

# Health Commission City of Stamford DRAFT MINUTES May 9, 2013

Commissioners Present: Dr. Barbara Decker, Ms. Patricia Parry, Dr. Bert Ballin, Dr. Philip Corvo and Dr. Margaret Cobb

Guests Attended: Ms. Pam Scott, Recording Secretary, Mr. Ted Jankowski, Director of Public Safety, Health & Welfare, and Ms. Rona Marotta, WIC Coordinator

Meeting called to order	Dr. Decker introduced Dr. Cobb as the newest member of the health commission.	Dr. Decker called the meeting to order at 9:05 a.m.
-------------------------	-------------------------------------------------------------------------------	-----------------------------------------------------

Additional Agenda Items:	<p>Dr. Decker and Ms. Parry requested the following items to be added to the agenda:</p> <ul style="list-style-type: none"> <li>• Dr. Decker - follow-up on the Stamford Symposium on Childhood Obesity (April 25, 2013)</li> <li>• Ms. Parry - follow-up on Carry the Load</li> <li>• Introduction of Dr. Margaret Cobb, the newest Health Commissioner</li> <li>• Executive Session: Personnel (Performance Appraisal)</li> </ul>	Ms. Parry moved to add the items to the agenda; Dr. Decker seconded. Approved unanimously.
--------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

## Minutes:

Minutes of April 11, 2013	Minutes from the April 11, 2013, meeting were reviewed.	Ms. Parry moved to approve April 11, 2013 minutes with minor corrections. Dr. Ballin seconded. Approved unanimously.
---------------------------	---------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------

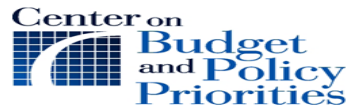
## Correspondence:

There was no correspondence		
-----------------------------	--	--

## Director of Health

<p>WIC 2013 Update <i>Presented by: Rona Marotta</i></p>	Ms. Marotta presented a WIC 2013 update. Members of the HC asked questions and sought clarifications.	
--------------------------------------------------------------	-------------------------------------------------------------------------------------------------------	--

**Health Commission  
City of Stamford  
DRAFT MINUTES  
May 9, 2013**



April 11, 2013  
**The Impact of Sequestration on WIC**  
Will WIC Be Able to Serve All Eligible Low-Income  
Women and Young Children Who Apply?  
By Zoe Neuberger and Bob Greenstein

**FY 2013 Budget Update**

- Starting FY 13 – flat budget
- Additional 5% budget reduction due to sequester for 5 years

**Stamford WIC Initiatives**

- Breastfeeding Promotion and Support
- Continued Collaboration with Supplemental Nutrition Assistance Education (SNAP)
- Continued participation in Stamford Childhood Obesity Taskforce

**Breastfeeding Promotion and Support**

- Women receive breastfeeding encouragement, support, and education.
- WIC promotes breastfeeding as the first choice for infant feeding.
- Stamford WIC currently has 5 Certified Lactation Counselors on staff.

**Provide Breastfeeding Incentives and Support**

- Fully breastfeeding mothers receive most variety and largest quantity of food.
- Fully breastfeeding infants > 6 months receive larger quantities of baby food fruits and vegetables; also baby food meat.

**Health Commission  
City of Stamford  
DRAFT MINUTES  
May 9, 2013**

**Childhood Obesity Prevention**

- **FY 13: Connecticut State WIC Program Objectives for of Overweight and Obesity in children age 2-5.**
- **Prenatal:**  
Weight Gain Grid Revised  
Pre-pregnant BMI 25 overweight: *15-25 lb wt gain recommended -single gestation (IOM 2009)*
- **Birth – Age 2:** WHO Growth Charts Length/Age: Weight/Age, Weight/Length
- **Age 2 - 5:** CDC Growth Charts Stature /Age; Weight/Age; Weight/Stature, BMI/Age
- **Family Nutrition Education: 5-2-1-0** (5 Fruit/Vegetable, 2 hours or less screen time, 1 hour or more physical activity, 0 to almost no sugar-sweetened beverages
- **Referrals to KIDS FANS**
- **Stamford Childhood Obesity Prevention Task Force**





**Connecticut Department of Agriculture  
Farmer's Market  
Season 2013**

- Eligible WIC participants (women and children) will receive \$15 coupons for use at participating Farmer's Markets
- Administrative funding will not be provided for Summer Season 2013

**Connecticut WIC Average Food Cost Per Person  
(Preliminary Data)**

- **January 2013:**  
\$50.92 Average Food Cost Per Person Per Month  
<http://www.fns.usda.gov/wic/fundingandprogramdata/>
- **In Stamford:** appx. 3000 issued checks = \$152,760

**Health Commission  
City of Stamford  
DRAFT MINUTES  
May 9, 2013**

	<p style="text-align: center;"><i>WIC Really Works!</i></p> <p><b>For each \$1.00 spent on WIC...</b> </p> <p><b>MediCal saves \$1.77-\$3.13</b>   </p> <p>For mothers and infants in the first 60 days after birth</p>	<p>The Health Commission thanked Ms. Marotta for her presentation.</p>
Ted Jankowski, Director of Public Safety, Health & Welfare	<p>Mr. Jankowski updated the Commission of the following items:</p> <ul style="list-style-type: none"> <li>• Budgets: The Health &amp; Social Services budgets were not cut by the boards proposed budget as per Mayor Pavia.</li> <li>• Well testing: The Well testing will continue, it is changing from the volatile organic compounds and will be testing for Arsenic and Uranium</li> <li>• Family Day Event: Saturday, May 18, at the Boys and Girls Club.</li> <li>• Mr. Jankowski will give an update of status with the safety assessments. All assessments should be completed within the next two weeks, and then it will be presented to the boards.</li> </ul>	<p>Ms. Scott will forward Family Day flyers to the commissioners.</p>

**Appeal:**

There were no appeals		
-----------------------	--	--

**Old Business:**

Walkability Accessibility	<p>Dr. Decker updated the commission with the interest of improving the walkability accessibility in Stamford. She has been in contact with the neighbor associations; the Eastside Partnership is proactive and trying to get sidewalks repaired. East Main Street has been identified as the most dangerous road for pedestrian crossing. She put them in touch with the United Way of Western CT for grant funding to make some improvements.</p>	
---------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

**Health Commission  
City of Stamford  
DRAFT MINUTES  
May 9, 2013**

<p>Dangerous Intersections</p>	<p>Dr. Corvo is continuing his quest to identify dangerous intersections in Stamford, commented that he is seeking information/data on traffic accidents, fatality or trauma incidents in Stamford. He is currently trying to work off the Ambulance call sheets, and could use help with getting the data. They are ultimately looking at what intersections are dangerous; not just with people that have accidents or traumas, but maybe the near misses would help.</p> <p>Director Jankowski suggested the possibility of establishing a website allowing people to do self-reporting.</p>	
<p>Stamford Symposium on Childhood Obesity (April 25, 2013)</p>	<p>Dr. Decker reported the symposium was attended with interesting speakers; such as a CDC representative that spoke on Childhood Obesity.</p> <p>Ms. Parry added, remarks from another speaker from New Haven, they decided to emphasis three areas only; unhealthy diet, exercise and smoking. New Haven did random household survey (community research).</p>	
<p>Carry the Load</p>	<p>Ms. Parry mentioned Carry the Load at last month meeting, today she distributed handouts to the health commissioners.</p> <p>Ms. Parry described Carry the Load as a National Movement to put move back into Memorial Day, honor those who serve, such as; Military, Police and Fire, as well as Memorial Day primarily dedicated to the fallen, those who have given their lives.</p> <p>Ms. Parry is working on getting awareness out on what Carry the Load means and participate in the 2013 Memorial Day Parade. She is in the process of planning an event for 2014.</p>	<p>Ms. Parry will take names of anyone that is interested in walking in the parade.</p>

New Business:

**Health Commission  
City of Stamford  
DRAFT MINUTES  
May 9, 2013**

Mill River Collaborative Event	Dr. Ballin reported the Mill River Collaborative Event was a great demonstration of something that will be helpful to Stamford with bicycle and walking path. There were over 600 people who attended the event.	
Bill before the Legislators	Ms. Parry announced a Bill that is before the Legislators to be voted on the proposal is to name Washington Boulevard (between Broad Street to Tresser Boulevard) Navy Seal Brian R. Bill Memorial Highway.	

Adjournment:

There being no further business, Dr. Decker moved to adjourn the meeting at 10:31 a.m. to enter into executive session.
-------------------------------------------------------------------------------------------------------------------------

Executive Session:

Personnel-Performance Appraisal		
---------------------------------	--	--

Submitted by,

*Pam Scott*

Pam Scott

Recording Secretary