

**TORRINGTON AREA HEALTH DISTRICT**  
**ANNUAL REPORT: JULY 1, 2022 – JUNE 30, 2023**

The TAHD served over 133,000 people in twenty boroughs, cities, and towns covering 611 square miles.

The TAHD **Community Health Program** partnered with DPH and FoodCORE to investigate: **6** giardiasis, **10** campylobacteriosis, and **10** salmonellosis cases. TAHD guided schools, daycares, and community members on a variety of health issues and administered **566** flu vaccines to residents. TAHD consulted with 13 residents regarding potential rabies exposures submitting **9 specimens** to the DPH Laboratory for rabies testing. Ticks brought in by **52** residents were sent to the Connecticut Agricultural Experiment Station for Lyme disease bacteria testing.

TAHD is an active member of **Fit Together**, a Northwest Connecticut Healthy Eating and Active Living Initiative. The 5210-fitness initiative serves as the cornerstone of the group's outreach and educational efforts. Fit Together allocates its resources to provide community assistance and has awarded \$15,000 in mini-grants to community partners. These grants aim to support projects that align with Fit Together's mission and strategies. Some of the funded projects include assisting the Torrington Kids Marathon, purchasing spin bikes for Oliver Wolcott School, buying local fruits and veggies for the school meal program in Torrington Schools, and obtaining stencils and paint to create black tops around schools. These areas serve as a creative way to promote a variety of physical activities. Fit Together has also supported sustainable healthy environmental opportunities in Torrington and Winsted by designating funding for a new all-level fitness trail along the Sue Grossman Still River Greenway.

TAHD actively participates in the **Litchfield County Opiate Task Force (LCOTF)** and as a member of the LCOTF executive committee, developing strategies and solutions to combat the opiate epidemic. Additionally, TAHD staff has provided training sessions to local pharmacies and medical offices on various topics such as the CT Prescription Monitoring and Reporting System, Naloxone administration, Medication-Assisted Treatment, and Resetting Pain Expectations. This training falls under the Academic Detailing on Opioid Safety initiative. Furthermore, TAHD is also involved in the Rural Communities Opioid Response Program (RCORP). The primary objective of RCORP is to reduce the morbidity and mortality associated with substance use disorder (SUD), including opioid use disorder (OUD), in high-risk rural communities. By participating in this program, TAHD aims to strengthen and expand prevention, treatment, and recovery services, allowing rural residents to access appropriate treatment and make progress toward their recovery goals.

TAHD contracted with United Way of Connecticut (UWC) to expand upon cross-sector efforts within the state to implement a comprehensive public health approach to suicide prevention to reduce suicide morbidity and mortality among three key vulnerable populations in the state: 1) middle-aged adults 35-64 years of age, particularly those in high-risk occupations or with serious mental illness or substance use disorder, 2) young adults 18-24 years of age and 3) adolescents 10-17 years of age. The TAHD provides QPR training to community members with the goal of reducing suicidal behaviors and saving lives. QPR Gatekeeper Trainers deliver this training and offer an innovative, practical, and proven suicide prevention approach. QPR is an excellent method for individuals and organizations to empower our communities in effectively intervening on behalf of suicidal and in-crisis individuals.

TAHD is an active member of the **National Diabetes Prevention Program**, dedicated to preventing or delaying the onset of type 2 diabetes. The program is designed for individuals with prediabetes and those at high risk for type 2 diabetes, spanning an entire year and focusing on promoting lifestyle changes. The program's objectives for participants involve engaging in 150 minutes of physical activity each week and achieving weight loss of 5 to 7%. The first session for this year commenced in November at the Litchfield Community Center.

The **TAHD Immunization Action Program (IAP)** collaborates with local providers and hospitals to ensure compliance with CT childhood immunization laws. In partnership with 12 medical and 40 community-based organizations in the district, TAHD focuses on educating, raising awareness, and promoting immunization. To support medical providers, TAHD supplies them with educational materials for both staff and patients, aiming to foster vaccine confidence and organizing educational events. Additionally, for community partners, TAHD arranges displays in libraries, museums, and food banks, and actively participates in various events such as back-to-school nights and health fairs. Posters are distributed in public spaces like post offices, coffee shops, libraries, and town halls to further spread the message. To boost vaccination efforts, TAHD continues to leverage social media.

The **TAHD Childhood Lead Poisoning Prevention Program** provided case management for more than 40 children with blood lead levels ( $\geq 3.5\mu\text{dl}$ ) as well as provided educational information to more than 100 families. Abatement/Remediation Orders were issued for 9 properties. 7 abatements were completed.

**TAHD Environmental Health Program** resulted in the following inspections/licenses/permits: **875** food inspections, **806** temporary food permits, **118** new septic systems, **252** repaired septic systems, **167** private well permits, **130** private pool permits, **200** beauty salons & barber shops inspections, **616** house addition permits, **355** soil tests, **28** subdivision lots, **43** public pools were inspected, and **26** daycare centers inspected. Records show that approximately **557** samples were submitted to the state lab for testing of drinking water, beach and pool water, lead in water, soil and dust, and stool samples for pathogens. Sanitarians investigated **293** complaints of various public health concerns; **24** legal orders/voluntary compliances were issued for enforcement purposes.

**TAHD Emergency Preparedness Program** continues to work and participate with local, regional, and state community partners to prepare for unprecedented events. The activities include but are not limited to outbreak investigation, surveillance, consultation and communication with health partners, public safety, town, and school officials, receiving and distributing personal protective equipment, promoting flu vaccination clinics, practicing closed point of distribution drills (POD) at Housatonic Valley Regional High School and meet CT-DPH deliverable by conducting multi-regional and multi-agency Anthrax tabletop exercise.

The **TAHD Medical Reserve Corps (MRC)** continues to work actively and recruit new volunteers with the goal of focusing on local community health and well-being. The program's main emphasis lies in education and outreach, covering a wide range of topics. These include but are not limited to, first aid, CPR/AED, QPR Gatekeeper, Stop the Bleed training, Human trafficking training, Build an Emergency Kit, and generic emergency preparedness at home. Moreover, the program actively participates in local fairs and community outreach events. The primary objective of TAHD MRC is to raise awareness and develop a comprehensive training curriculum. This curriculum aims to better equip the public in protecting themselves and their family members in a safe, timely, and effective manner. As of July 2023, TAHD has successfully recruited 220 volunteers and plans to retain and recruit even more. TAHD continues to distribute at-home COVID-19 test kits throughout the community including community centers, libraries, shelters, and food pantries.



Robert Rubbo, MPH, Director of Health