

**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.
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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"> • Dr. Decker - follow-up on the Stamford Symposium on Childhood Obesity (April 25, 2013) • Ms. Parry - follow-up on Carry the Load • Introduction of Dr. Margaret Cobb, the newest Health Commissioner • Executive Session: Personnel (Performance Appraisal) 	Ms. Parry moved to add the items to the agenda; Dr. Decker seconded. Approved unanimously.
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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.
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Correspondence:

There was no correspondence		
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Director of Health

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

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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/fundingandprogram data/](http://www.fns.usda.gov/wic/fundingandprogramdata/)
- **In Stamford:** appx. 3000 issued checks = \$152,760

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	<p style="text-align: center;"><i>WIC Really Works!</i></p> <p>For each \$1.00 spent on WIC... </p> <p>MediCal saves \$1.77-\$3.13 </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>
<p>Ted Jankowski, Director of Public Safety, Health & Welfare</p>	<p>Mr. Jankowski updated the Commission of the following items:</p> <ul style="list-style-type: none"> • Budgets: The Health & Social Services budgets were not cut by the boards proposed budget as per Mayor Pavia. • Well testing: The Well testing will continue, it is changing from the volatile organic compounds and will be testing for Arsenic and Uranium • Family Day Event: Saturday, May 18, at the Boys and Girls Club. • 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. 	<p>Ms. Scott will forward Family Day flyers to the commissioners.</p>

Appeal:

<p>There were no appeals</p>		
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Old Business:

<p>Walkability Accessibility</p>	<p>Dr. Decker updated the commission on improving the walkability accessibility in Stamford. She is 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 possible grant funding to make some improvements.</p>	
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<p>Dangerous Intersections</p>	<p>Dr. Corvo is continuing his quest to identify dangerous intersections in Stamford. 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 honor those who serve: Military, Police and Fire, on Memorial Day. It is primarily dedicated to the fallen, those who have given their lives.</p> <p>Ms. Parry is working on improving awareness of what Carry the Load means and will 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:

<p>Mill River Collaborative Event</p>	<p>Dr. Ballin reported the Mill River Collaborative Event was a great demonstration of something that will be</p>	
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	helpful to Stamford with bicycle and walking path. Over 600 people 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.	

Executive Session:

Personnel-Performance Appraisal		
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Adjournment:

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

Submitted by,

Pam Scott

Pam Scott

Recording Secretary

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