

CITY OF MIDDLETOWN  
BOARD OF HEALTH  
Minutes  
May 14, 2024

The City of Middletown Board of Health met in regular session at 7:30 AM on May 14, 2024.

Members Present

Mayor, Elizabeth Slamka  
Ruth Lolli  
Emily Miller, BSN, RN  
Dr. Scott Zollett, MD  
Amy Sibcy

Health Department Staff Present

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

Absent and Excused

Jeff Bonnell  
Sally Kash, MS, RN  
Joseph Richmond, MBA

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ROLL CALL

**Motion:** Ms. Lolli moved, seconded by Ms. Sibcy to excuse absent board members from the Board of Health meeting.  
**Roll call vote:** Yes-4 (Lolli, Miller, Zollet, Sibcy). No-0. **Motion Passed.**

CITIZEN COMMENTS

None.

APPROVAL OF MINUTES – April 2024

**Motion:** Dr. Zollett moved, seconded by Ms. Sibcy to approve the April 2024 minutes.  
**Roll call vote:** Yes-4 (Lolli, Miller, Zollet, Sibcy). No-0. **Motion Passed.**

RECEIVE AND FILE FINANCIAL REPORT-April 2024

Ms. Phillips Carter explained to the board that the Finance Department is only current through March 2024. The revenue presented in the April BOH meeting is only reflective of January 1<sup>st</sup>-March 31<sup>st</sup>. Ms. Phillips Carter included an email from the Finance Director stating that the department is behind on entering revenue totals and this is the most current report available to present to the BOH.

**Motion:** Ms. Lolli moved, seconded by Ms. Sibcy to approve the financial report as presented in April.  
**Roll call vote:** Yes-4 (Lolli, Miller, Zollet, Sibcy). No-0. **Motion Passed.**

Education Presentation- Health Benefits of Exercise Dr. Jennewine

Dr. Jennewine provided the board with an overview of the health benefits of exercise. Dr. Jennewine explained that adults need 150 minutes of moderately intense exercise or 75 minutes of vigorous exercise weekly. Moderate intensity exercise should elevate the heart rate, but should still allow the individual to be able to talk while performing the action. Examples of moderate intensity exercises include: brisk walks, water aerobics, bicycling, ballroom dancing and general gardening. Vigorous exercise will only allow the individual to be able to speak a few words, as they will be out of breath. Examples of vigorous exercise include: jogging or running, swimming laps and hiking uphill or with a backpack.

Children and adolescents benefit from 60 minutes of moderate to vigorous activity daily as well as strength training twice a week.

In the United States almost 25% of adults do not get any physical activity, while just over 50% of adults get the recommended amount, less than 25% of adolescents meet the exercise recommendations and these numbers continue to decline.

Benefits of physical activity include: a 13% decrease in mortality and a 15% increase in quality of life. Benefits in children include: increased academic performance, cardiometabolic health, weight, reduced risk of chronic illness, improved mental health, improved musculoskeletal strength and improved blood pressure.

Dr. Jennewine explained that immediate benefits of exercise in adults include: improved sleep, mental health, blood pressure and energy. Long term benefits include: improved cognitive function, mental health, heart health, weight, balance and coordination, risk of cancer and bone strength. For adults aged 65 and older the immediate benefits remain the same and long-term benefits also include increasing the likelihood of independent living and increased social interactions.

## NEW BUSINESS

### Travel Authorizations

There were no travel authorizations requested.

## REPORTS

### Health Commissioner

Ms. Phillips Carter informed the board that the Community Health Assessment (CHA) is complete and the Community Health Improvement Plan (CHIP) is underway. The three areas of focus will remain infant mortality, chronic disease and mental health. Ms. Phillips Carter stated that all three health departments (City of Middletown, Butler County General Health District and City of Hamilton Health Department) are focused on increasing physical activity in all of Butler County. In order to promote physical activity, the three health departments will join together in giving away bikes, promoting walking groups, promoting "Walk with a Doc," and continuing line dancing at the Community Center.

Ms. Phillips Carter informed the board that the Interact for Health Grant has increased to \$600,00 per year for four years. This grant remains focused on making the community healthier. MS. Phillips Carter informed the board that the NACHO Grant is due May 15<sup>th</sup> and CMHD is prepared to submit for this grant by the deadline.

Ms. Phillips Carter informed the board that the City Manager is holding a Town Hall Meeting in City Council Chambers on May 28<sup>th</sup> at 5:30om in to address gun violence in the city.

### Medical Director

Dr. Jennewine reported the April Communicable Disease cases.

Campylobacteriosis	1
Chlamydia infection	24
COVID-19	29
CPO	2
Gonococcal Infection	8
Hepatitis B	3
Hepatitis C	8
HIV	1
Influenza-associated hospitalization	5
Syphilis	1

#### Director of Nursing

In Ms. Corbin's absence, Ms. Phillips Carter presented the board with the Director of Nursing report. Ms. Phillips Carter informed the board that the Public Health Emergency Preparedness (PHEP) deliverables have been completed and CMHD will be receiving \$24,000. The 2024-2025 grant will be forthcoming.

Cases of COVID continue to decrease. Free COVID test kits are still available at CMHD. Ms. Phillips Carter recommends testing for those that suspect they may have the virus and will be in contact with vulnerable populations.

#### Environmental Director

Ms. Ealy informed the board that CMHD has received 7 sets of plans in April. CMHD has licensed 3 new mobiles, bringing the total number of licensed mobiles to 22 in the city. Body art facilities have increased from 9 in 2023 to 13 in 2024.

Ms. Ealy informed the board that CMHD has approved 3 new plans in April: Starbucks, an RFE and a mobile.

Ms. Ealy informed the board that all pools have paid for the 2024 licenses, inspections are still being scheduled.

All school inspections have been completed for the spring.

Ms. Ealy informed the board that she included an article in the packet that discussed Ohio tobacco licensing. Ms. Ealy stated after the Ohio senate voted to override the governor's veto, CMHD discussed discontinuing the program and refund businesses their license fees, however; after several cities filed a law suit, it was decided to hold off on refunding the license fees until the outcome of the court case. The court hearing will be held May 17, 2024. Ms. Ealy stated that more information will be available after the ruling.

#### Board Member Open Discussion

Mayor Slamka asked if present personnel committee members would like to stay after the conclusion of the BOH meeting to discuss the Health Commissioner's evaluation process.

#### ADJOURNMENT

The meeting was adjourned at 8:22 AM. The next meeting will be held on June 11, 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