

**Board of Health
Tuesday, May 5, 2015
Penn Room**

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

Dr. Dethoff called the meeting to order at 4:07 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 Ms. Schorn, to approve the April 7, 2015 minutes as written. Motion carried unanimously.

Health Officer Report

No report.

Mr. Coleman stated that he worked on a Right to Know request involving possible misuse of a handicapped parking space. He stated that through his work he learned that a review of all handicapped parking spaces is needed to ensure that they are all still permitted and used.

Mr. Hospidor requested the total number of handicapped spaces City wide. Mr. Coleman stated that he will provide this information.

Diet and Nutrition Project and 5K

Dr. Dethoff stated that health professionals are treating cardiovascular issues at the end of the process. He stated that it is costing billions of dollars to treat this and that it is a national problem. He noted the need for education and life choice changes.

Ms. Hopkins stated that she would need to approach employees and civilians differently. She stated that the wellness funding has been earmarked to purchase eight employee shared bikes. She stated that there has been no outreach done to employees to determine who or how often the bikes would be used. She also stated that training will need to be conducted and the City must consider the consequences of an employee being injured while using the bikes.

Ms. Hopkins stated that she has learned that employees are not having their routine exams and that she is assembling an employee wellness committee to engage employees. She stated that she would like to start with a session where all employees have their biometrics measured to determine which topics to address first. She stated that she would like to have incentives to participate and that she will have more information to report to the Board at its July meeting.

Dr. Dethoff questioned what incentives employees currently receive. Ms. Hopkins stated that all employees who have City healthcare are eligible for Blue 365, a program offered by Capital Blue

Cross that offers discounts on health related items such as gym memberships, fitness equipment, etc. She stated that the City needs to better educate employees about what benefits are available.

Mr. Arentz suggested that there be periodic benefit reviews. He stated that generally the only time this is discussed is with new employees and that there is so much information relayed at that time.

Dr. Dethoff stated that the Board is willing to assist. He suggested that people are often told that they need to be healthy but that they may not understand exactly what that means.

Mr. Coleman suggested holding a public event on healthy eating that includes a cooking demonstration. Ms. Katzenmoyer suggested that the Career and Technology Centers be approached as locations. Dr. Dethoff stated that he knows people who would be willing to participate at no charge if they would be able to hand out business cards to attendees.

Dr. Dethoff stated that his office is starting a healthy lunch potluck. He noted his hope that people will home cook their contribution and be willing to share recipes.

Ms. Hopkins stated that there have been changes made to the City's lunchroom vending machines offering more healthy choices.

Mr. Arentz stated that if a healthy lunch potluck is successful, a cookbook could be compiled with everyone's recipes.

Ms. Schorn questioned how events would be publicized. Dr. Dethoff suggested doing a pilot with employees before holding a public event.

Ms. Hopkins thanked the Board for their interest. She stated that she will attend the July meeting and provide an update.

Next Meeting

The next regularly scheduled meeting is Tuesday, July 7 at 4 pm in the Penn Room of City Hall.

The meeting adjourned at 4:53 pm.

*Respectfully submitted
Shelly Katzenmoyer
Deputy City Clerk*