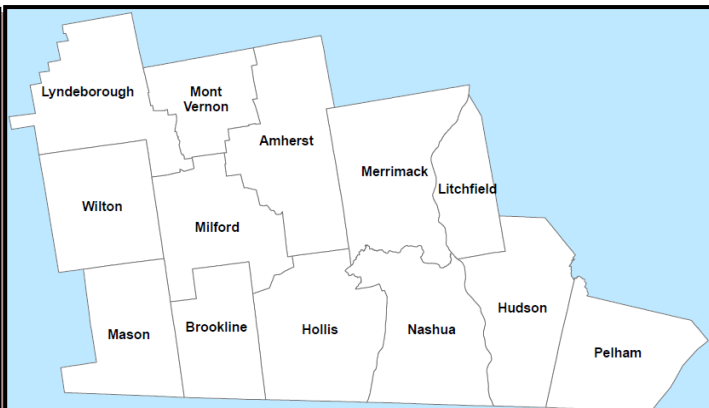


# Greater Nashua Public Health Network, Quarterly Update

(May - July, 2014 )

August 2014 - Issue 4



This newsletter is a publication of the Greater Nashua Public Health Network. There are five programs that serve this area that will be highlighted each quarter, including, the Public Health Advisory Council (PHAC), Emergency Preparedness (EP), Substance Misuse Prevention (SMP), the Community Health Improvement Program (CHIP) and Healthy Homes.

## Greater Nashua Public Health Annual Conference

On May 29, 2014, the Division of Public Health and Community Services (DPHCS) hosted its 3<sup>rd</sup> Annual Conference. Attendees of this conference heard welcoming remarks from Donnalee Lozeau, Mayor of the City of Nashua as well as a keynote address from State of New Hampshire Department of Health and Human Services Commissioner, Nicholas Toumpas.

Major topics addressed during this half day conference included highlights from the 2014 Community Health Assessment

(CHA), presentations from the Obesity, Access to Healthcare and Mental Health workgroups on their progress and accomplishments during the 2012-2015 Community Health Improvement Process (CHIP), and an update on the development of the Greater Nashua Public Health Advisory Council.

Following this Annual Conference, DPHCS will continue working with community partners and organizations to finalize the 2014 Community Health Assessment. The final report will be available on the City website this fall. This report will

help to inform the next Community Health Improvement Process (CHIP) and guide the Greater Nashua Public Health Advisory Council (PHAC) Network as it moves forward in making the region a safer and healthier place to live, work, and play.



CHIP Presentation: <http://bit.ly/1n0zE8I>

2014 Community Health Assessment: <http://bit.ly/VzBbx2>

Greater Nashua Public Health Advisory Council: <http://bit.ly/1m8ZNXJ>

## Lyme Disease Education and Outreach

In 2012, New Hampshire was reported to have the highest incidence of Lyme disease in the United States, and in recent years, Hillsborough and Rockingham counties have accounted for nearly 70% of all confirmed Lyme

cases in New Hampshire.

Lyme disease is caused by a bacterium called *Borrelia burgdorferi*, which is transmitted to humans through the bite of infected black-legged ticks, also known as deer ticks. The blacklegged tick is most



active from early spring to late fall, but preventative measures should be taken year round.

Proper education and prevention can help reduce the number of Lyme disease cases. In an effort to increase knowledge about ticks and Lyme Disease, the City of Nashua Division of Public Health and Community Services (DPHCS) is working to provide education to our community through multiple medias.

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# Community Health Improvement Program

## Access to Healthcare

The **Access Workgroup** continues its efforts to reach into the region to provide health communication and tools for providers and community members. Using the current NH Prevention Guidelines published by the Foundation for Healthy Communities as the basis for recommended screenings, the workgroup is creating fliers that will explain more about when, where, and how individuals can access free and reduced fee screenings. In addition, the group is developing plans for an instructional video that will provide ideas, techniques, suggestions and guidance for individuals to develop the advocacy skills and abilities that can benefit individuals managing today's healthcare environment.

## Mental Health

On May 14, 2014 the **Mental Health Workgroup** collaborated with the NH School Counselor Association to provide a roundtable event for mental health providers and school staff working with families managing mental health issues. Hosted by the Greater Nashua Mental Health Center, the event was also videotaped by the City of Nashua ETV (channel 99). Twenty eight people attended, and 16 completed evaluations which indicated the meeting location, organization, and content contributed to a better understanding of how mental health professionals from different or-

ganizations can work together. Based on feedback from the event, the Mental Health Workgroup is planning a second roundtable event in October to focus on the topic of suicide prevention. The workgroup plans to organize more events and educational opportunities designed for community members, clients, mental health providers, and school staff to participate

## Obesity

In April, with funding support from the Nashua YMCA, the HNH Foundation, and the NH Charitable Foundation, the YMCA helped the obesity workgroup take a giant step forward by hiring obesity prevention coordinator Stacy Nelson to facilitate the **Obesity Workgroup** initiatives. Stacy is a welcome addition to this busy workgroup and has already contributed significantly to moving forward with community wide prevention efforts. Since publishing the Tree Streets Place-Maps in April, the workgroup has distributed over 4000 of the colorful maps to schools, pediatricians, recreational sites, and youth organizations. Ongoing support for community groups working to increase use of the Heritage Trail has included support for expansion at the Gate City Community Garden,

planting and clean up events for the PAL Community Garden, coordinating discussions around enhancing connections between the trail and Mine Falls park, plans for a new "active living" mural on the trail side of Romie's Automotive, and installation of temporary trail signs that include QR codes with walking directions to interest areas close to the trail.



The workgroup congratulates Amherst Street School on their June 2014 "Ed"ies Award! The Foundation for Healthy Communities presented its HEAL (Healthy Eating Active Living) Award to the Amherst Street Elementary School for its exemplary efforts to create a healthy school environment for students and staff. Effective collaboration between an active wellness committee, school leaders, students, parents and community leaders led to the adoption of such initiatives as Safe Routes to School, WE CAN!, healthy snack program, CATCH Kids Club, and farm-to-school. The obesity workgroup is looking forward to working with Amherst Street School again in the fall as it expands the WE CAN! and CATCH programs at the school.





## Healthy Homes

**Greater Nashua One Touch Program** - Members of the Greater Nashua Healthy Homes program are excited to introduce [The One Touch Program](#). This program connects health, energy, housing and repair programs to improve the health, safety and energy use of our residents.



Bringing together government and non-profit agencies we can address

multiple issues during a single home visit. The One Touch program can reduce administrative costs and streamline services while reducing duplication and cost-effectively providing much needed assistance to residents.

There are many agencies actively engaged in this program, but the Healthy Homes program is always seeking additional agency involvement. Referrals will keep this program sustainable.

A train-the-trainer program is available and all agencies making home visits are encouraged to contact Amy Moutenot, Healthy Homes Program Coordinator, to schedule this session. Please contact Amy to better understand the benefits of this exciting program.

Contact: [MoutenotA@nashuanh.gov](mailto:MoutenotA@nashuanh.gov)

603-589-4536

## Lyme Disease

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DPHCS has been working with a summer intern, Patrick Reidy, from Saint Anselm College to develop a toolkit to provide education materials to targeted populations about Lyme disease. The goal of this toolkit is to increase aware-

ness and to reduce the risk of Lyme disease at home, work and while enjoying the great outdoors with friends and family. This toolkit will include multiple educational documents such as presentations, posters, fact sheets, and brochures. In addition to these printed documents, a 10-minute "spotlight" video will be produced and aired on the local cable access

station. The spotlight will include interviews with subject matter experts as well as an interactive video outlining how to protect yourself and your family from Lyme disease.

This video as well as the toolkit will be completed and available on our website by the end of this summer.

## New Hampshire's Bed Bug Law

There's a **New Bed Bug Law** in New Hampshire. This new legislation was set up to help landlords and tenants address and treat bed bug infestation in rental properties.

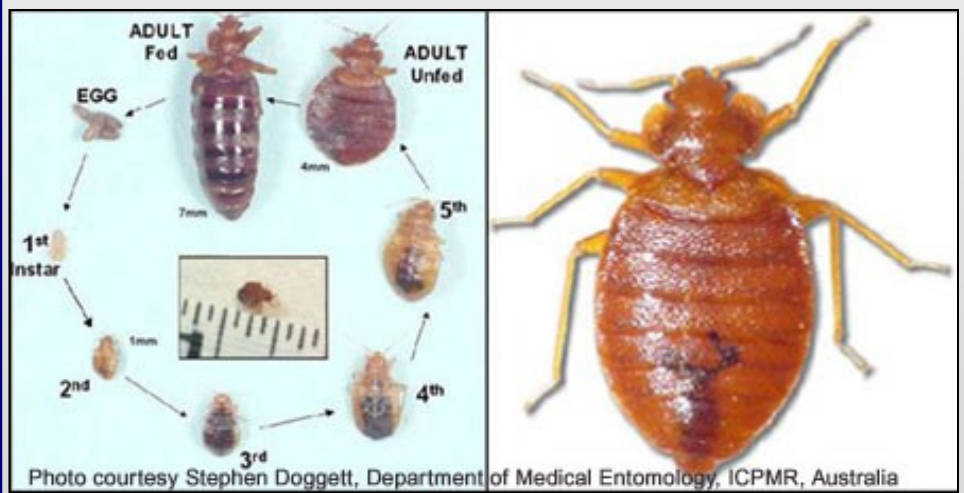
**How it works** - Once a tenant notifies the landlord of the assumed infestation, the landlord has 7 days to determine if an infestation is present and take reasonable measures to remediate. If an adjacent unit reports a presence of bed bugs, they must give the landlord

entry to their home after receiving written notice in advance.

### Cost of Remediation

Landlord are required to pay all up-front costs of remediation. Landlords may recover cost of remediation in the originating tenants unit only.

To Learn More about the new law go to NH Legal Aid Bed Bugs page: <http://bit.ly/1n5w16C>



Meetings are held at 9:30am on the second Tuesday of every month at The City of Nashua Division of Public Health and Community Services, 18 Mulberry St. Second floor conference room. All are welcome!

# Emergency Preparedness

*National Preparedness Month 2014:  
"Be Disaster Aware, Take Action to  
Prepare"*

Now in its tenth year, National Preparedness Month is a month long campaign every September encouraging community groups and organizations, businesses, households and communities to prepare and plan for emergencies.

## We challenge YOU to take part in National Preparedness Month!

- \* Host a preparedness training
- \* Provide members and employees with information on emergency preparedness!
- \* Participate in an emergency exercise (such as a fire drill or lock down) at work – or at home
- \* Review (or start to develop) your organization's Continuity of Operations Plan (COOP) to plan how your business/organization will keep operating during and after an emergency!
- \* Become a Closed Point of Dispensing (POD) site and develop plans to distribute medications/vaccinations to your employees or members during a public health emergency! (restrictions apply)
- \* Encourage members, employees, friends, and family to sign up to volunteer during an emergency!

## Resources - What YOU can do to prepare!

### Learn to be Ready!!

**Ready.gov** is a national public service advertising (PSA) campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural and man-made disasters. The goal of the campaign is to get the public involved and ultimately to increase the level of basic preparedness across the nation.

[www.Ready.gov](http://www.Ready.gov) /[www.Listo.gov](http://www.Listo.gov)

### Practice Makes Perfect

**America's PrepareAthon!** is a nationwide, community-based campaign for action to increase emergency preparedness and resilience. Each spring and fall, America's PrepareAthon! will provide a national focus for individuals, organizations

and communities to participate through drills, group discussions and exercises to practice for local hazards. [www.ready.gov/prepare](http://www.ready.gov/prepare)

### Sign Up to Volunteer!

**NHResponds** is the system used pre-register health and general volunteers who have indicated their interest in responding in an emergency. The New Hampshire Emergency System for the Advance Registration of Volunteer Health Professionals (ESAR-VHP) is an electronic database of emergency volunteer health professionals using a common national credentialing system so volunteers can be easily identified to assist in an emergency response.

<https://www.nhresponds.org/nhhome.aspx>

## Substance Misuse and Prevention

September is National Recovery Month! The 2014 the theme for Recovery Month will be "Join the Voices for Recovery: Speak Up, Reach Out,".

There are over 23 million people living in long term recovery across the country. It is important to give support to those in recovery and it is also important for those who are living in addiction to know that long term recovery is possible and there are effective treatments for addiction.

The Substance Misuse Prevention Network of Greater Nashua, Beyond Influence, recognizes Recovery Month and will be hosting a screening of the documentary "[Anonymous People](#)" followed by a panel discussion.

Program details of this event and other events will be posted on the City of Nashua Substance Misuse Prevention webpage and the Beyond Influence Facebook and Twitter pages @BeyondNashua.

National  
*Recovery Month*  
Prevention Works • Treatment is Effective • People Recover  
**SEPTEMBER 2014**

# Upcoming Events

## August

- 8/9/14 - Children's Day - Greeley Park Bandshell, 10-1pm  
8/21/14 - Nashua Goes Back to School - Nashua Public Library Plaza, 5-6:30pm  
8/15/14 - G290 JIS/JIC Planning for PIOs - Rivier University, 8:30-5pm

## September

- 9/2 - 9/3 - 52<sup>nd</sup> Annual Yankee Conference on Environmental Health  
9/13/14 - Preparedness Day - Pheasant Lane Mall, 10-2pm  
9/27/14 - DEA National Drug Take Back Event  
9/27/14 - Get Your Rear in Gear 5k Walk and Road Race - Gould Hill Farm, Contoocook  
9/27/14 - Caring for Our Children: Health, Safety, Nutrition and Wellness Conference, 8-4pm

## October

- 10/1/14 - NHPHA Fall Forum, "Violence Prevention: Building a Healthier, Safer New Hampshire"  
SERESC, Bedford 8:30 - 5pm  
10/18/14 - NH Integrated Emergency Volunteer Training Conference  
Grappone Conference Center, Concord 8:30-4pm  
10/23/14 - NAMI NH Connect Suicide Prevention/Intervention Training, 4:30-6:30pm

### October is National Substance Abuse Prevention Month

Red Ribbon week which will be celebrated on October 23-31 this year. The Theme for 2014 will be "Love yourself, be drug free!" Beyond Influence will be working in conjunction with the local substance misuse coalitions to celebrate Red Ribbon week. There are many events scheduled throughout the region. Please check out our website and follow Beyond Influence on Facebook and on Twitter @BeyondNashua to keep up to date on all the prevention events in the region.



Be sure to look for obesity workgroup members who will be participating in the Gate City Fall Festival on October 18, 2014! As promoters and models for healthy eating and active living, members will be dressing up in costume and marching on the planned 2.3 mile parade route. Click [HERE](#) for more information.

Let us know if you would like us to promote your upcoming health and safety events here!

## Contact Us

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