



## Town of Fairfield

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Health Department

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TO: Board of Selectman, Board of Finance, RTM  
FROM: Sands Cleary, Director of Health

SUBJECT: Request from the Director of Health for a transfer of funds from an increase in grant revenue in the amount of \$15,070 (\$7535 per year of this two year contract) to cover the cost of a Cardiovascular Disease Prevention Program focusing on Policy/Environmental Change for citizens served by the Fairfield Health Department and further resolve that, Michael C. Tetreau, First Selectman, is authorized to make, execute and approve on behalf of the Town of Fairfield, any and all contracts or amendments thereof with the State of Connecticut, Department of Public Health. These costs are 100% reimbursable by a 9/1/12-6/30/14 State of Connecticut Preventive Health and Health Services Block Grant.

Date: September 13, 2012

### 1) BACKGROUND:

The Fairfield Health Department will be awarded \$15,070 (\$7,535 per year). from the State of Connecticut Preventive Health and Health Services Block Grant for a two year contract (September 1, 2012 through June 30, 2014.). Block Grant supported programs must be tied to selected Healthy People 2020 National Health Promotion and Disease Prevention Objectives by Federal requirement.

Physical inactivity and excessive weight gain are two of the major risk factors that lead to over half of all heart disease and two-thirds of all stroke deaths in Connecticut. People who are overweight and physically inactive are at significantly increased risk of developing cardiac risk factors including high blood pressure, elevated cholesterol and lipid levels and elevated fasting glucose levels (pre-diabetes). Approximately 61 percent of adults in America are overweight. In a survey conducted by the Fairfield Health Department in 2001, 53 percent of those surveyed indicated that they were overweight or obese. Many of the participants in Health Department sponsored preventative health risk reduction programs have stated on intake forms that they were overweight or obese, physically inactive and struggling to lose weight.

2) PURPOSE AND JUSTIFICATION :

The State of Connecticut Department of Public Health (CTDPH) is focusing their approach to cardiovascular disease prevention for 2012-2014 on environmental/policy changes to reduce major risk factors such as physical inactivity, obesity and reduction of excess dietary fat. Previously, the emphasis was on providing programs such as weight loss/nutrition education for those at risk for developing cardiovascular disease. From 2002-2012, the Fairfield Health Department successfully provided such programs for people who reside in or work in Fairfield.

In 2010, in a voluntary survey of Fairfield residents ( 700 plus responses) conducted by the Bike/Walk Coalition, many respondents stated that they would like to walk and bicycle with their children to school, the beach, to errands and to visit friends. Many people were reluctant to do so because of the speed of traffic, traffic congestion and a sense that motorists were often not sharing the road.

For the next two years, the Health Department will focus on changing physical conditions in Fairfield to make physical activity safer, more accessible and more appealing for children and adults. Over the past two years, the Bike/Walk Advisory Committee, appointed by the First Selectman, has worked with the Greater Bridgeport Regional Planning Council to develop a Bike/Walk Plan for Fairfield. Mill Plain Road is one of the priority routes identified in the Plan ( currently in draft form) for designation as a north/south bike route. Mill Plain Road is wide enough to allow for wider shoulders for bicycle travel, and also has Riverfield Elementary School located on the road. Mill Plain Road was recently repaved from Brookside to Duck Farm Rd. (approximately 1 mile), creating a smooth and unpainted surface for white line striping and stenciling bicycle graphics.) Signs such as “Share the Road” will also be installed leading to increased awareness on the part of motorists to watch for cyclists.

3) Detailed Descriptions of Proposal Continued:

The following is the estimated budget subject to change and approval by the State of Connecticut Department of Public Health.

Year 1: Pilot Program		
Road/Shoulder Striping: Mill Plain Rd	(1 mile)	5,000
Road Signs for Bike Route		2,000
Road Stencils/Sharrows		535
Total :		\$7,535
Year 2: ( Post Evaluation of Pilot Program)		
Road/Shoulder Striping:	Mill Plain Rd and/or	5,000

Unquowa, South Pine Creek, or others	( 1 mile)	
Road Signs for Bike Route		2,000
Road Stencils/Sharrows		535
Total :		\$7,535

Total \$15, 070

4) RELIABILITY OF ESTIMATED COSTS: Costs are based upon information provided by the Town Engineer and the Department of Public Works.

5) CONDUCIVE TO INCREASED EFFICIENCY OR PRODUCTIVITY:

According to Healthy People 2020, physical activity for adults and older adults lowers the risk of early death; coronary heart disease; stroke, high blood pressure; type 2 diabetes; breast and colon cancer; falls and depression. Among children and adolescents, physical activity can improve bone health; improve cardiorespiratory and muscular fitness; decrease levels of body fat and reduce symptoms of depression. For people who are inactive, even small increases in physical activity are associated with health benefits. Together, these risk factors, conditions and diseases generate a staggering amount of medical expenses; decrease the quality of life; increase absenteeism; decrease efficiency and prevent children and adults from reaching their full potential.

6) ADDITIONAL LONG-RANGE COSTS: NONE

7) ADDITIONAL USE OR DEMAND ON EXISTING FACILITIES: NONE

8) ALTERNATIVES TO THIS REQUEST:

The Fairfield Department of Health and the State of Connecticut Department of Public Health has determined cardiovascular disease prevention was the best current use for this funding. Present resources are inadequate to fund and staff this important program.

9) SAFETY AND LOSS CONTROL: NONE

10) ENVIRONMENTAL CONSIDERATIONS: NONE

11) INSURANCE: NONE

12) FINANCING: 100 % reimbursable from the 2012-14 Preventive Health and Health Services Block Grant.

13) OTHER CONSIDERATIONS: NONE

14) OTHER APPROVAL:

Board of Health

Board of Finance

RTM