

COUNTY OF SAN LUIS OBISPO

HEALTH COMMISSION

Minutes of Meeting

Monday, September 10, 2018 (County Board of Supervisors Chambers)

Members Present: Mary Jean Sage (Chair), Robert Campbell, Jean Raymond, Tamar Sekayan, Susan Warren

Members Absent: Jinah Byram, Candace Winstead

Staff Present: Jean White

Speakers: Christine Mulkerin, MD, Chief Medical Officer, Law Enforcement Healthcare; Stephen Hansen, MD, Internal Medicine; Inger Appanaitis, Tobacco Control Program; Kimberly Mott, BH Prevention and Outreach

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order at 6:00 PM by Chair Sage.	Call to Order	Chair Sage
2. Recognition of Kris Kington-Barker	Chair Sage recognized and thanked Kris Kington-Barker for her service on the Health Commission. A Certificate of Appreciate signed by the Board of Supervisors will be mailed to Ms. Kington-Barker, who was not present at tonight’s meeting.		
3. Approval of Minutes: August 13, 2018	August 13, 2018 minutes were approved as drafted.	August 2018 minutes approved.	MJS / All
4. Public Comment	<p>Susan Warren announced that September is National Recovery Month. She commented on the positive movement at the County towards more treatment and recovery services, particularly at the County Jail. She advised that the Ninth Circuit Court of Appeals recently ruled that it is unconstitutional to arrest homeless people for sleeping in public areas, noting people with addictions are not bad people, but sick people that need to get well. She referenced and recommended two books, <i>The American Fix</i> and <i>Dopesick</i>, both about the opioid crisis. She left a copy of each book for Health Commissioners to read.</p> <p>Dr. Stephen Hansen, president of the local Medical Association Research Foundation, commented that the Foundation funds continuing education and asked for suggestions from the public about areas physicians need better education on. He further highlighted some areas that the Commission may be interested in as future educational programs:</p> <ul style="list-style-type: none"> • Literacy for Life / Health Literacy: empowering adult learners to develop English language communication skills. • Cal Poly Frost Fund: Cal Poly received a \$110 million dollar grant to support a new research center that has a new segment called healthcare research, focusing on delivery of healthcare to underserved populations. • Stem Cell Clinic Treatment Scams: There has been a widespread scam involving false advertising of stem cell clinics & treatments. The Food & Drug Administration hasn’t approved any of the treatments. • Falls in the Elderly: This is the #1 cause of ambulances coming to the home. • Shortage of Primary Care Docs: There is a new residency program at Marion Hospital and only 4 of the recent graduates will stay in our area. There is great income disparity between primary care and other specialty care. 		

	<ul style="list-style-type: none"> • Vector Control District: SLO is 1 of 12 counties in CA that does not have a vector control district. There is only a very limited surveillance program in our county. Dr. Hansen expressed his concern and suggested that the County needs to do more. • STD's: A recent report on sexually transmitted diseases shows #'s are way up. 		
<p>5. Jail Healthcare Community Outreach</p>	<p>Christine Mulkerin, MD, Chief Medical Officer, Law Enforcement Healthcare, provided an update on what they have been working on at the Jail over the past six months:</p> <ul style="list-style-type: none"> • Her first major task was to evaluate the healthcare delivery system at the Jail. The Board of Supervisors asked them to issue an RFP to possibly contract out jail healthcare services to a private contractor. An RFP was issued in March 2018. Throughout, she has been researching all of the different ways that healthcare is delivered in CA. There is a National Standard of Correctional Care (NCCHC) that is a group of standards, with very specific guidelines, for how healthcare should be delivered in corrections, and this has been her “bible” about how to create a health care system for our county. • There will be a Board of Supervisors presentation on September 18th where the results of this research and the results of the RFP will be presented to the Board for direction. • SLO County is one of 23 counties that just received a grant for medication assisted treatment expansion at the jail. This is a \$25,000 grant to be part of a learning collaborative to discuss ways to expand medication treatment (suboxone, methadone) in the jail. • They are continuing with the “Stepping Up Initiative,” a nationwide initiative to try to decrease the people with mental illness coming in and out of the jail. • With flu season coming up, they try to give everyone at the jail a flu shot. • They will be starting a jail-based competency treatment program inside the jail. This is a specialized treatment program for inmates who have been declared “incompetent to stand trial.” By having the program in the jail, patients can be treated right away and go back through the court process quickly; hopefully completing their time and getting out sooner. <p>Commissioner Campbell asked how many inmates they have in the jail on average daily and what percent of those entering incarceration are addicted to opioids. <i>(Dr. Mulkerin noted the average daily population is 593. The percentage on opioids is harder to capture. Self-report is about 15-20%; not all are dependent on opiates, but more than half are. About 40% of people who come in jail are released within 24 hours before you can get an evaluation.)</i></p> <p>Commissioner Warren asked how they realize if someone is going to withdraw while in jail. <i>(Dr. Mulkerin explained that healthcare delivery is separate from custody in that the information given is protected and cannot be used against people in their court case. Most people will tell you if they are going to withdraw or it will become clear they are withdrawing within about 48 hours, especially with alcohol.)</i></p>		
<p>6. Presentation: New Face of Tobacco</p>	<p>Dr. Stephen Hansen, Internal Medicine, talked about his background, with his most recent focus on health effects of climate change and the way that it has superseded tobacco in terms of some of the devastation it is going to cause. He commented that tobacco use is declining due to the increase in age to 21 for sales of tobacco, colleges going tobacco-free, sales tax increase to \$2.00 per pack, and smoke-free areas. But, despite that, tobacco companies have found new ways to promote nicotine</p>	<p><i>A copy of the Power Point presentation is filed with the official record of the meeting.</i></p>	

addiction, with the biggest being “vaping,” using an aerosol device. Vaporizing devices can greatly vary from what is in it, from something that doesn’t have nicotine to something that has high doses of nicotine to marijuana. Vaporized products are not subject to the smoking acts and the FDA said it will take until 2020 to weigh in on the legalities and the Tobacco Act. Good news, Costco and most pharmacies are stopping the sales of tobacco. In SLO City, they are currently talking to the City Council about going forward with a flavor ban and additionally, a ban of smoking products in the two remaining pharmacies that sell products. Currently, you cannot smoke in County parks, but you can use other devices. This is language that needs to be cleaned up to include all tobacco products.

Commissioner Campbell asked about long term consequences of nicotine vaping, besides addiction. *(Dr. Hansen answered that cardiovascular disease is the main thing – it is a carcinogen at a low level and has other chemicals that need to be looked at. It took a long time to understand tobacco long term effects. The younger are particularly susceptible. There are studies going on; two in Britain.)*

Inger Appanaitis, Tobacco Control Program, distributed a packet of information on e-cigarettes and flavored tobacco products to commissioners and provided a Power Point overview on new tobacco products and devices. She talked about the consequences of e-cigarettes and the limited evidence that e-cigarettes may be effective aids to promote smoking cessation. She explained some of the terms used for electronic nicotine delivery systems (e-cigs, e-hookah, vape sticks, vape pens, JUUL, Sourin), noting what they are seeing more of in the past year is the Juul, which looks like a USB device. The amount of nicotine in an e-cigarette is variable, with one Juul pod roughly equivalent to a pack of cigarettes. She presented graphs on tobacco product trends, usage, dollars spent. And showing Juul sales are up more than 700% from a year ago. There are other drugs, in addition to marijuana, being used in these devices. In 2009, the FDA passed regulation to ban flavoring in cigarettes, but failed to define cigarettes as more broadly tobacco products, so you can still buy flavored chewing tobacco and little cigars that look like cigarettes. The State has launched a new Flavors Hook Kids campaign showing how deceiving and/or how appealing these flavor traps are. There are over 15,000 flavors on the market today.

Kimberly Mott, Program Supervisors, Behavioral Health Prevention & Outreach, continued the presentation talking about what they are doing at the local level in the schools and middle schools to address this. She presented data that 72% of 11th graders report that it is “fairly to very easy to obtain e-cigarettes or vaping devices.” BH Prevention & Outreach is holding combined meetings with the Tobacco Control Coalition, Tobacco Control staff, health educators, and patient teams, and through this collaboration, have been able to roll out more trainings for Drug & Alcohol/Mental Health youth staff, treatment teams, clients, school staff, and parents. They are currently working with SLOCOE to change language in all school policies to include all tobacco products, electronic devices & vaping devices. They have Friday Night Live programs in all of the middle schools and high schools in the County (the presentation listed what each school is doing through FNL) and this year, in partnership with the Sheriff’s Department, they did a Sheriff Youth Summer camp for over 250 middle schoolers, who received education on the harms associated with tobacco and vaping.

	<p>Commissioner Sage asked if they provide education to the faith communities. <i>(Ms. Mott answered that they are school-based, but a lot of the younger people who are involved in Friday Night Live continue their work outside of school.)</i></p> <p>Commissioner Sage asked about providing preliminary education to ages 9-11. <i>(Ms. Mott answered that their programs are primarily in the middle schools and high schools. There is a need to reach the younger population; one of the ways that is done is through their “healthy stores” program, ensuring that tobacco products and advertisements are not targeting young people.)</i></p> <p>Commissioner Sekayan asked about the number of “puffs” in the vaporized form vs. a traditional cigarette. <i>(Ms. Appanaitis answered that it is variable and there is not any good data. Vaping devices are much more continuous and maybe more mindless because you don’t have that “start & stop” like you do with a cigarette.)</i></p> <p>Commissioner Sekayan asked if there was information on the gender breakdown for data on 11th graders. <i>(Ms. Mott answered they do not have that breakdown, but could pull that information.)</i></p> <p>Commissioner Sekayan asked about educational initiatives for retailers. <i>(Ms. Appanaitis explained they do regular enforcement activities in the unincorporated areas and they have been more recently strengthening their partnerships with local jurisdictions.)</i></p> <p>Commissioner Warren asked if there are any opportunities for Friday Night Live programs to do mentoring/education with 4th, 5th or 6th graders. <i>(Ms. Mott answered that there is not any direct mentoring, but some opportunities may arise through some of the school combined cleanup events.)</i></p> <p>Commissioner Warren suggested more activities where the older kids can help educate younger kids to help create awareness.</p> <p>Commissioner Warren asked if there is an age limit on who can enter smoke shops. <i>(Ms. Appanaitis doesn’t believe there is a specific age limit to enter the facilities. Owners will often say they don’t have people under 21 come in, but there is a need for more enforcement or education.)</i></p>		
<p>7. Health Commissioner Updates</p>	<p>Commissioner Campbell reported that the APCD Board has a meeting scheduled at the end of September. The APCD Officer and State Parks folks will present on the completion of the first mandated portion of the air pollution plan for the Oceano Dunes.</p> <p>Commissioner Campbell is liaison to the Human Trafficking Task Force and attended his first meeting. The Task Force is primarily focusing on educating everyone to recognize the signs of a person who is being trafficked.</p> <p>Commissioner Raymond will be attending the Adult Services Policy Council this Friday and will report next month.</p> <p>Commissioner Sage attended the last Oral Health Coalition meeting held at CHC in Santa Maria. There was a tour of the five mobile vans (2 not used, due to staffing, etc.) and there was a training that day for the new virtual dental home.</p> <p>Commissioner Sage reminded everyone of the upcoming <i>Health and Housing: Building the Connection</i> forum and panel discussion on Thursday, October 4, from 1:00-6:00 PM, at the Veterans Hall in SLO. Free event; registration is required at www.healthslo.com.</p> <p>Commissioner Sage reported that the next Tobacco Control Coalition meeting is scheduled on October 10. Commissioner Campbell is the new liaison to the coalition and will attend.</p>		

	<p>Commissioner Sage reported that HEAL SLO will begin meeting again on Wednesday, November 14. Commissioner Sage will be out of town. Commissioner Warren volunteered to attend in her place. Commissioner Sage will forward meeting information.</p>		
8. Committee Reports	<p>Legislative: Chair Sage will email legislation of interest regarding a sugary beverage tax.</p> <p>Nominating (Action): Commissioner Raymond reported that the Nominating Committee met to interview candidates and is recommending the appointments of Catherine Shipp to fill one of the consumer vacancies and Elisa Moylan to fill the direct provider vacancy; pending final approval by the Board of Supervisors. <i>Motion made by Commissioner Warren to accept the recommendation, seconded by Commissioner Sekayan, with all in favor.</i></p> <p>Ms. Shipp was present at tonight’s meeting and introduced to the Health Commission.</p> <p>Commission Raymond announced that there are still two consumer vacancies on the commission.</p>	<p><i>Motion made to accept the recommendation for appointments of Catherine Shipp and Elisa Moylan to the commission.</i></p>	<p><i>SW/TW/All</i></p>
9. Prospective Future Items	<p>The October and November 2018 meetings will be on the third Monday of each month. Chair Sage noted that the December meeting will be a planning meeting and an opportunity to look at some of the suggestions brought forward by Dr. Hansen tonight during public comment.</p>		
10. Adjournment	<p>Meeting adjourned at 7:40 PM</p>	<p><i>Adjournment</i></p>	<p><i>All</i></p>