



**Norwalk Board of Health
November 28, 2017
8:00 AM
Library
Monthly Meeting
Minutes**

Call to order at 8:04 AM Present:

Board of Health –Janet Karpiak, M.D., Matthew Brovender, Esq., Theresa Quell, PhD, RN, (phone), Vincent Amoruccio, (phone)

Staff –Theresa Argondezzi, Health Educator/ Acting Director of Health, Tom Closter, Environmental Director, Megan DiMeglio Project Coordinator, China Perez- Brown, March of Dimes Educator, Darleen Hoffler, Clinical Supervisor

Public: Diane Lauricella

Approval of the October 24, 2017 meeting minutes. Dr. Karpiak moved and Mr. Brovender seconded a motion to approve the minutes. The minutes passed unanimously.

Lighthouse Awards

Ms. Argondezzi said that this is the 10th year of the Lighthouse Awards Program. She also mentioned that Mr. Closter, Environmental staff and she will be attending a FDA food code training next week. This new change to FDA code could change the way the program rates restaurants and she will keep the Board updated on changes at a later meeting. Mr. Closter explained that a class three or hour food establishment must exhibit safe food handling practices, have a qualified food operator always on site, and score a 90 or higher without critical violations for the four most recent inspections in order to be awarded the Lighthouse Award certificate. Two hundred and twenty two food establishments received the award this year, out of 414 eligible establishments.

Twenty of these establishments have received the award for the past 10 years. Every year there is an increase in establishments who receive the award. Last year two hundred twelve establishments received an award.

Ms. Argondezzi asked Board members to suggest locations to host this year's press event with the Mayor announcing the award recipients. Board members made two recommendations and Ms. Argondezzi will pass along those establishments to the Mayor.

NHD Highlight: Comenzando Bien

Ms. Perez- Brown presented Comenzando Bien: A Family's Journey program. Norwalk Health Department has served as a site for the Comenzando Bien: A Family's Journey Prenatal Education Program for the past three years. The program is funded and guided by the March of Dimes, offering prenatal classes for parents and family members in Fairfield County seeking information and education about their new baby's development and growth. Ms. Perez- Brown gave the breakdown of each week.

Week 1- You and Your Pregnancy

- Ice breaker
- Letter to baby

Week 2 - Prenatal Care/ Eating Healthy

- First reactions to pregnancy
- Building a healthy plate
- Importance of vaccinations

Week 3 - Stress During Pregnancy/Things to Avoid

- Deep breathing and meditation

Week 4 - The Big Day: Labor and Birth

- What's in the bag?
- Writing your birth plan

Week 5 - Caring For Your Baby/Postpartum Care

- Understanding the bond with your baby
- Breast is best!

Ms. Perez-Brown explained that during each week guest speakers from the Norwalk community present on different topics related to prenatal education and other topics.

- Lead Poisoning Prevention, Norwalk Health Department
- Immunization Action Plan Program and the CT Immunization Registry and Tracking System, Norwalk Health Department
- Early Childhood Development and Education, City of Norwalk
- Infant Massage/ Massage Therapist
- Women's Empowerment and Employment Assistance

Ms. Perez-Brown explained how the Norwalk Health Department site has expanded its reach by working with Families in Recovery Programs. Families in Recovery Program offer inpatient treatment for pregnant and parenting women with alcohol and/or substance addiction.

While the goal is to focus on the prenatal education, at this location, the program also addresses parenting practices, disciplinary methods, separation anxiety, and for expectant mothers the process of having a child born addicted and in withdrawals of methadone.

Ms. Perez-Brown presented the demographics and the reach of the program over the past 3 years.

- 34 graduates for 2017 (as of August 2017)
- 131 Families outreached and graduated from 2015 to 2017
- 8 Fathers graduated from the program
- The largest demographic impacted are families of Latin American origin
- Approximately 97% of our families have positive birth outcomes

Norwalk Health Department Comenzando Bien: A Family's Journey program received the *Maternal and Child Health Excellence Award* from March of Dimes at the 8th Annual FDR Spirit of Giving awards dinner.

Dr. Quell and Dr. Karpiak stated it sounds like a great program.

Proposed New Vaccine

Ms. Argondezzi presented a new vaccine for Board approval. Vaxchora made by PaxVax (Redwood City, CA) protects travelers against cholera transmission when they are in endemic areas. David Reed, MD, Medical Director, reviewed this vaccine prior to the Board meeting and recommended that the Board approve offering this vaccine in our Travel Clinic. Ms. Hoffler said this vaccine will be ordered upon request, due to its cost and relatively low demand. Dr. Karpiak stated it's worth offering this vaccine for clients that might require it for traveling.

Other Business

Resident Ms. Lauricella wanted to inform the Board of Health of an issue at 15 Chestnut St. Ms. Lauricella voiced her concerns about this property, which is slated for demolition. Ms. Argondezzi and Mr. Closter explained the background about this case to the Board. Ms. Argondezzi informed the Board a meeting is being put together by the Mayor's office to address this property. Departments being included at this meeting are Health, Building, Fire, and the Mayor along with the property owner and contractor. Mr. Brovender stated he feels the process is running correctly and that issues like this can take time to be resolved.

Board of Health meeting for December 2017 is canceled, and the next meeting is scheduled for January 23, 2018 8:00 AM.

Adjourn at 8:53 AM