



Examples of How Cambridge City Departments Contribute to Public Health in Cambridge

Animal Commission

- Enforcement of animal welfare/hygiene

Commission for Persons with Disabilities

- Focus on access, including to health services

Community Development

- Walking, biking promotion, traffic calming
- Climate change mitigation and adaptation

Community Learning Center

- Literacy for new immigrants

Department of Human Service Programs

- Food pantries, healthy and safe youth programs, senior centers, Cambridge Prevention Coalition

Department of Public Works

- Sanitation, rodents, household hazardous waste, catch basin treatment, CSO (combined sewer overflow) management

Emergency Communications

- Emergency preparedness

Fire Department

- Fire prevention education
- HAZMAT response, chemical hygiene, flammable permits

Inspectional Services

- Restaurant and housing inspections, site cleanliness, rodents, dumpsters, food handlers, food safety recalls

License Commission

- Safe restaurant venues, alcohol serving regulations, noise ordinance enforcement

Libraries

- Major source of health information for the public

Police Department

- Bike safety, Domestic violence prevention

Public Works Department

- Keeping Cambridge clean and walkable, maintaining parks

School Department

- Fitness testing, healthy school meals, health education

Veteran's Services

- Medical benefits for those who have served

Water Department

- Safe water supply

Women's Commission

- Domestic violence prevention



CAMBRIDGE PUBLIC HEALTH DEPARTMENT

Key Activities in June–August 2010

City Council Order Responses

- Staff submitted "A Recommendation to Establish a Cambridge Food & Fitness Policy Council" to the Cambridge City Manager. The proposed council would provide a forum for developing strategies to make healthier foods and physical activity opportunities accessible to more residents.
- Staff worked with the city's Law Department to produce a memo to the Cambridge City Manager addressing legal, health, and other barriers to allowing residents to raise "backyard" chickens in Cambridge.
- The department submitted a memo to the Cambridge City Manager that provided data on hepatitis B (HBV) in Cambridge, information on local programs that offer HBV prevention services and case management, and strategies for reducing HBV infection and transmission.

Community Events

- To celebrate Men's Health Month, the CPHD and community partners organized the annual Men's Health Breakfast (June 5) and co-hosted the 17th annual Hoops 'N' Health event that was held on June 19.
- Staff promoted summer safety and men's health at the Area 4 Community Health Fair (7/11) and lead poisoning prevention at a "Summer in the City" outdoor performance (7/19).
- CPHD staff and the CambridgeSide Galleria co-organized the city's first kids' duathlon on Aug. 15. More than 100 children (ages 5-14) participated in the running and cycling event at the Galleria.

Environmental Health

- In partnership with the Cambridge Police and Cambridge Prevention Coalition, CPHD staff helped launch a citywide program that will allow residents to safely dispose of unused prescription drugs.
- On behalf of the Cambridge, Somerville, and Everett health departments, staff submitted a letter to Governor Deval Patrick asking that he veto a proposed budget amendment that would prohibit local boards of health from enforcing restrictions or bans on "cigar bars" and "smoking bars." The Governor vetoed the amendment on June 30.
- As part of national Lead Poisoning Prevention Week (July 17-24), staff focused on a new EPA rule aimed at ensuring that renovations and repairs to pre-1978 buildings are performed in a lead-safe manner. Staff issued a news release about the new EPA requirements, and provided information at local hardware stores and other venues to 275 homeowners and contractors.
- On Aug. 19, state health officials reported that mosquitoes in Cambridge had tested positive for West Nile virus. This was the first time since 2007 that mosquitoes carrying the virus had been discovered in Cambridge. CPHD staff issued a news release, which was published on the CPHD, City of Cambridge, and *Cambridge Chronicle* websites.

School Health

- Staff provided health and medication trainings to approximately 135 staff from Cambridge summer camps and the city's Recreation Division.

- CPHD school nurses (L. Mass), (B. Meade), and (T. Rose) were honored at a June 16 ceremony for completing competencies as part of the CHA Professional Nurse Clinical Ladder Program, which recognizes excellence in clinical nursing practice and professional development.
- School nutritionist D. Olcott and Dr. V. Chomitz (ICH) were featured prominently in an article, "Lunchroom Makeover: How schools can plant the seeds for healthy eating," that was published in a *Newsweek* guidebook that will be distributed to schools nationwide this fall.

Emergency Preparedness

- Staff helped design, implement, and recruit volunteers for a June 19 full-scale exercise at the three CHA hospitals, which involved a mass casualty incident in Somerville.
- Emergency Preparedness Region 4b, based at the health department, launched a website (www.region4b.org) that features general emergency preparedness resources and information for the public and a private workspace that allows the region's 27 health departments to share documents.

Grant Awards

- The Men's Health League, in partnership with the Margaret Fuller Neighborhood House, received a \$4,000 Harvard Catalyst seed grant to plan a research project addressing health disparities in men. The work group has chosen to partner with a Harvard-appointed researcher based at the Institute for Community Health.
- The department received a two-year, \$155,734 grant renewal from the Massachusetts Childhood Lead Poisoning Prevention Program to conduct lead poisoning prevention education activities and provide case management to children with elevated blood lead levels who reside in Cambridge and 35 Boston-area communities.
- The department received a \$50,000 Harvard Catalyst grant to work with community and academic partners to develop a citywide air quality monitoring strategy.

Staff Transitions

- Director, Community Health Programs (M. Lazar) has resigned effective Aug. 6. An acting director has been assigned with plans to recruit and fill the position this fall.
- Senior Director, Public Health Nursing Services (L. Rice) has announced that she will resign effective Sept. 10. An acting senior director has been assigned with plans to recruit and fill the position by the end of the winter.
- Commissioner of Laboratory Animals (J. Medley) has resigned effective Aug 31.
- AFC Coordinator, Literacy Project (J. Palmer) has resigned effective July 23.
- Administrative Assistant (V. Smith) has resigned effective Aug 31.
- Patient Access Representative (B. Rivera) began work in June. This position provides critical support to the Public Health Nursing Program's TB program at the Schipellite Chest Center.

National and State Honors & Recognition

- C. Jacob was elected to the Board of Directors of the National Association of County and City Health Officials (NACCHO).
- The Men's Health League was selected as a model practice by NACCHO for demonstrating exemplary and replicable qualities in response to a local public health need.
- Program Manager A. Pless Jr., and the Men Health's League received the 2010 Community Service Award from the Partnership for a Heart-Healthy, Stroke-Free Massachusetts.

SCHOOL HEALTH SERVICES

YOUR SCHOOL NAME HERE



Staying Warm for Winter Fun

- If it's under 32F, wear a hat and mittens.
- Wear boots to keep feet warm and dry.
- Be careful walking when it's icy.



Got Allergies

Know your triggers

Other warm weather reminders:

Your school nurse is:
Anne Hughes

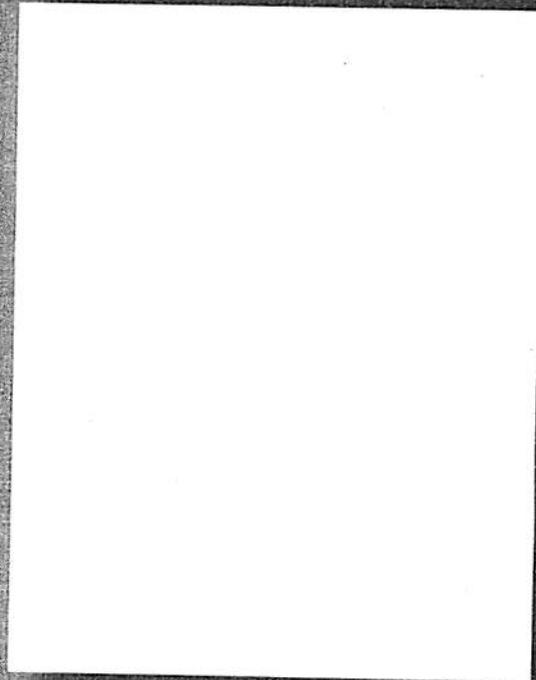
Please drop by and say hello!



The School Health Program of the Cambridge Public Health Department is dedicated to helping students in grades K-12 stay healthy and in school so they can reach their academic potential. Staff include registered nurses, nutritionists, vision and hearing specialists, and health assistants.



RESOURCES



CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance



ESTABLISHED 1630



2010 Flu Clinic Schedule

Vaccination against flu is now recommended for **everyone**, age six months and up. Cambridge residents can receive a free seasonal flu shot at any of the Cambridge Public Health Department's annual flu clinics. While there is no charge to the public for flu shots, seniors are encouraged to bring their Medicare health insurance cards with them to the clinics. The health department is able to bill Medicare and Medicare HMOs, which helps offset program costs.

First Responder Flu Clinics

Monday, October 18, 2010

12 p.m. – 2 p.m.

Cambridge Fire Department
491 Broadway

Wednesday, October 20, 2010

2 p.m. – 4 p.m.

Cambridge Fire Department
491 Broadway

Monday, October 25, 2010

2 p.m. – 4 p.m.

Cambridge Police Department
125 Sixth Street

Wednesday, October 27, 2010

2 p.m. – 4 p.m.

Cambridge Police Department
125 Sixth Street

Thursday, October 28, 2010

9 a.m. – 11 a.m.

Burns Apartments
50 Churchill Ave. (North Cambridge)

2 p.m. – 4 p.m.

North Cambridge Senior Center
2050 Massachusetts Ave.

Wednesday, November 3, 2010

9 a.m. – 12 noon

Citywide Senior Center
806 Massachusetts Ave. (Central Square)

Friday, November 5, 2010

3 p.m. – 4:30 p.m.

Lyndon B. Johnson Apartments
150 Erie Street (Cambridgeport)

Saturday, November 6, 2010

Family friendly!

10 a.m. – 12 noon

The Cambridge Hospital
Third Floor, Learning Center A/B
1493 Cambridge Street

Wednesday, November 10, 2010

5 p.m. – 7 p.m.

The Cambridge Hospital
Third Floor, Learning Center A/B
1493 Cambridge Street

Friday, November 12, 2010

3 p.m. – 4:30 p.m.

Putnam Square Apartments
2 Mount Auburn Street

Wednesday, November 17, 2010

10 a.m. – 12 noon

Cambridge City Hall
795 Massachusetts Ave. (Central Square)

5:30 p.m. – 7:30 p.m.

Fresh Pond Apartments (Rindge Towers)
364 Rindge Ave. (North Cambridge)

Saturday, November 20, 2010

Family friendly!

10 a.m. – 1 p.m.

War Memorial
1640 Cambridge Street

Wednesday, December 1, 2010

10 a.m. – 12 noon

Citywide Senior Center
806 Massachusetts Ave. (Central Square)

Wednesday, December 8, 2010

5 p.m. – 7 p.m.

Windsor Street Health Center
119 Windsor Street (Area IV Neighborhood)
2nd Floor, Large Conference Room

Saturday, December 11, 2010

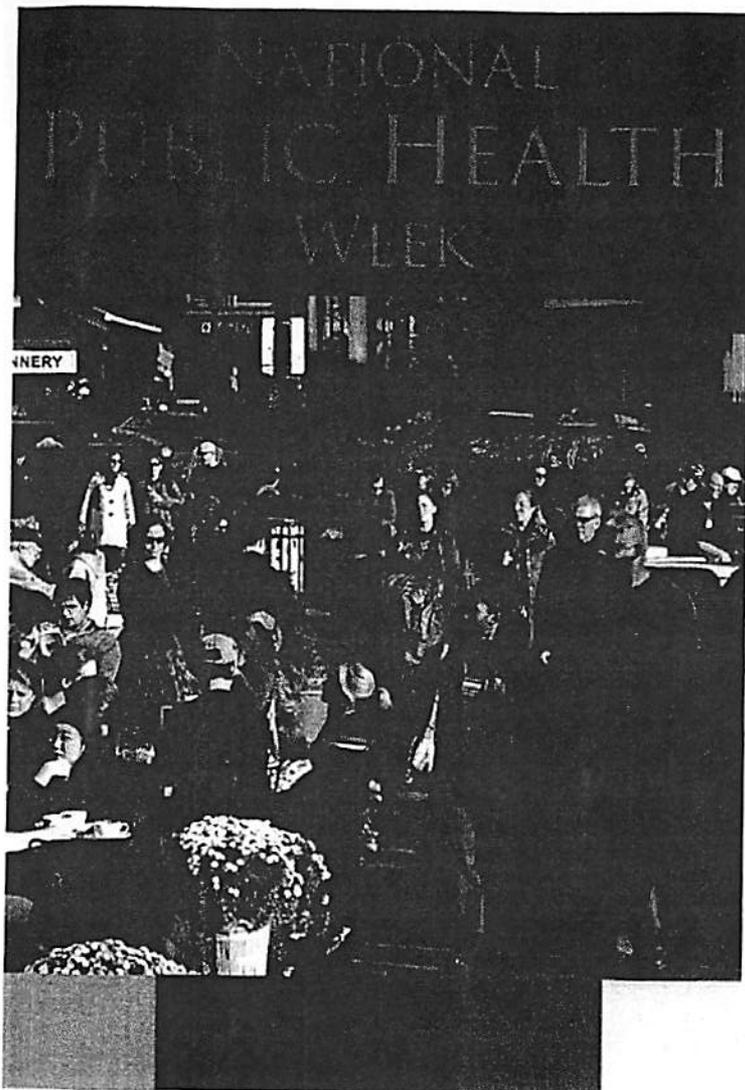
Family friendly!

1 p.m. – 4 p.m.

CambridgeSide Galleria Mall
100 CambridgeSide Place

Shipping delays of flu vaccine may affect this schedule. Please call the Cambridge Public Health Department at 665-3855 or visit www.cambridgepublichealth.org for the most current dates and times of the flu clinics. *Remember:* Seasonal flu shots will be available this year for anyone who'd like to be vaccinated.





The Cambridge Public Health Department is celebrating National Public Health Week from April 5 to 11, 2010!

H1N1: The Cambridge Story

A poster gallery on display at Cambridge City Hall (795 Massachusetts Avenue), from April 5 to April 23. The exhibit showcases the partners, planning, and strategies used to vaccinate thousands of Cambridge residents against both H1N1 and seasonal flu during an extraordinary year. Open to the public.

Brown Bag Lunch Presentation of BRFSS Data

Presentation of 2008 Behavioral Risk Factor Surveillance System data by Epidemiology and Data Services Division of the Cambridge Public Health Department at City Hall Annex (344 Broadway), on April 5 from 12 noon to 1:30 p.m. Open to City of Cambridge employees.

Public Health Nursing: Stories from the Field

A Nursing Grand Rounds presentation by Louise Rice, RN, Senior Director of Public Health Nursing, and her team on Tuesday, April 6 (12 noon, Macht Auditorium, Cambridge Hospital). Open to Cambridge Health Alliance staff.

Organic Spring Food Fest

Sponsored by the City of Cambridge Employees' Committee on Diversity. Includes healthy eating presentations by Cambridge Public Health Department nutritionists (12 noon and 1 p.m.). The event takes place at Cambridge City Hall (795 Massachusetts Avenue) on April 8 from 12 noon to 2 p.m. Open to City of Cambridge employees.

Real World Public Health

A half-day professional development symposium for graduate students in public health, sponsored by the Cambridge Public Health Department and the Institute for Community Health. Real World Public Health will be held at Windsor Street Health Center (119 Windsor Street) on April 9 from 8 a.m. to 1 p.m. Open to public health graduate students.

CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance

PUBLIC HEALTH MARKETING

FLU

- "Backpack Express" flyers through schools promoted seasonal and H1N1 flu clinics.
- Neighborhood "doorhanger" flyers.
- Trained community partners on basic flu prevention message and conducted outreach through their staff.
- Piloted text message and email alert system.

TRANS FAT BAN

- Decals and brochures for distribution by restaurant inspectors.

UNDERAGE DRINKING

- Developed Reality Check campaign with Cambridge Prevention Coalition. Message for Phase 1 is "Parent Like You Mean It."
- Mass media, web development, texting tool.

MEN'S HEALTH

- Fitness Brothers: Men's wellness program.
- Community events promote men's health: Men's Health Breakfast, Cooking Demos for Men, Hoops 'N' Health
- Men's Health League program manual.

CHILDREN'S ORAL HEALTH

- Pediatrician outreach in February (Children's Dental Health Month).
- Bookmarks.

NATIONAL PUBLIC HEALTH WEEK

- Display and reception at City Hall.
- Real World Public Health 1/2 day conference for public graduate students.

SCHOOL HEALTH

- Bulletin board displays at public schools for health promotion and news.

LITERACY

- StoryWalk Cambridge interactive displays promote literacy and physical activity in sites around Cambridge. Project engages community partners (Inman Square Business Association, Community Development Department, Water Department, Libraries).

