

Approved 1/17/13

BOARD OF HEALTH

BOROUGH OF TENAFLY, NEW JERSEY BOARD MEETING, December 13, 2012

The Board of Health held a meeting on the above date. Dr. Herbert Lazarus, President, read the Board's compliance with the Open Public Meeting Law and called the meeting to order at 7:30 p.m.

The following members were present: Dr. Herbert Lazarus, Dr. Galit Sacajiu, Dr. Hugh Evans, Maria Xylas, Howard Bader and Martha Rogalski, Registered Environmental Health Specialist

Absent: Dr. Daniel Feit, Dr. Alexandra Gottdiener, Sam Yanovich, Health Officer

Also present: Council Liaison Jon Warms, Board of Health Secretary Valerie Nicolosi

A motion was made by Mr. Bader and seconded by Dr. Evans to approve the minutes of June 21, 2012. A voice vote carried the motion. All voted in favor; none were opposed.

OLD BUSINESS

The flu clinic hosted by HARP personnel this year was offered to both adults and children. It was very well received. The HARP nurse continues to offer the vaccines for residents every Friday in the Health office.

Board members questioned the outcome of the lead poisoning case from over the summer. Mrs. Nicolosi will follow up with Mr. Yanovich and send an email to the board regarding this matter.

NEW BUSINESS

Board members voiced concerns that Mayor Rustin had called each of them regarding attendance at meetings. It was noted that several meetings had been cancelled due to a lack of a quorum; however, most meetings were made up at a later date.

Mr. Carl Trop, Coordinator of the Tenafly Mayors Wellness Campaign, was in attendance at the meeting and explained the program to the board members. The MWC is an initiative of the NJ Healthcare Quality Institute. Since 2006, the MWC has sought to develop and implement active living programs through local leaders and in doing so, to reduce health care costs and foster active living and healthy lifestyles for NJ citizens.

He explained some of the aspects of the program and events, including the recent health fair, an upcoming cooking event and a weight loss program. There are website pages dedicated to the Tenafly Mayors Wellness Campaign on the Borough's website. Mr. Trop noted that different businesses offer services to promote healthy lifestyles. The Mayors Wellness Campaign coordinates with them to advertise and get the word out about the event. The Bergen Battle of the Bulge contest will be coordinated through Skinny New Jersey. The Cook Off is a contest

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featuring residents preparing healthy recipes. The Mayors Wellness Committee is looking to have restaurants involved by putting a healthy meal on the menu and having a sticker indicating that it is such.

There was much concern that the Board of Health was not made aware of the Tenaflly Mayors Wellness Campaign. A question was raised as to whether the borough had a wellness policy. Councilman Warms noted that the Mayor & Council had passed a resolution in May supporting the Mayors Wellness Campaign. Mrs. Nicolosi will forward an email with this resolution to all board members.

Members are very concerned that this program is not evidence based. There were many, many questions regarding monitoring of the weight loss program, concerns that the program heightens anxiety among those with bulimia and anorexia. The program should be monitored more closely. Where is the data regarding calorie counts that the recipes in the cook off contest coming from? How will restaurants accurately indicate a healthy choice meal?

Dr. Lazarus thanked Mr. Trop for coming this evening to discuss the Tenaflly Mayors Wellness Campaign. He commented that the Board of Health would like to have been included in the program from the very beginning. Board members must have the opportunity to research further.

It was the consensus that the Tenaflly Board of Health will not endorse the Tenaflly Mayors Wellness Program or the events, without further investigation. The board asked Councilman Warms to take back its concerns to the Mayor & Council, stressing that the Tenaflly Board of Health is not in support of this program yet. All board members will explore the website in detail. (www.tenafllynj.org > Community Services > Mayors Wellness Campaign). Mayor Rustin will be asked to attend the next Board of Health meeting on January 17, 2013.

There was a brief discussion about hand washing and the use of masks in the workplace. It was suggested that an education program should be instituted.

A motion was made by Dr. Evans and seconded by Mr. Bader to approve the 2013 Meeting Schedule for the Tenaflly Board of Health. A voice vote carried the motion. All voted in favor; none were opposed.

There was a brief discussion regarding the 2013 Health Department Budget. Mrs. Nicolosi will be meeting with Borough Administrator Jewel Thompson-Chin on this matter shortly.

REPORTS

Health Officer Sam Yanovich had forwarded his reports via email. The board briefly reviewed his November 2012 and December 2012 report, which covered the issues of Hurricane Sandy, seasonal influenza, pertussis (whooping cough), undated packaged food labeling, and the Audit/Correction Action Plan (CAP) for Mid-Bergen Regional Health Commission.

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Ms. Rogalski reviewed her reports for October 2012 and November 2012. She noted that the JCC on the Palisades has switched to saltwater in the pools. Complaints in both months were being addressed. Due to Hurricane Sandy, many establishments were closed because of no power. She and Mr. Yanovich checked many of the restaurants and stores in town after the storm. They distributed surveys provided by the New Jersey State Health Department, which each establishment was required to fill out and return to the Borough. In the survey, the establishment was to list all perishable foods which were discarded, the amount of time without power and what the refrigeration temperatures were at the time the food was discarded. She is keeping a file of all returned surveys in her office.

The next meeting of the Board of Health is Thursday, January 17, 2013, at 7:30 p.m. in the Richard D. Wilson Committee Room.

A motion was made by Dr. Evans and seconded by Mr. Bader to adjourn the meeting at 8:50 p.m. A voice vote carried the motion. All voted in favor of the motion; none were opposed.

Respectfully submitted,

Valerie B. Nicolosi
Board of Health Secretary