

2024 ANNUAL REPORT



Public Health
Prevent. Promote. Protect.

WEST WINDSOR TOWNSHIP HEALTH DEPARTMENT

A REPORT TO OUR COMMUNITIES

West Windsor Township
Robbinsville Township
Hightstown Borough

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GOVERNANCE



West Windsor Township 2024

Hemant Marathe, Mayor

Council and Board of Health Members

Linda Geevers, President

Andrea Mandel, Vice President

Sonia Gawas

Daniel Weiss

Martin Whitfield

Administration

Marlena Schmid, Business Administrator/Director, Health & Human Services

GOVERNANCE



Robbinsville Township 2024

David Fried, Mayor

Council and Board of Health Members

Mike Todd, President

Deborah Blakely, Vice President

Christine Ciaccio

Amit Chopra

Hal English

Administration

Bruce R. Davas, ESQ., Business Administrator

GOVERNANCE



Hightstown Borough 2024

Susan Bluth, Mayor

Borough Council

Joe Cicalese, Board of Health Liaison
Cristina Fowler
Todd Frantz
Jeet Gulati
Joshua Jackson, President
Frederick Montferrat

Board of Health

Nancy Distelcamp, President
Elizabeth Morley, Vice President
Jennifer Bernal
Edyth Duffy
Skye Gilmartin
Dr. John Laudenberg
Deb Napolitano
Brenda Seals

Board of Health Secretary – Robert Gilmartin

Administration

Dimitri Musing, Business Administrator

Overview of Public Health Services

West Windsor Township Health Department provides public health services to the communities of West Windsor, Robbinsville and Hightstown through municipal shared services agreements. West Windsor Township is the primary employer while each community is governed under a separate Board of Health. The services and programs offered reflect mandates established in the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey, N.J.A.C. 8:52 and reflect the specific needs of each community. The Health Department is administered by the Health Officer with the support of the Public Health Nurse, Manager of Environmental Health Services and several Registered Environmental Health Specialists. Clerical support is provided by full-time professionals in the Health Department. In addition, Robbinsville Township and Hightstown Borough designate clerical staff to assist in Board of Health functions such as licensing and vital statistics. The Department contracts with a physician to provide medical director oversight for the clinical services provided to the community such as vaccinations. Throughout 2024, the department continued to receive grant funding to support existing resources with supplemental staff previously onboarded during the pandemic. The West Windsor Health Department provides full time coverage for public health functions and is available 24 hours per day, 7 days a week for emergency response to public health issues.



The Health Department is accountable directly to the Boards of Health and to Township and Borough administrations. West Windsor and Robbinsville Townships Boards of Health are composed of the elected officials serving on the Township Councils. The Hightstown Board of Health is an autonomous Board of Health composed of volunteer members representing the community. Boards of Health make policy decisions, review reports prepared by the professional staff and enact ordinances which are deemed necessary to protect the health of the community. Board of Health meetings are open public meetings and are scheduled periodically throughout the year.

Health Department Vision, Mission and Values

Vision Statement

Our vision is to develop and maintain thriving communities whose residents are focused on promoting lifelong personal and family health.

Mission

To achieve our vision, the Department is committed to provide public health services intended to protect, promote, assess, and assure the health, safety and environment of our communities through programs in health education, preventative health services, environmental and consumer health, communicable disease control, public health emergency preparedness and environmental regulation enforcement.

Values

We value an evidence-based approach in providing diversified and high quality programs based on public health needs and government mandates. We embrace the core values of:

Integrity We act in a fair, consistent and impartial manner. We approach all situations objectively, with respect for both individuals and cultures, with sensitivity and without prejudice. We are accountable for our actions.

Efficiency We are committed to making sound and fiscally responsible use of the resources available to us.

Diversity We recognize the value and uniqueness of all persons and cultures. Individuals are treated fairly with respect and our staff is nonarbitrary/noncapricious in the performance of our mandated duties.

Collaboration We seek to establish partnerships with colleagues, agencies, businesses and community groups to enhance our ability to positively impact the health of our communities.

Service We strive to be viewed as an asset to the community through the provision of high quality interventions and the dispatch of prompt, efficient and professional services.

Knowledge We embrace continuous learning as a standard practice for our public health workforce and the sharing of information with our community.

HEALTH DEPARTMENT STAFF - 2024

Jill Swanson.....Health Officer
Licensed Health Officer, Certified Health Education Specialist
Registered Environmental Health Specialist

Geetanjali Jain..... Senior Community Health Nurse
RN,BSN, CIC

Douglas Davidson..... Manager, Environmental Health Services
Registered Environmental Health Specialist

Nikita Brancato.....Senior REHS
Licensed Health Officer , Registered Environmental Health Specialist,
Certified Health Education Specialist

Greg Guttadora.....REHS
Registered Environmental Health Specialist

Stephanie Shumanov.....REHS
Registered Environmental Health Specialist

Max ShumanovPart-time REHS
Registered Environmental Health Specialist

James St. John.....Part-time PHI
Public Health Investigator

Fatema Haque.....Local Health Outreach Coordinator
Certified Health Education Specialist

Ann Wang.....Health Educator/Infectious Disease Program Generalist

Katie Faure.....Health Educator, Local Outreach Coordinator
Certified Health Education Specialist

Carol Chamberlain.....PT LHOC/IDPG
Licensed Health Officer, Certified Health Education Specialist,
Registered Environmental Health Specialist

Sasha Ostapenko.....PT Health Educator/LHOC
RN, BSN

Ann Yates.....PT Public Health Nurse
MSN, BS, RN

Karen Rogers.....PT Public Health Nurse
RN, BSN

Chantelle Yearwood.....Secretary/Registrar

Dawn O'Connell.....Secretary/Alternate Registrar

Contractual Professionals

Dr. Stephan Vetrano.....Medical Director

Hightstown

Registrar of Vital Statistics.....Peggy Riggio
Board of Health Licensing

Robbinsville

Registrar of Vital Statistics.....Michele Siegfried

Board of Health Licensing.....Zoe Wright
.....Stacey Rohin



RETAIL FOOD ESTABLISHMENTS

CDC estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick from a foodborne illness, 128,000 are hospitalized and 3,000 die.

CDC, NCEZID, Division of Foodborne, Waterborne and Environmental Diseases, 2022



The retail food program licenses and monitors food safety and sanitation at restaurants, schools, markets, churches and temporary events to ensure food safety and prevent incidence of foodborne illnesses. Unannounced compliance inspections are conducted annually at establishments to monitor conformance with Chapter 24 of the New Jersey State

Sanitary Code. Follow-up inspections are performed when critical violations are present. Establishments serving vulnerable populations or engaging in high risk food preparation are inspected twice a year. Inspectors also investigate potential foodborne illness reports, outbreaks, and consumer complaints related to food establishments. The Health Department conducts site visits in response to product recalls, power outages, emergency events, and provides specialized educational materials.

Designs for new establishments and plans for renovations to existing businesses are reviewed to ensure compliance with rules and regulations. Inspections are conducted prior to opening and shortly after opening, to audit the operational food safety practices. Design reviews involve close coordination with the Construction Code Officials. Grease control measures are also evaluated during the plan review phase in an effort to protect the municipal sewerage systems.

Retail Food Establishment Program Summary*

2024	WWT	RV	HT
RFE Licenses Issued	169	67	37
Food Inspections	188	70	42
Food Reinspections	38	13	13
Compliance Inspections (NOV)	18	10	9
Non Routine Investigations (Spot Check)	17	7	2
Mobile	9	2	0
Enforcement Actions - Court	3	1	3
Administrative Hearings	2	0	1
Plan Reviews	7	10	1
Temporary Foods Licensed	350	101	45
Temporary Food Inspections	256	32	13

Plan Reviews

Technical plan reviews are conducted for new facilities or renovations to existing establishments. During the plan review process inspectors review design plans and equipment specifications to ensure code compliance prior to construction, remodel or change of ownership. Inspectors work closely with the design professional and construction code officials during this process.

Hightstown Borough

Rudy's

Robbinsville

Robbinsville Picklehouse

David Bradley Chocolatier (renovation)

House of Wings

BAPS Shayona Café Express

10 Main Street Café

Tico's Juice Bar

Harpoon Willy's

Ganga Indian Bistro

Quick Check

Sumu's Kitchen

BAPS (large scale event specialized food service review)

West Windsor

Princeton University Raquet Center

Kidzone USA

Coldstone Creamery

Eddie V's Restaurant

Dunkin Donuts (renovation)

Wingstop

Gateway of India (renovation)

Tasty Tacos

Emergency Response for Retail Foods

Fires, floods, electrical outages and sick food handlers create emergency situations for food establishments serving the public. Some reports require immediate public health engagement and the Health Department is on call 24 hours a day, 7 days a week for emergencies. Planning is a vital step for the industry. During annual visits to the establishments inspectors encourage operators to develop and refine emergency plans and to train employees on best practices for ensuring food safety during crisis events.

COMPLAINTS/PUBLIC HEALTH NUISANCES

The Health Department responds to complaints, referrals and requests from residents, business owners, municipal or other government agencies on a variety of public health concerns. Local, state and federal regulations and guidelines are employed to address these concerns. Inspectors apply evidence-based approaches to address substantiated public health problems identified in the community. In situations which require technical expertise beyond the scope of the local health department, subject matter experts are consulted at the state or federal level. In addition to investigations aimed at preventing and correcting conditions of public health significance, inspectors assist residents in the resolution of quality of life issues and aesthetic concerns.

The response time and resources invested in resolving these issues varies greatly from case to case and the allocation of resources is dependent upon public health significance. Inspectors may successfully resolve an issue in one or two site visits; however many cases require repeat visits to allow for investigation, documentation, education, and repeat follow-ups to ensure abatement. Habitual, unabated issues or conditions which pose an immediate threat to human health and/or the environment are handled through legal enforcement action in court.

Common Issues

Animal Concerns, At-risk Individuals, Bed Bugs, High Weeds, Hoarding, Housing Complaints, Noise, Odors, Obstructed Sidewalks, Poison Ivy, Restaurants, Rodents, Solid Waste, Stagnant Water/Mosquito Breeding, and Tobacco-related Nuisances *

Complaints Investigations* - Quick Stats

	WW	RV	HT
Total Complaints	115	25	8
Court Actions	5	0	0

*Hightstown Borough and Robbinsville Township have established property maintenance and housing enforcement programs which are administered by municipal code enforcement and housing officers. This step helps conserve public health resources and related costs. Hightstown Borough and Robbinsville Township take the lead investigation and enforcement role on complaints of this nature. The Health Department provides consultative support to these programs upon request.

Complaint Surveys

Site surveys are tools used by health inspectors to explore conditions in neighborhoods which may contribute to the presence of health hazards. The process involves reviewing records related to the issue and onsite exploration of the neighborhood in an attempt to identify factors contributing to the problems. Based upon the nature of the issue, surveys may involve a single site visit or multiple visits conducted over the course of months. In most cases, the issues can be resolved by providing education, and strict enforcement is not necessary. The past year was a typical year involving several conditions which warranted site surveys such as obstructed sidewalks, rodent infestations in backyards, mice and roach activity in condo complexes, foul odors, and noise concerns.

Survey Examples

Overgrown lawns and obstructed sidewalks

Thirty-two (32) separate complaints concerning high weeds, overgrown bushes, low hanging tree limbs and unkept lawns were received during the year. One of the complaints involved a large segment of the Township along the side and reserve frontage of developments where the lack of maintenance interfered with clear passage along the sidewalks. The concerned resident reported inability to safely use sidewalks while exercising and walking with young children. A walkability audit of the neighborhood was conducted over the course of nine (9) days in mid-July. One hundred - nine (109) properties were identified as contributing to the issue. The property owners were contacted and informed that overgrown landscaping and low hanging tree limbs were in need of maintenance. Many were simply unaware this area of their property is their responsibility to maintain or that the conditions were resulting in safety concerns for neighbors. The Department addressed the issue by increasing awareness rather than implementing strict enforcement of the public health nuisance code.

Backyard rat infestation

Residents in close proximity to a site which contains densely overgrown vegetation, unoccupied buildings, and recently demolished structures complained rats from the site were infesting the adjacent residential neighborhood. Upon investigation, the REHS learned the required extermination was performed prior to demolition of the former structure. The overgrown conditions on the site provided a natural habitat for rodents, however a food source in the immediate vicinity was not identified. The inspector invested approximately seventeen (17) hours conducting a survey of the neighborhood and providing advice to residents. The neighborhood survey found the majority of rodent activity was present near yards which hosted birdfeeders. Education on rodent control and recommendations for professional extermination on select properties was provided to homeowners. While it is impossible to totally eliminate rodent activity in our neighborhoods, there are steps residents can take to discourage rats from taking up residence in close proximity to homes and businesses. It is typical for the Health Department to receive a few complaints each year from each of the communities in our jurisdiction concerning pests such as mice, rats and mosquitoes.

PUBLIC RECREATIONAL BATHING PLACES

Local health departments conduct safety and sanitation inspections of public recreational bathing facilities to reduce the spread of communicable diseases and protect consumers who use these facilities from illness and injury. The CDC reports that swimming is the most popular recreational activity in the United States for children ages 7 to 17; which emphasizes the importance of this function.

Annual inspections are conducted of all public bathing facilities for compliance with Chapter IX of the New Jersey State Sanitary Code. Seasonal facilities are inspected prior to opening for the summer and at least once again during the operational season. Year-round facilities are inspected at least twice annually. Bacteriological water analysis are conducted weekly by private laboratories and reviewed by the Department. New facilities and renovations planned for existing facilities are subject to a technical plan review and approval process.

Public Recreational Bathing Program Quick Stats

	WW	RV	HT
Licenses Issued	24	4	4
Annual Licenses	8	1	2
Seasonal Licenses	16	3	2
Pools	24	4	4
Wading Pools	6	1	0
Spas	3	0	0
Pre-operational Inspections	26	5	4
Compliance Inspections	74	21	4
Unsatisfactory/Closure	17	7	0
Enforcement Actions	1	2	0
Plan Review	0	1	0

Electronic Smoking Devices Facilities

Local ordinance in West Windsor Township require annual licensure for businesses which sell electronic smoking devices. Annual inspections are conducted at each facility.

Licenses Issued	4
Inspections	7
Out of Compliance visits	4
Enforcement Actions	1

Campgrounds

One campground facility is in operation at Mercer County Park, West Windsor. One (1) inspection was conducted.

POTABLE WELLS AND DRINKING WATER SAFETY

The installation and abandonment of private, domestic wells and wells which serve public non-community water systems are permitted and inspected by the Department to ensure compliance with state regulations. Inspectors often provide consultation to residents in interpretation of lab analysis conducted on private wells and during real estate transfers of property. The inspection and review of a new well is a multi-step process and involves multiple site visits to the property in addition to documentation review. The Department also inspects installation of geothermal and irrigation wells to help safeguard the integrity of our ground water resources.

2024 Potable Water Activity

	HT	RV	WW	Totals
New Well Inspections	0	3	4	7
Investigations	0	2	1	3
Public Water Complaints	0	1	3	4



ONSITE WASTEWATER DISPOSAL SYSTEM SAFETY



WWHD provides education, permitting, and inspections of low-volume (less than 2,000 gallons/day), residential and commercial onsite wastewater treatment systems (e.g., septic systems) to ensure that systems are designed, constructed, and maintained properly, thus improving the state's water quality and protecting both human health and the environment. Activities include soil evaluation, investigations, installation inspections, technical design reviews and third-party inspection

reports reviews for property transfers. The health department also performs technical reviews and offers recommendations to professional boards on projects with existing or proposed onsite wastewater treatment systems.

2024 Septic System Activity

	HT	RV	WW	Totals
New Installations		1		1
Repairs/Alterations	1	3	34	38
New plan reviews	0	1	1	2
Construction Prior Approvals	0	2	13	15
Site Assessment for Soil Suitability	0	6	18	24
Site Plan Review	0	1	1	2
Approximate Number of Systems	2	811	1952	2763
Realty Transfer Reviews	1	9	30	39
Investigations	0	7	3	10
Septic/Well Sealings	0	4	7	11



YOUTH CAMPS

Youth camps are inspected prior to operation for compliance with state regulations which address sanitation and safety standards. Inspectors meet with Camp Directors to review records, plans and certifications. The physical components of the camps such as kitchens and swimming pools are inspected for compliance with local and state regulations. In addition, the New Jersey Department of Health periodically conducts operational inspections of youth camps during the season.

Youth Camp Inspections

	HT	RV	WW
Pre-operational inspections	2	1	4
Satisfactory Rating	2	1	4

BODY ART REGULATION

State regulations require local licensing and inspections of establishments performing piercings, tattooing, and permanent cosmetics. The Health Department receives frequent inquiries from potential new business owners on technical questions regarding licensing and operational requirements. Currently there are two (2) body art establishments licensed in the Department’s service area. The primary focus of this program is to ensure safe practices and prevent bloodborne pathogen transmissions or infections.

Body Art Activity

	HT	WWT	RV
Licensed Establishments/Inspections Conducted	1/1	1/1	0
Satisfactory Rating	1	1	0
Plan Review for new establishment	0	1	0
Proposal for a temporary BA event	0	0	1
Enforcement Actions	0	0	0

WHAT IS BODY ART?

BODY PIERCING - TATTOOING - EAR - PIERCING - MICRODERMAL ANCHORS - MICROBLADING – MICROPIGMENTATION - AREOLA RESTORATION - CAMOUFLAGE

TANNING ESTABLISHMENTS

Tanning facilities are licensed by the New Jersey Department of Health and inspected by local health departments. 0 facilities are licensed in Hightstown.

Tanning Facility Inspections

	WW	RV
Licensed Establishments/Site Visits Conducted	1/1	1/2

The Centers for Disease Control and Prevention reports that SKIN CANCER is the most commonly diagnosed cancer in the United States, and most cases are PREVENTABLE!

MESSAGE ESTABLISHMENTS

Local ordinances in West Windsor Township and Hightstown Borough mandate licensing and operational requirements for massage establishments. Annual inspections focus on safe and sanitary operations; including the proper use of antimicrobial disinfectants, availability of handwashing facilities and licensing of personnel. Hightstown adopted the code in 2016 and there are currently no businesses in operation.

The Health Department conducts inspections of establishments providing massage or body work service in accordance with local ordinances adopted in West Windsor Township and Hightstown Borough.

Massage Quick Stats	HB	WWT
Licensed Establishments	0	4
Inspection	0	4
Investigations & Spot Checks	0	2
Enforcement Actions	0	0

RABIES CONTROL PROGRAM



The Health Department is the lead agency for rabies control activities. Rabies is a fatal, viral disease that continues to threaten the health of exposed residents, pets and wildlife in New Jersey. Pet licensing, vaccination clinics, exposure investigations, and educational outreach efforts are strategies used to prevent disease transmission.

Working closely with the Animal Control Officers and the Police Departments, health officials respond to and investigate potential rabies exposures to prevent disease in our community. Confinement notices are issued when a resident is bitten by a dog or cat to monitor the animal for potential illness. Exposures to wildlife require laboratory analysis and follow up. If warranted, exposed individuals are referred for medical evaluation and treatment. Testing may be ordered for wildlife or animals where exposures are suspected. Encouraging residents to vaccinate pets and avoid exposures to wildlife are some of the strategies public health professionals employ to protect our communities. The Health Department and animal control work to maintain close communications with area veterinary clinics and animal facilities to foster a cooperative relationship and rapid response to potential cases.

Free rabies clinics are hosted by the Health Department four (4) times per year and at least once in each of the 3 municipalities.

Education and prevention are vital components of the rabies program and are ongoing throughout the year. Consultations on animal-related issues and disease control are provided to employees, businesses, volunteers, animal control and residents.

N.J. Rabies Testing
2024 Stats

*Positive Rabies Result
Statewide:
152 Terrestrials
29 Bats*

*Mercer County:
4 Raccoons
4 Bats
2 Skunks*

*"Cats have accounted
for 92% of the
domestic animal cases
in New Jersey since
1989. For the last 5
years there has been
an average of 17 cats
infected with rabies
annually."*



*New Jersey Department of Health,
New Jersey Rabies Cases by
County and Species, January 1 –
December 31, 2024*

Rabies Control Responses

	Investigations Bites Reports - Domestic Animals	Potential Rabies Exposures Due to Wildlife
HB	7	3
RV	33	2
WW	17	8
Total	57	13

Pet Licensing

Pet licensing helps to reconnect lost pets with their owners, support low cost spay and neuter programs and assist in ensuring up-to-date rabies vaccinations are maintained for domestic pets. Residents in West Windsor Township annually license pet dogs and cats directly with the Health Department. This service is provided by the Clerk’s Office in Robbinsville and Hightstown.

	Dogs 	Cats 
HB	204	13
RV	772	
WW	706	70

Rabies Vaccination Clinics

4 Clinics Offered

132 dogs, 46 cats vaccinated

January 11, 2024	Robbinsville	55 dogs, 10 cats
April 18, 2024	West Windsor	38 dogs, 20 cats
November 21, 2024	West Windsor	20 dogs, 9 cats
December 5, 2024	Hightstown	19 dogs, 7 cats

Local Partners in Rabies Prevention

West Windsor Police Department
 Robbinsville Police Department
 Hightstown Police Department
 NorthStar VETS
 SAVE

East Windsor Animal Control
 Western Monmouth Animal Control
 Princeton Animal Hospital & Cat Clinic
 Nassau Animal Hospital

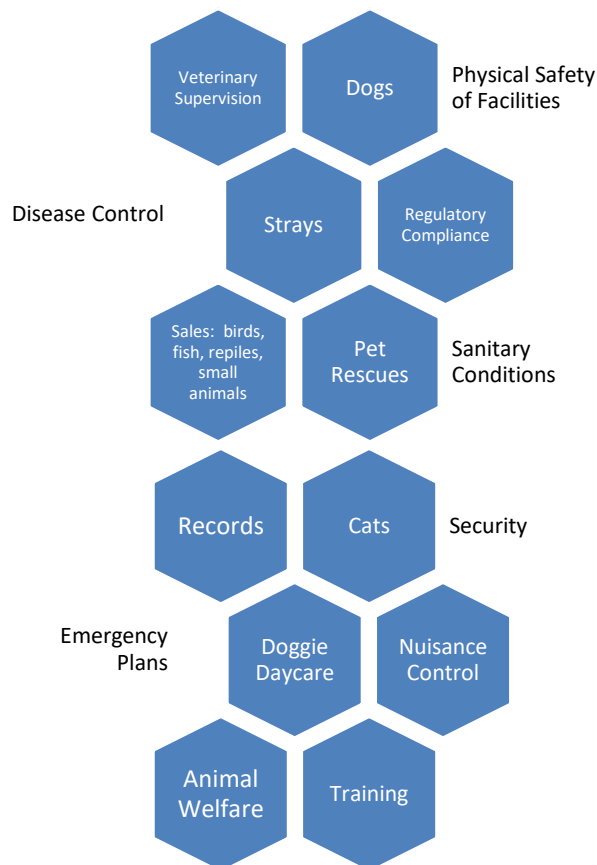
KENNELS, PET SHOPS, SHELTERS/POUND FACILITIES

Animal facilities are licensed and inspected to ensure compliance with regulations which focus on safe, sanitary and humane operations. These facilities are inspected annually and new or remodeled facilities undergo plan review by the Health Department. Facilities are inspected at least once per year.

Animal Facility Activity (#licensed/#inspections)

2024	RV	WW
Kennels	2/4	1/1
Pet Shops	0	1/1
Shelter/Pound	0	2/3
Plan Review	0	0

What's involved?



HEALTH EDUCATION PROMOTION

Health promotion is incorporated into all facets of the health department programming, with a focus on providing services which encourage informed health decisions and healthy lifestyles. Staff regularly participate in the various coalitions and provider groups in the effort to build relationships with partner agencies and remain informed on services available to community members. These include, but are not limited to, Hunterdon-Mercer Chronic Disease Coalition, Central Regional Tobacco Collaboration, Prevention Coalition of Mercer Council, Central New Jersey Lead and Healthy Homes Coalition, Jersey Shore Addiction Services, WIC, Zuffall Health Center, Rise, and various professional organizations. The Health Department attends community events held throughout the year to distribute public health information. The Department is an active member of the Greater Mercer Public Health Partnership and works with community partners to align health promotion efforts through the development and implementation of the Community Health Needs Assessment and Community Health Improvement Plan for Mercer County. The Department also participates on the Community Advisory Board for the Penn Medicine Princeton Health.



WEST WINDSOR HEALTH DEPARTMENT

Health Education in 2024

Throughout 2024, the West Windsor Health Department outreach team promoted health and well-being among residents through health education events. The team spread awareness on a wide variety of health topics, such as emergency preparedness, mental health, and disease prevention. To expand reach and increase visibility, the Health Department partnered with organizations and institutions residents know and trust, such as schools, faith-based groups, and libraries. As the new year begins, the Health Department takes with it the lessons, successes, and partnerships of 2024, as well as a goal of expanding our reach in 2025.

PROGRAMS INCLUDE:

- Handwashing curriculum within schools and daycare centers
- CDC Project Firstline training at long-term care facilities
- Health education programs at senior centers
- Collaborative programming with libraries
- Blood pressure screening checks at a housing complex, libraries, senior centers, and municipal offices
- Neighborhood visits within housing communities
- Educational tabletops at community events (e.g., farmers markets, festivals, etc.)
- Educational tabletops at health clinics

192

Health Education
Activities in 2024

HIGHLIGHTS

43

Community
Events

31

Senior Center
Events

75

Lessons at
Schools &
Daycares

17

Clinic
Tabletops



HEALTH EDUCATION PRODUCT EXAMPLES

West Windsor Health Department's
Holiday Health

JEOPARDY!

FOOD SAFETY	TRAVEL SAFETY	MENTAL HEALTH	DISEASE PREVENTION	POTPOURRI	HOLIDAY TRIVIA
\$ 200	\$ 200	\$ 200	\$ 200	\$ 200	\$ 200
\$ 400	\$ 400	\$ 400	\$ 400	\$ 400	\$ 400
\$ 600	\$ 600	\$ 600	\$ 600	\$ 600	\$ 600
\$ 800	\$ 800	\$ 800	\$ 800	\$ 800	\$ 800
\$ 1000	\$ 1000	\$ 1000	\$ 1000	\$ 1000	\$ 1000

Healthy Habits Bingo

Swimming	Alerts & Warnings	Limit Salt Intake	Call 9-1-1	Socializing
Get Vaccinated	Oatmeal	Test for Radon	Speak with Your Doctor	Avocado
Ticks	Water	FREE SPACE	Carrots	50%
Yoga	Fiber	High Blood Pressure	5	First Aid Kit
Overweight	Antioxidants	Meditation	Sunscreen	Wash Your Hands

FOOD MENU

For this activity, practice picking the safer food choice for each group!

Appetizer	Entree
Raw Bean Sprout Salad Unpasteurized Queso Fresco Raw Oysters Stir Fried Sprout Mix Premade Coleslaw	Baked Chicken You cut the chicken and the juice is pink. Steak Your choice of raw, medium, or well done. Rice Bowl Topped with a runny egg Fish Sushi/Sashimi Cold Deli Sandwich Grilled Fish with Hollandaise Sauce You ask, and the waiter says this hollandaise sauce was made with raw egg.
Dessert	Drinks
Raw Cookie Dough You ask, but the waiter does not know if it is "safe to eat raw" dough (edible dough has pasteurized egg no-egg, heat-treated flour). Custard/Mousse The waiter says it was made with cooked or pasteurized egg.	Eggnog Pasteurized Cider Unpasteurized "Raw" Milk Freshly Squeezed Orange Juice

This Health Education Activity Was Created By
West Windsor Health Department
Serving West Windsor, Robbinsville, and Highstown
(609-336-8400) | westwindsor.org

WHAT WOULD YOU NEED IN AN EMERGENCY?

Frequent socializing Among older adults, social isolation and loneliness are linked with a higher chance of cognitive problems and dementia.	Adequate and restful sleep Shorter sleep (6 hrs or less nightly) in middle age is linked with a higher chance of dementia.	Continue Learning Our brain has the ability to learn and adapt even in older age - a process called "neuroplasticity". New activities can challenge us, allowing us to think, learn, and practice.
Physical activity Research suggests physical activity in older adults was linked to preserved brain structures that are important for emotional processing and memory.	Healthy diet Nutritional deficiencies, especially in later life, were linked with cognitive decline and dementia.	Avoid smoking Smoking is linked with a higher chance of stroke, dementia, and multiple sclerosis.
Stress management Growing evidence shows the benefits of mind-body interventions for brain health in the face of chronic stress or adversity (e.g., yoga, Tai Chi, Qi Gong).	Limit or eliminate alcohol Alcohol can have a direct impact on brain health, and also indirect impact through complications from nutritional deficiencies.	Seeking treatment if concerned about health Talk to your healthcare provider to find out what is causing your memory problems. You can get help for mild and serious memory problems.

Weather Safety

Temperatures are estimated for New Jersey!

- Hot Weather (40-60°F)
- Warm Weather (20-40°F)
- Cold Weather (below 20°F)

West Windsor Township Presents...

Employee Walking Challenge

Step into Health!

Sign Up Today!

September 16 - December 1, 2024

Help Mally Complete a Tick Check!

Hello there! Cody and I just came back from playing outside... it's time to check for ticks!

Check your pet for ticks:

- Under the collar
- Near the eyelids
- Between toes
- In and around the ears
- Under the front legs
- Between the back legs
- Around the tail

Check yourself for ticks:

- In and around the ears
- Inside the belly button
- Around the waist
- In and around the hair
- Under the arms
- Behind the knees
- Between the legs

Dani the Detective

SELF LOVE, THANKS, DR. STRESS, SUPPORT, SELF CARE, 78, 23, 45, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.



EMERGENCY PREPAREDNESS PLANNING AND RESPONSE

The Health Department develops, updates, and exercises preparedness plans for potential public health emergencies. An emphasis is placed on coordinating our plans with a broad range of partners. Plans are integrated with county, state and federal plans to facilitate a strategic, coordinated public health response.

Community Preparedness

Medical Countermeasures: A Point of Distribution or POD is a large-scale clinic designed for distribution of medications to mass populations over a short period of time. During public health emergencies, local health departments in Mercer County will work as a coordinated team to implement emergency plans designed to prevent the spread of disease. Community partners play a key role in the response and outreach efforts continued throughout the year to identify and recruit additional Fixed Facility or “closed POD” partners within the community to help in the distribution of medications to prevent illness when widespread risk exists.

In 2024, the Health Department’s POD plan was reviewed and updated to reflect lessons learned during the pandemic and to incorporate best practices identified during the extended vaccination event which developed as a result of the COVID-19 pandemic. This process involved extensive review and input over the course of several months and incorporated input of multiple staff members involved during the pandemic response.

Risk Communication and All-Preparedness Messaging: In addition to planning for our response during emergencies, the department helps spread the word to residents and businesses about steps they can take to be better prepared for storms, outbreaks, natural disasters and bioterrorism events. Educational materials are distributed through a variety of venues and staff actively discuss the importance of having plans in place during routine compliance visits to establishments. Efforts to formalize a local health department Risk Communication Plan was initiated in 2024 and will be completed in 2025.



COMMUNICABLE DISEASE CONTROL AND HEALTH SERVICES

Communicable Diseases

Communicable diseases of public health concern are reported to the local health department by physicians, laboratories, hospitals, schools and institutions in accordance with the parameters established by the New Jersey Administrative Code, Title 8, Chapter 57. The health department conducts case investigations, institutes control measures and files reports to the New Jersey Department of Health and Senior Services using a web-based reporting system, CDRSS. This centralized system facilitates information sharing between entities and tracks reportable diseases. This important function of the local health department helps prevent the spread of disease. Public health control measures such as exclusions from school or work, home confinements and preventative prophylaxis are initiated when indicated to break the chain of infection.



Sexually Transmitted Infections

Confidential clinic services for sexually transmitted infections are provided by the Hamilton Township Health Department through shared services agreements which covers patient visits, diagnosis, treatment and contact tracing. Residents of West Windsor, Robbinsville and Hightstown are eligible for clinic services.

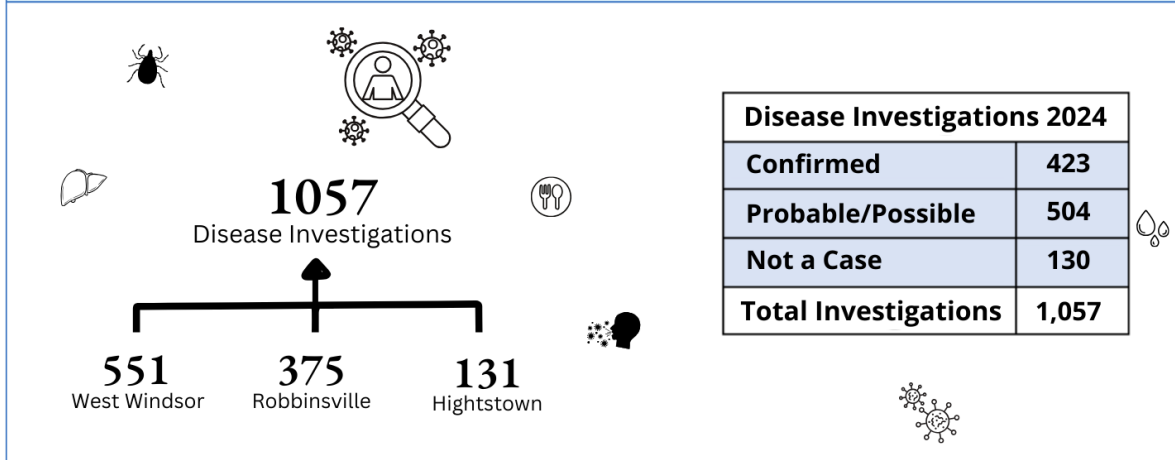
Tuberculosis Control

Residents testing positive for Tuberculosis (TB) are followed by a nurse case manager at the Mercer County TB clinic operated by the Trenton Health Team under a cooperative agreement between the County of Mercer and the local municipalities. Assessments and consultations are provided by a specially trained nurse case manager. Direct observe therapy (DOT), if prescribed, remains the responsibility of the local public health nurse. During DOT visits, the nurse visits the patient daily at home or work to ensure medication compliance and monitor for side effects. During the COVID-19 pandemic remote phone-based video recorded DOT (VDOT) was implemented. Patients record a video of swallowing prescribed tuberculosis medications and share the video on a daily basis with the observer. Recorded VDOT are reviewed by the observer to ensure medication compliance and monitor for side effects. In 2024, no cases required DOT or VDOT services within WWHD's jurisdiction.

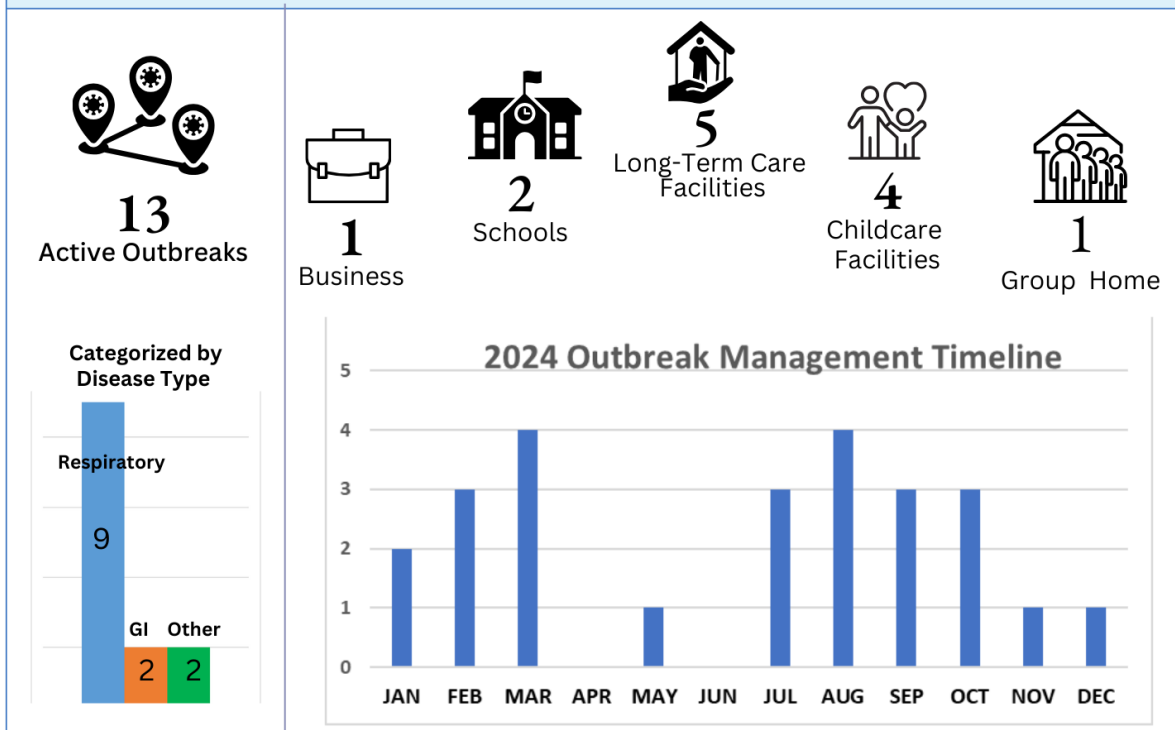
West Windsor Health Department

2024 Year in Review

Communicable Disease Investigations



Communicable Disease Outbreak Management



Immunization Audits of Schools and Childcares

Annual audits are conducted at educational institutions and childcare facilities to ensure compliance with mandated immunization requirements. During the audit process, the Public Health Nurse provides assistance and guidance on state-mandated immunization requirements. Preschool, kindergarten, sixth grade, and high school student records in both public and private schools are audited. The nurse works closely with facility directors and school nurses to ensure consistent implementation of these policies.

Site visits were conducted at 100% of the schools during the 2024 audit period.

2024 Immunization Audits (# of audits conducted)

	HB	RV	WW
Childcare/Preschools	3	6	13
Kindergarten & 1 st grade	1	1	2
Grade 6	1	1	1
Transfers	1		1
High Schools	3	1	1
Revisits	9	16	23

Child Health Clinic Services

The Child Health Clinic is a joint program sponsored by Hightstown Borough, East Windsor and West Windsor Townships. Uninsured children, infant through 18 years if age, are eligible to attend. The clinic successfully relocated to the Grace Norton Rogers school in 2024. Public health nurses from the municipal health departments staff the clinic. The clinic provides vaccinations to infants through school-aged children and facilitates referrals to preventative services. Referrals are made to medical clinics and supportive resources, such as the Zufall Health Center, Women, Infant and Children Program (WIC), blood lead testing, dental visits and vision/hearing screenings. Robbinsville residents are served by the Hamilton Township child health clinic through a separate shared services contract and receive similar services. During 2024, seven patient visits were provided to Robbinsville residents.

Child Health Clinics Trends

	2020	2021	2022	2023	2024
Clinics Held	11	22	29	11	9
Patient Visits	68	135	169	52	31

Childhood Lead Poisoning

All children under six (6) years of age should be screened at least twice for elevated blood lead, preferably at ages one (1) and two (2). Testing can be coordinated through the Child Health Clinic for uninsured children. Lead poisoning prevention materials are distributed to the general community through a variety of channels to raise awareness regarding the potential exposures in homes, consumer goods and the environment. Families of children identified as having elevated blood lead levels are counseled by a public health nurse case manager. Some cases warrant an environmental hazard investigation which is conducted by a staff REHS specially trained in lead risk assessment and enforcement. Nurse case management services are provided by a registered nurse through a shared services agreement between West Windsor Health Department and the City of Trenton Health Department. This service is grant funded.

Elevated Blood Lead Investigations Quick Stats 2024

Environmental Investigations Initiated	1	WW
Environmental Home Inspections /Visits	1	WW

In 2024, 0 cases of reported elevated blood lead levels in children in Robbinsville or Hightstown required environmental inspection by LI/RA team.

Prenatal/Postpartum Referrals

The Health Department occasionally receives referrals from medical professionals concerning high risk mothers and children within our communities who are in need of prenatal and postpartum services. The public health nurse provides education to parents about the physical, nutritional and cognitive development of infants and plays an important referral role in connecting families to address gaps in desired health and social services.

Adult Health

The Senior Centers serve as the focal point for adult health services and offers an array of health screenings, lectures, wellness programs and health-related resources utilizing a variety of partners. Health Department staff consult with Senior Center staff and assist in linking the Centers with additional health resources.

Hypertension Screening

The public health nurse offers screenings and education outreach to residents and employees at various sites throughout the three communities. Efforts are made to locate screening at easily accessible locations and times.

25 events, 120 individuals screened

Vaccination Clinics 2024 – Influenza, COVID-19 and RSV

Influenza - In 2024, the Health Department continued to partner with local pharmacies to offer vaccination clinics at senior centers, housing complexes and local community sites. Partnerships were expanded to include Zufall Health Center and local pharmacists offering visits to homebound residents. We continued to facilitate conversations between longterm care centers and local providers to encourage onsite clinics for their residents and staff. Partners included Wegman’s pharmacy, Zufall and Medwell pharmacy. In addition to the adult population, these partner clinics were open to children 3 years of age and older. WWHD was recognized by NJDOH and received a 2023-2024 New Jersey Influenza Honor Roll Award.

RSV – Respiratory syncytial virus vaccines were offered at a senior center clinic in late summer prior to the onset of the fall respiratory illness season.

COVID-19 - (post-commercialization) Upon commercialization of the COVID-19 vaccines in the fall of 2023, supplies made available from the federal supply to locals diminished and the public was routed to private providers. The Health Department received approval and operationalized as a provider for two separate programs: the State of New Jersey’s 317 and State-funded Vaccine programs. These programs fund and provide vaccines which enables the Health Department to offer flu and COVID-19 vaccines to uninsured, under-insured, home-bound and at-risk adults over the age of 19 at no cost to the recipients. An audit was conducted by the NJDOH in September, 2024 and the department successfully demonstrated compliance with program standards. Residents can attend a Health Department clinic or arrange for an appointment for vaccination directly with the public health nurse. Insured residents are encouraged to seek COVID-19 vaccinations through local pharmacies or private medical providers. Periodically clinics are offered at local venues in partnership with local pharmacies. Demand decreased throughout 2024. Outreach staff worked to ensure residents have access to vaccines as needed. Periodically, staff conduct outreach to area providers to assess status of vaccine supplies at local offices.

Flu Clinic Trends

Flu Clinics Year	Clinics	Total Vaccinations Administered
2024	16	344
2023	11	426
2022	10	550
2021	13	221
2020	10	598

COVID-19 Clinic Trends

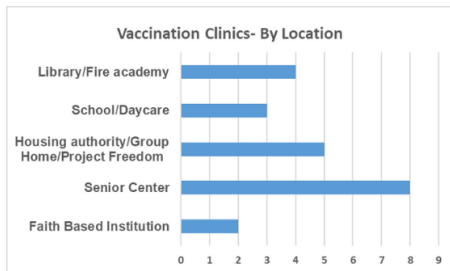
COVID-19 Clinics Year	Clinics	Homebound Visits	Total Vaccinations Administered
2024	14	9	80
2023	19	12	348
2022	143	72	3,254
2021*	162	78	7,110

* Reported stats do not reflect the resources invested January 2021 – March 2021 in the numerous clinics conducted in partnership with local health departments across the county at MCCC and additional municipal locations.

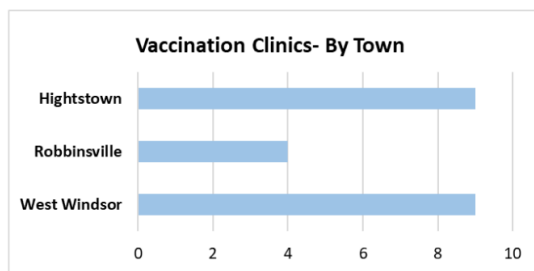
West Windsor Health Department

2024 Year in Review

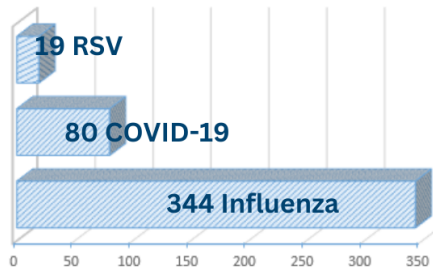
VACCINATION PROGRAM FOR RESPIRATORY ILLNESS



22
Clinics



421
Vaccinations

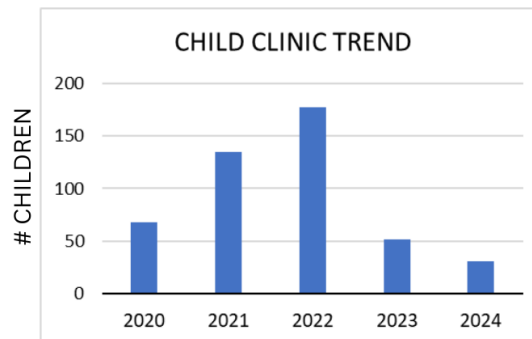


104
Uninsured/
Underinsured/
Homebound

CHILD HEALTH CLINIC VACCINATION PROGRAM



9
Clinics



31
CHILDREN
VACCINATED

VITAL STATISTICS

The Registrar of Vital Statistics maintains records of all the marriages, domestic partnerships, civil unions, births and deaths within the community. Each community appoints a separate Vital Statistics Registrar and Deputy Registrar. Each Registrar is required to attend formal training, pass a certification exam and maintain continuing education credits. Robbinsville and Hightstown have appointed the Office of the Clerk to perform this function. The Health Department is responsible for vital statistic services in West Windsor. The high number of death certificates issued in Hightstown is reflective of presence of two funeral homes located in the community.

issued in 2024

	HT	RV	WW
Marriage License Applications	43	45	86
Certified Copies of Vital Records (Births & Marriages)	104	72	299
Death Certificates	690	26	15
Birth Certificates	0	1	0

*Available through Hightstown Clerk

Overview of Goals and Objectives for 2025

- ✓ Community Health Improvement Planning to continue with Greater Mercer Public Health Partnership and Penn Medicine Princeton.



- ✓ Risk Communication Plan Development
- ✓ Digitation Block/Lot file project
- ✓ Workforce development focused on leadership training for REHS and PHN
- ✓ Continuous Quality Improvement projects: Health Department website resources reorganization and departmental standard operating procedures update
- ✓ Maintain departmental objectives during transitional periods anticipated in 2025 as a result grant funding shifts.

Photo: Eagle Above Lake Mercer by Greg Guttadora, Sr. REHS