



**Public Health**  
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Norwalk Health Department

## **Norwalk Board of Health**

**April 25, 2017**

**8:00 AM**

**Library**

**Minutes**

### **Call to order at 8:04 AM**

**Present: Board of Health** –Janet Karpiak, MD, Theresa Quell, PhD, Edward Tracey, MD, Kenneth Lalime, RPH (phone), and Matthew Brovender, Esq

**Staff** – Tim Callahan, Director of Health, Megan DiMeglio, Project Coordinator, David Reed M.D., Medical Director, (phone), Theresa Argondezzi, Health Educator, Kaitlin Latham, Health Education Associate

### **Approval of the March 28, 2017 meeting minutes**

Dr. Quell moved and Mr. Lalime seconded a motion to approve the minutes. The minutes passed unanimously.

### **Emerald Day Spa Update**

Mr. Callahan explained on April 13, 2017 the Board of Health permanently revoked Emerald Day Spa license. On April 20, 2017 a gentleman came into the Health Department claiming to be a licensed massage therapist. He requested a permit to open at the Emerald Day Spa location. Environmental Director, Mr. Closter and Mr. Callahan met with the massage therapist and explained the process of opening, and operating a massage establishment. Mr. Closter also spoke with the landlord of the property. The landlord explained, he uses a real estate company to rent his property and he was unaware of someone trying to rent the space. The landlord also explained Emerald Day Spa has a five year lease for the space. Dr. Quell would like this information shared with police. Mr. Callahan said he will inform the police and will speak with Attorney McCann.

### **Personnel Changes**

Mr. Callahan provided an update on new staff that joined the Preventable Diseases division. After hiring a part-time Nurse Practitioner the candidate had to rescind her acceptance of the position due to scheduling conflicts. Mr. Callahan stated recruitment for this position will continue. Mr. Callahan discussed the recruitment for a new MD Board of Health member. Mr. Callahan asked board members for assistance in identifying candidates. Mr. Callahan will send a position description and ordinance.

### **Fit Bit Challenge**

Ms. Argondezzi presented the Fit Bit Challenge. Mr. Callahan explained there is a similar challenge at Stew Leonard's of Norwalk and thought it was a great program to bring to the Health Department. Chris Pelosi from the Personnel department assisted in setting up the project and was able to

convince the City's insurance company Cigna to donate the Fit Bit's. Nine staff members came together to design the program. The 3 month Fit Bit Challenge began on March 13 and ends June 5<sup>th</sup>. 80% (24/30) employees enrolled in the challenge.

#### Individual Weekly Step Goal

The weekly minimum step goal is 35,000. Each employee is given one week excused from the challenge in case of illness, forgetting to wear the Fit Bit, or lack of steps. If an employee doesn't make their step goals for two weeks they must pay \$65.00 (half the cost of the Fit Bit).

#### The Monthly Challenge

The individual with the highest step total during the following time periods will receive a \$100 gift card:

- Period 1: March 13- April 9
- Period 2: April 10-May 7
- Period 3: May 8- June 5

#### Weekly Challenges

1. Weekly Challenge 1 (3/20-3/26): The individual with the highest step total this week wins a \$50 gift card.
2. Weekly Challenge 2 (4/3-4/9): Anyone with a step total of 60,000 or more is entered into a raffle for a \$50 gift card.
3. Weekend Challenge 3 (4/22-4/23): The individual with the most steps this weekend wins a \$50 gift card.
4. Weekly Challenge 4 (5/1-5/7): Anyone that climbs 120 floors or more this week is entered into a raffle for a \$50 gift card.
5. Weekly Challenge 5 (5/15-5/21): The individual with the highest daily step count (on any day of the week) wins a \$50 gift card.
6. Weekly Challenge 6 (5/29-6/4): Anyone with a step total of 70,000 or more is entered into a raffle for a \$50 gift card.

In addition to above challenges staff can go on weekly lunch time walks and be entered to win a \$25 gift card.

50% (12/24) of the staff in the Fit Bit challenge volunteered to provide baseline information consisting of blood pressure, waist circumference, resting heart rate, and weight. The same information will be gathered at the conclusion of the challenge.

#### **Business Council of Fairfield County Recognition for Transportation Innovation**

Ms. Latham informed the Board that the Health Department will be recognized on May 16<sup>th</sup> in Stamford, CT for Transportation Innovation within the City of Norwalk. She explained the award is for providing residents and people who work in Norwalk other sources of transportation. Included in the application are the Norwalker maps, monthly community walks, Fit Bit challenge, and the Bike Walk Task Force and the collaboration with the Public Works Department.

#### **Other Business**

Mr. Callahan gave an update on the collaboration between the Norwalk Health Department and Dr. Wendy Bjerke at Sacred Heart University. Dr. Bjerke and the Health Department worked on a project which included mapping Goat Trails around Norwalk. Dr. Bjerke has been asked to write a paper on this project and the Health Department will be a co-author on this work.

**Adjourn at 8:55 AM**