

**County of San Luis Obispo
HEALTH COMMISSION**

Minutes of Meeting

Monday, May 14, 2007 (Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Penny Chamousis, Deborah Donnelly, Ed Guarena, Pam Heatherington, Jan Hicks, Sara Horne, David Odell, Susan Warren

Members Absent: James Mase, M.D. (excused), Robert Thielscher (excused)

Staff Present: Greg Thomas, M.D., Jean White (recorder)

Speakers: Adam Fukushima (SLO County Bicycle Coalition); Jessica Berry (SLO Regional Rideshare), Mary Miller (Patient Advocate)

Agenda Item	Discussion	Action	Who/When
1. CALL TO ORDER	Meeting called to order by Chair Enns at 6:02 p.m.		
2. APPROVAL OF MINUTES	Minutes of April 9, 2007 approved as written.	<i>Minutes approved as written</i>	Approved -all
3. PUBLIC COMMENT	<p>Elizabeth Johnson attended a meeting last month where the Health Commission’s GMO Task Force Report was being used as educational material. She requests that since the commission voted to send all three GMO reports to the Board of Supervisors, that all 3 of these reports be linked to the Public Health website, so the public can see all viewpoints. Currently, only the Health Commission’s report is on the website.</p> <p>Eric Greening requests that a report on the status of ocean water quality and its impact on the health of those who have contact with it be included on next month’s agenda as a potential action item. He asks that particular emphasis be given to Pismo Beach, where there appears to be a chronic problem. He notes that ocean water is being tested, and asks what kind of testing is being done upstream. Recommended action could be to advise the Board of Supervisors to put necessary resources into determining the source of the problem.</p>		
4. BICYCLING IN SAN LUIS OBISPO COUNTY	<p>Commissioner Enns introduced the item by announcing that May is National Bicycle Month and introduced both of the speakers.</p> <p>Adam Fukushima, Executive Director, SLO County Bicycle Coalition presents a Power Point presentation and talks about the benefits of bicycling, infrastructure, City/County policies, advocacy and some of the Bike Coalition’s programs. The County of San Luis Obispo, as well as the Cities of San Luis Obispo and Arroyo Grande have a bike plan. He thanks the Health Commission for their support of the County Parks & Rec element and notes that the recent Grand Jury Report recommends more funding for enforcement and education of bicycling. There is a national movement currently to “complete the streets,” which enacts policies for mixed streets or re-designed streets so that all road users are taken into account. AB 1358 would require cities and counties to have “complete street” policies in their general plan. He also states that AB 437 (Obesity and Land Use) would authorize local health officers to provide assistance to cities and counties with regard to public health issues as they relate</p>	<p><i>Handouts: Copy of Power Point Presentation: “Bicycling in San Luis Obispo County”</i></p>	

	<p>to local land use planning and transportation planning processes. SLO County Bicycle Coalition supports the County Parks & Recs element and “Complete Street” policies. They also work on “road diets,” reducing road lanes and increasing bike lanes and sidewalks.</p> <p>Mr. Fukushima talks about some of their programs: “Bike First” (provided through a grant thru APCD) is a program that provides a subsidiary toward the purchase of a bicycle for individuals who want to try to bike to work. (A computer on the bike logs their miles and if they keep up with it, they get to keep the bike.) “Bike Education Clinics” are offered every other month to help promote safe and legal bike riding.</p> <p>Jessica Berry, Bicycle Programs Coordinator, SLO Regional Rideshare continues the Power Point presentation by talking about SLO Regional Rideshare and some of the events happening this month to promote Bike Month: “Bike Shift” (a bike art display downtown SLO until May 18th), “Executive and Commuter Bike Challenge” (a month long challenge to replace car trips with bike trips), “Mini Grant Program (7 mini grants were given on a first come, first served basis - 4 of the events funded were directed toward children and 3 of the events funded were for schools). Ms. Berry also spoke of the Safe Routes to School Program. This program addresses traffic congestion, air pollution, safety concerns and physical inactivity. There are five components of the program: Engineering (examining physical barriers), Education (classroom curriculum on traffic safety/health/environment); Enforcement (partnering with law enforcement); Encouragement (events, contests and promotional materials); and Evaluation (she detailed the results of a survey of 100 parents. The survey showed that traffic safety and speeding cars were parents biggest concerns and reasons for not letting their child walk or bike to school.)</p> <p>Ms. Berry announces an event happening tomorrow, May 15th, 7-8:15 am on Morro Street near the Santa Barbara Intersection: “Bike Breakfast on the Boulevard.”</p> <p><u>Commissioner Questions / Comments:</u></p> <p>Commissioner Heatherington asks about the Bike Art Display hours. (<i>Open on Thursday night and Saturday, may be open additional hours depending on volunteer availability</i>)</p> <p>Commissioner Horne asks if they are working on adding speed bumps around schools. (<i>Mr. Fukushima states they are addressing several traffic issues, including speed bumps, to make the roads safer for people.</i>)</p> <p>Commissioner Horne asks if they are working on legislature that would require adults to wear helmets. (<i>Mr. Fukushima states they support everyone wearing helmets, even though there has been some controversy over this issue</i>)</p> <p>Dr. Thomas asked for more information on the “Bike Rodeo” and whom the schools should contact if they would like to participate. (<i>Ms. Berry states that the biggest bike</i></p>		
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	<p>rodeo is put on by the City of SLO Police Department in October. If schools want to put on bike rodeos, bike assemblies, or walk or bike to school days, they can contact her at 781-1385.)</p> <p>Commissioner Guerena asked for more information on AB 1358 and AB 437. (Mr. Fukushima will forward Commissioner Guerena more information.)</p> <p>Commissioner Warren asks if the “Bike First Program” is available to residents countywide. (Mr. Fukushima states it is available to all County residents, but is dependent upon receiving a grant on whether it will be brought back this summer. Information is available on their website www.slobikelane.org or by calling 547-2055.)</p> <p>Public Comment</p> <p>Eric Greening thanks the commission and speakers for a great program.</p>		
<p>5. HEALTH CARE ACCESS PROGRAM / MEDICALLY FRAGILE HOMELESS</p>	<p>Mary Miller, Patient Advocate, presents a quarterly update on the EOC Health Care Access Ombudsman Program. Majority of the calls they receive are from North County. Highest numbers are in the age range 22-64, and they receive more calls from females than males. Reason for assistance is primarily primary care, but they are still having difficulty accessing specialty care providers. Next report will be July 2007.</p> <p>Ms. Miller also talked briefly about medical respite services for the homeless population. There are a few homeless individuals that need extensive care, but once they are discharged from the ER, they don’t have anywhere to go. Lee Gulliver, Homeless Services Coordinator from DSS, has helped put together a team to address this, realizing the need for not only acute respite, but also respite for extremely medically fragile or end of life hospice housing. They have found every county is experiencing the same issue and have been taking field trips to other counties to see what they are doing. They have looked at one model, La Posada, Respite Care for Homeless Adults, operated by Clinica Sierra Vista, in Bakersfield. They are looking at this type of respite housing to be for a maximum stay of 3 weeks and then link the individual or family to case management services. Lee Gulliver and the group would like to come next month to address further.</p> <p>Commissioner Questions / Comments:</p> <p>Commissioner Chamousis asks if they are working with Judith Bernstein with the Adult Services Policy Council on the feasibility setting of long term case management. (Ms. Miller states that individuals with chronic conditions are accessing non-profit services and inappropriate use ties up the lines and takes a lot of time from providers. They are gathering data on numbers of people who inappropriately use the system.)</p> <p>Commissioner Warren asks if the group is also looking at detox and sober living issues relating to homeless individuals. (Ms. Miller states that there are many individuals involved in this. The goal is to have the services integrated into a “one stop shop” to be more efficient.)</p>	<p><i>Handouts:</i> “Ombudsman Program Update Jan-Mar 2007”</p> <p>“Guide to Health Programs” (in English and Spanish)</p> <p>“Addressing the Challenges of Homeless Patients”</p>	

<p>6. CHILDHOOD OBESITY TASK FORCE: COMMUNITY ACTION PLAN</p>	<p>Greg Thomas, M.D., Health Officer, provided an update to the commission. The draft version of the Childhood Obesity Task Force Community Action Plan was given to the Health Commission last month. There were no further changes. The plan was brought forward to the Board of Supervisors and they were supportive of the plan. One of the recommendations was to fund a Health Education Specialist position. After some discussion, the Board voted to approve to fund the position in the new fiscal year. The Task Force has agreed to continue to meet.</p> <p><u>Commissioner Questions / Comments:</u> Chair Enns states that the commission received a good presentation last month and notes the item was brought back for official approval of the final plan tonight. Commissioner Warren refers to Goal 2, increasing access to opportunities for healthful eating for children and families and asks about the recommendation to eliminate marketing of unhealthy foods and beverages at community and faith based organizations/activities – she asks with regard to fundraisers that include activities for children, with wine tasting for adults - is this considered unhealthy. <i>(Dr. Thomas notes that the overall statement is trying to move toward healthier snacks by offering healthy alternatives. This will be a gradual process, but hopefully in 5 years, it will be “habit” to chose the healthier snack.)</i> Commissioner Odell asks if there is a recommendation “mandating” PE requirements. <i>(Dr. Thomas notes that there is a recommendation enforcing the law to ensure kids receive the legally mandated amount of physical education and also a recommendation to increase the University of California requirement for entering UC.)</i></p> <p><u>Public Comment</u> Eric Greening praises the report and supports the commission’s adoption of the report. He expresses the importance of looking at “how physical education is done” rather than just “mandating physical education.” He also believes quality foods are important for people of all ages, but emphasizes the importance of finding “a reasonable place” in order to ensure there are higher calorie “healthy” foods for those who need them. He notes that the Board of Supervisors adopted a legislative platform pre-empting local regulation that essentially forces counties and cities to allow drive-thru businesses. He asks the commission to agendize this topic to look at both sides of the issue and to possibly bring a recommendation back to the Board of Supervisors, hopefully restoring local control of this issue.</p> <p><i>Motion made by Commissioner Odell to fully support the Community Action Plan developed by the Childhood Obesity Prevention Task Force, as put forth. Motion seconded by Commissioner Horne. No further discussion. All in favor.</i></p>	<p><i>Handout: Childhood Obesity Task Force: Community Action Plan to Increase Healthful Eating and Regular Physical Activity among Children in SLO County</i></p> <p><i>Motion to support the Community Action Plan</i></p>	<p><i>1st-Odell 2nd-Horne All in favor</i></p>
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<p>7. COMMUNITY HEALTH STATUS REPORT (2007)</p>	<p>Greg Thomas, M.D., Health Officer, referred to the 2007 <i>Community Health Status Report</i>, distributed at the last meeting. There is a new section on Body Mass Index, which replaces Section 21 in the existing copy. The <i>Action for Healthy Communities Report</i> is also out and a copy was passed around to the commissioners. <i>The Action for Healthy Communities Report</i> can be viewed at www.unitedwayslo.org.</p> <p>Dr. Thomas gave a brief Power Point overview of the <i>Community Health Status Report</i>: <u>Medi-Cal Fee Service</u>: Medi-Cal Managed Care will begin March 1, 2008. <u>Timely Prenatal Care</u>: Timely prenatal care is staying stable. <u>Breastfeeding Frequencies</u>: Still significantly higher than the State and Country. <u>Teen Birth Rates</u>: Concerns about the rates of 18 year olds; age 15-17 is lower than the State and continues downward. <u>Chlamydia</u>: Rates are higher; this could be due to new screening processes. <u>Leading Cause of Death</u>: Heart Disease and stroke account for more than 1/3. <u>Obesity</u>: SLO has a few more overweight and a few less obese than California overall. <u>Diabetes Prevention</u>: Still waiting for 2005 data to be available. SLO is lower on diabetes, particularly with the age-adjusted rate. <u>Asthma Prevalence</u>: SLO county- all ages- we are right up there with the state numbers. <u>Suicide Death Rate</u>- while it is lower than 10 years ago, still remains higher than State.</p> <p>Commissioner Heatherington asks if the California Men’s Colony was included in the suicide statistics. <i>(Dr. Thomas will follow up)</i></p> <p>Commissioner Enns asks if the old General Hospital breastfeeding center/warmline is now part of CHC. <i>(Dr. Thomas notes that CHC has a number of breastfeeding consultants and educators, and works collaboratively through WIC.)</i></p> <p>Public Comment Jesse Arnold asks for clarification on how Alzheimer’s can be listed as a cause of death and if pneumonia falls under respiratory disease. <i>(Dr. Thomas explains how the underlying disease may be Alzheimer’s while the secondary cause may be pneumonia or other. Pneumonia is listed as a separate category.)</i></p>	<p><i>Handout: Copy of Power Point Presentation: “Community Health Status Report – Overview”</i></p> <p><i>Copy of new section of Community Health Status Report – Body Mass Index- BMI</i></p>	
<p>8. PUBLIC HEALTH DEPARTMENT REPORT</p>	<p>Greg Thomas, M.D., Health Officer, presented a verbal report:</p> <ol style="list-style-type: none"> 1. Health Education Specialist Position was funded. 2. Children’s Medical Services has a new Program Supervisor, Mary Gallegos. 3. There is a Pandemic Flu training and exercise for school staff that is being offered through the County Office of Education on May 29th. Any commissioners interested in observing or participating are welcome, and should contact Dr. Thomas or Jean White. 4. Mosquito Abatement Program is gearing up. Program will be smaller this year due to lack of State funds. Will continue to work on community education. 5. Health Systems/CMSP has a new Program Manager, Kathleen Karle. 		

	<p>Commissioner Odell notes there has been a series of confusing articles about the action the Board took on detox and asks for clarification. <i>(Dr. Thomas will bring back further information to the next meeting.)</i></p> <p>Commissioner Chamousis asks about mosquito fish and how to acquire. <i>(Dr. Thomas answers that mosquito fish are not used in larger water ways, but are good alternative to reduce mosquitoes in people's ponds and backyards. Information on how to acquire is available on PH website at www.slopublichealth.org.)</i></p>		
<p>9. HEALTH COMMISSIONER UPDATES</p>	<p>Chair Enns: Reports that the Tobacco Control work plan was submitted on April 19th and they will receive feedback from the State later this month. Tobacco Control continues recruitment for a Health Educator, whose emphasis will be on cessation and parent education.</p> <p>Commissioner Chamousis: Reported on two meetings of the Adult Services Policy Council: The APCD is putting together a task force to deal with the issue of the loss of the only psychiatrist in the County that accepted Medicare patients. CHC has hired a psychiatrist starting on 4/2/07. At the May meeting, Supervisor Gibson announced that SLO County has joined the community based class action lawsuit against Medi-cal regarding low reimbursements. On May 18th, the Annual Elder Abuse Conference will be held at the Paso Robles Culinary Academy. May is "Older American's Month" and there will be a free seminar called "Inside Secrets: Navigating the System of Senior Care" at the Embassy Suites Hotel in SLO. More info available by calling 800-510-2020. Central Coast Assistive Technology Center announced there is a grant available to individuals in SLO County, Guadalupe and Santa Maria with hearing and or vision loss that will pay for audio equipment. They are taking referrals for interested clients at 549-7420. CHC Update: CHC is providing medical clinic services in San Miguel. Mee Memorial Hospital is currently in talk to collaborate services with CHC to take the mobile unit from schools out into the community to reach more people. CHC has also contracted with Northern SB County Health Initiative to provide services to people in Santa Maria and Lompoc.</p> <p>Commissioner Warren: Attended the Drug and Alcohol Advisory Board., where there was a very active discussion with guest speaker, Mr. Crestin Allen, Director of Housing Affairs at Cal Poly, regarding the possibility of "university recovery dorms." Mr. Allen indicated that the dorms were already pretty well drug & alcohol free. The Drug & Alcohol Board would like to see the SUAC (Substance Use and Abuse Committee, that includes administrators from Cal Poly) meet more than once per year.</p> <p>Commissioner Horne: Attended the Children's Services Network meeting, where Amy Gilman gave a presentation on the Childhood Obesity Task Force Report.</p> <p>Commissioner Hicks: Was unable to attend the HIV Consortium meeting.</p> <p>Commissioner Odell: Reported that this Thursday there will be a joint meeting of the Mental Health Board and the Alcohol and Drug Advisory Board.</p> <p>Commissioner Guerena: No report.</p> <p>Commissioner Heatherington: Domestic Violence Task Force meets this Wednesday.</p> <p>Commissioner Donnelly: Was unable to attend the last Bioterrorism Prevention Task</p>		

	<p>Force meeting, but announced that on Thursday June 28th from 8:30-4:30 there will be a Disaster Readiness for Special Populations Seminar at the Embassy Suites Hotel. For more information contact 785-0132.</p> <p>Dr. Thomas: The Director of Integrated Waste Management Authority contacted him and wanted to make sure that it was being communicated that they are not allowed to accept medication at the Household Hazardous Waste Collection site. The other recommendations on the flyer -- mixing meds with water and packaging it up well, are still probably the best suggestions.</p>		
10. COMMITTEE REPORTS	<p>Legislative: Commissioner Chamousis reports she was unable to attend the last committee meeting and thanked Marsha Bollinger for putting together the legislative information. Commissioner Heatherington suggests they might want to add AB 1558 and AB 437 to the list. The legislative committee will email a list of bills that the committee is considering for commissioners to review prior to the next meeting. Commissioner Warren asks that SB 655 (making possession of tobacco or tobacco products in the local correctional facility an infraction that is punishable) and asks if this applies to staff as well. The committee will add to their list for review. No action taken at this time.</p> <p>Community Education: Committee has not met since they completed the “no flush meds” flyer.</p> <p>Budget: Commissioner Thielscher is absent tonight.</p> <p>Nominating: Commissioner Hicks reports that no additional applications have been received; there is one application on file; would like to have 3-4 before they begin interviewing. There are currently alternates in the system in all categories. Persons interested in applying as an alternate should contact Jean White at (805) 781-5520.</p>	<p><i>Handout: Health Commission Legislative Committee: California Bills of Interest (5/8/07)</i></p>	
11. PROSPECTIVE FUTURE ITEMS	<p><u>June 2007:</u></p> <ul style="list-style-type: none"> • Medically Fragile Homeless • Invite Curt Batson, Environmental Health– update on beach closures. • Regional Water Quality Control Board – data on agricultural water testing <p><u>July 2007:</u></p> <ul style="list-style-type: none"> • Retreat – plan for the upcoming year. <p><u>Possible Future Items:</u></p> <ul style="list-style-type: none"> ⇒ Action for Healthy Communities Report – Janice Wolf ⇒ APCD to talk about air quality/particulate matter (available after July 25th) ⇒ Commissioner Warren suggested inviting Terri Woods to speak about their safety program on “Stranger Danger.” 		
12. ADJOURNMENT	Motion to adjourn at 8:24 pm		Approved - All