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PARAMUS HEALTH DEPARTMENT  
2022 ANNUAL HEALTH REPORT

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PREVENT. PROMOTE. PROTECT.

Paramus  
Health  
Department

Joanna Adamiak  
Director of Health

# DIRECTOR'S REPORT

Dear Residents,

The Paramus Health Department is pleased to present the 2022 Annual Report. This report summarizes our efforts which align with our mission to prevent disease, disability, and premature death, and to promote the physical and mental well-being for all who live, work, and do business in the Borough of Paramus. As we entered into 2022, we were amidst a surge of COVID-19 cases from the Omicron variant. As new cases surged, not even the Health Department staff was spared, but we continued to function at full capacity to provide all essential services. One reason that the Omicron variant seemed to spread so quickly was because it caused more cases among vaccinated individuals than earlier variants, although the cases were milder or asymptomatic because of vaccine protection. The good news was that we had vaccines and boosters, and we were familiar with multi-level prevention strategies such as masking in public indoor settings, practicing social distancing, frequent handwashing, improving ventilation, and testing to slow transmission. Our testing location at the Paramus Municipal pool was flooded with Borough employees, residents, and surrounding community members, and this proved to be an invaluable resource to slow down transmission. Our nursing staff continued to investigate cases, advise schools and long-term care facilities on infection control measures, and contact tracers were put to task. Our nurses were there to answer questions on new and ever evolving guidance and recommendations.

On Monday March 7<sup>th</sup>, Governor Murphy ended the COVID-19 public health emergency through Executive Order No. 292. We saw this as a step toward normalcy after an unprecedented two years. As always, we continued to monitor cases, promote testing and vaccination, and highlight the importance of masking when social distancing could not be maintained.

While COVID-19 continued to be at the forefront of our daily tasks, none of our other imperative services suffered. The environmental staff continued inspecting our retail food establishments to ensure food safety, and addressed complaints of various nature. Our registrars of vital statistics continued to issue vital records and process marriage applications. The health education team offered virtual trainings on relevant health topics, such as nutrition and diabetes, and launched a Paramus Walks program in Van Saun Park with tremendous community participation.

During November and December, Influenza activity reached high levels statewide. Emergency Department visits and outpatient provider visits associated with influenza-like illnesses were the highest in a decade for that time of year.

Outbreaks of Influenza and Respiratory Syncytial Virus (RSV) continued to be reported in all settings throughout the State, predominately in school and childcare settings.

The winter brought three major respiratory viruses, RSV, the Flu, and COVID-19, which collided in the United States in what officials called a “triple-demic,” and the worst impacts were on children. In response to the increased activity, the Health Department set up testing locations during December to test for COVID-19, Flu, and RSV for all adults and children.

We are proud of the progress that we have made to ensure positive health outcomes for all Paramus residents, and the resiliency of our community is remarkable. All of the progress could not have been possible without the dedication of the Paramus Health Department staff. I would like to thank the staff for their continued hard work and efforts in ensuring the well-being of all Paramus residents.

Respectfully submitted,

Joanna Adamiak, MPH

Director of Health  
Health Officer

## OUR VISION

A healthy community in which people are able to live up to their fullest potential.

## OUR MISSION

To promote the physical and mental well-being for all who live, work, and do business in the Borough of Paramus, and to prevent disease, disability and premature death. We accomplish this mission through policy development, disease detection, education, and health promotion.

## SOME OF OUR CORE VALUES...

**Excellence** – We aim to provide all our services and conduct all our actions at the highest level.

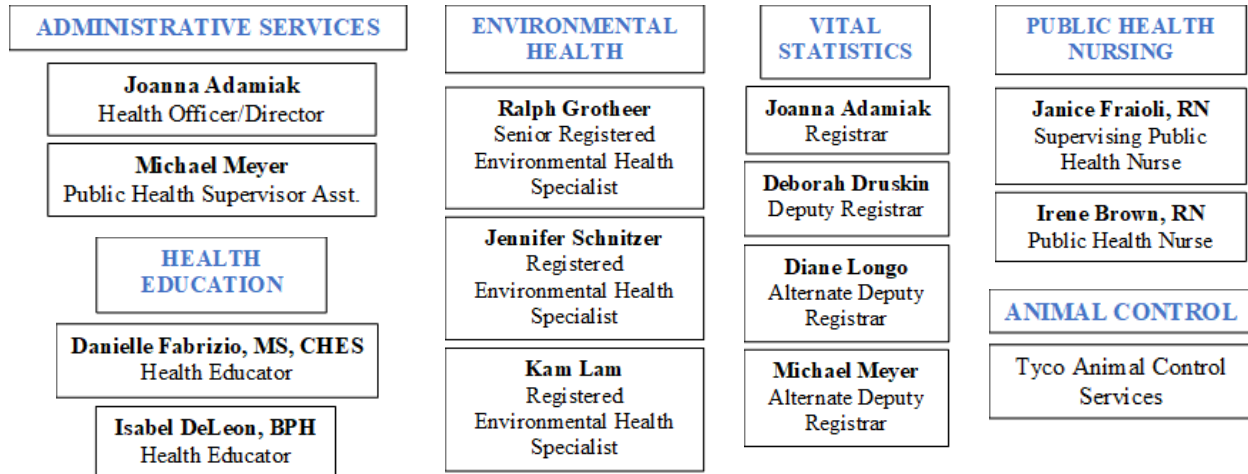
**Respect** – We hold the highest regard for all employees and members of the community and treat all with respect, courtesy, and understanding.

**Professionalism** – We maintain the highest level of ethics, knowledge, and engagement with current data, trends, standards, and ideas in order to be responsive, open-minded and flexible as we engage with and educate our community.

**Equity** – We serve and treat everyone equally. We strive to address the cause of inequity and remove the systemic barrier.

## ORGANIZATIONAL STRUCTURE

Each local health agency shall employ a full-time health officer, public health nurses, registered environmental health specialists, and health educators. Additionally, vital statistics for the creation of vital records shall be provided.



## PARAMUS BOARD OF HEALTH

The Paramus Board of Health is a legally constituted, autonomous body made up of five members that are appointed by the Mayor and Council to create health policy for the Borough. The Board is empowered by State Statute to enact local ordinances to protect the public health and to provide programs in five major areas, including Administration, Environmental Health, Communicable Disease Control, Maternal and Child Health, and Chronic Illness detection and Control.

The dates of the Board of Health meetings can be found on the Paramus Borough website. The public is encouraged to attend these meetings held at Borough Hall Caucus Room.

Office hours for the Paramus Health Department are 8:30 a.m. to 4:30 p.m., Monday through Friday.

### 2022 Board of Health Members

**Eric Nazziola, MD - President**

**Zalaikha Javed Memon - Vice President**

**Dana Folcarelli**

**Gregory Serrano (Resigned) – Tina DiPiazza**

**Al Nadera**

**Jeanne Weber – Council**

## WHAT IS PUBLIC HEALTH?



**Public Health**  
Prevent. Promote. Protect.

Public health is a multidisciplinary field whose goal is to promote the health of the population through organized community efforts. In contrast to medicine, which focuses mainly on treating illness in separate individuals, public health focuses on preventing illness in the community. Key public health activities include assessing the health status of the population, diagnosing its problems, searching for the causes of those problems and designing solutions for them. The solutions usually

involve community-level interventions that control or prevent the cause of the problem. For example, public health interventions include establishing educational programs to discourage teenagers from vaping or smoking, implementing screening programs for the early detection of diabetes, and passing laws that require automobile drivers and passengers to wear seat belts.

## TEN ESSENTIAL PUBLIC HEALTH SERVICES

- Monitor health status to identify community health problems
- Diagnose and investigate health problems in the community
- Inform, educate, and empower people regarding health issues
- Mobilize community partnerships to identify and solve health problems
- Develop policies and plans which support individual and community health efforts
- Enforce the laws and regulations that protect health and ensure safety
- Link people to needed personal health services and assure health care when it is otherwise unavailable
- Ensure a competent local public health system and assure a competent personal health care workforce
- Evaluate the effectiveness, accessibility, and quality of personal and population-based health services
- Research for innovative solutions to health problems

## PUBLIC HEALTH NURSING



The synthesis of nursing practice and public health practice encompasses protecting and promoting physical and mental health and preventing disease, injury, and disability. Public health nursing practice incorporates the core public health functions of assessment, assurance, and policy development within the art and science of professional nursing practice through a systematic process which promotes and protects the public health.

Telephone Counseling	YTD
Nursery Schools	310
Public Schools	146
Private Schools	121
Board of Education	8
Audit Follow-up	71

School Visits	YTD
Pre-School/Nursery School Audits	
Records Audited	1178
Records Re-Audited	200
Public/Private School Audits	
Records Audited	2477
Records Re-Audited	13

Radon Kits	YTD
Radon Test Kits Distributed	6

Outbreaks	YTD
Facilities (Long Term Care, Residential Living)	29
Day Care/Schools/Community	12

Home Visits	YTD
Residents	1
Seniors	65

Visits to Nurses' Office	YTD
MD	1
Nurses/Student Nurses	25
Residents	35
Seniors	60
Borough Employees	115
NJDHSS	1
Other	65

Agency Visits	YTD
Ambulance Corps.	7
Doctors Office	1
Human Services	3
Police Department	8
Senior Center	3
Other	4

Communicable Disease Investigation	YTD
Amoebiasis	2
Babesiosis	1
Campylobacter	10
Cryptosporidiosis	1
Giardiasis	2
Haemophilus Influenzae	1
Hepatitis B	4 + *2
Hepatitis C	4
Lyme	**3
Pertussis	3
Salmonella	4
Shigatoxin-E-Coli (STEC)	4
Shigellosis	1
Strep Pyogenis	1
Varicella	1
<b>Total</b>	<b>39 +*2 +**3</b>
<b>Redirects</b>	<b>54</b>
<b>Old Case Updates</b>	<b>16</b>

Per NJDHSS: \* Probable; \*\* Possible

Novel Coronavirus 2019	YTD
Positive	4,314
Negative	3,866

Elevated Blood Lead Levels	YTD
Elevated Blood Lead Levels	2

Disease Investigations Not Meeting NJDHSS Case Definitions	YTD
Botulism	1
Ebola	1
Hepatitis A	1
Hepatitis B	15
Hepatitis C	1
Monkeypox	9
Varicella	2
Perinatal Hep B	1



<b>Telephone Counseling</b>	<b>YTD</b>
Employees	86
Residents	154
Seniors	153
Parents	160
Other	77

<b>Telephone Conferences to/from Other Agencies</b>	<b>YTD</b>
Ambulance Corps.	13
BCDHS	18
New Bridge Medical Center	11
Boro Departments	79
Hospital/Clinics	100
Human Services	2
Laboratories	35
Library	6
Local Health Departments	29
NJIS	5
NJDOH	15
Pharmaceutical Companies	5
Physicians	86
Police	20
Residential Facilities (Nursing & Assisted)	299
Senior Center & Clubs	4
Medical Supplies	6
VFC program calls, emails, faxes	8
Other	58
Correspondence (Letters, Fax, E-mail)	44,420

<b>Referrals to Other Agencies</b>	<b>YTD</b>
Adult Day Care	1
Ambulance Corps	6
American Cancer Society	1
BCDHS	14
Cancer Associations	2
Community Nursing Svc/Assisted/LT Facilities	20
FQHC	19
Helpline	1
Hospice	2
Hospitals & Clinics	46
NJDHSS	5
Paramus Human Services	4
Private MD	24
TB Control	4
Walk-In Medical Clinics	13
Other	14

Health Assessments		YTD
Office Visits	New	70
	1st visit this year	50
	Revisits	129
Sex	Male	64
	Female	185
Age	18-24	1
	25-44	25
	45-64	111
	65+	112
Race/Ethnicity	Black	3
	White	187
	Hispanic	26
	Asian	30
	Other	3
<b>Total</b>		249
<b>Employees</b>		83

Nursing Procedures		YTD
Blood Chemistry		49
Blood Chemistry pick-up and counseling		48
Blood Pressure		257
Cardiovascular		255
Diabetes Screening		49
Health Assessment		79
Mantoux Test		93
Other		6
Referral		1

Counseling		YTD
Alcohol		1
Arthritis		8
Diabetes		19
Exercise		44
Medication		36
Nutrition		41
Other		15
Psychosocial		50
Smoking		7
Stroke Screening		13
Thyroid		6
Vaccinations		59
Vision		1
Vitamin D Deficiency		5

2022 Flu Vaccine	YTD
Employee/Family	74
Home Visits	12
Other	2
Resident	52
Retirees	8
Housing (Behnke, Sipporta)	47
Total	197

## HEALTH EDUCATION AND HEALTH PROMOTION SERVICES

Each local health agency shall provide a comprehensive health education and health promotion program which is developed and overseen by a health educator and provides integrated support to the daily operation of the local health agency.



Date	Hours	Program	Sessions	Target	Participants	Location
1-10	2	Hands-only CPR training	3	6 <sup>th</sup> , 7 <sup>th</sup> , & 8 <sup>th</sup> graders	125	East Brook Middle School
1-11	2	Hands-only CPR training	3	6 <sup>th</sup> , 7 <sup>th</sup> , & 8 <sup>th</sup> graders	150	East Brook Middle School
1-21	2	You Don't Know Me Until You Know Me- Mykee Fowlin	1	6 <sup>th</sup> & 7 <sup>th</sup> graders	435	Westbrook Middle School
2-24	6	Eating Healthy for Weight Loss	1	Paramus Community	38	Paramus Library Partnership
3-3	8	Blood Pressure Clinic	1	Brightview Residents	26	Brightview Living
3-17	6	Brain Foods Demo	1	Paramus Community	6	Harmony Village at CareOne, Zoom
3-24	6	Hypertension- A Silent Dilemma	1	Paramus Community	56	Paramus Library Partnership
3-31	5	Let's Celebrate a World of Flavors	1	Paramus Community	3	Zoom
4-1	10	Nutrition Plates	8	Paramus Elementary students	114	Parkway Elementary
4-7	8	Brightview Living BP Clinic	1	Brightview Residents	28	Brightview Living
4-26	5	Covid Resilience	1	Paramus Residents	3	Zoom
4-28	5	My Aching Knees	1	Paramus Community	129	Paramus Library Partnership
5-3	5	Prepare your Memory	1	Paramus Women's Club	89	Paramus Women's Clubhouse
5-5	8	BV Blood Pressure Clinic	1	Brightview Living Residents	26	Brightview Living
5-5	4	BV Brown Bag, Pharm review	1	Brightview Living Residents	7	Brightview Living
5-7	20	Paramus Blood Screening	1	Paramus Residents	61	Luckow Pavilion

5-9	5	Blues vs Depression	1	Juniper Living Residents	21	Juniper Living
5-18	5	Pre-Diabetes Lunch & Learn	1	Paramus Residents	2	Zoom
5-26	2	Vaping: What Parents Need to Know	1	Paramus Residents		Zoom
6-2	4	Brightview Living Pharmacy Review	1	Brightview Residents	8	Brightview Living
6-2	8	Brightview Living BP Clinic	1	Brightview Residents	23	Brightview Living
6-11	4	Parkway School Carnival Day	1	Parkway Families	60	Parkway Elementary School
6-15	5	Taking Care of Your Skin this Summer	1	Paramus Residents	19	Zoom
6-29	5	LGBTQ+101: Understanding Sexuality	1	Paramus Residents	13	Zoom
7-7	4	Brightview Living Pharmacy Review	1	Brightview Residents	5	Brightview Living
7-7	8	Brightview Living Blood Pressure Clinic	1	Brightview Residents	17	Brightview Living
7-13	5	Taking Care of your Skin	1	Brightview Residents	16	Brightview Living
7-28	5	Better Balance, Better Life	1	Paramus Residents	11	Zoom
8-1	5	No Water, No Life	1	Paramus Recreation Camp	80	Ridge Ranch Elementary School
8-2	5	No Water, No Life	1	Paramus Recreation Camp	40	Memorial School
8-2	5	National Night Out	1	Paramus Residents	350	Paramus Public Library
8-11	5	Sleep 101	1	Paramus Residents	5	Zoom
9-2	5	Parkway back to school lunch	1	Paramus Teachers	60	Parkway Elementary
9-12	1	Paramus Walk	1	Paramus Residents	46	Van Saun County Park
9-13	5	Lyme Disease	1	Paramus Residents	5	Zoom
9-19	1	Paramus Walk	1	Paramus Residents	48	Van Saun County Park
9-21	5	Self-Care for Caregivers	1	Paramus Seniors	22	Paramus Senior Center
9-26	1	Paramus Walk	1	Paramus Residents	30	Van Saun County Park
9-30	4	Better Balance	1	Paramus Residents	15	Paramus Public Library
10-3	4	Paramus Walk	1	Paramus Residents	28	Van Saun County Park
10-7	8	Brightview-Healthy Eating for Seniors	1	BrightView Residents	8	Brightview Paramus
10-10	5	Paramus Walk	1	Paramus Residents	27	Van Saun County Park

10-17	5	Paramus Walk	1	Paramus Residents	21	Van Saun County Park
10-19	5	Improving your Memory	1	Paramus Residents	16	Zoom
10-20	5	Vaping	1	Paramus Residents	18	Paramus Library
10-21	5	Myplate Nutrition	1	K – 2 <sup>nd</sup> Graders	180	Memorial Elementary School
10-24	5	Paramus Walk	1	Paramus Residents	CANCELLED	Van Saun County Park
10-26	5	Nutrition Jeopardy	1	3 <sup>rd</sup> & 4 <sup>th</sup> Graders	146	Memorial Elementary School
10-28	8	Trunk or Treat	1	Paramus Residents	450	Parkway Elementary School
10-31	5	Paramus Walk	1	Paramus Residents	23	Van Saun County Park
11-3	5	Bright View Stroke	1	BrightView Residents	27	Brightview Paramus
11-7	5	Paramus Walk	1	Paramus Residents	28	Van Saun County Park
11-14	5	Paramus Walk	1	Paramus Residents	28	Van Saun County Park
11-17	4	My Aching Feet	1	Paramus Residents	22	Paramus Public Library
11-21	5	Paramus Walk	1	Paramus Residents	8	Van Saun County Park
11-28	5	Paramus Walk	1	Paramus Residents	9	Van Saun County Park
12-1	8	Brightview BP Clinic	1	BrightView Residents	20	BrightView Paramus
12-5	5	Strategies for Healthy Eating	1	Paramus Residents	2	Zoom
12-5	5	Paramus Walk	1	Paramus Residents	5	Van Saun County Park
12-7	3	The New Valley Hospital	1	Paramus Residents	CANCELLED	Paramus Senior Center

Category	Number of Programs
Virtual Health Education	12
Blood Pressures	6
School Health Education Programs	11
Community Walking	13
Assisted Living Programs	8
Library In-Person Programs	7
Senior Center	2
Women’s Club	1
<b>Total</b>	<b>60</b>

## VITAL STATISTICS & FINANCIAL REPORT

The National Vital Statistics System of the National Center for Health Statistics (NCHS) compiles and publishes data on births, deaths, marriages, divorces, and fetal deaths in the United States. Registration offices in all 50 states, the District of Columbia, and New York City have provided information on births and deaths since 1933. Most birth and death certificates used in the 50 states correspond closely in content and organization to the standard certificate recommended by NCHS. Public health data collected currently on birth certificates includes birth weight, gestational age, and adverse pediatric conditions. Death certificates collect information on diseases, injuries, and complications that directly caused the death.

LICENSES AND PERMITS	QUANTITY	TOTAL
FOOD HANDLING	370	\$ 171,750.00
VENDING MACHINES	247	\$ 12,350.00
SWIMMING FACILITIES	3	\$ 800.00
LATE FEES	26	\$ 1,675.00
PLAN REVIEWS	16	\$ 1,600.00
RE-INSPECTION FEE	5	\$ 575.00
PET SHOP/KENNEL	6	\$ 900.00
BODY ART	12	\$ 2,400.00
ELECTRONIC CIGARETTE DEVICES	16	\$ 8,000.00
BEAUTY PARLOR/NAIL SALON	66	\$ 9,900.00
<b>TOTAL</b>		<b>\$ 209,950.00</b>

VITAL STATISTICS	QUANTITY	TOTAL
DEATH TRANSCRIPTS	134	\$ 1,130.00
EDRS DEATH TRANSCRIPTS	6295	\$ 37,010.00
BURIAL PERMITS (OFFICE)	1	\$ 5.00
MARRIAGE LICENSE	52	\$ 1,456.00
MARRIAGE TRANSCRIPTS	462	\$ 3,995.00
BIRTH TRANSCRIPTS	2	\$ 20.00
DISINTERMENTS	12	\$ 60.00
VITAL STATISTICS CORRECTIONS	4	\$ 60.00
<b>TOTAL</b>		<b>\$ 43,736.00</b>

ANIMAL CONTROL	QUANTITY	TOTAL
DOG LICENSES	165	\$ 3,916.80
CAT LICENSES	15	\$ 324.00
REDEMPTION FEES	10	\$ 255.00
<b>TOTAL</b>		<b>\$ 4,495.80</b>

**Total Receipts for 2022**

**\$258,181.80**

<b>VITAL STATISTICS OF PARAMUS</b>	<b>TOTAL</b>
DEATHS OCCURRED IN PARAMUS	436
MARRIAGES OCCURRED IN PARAMUS	124
DEATHS (PARAMUS RESIDENTS)	286



## ENVIRONMENTAL HEALTH



For centuries, laws have been in place in the United States and around the world to protect the health of residents, with the earliest focused in issues of sanitation and hygiene. With training in subject areas such as environmental health, biology, and chemistry, the Registered Environmental Health Specialists (REHS) are prepared to inspect a range of licensed establishments. Retail food establishments are inspected to assure the safe handling, storage and

preparation of food to prevent foodborne illnesses. Pet shops are inspected to assure safe handling, hygiene practices of animals, and ensure that animals are protected from any form of animal cruelty. Permanent cosmetic establishments must demonstrate safe practices to prevent the spread of diseases such as Hepatitis B, C, and HIV. The primary activities of the Environmental Division professionals are inspections of retail food establishments and the investigations of nuisance and environmental complaints.

### ***Retail Food Inspections***

<i>Initial Inspections</i>	705
<i>Re-Inspections</i>	7
<i>Posted Satisfactory</i>	703
<i>Posted Conditionally Satisfactory</i>	7
<i>Posted Unsatisfactory</i>	0
<i>Food Establishments</i>	565
<b><i>Total Establishments Inspected</i></b>	<b>712</b>

### ***Vending Machine Inspections***

<i>Posted Satisfactory</i>	144
<i>Posted Unsatisfactory</i>	7
<b><i>Total Vending Machines Inspected</i></b>	<b>151</b>

### ***Other Inspections***

<i>Mobile Vendor Inspections</i>	47
<i>School Cafeteria Inspections</i>	25
<i>Nursery School/Day Care Inspections</i>	18
<i>Nursing Home Inspections (Food Service)</i>	29
<i>Temporary Food Establishment Inspections</i>	71
<i>Religious, Charitable, and Fraternal Inspections</i>	20
<i>Preoperational Inspections</i>	26

### ***Related Activities***

<i>Plan Reviews</i>	6
<i>Spot Checks</i>	292

### ***Occupational Health Inspections***

<i>Permanent Cosmetics</i>	6
<i>Swimming Pools</i>	15
<i>Pet Shops/Kennels</i>	6
<i>Ear Piercing</i>	6
<i>Youth Camps</i>	2
<i>Tanning Salons</i>	2
<b><i>Total Establishments Inspected</i></b>	<b>37</b>

### ***Citizens' Complaints***

<i>Air Sanitation</i>	2
<i>Bathing Places</i>	3
<i>Food Establishments</i>	11
<i>Food</i>	13
<i>Multi-Family</i>	1
<i>Insects</i>	11
<i>Rodents</i>	4
<i>Ragweed &amp; Poison Ivy</i>	6
<i>Communicable Diseases</i>	1
<i>Solid Waste Disposal</i>	3
<i>Birds &amp; Animals</i>	18
<i>Sanitary Facilities</i>	18
<i>Residential</i>	5
<i>Massage Parlors</i>	1
<b><i>Total Complaints Received</i></b>	<b>97</b>

<b>Public Swimming Pools</b>	<b>Satisfactory</b>	<b>Unsatisfactory</b>
<b><i>Paramus Municipal Pool</i></b>		
Main	12	-
Intermediate	12	-
Kiddie	12	-
<b><i>Ridgewood Country Club</i></b>		
Pool	12	-
<b><i>Moshava Ba'ir Youth Camp</i></b>		
Pool 1	8	-
Pool 2	8	-
Pool 3	8	-
Pool 4	7	-
<b><i>Camp Shalom</i></b>		
Pool 1	9	-
Pool 2	9	-
<b><i>24 Hour Fitness</i></b>		
Pool	47	-
Spa	33	-
<b><i>LA Fitness</i></b>		
Pool	35	6
Spa	32	2
<b><i>Hampton Inn</i></b>		
Pool	42	1
<b><i>Big Blue Swim School</i></b>		
Pool	13	3

## Rabies

<b><i>Animal Bites</i></b>	<b>YTD</b>
<i>Total Number of Bites Investigated</i>	12
<i>Total Visits</i>	27
<i>Dogs</i>	21
<i>Cats</i>	1
<i>Other</i>	5

## ANIMAL CONTROL

The Paramus Health Department contracts animal control services through an agreement with Tyco Animal Control Services. Tyco has been appointed as Certified Animal Control Officer and Cruelty Investigator for the Borough and is responsible for impounding lost and stray animals and rescuing or removing sick, dangerous, diseased or injured wildlife. Tyco also provides humane trapping of wildlife on Borough property, facilitates the removal of feral cat colonies, removes dead animals from roadways, and assists with the dispersal of Canadian Geese on Borough property.



<b>Total Calls</b>	171
<b>Investigations</b>	11
<b>Emergency Calls</b>	43
<b>Animals Handled</b>	163
<b>Gone on Arrival</b>	9

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