



New Jersey Local Boards of Health Association

Newsletter

Volume 18, Number 3

www.NJLBHA.org

Fall, 2012

NJLBHA On-Line Board Member Certification Program

Free to all NJLBHA Members

Your New Jersey Local Boards of Health Association is pleased to announce that the certification program for members of Local Boards of Health is now online. This program is designed to develop the knowledge and skills necessary for a member of a board of health to perform the varied tasks they are responsible for under the NJ Public Health Practice Standards.

Board members that successfully complete the online training program will be certified by the New Jersey Local Boards of Health Association as a Certified Board of Health Member, and will be entitled to use the initials CBHM after their names. Topics include:

- Essential public health services
- Functions of a Board of Health
- Authority and powers of a Board of Health
- Responsibilities of the Board to the Health Officer
- Responsibilities of the Health Officer to the Board
- Responsibilities of a Board of Health including those contained in the Public Health Practices Standards of Local Boards of Health in New Jersey
- Board leadership/Conducting meetings
- Leadership in Emergency Management
- Incident Command System 100 and NIMS 700
- Public Health Advocacy



Senator Kip Bateman, NJ Local Boards of Health Association President John Saccenti, NJ Association of City and County Health Officers President Peter Corraale, and Assemblywoman Donna Simon helped celebrate the launching of the new on line training program for members of Local Boards of Health at the PNC Arts Center.

- Budgeting
- Legal issues related to Local Boards of Health
- Interacting with and accessing the community
- Functions of a Board of Health
- Standards of Local Boards of Health in New Jersey

Contained in the course is a video presentation of Richard A. Lustgarten, Esq. , attorney for the NJLBHA. This video component addresses many of the legal issues you may face.

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President's Message

Public health is the fabric that holds society together. It is the air we breathe and the water we drink. It is the preventive steps we take to maintain our personal health and the health of the community. Without public health protection there would, in fact, be no society. The role that you have as a member of a local Board of Health is extremely important. When you review the public health practice standards you will see that the responsibility to ensure our community safety lies with you and your fellow board members, not just the health department staff.

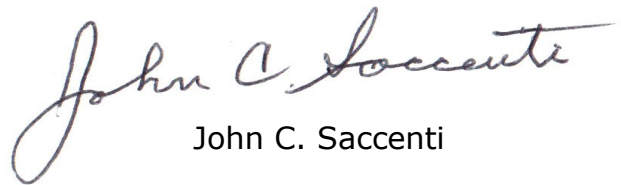
There are major threats to the public health structure in New Jersey and to our ability as board members to protect our community. Decreasing rates in our communities due to the decline in real estate properties and the concurrent downward reevaluation of assessed values is causing a shrinking tax base. We, as either elected or appointed officials, have been asked to do more with less. Governing bodies are tasked with balancing public health with other community services and often public health is the loser.

We must double our efforts to educate everyone in the community including the governing body about the crucial role public health plays. When it comes time for the local budget to be approved, we must be

there to advocate for the funds necessary to protect the public. We must mobilize the community to support our efforts in ensuring their safety.

One of the first steps in this process is to educate yourself about your roles and responsibilities as a member of a Local Board of Health. NJLBHA has developed an online training program for members of Local Boards of Health that is available to our members free of charge and can be accessed at www.njlbha.org. It is crucial that you take this training so you know your authorities, powers, and responsibilities.

You must ensure that your health department remains intact, adequately staffed, and trained in order to fulfill these responsibilities. Often times, ill-advised actions are taken due to financial constraints. Your role, among many others, is to ensure that whatever happens, the health and safety of your community is not jeopardized in any way.



John C. Saccenti

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Members of NJLBHA can receive this training free of charge. Non-members need only pay \$25 dollars per person for this training.

Go to <http://njhealthtest.org/> or www.NJLBHA.org to sign on for this very important training.

Legal Counsel for NJLBHA is

Richard A. Lustgarten
Goodman and Lustgarten
Suite 203
59 Main Street
West Orange, NJ 07052
973-736-5333

Mr. Lustgarten is an expert in municipal law and we highly recommend him.

NJLBHA Officers

Officers

John C. Saccenti.....President
Dianna Lachman.....Vice President
Walter A. Stein.....Secretary
Stephen J. Papenberg.....Treasurer

Past Presidents

Paul Roman
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Board members

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Valerie Williams Victory Gardens
Dr. Judith E. Malinowski - Harrison Board of Health
Laura O'Reilly Stanzilis - Mt. Arlington BOH
George DiFerdinando - Princeton BOH

Ex-Officio members:

Rose Jean-Baptiste - NJ Society of Public Health Educators (NJSOPHE)
Natalie Pawlenko - New Jersey Department of Health and Senior Services
Marilyn Bernstein -New Jersey Association of Public Health Nurse Administrators
Marconi Gapas - New Jersey Environmental Health Association
Sarah Kelly - NJ Public Health Association
Peter Correale - NJ Association of City and County Health Officers

Tips on Being an Effective Board Member

Gene Veno offers these tips in a recent ezine.com article.

At a Board meeting, you need to come prepared to discuss and vote on the agenda topics and make policy decisions. You also might serve on a committee formed to address specific problems and develop solutions to bring back to the Board for consideration and possible adoption. Also, as a good Board Member, encourage the staff and support their daily activities wherever and whenever it is possible.

To help you be the best Board Member possible, I offer Seven Easy Principles. They are always important but during the present economic challenges, I believe they are even more critical.

Seven Easy Principles:

1. A Member attends all meetings. If you miss more than two meetings consecutively, think hard about your responsibilities and your agreement to serve.
2. A Member is supportive of fellow members and executive officers and comes prepared to discuss every agenda planned for the meeting.
3. A Member is an ambassador for fellow members, staff, and the public. Educate legislators and colleagues on the many programs and actions you are providing.
4. A Member shares ideas and solutions. Complaining about an issue and not offering any solutions is not in your boards best interest.
5. A Member participates in activities and committee meetings.
6. A Member lets the Health Officer and the staff perform their jobs.
7. A Member understands Robert's Rules of Order.

Additional tips are included in your Board of Health Orientation Manual available on line at WWW.NJLBHA.ORG

WEST NILE WOES

Health officials across the nation are expecting a jump in the number of West Nile virus cases within the next month. The Culex mosquito, the carrier of the virus, procreates well in hot, dry weather conditions. Shallow, stagnant water conditions are perfect hatching pools for their eggs. With higher temperatures, the eggs hatch more quickly and the maturation of the larvae speeds up. Unfortunately, this problem is compounded by the dwindling funds in municipal and state budgets allotted for mosquito abatement programs. As of August 27, 2012, Texas, a state which has **not** cut funding for mosquito control, has reported 723 cases of West Nile virus, including 30 deaths. Symptoms of the virus include: fever, headache, fatigue, aches, rash and swollen glands.

USA TODAY, 8/28/2012

Promoting a Healthy Lifestyle in Your Community

An important role of the board of health member is to make sure that the health needs of your community are met. Most board of health members are volunteers who are not health professionals, so don't let that deter you from taking a proactive approach and leading your community toward improved health! One way to empower your community members to live healthier lives is to bring them together to celebrate National Health Observances.

By supporting National Health Observances, you can:

- Educate the public about health risks
- Organize successful health promotion events and campaigns
- Get new ideas, information, and resources on health topics of interest

Contact the sponsoring organization to request outreach materials and information.

Each month by selecting an Observance off the calendar you can start to plant the seeds of good health habits. By wearing pink for breast cancer awareness in October, or celebrating National Wear Red Day and American Heart Month in February for heart health (events sponsored by the American Cancer Society and the American Heart Association) we are demonstrating knowledge and awareness- which are the first steps to taking action.

With observances ranging from Immunization, Arthritis, and Skin Cancer Awareness to National Physical Fitness and Sports Month, local boards of health can play a huge role in promoting healthy behaviors. Health and wellness and pre-

vention efforts could significantly decrease the incidence of chronic disease and contribute to a healthier quality of life.

To get your community involved in National Health Observances print out the calendar from <http://healthfinder.gov/nho/nho.asp#m5>

**Source: 2012 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC. - L. O'Reilly, R.N., NJLBHA, Mt. Arlington*

SWIMMING SKILLS

Swimming skills classes for adults are growing in number. The statistic is that 37% of adults cannot swim 24 yds. Furthermore, adults that can or cannot swim account for more than 70% of drownings per year in the U.S.

Wall Street Journal, 8/7/2012

Pertussis (Whooping Cough)—It's an Epidemic!!!

Although no deaths have been reported to date, on April 3, 2012 the state of Washington declared a pertussis epidemic. Public health officials say the numbers are staggering: 1,284 cases through early May, the most in at least three decades. Most of the victims in this outbreak had received their early childhood vaccinations. However, immunity to pertussis wears off 5-10 years after childhood vaccination. That is why CDC recommends pertussis vaccines for **adolescents and adults of all ages** (most recently pregnant women) as well as infants. The vaccine for adolescents and adults is called Tdap and protects against tetanus and diphtheria as well as pertussis.

Pertussis primarily damages the lungs. People with pertussis usually have painful spasms of coughing that last from 3-9 weeks. In some cases, the coughing can be so severe that people crack their ribs. It can cause other serious complications including seizures, pneumonia and even death. It is very contagious and spread by coughing and sneezing.

The good news is that pertussis is a vaccine preventable disease. In medical studies Tdap was shown to decrease the incidence of pertussis by more than 90 percent. Be proactive...protect your own health as well as your family's health by contacting your primary care provider and making an appointment to get vaccinated against pertussis.



CHICKENPOX

Cases of varicella (chickenpox) in the U.S. have declined by 80% from 2000 to 2010. This result is due to the vaccination program in place and it bolsters the case for those in favor of these programs. The statistics were reported by the CDC in the middle of August.

New York Times, 8/21/2012

Newsletter Changes

Beginning with the next newsletter, hard copies will only be mailed to paid NJLBHA members. The electronic version of our newsletter will be available on our website, www.njlbha.org and will be emailed to health officers for distribution.

BUILDING A HEALTHIER NEW JERSEY Encourage your Mayor to Attend

Everyone wants their community to be a safe and healthy one. Learn best practices and how you can maximize the health of your community from the State's Public Health authority, Commissioner Mary E. O'Dowd.

The Commissioner will present "Building a Healthier New Jersey," which will discuss the following:

- ⇒ Shaping NJ, the state's anti-obesity program
- ⇒ Public health considerations in the built environment
- ⇒ Strategies to build healthy, resilient & prepared communities
- ⇒ How your local Health Department helps protect the community

Encourage your Mayor, Business Administrator and other elected officials to attend this important session at the annual NJ League of Municipalities conference in Atlantic City.

WHEN:

Wednesday, November 14, 2012
10:45 am -12 (1 hour)

WHERE:

Atlantic City Convention Center, Room 312

HOW: Register through <http://www.njslom.org/>

HEPATITIS C

The CDC recommends all Americans born between 1945 and 1965 get tested for hepatitis C. This group constitutes the "baby boomer" generation which comprises a little more than a quarter of the U.S. population, but represents 75% of the country's cases. One can be unknowingly infected with the virus for many years. The virus may do extensive damage to the liver and it may be passed on to others. Seventy-five percent of cases may be cured by antiviral treatment.

New York Times, 8/21/2012

DISAPPOINTING STATISTICS

In a study analyzing the use of car and booster seats by children, researchers at University of Michigan found: 21% of children <4 y/o were **not** sitting in car seats (as is recommended); 33% of 4 & 5 y/o were **not** restrained; and 66% of 6 & 7 y/o were **not** restrained either. The test sample included >21,000 children.

New York Times, 8/14/2012

Yes, count me (us) in as a part of the Association!

Yes, count me (us) in as a part of the Association that gives New Jersey's Boards of Health and their members a voice in Trenton, a way to communicate among ourselves, a force for progress in public health and more knowledge for board members.

Full Board, Regular Membership \$95

Board membership is open to municipal, county and regional Boards of Health. All board members are included for the calendar year.

Individual, Regular Membership \$20

Individual membership is open to current members of municipal, county or regional boards of health whose full board is not a member.

Individual, Associate Membership \$20

Associate membership is open to past Board of Health members, students, or other individuals interested in public health. This is a non-voting membership.

Institutional Membership \$95

Institutional membership is open to organizations, including environmental groups, planning boards, or other municipal or county agencies, committees, commissions, or councils. This is a non-voting membership.

Board Name: _____

Email Address: _____ Phone: _____

Mailing Address: _____

**NEW JERSEY LOCAL BOARDS OF HEALTH
ASSOCIATION**

P. O. Box 5069
Kendall Park, New Jersey 08824