HOUSATONIC VALLEY
HEALTH DISTRICT

HVHD®
Housatonic Valley
Health District®

FY23-24 | ANNUAL REPORT

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Report Prepared By: Ruth Quattro, MPH

A Message from the Director of Health

I am pleased to present the Housatonic Valley Health District's **Annual Report for Fiscal Year 2023-2024.** This year has been one of significant progress and accomplishment, thanks to the unwavering dedication of our staff and the support of our municipal and community partners.

One of our major achievements this year was the enhancement of our digital presence. We **updated and simplified the layout of our website** to improve user experience and accessibility. Additionally, we launched a **new online payment system**, making it easier for residents to access our services from their homes and businesses.

Our commitment to transparency and data-driven decision-making led us to implement and disseminate **four public data dashboards**. These dashboards provide valuable insights into various health metrics and trends within our community.

In our ongoing efforts to promote public health, we hosted **over 115 blood pressure clinics** and **over 40 community health education programs**. These initiatives have been crucial in raising awareness and providing essential health services to our residents.

Our Environmental Health team has been exceptionally busy, receiving and processing **over 1,370 applications** and licensing **387 food service establishments**. Their hard work ensures that our environment remains safe and healthy for all.

Recognizing the importance of communication in public health, we have been active on social media, posting over **130 updates** to keep our community informed about health tips, events, and important announcements.

Vaccination remains a cornerstone of our public health strategy. We administered over **1,400 flu vaccines at 45 clinics across eight towns** and provided **over 40 routine immunizations**. Our efforts ensure that our community is protected against preventable diseases.

We have also streamlined our administrative processes, processing a significant number of insurance claims efficiently, ensuring that our services are accessible to all. **Over 1,200 insurance reimbursement claims** were filed for the administration of flu vaccines and for the cost of flu vaccines.

These accomplishments reflect our dedication to enhancing the health and well-being of our community. We remain committed to providing high-quality public health services and look forward to continuing our work in the coming year.

Thank you for your continued support.

In Health,

Amy Bethge

Amy Bethge, MPH
Director of Health

AMY BETHGE, MPH,
DIRECTOR OF HEALTH

MISSION

To create better health outcomes in our communities and promote the highest attainable standard of health.

VISION

- To promote a culture of health
- To enable accessibility to all services for the community
- To provide the highest quality of public health leadership and services
- To create better health outcomes through the prevention of disease & injury
- To promote policies that enable longer and healthier lives

VALUES

- Community First
- Professional Service
- Inclusion, Equity, and Accessibility

TOWNS SERVED 6

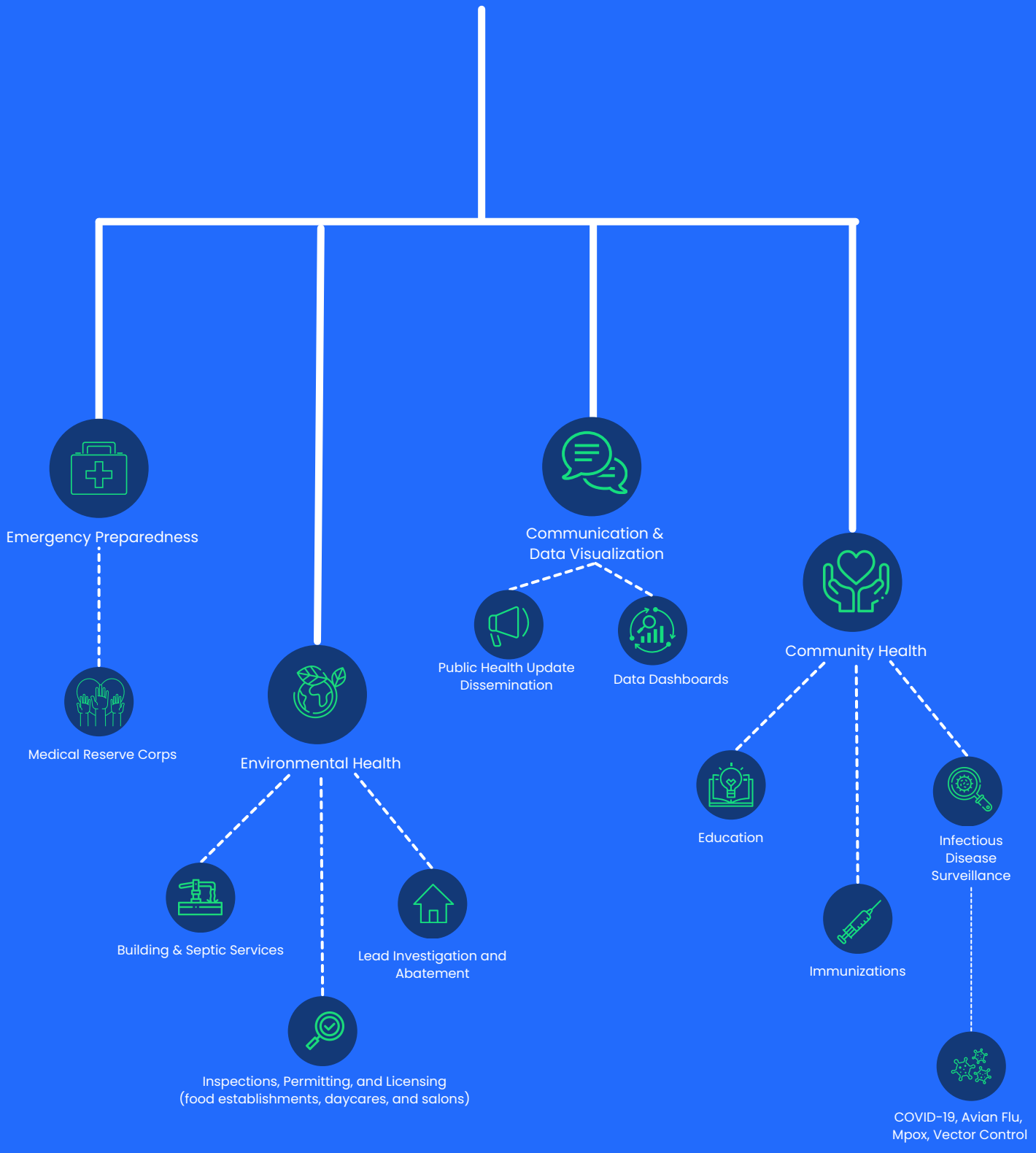
SQUARE MILES 271.9

POPULATION SERVED 76,815

10 Essential Services of Public Health

1. Assess and monitor population health status, factors that influence health, and community needs and assets
2. Investigate, diagnose, and address health problems and hazards affecting the population
3. Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it
4. Strengthen, support, and mobilize communities and partnerships to improve health
5. Create, champion, and implement policies, plans, and laws that impact health
6. Utilize legal and regulatory actions designed to improve and protect the public's health
7. Assure an effective system that enables equitable access to the individual services and care needed to be healthy
8. Build and support a diverse and skilled public health workforce
9. Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement
10. Build and maintain a strong organizational infrastructure for public health

HVHD Public Health Services



Division Highlights

A look back at the accomplishments of each HVHD division for FY23-24

Administrative Division

Communication & Data Visualization Division

Environmental Health Division

Community Health Division

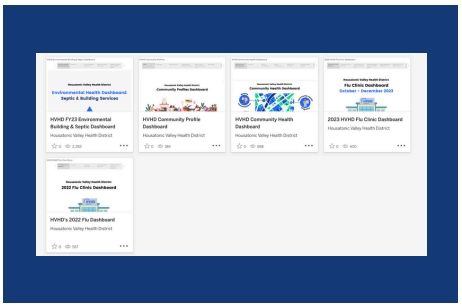
Administrative Division

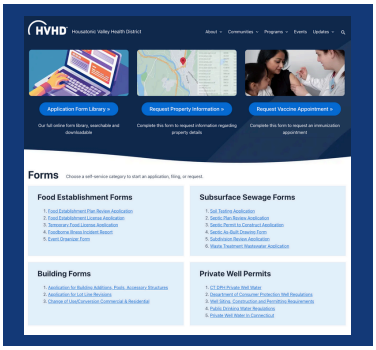
The Administrative Division is committed to providing high-quality customer service to community members and ensuring continuous support for HVHD's daily activities. Through the incorporation of Rapid Cycle Quality Improvement (RCQI), the Administrative Division maintains and enhances organized communications, in addition to processes for permitting, licensing, FOIA requests, tick and bat submissions and testing. Further, this Division supports daily Environmental Health and Community Health tasks, which are streamlined for each of the communities served. The team also strives to ensure all accounting, payroll, and personnel support are maintained and improved to align performance with advancing technology.

During the FY 23-24, the Administrative Division accomplished the following:

- Revised **permit applications** and **developed an intake process** to improve efficiency for community members and municipal partners
- Implemented a process for **monthly delivery of financial reports** to Board members
- **Triaged calls and emails** and collaborated with the Environmental Health and Community Health teams to ensure a high standard of customer service
- **Streamlined licensing processes** through improved communications with food establishments, organized databases, and revised licensing applications with more clarified information
- Received an appointment to the **Connecticut Association of Health Directors Board** (CADH)
- Developed **standard operating procedures** (SOPs) for each division
- Created **standardized onboarding processes** to promote consistent and effortless transitions
- Facilitated the **organization and scheduling** of flu clinic appointments
- Enhanced **internal accounting processes**
- Implemented a **performance review process** for all employees, including SMART goal setting, self reflection, and an emphasis on KPIs and metric collection
- Successfully **transitioned to an online system** for permitting, licensing, and applications
- Onboarded **three summer interns** in May 2024

Communication & Data Visualization Division





The Communication & Data Visualization Division handles internal and external communications. Duties include communicating with stakeholders, the media, and staff. This division works closely with other departments to ensure adequate promotion of services, accomplishments, and sharing of accurate information with the community.

The Communication & Data Visualization Division is responsible for enhancing, developing, and promoting the HVHD brand across multiple platforms. This is accomplished through web programming, multimedia development, public relations, media outreach, social media management, graphic design, and print production.

During FY23-24, the Communication & Data Visualization Division accomplished the following:

- Launched **five Tableau Public dashboards** for the purpose of enhancing data accessibility and visualization
- Successfully implemented an **online payment system, which was utilized to process 840 payments**
- Initiated partnership with Square9, an enterprise management entity, to implement an **online property record search platform**, with plans to **build electronic forms** starting August 2024
- Collaborated with a technology consultant to **redesign the HVHD website**, using back end user data to optimize interactions and user experience
- Continuously **updated the HVHD website** with public health updates, HVHD information, and community events
- Created and shared over **130 social media posts**, leading to a **66% increase** in HVHD's audience across Facebook, Instagram, and LinkedIn
- Designed and distributed **ten ads** to local marketing agencies, promoting the 2023 flu clinic season
- Drafted and disseminated **press releases as required based on HVHD activities and emerging public health needs** to local news outlets

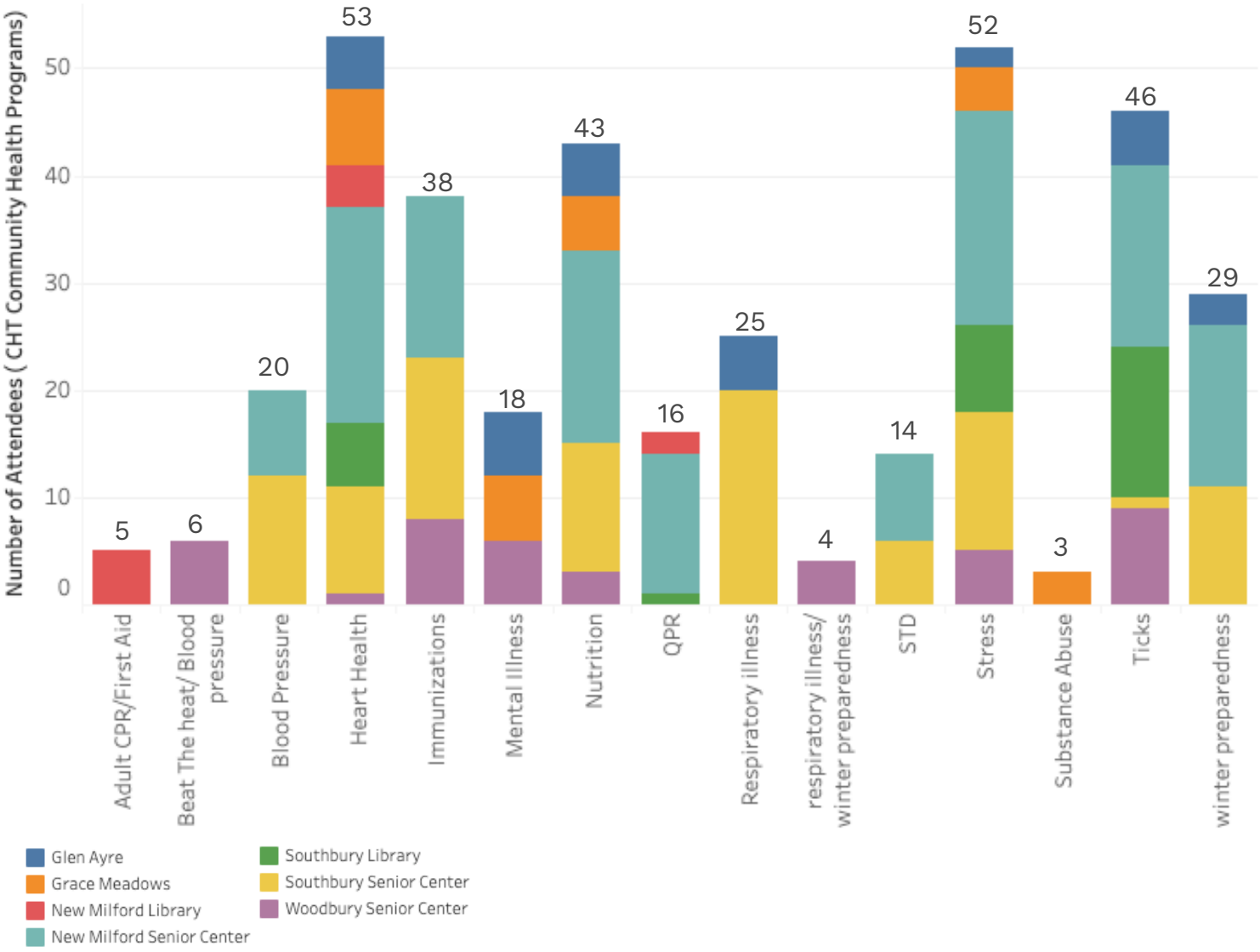
Community Health Division

The Community Health Division is dedicated to meeting the health promotion and wellness needs of the communities served by HVHD. Through education and screening programs, the Community Health Division reaches individuals, small groups and communities as a whole. In the process to deliver these services, we strive to create a holistic approach that is inclusive to all.

During FY23-24, the Community Health Division accomplished the following:

- Community Health Nursing Supervisor, Heidi Bettcher, BSN, RN, nominated for the Connecticut Association of Public Health Nurses (CAPHN) **"Public Health Nurse of the Year" award**
- Received an appointment to the **State's Opioid Settlement Advisory Committee**
- Developed **two opioid-focused initiatives** for implementation**,** including harm reduction strategies, supported by opioid settlement funds alongside the Opioid Settlement Committee
- Vaccinated **over 1,400 participants** against flu
- Provided health education on multiple topics for a **total of 410 attendees** at senior centers, housing complexes, and libraries on a monthly basis
- Provided blood pressure screenings for a **total of 1,360 attendees** at senior centers, housing complexes, and libraries multiple times per month
- Provided Question, Persuade, and Report (QPR) training for suicide prevention to a total of **26 attendees**
- Piloted **Babysitting Certification training and Adult CPR/First Aid programs**
- Obtained training in **Postvention; Adult, Child, and Infant CPR, First Aid; Babysitting; Wilderness First Aid; Narcan Administration; and Epipen Administration Certifications**
- Trained **32 camp counselors** in Epipen administration
- Provided educational materials in multiple languages on **lead abatement and prevention** to providers and parents/guardians in the community
- Participated in **joint community service meetings** alongside municipal departments to ensure adequate community support and warm hand-offs as appropriate

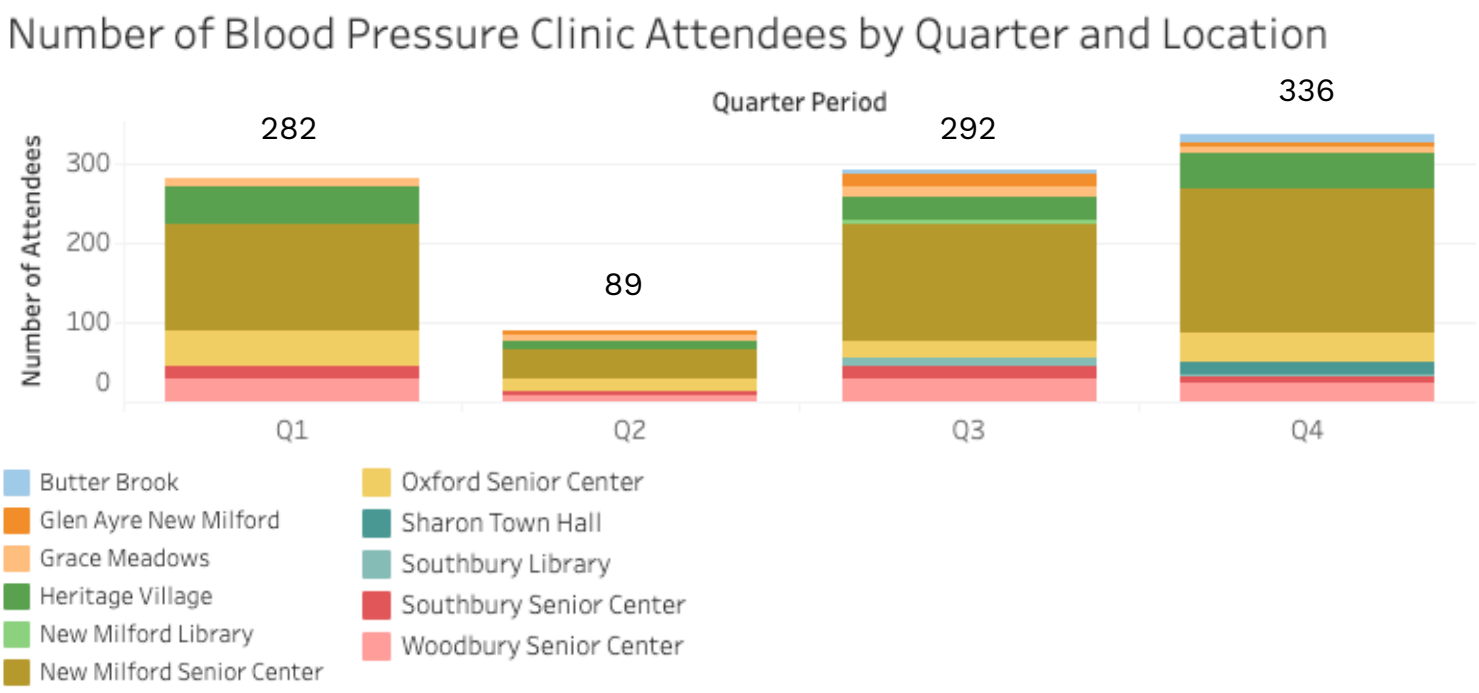
Community Health Programs



From July 1, 2023 through June 30, 2024, HVHD's Community Health Division implemented **47 community health programs** in **7 locations**. The most popular topic was **Heart Health** with a total of **53 attendees** across 6 locations. Other popular topics included **Stress** (n=52) and **Tickborne Diseases and Prevention** (n=46).

Click here to visit the HVHD Community Health Dashboard

Blood Pressure Clinics



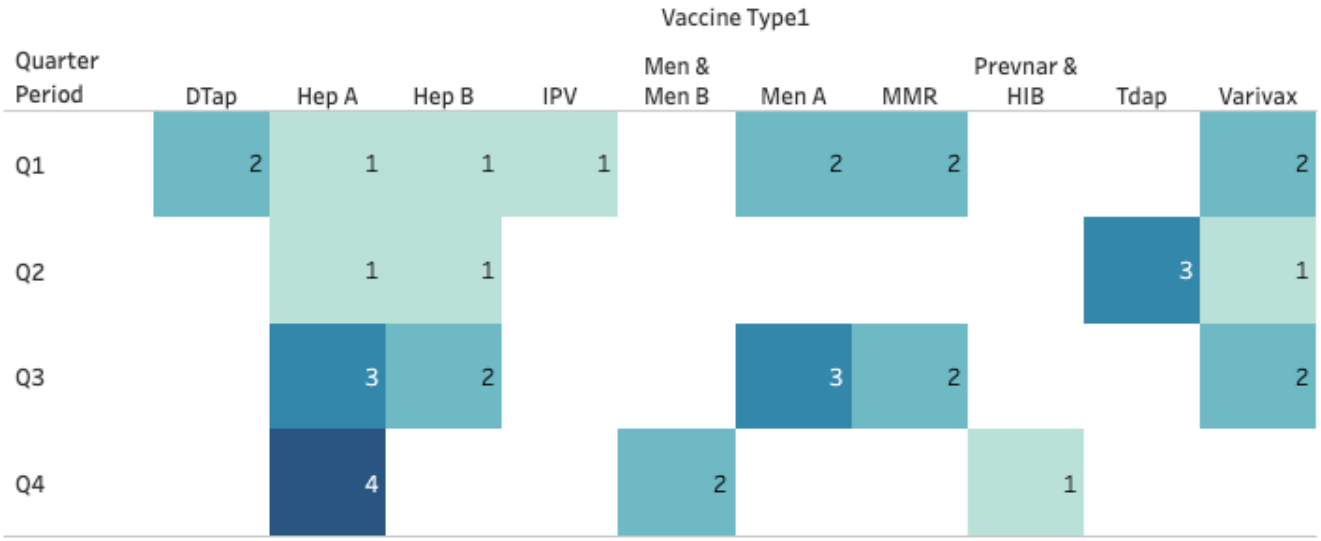
From July 1, 2023 through June 30, 2024, HVHD's Community Health Division implemented **121 Blood Pressure Clinics** in **11 locations**. **HVHD had the highest number of Blood Pressure Clinic participants in Quarter 4 (April - June, n=336).**

Note HVHD paused Blood Pressure Clinics for part of Quarter 2 due to the 2023 flu clinic season.

Click here to visit the HVHD Community Health Dashboard

Routine Immunizations

Routine Immunizations by Month and Vaccine Type from July 1, 2023 - June 30, 2023



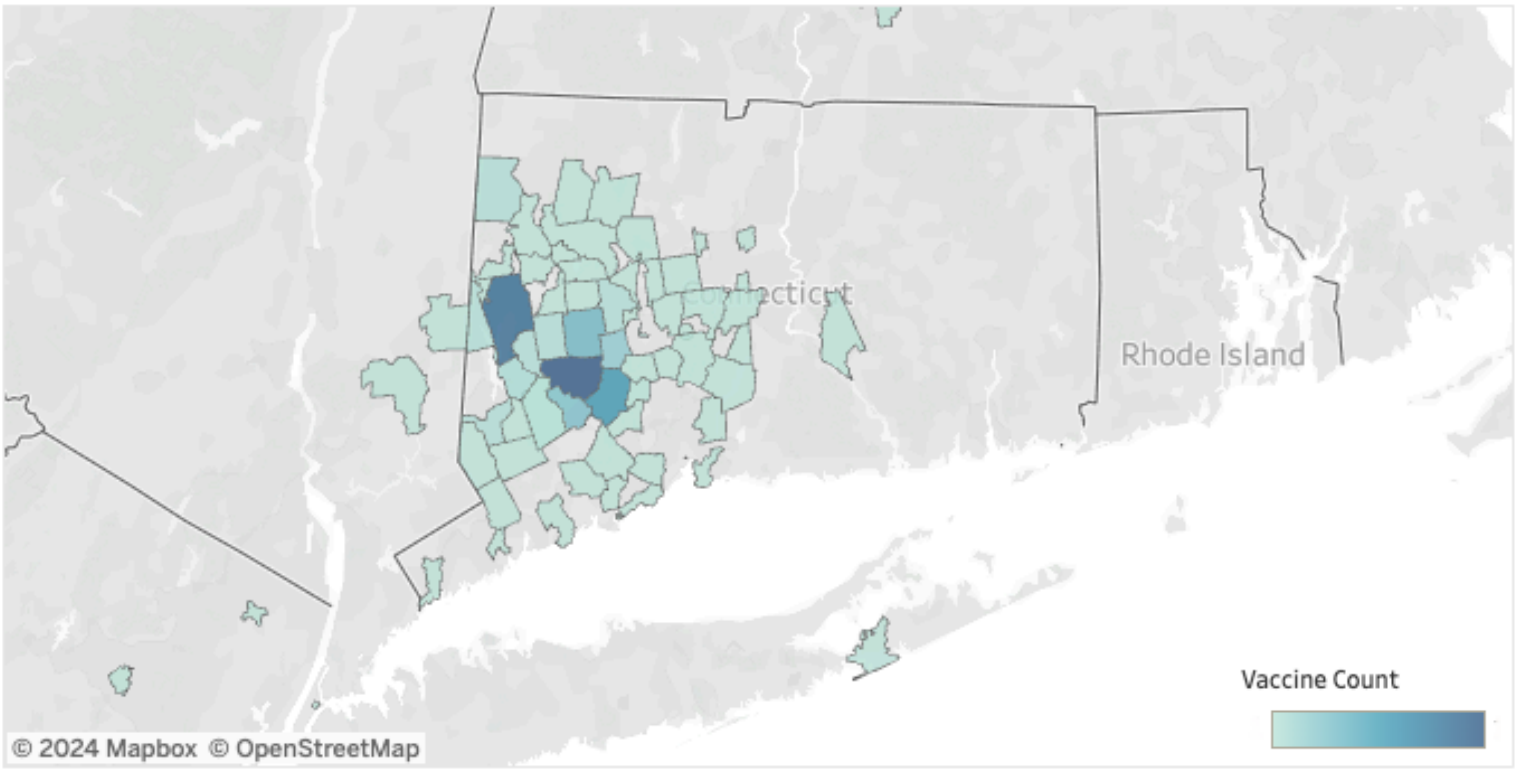
From July 1, 2023 through June 30, 2024, HVHD's Community Health division administered 36 routine immunizations, with the highest volume in **Quarter 3** (January - March, n=12). The most popular routine immunization administered was the **Hepatitis A vaccine** (n=9) followed by the **Varivax** (n=5) and the **Menagitis A** (n=5) vaccines. Patients were predominately from Litchfield county and under the age of 18.

HVHD paused routine immunizations clinics for part of Quarter 2 due to the 2023 flu clinic season.

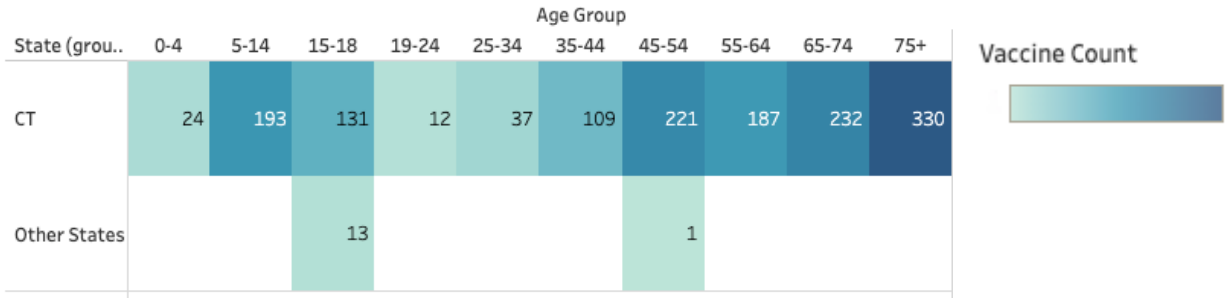
Click here to visit the HVHD Community Health Dashboard

Flu Vaccines: Patient Demographics

Map of Flu Vaccines Administered Based on Patient Hometown



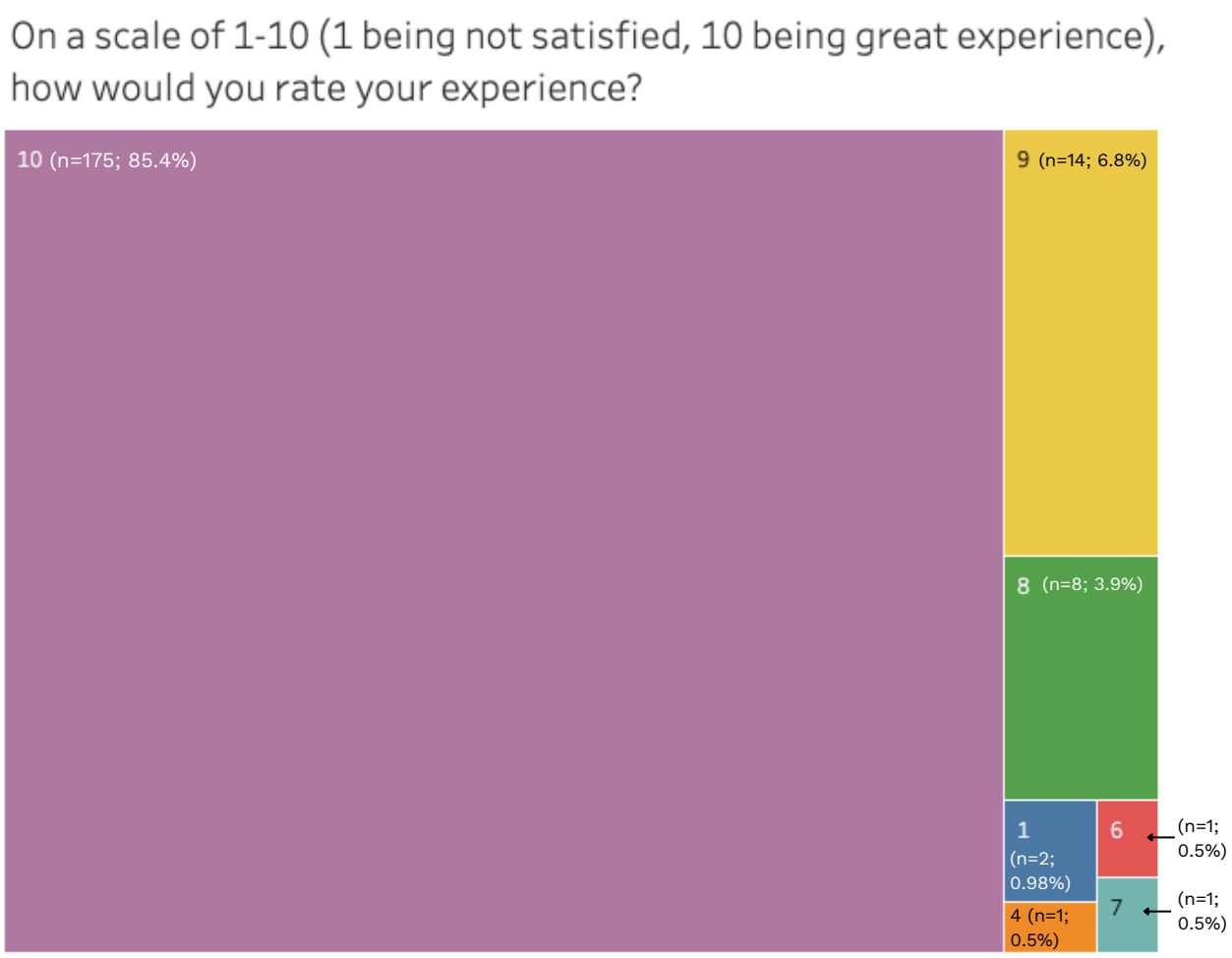
Flu Vaccines Administered by State and Age Group



HVHD predominately administered flu vaccines to patients from **New Milford, Southbury, Woodbury, and Oxford.** The majority of patients were between the ages of **75+** (n=330), **65-74** (n=232), **45-54** (n=221), and **5-14** (n=193).

Click here to visit the 2023 HVHD Flu Clinic Dashboard to learn more

Flu Vaccines: Satisfaction Survey Results



HVHD distributed a satisfaction survey during the 2023 flu clinic season and received 205 responses. Of those 205 responses, **96% of respondents (n=197)** had a great experience at a HVHD flu clinic. This metric combined 8, 9, and 10 ratings for this survey question.

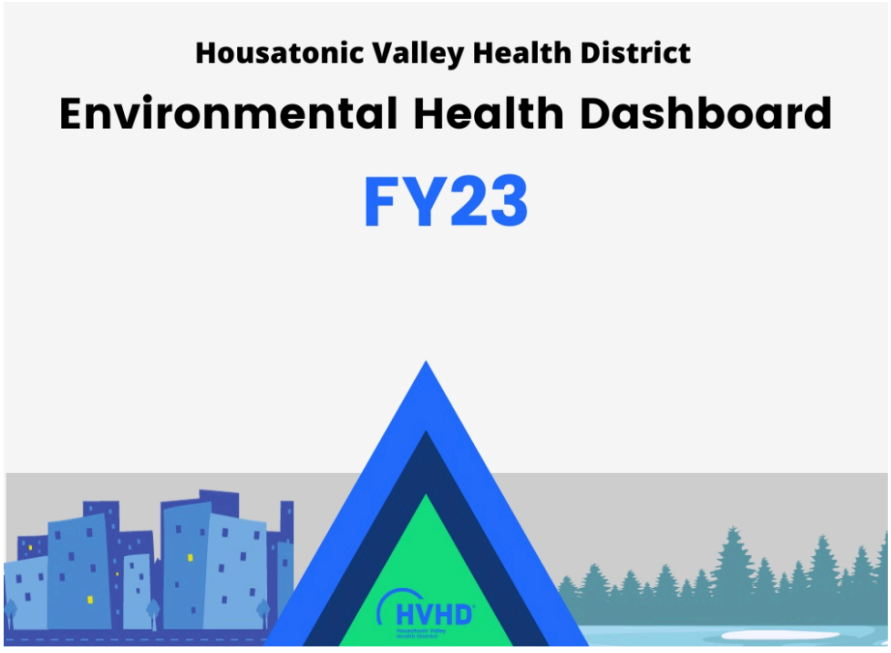
Click here to visit the 2023 HVHD Flu Clinic Dashboard to learn more

Environmental Health Division

The **Environmental Health Division** focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities.

During FY23/24, the Environmental Health Division accomplished the following:

- Inspected a **total of 381** food service establishments
- Received and processed **over 620** septic plan review and related inspections.
- Reviewed **over 700** plan reviews for wells, building additions, change of uses, subdivisions, and lot line revision applications
- Conducted water testing (through the CT DPH Laboratory) for **5 public swimming areas**
- Completed **public swimming pool inspections**
- Conducted **inspections** at body care centers, massage parlors, tattoo shops, and salons
- Engaged **town employees** to ensure appropriate workflows and service quality
- **Streamlined of processes and workflows** to optimize performance
- **Hosted several community meetings** on emerging health topics as appropriate for various communities across the District
- **Organized District-wide water testing event** to support safe water quality in private drinking water wells

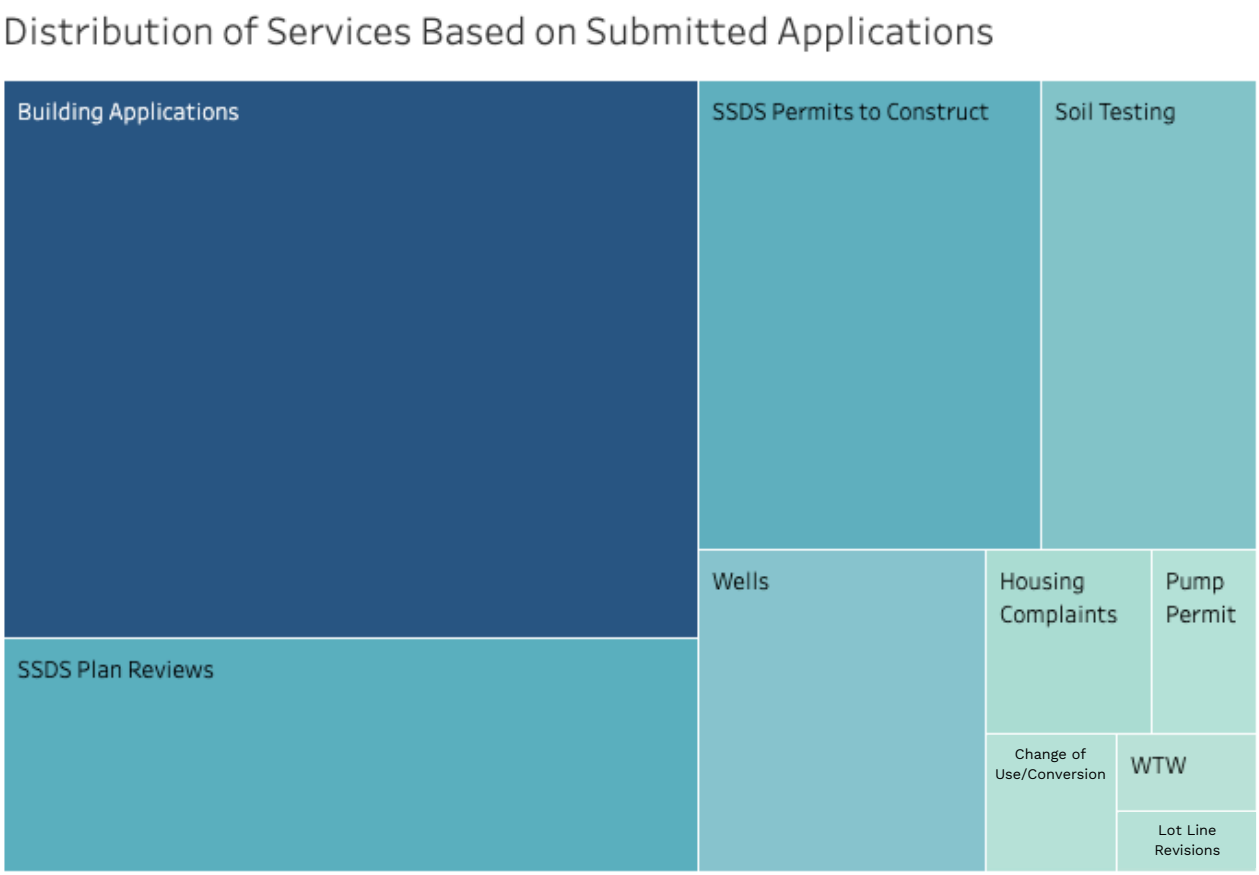


Click here to visit the HVHD Environmental Health Dashboard

Environmental Health Division (cont.)

Number of Applications Submitted by Town from July 1, 2023 - June 30, 2024

Town	Building Applications	Change of Use/ Conversion	Housing Complaints	Lot Line Revisions	Pump Permit	Soil Testing	SSDS Permits to Construct	SSDS Plan Reviews	Wells	WTW
New Milford	138.0	1.0	25.0	1.0	9.0	48.0	75.0	85.0	36.0	2.0
Oxford	66.0	1.0	3.0	1.0	5.0	31.0	28.0	23.0	25.0	0.0
Sharon	5.0	0.0	0.0	0.0	0.0	8.0	4.0	5.0	3.0	1.0
Southbury	110.0	11.0	4.0	5.0	5.0	21.0	66.0	57.0	29.0	7.0
Washington	132.0	2.0	3.0	2.0	2.0	16.0	23.0	30.0	13.0	1.0
Woodbury	88.0	10.0	6.0	3.0	6.0	18.0	28.0	30.0	23.0	4.0
Grand Total	**539.0**	**25.0**	**41.0**	**12.0**	**27.0**	**142.0**	**224.0**	**230.0**	**129.0**	**15.0**



HVHD receives and processes 20 different types of applications for various categories, including building, daycare and group homes, food, public pools and beaches, subsurface sewage, and wells. The table above highlights the number of applications received by town and category from July 2023 to June 2024.

The most common applications received during FY23-24 were **Building Applications (n=537)**, followed by **SSDS Plan Reviews (n=227),** and **SSDS Permits to Construct (n=223)** across all six towns.

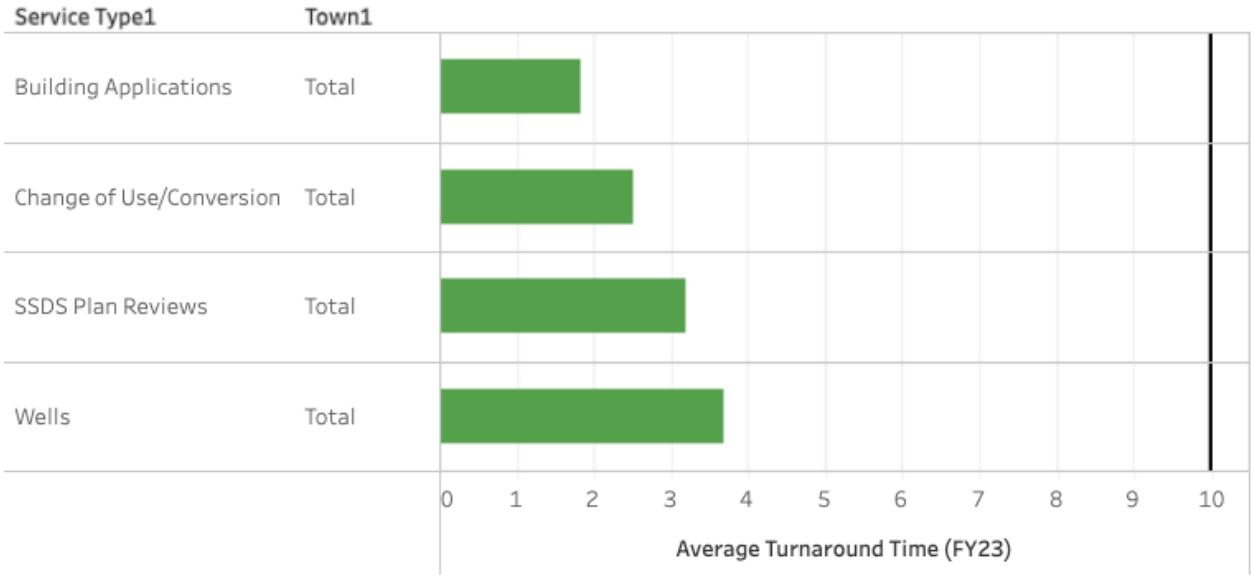
Environmental Health Division (cont.)

Average Turnaround Time from July 1, 2023 - June 30, 2024

Average Turnaround Time Table

Service Typ..	Town1	Average Turnaround Time (F..	Max Turnaround Time (FY23)	Sum of Count (FY23)
Building Applications	Total	1.8	23.2	536.0
Change of Use/ Conversion	Total	2.5	3.8	25.0
SSDS Plan Reviews	Total	3.2	18.8	203.0
Wells	Total	3.7	17.7	129.0

Average Turnaround Time in Days Compared to Target Average Turnaround Time



HVHD successfully met its average turnaround time goal for FY23-24. The department continues to achieve an average turnaround time of less than 10 business days for environmental health services, ensuring prompt and efficient service delivery to address health needs swiftly while maintaining high standards of quality and compliance. This goal reflects HVHD's commitment to timely and reliable public health interventions, reinforcing our dedication to community well-being.

Community Profiles

HVHD®
Housatonic Valley Health District

Click here to visit the HVHD Community Profile Dashboard

Health Outcomes

Variables in the HVHD Community Profiles dashboard include arthritis, chronic kidney disease, coronary heart disease, asthma, depression, diabetes, high blood pressure, high cholesterol, and obesity. Data is pulled from the CDC PLACES dashboard.

Health Status

Variables in the HVHD Community Profiles Dashboard include fair or poor self-rated health status, mental health, and physical health. Data is pulled from the CDC PLACES dashboard.

Health Risk Behaviors

Variables in the HVHD Community Profiles Dashboard include binge drinking, smoking, physical activity, and sleep less than 7 hours. Data is pulled from the CDC PLACES dashboard.

Prevention Measures

Variables in the HVHD Community Profiles Dashboard include percentage of cholesterol screenings, percentage of individuals lacking health insurance, percentage taking medication for blood pressure, and percentage of individuals who visited the doctor for routine check-ups. Data is pulled from the CDC PLACES dashboard.

Respiratory Viral Disease Vaccine Coverage

Variables in the HVHD Community Profiles dashboard include percentages of people who have received at least one 2023-2024 COVID-19 or Influenza vaccine by town and age group. Data is pulled from the CT Wiz Platform.

Social Determinants of Health

Variables in the HVHD Community Profiles Dashboard include crowded households, housing cost burdens, no broadband internet, no high school diploma, individuals aged 65+, people living below 150% of the poverty level, racial or ethnicity status, single-parent households, and unemployment. Data is pulled from the 2017-2021 ACS survey results.

Household SNAP Utilization

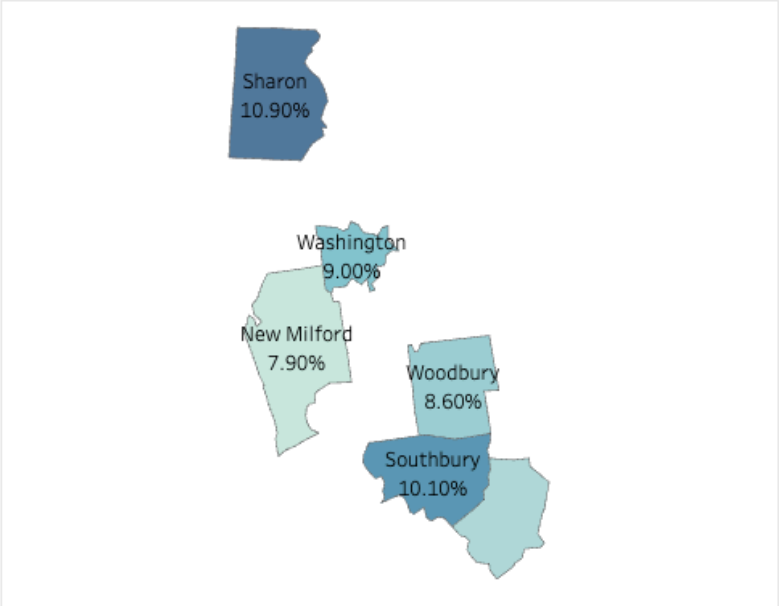
Variables in the HVHD Community Profiles Dashboard include household SNAP utilization. Data is pulled from the US Census Bureau American Community Survey 2017-2021.

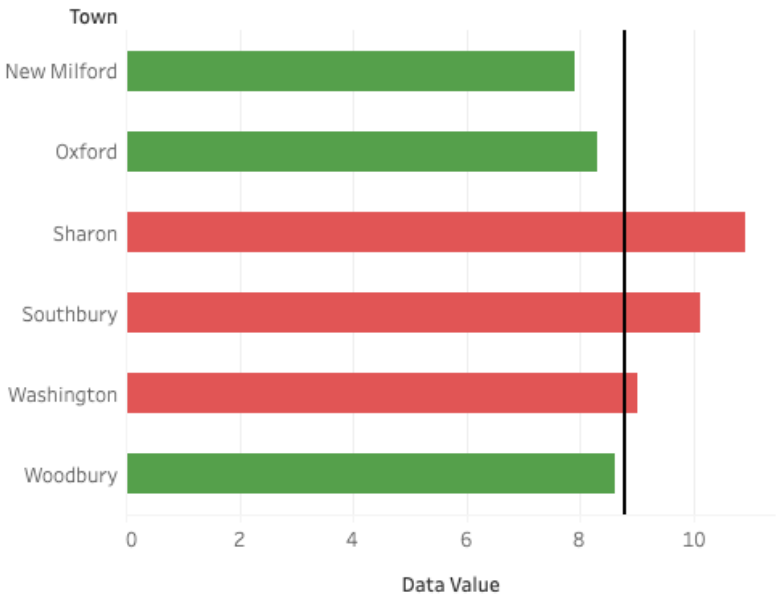
Opioid and Drug Overdose Statistics

Variables in the HVHD Community Profiles Dashboard include residence city by gender and age as well as maps for injury city, residency city, and death city. Data is pulled from the CT DPH interactive dashboard showcasing data from State Unintentional Drug Overdose Reporting System (SUDORS) on drug overdose deaths to increase public awareness about the impact of the opioid crisis in Connecticut.

Health Outcomes: Diabetes

Diagnosed diabetes among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.
Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

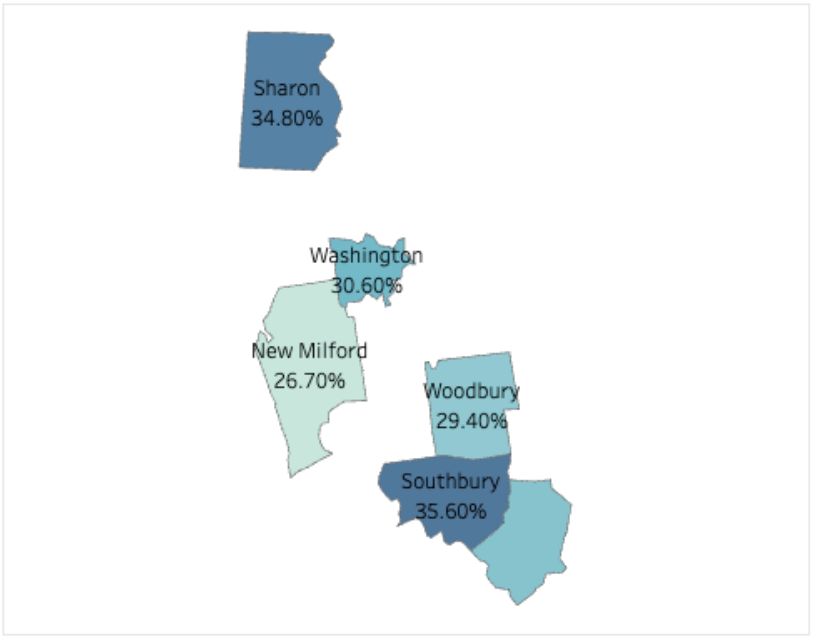
Based on the CDC PLACES data from the BRFSS 2021 survey, diagnosed diabetes among adults in the Housatonic Valley Health District (HVHD) towns stands at 8.79%. Sharon (10.9%), Southbury (10.1%), and Washington (9.0%) all exceed this 6-town average, indicating a higher prevalence of diabetes in these areas.

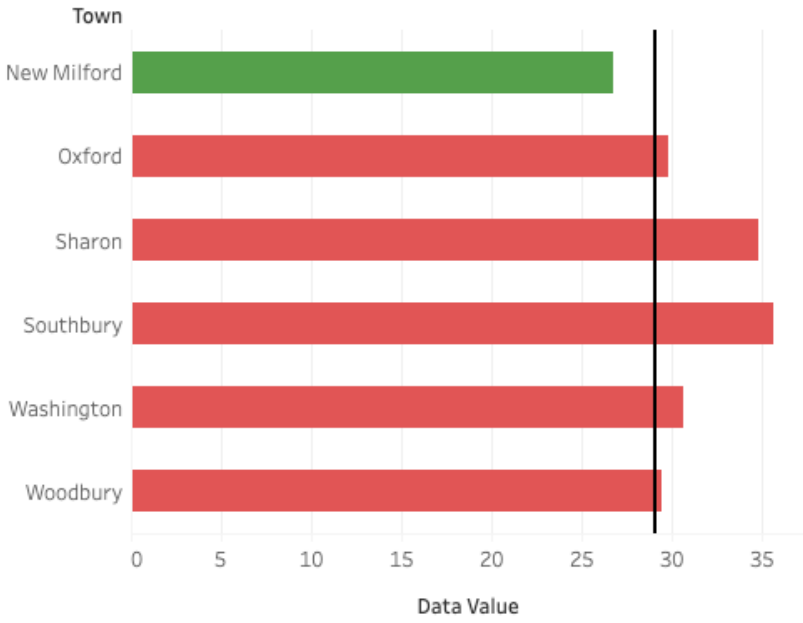
Why This Information Is Important:
Understanding the higher prevalence of diabetes in specific towns is crucial for community health programming. It allows HVHD to allocate resources effectively, tailor diabetes prevention and management programs, and raise awareness about healthy lifestyle choices to combat this chronic condition. By addressing these disparities, we can work towards improving overall community health and reducing the impact of diabetes on residents' lives.

This is only one variable among many that is included in the Health Outcomes section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Outcomes: High Blood Pressure

High blood pressure among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





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Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

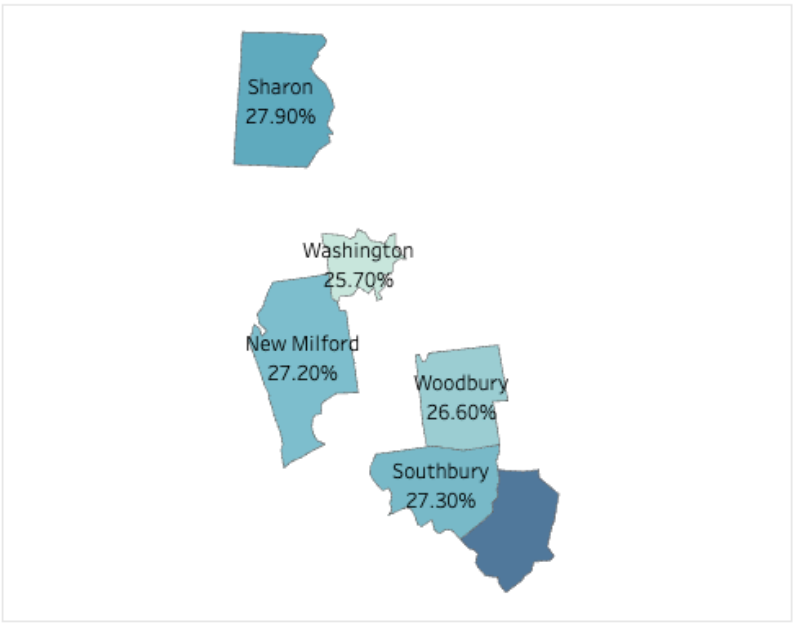
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 29.02% of survey respondants from HVHD towns had high blood pressure. Five out the six HVHD towns exceeded this average percentage, with Southbury (35.6%) and Sharon (34.8%) being the highest.

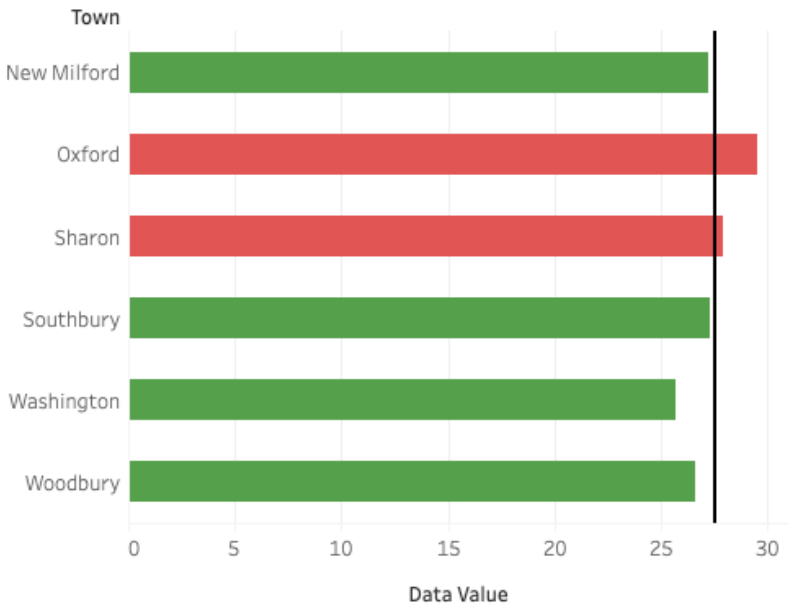
Why This Information Is Important:
High blood pressure is a critical health indicator that can lead to severe complications such as heart disease, stroke, and kidney failure. Knowing the prevalence of high blood pressure in the community helps HVHD design intentional interventions, allocate resources efficiently, and implement preventative measures to reduce the overall burden of cardiovascular diseases. This information is essential for making informed programming decisions that promote long-term health and well-being for all residents, especially those who reside within towns that have high blood pressure.

This is only one variable among many that is included in the Health Outcomes section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Outcomes: Obesity

Obesity among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.
Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

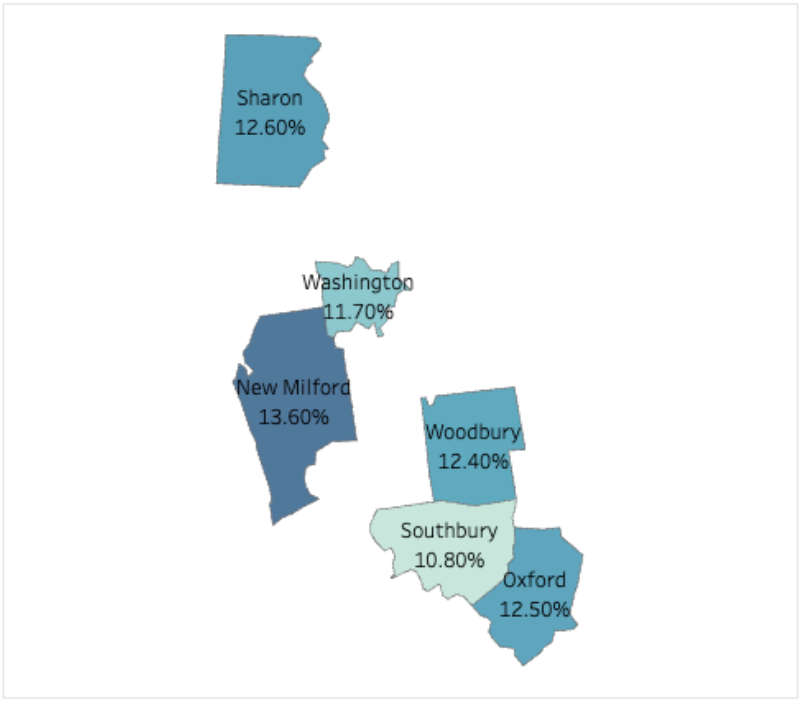
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 27.53% of survey respondents from HVHD towns are considered obese. Two out the six HVHD towns exceeded this average percentage, including Oxford (29.5%) and Southbury (27.9%) .

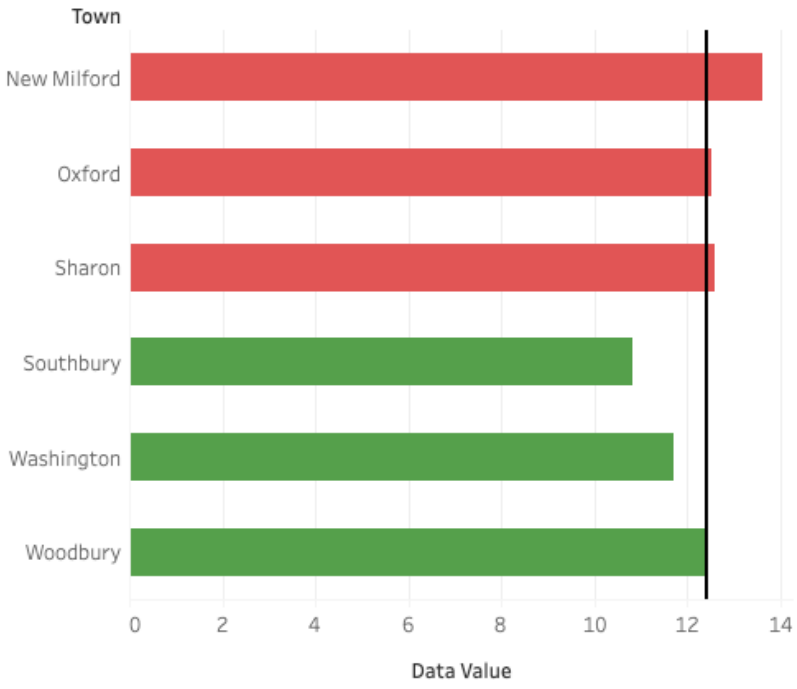
Why This Information Is Important:
Information about obesity is vital as it directly correlates with increased risks of chronic conditions like diabetes, heart disease, and certain cancers. Understanding obesity rates enables HVHD to design targeted nutrition and physical activity programs, allocate resources effectively, and implement community-wide initiatives to promote healthier lifestyles. This data-driven approach is essential for creating impactful health interventions and improving the overall well-being of residents.

This is only one variable among many that is included in the Health Outcomes section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Status: Mental Health

Mental health not good for >=14 days among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.

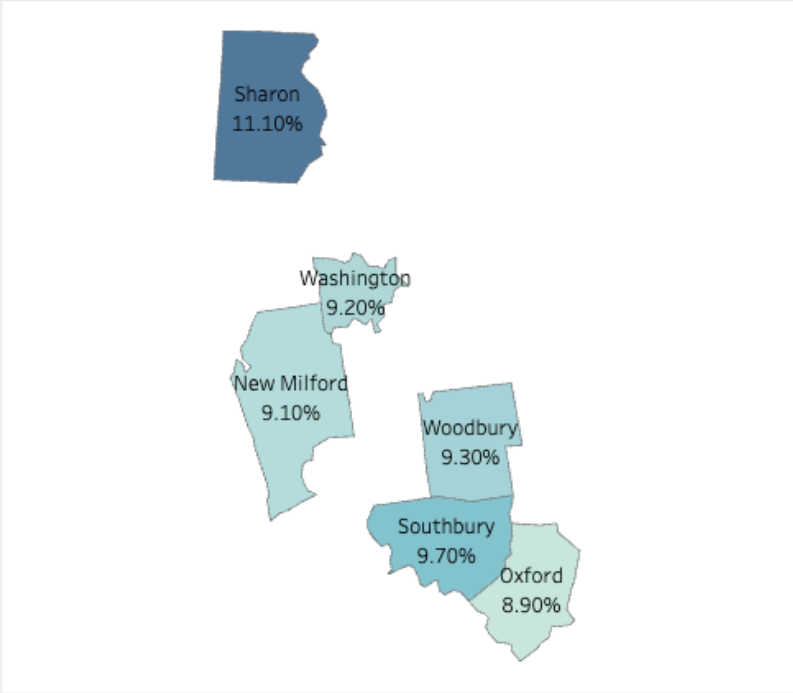
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 12.41% of survey respondents from HVHD towns indicated that their mental health status was not good for 14 or more days. Half of the HVHD towns exceeded this average percentage, New Milford (13.6%), Oxford (12.5%), and Sharon (12.6%) .

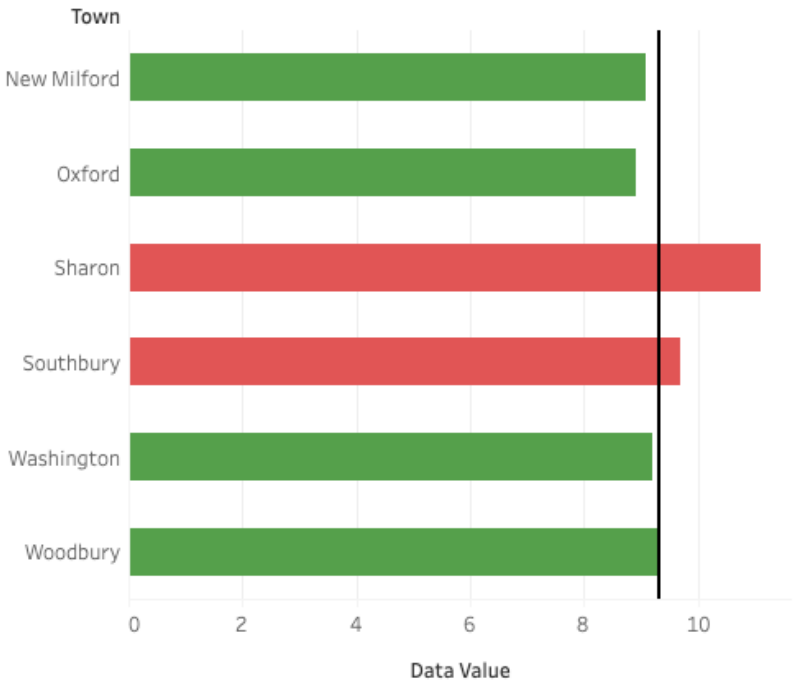
Why This Information Is Important:
Understanding mental health status is crucial for programming decision-making as it reveals the prevalence and types of mental health issues within the community. This information allows HVHD to design intentional mental health initiatives, allocate resources efficiently, and develop support services tailored to the specific needs of residents. Addressing mental health proactively enhances overall community well-being and ensures that individuals receive the necessary care and support.

This is only one variable among many that is included in the Health Status section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Status: Physical Health

Physical health not good for >=14 days among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.

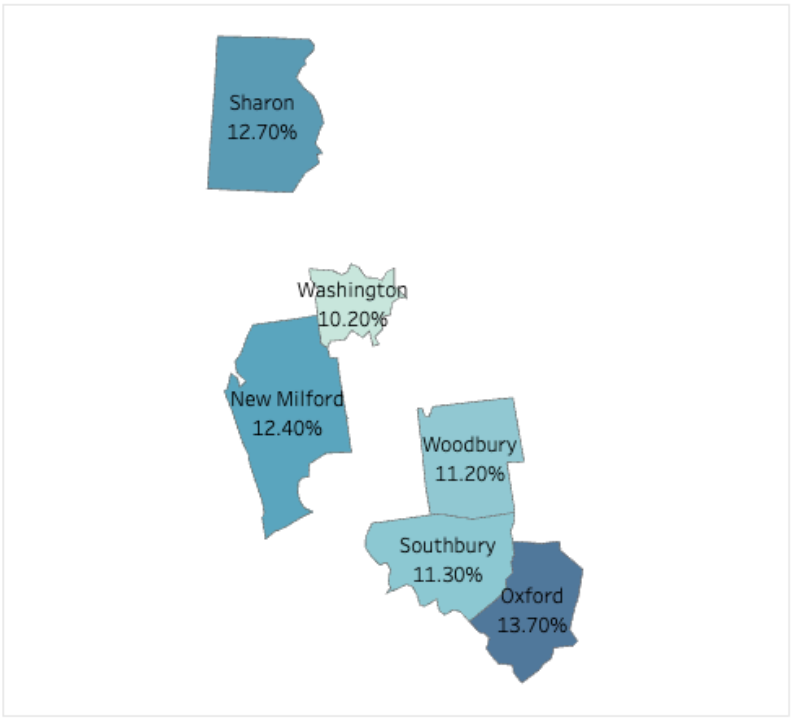
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 9.32% of survey respondents from HVHD towns indicated that they had not participated in physical activity in 14 or more days. Two out the six HVHD towns exceeded this average percentage, including Sharon (11.1%) and Southbury (9.7%).

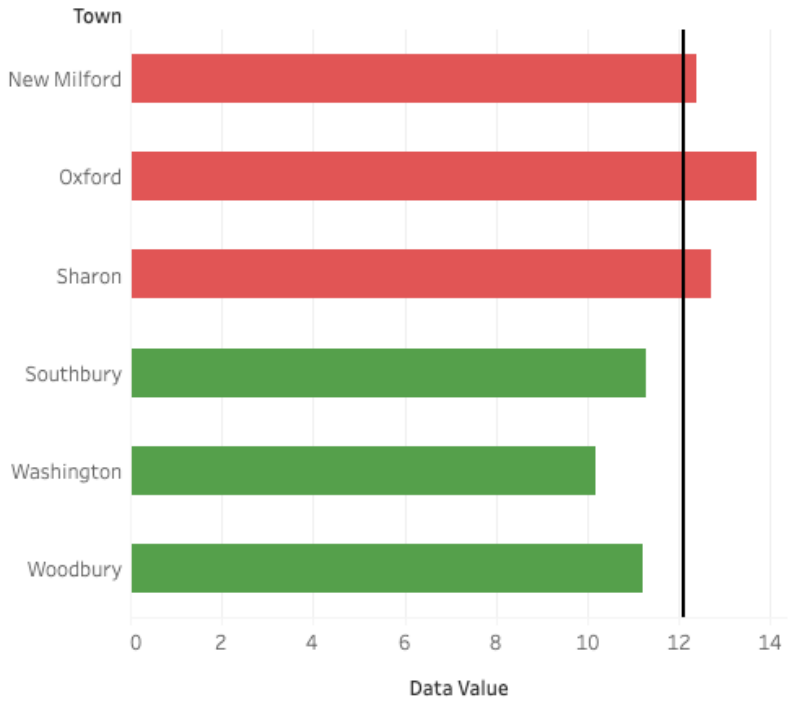
Why This Information Is Important:
Information about physical inactivity is important as it highlights the risk of chronic diseases such as obesity, diabetes, and heart disease within the community. Understanding these patterns allows HVHD to develop targeted fitness and wellness programs, allocate resources effectively, and promote active lifestyles. This data-driven approach helps improve overall community health and reduces the burden of inactivity-related health issues.

This is only one variable among many that is included in the Health Status section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Risk Behaviors: Current Smoking

Current smoking among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.

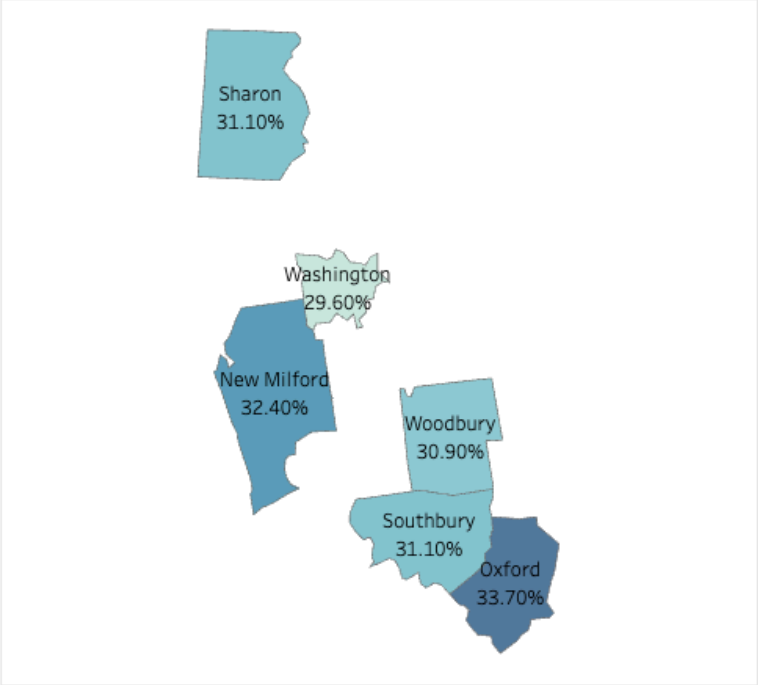
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 12.12% of survey respondents from HVHD towns are current smokers. Half of the HVHD towns exceeded this average percentage, including New Milford (12.4%), Oxford (13.7%), and Sharon (12.7%).

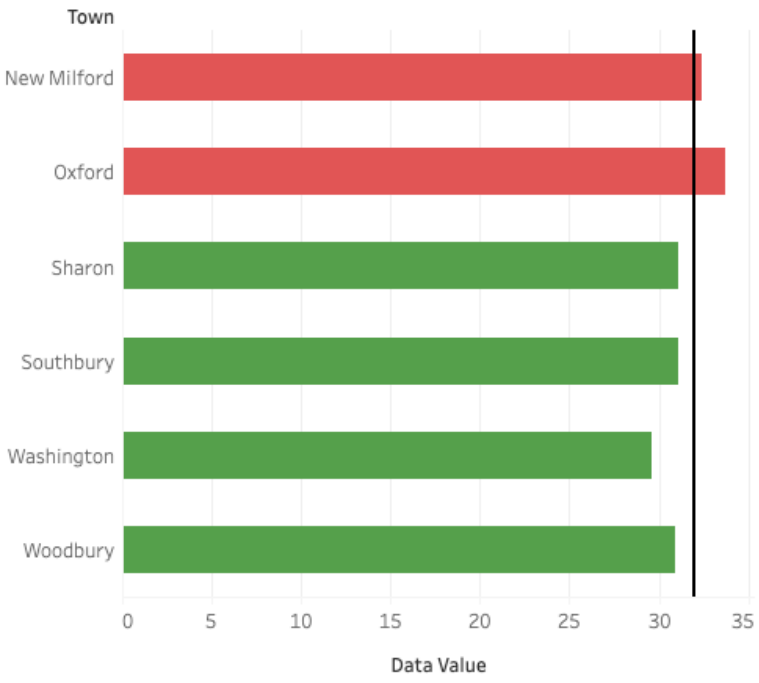
Why This Information Is Important:
Understanding current smoking rates and the demographics of smokers is crucial for programming decision-making as it helps identify at-risk populations and areas with higher smoking prevalence. This information enables HVHD to develop targeted smoking cessation programs, allocate resources efficiently, and implement preventative measures to reduce smoking-related health issues. Addressing smoking proactively can significantly improve public health outcomes and lower the incidence of smoking-related diseases.

This is only one variable among many that is included in the Health Risk Behaviors section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Health Risk Behaviors: Sleep

Sleeping less than 7 hours among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.

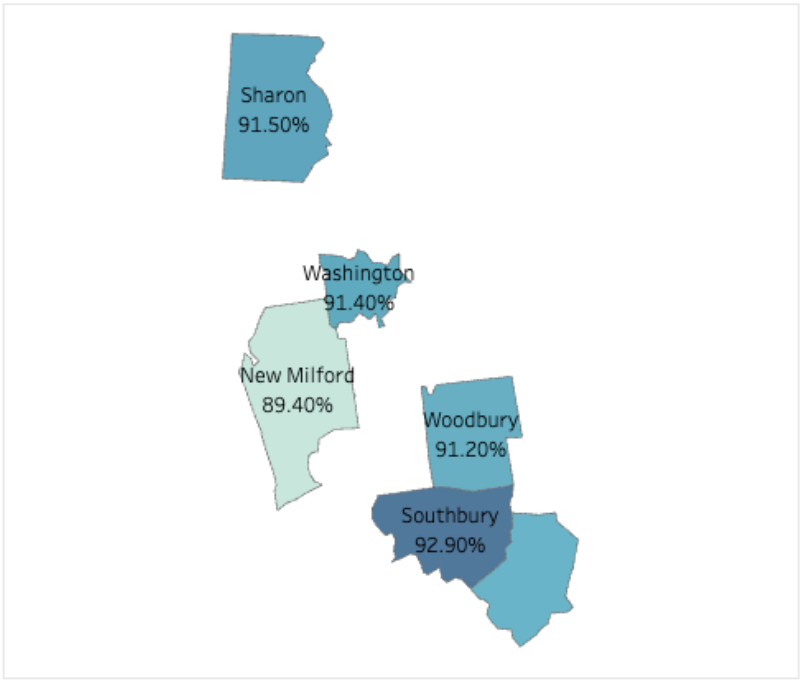
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 31.97% of survey respondents from HVHD towns are sleeping less than 7 hours. Two out the six HVHD towns exceeded this average percentage, including New Milford (32.4%) and Oxford (33.7%) .

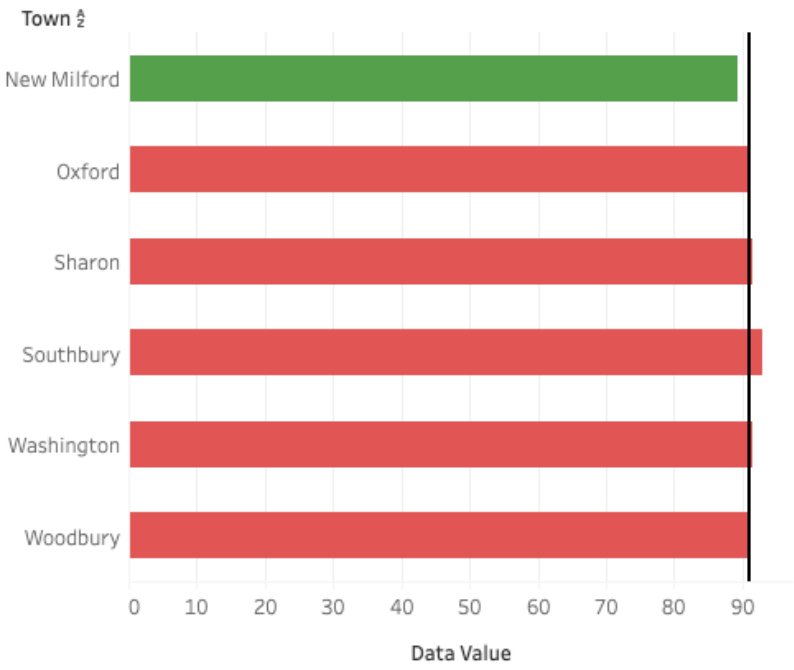
Why This Information Is Important:
Understanding sleeping habits is vital as poor sleep can contribute to a range of health issues, including mental health disorders, chronic diseases, and reduced overall well-being. This information allows HVHD to design targeted programs focusing on sleep education, stress management, and promoting healthy sleep practices. By addressing sleep habits proactively, HVHD can enhance community health and improve residents' quality of life.

This is only one variable among many that is included in the Health Risk Behaviors section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Prevention Measures: Cholesterol Screening

Cholesterol screening among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.
Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

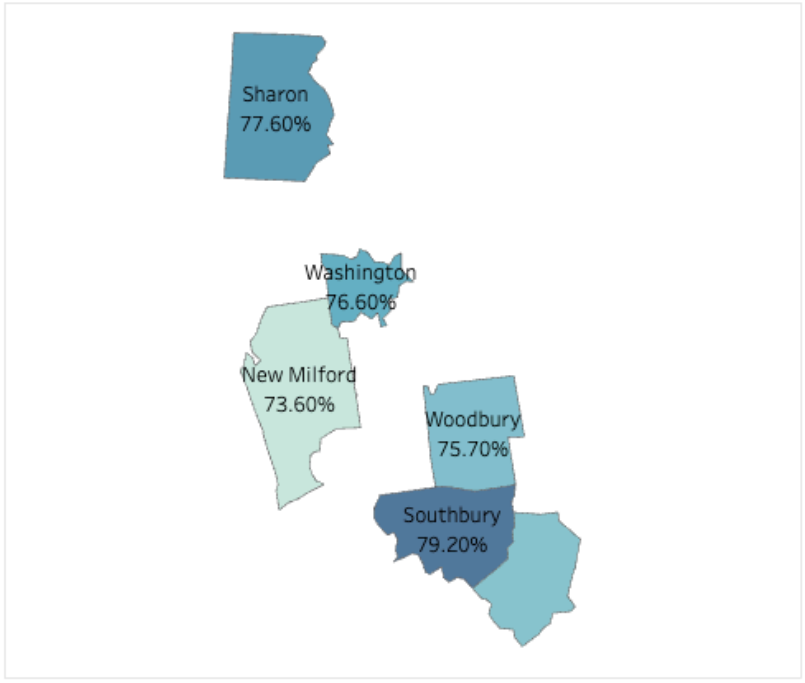
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of 91% of survey respondents from HVHD towns had a cholesterol screening. New Milford (89.4%) is the only town that was below the HVHD average for adults who responded that they had a cholesterol screening.

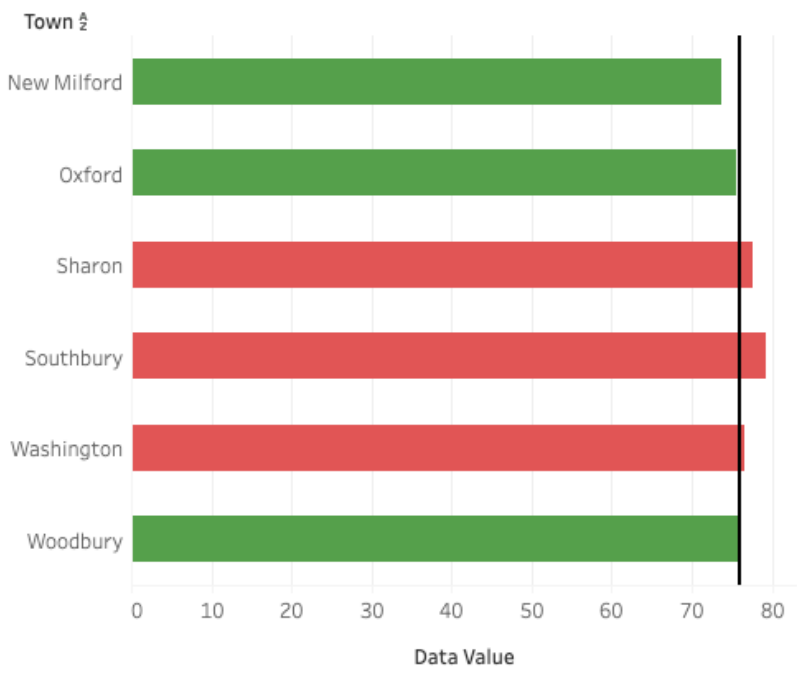
Why This Information Is Important:
Cholesterol screenings are crucial because they help identify individuals at risk for heart disease and stroke, enabling early intervention and management. Since a high percentage of residents in HVHD towns have undergone cholesterol screenings, this data can guide HVHD in tailoring educational campaigns and preventive programs to further reduce cardiovascular risks. Utilizing this information ensures that community health initiatives are relevant, effective, and targeted toward maintaining and improving heart health.

This is only one variable among many that is included in the Prevention Measures section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Prevention Measures: Routine Check-Up

Visits to doctor for routine checkup within the past year among adults aged >=18 years: HVHD, New Milford, Oxford and 4 more





Data sources: The model-based estimates were generated using BRFSS 2021 or 2020, Census 2010 population counts or census county population estimates of 2021 or 2020, and ACS 2015-2019 or ACS 2016-2020, ACS 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.
Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

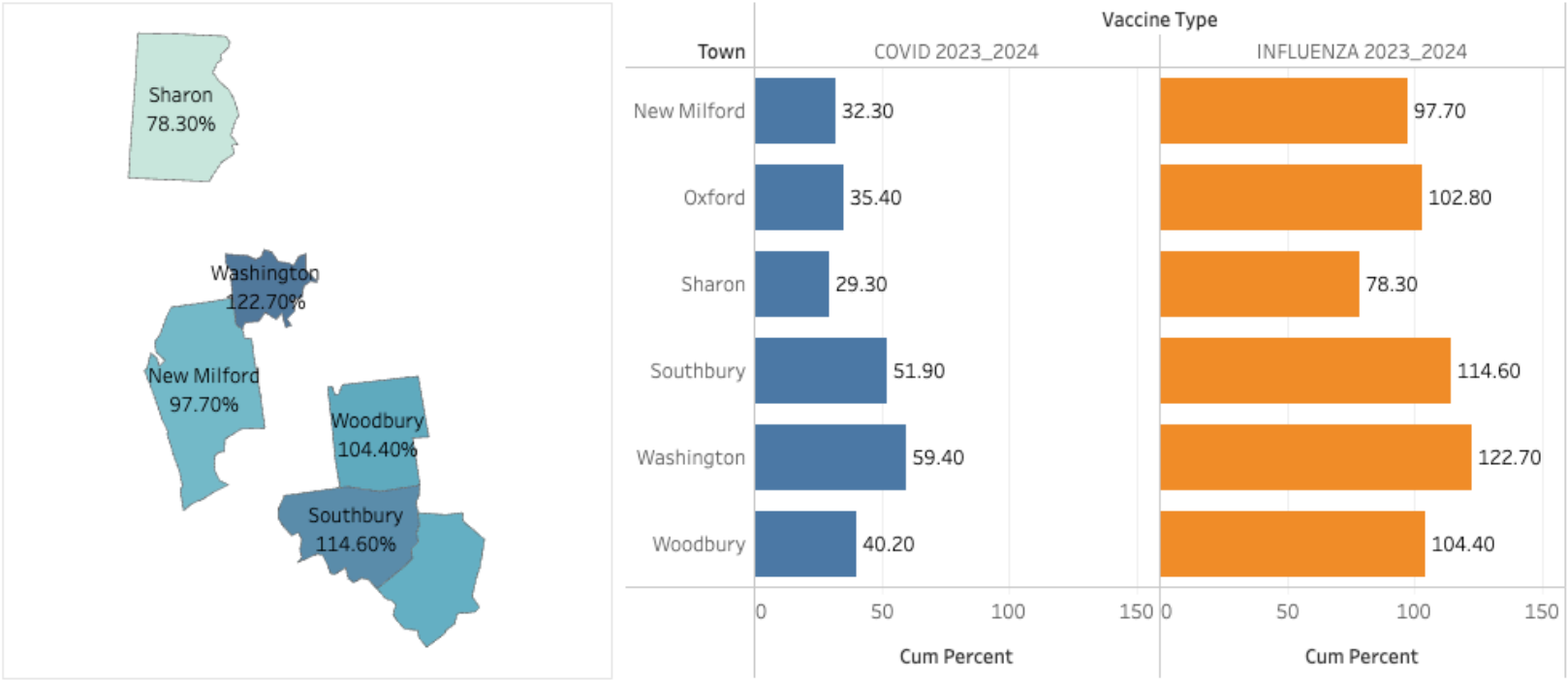
Based on the CDC PLACES data from the BRFSS 2021 survey, an average of **75.93%** of survey respondents from HVHD towns said that they visited a doctor for their routine checkup within the past year. Of the six HVHD towns, **New Milford (73.6%), Oxford (75.5%),** and **Woodbury (75.7%)** fell below the HVHD average percentage of respondents that visited a doctor for their routine checkup.

Why This Information Is Important:
Information about routine checkups is vital as it reflects the community's engagement with preventive healthcare. Understanding the frequency and demographics of those attending routine checkups helps HVHD identify gaps in healthcare access and design targeted programs to promote regular health screenings. This ensures that health interventions are proactive, addressing potential health issues early and improving overall community well-being.

This is only one variable among many that is included in the Prevention Measures section of the HVHD Community Profiles Dashboard. Visit here to learn more.

Respiratory Viral Disease Vaccine Coverage

Respiratory Viral Disease Vaccine Coverage among All in New Milford, Oxford, Sharon and 3 more

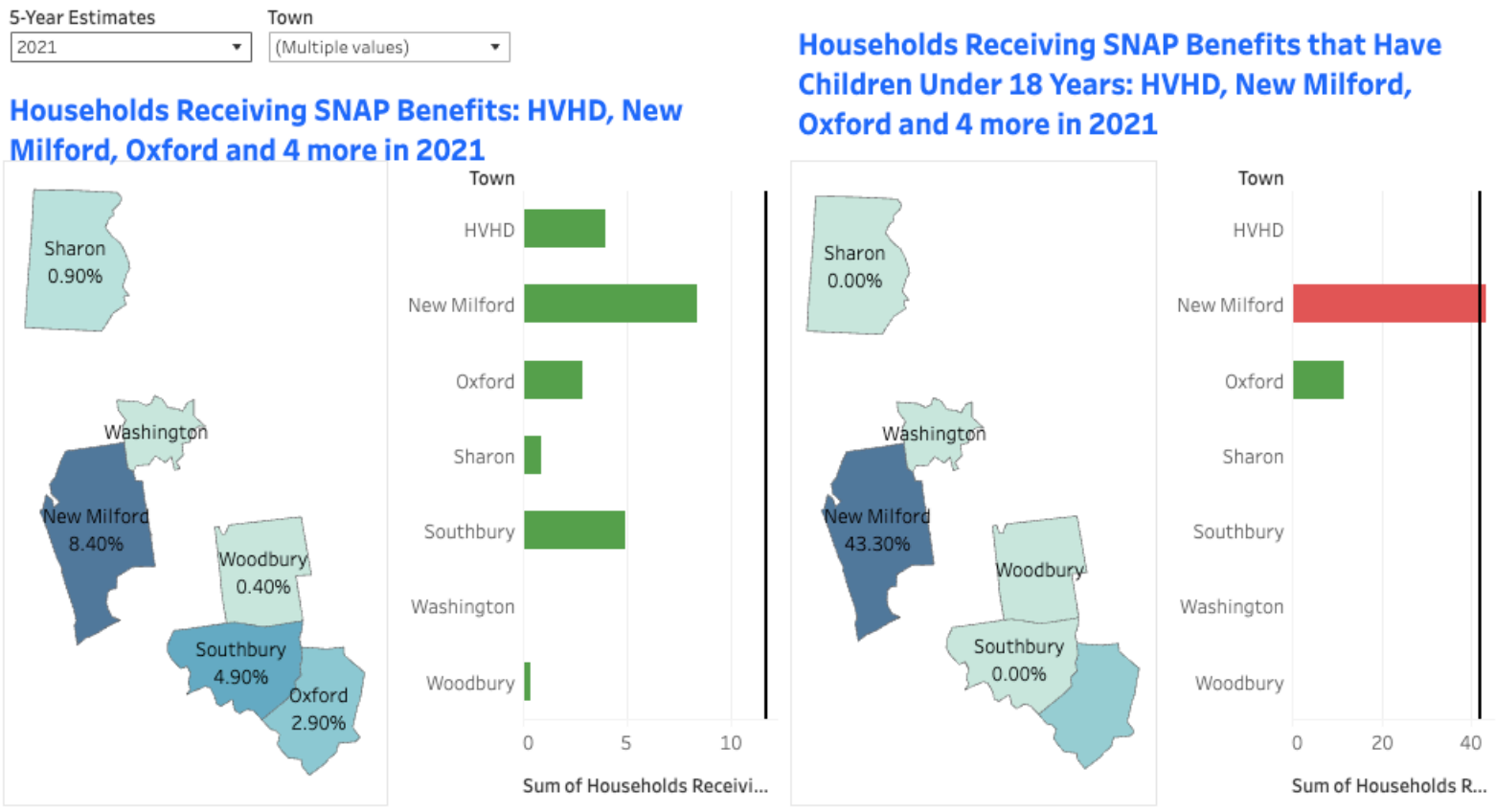


Data sources: The population estimates reported here are taken from the 2021 5-year American Community Survey (ACS). The analyses shown here are based on data reported to CT WiZ, the immunization information system for CT. While all vaccine doses administered in CT must be reported by law, vaccine reporting may be incomplete.
Credit: CT DPH Immunization Program

The dashboard above shows the cumulative number and percentage of people who received at least one 2023-2024 COVID-19 or influenza vaccine by town and age group from the first week in July 2023 to the week ending in March 9, 2024. Based on vaccine records from CT DPH Immunization Program, residents in Washington (59.4% COVID-19; 122.70) and Southbury received the most number of respiratory viral disease vaccines among the six HVHD towns.

Why This Information Is Important:
Understanding the percentage of each HVHD town's residents who received at least one COVID-19 and/or flu vaccine last year is crucial for future vaccine clinic planning. This data provides insights into vaccine uptake and helps identify areas with lower vaccination rates, enabling HVHD to tailor outreach efforts and allocate resources more effectively. By analyzing these trends, HVHD can better reach communities, address vaccine hesitancy, and ensure broader coverage in future vaccination campaigns.

Household SNAP Utilization

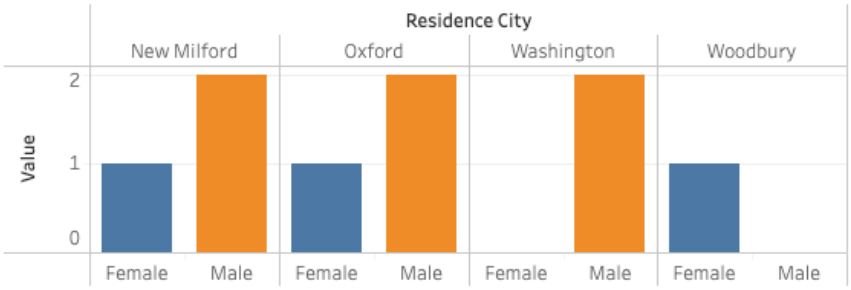


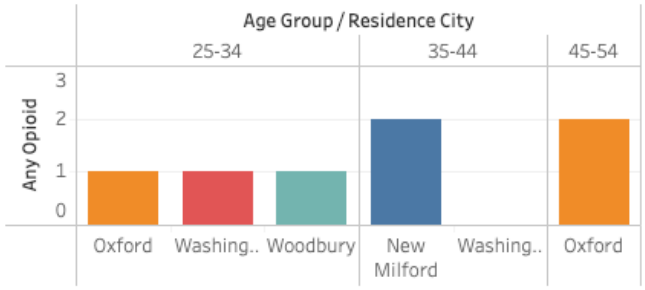
Data sources: US Census Bureau American Community Survey 2017-2021. This data is displayed in CDC PLACES, a collaboration between CDC and Robert Wood Johnson Foundation, and CDC Foundation.
Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA.

Based on data from the 2017-2021 ACS survey, an average of **11.7%** of CT households are receiving food stamps/SNAP. Of the 11.7% of households, 42% are households that are receiving SNAP benefits that have children under 18 years. Among HVHD towns, 8.4% of New Milford households receive SNAP benefits and 43.3% of those households have children that under 18 years old.

Why This Information Is Important:
Information about households receiving SNAP benefits is important as it indicates economic hardship and potential food insecurity within the community. Understanding these demographics allows HVHD to tailor nutrition and health programs, ensuring that residents have access to nutritious food and essential services. This targeted approach helps connect vulnerable households to additional resources and support, promoting overall well-being and reducing health disparities.

Opioid & Drug Overdose Statistics

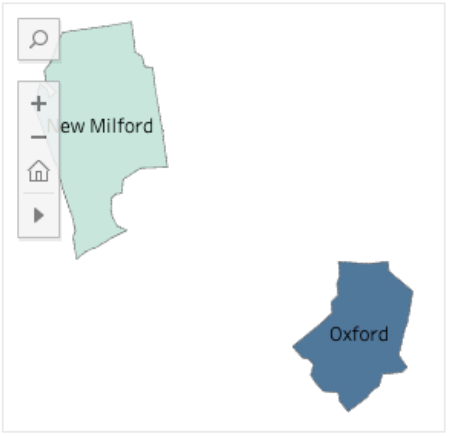




Injury City Map

Residency City Map

Death City Map



Data Source: Connecticut Office of the Chief Medical Examiner (OCME), using CDC's State Unintentional Drug Overdose Reporting System (SUDORS) guidelines and case definitions for unintentional and undetemined drug overdose deaths.

Based on data from CT DPH from January 1, 2023 through December 31, 2023, the dashboard above represents drug misuse among HVHD towns. In 2023, **7 HVHD residents died** from drug-related activities. **2 of the 7 deaths were New Milford residents**. The dashboard above breaks down the injury city, residency city, and death city based on data from CT DPH's SUDORS dashboard. Of the HVHD residence cities, **cocaine** use was the most common in **New Milford, amphetamines, methadone, and any opioid** was the most common in **Washington**, **any opioid and fentanyl** were the most common in **Woodbury and Oxford**.

Why This Information Is Important:
Information about opioid and drug misuse is critical for programming decision-making as it helps identify the extent and specific areas of substance abuse within the community. This data enables HVHD to develop targeted prevention and treatment programs, allocate resources effectively, and connect individuals to necessary support and rehabilitation services. By addressing this issue proactively, HVHD can reduce the impact of drug misuse and promote healthier, safer communities.

Partners & Stakeholders

HVHD®
Housatonic Valley Health District

Community Partners

Housatonic Valley Health District recognizes all the partnerships and support we receive from numerous outside agencies. We would like to take a moment to recognize these valuable partnerships.

Bethel Health Department
Brookfield Health Department
Community Health Center (CHC)
Connecticut Institute for Communities (CIFC)
CT Department of Energy & Environmental Protection
CT Department of Mental Health & Addiction Services
CT Department of Public Health
CT Office of Early Childhood (OEC)
Dambury Department of Health & Human Services
Grace Meadows
Griffin Health
Gunn Memorial Library
Heritage Village
Medical Reserve Corps Volunteers
Naugatuck Valley Council of Governments
Naugatuck Valley Health District
New Fairfield Health Department
New Milford CERT
New Milford Public Library
New Milford Public Schools
New Milford Senior Center
New Milford Social Services
New Milford Volunteer Corps
New Milford Youth Agency
Newtown Health District
Northwest Hills Council of Governments
Nuvance Health
Opioid Settlement Committee, New Milford
Oxford Public Library
Oxford Public Schools
Oxford Senior Center
Oxford Social Services
Pomperaug Regional School District 15
Redding Health Department
Region 14 Schools
Regional School District 12
Ridgefield Health Department
RVNA Health
Sherman Health Department
SMART
Southbury CERT
Southbury Public Library
Southbury Senior Center
Southbury Social Services
Torrington Area Health District
Town of Kent
Town of New Milford
Town of Newtown
Town of Oxford
Town of Roxbury
Town of Sharon
Town of Sharon
Town of Southbury
Town of Washington
Town of Woodbury
Washington Senior Center
Washington Social Services
Washington Volunteer Corps
Waterbury Hospital
Western Connecticut Coalition
Western CT Council of Governments
Woodbury Public Library
Woodbury Senior Center
Woodbury Social Services

HVHD Staff & Board of Directors

Housatonic Valley Health District recognizes that none of this work could be done without the support of the HVHD team.

HVHD Staff:

Director of Health:

- Amy Bethge, MPH, *Director of Health*

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- Jennifer Luis, *Operations Manager*
- Leslie Kuik, *Public Health Office Administrator*
- Shelby Meier, *Public Health Office Administrator*

Communications & Data Visualization Division:

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- Emily Gomes, RN, BSN, *Public Health Nurse*
- Daniel Sibio, CPC, *Medical Biller*

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- Jeff Andrews, RS, *Senior Sanitarian*
- Michelle Laguerre, FITO, *Sanitarian II*
- AJ Cresci, *Sanitarian I*
- Dennis Buell, *Sanitarian I*

HVHD Board of Directors:

Fred D'Amico, Chair, *Oxford*
Larry Ellis, Vice Chair, *Oxford*
Chris Cosgrove, *New Milford*
Michael Crespan, *New Milford*
Dr. Jeremy Levin, *New Milford*
Casey Flanagan, *Sharon*
Jack Kelly, *Southbury*
John Michaels, *Southbury*
Dean Sarjeant, *Washington*
Deborah Fuller, *Woodbury*

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