



Public Health

Prevent. Promote. Protect.

Middle-Brook Regional Health Commission

YOUR LOCAL HEALTH DEPARTMENT'S

COMMUNITY REPORT

2025



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Message from the Health Officer, Director of MBRHC

Middle-Brook Regional Health Commission, along with the entire public health community, continues to “fight the good fight” despite the many challenges to long-held, science-based principles, to funding and resources, and the increasing demands, such as the threat of measles, the upcoming FIFA World Cup, and our nation’s 250th birthday. Now, you may find yourself sitting there asking yourself, “What is he talking about, World Cup, 250th, what do they have to do with public health?” I am glad you asked. Along with these events comes the increased risk of infectious disease spread, foodborne outbreaks, terrorism, and other threats due to mass gatherings, mass casualty incidents... You see, public health is far more than property maintenance and food inspections. In fact, the activities most visible and commonly associated with public health are at times among our least important. The invisible activities, such as disease surveillance and investigation, preparedness, workforce development, and many others, are focused on prevention. If nothing happens, then we have done our job, invisibly. In the pages that follow, we aim to make some of our invisible activities visible.

Our 2025 Report to the Community is intentionally released during National Public Health Week (NPHW) to highlight our efforts and accomplishments over the past year. The theme of NPHW this year is “Ready. Set. Action!” The report, based on the Foundational Public Health Services Model, provides a summary of our efforts to meet nationally recognized standards, state mandates, and, most importantly, to be Ready, Set, and able to take Action to protect the population we serve and prevent adverse health events in that population. This report will provide details on the Health Commission’s disease prevention, health promotion, and environmental health activities, as well as the staff who carry out this work. You will learn about the behind-the-scenes efforts to develop and improve operating procedures, and to investigate over 600 reported infectious diseases and 30 facility-based outbreaks threatening our most at-risk populations. You will read about the audits performed to ensure our children are protected from vaccine-preventable diseases, witness the efforts of the environmental health specialists who conducted nearly 700 routine inspections to protect you from the food you eat, the public pools you swim in, and other facilities you may visit. You can read about the many activities made possible by working with community partners to educate the public and keep them aware of current events and actions we can take to protect against disease, prevent injury and illness, and promote healthy behaviors and activities. We are Ready. Set. (for) Action!

Wishing You Good Health and Well-Being,



Kevin G. Sumner, MPH

Health Officer/Director

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Our Approach to

Prevention, Promotion, & Protection

Our Mission:

To improve the health of our community and environment through the use of prevention services, health promotion and protection strategies.

Our Vision:

Healthy People and Places – A Healthy Community

Our Members:

The Middle-Brook Regional Health Commission was formed in 1970 to serve the towns of Bound Brook, Green Brook, Middlesex and South Bound Brook. Watchung joined the Commission soon after its formation, later Warren, and most recently Bridgewater. Towns currently served are Bridgewater, Green Brook, Warren and Watchung.

The Commission’s governing body consists of two volunteer representatives from each of the towns served, and provides direction and long-term planning for the Commission’s overall activities. These volunteer representatives bring with them a broad range of personal and professional abilities and expertise to serve in this capacity, and we are most appreciative of the time and energy they so willingly donate. The list of Commission members who currently serve in 2026 is shown below.

Community members are always welcome to attend Commission Meetings, to either bring concerns to the attention of members, or to simply learn more about local public health activities! Meeting information is available on our website: www.middlebrookhealth.org.

Bridgewater	Green Brook	Warren	Watchung
Ridwana Isla Christine Madrid Stan Stellakis	Atul Shah Connie Corkwell Deborah Pazmino	Greg Riley Angela Valerio Mal Plager	Robert Riedinger Emma Jubin Seth Weingarten

Officers: President: Greg Riley, Vice President: Robert Riedinger, Treasurer: Connie Corkwell

OUR STAFF

The Middle-Brook Regional Health Commission is:

- **State Licensed Health Officer** who manages and leads the Commission. Who provides the vision for the agency and the oversight for all activities of the Commission;
- **Administrative Staff** who answer calls, respond to questions, manage Commission records. This staff serves as Registrars of Vital Statistics and licensing agents for the Townships of Green Brook and Warren;
- **Registered Environmental Health Specialists (REHS)** who collectively conduct all restaurant inspections, and the inspections of kennels, massage therapy establishments, recreational bathing places, body art shops and daycare providers. They investigate and follow up on public health complaints, review plans, facilitate public clinics, and investigate reportable communicable diseases;
- **Certified Health Education Specialist (CHES)** who is responsible for bringing public health awareness to the community and educating community members on healthy living through wellness programs;
- **Infectious Disease Preparedness Generalist** who is responsible for disease surveillance, disease investigations, and outbreak management for the childcare centers, long term care and other facilities; also responsible for identifying the needs of at-risk populations and connecting them with the services that are available to help them.
- **Governing individuals of the Local Boards of Health** who act as the public's eyes and ears, and provide the policies and plans for MBRHC;
- **Its numerous partners**, including municipal, county and state public health organizations, and the not-for profit and for-profit entities that provide public health services, and
- **The individuals and residents** who are served by and who assist MBRHC throughout the year.

Find our staff contact information at middlebrookhealth.org/contact-us.

WHAT IS PUBLIC HEALTH

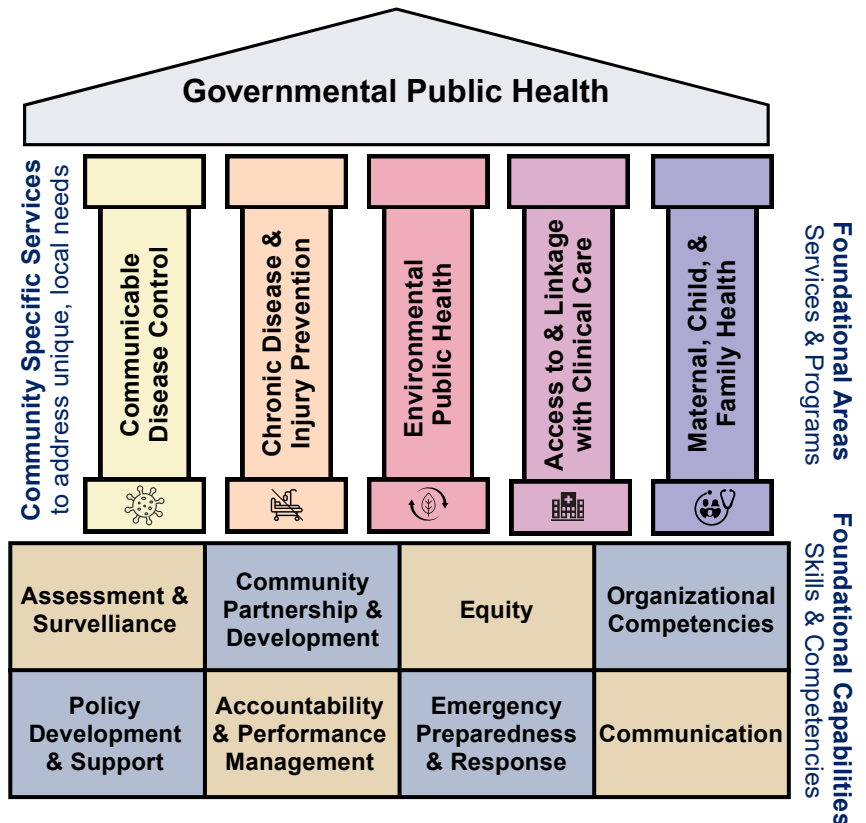


Public Health promotes and protects the health of all individuals and the communities where they live, work, and play.

To the left, you will see the 10 Essential Public Health Services framework recognized for carrying out the mission of public health. This model represents a cyclic process of assessment, policy development and assurance; which allows for continuous improvement and adaptation to ever evolving community needs .

As a Regional Health Commission which provides governmental public health services at the local level, our work is guided by the Foundational Public Health Services (FPHS), the national standard that defines the core responsibilities necessary to ensure adequate community protection, disease prevention, and health promotion.

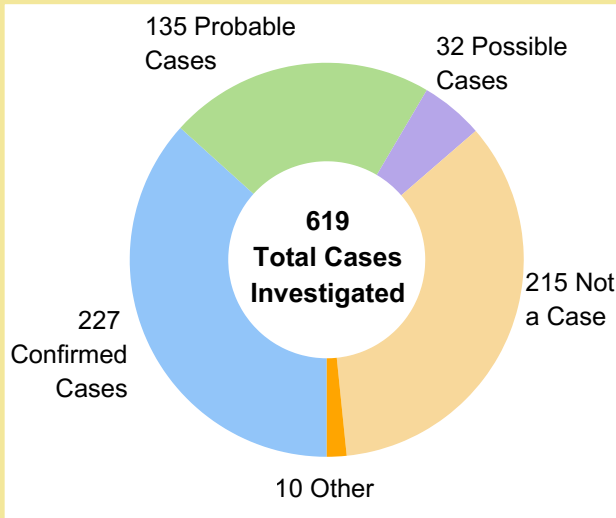
FPHS aligns with the Public Health Practice Standards in New Jersey, the statutorily mandated services Local Boards of Health must provide to assure consistent public health protections across all communities and environments statewide. Our Health Commission works to deliver these protections to meet the needs of all individuals and ensure every resident has a fair and just opportunity to achieve a healthy life, regardless of their zip code.





COMMUNICABLE DISEASE CONTROL

2025 Reportable Disease Investigations



Our Infectious Disease Preparedness Generalist investigated a total of 619 cases in 2025. The chart to the left displays the total amount of case investigations including confirmed, probable, possible, not a case, and other. The “other” category represents cases that remain under investigation, for various reasons.

The Commission examines each case and determines the status of the illness through lab report analysis, patient and provider interviews, and State guidance.

A reportable disease is an infectious disease that requires an investigation in order to understand the origin, identify if there were any additional exposures, and to provide guidance to limit spread of the disease.

As a method to protect public health and understand the burden of disease at a local level, we monitor, investigate, and respond to certain diseases and conditions. Below you will find diseases of note from 2025:

Most Common Disease Investigations

- Influenza, (respiratory illness)
- Lyme Disease, (vector-borne disease)
- Pertussis

Diseases on the Rise

- Travel related illnesses
- Vector-borne diseases

Chronic Disease Investigations

- Hepatitis B
- Hepatitis C

Rare Disease Investigations

- Alpha-Gal Syndrome
- Legionellosis
- Brucellosis
- Vibrio
- Giardiasis

2025 Outbreak Investigations		
Town	Number	Type of Facility
Bridgewater	21	Long Term Care
	1	School
Green Brook	2	Long Term Care
Warren	2	Long Term Care
	1	School
Watchung	2	Long Term Care
	1	School
Commission Total	30	

We work closely with our long-term care facilities, childcare facilities, and schools to monitor for and respond to infectious disease outbreaks in these settings.

In 2025, the MBRHC investigated 30 outbreaks. Outbreak investigations help us understand why a disease is spreading and how we can provide guidance to prevent further exposure or illnesses from occurring especially since young children, those with other illnesses, and older adults are more at risk for serious health complications. Our Infectious Disease Preparedness Generalist responded to different types of disease outbreaks in 2025 including COVID-19, the flu, and gastroenteritis.

Immunization Education

In Fall of 2025 we collaborated with Warrenbrook Senior Center to provide a vaccination clinic paired with a presentation on Immunization. The presentation covered the importance of vaccinations, how vaccines work to protect against dangerous diseases, and how to prevent illness during respiratory illness season. This interactive session provided the opportunity for older adults to ask questions about seasonal vaccinations while providing access to vaccinations including the Flu, Senior Flu and COVID-19 vaccines. You will read more about our community vaccination clinics on page 15.

Additionally, in 2025 we shared New Jersey Department of Health Vaccine Preventable Disease Program immunization initiatives with our childcare facilities and schools:

- [Protect Me with 3+ poster and video contest](#)
- [Hot Shots for Tots Immunization Campaign](#)
- [Vaccine Toolkit for Parents and Guardians](#)

These initiatives aim to raise awareness on the importance of adolescent immunizations among preteens, teens, and parents, increase vaccination rates for several important vaccines, and, most importantly, empower students to use their creativity and voice to spread the important message of getting vaccinated.



CHRONIC DISEASE & INJURY PREVENTION




In 2025, our Certified Health Education Specialist (CHES) coordinated 8 Chronic Disease and Injury Prevention Health Education Programs. Topics presented on included physical activity, nutrition basics, women’s health, and osteoporosis. Additionally, we partnered with Empower Somerset to provide two virtual offerings of the evidence-based mental health program series, Teen Speak. Teen Speak teaches the skills necessary to open the lines of communication between parents/caregivers and their teens focusing on topics such as sex, mental health, and substance use.

2025 Chronic Disease & Injury Prevention Health Education Programs			
Type	Chronic Disease	Mental Health	Total
Number of Programs	6	2	8
Number of Participants	183	53	236

We implemented these program at our libraries, senior centers, senior club meetings, community events and even virtually! Our goal was to conveniently provide these initiatives in accessible spaces. Below and on the following page you will find program impact and outcomes:

Empowering Healthier Habits: HealthEASE

We brought the New Jersey Department of Human Services, Division of Aging, evidence-based Health Promotion curriculum to local and county senior centers and local senior clubs. Upon completion of the session, program participants reported:

-  An increase in participants’ knowledge and confidence in their ability to recognize the risk factors for certain chronic diseases.
-  An increase in participants’ knowledge in their ability to identify lifestyle changes to support a healthy life.
-  A commitment from the participants to take positive action steps to improve their health in the topic area.

Collaborating for Communication: Teen Speak

We partnered with Empower Somerset for a Spring and Fall offering of Teen Speak for parents/caregivers of teenagers. The evidence-informed, skill-building program helps parents and caregivers improve communication with their teen and reduce common teen risk behaviors like substance use, sex, and mental health concerns. The outcomes from the program include:

- ✓ Increase comfort communicating with their teen about risk situations and behaviors.
- ✓ Increase skill in using effective communication strategies.
- ✓ Increase relationship cohesiveness with their teen.

In 2025, in partnership with the Community Visiting Nurses Association, we held 11 blood pressure clinics. In addition to blood pressure screening, the program also provided high blood pressure and nutrition counseling, medication education, as well as made referrals for participants to follow-up as necessary. Blood pressure screenings are an early detection method of identifying high blood pressure or hypertension. See overview of screenings below:

2025 Blood Pressure Screenings		
Location	Number of Screenings	Total Participants
Commission Total	7	139

Healthier Somerset

Our Health Educator serves as the co-chair of the Chronic Disease Prevention and Management Committee within the Somerset County Coalition, Healthier Somerset. Chronic Disease Prevention and Management was identified as a key priority in 2024 through the Community Health Needs Assessment. In this role, our health educator engages organizations and members across the County to guide and support efforts within this priority area. We collaborate to strategically implement activities and achieve measurable objectives outlined in the Community Health Improvement Plan (CHIP), while addressing the needs previously identified in 2024. To learn more about the Somerset County CHIP, visit healthiersomerset.org.



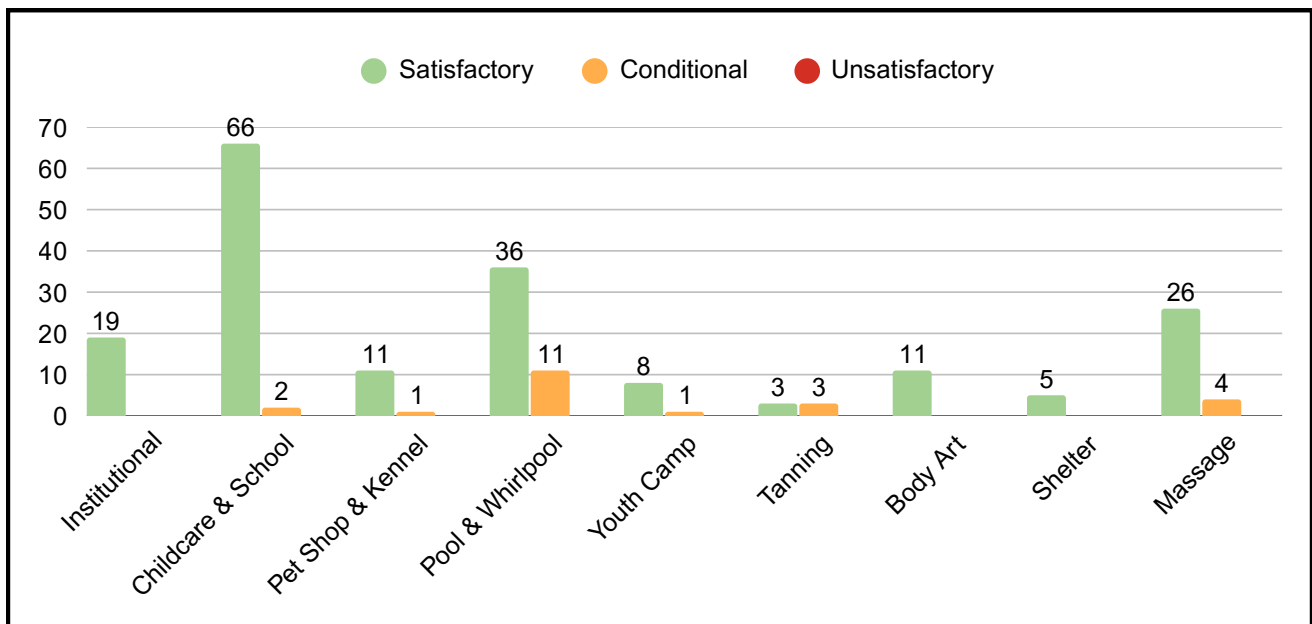
ENVIRONMENTAL PUBLIC HEALTH

2025 Retail Food Inspections				
Town	Sat.	Cond.	Unsat.	Total
Bridgewater	203	15	0	218
Green Brook	57	11	1	69
Warren	104	7	0	111
Watchung	61	3	0	64
MBRHC Total	425	36	1	462

Environmental Public Health encompasses all aspects of the natural and built environment affecting human health. While Registered Environmental Health Specialists (REHS or health inspectors) are commonly known for conducting annual restaurant inspections, their responsibilities extend far beyond this single task.

The table on the top left of the page shows the inspection outcomes of retail food establishments in our jurisdictions from 2025.

Health Inspectors also perform inspections for our temporary mobile food events, institutional facilities, childcare centers, schools, pet shops, kennels, youth camps, tanning facilities, body art settings, shelters, and massage locations. Health inspections play a crucial role in preventing disease by ensuring that establishments and facilities adhere to health and safety regulations. Below is a graph representing the Commission’s inspections of Licensed Facilities:



Compliance with local rules and regulations contributes to the prevention of outbreaks of food borne illnesses, waterborne diseases, and other communicable diseases that could otherwise spread within the community. All Commission inspection reports can be accessed on our website.

2025 Environmental Health Responses					
Town	Septic	Well	Animal Incidents	Complaints	Total
Bridgewater	28	40	27	19	114
Green Brook	1	3	5	7	16
Warren	24	23	33	58	138
Watchung	7	6	7	18	38
MBRHC Total	60	72	72	102	306

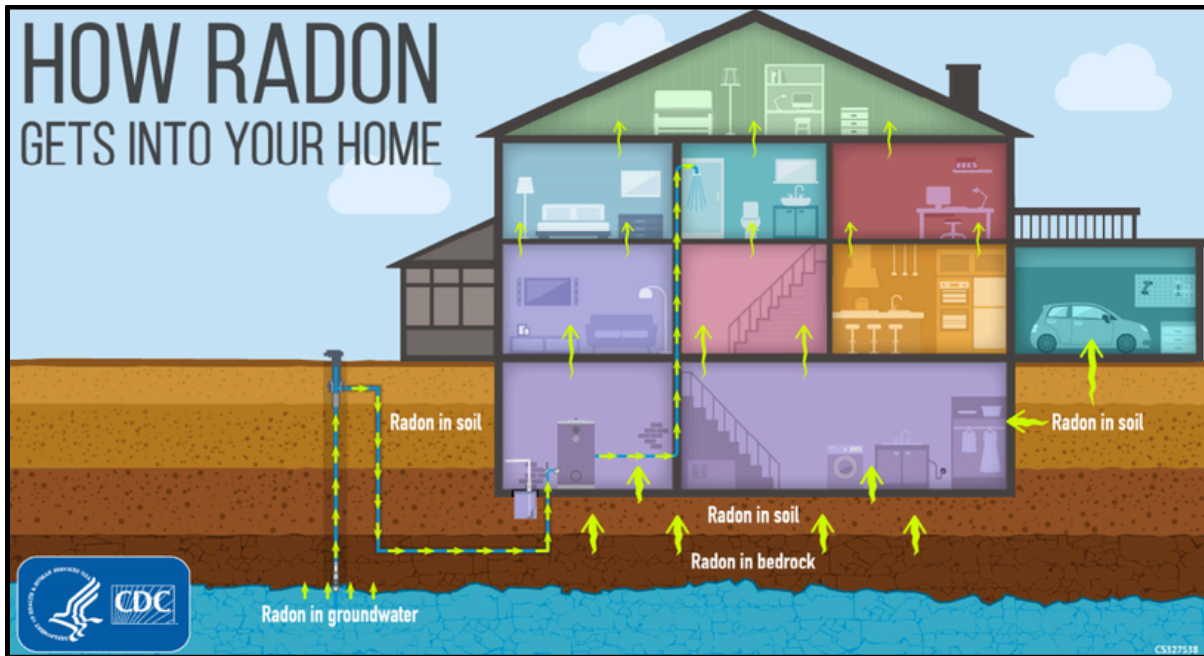
Outside of annual facility inspections, our REHS’s also monitor and assess a wide range of issues, including animal bites, solid waste, septic systems, well water quality, lead cases, and environmental nuisances. Responding to environmental nuisances often involves regulatory intervention, enforcement actions, and education to mitigate risks and ensure healthy and safe living conditions in our community. The table above shows how many and what types of incidents our health inspectors responded to in 2025. Complaints include a variety of reports that warrant follow-up for public health assurance.

In June of 2025, our REHS and Health Educator provided an educational session on food safety and proper handling for the food vendors participating in the Somerset County 4-H Fair. As a result of the presentation, vendors were well-prepared with the correct equipment, proper food handling, and effective setups. The goal of the session was to ensure safe food practices at temporary events and prevent the spread of food-borne illness at the community level.

In 2025, the Commission held 4 rabies vaccination clinics. To the right, you will find a table showing how vaccines were administered. Access to free rabies vaccinations for dog and cat owners is essential for rabies exposure prevention and control. The vaccines are funded by the state, meaning that our rabies clinics are open to any NJ resident.

2025 Rabies Vaccination Clinics			
Clinic Location	Dogs Vaccinated	Cats Vaccinated	Total
Bridgewater	67	19	86
Green Brook	45	17	62
Warren	24	8	32
Watchung	81	14	95
MBRHC Total	217	58	275

In 2025, we received a grant from the New Jersey Department of Environmental Protection to provide complimentary radon testing for our residents. Radon is a colorless, odorless gas that can build up in homes and pose serious health risks when left undetected and unmitigated. Radon occurs in higher concentrations in certain areas of the state, including Somerset County. We distributed 68 Radon Test Kits across our jurisdiction.



In collaboration with Raritan Headwaters, the Commission hosted two Community Well Water Testing Programs in 2025. We encourage private well owners to test annually for coliform bacteria and fecal (E. coli) contamination and nitrates. The testing menu can be found on raritanheadwaters.org. In summary, 66 residents who have private wells were able to test their well water for a variety of contaminants. Over 300 tests were done for 15 different types of contaminants. 54 test results exceeded the Maximum Contaminant Level (MCL). Overall, these results underscore the importance of regular well water testing and continued community outreach to ensure residents are aware of potential health risks and take appropriate steps to protect their drinking water.



MATERNAL CHILD AND FAMILY HEALTH

We partner with the Community Visiting Nurse Association to provide adult and child health services for those uninsured or underinsured. Adult health services include blood pressure screenings, annual vaccine clinics support, and more. Child health services include childhood immunizations, well-baby checkups, lead screening, growth and development assessment, nutrition counseling and physicals.

2025 Child Health Services

10 Child Health Clinics Held

10 Participants Served

20 Vaccines Administered

Above you will see an overview of child health services provided in 2025. The 2025 blood pressure screening overview can be found in the Chronic Disease and Injury Prevention section on page 10.

In 2025, a total of 57 school and childcare facilities were audited for Immunization Compliance. The purpose of immunization audits in schools is to ensure that students meet the required vaccination standards to protect public health. These audits verify compliance with New Jersey immunization laws, helping to prevent the spread of vaccine-preventable diseases within childcare facilities and school systems. Additionally, immunization audits identify gaps in vaccination coverage, allowing schools and local public health to address noncompliance and promote a safer, healthier environment for all students. Last year, overall the immunization compliance rate was 97.7% in our jurisdiction. See below for more information:

High Schools, Middle Schools & Elementary Schools Immunization

- 27 Schools Audited
- 2610 Immunization Records Reviewed
- 98.1% Immunization Compliance Rate (65-100% range)

Preschools & Childcare Immunization

- 30 Preschools & Childcare Audited
- 3003 Immunization Records Reviewed
- 97.4% Immunization Compliance Rate (77-100% range)



ACCESS TO & LINKAGE WITH CLINICAL CARE

In 2025, we held 8 vaccination clinics. These clinics offer the opportunity for our residents to get vaccinated. Our clinics are run in partnership with the Community Visiting Nurse Association (CVNA) and Green Brook Family Medicine. This year we expanded vaccinations offered to include the pneumococcal conjugate vaccine (PCV) and tetanus, diphtheria, and pertussis (Tdap). In January 2025, the Morbidity and Mortality Weekly Report released expanded recommendations for the pneumococcal conjugate vaccine, lowering the age for the recommended single dose to all adults 50+ who have not been previously vaccinated or who have unknown vaccination history. Below is an overview of participation in our vaccination clinics:

2025 Vaccination Clinics							
Town	Number of Clinics	Number of Vaccinations					Total
		Flu	Senior Flu	COVID	PCV	Tdap	
Commission Total	8	179	66	67	22	14	348

Additionally, we were able to provide vaccinations to protect individuals who are homebound through our outreach and CVNA services.

In 2025, Warren Township, in collaboration with us, offered (and continues to offer) CredibleMind. CredibleMind is an online, confidential, scientifically vetted, platform designed to assist residents with their mental health. Residents of Warren have access to this online platform 24/7.

With CredibleMind, residents of Warren had access to programs to learn new skills, to understand one’s own mental health, to assess one’s own mental health, and to browse thousands of mental wellbeing resources and local behavioral health services.

2025 Bridgewater Health & Wellness Fairs

The staff from the CVNA and the Commission participated in the Spring and Fall Health Fairs held at the Bridgewater Township Senior Center. Our Health Educator and REHS provided information on food safety during power outages in the spring and osteoporosis and nutrition in the fall.

ASSESSMENT & SURVEILLANCE

Vital Statistics				
Town	Marriage Licenses Issued	Certified Copies	Birth & Death Reports	Total
Green Brook	83	437	125	645
Warren	40	103	94	237
Total	123	540	219	882

Our administrative staff serve as Registrars of Vital Statistics and licensing agents for Green Brook and Warren. To the left you will find a count of our Vital Statistics in 2025. Required by law, this data is collected and documented in municipalities through each community's Office of Vital Statistics (often

housed in public health offices), and is submitted to the New Jersey Office of Vital Statistics, at the New Jersey Department of Health. This data has been crucial in providing a picture of each community's health status, by providing statistics on the number of births and deaths, causes of death, data on race, ethnicity and social (marital partner) status.

Healthier Somerset

Our Health Officer participates on the 2025 Healthier Somerset Advisory Board, a group which guides how we assess and respond to the health needs of our community. We are currently in the 2025-2027 Community Health Improvement Plan (CHIP) cycle, which is based on a community health needs assessment.

The 2024 Community Health Needs Assessment (CHNA) systematically identified the needs, strengths, and resources of the community to inform the current CHIP; to understand the current health status of the service area overall and its subpopulations within their social context; and engage the community to help determine the needs and opportunities for action. To learn more about the Somerset CHNA, visit: rwjbh.org.

2025-2027 Priority Areas for Improvement Planning

- Mental Health & Behavioral Health
- Food Insecurity & Healthy Eating
- Chronic Disease Prevention/ Management
- Access to Services

Our Disease Investigator and Health Educator work with community partners through Healthier Somerset to address the four key health priorities listed to the left. You will read more about our community partnerships on page 21.

POLICY DEVELOPMENT AND SUPPORT

Our Health Officer works with the Local Boards of Health (BOH) to ensure local public health policies are evidence-based, meet the needs of the communities, and are aligned with current standards. In 2025, we supported the following:

- **Revised Massage Therapy and Fees Ordinance.** Adopted by the Bridgewater Mayor and Council to ensure appropriate regulation and fee structures aligned with current practices.
- **Updated Fees Ordinance for Septic Systems.** Adopted by the Green Brook BOH to reflect newer technologies and associated costs for septic systems.
- **Revised Onsite Sewage Disposal Ordinance.** Adopted by the Green Brook BOH to meet current standards and ensure consistency with state law, improving environmental and public health protections.
- **Revised Retail Food Licensing Ordinance.** Adopted by the Warren BOH to require licensing following the elimination of a Township ordinance by the Mayor and Council, ensuring continued oversight of food safety.

ORGANIZATIONAL COMPETENCIES

Workforce Development

The Commission is dedicated to enhancing skills and staying current on best practices through annual trainings, continuing education, and attendance at Public Health Conferences. In 2025 Commission staff attended over 65 public health continuing education courses. Topics included communicable disease control, environmental health, vital statistics, chronic disease prevention, tobacco control, cultural competency, health literacy, and more! Some of these training opportunities were attained at conferences. Above you will find a list of conferences staff attended in 2025.

2025 Public Health Conference Attendance
<ul style="list-style-type: none">• New Jersey Environmental Health Association (NJEHA) Conference• National Association of County and City Health Officials (NACCHO) 360 Conference• Society for Public Health Education Advocacy Summit• Registrars' Association of New Jersey

Standard Operating Procedure (SOP)

In 2025, our staff reviewed and updated 46 Standard Operating Procedures to ensure routine operations are carried out efficiently and consistently across the Commission. Revised procedures included Environmental Health, Health Education, Administrative, Registrar, and Website Management.

Financial Management

The majority of resources to the Commission are provided by our member municipalities. In 2025, we received grants which support some staff and programs such as:

- **Enhancing Public Health**, which is a federal grant that supports staff and workforce development.
- **Sustaining Public Health and Strengthening Public Health**, which both support staff.
- **Radon Grant**, which provides free radon test kits for residents.

Below is an overview of our revenue and expenses from 2025. It's important to know that each year, an independent auditor reviews our financial statements and provides a report to verify proper financial management. You may find our annual budget and audit online at middlebrookhealth.org/.

2025 Financial Report			
Revenue		Expenses	
Type	Amount	Type	Amount
Local Contributions	\$ 525,362.00	Contracts (IT, nursing, accounting)	\$ 21,175.00
Grants	\$ 225,326.00	Operations (supplies, phones, postages, etc)	\$ 8,543.00
Investments	\$ 232.00	Workforce Development (trainings, conf)	\$ 6,466.00
Other	\$ 4,241.00	Travel	\$ 2,878.00
		Personnel (salary & fringe)	\$ 670,522.00
Total	\$ 755,162.00	Total	\$ 709,584.00

EMERGENCY PREPAREDNESS & RESPONSE

The Commission is responsible for maintaining preparedness and response plans for events including natural or other disasters, communicable disease outbreaks, environmental emergencies, or other events which may be short- or long-term. The following list shows our public health preparedness and planning activities over the last year:

- Reviewed, revised, and distributed the County-wide mutual aid agreement for re-adoption.
- Reviewed and revised all local public health response plans for the Office of Emergency Management annex.
- Staff participated in a Measles Tabletop Exercise in the County, where we highlighted the importance of planning for quarantine and isolation during infectious disease outbreaks.

In the event of an emergency, we respond to and manage local incidents to safeguard public health. In 2025, we were notified of several incidents in food establishments, such as fires and chemical releases. In partnership with traditional emergency responders like police and fire personnel, the health department responds, inspects, and assures the establishment does not represent a potential hazard to the public or employees before we approve their re-opening. Last year, our REHS responded to a motor vehicle accident that involved beverage products to ensure the damaged products were discarded.

2025 Public Health Advisories

- 3 Animal Preparedness
- 3 Recall Alerts
- 7 Communicable Disease
- 1 Heat

Additionally in 2025, we issued 14 Public Health Advisories to residents on a variety of topics to raise awareness and take action as needed. We work to publish and share this information through multiple communication channels such as our website, social media platforms, local boards of health, municipal administration and postings, licensed facilities, and libraries.

We also prioritize community readiness by continually educating the public on the importance of personal preparedness. In 2025, we participated in 4 personal emergency preparedness education and outreach events providing resources and action steps for residents to plan for the unexpected.

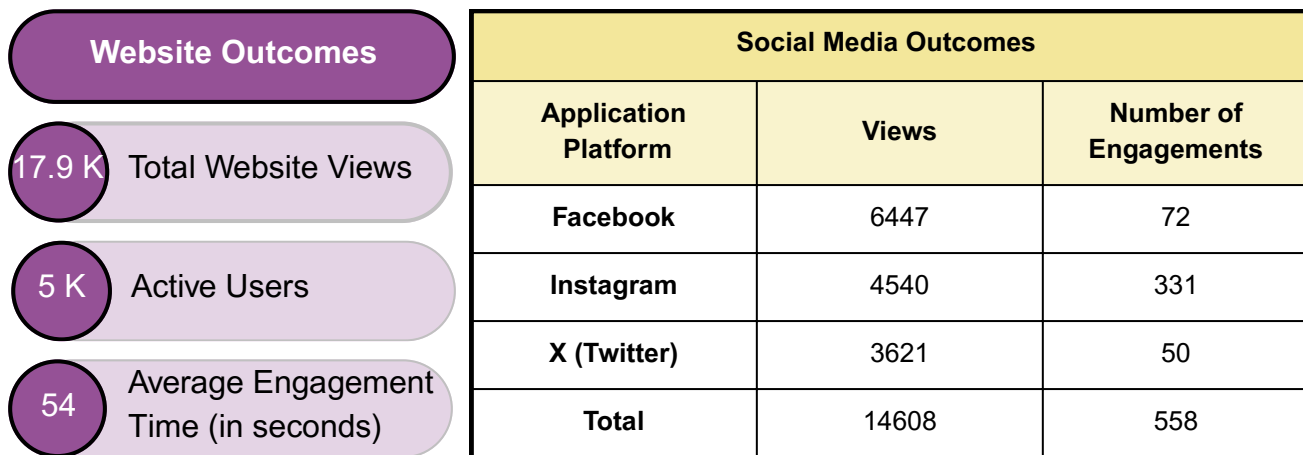
To enhance coordination at all levels of government—local, state, and federal—our Health Officer serves on the NACCHO Preparedness Policy Advisory Group, which meets monthly with federal officials. This group reviews preparedness policy proposals, advises NACCHO and federal agencies on local concerns, and provides guidance on preparedness strategies.

Preparedness and planning at all levels of government is especially important as we approach the FIFA World Cup 2026 and the nation’s 250th birthday. In 2025, planning efforts began to escalate, recognizing importance of public health in emergency planning activities with particular focus on disease control and food-borne incidents.

COMMUNICATION

We are honored to provide trustworthy, comprehensive, and actionable information. To achieve this, we annually review and update our communication plan which prioritizes clear, relevant, and timely public health updates.

In 2025 we released 14 newsletters with topics including emergency preparedness, chronic disease prevention, communicable disease prevention, food safety, and mental health enhancement. We also stayed active on social media platforms with a total of 261 posts on each platform. Below are website and social media outcomes from 2025:



Internal communication is a priority of the Health Commission. In 2025, Commission staff met 9 times as a group. These meetings are important for keeping everyone update to date with Commission activities, encouraging teamwork, and making sure information is shared clearly to improve the way we serve our community.

COMMUNITY PARTNERSHIP DEVELOPMENT



Building and maintaining strong partnerships across our community is a key part of our work. By collaborating with healthcare providers, community organizations, schools, and other local groups, we are better able to address health challenges, share clear and reliable information, and connect with people who may face barriers to accessing care.

These partnerships help us reach more residents, improve access to important public health services, and support better health outcomes for everyone in our community. Community partnerships also allow us to work more effectively toward reducing health disparities and addressing broader challenges that impact well-being.

We value these collaborations and the important role our partners play in supporting public health efforts. Below are many of the organizations we worked with throughout 2025:

- Community Organizations
- Nonprofit Organizations
- Schools
- Libraries
- Healthcare Providers
- Emergency Responders
- Long-Term Care Facilities
- Senior Clubs & Centers
- New Jersey Department of Health
- Other Local Health Departments
- Non-Governmental Organizations
- And More!



Public Health
Prevent. Promote. Protect.

**Middle-Brook Regional
Health Commission**

Connect with us



(732) 968-5151



mbrhc@middlebrookhealth.org



middlebrookhealth.org



/mbrhc



@mbrhc_nj

Thank you for reading our 2025 Community Report!

We need your input, take our survey.



Your voice matters. Please take a minute to participate in our feedback survey by scanning the QR or visiting:
<https://bit.ly/MBRHC-Survey>.

To take the survey over the phone, call us Monday-Friday
8:30 AM - 4:00 PM at 732-968-5151.