



New Jersey Local Boards of Health Association, Inc.

Newsletter

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www.NJLBHA.org

Winter 2019

PRESIDENT'S MESSAGE

If you have questions, would like to participate or just attend meetings, please contact me at President@njlbha.org.

Dear Fellow Board of Health Members,

Happy New Year! I hope that your Holiday Season was joyful, and I wish you good health and success in this new year.



The NJLBHA's 2018 Annual Awards Dinner was held on December 6th. and it was a wonderful evening. Many of you were present in celebration of the accomplishments of your colleagues in public health. Thank you for being there. You will find a list of the award winners and images from the dinner in this newsletter.

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2018 presented us with numerous public health concerns and safety issues, some of which were: influenza, infectious diseases, food recalls and contaminations, and, significant destruction resulting from fires and natures devastating storms. As members of boards of health, we must be prepared to address these and other challenging issues. Your Association is diligently working to provide you with a means to assist you in this preparation. During the year, we completely reviewed and updated the Board of Health Orientation Manual, providing needed clarification, expanding on explanations and adding new information. The Manual not only serves as a teaching tool, but is also a resource to assist you in identifying and establishing boards of health in your communities. The Manual is currently under review by the New Jersey Office of Local Public Health (OLPH), Department of Health and when available, will be distributed to you and posted on our website.

Last year, the NJDOH announced that the OLPH would begin periodic evaluations of all local boards of health, municipal and county health departments to determine compliance with Chapter 52 Public Health Practice Standards of Performance for Local Boards of Health In New Jersey i.e. Practice Standards. All board members must be aware of their role in this process, so I urged you to familiarize yourselves with the Practice Standards and to utilize the Manual to assist you in this effort.

If you would like to contribute articles to a future newsletter, please submit them to Valerie A. Williams, CBHM. Editor NJLBHA Newsletter through news@njlbha.org.

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LEGAL CORNER

Michael S. Richmond, Esq.



The fitful move to allow recreational cannabis in New Jersey continues. The hold-up in authorizing recreational cannabis is not a debate over the public health issues, but is rather a debate over the amount of tax that should be imposed. At some point this revenue issue will be resolved and the law will be passed.

Anyone who is involved with public health in New Jersey should read Senate Bill No. 2703. It is 80 pages long so I do not suggest that you print it out. You can get access to the bill by going to the New Jersey Legislative Webpage www.njleg.state.nj.us or www.legiscan.com/NJ.

Another bill by the primary sponsor of the main cannabis bill, Mr. Nicholas Scutari, Senate Bill No. 830 would legalize the possession and consumption of one ounce or less of marijuana. This bill is not moving along as quickly as the main cannabis bill because it does not provide for any taxation of marijuana.

Part of the main cannabis bill is that it combines the supervision of medical and recreational cannabis under one agency. The current supervision of medical cannabis dispensaries is taken away from the Department of Health (DOH) to the Cannabis Regulatory Commission.

It appears from the various bills pending that the definitions of cannabis as opposed to marijuana and hashish are going to be problematical.

Communities that want to prohibit any or all types of cannabis facilities must enact an ordinance incorporating the prohibition within 180 days after the effective date of the regulations adopted by the Cannabis Regulatory Commission which is 180 days after the effective date of the statute. So there is at least a year for communities to decide what restrictions they want to impose on cannabis facilities and consumption.

Interested parties should also take advantage of the administrative regulation process. The Cannabis Regulatory Commission will be adopting regulations as to how all cannabis facilities will be licensed and operated. Warning signs, pamphlets to be distributed at time of sale, requirements that pastries and candy be sold only in child-proof packaging with warning labels, are all possible regulations that can be developed and implemented. These regulations will be developed and adopted by the Cannabis Regulatory Commission, not the legislature.

Two other bills we have been following, one that would allow municipalities under 30,000 to have the governing body serve as the Local Board of Health and the bill that would allow home bakers are both not moving.

The NJLBHA would like to hear from your boards and our individual readers to the marijuana issue. There are very important issues with both medical and recreational cannabis. We would like to hear from you. Please contact President@njlbha.org

Community Health Improvement Plan Status



As the newly elected President of the Greater Mercer County Public Health Partnership (GMPHP), it will be an opportunity to combine my duties as a board of health member in Pennington with those of a countywide coalition of hospitals, health departments and non-profits organizations.

GMPHP is in the process of finalizing its next Community Health Improvement Plan (CHIP) with the goal to measurably improve the health of Mercer County Residents.

Key word is **measurably**. Many countywide CHIPs have been established in New Jersey utilizing data from health assessments which identify health needs in the community. The next step is to determine which evidence-based policies or programs can best address those needs and how we do measure the impact.

If we can demonstrate positive health outcomes as a result of our coalition efforts, share these experiences with the public and our elected officials we can continue to build on these successes by encouraging all community members to embrace healthy behaviors.

As we continue our CHIP journey throughout 2019, I will be reaching out to Local Board of Health members to share our mutual experiences. We are looking forward to working together to reach our community public health goals.

Stephen J. Papenberg, President
Greater Mercer County Public Health Partnership



New Jersey Local Boards of Health Association Annual Awards 2018

Health Officer of the Year. Victor Kuteyi, East Orange Health Department

Public Health Advocate of the Year. Lynn Rosner, Camden County Health Dept.
(not present at dinner)

Environmental Health Specialists of the Year .
Alice Cadotte, Monmouth County Health Dept.
Diane Beears, Monmouth County Regional Health

Public Health Nurse of the Year. Patricia August, Bergenfield Health Department

President's Special Recognition Award. Michael S. Richmond, Esq., Counsel, NJLBHA

Meritorious Service. Lisa Gulla

Board of Health Member of the Year - Christopher Saccenti Award
Dr. Harris J. Levine, Fort Lee Board of Health

Special Award of Outstanding Services to Local Health. Shereen Semple.
Director, Office of Local Public Health, NJDOH

Certificates of Achievement

Kathryn Korwin, **Public Health Nurse.** Princeton Health Department

Ditty May Jankauskas, **Public Health Nurse.** Gloucester County Health Department

Geetanjali Jain, **Public Health Nurse.** Hightstown West Windsor Health Department

Patricia August, **Public Health Nurse.** Bergenfield Health Department

Jill Swanson, **Health Officer.** West Windsor Health Department

Diane Homler, **REHS.** Mahwah Health Department

Doug Davidson, **REHS.** West Windsor Health Department

Barbara Ann DeCaro, **BOH member.** Hillsdale Board of Health

Vanessa Jordan, **BOH Member.** Lawnside Board of Health

Elaine Rizzo, **BOH Member.** Emerson Board of Health

Photos on following pages



Victor Kuteyi



Dr. Harris Levine



Alice Cadotte



Patricia August



Diana Beears



Michael Richmond



Lisa Gullo



Shereen Semple

Images from the 2018 NJLBHA Awards Dinner.

Congratulations to all the award winners.



Spotlight on Healthy Aging

By Laura O'Reilly RN, MSM, Past President NJLBHA

Below is an excerpt from a Spring 2016 NJLBHA article, *North Jersey Health Collaborative Breaks New Ground Announcing The Results of its First Shared Community Health Assessment*



“The North Jersey Health Collaborative (NJHC) is an independent 501(c)(3) organization whose partners believe that in aligning our resources and expertise there is greater opportunity to maximize our impact and tackle some of the most challenging health issues facing our communities. Working across sectors, the Collaborative integrates a diversity of partners in public health, hospitals, health care, social services and community non-profit and for profit organizations. The multi-sector approach helps our partners view the issues with a wider lens and address the full range of health needs of the community, including the social, economic, and environmental conditions which often go unaddressed. With unprecedented input from more than 100 partner organizations the NJHC has completed its first shared community health assessment in **Morris, Sussex, Union and Passaic counties**. After a comprehensive review of 140 data indicators, key informant interviews, a community art contest titled Show Us Health, and a series of data gathering and prioritization sessions in each county, the top priority issues were identified. As one might expect, some of the most pressing concerns across the counties include early detection and prevention of obesity, diabetes, and heart disease; access to health care; and access to mental health services and substance abuse treatment. To view the specific priorities for each county and follow the progress of our workgroups as they develop shared action plans, visit our website at www.njhealthmatters.org.”

If your organization is located in **Morris, Sussex, Union and Passaic** counties and you are interested in becoming a partner in the North Jersey Health Collaborative please contact Catherine Connelly, DMH, MA, Executive Director NJHC at: (201) 694-1848 / catherine.connelly@njhealthmatters.org



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KEEPING AGING ADULTS IN MOTION IN THEIR COMMUNITIES

Morris County NJHC *Healthy Aging* workgroup organizations currently offer programs to prevent falls and to improve and maintaining mobility.

Please share this information with your *Health Departments, *Boards of Health, *Recreation Departments, *Seniors Clubs/Services, *Mayors Wellness Committees *and other applicable departments and personnel in your municipality.

EXERCISE & FALLS PREVENTION

The Otago Exercise Program

Otago is an in-home exercise and walking program that has proven effective in reducing falls and related injury risk for participants by 35%. It is intended for individuals who do not want or cannot attend a group exercise program or facility.

Otago is overseen by a licensed physical therapist who can be aided by a physical therapist assistant(s) or nurse(s). The assigned professional visits each participant four times in the home over the first two months and again for a booster session at six months. There are also once-a-month phone contacts when no visits are planned. The exercises include strengthening exercises for lower leg muscles using ankle weights, balance and stability exercises, and active range of motion. Participants are expected to exercise 30 minutes three times a week and walk outside the home twice a week as and when appropriate.

Statewide: For more information, call Division of Aging Services at 609-438-4797. (<https://www.state.nj.us/humanservices/doas/services/otago/>) *Otago is limited in NJ.

Morris County: Otago is provided at Saint Clare's Hospital in Denville and Dover, call 973-625-6558 for information.

Healthy Bones & A Matter of Balance Evidence-Based, Peer-Led Exercise Programs

NORWESCAP, Inc. (Northwest New Jersey Community Action Partnership) / Skylands RSVP & Volunteer Resource Center

Skylands RSVP & Volunteer Resource Center is a comprehensive community service organization designed to mobilize members of the community in giving back to their own neighborhoods through volunteer service. They currently cover the counties of Hunterdon, Morris, Passaic, Sussex and Warren.

RSVP is part of Senior Corps, a federally funded program of the Corporation for National & Community Service whose mission is to provide opportunity for individuals 55 years of age and older to provide volunteer service in their community. It has over 300,000 members nationwide.

Skylands RSVP & Volunteer Resource Center is a recognized leader in providing Evidence Based Health Programs to local communities. These programs use volunteer peer leaders to offer exercise and health education courses which target specific conditions or ailments.

NORWESCAP
Pine Street, Suite 101
Rockaway, NJ 07866
Contact: Nancy Hess, Director
973-784-4900 x 208 / hessn@norwescap.org
www.norwescap.org

NEW JERSEY GLOBAL ADVISORS ON SMOKE-FREE POLICY (NJGASP) 2018 ACCOMPLISHMENT HIGHLIGHTS IN TOBACCO CONTROL

by John Saccenti

2019 has just kicked off, with so much in the news about tobacco, vaping and hookah smoking. Vaping rates are sky high amongst youth. Adults continue vaping because they think it's safe - just water and flavorings. E-hookah smoking using an electronic device placed onto the hookah is gaining in popularity. Legalizing recreational marijuana is also on the horizon for our State, yet many local communities already banned its retail sale before it's even legalized.

Clearly, much work needs be done to educate the public and schools on the health hazards of using and being exposed to these products. In 2018, NJ GASP was in very high demand, educating on these issues, and serving as an educational resource provider to towns and local boards of health. The media also relies on our expertise, and in 2018, NJ GASP garnered significant media attention for our tobacco control expertise, in the newspaper, radio, television, and online.

For 44 years, NJ GASP is results-oriented. Here are our year-end 2018 highlight of accomplishments and activities. Many thanks to the hundreds of Local and County Boards of Health in NJ for paving the way for statewide smoke-free parks, beaches and recreational area laws that takes effect this January 2019. These local and county ordinances showed that 100% smoke-free and vape-free parks can be done, and have public support.

NJ GASP 2018 Highlights:

- * **NJ Statewide law that bans smoking and e-cigarette vaping at public recreational areas including parks and beach areas finally became a law!** It covers local, county and state recreational areas, and takes effect January 2019. For years, NJ GASP educated policymakers and the public on this topic. We provided technical assistance to hundreds of NJ towns and counties that already had local laws to ban smoking and vaping on their recreational areas. It's now a statewide law as of January 2019!
- * **NJ Statewide law was enacted to ban all forms of tobacco, including smokeless tobacco, on public school property grades K-12.** The prior state law banned smoking and e-cigarettes, but not smokeless or other types of non-combustible tobacco.
- * **Serving as an educational resource provider to NJ towns interested in requiring a license to sell e-cigarettes,** to ensure compliance with minimum age 21 to be sold e-cigarettes, since the State has no licensing requirement.
- * **Presenting to NJ middle and high schools on the benefits of living tobacco-free** and the health issues with tobacco and e-cigarette vaping. We are educating thousands of students, educators and parents.
- * **Educating local and county health departments on the State law that bans smoking and vaping outside near entrances and exits** to public places and workplaces.

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- * **Reminding policymakers and the public-at-large that medical marijuana use is banned anywhere smoking and vaping is banned** in public places and workplaces.
- * **Requesting that the recreational medical marijuana bill under consideration NOT allow for smoking recreational marijuana outdoors** in public places, as well as inside all public places and workplaces.
- * **Serving as an educational resource provider to NJ colleges that are considering a 100% smoke-free, tobacco-free and e-cigarette-free policy.**
- * **NYC Council agrees to add NJ GASP's suggestion to its hookah lounge regulations that the devices be sterilized between sessions to prevent the spread of disease.** As a result, NYC's Mayor invited NJ GASP's Executive Director Karen Blumenfeld to speak at the bill signing at NYC's City Hall.
- * **Helping tenants and condo owners to stop secondhand smoke from entering their units and the common indoor areas.**
- * **Public Housing Authority residential buildings are required to be smoke-free as of this 2018.** NJ GASP served as an educational resource provider to the federal Housing and Urban Development (HUD) that instituted this new policy. We also shared resources with Local NJ Public Housing Authorities to help with the transition to going 100% smoke-free.

Thank you to the local boards of health that have donated to NJ GASP. If your local board of health would like to do so, tax-deductible donations can be made via mail to: NJ GASP, P.O. Box 116, Summit, NJ 07902, or online via Network for Good at <https://www.networkforgood.org/donation/MakeDonation.aspx?ORGID2=222290273>

With your continued support, NJ GASP will continue to be on the forefront of these emerging trends, and educate the public and policymakers on why it's important to promote tobacco-free, smoke-free and nicotine-free lives for all people. Together, we are truly making a smoke-free and tobacco-free society!

For more information on NJ GASP, contact Karen Blumenfeld, Esq., Executive Director, at kblumenfeld@njgasp.org or 908-273-9368,



GASP

ATTENTION HEALTH OFFICERS

By Paul Roman

“RATS! BATS! CATS! THAT'S WHAT LOCAL PUBLIC HEALTH IS ALL ABOUT!”

That's how I started my presentation to the State Senate Finance Committee hearing on the proposed State budget for 2005. Little has changed since that time. Except, everything has changed! Why? Because I, as your President at that time along with Manalapan Township Health Officer Dave Richardson then President of the New Jersey Health Officers Association, testified in a desperate effort to save the Public Health Priority Funds (PHPF) which had been provided to local boards and health departments for decades. We were able to save this funding for 2 more years. However, the State budget situation became so bad that PHPF disappeared from the landscape. The result of this was that boards and departments had to seek alternate fund sources. Almost every replacement dollar wound up coming from the local tax base (AKA Property taxes.) With local CAP restrictions, this meant that many of the lost dollars could not be replaced therefore services were slashed.

So, my first plea to you as chief executives of our health departments is to rally 'round the flags, boys and girls! Get going! Organize and collaborate along with your fellow recognized public health leadership organizations who comprise PHACE (The Public Health Association's Collaborative Effort). The fight to save public health services for our communities is *here and now!*

During my testimony at the recent Public Health Legislative Week, I made an impassioned plea before the Assembly Environmental Committee headed by Nancy Pinkin. At the end of my emotion filled presentation, more than one member stated, “We agree with you.” I threw out the first ball of the season and now it's up to all of us.

My second plea to you, is to use your budgetary authority in concert with your local board members to find the small sum of \$95.00 so that you can have your board(s) vouch a membership in the New Jersey Local Boards of Health Association. Our group started in 1992 with about 40 boards as members. Our Founding President John Saccenti had a full plate just getting us organized. During the next Presidency of Joan Valas, membership was still not the main event. During the tenure of our third President, Steve Papenberg, we started to focus on growth and claimed approximately 65 paid member boards. When I took the reigns as your fourth President in 2002, I had two priorities. One was to grow the organization through personal contacts. As my second priority I was given the opportunity through a major grant from CDC through NJDOH and in cooperation with the Bloustein School at Rutgers. This grant required us and enabled us to have local boards complete a governance tool as part of a national initiative to inform and educate local board members as to their authorities and responsibilities. Through workshops and other personal contacts in conjunction with this effort, we gained tremendous exposure and raised our paid membership to 120; a feat that we have still not matched today. While we produced over 200 documents, the largest of any state, and a significant amount of related data, we have not had a similar opportunity.

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Now for a brief tutorial. With 565 municipalities in New Jersey and with State officials and others often repeating that every municipality must be served by a health department and with the local boards of Health having the governance authority, the plain fact is that there are many exceptions in regard to who must have a local board of health. There are autonomous boards, advisory boards, county boards, regional health commissions... But then there are, municipalities under various forms of governments including Faulkner, Walsh, townships of various classes and some other special groups. When we do the math, it appears that the requirement for local boards of health falls just over 450.

At present, there are approximately 95 health departments serving of all our municipalities. NJLBHA knows how to communicate with your departments, by phone fax or email. However, due to the variety of appointed or otherwise designated board members who also come and go it is virtually impossible to amass a current data base of board members, so we need the help of you chief executives. Please enroll your boards in our organization which was, is, and will be the de facto voice of over 3000 local boards of health members in New Jersey. Regardless of their structural peculiarities, we need each of them. You need each of them. A membership application is included with our newsletters.

Give each of them a personal copy of this newsletter. For member boards, distribute the membership cards which we send to you. Encourage them to view our website and to take the Local Board of Health Member Training Program. Upon completion, have them print out their personal certification. A little bit of pride goes a long way.0000

We exist primarily to educate through our website & seminars, and to advocate through collaborations with other groups. We serve as a resource in regard to Federal and New Jersey laws and codes. Over the years we have helped to settle differences and strengthen the capabilities of our members. \$95.00 per year enrolls an entire board. For \$20.00 an individual can join, but the board's the thing. So, Health Officers, ATTENTION. Help us to help you to be secure in your jobs and in support of your vital day to day efforts. For more information please contact President@njlbha.org



**NJLBHA Spotlight on
The City of East Orange *Leading the Way***

LEAD-BASED PAINT HAZARD REDUCTION PROGRAM (LBPHC) Grant

By Christine Harris, BA, MPA, President EOBOH & NJLBHA

The United States Department of Housing and Urban Development (HUD) awarded the City of East Orange a \$1.6 million-dollar [Lead-Based Paint Hazard Reduction Program \(LBPHC\) Grant](#). East Orange, the 20th largest municipality in New Jersey and the second largest city in Essex County, is a first-time recipient and becomes the only city in New Jersey and 1 of 40 municipalities across the US to receive this grant.

The 42-month grant will be administered by Michael Hodges, Director of Health and Human Services as Project Director and Victor Kuteyi, Health Officer as lead Inspector/Risk Assessor. The City currently has a very successful Lead Poisoning Prevention Program overseen by Program Coordinator Marie Niasse, RN. The goals of the LBPHC Program is to build upon the City's existing lead remediation activities in reducing lead-based paint hazards in 40 high-risk housing units, homes and buildings, constructed prior to 1940. Activities will also integrate elements from the Healthy Homes Program by remediating mold and allergens, pest control, home safety fixes, and use of Energy Star windows installed by all contractors.

The City will continue engagement with locally based community organizations and faith-based organizations to assist needed residents and homeowners. East Orange will also continue to operate its Childhood Lead Poisoning Prevention (CLPP) program which includes the municipalities of Belleville, Livingston, Maplewood, Orange, South Orange, West Caldwell, West Orange, and Irvington.

Congratulations East Orange!





Editors Encouragement
Valerie A. Williams, CBHM
Vice President of Communications
New Jersey Local Boards of Health Association, Inc.

“Courage is an inner resolution to go forward despite obstacles; Cowardice is submissive surrender to circumstances.” – Dr. Martin Luther King, Jr.

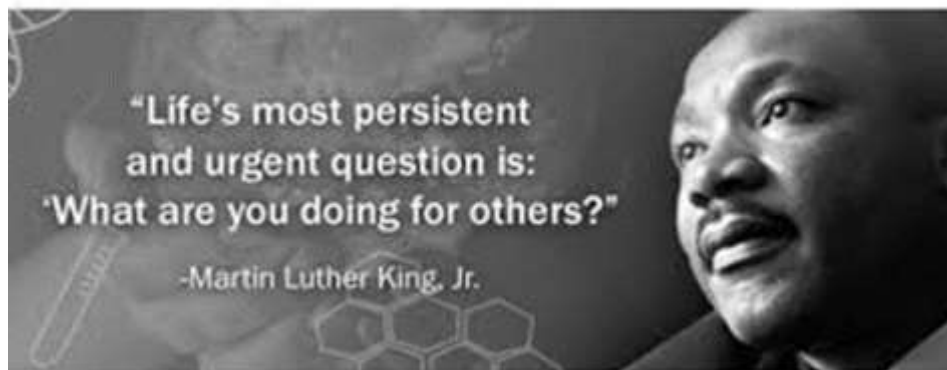
The New Year has arrived around the world! Communities across New Jersey are preparing to meet, greet, and plan our collaborative victories in Public Health and Safety. Please advocate your due diligence by attending open public meetings conducted by our elected municipal and county officials (www.elections.mytimetovote.com) and (www.nj.gov/nj/gov/direct/municipalities).

Now is the time to attend our municipal and county budget workshops. Submit our formal requests to the established Boards and Committees to add more funding towards various public health activities, training, and association memberships.

“Our lives begin to end the day we become silent about things that matter.” – Martin Luther King Jr.

Stay Blessed,

Valerie A. Williams



Membership Drive 2019

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.

Name: _____

Email Address: _____ Phone: _____

Mailing Address _____

- Our board of health is an autonomous board
- Our board of health is an advisory board
- The governing body of our town is the board of health

Please send your check or purchase order to : New Jersey Local Boards of Health

PO Box 5069

Kendall Park, NJ 08824



NEW JERSEY LOCAL BOARDS OF
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