

**Board of Health
Tuesday, February 3, 2015
Penn Room**

Members Attending: B. Hospidor, J. Seidel, J. Dethoff, K. Schorn, J. Wong
Others Attending: S. Katzenmoyer, T. Coleman

Dr. Dethoff called the meeting to order at 4:05 pm.

A quorum was present.

Public Comment

There were no members of the public present.

Approval of Minutes

Motion was made by Mr. Hospidor, seconded by Dr. Wong, to approve the December 2, 2014 minutes as written. Motion carried unanimously.

Health Officer Report

There was no one present and no report was submitted.

Diet and Nutrition Project

Dr. Dethoff stated that approximately 75% of City residents are Latino. He questioned if this group was prone to any specific diseases or health issues. Dr. Wong stated that he will research this issue.

Dr. Dethoff questioned how this issue would be approached. Mr. Coleman stated that he has met with the City's Human Resource (HR) office and learned that the City has a small allocation for wellness efforts. He stated that the City could work with its health insurance carrier. He called the Board's attention to the wellness packet distributed at this meeting. He stated that the insurance carrier is also willing to supply diet specific menu suggestions and recipes (ie. low salt, sugar, cholesterol). He stated that this option has not been fully utilized.

Dr. Dethoff questioned if there were programs for employees. Ms. Katzenmoyer stated that employees are encouraged to complete a wellness profile with the insurance carrier. She stated that there are also programs for direct participation and she and Mr. Coleman have participated in several of them. Mr. Coleman stated that there is much misinformation regarding diet and that most people don't know what's good versus bad.

Dr. Dethoff requested that a representative of HR attend the next meeting for further discussion. He suggested a program that distributes free pedometers and encourages participants to hit a minimum number of steps per day to increase exercise.

Dr. Wong informed the Board that it has a page on the City's website. He encouraged the Board to add the types of information in the wellness packet on the website.

Dr. Dethoff stated that there are many good health related websites. He suggested that these sites have links on the City's site to encourage residents to find additional information.

Ms. Schorn noted the need for people to start each day with protein.

Dr. Dethoff stated that people who wish to eat healthy must cook and eat at home. He suggested holding cooking classes and having a spotlight program for people who are making improvements.

Dr. Wong noted the need to engage the community at large to encourage a healthy lifestyle.

Mr. Coleman described the City's Youth Fun Day. He suggested using the fitness trainer who volunteers at Youth Fun Day to lead fitness classes at a City Rec Center.

Dr. Dethoff stated that he would be willing to make presentations at programs or lectures on healthy eating habits. He noted that he routinely advises patients to make better choices but that they hesitate until they are ill.

Mr. Coleman suggested the Board sponsor a 5 K.

Dr. Wong suggested that it be a one mile loop where people can join in or exit at any point at any time. He noted the need to tie it to an event.

Dr. Dethoff stated that this may be a good launching point to make improvements with the hope that people keep up the training.

Mr. Coleman and Ms. Katzenmoyer will do some preliminary work on a possible 5 K.

Other Business

Dr. Wong stated that he has seen an advertisement by a City tattoo establishment that noted that they were certified by the City's Board of Health.

Next Meeting

Dr. Dethoff requested a member of the City's HR staff attend the next meeting. He stated that if they are available to attend on March 3, a meeting will be scheduled, otherwise the Board will meet on its next scheduled date.

Ms. Schorn stated that she will not be in attendance if there is a March meeting.

The next meeting of the Board of Health will be held on Tuesday, March 3, 2015 or Tuesday, April 7, 2015 at 4 pm in the Penn Room of City Hall.

The meeting adjourned at 4:40 pm.

*Respectfully submitted
Shelly Katzenmoyer
Deputy City Clerk*