

Paramus Health Department  
**2024 ANNUAL REPORT**

PREVENT. PROMOTE. PROTECT.

Paramus  
Health  
Department

**Joanna Adamiak, MPH**  
Director of Health  
Health Officer  
Borough of Paramus

# DIRECTOR'S REPORT

Reflecting on 2024, the Paramus Health Department made significant strides in promoting public health and addressing community needs. We successfully implemented diverse programs, including the third annual Paramus Walks, a drum circle for the Senior Center, and multiple CPR and AED training sessions for residents and Borough employees. Educational campaigns on social media highlighted topics including UV safety, flu prevention, heat-related illnesses, breast cancer awareness, and diabetes, further emphasized our commitment to health education. Additionally, the department secured and utilized funding from the Enhancing Local Public Health Infrastructure and Sustaining Local Public Health Infrastructure grants, allowing us to strengthen critical services, improve outreach, and build capacity for future initiatives. These grants also supported workforce development opportunities, enabling staff to participate in conferences and trainings to enhance our public health efforts.

Challenges arose with limited staffing following the opening of the Valley Hospital in April, which temporarily impacted program development and other responsibilities. These constraints were mitigated through the onboarding of additional personnel. Adapting to the Department's expanded responsibilities required flexibility and resilience, and we successfully rose to meet the challenge.

In 2025, we aim to strategically leverage our grants to expand and diversify our programs, with a strong emphasis on enhancing accessibility for all members of the community. A central priority will be advancing health equity by tailoring our initiatives to meet the unique needs of our diverse population. We will focus on strengthening partnerships with community organizations and adopting innovative tools to improve health education and engagement.

For the Paramus community, our vision is a healthier, more connected population, empowered with the knowledge and resources to thrive and supported by a robust, inclusive, and responsive health department.

Finally, I want to express my heartfelt gratitude to my incredible team, a group of dedicated professionals who genuinely care about the people of Paramus and everyone who walks through our doors. Their professionalism, commitment to public health, and outstanding work are the foundation of our success.

I would also like to thank our Board of Health members, our Council Liaison, Ms. Jeanne Weber, and the entire Governing Body for their continued support and contributions. Together, we remain steadfast in our commitment to ensuring that everyone who lives, works, and plays in Paramus has the opportunity to thrive.

Respectfully submitted,

Joanna Adamiak, MPH  
Director of Health  
Health Officer

## OUR VISION

A thriving community where every individual can achieve their fullest potential in health and well-being.

## OUR MISSION

To safeguard and enhance the physical, mental, and social well-being of all who live, work, and do business in the Borough of Paramus. We are dedicated to preventing disease, disability, and premature death through policy development, disease prevention, health education, and the promotion of equitable, evidence-based practices.

## SOME OF OUR CORE VALUES

**Excellence** – We are committed to delivering all services and performing all actions with the utmost quality, ensuring that our work reflects the highest standards of public health practice.

**Respect** – We honor the dignity of all employees and community members by treating everyone with respect, courtesy, and understanding. We foster an environment where diverse perspectives are valued and collaboration thrives.

**Professionalism** – We adhere to the highest ethical standards and continuously pursue knowledge and innovation. By staying informed of current data, trends, standards, and ideas, we remain responsive, open-minded, and flexible in educating and engaging with our community.

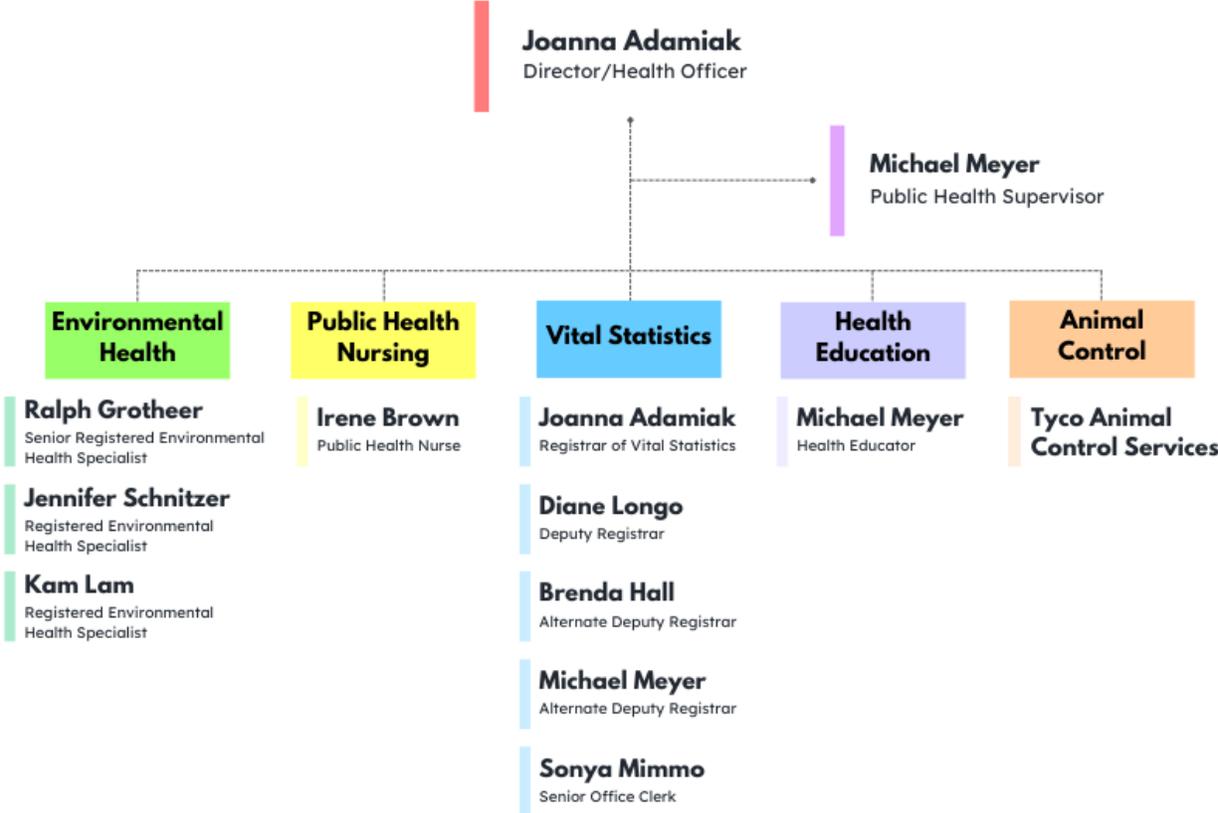
**Equity** – We are dedicated to addressing the root causes of inequities, and removing systemic barriers to health and well-being. We strive to create a fair and inclusive environment where all individuals can thrive.

**Integrity** – We act with honesty, accountability, and transparency in all our efforts. We take responsibility for our actions and build trust through consistent, ethical decision-making.

**Collaboration** – We work together with community members, partners, and stakeholders to achieve shared goals. By fostering partnerships and leveraging collective strengths, we enhance the health and well-being of the communities we serve.

# ORGANIZATIONAL STRUCTURE

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



# PARAMUS BOARD OF HEALTH

- Eric Nazziola**  
President
- Dana Folcarelli**  
Vice President
- Felicia Burger**  
Member
- Tina DiPiazza**  
Member
- Joan Piazza**  
Member
- Jeanne Weber**  
Council Liaison

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

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

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

## WHAT IS PUBLIC HEALTH?



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

Public health is a dynamic and multidisciplinary field aimed at improving and safeguarding the health of entire populations through organized community efforts. Unlike medicine, which primarily focuses on diagnosing and treating illnesses in individuals, public health emphasizes the prevention of diseases and the promotion of well-being at the community level. Key activities in public health include assessing the health needs of populations, identifying and diagnosing public health challenges, investigating their root causes, and developing evidence-based interventions to address them. These solutions often involve population-wide strategies designed to mitigate risks and promote healthy behaviors. Public health thrives on collaboration across sectors, leveraging data, science, policy, and community engagement to create a healthier and more equitable society. Its ultimate goal is to enhance quality of life, extend life expectancy, and ensure health equity for all individuals within a population.

## TEN ESSENTIAL PUBLIC HEALTH SERVICES

1. Assess and monitor population health status, factors that influence health, and community needs and assets
2. Investigate, diagnose, and address health problems and hazards affecting the population
3. Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it
4. Strengthen, support, and mobilize communities and partnerships to improve health
5. Create, champion, and implement policies, plans, and laws that impact health
6. Utilize legal and regulatory actions designed to improve and protect the public's health
7. Assure an effective system that enables equitable access to the individual services and care needed to be healthy
8. Build and support a diverse and skilled public health workforce
9. Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement
10. Build and maintain a strong organizational infrastructure for public health

# PUBLIC HEALTH NURSING



Public health nursing integrates the principles of nursing practice with public health science to protect and promote physical and mental well-being while preventing disease, injury, and disability. This specialized field focuses on improving the health of populations and communities

through evidence-based, proactive strategies. Through a systematic and collaborative approach, public health nurses combine the art of compassionate care with the science of population health to design and implement interventions that enhance health outcomes. They work across diverse settings, including schools, clinics, community organizations, and public health departments, addressing health disparities, promoting preventive care, and building healthier communities.

Telephone Counseling	Total
Nursery Schools	102
Public Schools	57
Private Schools	69
Audit Follow-Up	52

School Visits	Total
Pre-School/Nursery School Audits	20
Number of Records Audited	1,435
Re-Audits	13
Number of Records Re-Audited	207
Public/Private School Audits	13
Number of Records Audited	1413
Re-Audits	1
Number of Records Re-Audited	19
<b>Total Records Audited</b>	<b>3,074</b>

Radon Kits	Total
Radon Kits Distributed	3

Outbreaks	Total
Long Term Care & Residential Living	26
Day Cares/Schools/Community	1

Visits to Nurse's Office	Total
MD/NP	2
Residents	21
Seniors	63
Borough Employees	71
Other	2

Agency Visits	Total
Ambulance Corps.	11
Health Departments	1
Police Department	7
Other	5

Communicable Disease Investigations	Total
Babesiosis	1 & *1
Campylobacter	6 & *1
Cryptosporidiosis	1
Chikungunya	1
Cyclosporiasis	1
Dengue	2
Giardiasis	3
Haemophilus Influenzae	1
Hepatitis B	9 & *2
Hepatitis C	2 & *2
Influenza	1
Legionella	1
Lyme	*8 & **1

Pertussis	7
Salmonella	5
Shiga toxin-producing E. coli (STEC)	1
Shigellosis	3
Varicella	2
Yersiniosis	2

Communicable Disease Investigations	Total
<b>Total Investigations</b>	49 & *14 & **1
Redirects	41
Old Case Updates	18

Per NJDOH: \*Probable; \*\*Possible

Novel Coronavirus 2019	Total
Positive	1,183
Negative	2,564

Elevated Blood Lead Levels	Total
Elevated Blood Lead Levels	3

Investigations Not Meeting NJDOH Case Definition	Total
Alpha-Gal	1
Hepatitis A	1
Hepatitis B	12
Hepatitis C	11
Mumps	1
Perinatal Hepatitis B	1
Pertussis	3
Polio	1
Salmonellosis	1
Varicella	1

Telephone Counseling	Total
Employees	82
Residents	83
Seniors	85
Parents	45
Other	2

Referrals to Other Agencies	Total
Adult Day Care	1
Ambulance Corps.	11
Bergen County Dept. of Health	1
Bergen County Dept. of Social Services	6
Community Nursing Services/Assisted/LTC	2
Federally Qualified Health Centers	29
Hospitals & Clinics	16
Paramus Human Services	11
Private MD	16
TB Control	2
Walk-In Medical Clinics	13
Other	1

Telephone Conferences	Total
Ambulance Corps.	18
New Bridge Medical Center	17
Borough Departments	51
Hospital/Clinics	106
Human Services	2
Laboratories	23
Library	11
Local Health Departments	25

NJ DOH	8
Pharmaceutical Companies	5
Physicians	102
Police	20
Residential Facilities (Nursing & Assisted)	131
Senior Center & Clubs	10
Other	4

Health Assessments		Total
Office Visits	New	46
	1 <sup>st</sup> Visit This Year	24
	Revisits	74
Sex	Male	76
	Female	68
Age	18-24	1
	25-44	18
	45-64	55
	65+	70
Race / Ethnicity	Black	2
	White	118
	Hispanic	5
	Asian	19
		144

Counseling	Total
Alcohol	8
Arthritis	11
Diabetes	35
Exercise	58
Hearing	1

Medication	23
Nutrition	33
Psychosocial	14
Smoking	14
Stroke Screening	6
Thyroid	1
Vaccinations	58
Vision	1
Vitamin D Deficiency	14

Nursing Procedures	Total
Blood Chemistry Pick-Up & Counseling	1
Blood Pressure	69
Cardiovascular	69
Diabetes Screening/A1C Testing	52
Mantoux Test	129
Other	4
Skin Cancer Screening	30

Flu Vaccination	Total
Employees/Family	67
Home Visits	11
Residents	59
Housing (Behnke, Sipporta)	41
	<b>178</b>

# HEALTH EDUCATION & PROMOTION

The Paramus Health Department executes a comprehensive health education and promotion program designed to support the well-being of the community it serves. This program is developed, coordinated, and managed by a qualified health educator, ensuring it aligns with public health goals and community needs. The program

integrates seamlessly into the daily operations of the Health Department, providing evidence-based education, resources, and initiatives that empower individuals and groups to make informed health decisions and adopt healthier behaviors.



Date	Program	Target	Participants	Location
1/26	First Aid, CPR & AED Training	Borough Employees	11	Paramus Borough Hall
1/28	JCC Meeting (Health Education Table)	Paramus Residents	65 (Visitors to Table)	Jewish Community Center
2/6	First Aid, CPR & AED Training	Borough Employees	10	Paramus Borough Hall
2/23	Daycare & School Immunization Workshop	Daycare & School Nurses/Directors	20	Life Safety Complex
2/28	Understanding Eating Disorders	Paramus Residents	11	Microsoft Teams
5/2	Rabies Vaccination Program (Health Education Table)	Paramus Residents	90 (Visitors to Table)	Life Safety Complex
6/27	Men's Health Breakfast	Borough Employees	35	Paramus Borough Hall
9/18	Paramus Walks	Paramus Residents	24	Van Saun County Park
9/21	Lustgarten Walk (Health Education Table)	Paramus Residents	50 (Visitors to Table)	Bergen Community College
9/25	Paramus Walks	Paramus Residents	19	Van Saun County Park
9/25	Adult and Pediatric CPR & AED Training	Paramus Residents	8	Paramus Public Library
10/2	Paramus Walks	Paramus Residents	18	Van Saun County Park
10/9	Paramus Walks	Paramus Residents	21	Van Saun County Park
10/16	Paramus Walks	Paramus Residents	14	Van Saun County Park
10/23	Paramus Walks	Paramus Residents	16	Van Saun County Park
10/23	Poor Sleep & Dementia	Paramus Seniors	73	Paramus Senior Center

10/23	Adult and Pediatric CPR & AED Training	Paramus Residents	11	Paramus Public Library
10/24	Happy Hour of Hope	Paramus Residents	25	Harmony Village at CareOne
10/30	Paramus Walks	Paramus Residents	18	Van Saun County Park
11/6	Paramus Walks	Paramus Residents	20	Van Saun County Park
11/13	Drum Circle	Paramus Seniors	87	Paramus Senior Center
12/4	Aging Gracefully with Memory Impairment	Paramus Residents	7	Paramus Public Library
12/9	Adult and Pediatric CPR & AED Training	Paramus Residents	5	Paramus Public Library
12/14	Coffee with a Cop (information table)	Paramus Residents	25	Krispy Kreme

Category	Number of Programs
Community Health Programs	5
Tabling Events	4
Walking Program	8
Senior Center Programs	2
CPR & AED Training	5
<b>Total</b>	<b>24</b>

## VITAL STATISTICS & FINANCIAL REPORT

Vital statistics are a critical resource for understanding population dynamics and trends. By analyzing data on births, deaths, marriages, and other life events, these records provide valuable insights into demographic changes, societal shifts, and public health patterns. Local health agencies play a key role in maintaining and issuing certified copies of birth, marriage, and death certificates, ensuring individuals have access to these essential documents.

Licenses and Permits	Total	Amount
Food Handling	400	\$176,200.00
Vending Machine Operators	68	-
Vending Machines	313	\$15,650.00
Swimming Facilities	19	\$3,100.00
Late Fees	23	\$1,075.00
Plan Reviews	25	\$2,500.00
Re-Inspection Fees	6	\$600.00
Pet Shop/Kennel	5	\$750.00
Body Art	27	\$5,400.00
Electronic Cigarette Devices	15	\$8,000.00
		<b>\$213,275.00</b>

Vital Statistics	Total	Amount
Death Transcripts	336	\$2,475.00
EDRS Death Transcripts	4,532	\$27,575.00
Burial Permits (Office)	24	\$120.00
Marriage Licenses	108	\$3,024.00
Marriage Transcripts	378	\$3,610.55
Birth Transcripts	5,033	\$47,795.00
Disinterments	6	\$30.00
Vital Statistics Corrections	35	\$525.00
Credit Card Fees	1,542	\$985.35
		<b>\$86,139.90</b>

Animal Control	Total	Amount
Dog Licenses	285	\$5,997.00
Cat Licenses	18	\$468.00
Late Fees – Dogs	3	\$30.00
Redemption Fees	5	\$125.00
		<b>\$6,620.00</b>

**Total Receipts for 2024: \$306,034.90**

Vital Statistics of Paramus	Total
Deaths Occurred in Paramus	956
Deaths (Paramus Residents)	322
Marriages Occurred in Paramus	118
Birth Occurred in Paramus	2,392
Births (Paramus Residents)	141



Other Activities	Total
Spot Checks	364
Plan Reviews	26
Site Plan Reviews	42

Citizens' Complaints	Total
Air Sanitation	12
Food Establishments	21
Food	26
Heating	1
Insects	10
Rodents	8
Ragweed & Poison Ivy	5
Communicable Disease	1
Sewage Disposal	1
Institutional	3
Solid Waste Disposal	6
Noise Pollution	3
Birds & Animals	10
Occupational Health	6
Smoking	2
Sanitary Facilities	11
Stream Pollution	2
Residential	2
<b>Total Complaints Received</b>	<b>130</b>

## Seasonal Swimming Pools

		Total	
		Satisfactory	Unsatisfactory
<b>Paramus Municipal Pool</b>			
	Main	14	0
	Intermediate	14	0
	Kiddie	14	0
<b>Ridgewood Country Club</b>			
	Main	14	0
	Kiddie	13	0
<b>Moshava Ba'ir Youth Camp</b>			
	Pool 1	8	0
	Pool 2	8	0
	Pool 3	8	0
	Pool 4	8	0
<b>Camp Shalom</b>			
	Pool 1	8	0
	Pool 2	8	0
<b>Soldier Hill Commons</b>			
	Pool	15	0

## Public Swimming Pools

		Total	
		Satisfactory	Unsatisfactory
<b>24 Hour Fitness</b>			
	Pool	48	3
	Spa	45	1
<b>Big Blue Swim School</b>			
	Pool	22	0

Hampton Inn		
Pool	45	2
LA Fitness		
Pool	41	2
Spa	35	5

Occupational Health Inspections	Total
Permanent Cosmetics	11
Swimming Pools	11
Pet Shops/Kennels	5
Massage Parlors	1
Ear Piercing	6
Youth Camps	1
Tanning Salons	1
<b>Total Establishments Inspected</b>	<b>36</b>

Animal Bites	Total
Number of Animal Bites Investigated	33
Number of Visits	13
Dogs	21
Cats	6
Other	2

# ANIMAL CONTROL

The Paramus Health Department provides animal control services through a contracted agreement with Tyco Animal Control Services. Tyco serves as the appointed Certified Animal Control Officer and Cruelty Investigator for the Borough, ensuring the safety and well-being of both residents and animals. Their responsibilities include impounding lost and stray animals, rescuing or removing sick, dangerous, diseased, or injured wildlife, and conducting humane trapping of wildlife on Borough property. Additionally, Tyco facilitates the removal of feral cat colonies, removes deceased animals from roadways, and assists with managing the dispersal of Canadian Geese on Borough property, all while adhering to humane and ethical practices.



Total Calls	Investigations	Emergency Calls	Animals Handled	Gone on Arrival
220	6	46	210	17

<b>Dogs (18)</b>	16 Returned to Owner 1 Dead	<b>Small Birds (6)</b>	4 Dead 1 Released 1 Rehabilitated
<b>Cats (26)</b>	7 Returned to Owner 8 Dead 9 Adopted 1 Put to Sleep	<b>Geese (2)</b>	1 Dead 1 Rehabilitated
<b>Rabbits (4)</b>	3 Dead 1 Put to Sleep	<b>Deer (73)</b>	55 Dead 1 Injured 17 Put to Sleep
<b>Raccoons (43)</b>	21 Dead 1 Injured 1 Released 20 Put to Sleep	<b>Hawks (1)</b>	1 Rehabilitated
<b>Skunks (2)</b>	1 Dead 1 Released	<b>Bats (1)</b>	1 Rehabilitated
<b>Squirrels (18)</b>	4 Rehabilitated 10 Dead 3 Released 1 Put to Sleep	<b>Foxes (2)</b>	2 Dead
<b>Opossums (3)</b>	1 Released 1 Dead 1 Put to Sleep	<b>Raptors (5)</b>	1 Dead 1 Injured 2 Rehabilitated 1 Put to Sleep
<b>Woodchucks (4)</b>	3 Dead 1 Put to Sleep	<b>Cockatiel (1)</b>	1 Returned to Owner

# GRANTS



In 2024, the Paramus Health Department successfully pursued two grants aimed at enhancing the Department's capacity and fostering long-term infrastructure improvements. These grants focused on advancing health equity, diversity, inclusion, and accessibility, ensuring that the Department's programs and services effectively address the needs of all community members while building a

sustainable foundation for future public health initiatives.

## Enhancing Local Public Health Infrastructure

Justification	Total
Salary	\$33,713.59
Training	\$12,494.00
Construction	\$17,500.00
Other	\$1,437.86
	<b>\$65,145.45</b>

## Sustaining Local Public Health Infrastructure

Justification	Total
Salary	\$51,617.88
Training	\$2,061.00
Supplies	\$8,838.63
Travel	\$660.00
	<b>\$63,177.51</b>

**Total Grant Reimbursement for 2024: \$128,322.96**

# CONTACT US

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