



New Jersey  
Local Boards of Health Association

# Newsletter

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www.NJLBHA.org

Fall 2019

## President's Message

Welcome back... I hope that your summer was wonderful and safe. Congratulations to Judith Persichelli, RN, BSN, MS, Acting Commissioner of the DOH. We look forward to working with her. Our many thanks to former Commissioner Dr. Shareef Elnahal for his leadership and we wish him continued success in his new position.



We are saddened to announce the recent passing of Walter A. Stein, one of the founders of the Association. Walter was a man of many talents utilizing his skills acquired in the military. He spoke several languages, worked in Africa and remained active in public health, with the First Aid squads, and with the NYC Marathon. Walter will be missed.

The New Jersey Local Board of Health Association has been busy over the summer months. The annual election and educational seminar were held on June 29<sup>th</sup> with guest speakers: Executive Director of GASP Karen Blumenfeld and former DOH Commissioner Dr. Shareef Elnahal. The *BOH Orientation Manual* and Association election results are on our website. We have also been working with the Department of Community Affairs in discussing funding for lead remediation and with Sustainable Jersey in their formulation of a Gold Star Standard in Health.

A couple of important events occurred during the summer: The Environmental Analysis and Communication Group from Rutgers held a seminar to discuss the impact of climate change on health inequalities; and the New Jersey Department of Health held its 2019 Population Health Summit – *Maternal Outcomes Matter*.

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For the month of October, The New Jersey Public Health Association will hold its annual conference and the topic, among others, is the use of artificial intelligence. And, Camden County Annual Summit will discuss *Mobilizing Action in Planning and Partnership (MAPP)*; both announcements are on our website.

In addition to the usual public health issues, opioid addiction/substance abuse and e-cigs-vaping/smoking are two of the many serious high-profile concerns in the public arena. The rapid expansion and widespread use of e-cigs-vaping products, coupled with inaccurate/misleading information and advertisements targeting our youth, is alarming. Prohibiting the sale and/or some restrictions on the sale of these products are being addressed at all levels of government. Public health will continue its mission to educate the public.

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The 2019 Annual NJLBHA Award Dinner will be held on December 5<sup>th</sup>. Please think about individuals whom you would like to recommend as award recipients. More information is contained within this Newsletter and on our website.

Join your state association, NJLBHA and bring you expertise and concerns to the executive board. All are welcome. Visit our website at [www.njlbha.org](http://www.njlbha.org).

If you have questions, would like to participate and attend meetings, please contact me at [President@njlbha.org](mailto:President@njlbha.org)



Christine Harris, BA, MPA, CBHM

President NJLBHA

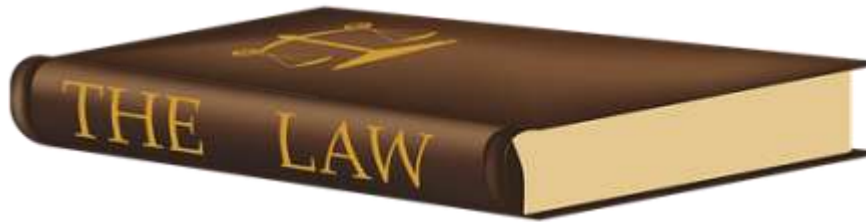


WE WANT YOU to Get Involved!

Please send any articles or event information that you would like us to publish on our website or in our newsletter to [njlbhanews@gmail.com](mailto:njlbhanews@gmail.com)

Visit our website at [www.njlbha.com](http://www.njlbha.com) to become a member, subscribe to our newsletter, download a copy of our New Member Orientation Manual and much more!

*Laura O'Reilly RN MSM, Editor, VP Communications NJLBHA*



## LEGAL CORNER

by Michael Richmond, Association Counsel, NJBHA

Any autonomous Local Board of Health has the power to adopt ordinances. These ordinances should be addressed to the functions and duties of a Local Board of Health. The Local Board of Health is the entity that makes the decision as to what the proper issue is for the Local Board of Health.

There are a number of codes dealing with numerous public health issues such as public housing or the public health nuisance code, which can be adopted simply by referring to the name of the code. The public health nuisance code will need amending.

If there is a public health problem or issue not covered by a specific code, and the Local Board of Health wants to act, then the issue/concern or prohibition should be studied and a method addressing the situation or prohibition should be developed.

The resolution or prohibition should be articulated into a written ordinance. Whenever the Local Board of Health is adopting anything other than a pre-written code, the ordinance should be written in the following manner.

1. There should be a statement of what the ordinance is intended to accomplish or the problem that is to be addressed.
2. The ordinance should contain any definitions that are necessary to understand the ordinance.
3. The method or prohibitions must be written in a clear and concise manner.
4. The ordinance should have a short title, it will assist in its passage.
5. The end of the ordinance must contain a severability clause. A severability clause is a provision that states if any provision in the ordinance should be declared to be unconstitutional the remaining provisions of the ordinance should remain in full force and effect.

Once an ordinance has met the approval of a majority of the Local Board of Health the formal enactment process can begin.

NJS 26:3-64 through 26:3-66.1 are the statutory provisions that cover ordinance enactment.

An ordinance is only effective within the territorial jurisdiction of the Local Board of Health, normally the municipality.

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At least one week before final passage the ordinance is given a first reading which can be by title. A summary of the ordinance must be published in a newspaper circulating in the county where the Local Board of Health is located at least two days before final passage. The time, date and meeting location where final passage will take place is to be included in the newspaper notice. The same notice as published in the newspaper is to be posted in the same location as other official notices are posted. Copies of the notice need to be available to the public.

At the meeting where final passage is scheduled, the ordinance will be given a second reading which may be by title. After the second reading the final vote can be taken. A notice containing a summary of the ordinance must again be published in the newspaper and posted on the bulletin board.

Thirty days after the first publication the ordinance will become effective unless a later date is set forth in the ordinance.

A copy of the ordinance should be set to the municipal clerk, the health officer of a regional health commission, a county board of health and the New Jersey Department of Health.

Any questions about this Legal Corner can be addressed to Michael Richmond, Esq., [msrnjlawyer@yahoo.com](mailto:msrnjlawyer@yahoo.com) or 908-421-3905.





## New Jersey Department of Health Issues Health Alert on Severe Lung Illness in People Who Report Vaping

The New Jersey Department of Health today sent a [statewide health alert](#) to health care providers and local health departments following recent reports of severe lung disease in people who have used vaping products.

At this time, the New Jersey Department of Health is investigating nine reports from healthcare facilities of severe lung illness in people who report vaping. Cases in New Jersey have been primarily reported among persons between the ages of 17 to 35 with no significant past medical history.

This is a new investigation and we are working to gather as much information as possible. We are working with the CDC as we gather information to determine if these cases fit the clinical picture being described by other states.

The current risk to individuals who use vaping products and develop lung issues as described by CDC is currently not known.

However, there are inherent dangers with the use of e-cigarettes and vaping products. E-cigarettes can contain other harmful substances besides nicotine.

For more information on the health concerns associated with e-cigarettes and similar vapor products, visit: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html).

Source: <https://www.nj.gov/health/news/2019/approved/20190816b.shtml>



### The North Jersey Health Collaborative Invites Board of Health Members to Participate in Workgroups

The North Jersey Health Collaborative (NJHC) is an independent 501(c)(3) organization with a diverse set of partners from health care, public health, social services, education, community-based organizations, local coalitions and residents.

Our core function is a shared process of community health needs assessment and health improvement planning to identify the most pressing needs and facilitate the development of collaborative strategies to address them.

By working together, our partners are strategically aligning their efforts and resources to create healthier communities in Morris, Passaic, Sussex, Union and Warren County.

Each county committee meets quarterly and has formed work groups that address chronic disease, healthy aging, mental health and substance use, access to care, obesity, physical activity and nutrition, and social determinants of health. The committees work together to identify the needs of their communities and create strategies for solutions. We invite and encourage all local health departments and board of health members in the NJHC counties to participate. For additional information contact NJHC Executive Director Laura O'Reilly [@njhealthmatters.org](mailto:@njhealthmatters.org). Learn more about NJHC at [www.njhealthmatters.org](http://www.njhealthmatters.org)



## BERNARDS TOWNSHIP HEALTH DEPARTMENT NAMED ONE OF THE HEALTH DEPARTMENTS OF THE YEAR

On July 10th, 2019, the Bernards Township Health Department was named one of the Local Health Departments of the year by the National Association of County and City Health Officials (NACCHO). NACCHO represents over 3,000 local governmental health departments in the United States. The awards were presented by NACCHO President George T. Roberts during the 2019 NACCHO Annual Conference. Applications for the award were judged based on the size of the health department, and were scored on their innovation and creativity, implementation, impact in the community and public health, and engagement of community and diverse partners.

The Bernards Township Health Department (BTHD) in Basking Ridge, New Jersey, is a contractual public health agency for six municipalities serving nearly 53,000 people in Bernards

Township, Bernardsville Borough, and Peapack and Gladstone Boroughs in Somerset County, as well as Chester Borough, Mendham Borough, and Long Hill Township in Morris County. The Bernards Township Health Department is charged with protecting people's health and well-being. With a population-based focus on prevention and health promotion, their work employs a spectrum of interventions aimed at the environment, human behavior and lifestyle, and clinical services. Under the direction of Health Officer, Lucy Forgione, the BTHD works to bolster traditional services such as environmental inspections, animal control services, vital statistics, health screenings, and health education. Their programs seek to promote healthy lifestyles, prevent the spread of infectious diseases, protect the environment, and prepare for emergencies.

Highlights of the BTHD's community-based collaborations include a dedication to health education in all facets. The health department provides residents with a wide range of screenings, nutrition programs, and organizational collaboration with regional chronic disease coalitions. The health department also houses the Bernards Township Municipal Alliance, which has created a strong environment of support for health education in substance use disorders, youth services, and mental health. Both programs have high participation by members of the public who most need the information to make positive health changes.

The Bernards Township Health Department is a Contractual Health Agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For more information, visit [www.bernardshealth.org](http://www.bernardshealth.org).

Lucy Forgione, Health Officer/Health Director can be contacted at [lforgione@bernards.org](mailto:lforgione@bernards.org)





The Center for Prevention and Counseling (CFPC), Newton, NJ, is a healthy non-profit in Sussex County dedicated to community wellness and recovery from substance use disorder for over 45 years. With federal, state and local grants, as well as private and public donations, CFPC is a grant and donation driven agency overseeing three important pillars of work in the Sussex County area as well as within Northern New Jersey. The CFPC prevention, treatment and recovery staff team members work in concert with each other bringing together an educated and evidence-based community approach to healthy living, free from substances. With incredibly passionate staff members and an engaged Board of Directors, CFPC has made a positive impact on Sussex County since 1973, starting in its humble beginnings as an information center for anyone interested in learning about recovery from alcohol and other drug use.

CFPC has a certified prevention staff offering engaging and relevant presentations and evidence-based prevention programs and services to a variety of populations utilizing strategies to reduce substance use and promote health for schools, businesses, communities, youth, adults and older adults. Prevention coalitions meet monthly in Newton and Vernon, increasing the community understanding of how to implement drug prevention locally. The CFPC prevention staff is often recognized statewide for their professionalism, dedication and proactive work in advocating for policies and practices that help create communities free from the harms of illicit drug use.

The CFPC clinical services team is staffed by credentialed counselors and clinicians providing a variety of free or low cost outpatient services for both adolescents and adults through different grant funding, Medicaid and sliding scale/self-pay options. In Newton, at CFPC's 61 Spring Street main office, the clinical team is dedicated to ensuring best practices in the treatment of substance use, mental health and co-occurring disorders. All team members are trained in a variety of treatment interventions and meet each week to ensure the needs of clients are being met. Most recently, CFPC's Medication Assisted Treatment program offers a new approach to sustaining recovery for those who have experienced setbacks and who are struggling with substance use disorder.

The CFPC recovery support services staff assists people with substance use disorders before, during, after and instead of treatment and throughout their ongoing process, as well as offering programs for family members and friends. These free recovery support services are based at the CFPC Sussex County Recovery Community Center, 65 Newton-Sparta Road, Newton.



For the last two years, NJ Sugarfreed has been tackling one of New Jersey's most pressing health issues: sugar-sweetened beverage (SSB) consumption. Every day, millions of kids, teens, and adults drink sugar-filled drinks and think nothing of it. NJ Sugarfreed is on a mission to change that. The data says it all:

- ◇ In New Jersey, 20% of adults drink 1 or more sugary drinks a day.
- ◇ The average young adult drinks 1 to 2 sugary drinks a day. That adds up to 68 pounds of sugar a year.
- ◇ Drinking just one or more sugary drinks per day increases your risk of developing diabetes by 26%.
- ◇ Over a quarter of New Jersey residents are obese, and an additional 36% are overweight. Research shows that obesity increases your risk of many types of cancer.
- ◇ Each additional 12-ounce serving of sugary drinks per day increases your risk of heart disease by 17%.
- ◇ 3.1 million individuals were treated in NJ emergency departments in 2017, and 1.2 million of those treated (39%) had hypertension, diabetes, high cholesterol or obesity.

NJ Sugarfreed is a statewide campaign working to reverse these trends by encouraging individuals and organizations to choose healthier drink options instead of SSBs. One way that *organizations* can support the health of their communities is by taking the NJ Sugarfreed pledge.

What's the #NJSugarfreed pledge? It's an opportunity for businesses and organizations to make it as easy, accessible, and fun for their employees and communities to make healthier beverage choices, at work and in their lives overall. Organizations can make three levels of commitment - bronze, silver, and gold - at [njsugarfreed.org](http://njsugarfreed.org). You're in good company in taking the pledge:

Hackensack Meridian Health System, with 35,000 employees in New Jersey, is our most recent pledge-taker, and we are thrilled to have them on board.

Trinitas Regional Medical Center is a great example of putting their pledge into action and taking ownership of the effort within their organization, by using their internal magazine to promote the benefits of drinking water for the body!

The City of Trenton's Gold Level Pledge was announced by their Director of Health and Human Services on the Mayor's Monthly podcast, and the City of Garfield not only took the pledge but encouraged the local middle school to take the pledge as well!

The hard work is paying off! In Passaic County, the local hub of the campaign, evaluation findings showed an 8 percent decrease in sales of soda and fruit drinks in 2018, after one year of the campaign - with positive trends at the state level.

Orville Morales, NJ Sugarfreed's Community Campaign Manager, continues to be an inspiring leader, driving positive change in organizations and communities across New Jersey. If you're ready to join our more than 30 partners pledging to make #NJSugarfreed, you can learn more and take the pledge by visiting [NjSugarfreed.org](http://NjSugarfreed.org) or contacting Orville at [orville.morales@publicgoodprojects.org](mailto:orville.morales@publicgoodprojects.org)!

*Orville Morales is an Adjunct Professor teaching Health Administration and Policy for the Public Health Department at Montclair State University. He is also the Campaign Manager for NJ Sugarfreed, a Public Health initiative seeking to cut New Jersey's Sugary drink habit.*





## NJ 2-1-1 Partnership

### **NJ 2-1-1 - The Connection to Help and Hope**

“Sometimes vital services don’t exist in a community, but often they do and people just don’t know about them. That’s where NJ 2-1-1 comes in. We provide the essential connection that makes help happen,” says Melissa Acree, executive director of NJ 2-1-1. The organization opened its doors in 2005 and has been connecting people with services in their communities ever since. With a statewide database of over 3,000 agencies and nearly 10,000 services and a seasoned staff that has been trained in empathetic listening skills and community programs, finding the right kind of help for basic human needs like affordable housing, food, healthcare, senior services, substance abuse and childcare (to name a few) may be as easy as dialing 2-1-1.

The very same resource database that is used by the call center staff is accessible to the public at the organization’s website, [www.nj211.org](http://www.nj211.org). All of the resources are organized by topic and search results can be limited geographically by zip code, city or county. Additionally, visitors to the site can avail themselves to content pages that provide essential details about state and federal programs designed to help people. Brief descriptions of these programs include specific eligibility requirements and links to applications and are designed to take the guesswork out of the help that is available when a person is facing difficult life decisions. A perfect example of this at this time of year is the organization’s Utility Assistance pages that provide information about every program available to NJ residents who are struggling to afford their utilities [<https://www.nj211.org/utility-assistance-programs>]. At this site you will find complete information about eligibility requirements, links to applications and listings of application agencies, as well as information about the supportive documentation that is needed. The page provides everything a person needs to take the next step.

The service is free, confidential, multilingual and always open. In addition to reaching NJ 2-1-1 by phone or searching the database online, live assistance can be accessed through an online chat feature at [nj211.org](http://nj211.org) and via text (text your zip code to 898-211 to start the conversation.)



The New Jersey Local Boards of Health Association  
Public Health Awards Dinner  
Thursday December 5, 2019 at 6:30 PM  
Pierre's Restaurant  
582 Georges Rd, Monmouth Junction, NJ 08852

Award winners are selected by the New Jersey Local Boards of Health Association in conjunction with the New Jersey Association of City and County Health Officials, New Jersey Association of Public Health Nurse Administrators, New Jersey Environmental Health Association, New Jersey Society of Public Health Educators, and the New Jersey Public Health Association for their outstanding service to our citizens. Please take the time to honor and thank them for their service to us all.

Tickets are \$50 and include your meal and soft drinks. There is no cost to awardees.

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Name \_\_\_\_\_ Number of tickets \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Make your check payable to NJLBHA

Mail to NJLBHA, PO Box 5069, Kendall Park, NJ 08824

Call For Nominations For Public Health Awards

Once again, the New Jersey Local Boards of Health Association will be honoring professionals in the field of public health, board of health members, legislators, and citizens who have been supportive of public health. We ask that you identify those folks in your community and use the form to nominate them. Awards will be given at the Annual Dinner on December 5, 2019. Nominations are due by November 1.

So many people are working every day to help protect our residents and their work is often not recognized. This is our opportunity to show our appreciation and honor their achievements at a gala awards dinner. Last year's event was a great success with about 100 people attending and over a dozen honorees. There are deserving and often unsung heroes in your community who should be recognized, and you know who they are. Please consider offering their names in nomination.

Please consider nominating someone from your community.

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## NJLBHA Annual Award Categories

Please consider nominating someone from your community.

Nominating form is on the following page.

**Local Board of Health Member of the Year (Christopher Saccenti Award.)** This award will go to a member of an NJLBHA affiliated Local Board of Health member who has given exceptional service to his or her community in protecting public health.

**Health Officer of the Year.** This award will go to the Health Officer who most exemplifies public health leadership and who, working with their local board(s) of health, reaches out to the community and develops innovative programs. This selection will be made in conjunction with the NJACCHO

**Health Educator of the Year.** This award will recognize the Public Health Educator employed by a Local Board of Health who has created innovative education and training programs for the community. This selection will be made in conjunction with NJSOPHE

**Registered Environmental Health Specialist of the Year.** This award is given to a Registered Environmental Health Specialist whose performance and interaction with the community is outstanding. This selection will be made in conjunction with the NJEHA

**Public Health Nurse of the Year.** This award is given to a Public Health Nurse who has demonstrated extraordinary dedication to the community. This selection will be made in conjunction with the NJAPHNA

**Public Health Advocate of the Year (Walter A. Stein Award).** This award is given to a professional or community member who has exhibited extraordinary effort in advocating for and educating the public and officials on public health issues and needs. The selection will be made in cooperation with the NJPHA

**Legislator of the Year.** This award is given to a member of the NJ Legislature who has been supportive of public health through legislative and budgetary initiatives.

**Meritorious Service Awards** will be given to those persons who have rendered exceptional service to the New Jersey Local Boards of Health Association or to the community.



**NOMINATION FORM**  
**PUBLIC HEALTH SERVICE 2019**

**(YOU MAY SUBMIT NOMINATIONS FOR MORE THAN ONE AWARD. PLEASE COPY THIS FORM FOR ADDITIONAL NOMINATIONS.)**

Award: \_\_\_\_\_

Name of the nominee: \_\_\_\_\_

Nominee's position: \_\_\_\_\_

Award Category \_\_\_\_\_

LBH served: \_\_\_\_\_

Nominee's contact telephone number \_\_\_\_\_

Your name: \_\_\_\_\_ LBOH \_\_\_\_\_

Your phone: (\_\_\_\_) \_\_\_\_\_

Your Email \_\_\_\_\_

In the space below please tell us why you believe this person has earned the distinction of this award. (Use and attach additional sheets if necessary.)

Please mail your nomination to arrive no later than November 1, 2019 to New Jersey Local Boards of Health Association, PO Box 5069, Kendall Park, NJ 08824.

**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.

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