

TORRINGTON AREA HEALTH DISTRICT

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

April 2023 Newsletter

April is Alcohol Awareness Month

Drinking too much can harm your health. Excessive alcohol use led to more than 140,000 deaths and 3.6 million years of potential life lost (YPLL) each year in the United States from 2015 – 2019, shortening the lives of those who died by an average of 26 years. Further, excessive drinking was responsible for 1 in 5 deaths among adults aged 20-49 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

WHAT IS A STANDARD DRINK?

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).⁴

WHAT IS EXCESSIVE DRINKING?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

Binge drinking, the most common form of excessive drinking, is defined as consuming

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.



Torrington Area Health District

350 Main Street, Suite A
Torrington, CT 06790
Phone (860) 489-0436
Fax (860) 496-8243

Hours

- Monday, Tuesday, Thursday- 8:00am to 4:00pm.
- Wednesday- 8:00am to 6:00pm.
- Friday- 8:00am to 1:00pm.

Follow us on social media:



US Standard Drink Sizes



12 ounces
5% ABV beer



8 ounces
7% ABV malt liquor



5 ounces
12% ABV wine



1.5 ounces
40% (80 proof) ABV distilled spirits (gin, rum, vodka, whiskey, etc.)

ABV = Alcohol by Volume

- Heavy drinking is defined as consuming
 - For women, 8 or more drinks per week.
 - For men, 15 or more drinks per week.
 -
- Most people who drink excessively are not alcoholics or alcohol dependent.⁵

WHAT IS MODERATE DRINKING?

The *Dietary Guidelines for Americans* [recommends](#) that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to **2 drinks or less in a day for men or 1 drink or less in a day for women**, on days when alcohol is consumed.⁴ The *Guidelines* also do not recommend that individuals who do not drink alcohol start drinking for any reason and that if adults of legal drinking age choose to drink alcoholic beverages, drinking less is better for health than drinking more.⁴



There are some people who should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.⁴

By adhering to the *Dietary Guidelines*, you can reduce the risk of harm to yourself or others.

Source: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>



National Infant Immunization Week (NIIW) April 24 – 30, 2023 is a yearly observance highlighting the importance of protecting children two years and younger from vaccine-preventable diseases (VPDs). The CDC and the American Academy of Pediatrics (AAP) recommend that children stay on track with their well-child appointments and routine vaccinations. On-time vaccination is critical to provide protection against potentially life-threatening diseases.

CURRENT CHALLENGES

The COVID-19 pandemic has caused many infants and children to miss or delay routinely recommended vaccinations. A [CDC report](#) released in May 2020 found a troubling drop in routine childhood vaccinations as a result of families staying home. While families followed public health recommendations about going out, many missed recommended vaccinations as a result. This week serves as a reminder about the importance of staying on track and ensuring infants are up to date on recommended vaccines. **CDC and the American Academy of Pediatrics (AAP) recommend that children stay on track with their well-child appointments and routine vaccinations – following disruptions from COVID-19.**

MILESTONES REACHED

These major achievements highlight controlling vaccine-preventable diseases among infants and young children:

- Vaccines have drastically reduced infant deaths and disability caused by preventable disease in the U.S.
- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- Routine childhood immunization among children born from 1994-2018 will prevent: an estimated 419 million illnesses, 8 million hospitalizations, and 936,000 early deaths over the course of their lifetimes.
- Childhood immunization has resulted in a net savings of \$406 billion in direct costs and \$1.9 trillion in total economic impact.

NIIW OPPORTUNITIES

NIIW 2022 provides an opportunity to **communicate to parents and caregivers:**

- The importance of staying up to date on all routinely recommended vaccines, following disruptions from COVID-19.
 - The benefits of vaccination in protecting children, starting from birth, against vaccine-preventable diseases.
 - The dangers of vaccine-preventable diseases, especially to infants and young children.
- NIIW 2022 also **provides partners an opportunity to:**
- Let local organizations and agencies work together as immunization partners.
 - Share evidence-based information about vaccines on social media.
 - Recognize local partners and volunteers for improving immunization coverage, with emphasis on completing the vaccination series.
 - Create virtual events that attract community support and national and local media interest for stories on childhood immunization.
 - Provide a forum so local media can interview immunization experts.

Learn more about NIIW <https://www.cdc.gov/vaccines/events/niiw/overview.html>



Source: <https://www.unity4teenvax.org/aiaw23/>

The second annual [Adolescent Immunization Action Week](#) (AIAW) will take place April 3rd–7th. This week focuses on the importance of adolescent immunization and encourages provider action to ensure adolescents are up-to-date on their recommended immunizations. In Connecticut, **only 57.6% of adolescents ages 13–15 are up-to-date on human papillomavirus (HPV) vaccination.** This rate is significantly lower than other adolescent vaccines such as tetanus, diphtheria, acellular pertussis (Tdap) and meningococcal conjugate ACWY (MCV4) which are 94.7% and 92.6% respectively, even though all of these vaccines could be given in the same office visit. Although Tdap and MCV4 are required for entry into 7th grade, HPV is not. However, the lack of a requirement does not signify a lack of importance. **HPV vaccine prevents cancer**—more than [90% of HPV-related cancers can be prevented](#) when the vaccine is given at the [recommended ages](#). Despite the overwhelming evidence to support this, a significant amount of hesitancy still exists. Health care providers are the most trusted source of vaccine information for parents of adolescents. As such, a strong provider recommendation goes a long way in bridging the gap and increasing HPV vaccination coverage. Additionally, data shows that when providers use a [presumptive recommendation](#) and choose language that assumes the parents will vaccinate, parents are more likely to accept the vaccination. Once adolescents have received their first dose of HPV vaccine, it is important to make sure they complete the series on-time. Utilizing CT WiZ functionalities such as the [recommender](#), which allows you to see which vaccines are due today and which vaccines will be due for your patient in the future, and [reminder/recall](#), which provides a list of patients due and overdue for vaccinations, can be useful to ensure your adolescent patients stay up-to-date on their recommended vaccines.

What can you do this week?

- Read the attached resource on Adolescent Immunizations and share with your office staff.
- Run a [reminder/recall report](#) to assess how many patients are not up-to-date on any of their [adolescent immunizations](#) (Tdap, MCV4, and HPV) and reach out to schedule an appointment.
- Practice your [strong recommendation](#) using the [presumptive approach](#).
- Encourage your staff to [continue their education on HPV vaccination](#).
- Order free HPV vaccine [educational materials](#) from DPH and have them available for patients and parents during the 11-year-old well visit.
- Watch a [webinar on adolescent vaccination](#) moderated by Dr. Chelsea Clinton and featuring Dr. Paul Offit.
[Post to social media](#) encouraging adolescent immunization.
- Check out [adolescent immunization events](#) happening near you.



Since 1995, when the first full week of April was declared National Public Health Week (NPHW), communities across the United States have observed the time as an opportunity to recognize the contributions of public health and highlight issues that are important to improving the public's health. It's a time to unite around critical issues and focus our collective energy on the singular goal of helping people live longer, happier, healthier lives. Find out more at www.nphw.org.

TAHD joins APHA in observing [National Public Health Week 2023](#) and the growing movement to create the healthiest nation in one generation. We're celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.



DID YOU KNOW?

- Someone — maybe a friend or even a family member — has a cardiac arrest right in front of you. Their heart has stopped beating. They need help. What do you do?
- Evidence shows only half of Americans would perform lifesaving CPR. That's because the other half don't know what to do, fear legal ramifications, hurting the victim, or think someone else will come to the rescue.
- We get it. But the benefits of performing CPR far outweigh the risk and can double or triple the chance of survival. So don't wait for someone else to step up. Learn and do CPR. You might even save someone you love.

DON'T BE AFRAID. GIVE CPR. SAVE A LIFE!

HANDS-ONLY CARDIO-PULMONARY RESUSCITATION (CPR)

2 STEPS TO SAVE A LIFE



[HTTPS://CPR.HEART.ORG/-/MEDIA/CPR-FILES/RESOURCES/BYSTANDER-CPR/2202-UPDATES/DS19398 ECC CPRWEEK FACT FLYER 01KK.PDF](https://cpr.heart.org/-/media/cpr-files/resources/bystander-cpr/2202-updates/ds19398-ecc-cprweek-fact-flyer-01kk.pdf)

[HTTPS://WWW.YOUTUBE.COM/WATCH?](https://www.youtube.com/watch?)



At TAHD we believe its never to early to learn how to save a life. Michael Kovalevsky 18 months practicing hands only CPR.

RECALL ALERT



Name of Product: Children's Bamboo Plates

Hazard: The recalled children's bamboo plates have elevated levels of lead and formaldehyde. Both lead and formaldehyde are toxic if ingested by children and can cause adverse health effects such as; difficulty learning, brain damage, and developmental delays.

Name of Product: Children's pajamas and headbands

Hazard: The recalled children's pajamas fail to meet the federal flammability standards for children's sleepwear, posing a risk of burn injuries to children; and the children's headbands contain levels of lead that exceed the federal lead content ban.

Lead is toxic if ingested by young children and can cause adverse health issues.



For more information please visit :<https://www.cpsc.gov/Recalls>

Why is the health district calling me regarding a health matter?

Disease reporting and surveillance are important functions to monitor the status of the public's health. It allows the Connecticut Department of Public Health (DPH) to determine the epidemiology of diseases, see trends and establish preventive measures. In accordance with the Public Health Code and Connecticut General Statutes diseases on the list of reportable diseases, emergency illnesses, health conditions, and significant laboratory findings are required to be reported to the DPH and the Local Health Director of the town in which the person resides. Reportable diseases include those caused by communicable agents such as viruses, bacteria, and parasites. They may be spread directly from person to person, from animals to people, in food and water, or by ticks and mosquitoes. TAHD provides surveillance and control of selected communicable diseases. This information is important for describing the magnitude and geographic distribution of disease, identifying disease outbreaks, and guiding prevention and control measures.



On March 15th and 16th, our emergency preparedness coordinators attended a Medical Management of Chemical, Biological, Radiological, Nuclear, and High Yield Explosives (CBRNE) course at Post University provided by TEEEX. The course focused on the planning and mitigation of these events, while also discussing the motives behind them. The course also included a hands-on portion where participants learned how to recognize a specific disease and how to provide patient care for those who are affected. Participants ranged from firefighters, military personnel, DEMHS, and local public health.



On Wednesday, March 21st, the TAHD Emergency Preparedness team in collaboration with Region 5 ESF8 and Jensen and Hughes facilitated an anthrax tabletop exercise at the Litchfield County Regional Fire Training School. Representatives from various agencies and community organizations attended to participate and worked on multiple injects to mitigate an intentional release scenario. Participants were able to network, learn from their peers, and provide valuable feedback to help build our regional response.



“This picture of over 1000 used syringes is emotional from so many perspectives and highlights the good being done by the Harm Reduction program in so many ways. It is a heart wrenching reminder of the very human cost of this disease, the relief that these syringes are not in the streets where they might do harm. Finding these syringes in public spaces can create more stigma and outrage towards the folks that are suffering. The greatest piece of importance is these syringes are not being reused or shared amongst one another, which minimizes the transmission of disease and infections. I see this picture and I see the work we do to keep our fellow humans as safe as possible, doing everything can to keep them alive. Every day alive is another day for hope to become reality.”

Written by Noel Deleon, Community Engagement Specialist at McCall Behavioral Health Network

COMMUNITY UPDATES

FREE HELP AT HOME

For residents age 70+ or age 18+ with physical disabilities

- Household chores
 - Yard work
 - Companionship
 - Transportation
- See sample task list

Local volunteers needed age 15* & up
(*ages 15-17 with adult consent and supervision)

Sign up now at:
www.URCommunityCares.org

All participants are background-checked.



Michelle Puzzo, President
Call/text: 860-430-4557
Email: info@urcommunitycares.org

UR Community Cares Graffiti and Street Art Fundraiser at Urban Lodge Brewing



Artists will take part in a live painting event on Purnell Place!

Hosted by Angelo Bavaro Fox61

Fun for all people of all ages.



Enjoy Music, Raffle, Games, Cocktails and Beer!

LOCATION: URBAN LODGE BREWING
47 PURNELL PLACE, MANCHESTER
DATE: APRIL 23RD
TIME: 1-4PM



Artists Include:

- Corey Pane
- Ben Keller
- Micaela Levesque
- ARCY
- MIDG
- Perez

Kevin Boudreaux

- Chris Gann
- Joey Batts
- Marsh Art
- Cozy
- Leia Sands and more



Street Art Battle

FOR MORE INFO: 860-430-4557 OR
INFO@URCOMMUNITYCARES.ORG

RESOURCE FAIR

Open to the public

VISIT US

Monday April 3, 2023
9a-12p

WHERE

115 Spencer St, Winsted
Old Winsted ER



Community organizations will be on site to provide resources, services and support

- Hartford Healthcare Care Clinic
- Mental Health
 - Addiction
 - Medical
 - Education
 - Career Support
 - And more

Have you reversed an overdose? Help us continue to receive the funding and supplies we receive from DMHAS. We have given out over 2500 Narcan kits in Litchfield County over the past 3 years. If you used Narcan to help reverse an overdose, please confidentially report it back to us. Call or text us at (860)485-7725 and let us know you reversed an overdose, what town it occurred and how many doses were administered. Thank you for being a partner in overdose response.

COMMUNITY UPDATES



TORRINGTON AREA MRC APRIL EVENTS

HANDS-ONLY CPR TRAINING
WEDNESDAY, APRIL 5TH FROM 4-7PM
(30-MINUTE SESSIONS)
350 MAIN STREET, TORRINGTON, CT 06790
[HTTPS://TAHDHANDSONLYCPR.EVENTBRITE.COM](https://TAHDHANDSONLYCPR.EVENTBRITE.COM)

STOP THE BLEED TRAINING
TUESDAY, APRIL 18TH FROM 10-12PM
350 MAIN STREET, TORRINGTON, CT 06790

WHAT IS A POD? TRAINING
WEDNESDAY, APRIL 19TH FROM 5-6PM VIA ZOOM
LINK TO REGISTER: [HTTP://BIT.LY/42ERXZN](http://bit.ly/42ERXZN)

SCAN THE QR!






Torrington Area Health District and Medical Reserve Corps Present:

HANDS ONLY CPR TRAINING

Learn the skills to save a life- for FREE!

Wednesday, April 5th from 4:00PM-7:00PM

Torrington Area Health District
350 Main Street Torrington, CT 06790

Training includes:

Sessions run every 30 minutes-come and join anytime!

- The steps on how to call for help
- How to give high-quality CPR
- How to properly use an AED

PRE-REGISTER AT:
[HTTPS://TAHDHANDSONLYCPR.EVENTBRITE.COM](https://TAHDHANDSONLYCPR.EVENTBRITE.COM)
WALK INS WELCOME

FREE TRAINING OPPORTUNITIES!

CHOOSE TO ATTEND BOTH TRAININGS OR PICK ONE!
TRAININGS WILL BE HELD AT THE HARWINTON AMBULANCE ASSOCIATION!
April 12th, 2023 5PM-7PM

QPR GATEKEEPER SUICIDE PREVENTION

 From 5pm-6pm

QPR stands for Question, Persuade, and Refer — 3 simple steps anyone can learn to help save a life from suicide. As a QPR-trained Gatekeeper you will learn to recognize the warning signs of suicide, how to offer hope, and how to refer to resources in the community to help save a life. QPR is a nationally recognized, evidence-based training that grants participants certification considered active for three years.



NALOXONE ADMINISTRATION OVERDOSE PREVENTION

 From 6pm-7pm

Participants of this training will learn:

- Overdose prevention strategies
- Brief history of Opioid Waves
- Local resources and supports
- Signs and symptoms of an overdose
- How to administer Naloxone
- Current protective legislation



Attendees will receive a FREE Naloxone Kit with two 4-ML doses of Naloxone.

If interested in registering for either or both trainings, contact:
Darlan Graells at darian.graells@mccallbhn.org



- 4/18 at 7pm QPR training at the United Church of Christ in Cornwall
- 4/23 from 12:30-2:00pm QPR training at NCCC
- 4/26 at 7pm QPR at falls village fire department

If interested please refer to the flyer with free training opportunities.