

**Board of Health
Tuesday, April 7, 2015
Penn Room**

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

Dr. Dethoff called the meeting to order at 4:03 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 February 3, 2015 minutes as written. Motion carried unanimously.

Health Officer Report

Mr. Arentz reported that nine handicapped parking applications were processed with one being denied, three Hepatitis B shots were administered, and 24 work orders were processed.

Diet and Nutrition Project and 5K

Dr. Dethoff questioned if there were incentives to employees to have healthy lifestyles. Mr. Coleman stated that he was unsure. He described the program allowing employees to pay \$25/month for universal gym membership.

Dr. Dethoff questioned if there was one on one review of employee's health with a professional. He stated that some employers offer this as a way to reduce employee's healthcare premiums. Ms. Katzenmoyer stated that this was offered in the past but that she was unsure if it was still in effect. Mr. Coleman explained that salaried employees who do not use sick days receive a financial bonus.

Dr. Dethoff stated that trying to persuade people to live healthier is very frustrating. He stated that most times individuals do not take advice from professionals. He suggested holding seminars for employees and citizens with the assistance of the City HR office. He suggested that employees who attend receive a reduction in their premiums. He also suggested that the topics of the seminars tie into the subject of the resource kits. Mr. Coleman stated that several "lunch and learn" programs were held. He stated that there was a higher turnout for topics with a single commitment rather than a longer term commitment.

Dr. Dethoff expressed the belief that 5K type events require a large amount of volunteers. Mr. Coleman agreed and stated that the idea has been well received by City employees.

Dr. Dethoff questioned how many people were employed by the City. Ms. Katzenmoyer estimated 500 people including police and fire.

There was a discussion about the bike race which was held in the past and the race that will be held in Reading in the future.

Mr. Coleman stated that the City has installed a bike repair station in front of City Hall on Washington St and that a bike sharing area will be added to the rear of City Hall in the near future.

Mr. Arentz questioned if there would be a registration fee for the 5K and if it would be open to City employees only. Mr. Coleman stated that these issues were not yet decided. He stated that there would be a cost to the City for manpower to direct traffic, etc depending on the race route.

Mr. Arentz stated that the City held a "Biggest Loser" type contest several years ago to encourage employees to lose weight and exercise. He suggested that this be held again.

Dr. Dethoff expressed the belief that insurance carriers are looking for inventive ways to encourage healthy living.

Dr. Dethoff stated that the City has a high Hispanic population and that they have an increased risk for diabetes. He suggested that programs for the public focus on nutrition and cooking. He noted the need to involve HR in further discussions.

Dr. Wong suggested having set times of the day when people are encouraged to walk in their neighborhoods. He stated that many people he has spoken with state that they have stopped walking because of personal safety risks. He stated that there is safety in numbers.

Other Business

Dr. Wong questioned if City ambulances were equipped with Naloxone. He stated that it would be great for them to have. Ms. Katzenmoyer stated that she will check and let the Board know.

Next Meeting

Dr. Dethoff stated that discussions cannot move forward without participation from HR. He offered to speak with a representative by phone.

A meeting will be scheduled for May 5 if HR is available to attend. Otherwise, the next regularly scheduled meeting is Tuesday, July 7 at 4 pm in the Penn Room of City Hall.

The meeting adjourned at 4:30 pm.

*Respectfully submitted
Shelly Katzenmoyer
Deputy City Clerk*