

CITY OF MIDDLETOWN
BOARD OF HEALTH
Minutes
January 9, 2024

The City of Middletown Board of Health met in regular session at 7:30 AM on January 9, 2024.

Members Present

Mayor, Elizabeth Slamka
Jeff Bonnell
Sally Kash, MS, RN
Ruth Lolli
Emily Miller, BSN, RN
Joseph Richmond, MBA
Dr. Scott Zollett, MD

Health Department Staff Present

Jackie Phillips Carter, MPH, BSN, RN
Carla Ealy, BS, REHS
Chandra Corbin, BSN, RN
Dr. Paul Jennewine, MD
Amanda McDonald, Vital Statistics Registrar

ROLL CALL

Motion: Ms. Lolli moved, seconded by Mr. Richmond to excuse Ms. Sibcy from the Board of Health meeting.

Roll call vote: Yes-6 (Bonnell, Kash, Lolli, Miller, Richmond, Zollett). No-0. **Motion Passed.**

CITIZEN COMMENTS

None.

Ms. Phillips Carter introduced the board to Mayor Elizabeth Slamka. As the Mayor of the City of Middletown, Mayor Slamka will serve as the President of the Board of Health.

APPROVAL OF MINUTES – December 2023

Motion: Ms. Kash moved, seconded by Ms. Lolli to approve the December 2023 minutes.

Roll call vote: Yes-6 (Bonnell, Kash, Lolli, Miller, Richmond, Zollett). No-0. **Motion Passed.**

RECEIVE AND FILE FINANCIAL REPORT-December 2023

Ms. Phillips Carter explained that the City has switched to a new finance system. The financial report is unavailable at the time of this meeting.

Education Presentation- Sleep Apnea-Dr. Jennewine

Dr. Jennewine provided the board with an overview of sleep apnea. Sleep apnea is defined as pauses in respiration while sleeping which causes decreased oxygen levels and increased carbon dioxide levels. There are three different types of sleep apnea: obstructive, central and mixed.

Obstructive sleep apnea is caused by a narrowing in the airway, being overweight, allergies or enlarged tonsils. Central sleep apnea is a neurologic malfunction of breathing that typically appears in childhood.

Signs and symptoms of sleep apnea include: excessive daytime sleepiness, loud or disruptive snoring, pauses in breathing, headaches and waking up frequently throughout sleep. Risk factors include: sex (males are at a higher risk), obesity, being over age 40, large neck circumference, family history, smoking, alcohol and premature birth.

To diagnose sleep apnea, physicians gather the patient's history and perform a physical. Sleep history and sleep studies may also be used to confirm the diagnosis.

Complications resulting from sleep apnea include: hypertension, atrial fibrillation, congestive heart failure, cardiovascular disease, accidents (such as falls or motor vehicle accidents) and Alzheimer's Disease.

Treatment options include: lifestyle modifications (such as proper diet and exercise to maintain a healthy weight), changing sleep positions, CPAP machine, oral appliance, surgery and implantable devices.

Discussion

Mayor Slamka asked how sleep apnea could be prevented in physically fit people.

Dr. Jennewine explained that often times it runs in their family history and cannot be prevented.

Dr. Zollett added that patients are now tested more frequently than in years past.

Dr. Jennewine added that there are probably cases of overdiagnosis.

Ms. Phillips Carter asked what specifically about prematurity leads to an increased risk of sleep apnea.

Dr. Jennewine stated that it is due to brain development not being all the way complete at the time of birth.

OLD BUSINESS

PHAB

Ms. Phillips Carter informed the board that PHAB's Annual Report response was included in the board packet.

Tobacco 21 (T21)

Ms. Phillips Carter informed the board that she will be providing information to the City Manager and new council members in an effort to move forward with capping tobacco retailers.

Ms. Ealy informed board members that as of January 9th, 47 of the 70 tobacco retailers in Middletown have paid and been issued their Tobacco 21 license.

NEW BUSINESS

Travel Authorizations

There were no travel authorizations requested.

Review of ODH Medicaid Administrative Claiming "MAC" Local Health Department Process Claiming

Ms. Phillips Carter explained to the board that ODH disperses funds to local health departments (LHDs) each time LHDs initiate Medicaid activity.

2024 Election of President Pro Tem

Motion: Ms. Lolli moved, seconded by Ms. Kash to elect Jeff Bonnell as President Pro Tem of the Board of Health.

Roll call vote: Yes-6 (Bonnell, Kash, Lolli, Miller, Richmond, Zollett). No-0. **Motion Passed.**

2024 Board of Health Roster

Ms. Phillips Carter informed board members that the BOH roster was included in the packet and asked members to confirm that their information is correct.

2024 Board of Health Committees

The Finance Committee will be comprised of the following: Mayor Slamka, Ms. Sibcy, Ms. Kash and Mr. Richmond. The Personnel Committee will be comprised of the following: Mayor Slamka, Dr. Zollett, Mr. Bonnell, Ms. Lolli and Ms. Miller.

2023 4th Quarter Report

The 2023, 4th Quarter Report is included in the Board of Health packet for board members review. The 2022, 4th Quarter Report is included for year-to-year comparison. Ms. Phillips Carter noted that while overdose deaths are down compared to the previous year, deaths by suicide have increased.

Board Member Topic-Open Discussion

Ms. Phillips Carter informed Mayor Slamka that “Board Member Topic-Open Discussion” had been added by Mayor Condrey to the BOH agenda each month.

Mayor Slamka presented the book, “The Garden Next Door” to board members, asking if there has been any conversations with Middletown City School District about gardens.

Ms. Phillips Carter stated that there have been conversations of starting community gardens throughout Middletown on empty lots. Ms. Phillips Carter continued that while discussions have been underway, it may be beneficial to hold a strategic meeting with City Council.

Mayor Slamka stated that it would be a great opportunity to connect different organizations in a multi-functional, multi-faceted way and believes it could be beneficial to involve the schools as it would also be beneficial to mental health.

REPORTS

Health Commissioner

Ms. Phillips Carter provided board members with an update on community events that are taking place. The Point In Time (PIT) count will be held January 23rd. This count is conducted annually to gather a count of the homeless population.

Ms. Phillips Carter stated that Dreamkeepers will be hosting a film festival January 15th at Sorg Opera House.

Ms. Phillips Carter provided board members with a list of shelters that will be providing the unhoused with shelter this year.

Ms. Phillips Carter informed board members that CMHD is currently looking to fill the positions of Environmental Health Specialist or Environmental Health Specialist-In-Training as well as an Administrative Assistant. Ms. Phillips Carter stated that she would like to find someone bilingual to fill the Administrative Assistant position as that would greatly benefit the community and the health department.

Medical Director

Dr. Jennewine reported the December Communicable Disease cases.

Chlamydia infection	24
COVID-19	425
CPO	1
Gonococcal Infection	10
Hepatitis B	2
Hepatitis C	7
Influenza-associated hospitalization	4
Pertussis	3
Streptococcal-Group A-invasive	1
Syphilis	1

Director of Nursing

Ms. Corbin informed the board that there was an increase in respiratory illnesses throughout December. Hospitalizations for the flu increased, mostly among unvaccinated adults and children. Ms. Corbin stated that CMHD is encouraging everyone to receive their flu vaccine. The flu vaccine is available to board members, Ms. Corbin stated to reach out if board members are interested.

Ms. Corbin stated that Middletown is in the path of totality for the eclipse that will occur in April. In the coming months CMHD will be providing more information to community partners regarding the eclipse and safety precautions that need to be taken.

Ms. Corbin informed the board that a disaster preparedness table top exercise will be held in February. The exercise will simulate a chemical emergency surge and local health departments will work with surrounding hospital systems.

Environmental Director

Ms. Ealy informed the board that plans have been approved for the following facilities: Middletown High School Common Grounds Coffee Shop, Summit on Manchester Road, Lakeside Inn and Irie Smoothie Bar.

Ms. Ealy informed the board that CMHD found 3 mobile food trucks operating without water, 2 of which were also operating without a license. Ms. Ealy stated that CMHD is making sure to inspect new mobiles they see operating throughout the city. Mobiles are only required to be inspected once per year, but health departments can inspect more often.

Ms. Ealy informed the board that CMHD is on track to have all inspections completed by February 29th, the end of the licensing period.

ADJOURNMENT

The meeting was adjourned at 8:33 AM. The next meeting will be held on February 13, 2024 at 7:30AM in Conference Room 2C.



Jacquelyn D. Phillips Carter, MPH, BSN, RN
Secretary



Elizabeth Slamka, President
City of Middletown Board of Health