



EAST WINDSOR

Annual Report

July 1, 2024- June 30, 2025

Vision

That all North Central District Health Department member communities, regardless of circumstance, enjoy optimal health status and achieve the highest quality of life possible.

Overview

The North Central District Health Department (NCDHD) provides our eight (8) Member-Towns with full time public health services. We are on call 24/7 for emergencies. The Health District is governed by a Board. East Windsor is represented by Maria Whelden and Val Romano. The Health District is comprised of Environmental Health, Community Health, Public Health Emergency Preparedness, & Administration Sections.

Mission Statement

The North Central District Health Department promotes and protects the optimal health status and well being of our communities by:

- administering public health regulations
- promoting and engaging community partnerships
- promoting primary prevention and health education, and
- ensuring public health emergency preparedness



NCDHD team member, Sarah, partnered with Caitlin Geaghan and Brittany Whiteley from Amplify to host an outreach table at the East Windsor charity basketball game featuring EWHS and EWPD.

Follow us on our Facebook page at North Central District Health Department



Or on our Instagram page @northcentraldistricthd

NCDHD Activities

Highlights

The Health District focused on our immunization grant this year and accomplished many goals that will serve our community into the future. We were able to create an exam room in our Enfield Office, and augment vaccination space in our jurisdiction by working with partners in Vernon and Windham!

NCDHD continues to work on combatting opioid overdoses through a CDC-funded cooperative agreement, working with the Hartford Health Department and other partners. Our Community Health Worker has been trained and credentialed as a recovery coach! The Health District tracks and reports fatal and non-fatal overdoses in our Member-Towns to first responders and posts the data on our website www.ncdhd.org.

The Health District also offers tobacco cessation programming with several options: one-on-one training, virtual training, and group sessions—all available in English and Spanish!

Food Protection

In February 2023, the CT Department of Public Health adopted the FDA Food Code. The Health District is responsible for conducting plan reviews of all proposed food service establishments, renovations, and reviewing changes of ownership of existing food establishments. In addition to inspecting restaurants, NCDHD inspects a broad range of food establishments that are defined as serving the public. Temporary food events, which include fairs, carnivals, car shows, and other public events are increasing significantly. The number of food trucks is also on the rise with food truck events becoming very popular.

Food Protection FY24-FY25

Food Service
Inspections: 102
Plan Reviews: 10
Temporary Event
Licenses: 9



Septic Systems

NCDHD is responsible for issuing permits for on-site sewage disposal facilities. Soil investigation, the location and method of installation are governed by the Public Health Code and are enforced by NCDHD. This process requires preliminary site reviews, comprehensive soil testing, review of plans, installation inspections and a final issuance of a Permit to Discharge.

Septic Systems

FY24-FY25

Soil Tests: 20
Plan Reviews: 20
Septic Permits: 11
B100* Reviews: 39
Well Permits: 7

*Reviews for additions, garages, decks, pools, etc.

Day Care Centers

Day Care centers are licensed by the CT-DPH.

NCDHD conducts an environmental inspection once every two (2) years and provides that inspection to the state as is required for re-licensure.

Day Care Centers FY24-FY25

Qty: 1



Complaints

NCDHD is responsible for investigating a broad range of complaints including, but not limited to: housing, sewage overflow, food service, water quality, refuse/garbage and other miscellaneous complaints. Each complaint received into NCDHD is investigated by one of our Sanitarians or Environmental Specialists.

Complaints

FY24-FY25

Housing: 7
Sewage Overflow: 1
Food Service: 9
Hotel/Motel: 7
Miscellaneous: 3
Mold: 3
No Heat: 1
Rodents/Insects: 3
Salon: 1
Water Quality: 0
Total: 35

Private Wells

NCDHD approves applications for the drilling of new private water supply wells. Once a well is drilled, the water must be tested by an approved laboratory and the results reviewed by NCDHD staff. For information on how to maintain your drinking water, please visit:

<http://www.ncdhd.org/private-drinking-water-wells>



Wells

FY24-FY25

Well Permits: 7
Water Test: 1

Recreational Swimming & Public Pools

FY24-FY25

Recreational Swimming: 1
Licensed & Inspected: 7

Tattoo Parlors

NCDHD registers tattoo parlors and ensures they are compliant with CT-DPH regulations by annually requiring a signed statement from a physician stating that she/he has trained the technicians and that all technicians are licensed by the CT-DPH.

Tattoo Parlors

FY24-FY25

Registered: 3

Recreational Swimming & Public Pools

Public pools within the District are licensed and inspected annually. NCDHD pool inspections focus on public safety and pool maintenance.

Between Memorial Day and Labor Day, NCDHD conducts weekly bathing water sampling at public swimming areas within the district. The water is tested for E. coli bacteria and closure recommendations are made for locations with elevations.



Lead

Connecticut law requires children to be tested for lead twice before the age of three. The most common cause of lead poisoning in children is exposure to lead based painted surfaces. Lead-based paint is often found in houses built before 1978. There is no safe level of lead. Lead in the body can cause learning delays and impact growth.

NCDHD conducts environmental lead inspections to identify lead-based hazards in response to reports of children with elevated blood lead levels. Connecticut laws have become more protective of children, resulting in a significant increase in lead cases.



FY24-FY25

Cases: 91

Lead

*Lead numbers reported are for the entire Health District, not by town

Barber Shops, Beauty and Nail Salons

Barber Shops, Beauty and Nail Salons

FY24-FY25

Licensed & Inspected: 25
Plan Reviews: 2

NCDHD reviews and approves plans for cosmetology salons, and barber shops, and licenses and inspects these establishments. Re-inspections are conducted as necessary.



Communicable Diseases/Nursing

Our Public Health Nurses are dedicated to overseeing and recording all legally mandated reportable diseases, ensuring the health and safety of our community. In addition to this critical work, we manage both active and latent tuberculosis cases with the utmost care.

Each fall, the health district offers convenient flu clinics to help protect residents from seasonal influenza, and we handle billing with several insurance providers to make this process seamless for our constituents. We also provide blood pressure screenings at no cost, promoting heart health and early detection of potential issues. Currently, the Public Health Nursing Staff are working on an immunization grant to fill the gaps in immunization services, striving to provide support to our towns.



Public Health Preparedness

Through the Public Health Emergency Preparedness (PHEP) funding, the Health District was able to train staff with three tabletop exercises in 2025. These exercises took us through scenarios and helped us to determine what tools, supplies and training we would need as well as informed updates to our response plans. We will be better prepared to deal with a measles outbreak, messaging the public during an emergency, and hurricane or severe weather response. A big thanks to our Enfield partners who participated in the hurricane exercise and brought their expertise in sheltering to the table!

Community Health

NCDHD focuses on improving health, preventing disease, and increasing awareness of health disparities for the district's eight member-towns. The community health staff accomplishes this by addressing the social, behavioral, environmental, economic, and medical determinants of health. Some examples of activities that help improve the determinants of health are attending community events, offering free health education materials, and collaborating with community partners and public health agencies on fulfilling grant deliverables.



NCDHD Nurse, Kori, with guest Julianna Hagelauer, at the East Windsor National Night Out on September 6th, 2024.



Sharing educational materials and getting to connect with the community is always a pleasure. We look forward to more events in the future!