testing
- Blood Pressure Screenings
- Glucose Testing
- Male & Female Condoms
- Sexual Transmitted Infection Testing
- Home Hoarding Inspections
- Numerous Free Health Talks and Lectures
- Hydration and Rest Station During Heat Waves/Warming Station in the Winter
- Annual Skin Cancer Screening
- Providing Education at Senior Centers, Schools, and Town Halls
- Educational Tables/Booths
- Various Mobile Influenza Clinics Established in All Participating Health District Towns
- Home Mold Inspections/Humidity Testing
- Free Educational Material on a Vast Amount of Health Topics

Community Health

Some of our **Low-Cost** services (most services are around or lower than insurance reimbursement rates. We will submit claims to insurances whenever possible)

- Urine Testing $10
- Urine Drug Toxicology $35
- 12 Lead Electrocardiogram $50
- Ha1C Testing (Diabetes Screening) $30
- Rapid Strep A Throat Swab Test $15
- Albuterol Nebulizing Treatment $40
- Cholesterol Lipid Panel $30
- 3 Component Foot Exam $5
- New Patient Office Visits (Range $40-$130)
- Establish Patient Office Visits (Range $20-$85)
- Travel Clinic Consults $50 per person, Each additional person $30
- Hemoglobin Testing $5
- Auditory Screening $40
- Visual Acuity Screen $10
- Cholesterol Counseling $20
- Smoking Behavior change counseling visit (Range $30-$40)
- Wound Care (Range $33-$41)
- Tick Identification and Tick-Borne Illness Testing $10

Joining A District Is Not Done by Contract

- In accordance with ***Section 19a-241 of Connecticut State Statutes***: Towns, cities and boroughs **<u>join a Health District by a vote of their legislative bodies</u>** - In Easton that is the Town Meeting.

- Affairs of District Departments of Health are managed by a board.

- The Board of Directors exercise all the authority as to public health required of and/or conferred upon the constituent municipalities by law and shall have the powers of the District set forth in Section 19a-243 of State Statute.

- The number of board members representing each municipalities is set by State Statute. One member per 10,000 residents.

WESTPORT WESTON EASTON

Estimated Population*

	Population	Board members
Easton	7,517	1
Weston	10,247	2
Westport	28,115	3
	45,879	**6**

* Estimated Pops in Ct as of July 1, 2018- DPH

Health District Funding Sources

- Per Capita from Department of Public Health (~$1.85)
- Local Health Assessments from each member town
- State Grants (Public Health Emergency Preparedness and Block Grant)
- Fees (Restaurant Licenses, Well Drilling permits, etc)

Easton's Cost

Assumptions:

1. Existing inspection staff will need to be retained by WWHD in accordance with State Statute.
2. Any charges for satellite office space use will be minimal.

Easton' s Current Public Health Funding	= $96,296
Proposed Local Public Health Assessment Upon Joining the WWHD	= $100,000

Estimated Cost of Staffing a Full Time Municipal Health Department Meeting all Regulatory Requirements.

Full Time Director of Health range $95,500 to $173,000 + benefits

Full Time Registered Sanitarian $54,000 to $123,760 + benefits

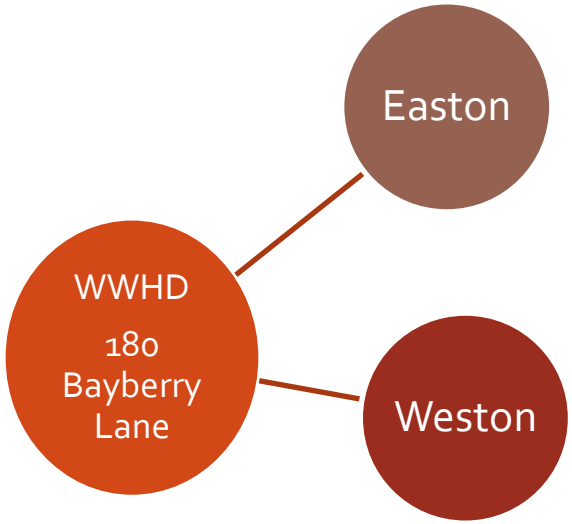
Westport Weston Health District
Budget 2020 – 2021
Draft with Easton Joining

	FY19 (Audit)	FY20 Budget	Proposed FY20-21
Revenues			
Towns			
Easton	**0**	**0**	**100,000**
Weston	223,370	225,520	194,260
Westport	574,411	579,911	453,272
Total	797,781	805,431	747,532
Fees			
Environmental	396,378	360,000	350,000
Nursing fees	123,296	190,000	130,000
Easton	0	0	10,000
Total	519,674	550,000	490,000
Grants			
State Per Capita	0	0	96,000
Total	0	0	96,000
Bank Interest&	12,635	600	10,000
Other Income total	12,635	600	600
Total Revenues	**1,330,090**	**1,356,031**	**1,343,532**
Expenditures			
Salaries/PR Taxes	679,373	748,000	791,643
Employee Benefits	259,355	257,000	259,100
Buildings & Grounds	6,714	7,000	7,000
Contracted Services	51,936	72,000	65,000
Supplies, Office& Equipment	96,330	172,000	168,788
Insurance	59,364	36,000	33,500
Travel/mileage/Courier	12,199	14,500	16,000
Printing and Publications	2,525	3,000	2,500
Capital Equipment/Outside Services		46,531	
Total Expenditures	**1,167,796**	**1,356,031**	**1,343,532**

Local Satellite Office In Easton Would Be Maintained

Examples of Satellite Offices

Chatham Health District (6)
Eastern Highlands Health District (7)
Ledge Light Health District (6)
Plainville-Southington Regional Health District (3)
Torrington Area Health District (7)
Westport Weston Health District (1)



Reasons for Satellite Offices

More effective customer service
Residents are familiar with local office, easier access to programs

Save time and money
Residents can minimize travel time & expense

Attract more service/program participants
Easier access may help boost interest

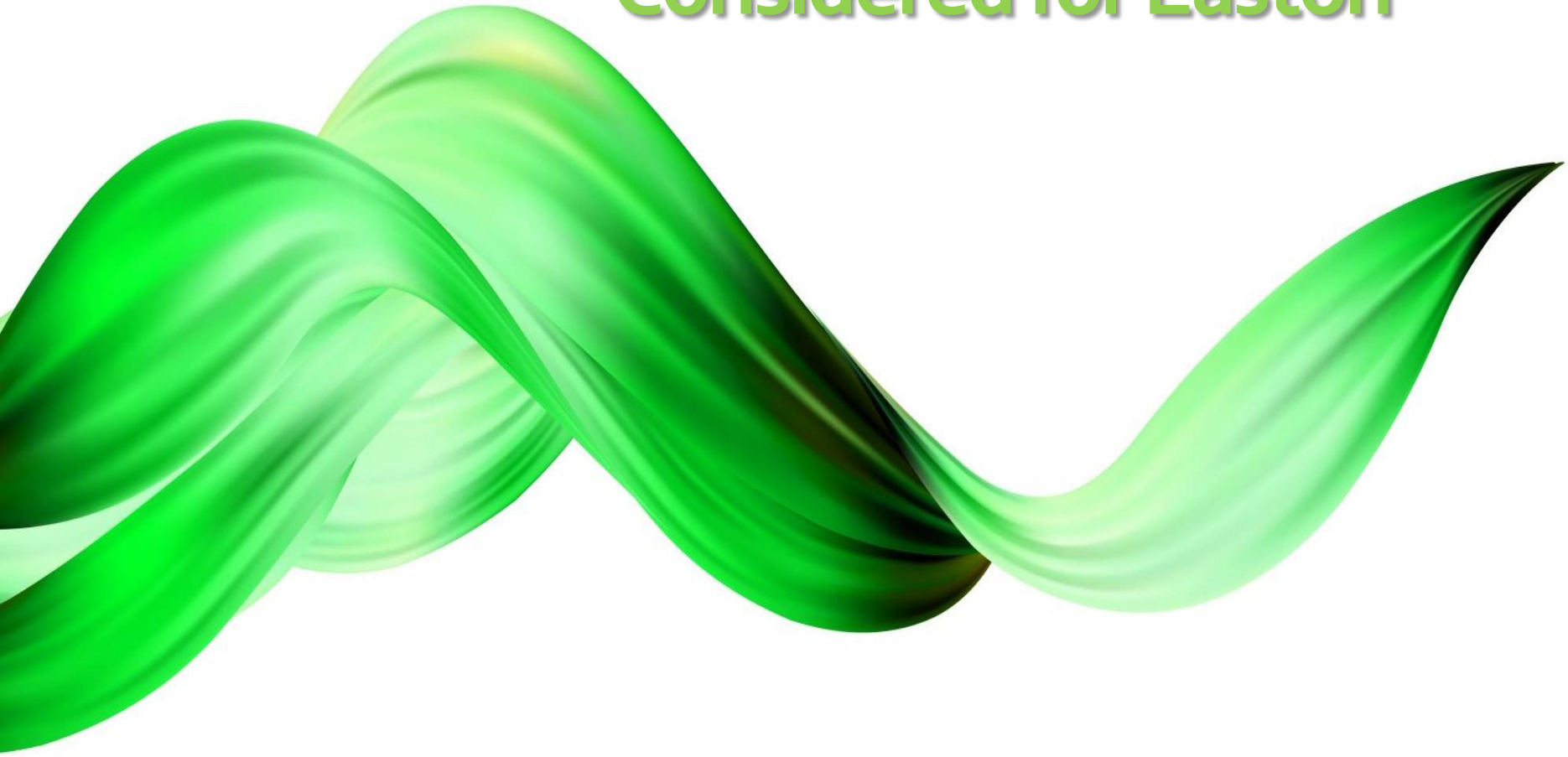
Increase public health visibility
Maintaining a presence in the local public eye

Energize staff
"New & exciting" local challenges keeps staff motivated

Satellite Office Considerations

Location Cost (rent, heat, electricity?)
Hours of operation (peak demand for customer service)
Staffing (flexibility of in house expertise)
Kinds of Services (fixed & mobile)
Connectivity (telephone, internet, Intranet)
Document/info Access (technology)

Other Public Health Options Considered for Easton



Current facts

- 169 municipalities
- 124 belong to health districts 3-18 towns each
- 33 full time municipal health departments
- 12 part time health districts
  - In 2010 28 part time but 14 joined health districts and 2 became full time

State of Connecticut - Local Health Departments and Districts, June 2019

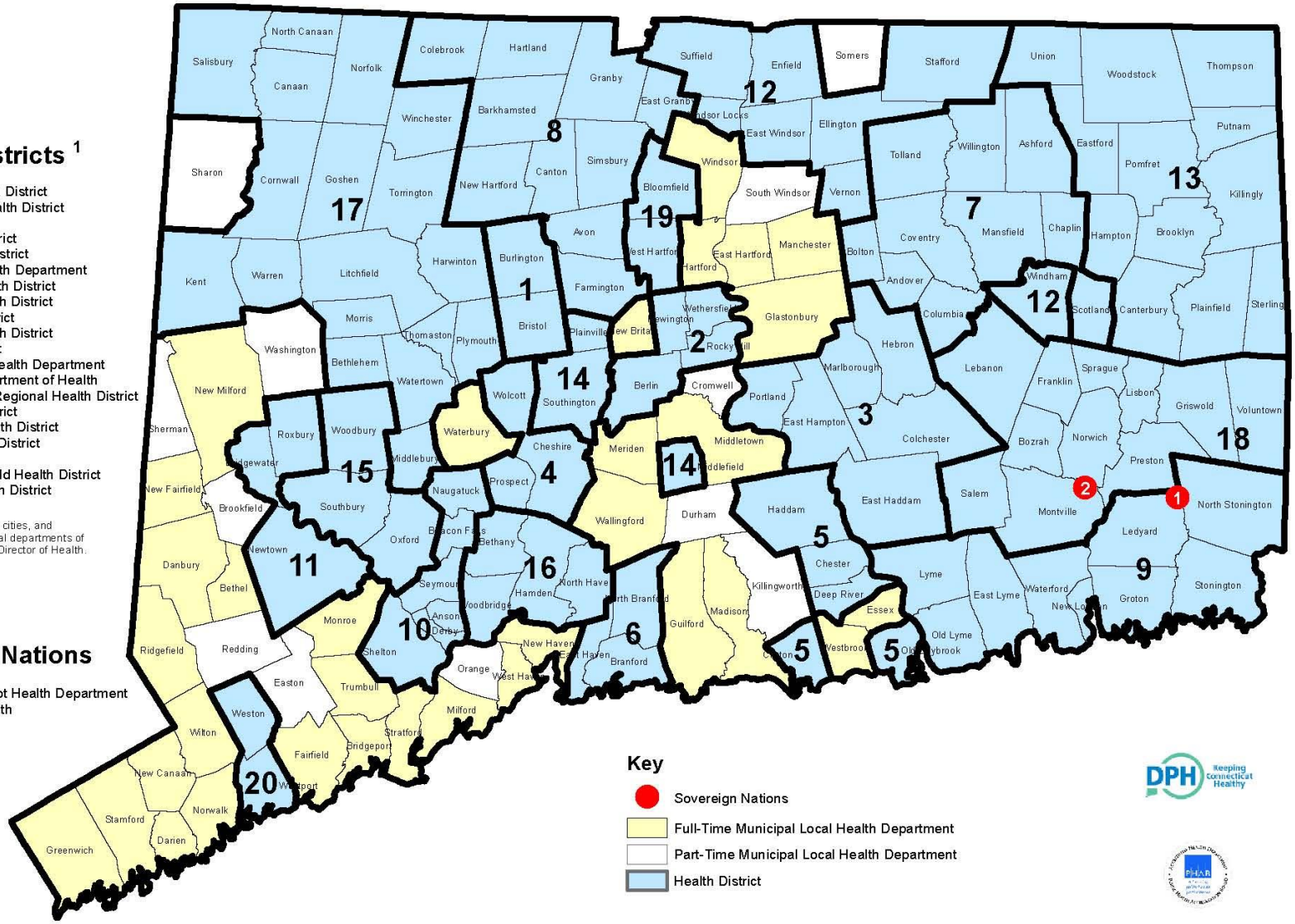
Health Districts [1]

1. Bristol-Burlington Health District
2. Central Connecticut Health District
3. Chatham Health District
4. Chesprocott Health District
5. CT River Area Health District
6. East Shore District Health Department
7. Eastern Highlands Health District
8. Farmington Valley Health District
9. Ledge Light Health District
10. Naugatuck Valley Health District
11. Newtown Health District
12. North Central District Health Department
13. Northeast District Department of Health
14. Plainville-Southington Regional Health District
15. Pomperaug Health District
16. Quinnipiack Valley Health District
17. Torrington Area Health District
18. Uncas Health District
19. West Hartford-Bloomfield Health District
20. Westport Weston Health District

[1] Health Districts are towns, cities, and boroughs united to form local departments of health and have a full-time Director of Health.

Sovereign Nations

1. Mashantucket Pequot Health Department
2. Mohegan Tribal Health



June 20, 2019

10 Essential Mandated Public Health Services

That Are Required Of All Connecticut Health Jurisdictions

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

Continue part time

- Director of health Department
- Full time physician in practice paid $5000 per year.
- 20 hour sanitarian
- Total cost approx. $100K Generates 20k revenue
- Part time staffed office for sanitary affairs only
- How long will state allow to exist?

Part time is wholly inadequate for town's needs especially in public health

- One MD essentially a volunteer with a full-time job
- No other person with any medical background
- 1 part time sanitarian
- essentially no public health as described above

Single town full time department

Town control

Few ancillary medical services

Main office in town (still part time)

- Health Director $100 k
- Sanitarian $70k Now full time
- Clerical help PT 18K
- Would need PT RN @35K
- Operating 5k
- Revenue 20k May increase?
- How long will state allow to exist?

TOTAL COST INCREASE FOR FULL TIME EASTON HD

225K

COMBINATION WITH REDDING EXPLORED AND NOT AN OPTION

Next Steps

For A Town To Join A Health District

CGS Section 19a-241

- Publicize & hold a public hearing
- Legislative Vote to join the WWHD
- Provide a copy of the legal notice and record of vote to the DPH
- Provide DPH with a copy of WWHD minutes accepting the Town into the District
- The Town appoints members to WWHD Board
- Provide a copy of the Town's minimum payment of the per capita commitment

WESTPORT WESTON HEALTH DISTRICT

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Questions – Answers - Discussion