

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, September 14, 2009 (Board of Supervisors Chambers)

Members Present: Pam Heatherington (Chair), Jesse Arnold, Penny Chamousis, Martin Craven, Ed Guerena, Gina Kirk, Pamela Munson, David Odell, Susan Warren, Dawn Williams

Members Absent: Lynn Enns (excused)

Staff Present: Penny Borenstein, MD, Health Officer, Jean White (Recorder)

Speakers: Lisa Fraser (Child Abuse Prevention Council), Larry Allen (Air Pollution Control District), Dr. Melanie Marty (CAL EPA's Office of Environmental Health Hazard Assessment), Dr. Kathy Phipps (Oral Health Coordinator), Dr. James Forester (La Clinica de Tolosa)

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Heatherington at 6:00 p.m.	<i>Call to order</i>	<i>Chair Heatherington</i>
2. Approval of Minutes	Correction made to Page 4 of the August 10, 2009 minutes – Mr. Greening's public comment should state that he supports language in federal legislation that would prevent the federal government from pre-empting California or any other state from implementing their own single payor plan.	<i>August minutes approved as amended.</i>	<i>Arnold /Chamousis/All</i>
3. Public Comment	<p>Eric Greening thanked the commission for the letter they sent to the Board of Supervisors in support of a single payer health care system and supporting language in the Kucinich Amendment. He advised that Kucinich has withdrawn support of HR 3200 and will be putting forward an amendment as a separate free-standing bill. He suggested that "in the spirit of the commission's vote from last month" that the commission continue to support Mr. Kucinich's efforts, and focus on anything that moves us toward single payer and keeping the option open for California to have a single payer health care system.</p> <p>Walter Heath, Morro Bay, Co-Chair for the San Luis Obispo County Chapter of Health Care For All California presented information at last month's Health Commission meeting about savings to public entities if State Senate Bill 810 (a single payer health care bill) were implemented. At the meeting, Mr. Heath was asked for an analysis of cost savings specific to the County of San Luis Obispo. Mr. Heath provided a handout with this analysis and briefly walked through the cost savings. He offered to come back to provide more detail.</p> <p>David Broadwater, Center for Sludge Information (CSI) referred to an incidence where composted sewage sludge was used as a soil amendment in a school garden at Morro Bay High School. Mr. Broadwater provided a 4-page handout that talked about the many toxic contaminants that are included in sewage sludge and composts made with it. The vast majority of contaminants are unregulated and the current County ordinance does not regulate anything under 5 cubic yards. A program through the State Department of Education provided \$2500 grants to a number of schools for school gardens, but no guidelines were provided on what types of materials not to use. Mr. Broadwater is concerned about students being exposed to these contaminants and the health risks associated. Mr. Broadwater has spoken with the State, the Morro Bay school and the school district to hopefully provide more education on the health risks from exposure to materials in sewage sludge and composts made with it.</p>	<p><i>Handout: State Senate Bill 810 Analysis for County of San Luis Obispo</i></p> <p><i>Handouts Sewage Sludge in the School Garden - Concerns</i></p> <p><i>What's in Sewage Sludge</i></p> <p><i>Photo of School Garden</i></p> <p><i>Smart Guide on Sludge Use and Food Protection</i></p>	

	<p>Ron Yukelson, Associate Administrator of Sierra Vista Regional Medical Center asked for the Health Commission’s support for the County Board of Supervisors to adopt a plan for the Trauma System in San Luis Obispo County to include one Level 2 Trauma Center. Mr. Yukelson talked about the purpose and importance of have a designated trauma center. He noted that Sierra Vista Regional Medical Center (SVRMC) has served as the County’s unofficial “de facto” trauma center for 35 years. A consultant was hired by the County to provide an assessment of trauma in SLO and concluded there are delays of care in our community from 2-19 hours in getting the patient to the appropriate hospital. He urged the commission to advocate for the best and most appropriate care for the citizens of our community by supporting SVRMC’s efforts to have the Emergency Medical Services Agency (EMSA) move the issue forward to the County Board of Supervisors for approval so that San Luis Obispo County can have a trauma system designated.</p>		
<p>4. Presentation: Beginnings Collaborative: Introduction of “NineZeroSLO”</p>	<p>Lisa Fraser, Director, SLO County Child Abuse Prevention Council, introduced Shannon Klisch, Beginnings Coordinator, to talk about a new curriculum and the work they are doing to promote more education on the effects of perinatal substance abuse.</p> <p>Ms. Klisch provided a Power Point presentation overview of Beginnings, listing the agencies that are part of the Beginnings Collaborative and providing an overview of the projects each agency is involved in. She talked about their new curriculum: <i>Beginnings: A Fetal Alcohol Spectrum Disorder Curriculum</i> that promotes education in the high schools on the consequences of drinking alcohol during pregnancy. She walked through a chart showing the critical periods in prenatal development in the womb and emphasized the fact that there is no safe time to drink during pregnancy. In SLO County, the 4P’s Plus Program data shows that alcohol is the one substance that women continue to use with the most prevalence throughout their pregnancy. They want to send a clear message that women who are pregnant, plan to become pregnant, or could become pregnant, should stay away from all alcoholic beverages. More information is available at their website www.beginningsofslo.org.</p> <p>Commissioner Warren commented on the Beginnings event at the Courthouse, where flags were displayed representing the number of children affected by perinatal substance abuse. She commented on how well this event was received, but noted that some of the folks at the Courthouse weren’t certain what the flags were for.</p> <p>Commissioner Guerena asked about data showing demographics. (<i>Monitoring of the 4P’s Plus data has shown that it is typically white, educated, middle-upper class women who continue to drink while pregnant.</i>)</p> <p>Commissioner Chamousis asked about statistics on # of women who present for delivery that have had no prenatal care. (<i>SLO County has high rates for # of women who receive prenatal care; the number of no prenatal care is very low.</i>)</p> <p>Commissioner Warren asked if they have been working with the tourist industry. (<i>A next step will be working with the wineries to post signage.</i>)</p>		

<p>5. Presentation: Particulate Matter and Your Health</p>	<p>Larry Allen, Executive Director, SLO County Air Pollution Control District. introduced Dr. Melanie Marty, Toxicologist, CAL EPA's Office of Environmental Health Hazard Assessment. Dr. Marty and her staff are responsible for evaluating the public health impact of air contaminants, including performing health assessments on candidate toxic air contaminants and also developing health aid recommendations used by the CA Air Resources Board.</p> <p>Dr. Melanie Marty provided a Power Point overview on particulate matter (PM), defining PM10 and PM2.5, and talking about the health effects. She explained that PM in the air comes from a number of sources including forest fires, wild fires, tail pipes on cars, diesel trucks, factories, and dust. PM is tiny relative to the cross section of human hair, so when you breathe it, it can go down into the deep lung and cause damage to the lung. Dr. Marty talked about some of the human epidemiological studies that have been done on short term peak exposure and long term exposures to PM. Short term exposure studies consistently show association between daily average PM10 and PM2.5 and multiple measures of illness, including mortality. Long term exposure findings suggest increases in all-cause mortality, cardiopulmonary mortality and lung cancer mortality. Reduced PM exposure is linked with clear health improvements. Children who moved to less polluted areas had improved lung function growth, while those who moved to more polluted areas had decreased growth rates. Dr. Marty talked about the PM standards that currently exist in California; that were last revised in 2002.</p> <p>Commissioner Odell referred to salt being mentioned as one of the particulates and asked about harmful effects. <i>(Dr. Marty noted that around the coast, you get salt spray and end up with particulates in the air that other chemicals can adhere to.)</i></p> <p>Commissioner Guerena asked if maps are available showing where high contamination is. <i>(The California Air Resources Board has information available on their website. APCD recently purchased portable monitors where they can measure real time concentrations of particulates in different areas of the County. Data is available on the web and people can sign up to receive health alerts at slocleanair.org.)</i></p> <p>Commissioner Arnold asked about the size of particulates from forest fires. <i>(Mr. Allen explained that you will see a broad range of particle sizes, from those that you have to clean off your car to very fine microscope particles. The very fine particles represent a significant health hazard, especially prolonged exposure.)</i></p> <p>Commissioner Kirk asked about reversibility in lungs under better air quality conditions. <i>(Dr. Marty explained that the studies she referred to measured the growth in the child of the function of the lungs to see if there was abnormal development of the lung as a result of air pollution. Once lungs are fully developed, the damage cannot be reversed.)</i></p> <p>Larry Allen thanked Dr. Marty and talked about the fact that we do have air pollution problems in SLO County, particularly particulate matter. Eight monitoring stations throughout the County show an average of about 40 days per year that State PM 10 standards are violated. Most of the exceedances are in South County, and mostly dust. They are currently in the middle of a study to determine the cause and resolution of the issue. Mr. Allen talked about some of the major sources in our County for particulate matter, both coarse and fine, with one</p>		
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	<p>of the major concerns being diesel particulate matter. Wild fires can have both fine and coarse particulate and represent a major episodic health risk because SLO County can be impacted from fires outside the County. APCD works very closely with Dr. Borenstein to issue press releases and health advisories as needed. They will release the results of the study they are doing in the South County by the end of the year and will inform the commission of the results once they are finalized.</p> <p>Commissioner Arnold asked if the pollution in the South County could be caused from dust from vehicle use in the dunes. He also asked about the impacts from smoke from a barbecue restaurant in Cambria (where the barbecuing was moved to the inside due to complaints about the smoke outside). <i>(Mr. Allen explained that the vehicle use in the dunes is a primary focus of the study that is being done in South County. Karen Brooks from APCD explained how they are working with Environmental Health to make sure the restaurant in Cambria keeps their grease trap and filtering system clean, which is the most effective way to remove the worst part of the smoke pollution.)</i></p>		
<p>6. Presentation: Addressing Oral Health in SLO County</p>	<p>Dr. Kathy Phipps, Oral Health Research Consultant and Oral Health Coordinator for the SLO County Children’s Oral health Initiative, provided a Power Point overview that talked about tooth decay, and the bacterial nature of decay. She explained that levels vary by person; and approx. 70% of children get the bacteria from their mother and become permanently colonized between 18-36 months. The earlier in life a child gets the bacteria, the higher at risk they will be for having tooth decay. The SLO County Oral Health Coalition, funded by First 5 and the California Endowment, along with a dental access resource team for each of the areas in the County, was formed as part of an infrastructure to help develop programs and strategies to address local dental issues. Dr. Phipps talked about some of the preventive services they are doing and the ongoing parent education they provide throughout the County. They hope to engage more medical providers to do dental screenings and fluoride applications and will be holding a training for medical providers in November. They have also been working with CHC and the Dental Society on “Give Kids A Smile,” where they served 59 children in April and June, and hope to continue with the program. Up until recently, CHC did not treat children under the age of 6 for dental care, but is now taking children at the age of 6 months. Dr. Phipps talked about some of the other work they are doing including a referral network for school nurses, working with the California Dental Association on a pediatric training for general dentists, and their clinic in North County – Clinica de Tolosa. She introduced Dr. Forester to talk about Clinica de Tolosa.</p> <p>Dr. James Forester, Pediatric Dentist at Clinica de Tolosa, handed out brochures with information on Clinica de Tolosa and talked about some of things they are doing at the clinic and some of the numbers that they are seeing. Their clinic is currently at full capacity. They have four chairs, 3 dentists, and are open five days per week, using every square inch of the facility. They have had 7,000 appointments and have seen 3900 children in the first 9 months this year. One big development that has happened over the past two years is they are reaching out to the younger population, which is the only way to stop the process of decay; with 42% of patients in the 0-5 age category, and 21% age 0-3. They see 40-50 children every day and are</p>		

	<p>averaging about 100 new patients every month. This creates a long wait list; with new patient appointments for non-emergency being next January. The clinic would like to expand services to address the younger population, by expanding into a larger facility and bringing on another pediatric dentist. There is a serious problem in SLO County, in that they are seeing a lot of bad tooth decay in children. Fluoridation, education and access to care are all big issues. They will continue to do all that they can at Clinica de Tolosa.</p> <p>Commissioner Chamousis asked if there was a way to eradicate the bacteria once it has been established (<i>Dr. Forester answered “not really,” but you can control the level of bacteria. He noted that a lot of pediatric oral health is tied into the mother’s oral health.</i>)</p> <p>Commissioner Arnold asked about research on corn syrup vs. white sugar as cause of tooth decay. (<i>Dr. Phipps talked about some of the difficulties in doing this type of study. They believe that high fructose corn syrup is probably worse, but other factors come into play, such as acidity. Sodas are usually targeted, but organic apple juice can be just as bad.</i>)</p> <p>Commissioner Kirk referred to the bar chart showing incidence of dental problems in children and asked if there was data for California. (<i>California has not done a statewide survey, so there is not comparable data for the State of California.</i>)</p> <p>Commissioner Guerena asked if they collaborate with pediatricians for the age 0-5 population. (<i>Dr. Forester explained the new recommendation for when a child should see the dentist is at one year old. Their clinic has talked with several pediatricians to get them involved in the Oral Health Coalition. There is also a push for fluoride varnish to be able to be applied by other professionals, other than oral health professionals; currently in legislature.</i>)</p> <p>Commissioner Heatherington asked about Clinica de Tolosa’s space constraints. (<i>Dr. Forester explained they have expanded to the point where they need more space.</i>)</p> <p>Commissioner Craven reiterated Clinica de Tolosa’s need for a bigger facility. They are also looking for another pediatric dentist. He suggested the commission write a letter to the Board of Supervisors on Clinica de Tolosa’s needs. (<i>This will be added to future agenda as an action item.</i>)</p>		
<p>7. Health Agency / Public Health Report</p>	<p>Penny Borenstein, M.D., Health Officer, provided some additional information on the cost of the Atascadero facility remodel project and the BH Electronic Health Record project; two areas of concern at the Budget Committee meeting. The Atascadero facility remodel cost of \$166,000 includes very little other than removal of the built in sinks and cabinets, patching and painting; no plans for new furniture or carpet. The BH Electronic Health Record project is still under consideration and if that match can be put off into the future, it will be. The Health Agency is committed to putting as much of these dollars (as possible) into direct services.</p> <p>Dr. Borenstein presented a Power Point overview on “Pandemic Influenza – Why Should We Care” that explained what the flu is, how it spreads, its features as a virus, why pan flu influenza can be a very serious public health threat, what is going on with the current virus that is circulating and what steps Public Health is taking to prepare, as well as what individuals in other organizations can do to prepare. Vaccine is not yet available and is expected mid-October. They are working hard to get the mechanisms in place to deliver vaccine. Until such time as vaccine is available, the best protective measures are handwashing, cover your cough</p>		

	<p>and stay home if ill. Public Health is working with other local agencies on continuity of operations, school vaccination clinics, public safety, and planning for surge capacity, if needed. Public Health is working to get as much information out to the public as possible; currently working on an educational brochure and updating their website.</p> <p>Commissioner Guerena asked if Public Health is working with local physicians. Public Health sends period guidance via blast fax and email to physicians in the community. Public Health also posts educational material and guidances on their website regularly.</p> <p>Commissioner Chamousis asked if two influenza shots will be given this year. Dr. Borenstein referred to studies so far indicating that only one dose of H1N1 vaccine is needed; but there are separate doses for seasonal influenza and H1N1.</p>		
<p>8. Health Commissioner Updates</p>	<p>Chair Heatherington: No report.</p> <p>Commissioner Craven: No report.</p> <p>Commissioner Arnold: Announced that there will be a special meeting of the HIV Care Consortium on Thursday, 9/17 at 5:15pm to review the budget problems. He will be unable to attend and extended an invitation to other commissioners who may be available.</p> <p>Commissioner Kirk: Was unable to attend the August Tobacco Control Coalition meeting and will not be able to attend the Tobacco Control “Communities of Excellence” program on Tuesday, 9/29, 10-2pm. She will forward information to other commissioners, in case anyone may be able to attend in her place.</p> <p>Commissioner Chamousis: Will be attending her first Domestic Violence Task Force meeting on 9/16 and will report next month.</p> <p>Commissioner Enns: Chair Heatherington read a written report from Commissioner Enns who is absent tonight. Commissioner Enns attended the SART Advisory Board meeting where it was reported that the DA’s Office is making good progress with their translation services program; they continue to look for people who can do word for word translation. If interested, contact Tracy in the DA’s Office. Also, the SART program desperately needs additional RN’s for examiner and assistant positions. If interested, contact Buffy Ramirez at the SART Office.</p> <p>Commissioner Munson: Attended the ASPC meeting where there was discussion about the budget cuts to in home supportive services and other senior programs in the community. DSS and RSVP (Retired Senior Volunteer Group) are working to put together a group of volunteers to help seniors who are losing services. DSS is also working on putting together a domestic violence death review team (comprised of many different agencies) to review death reports related to domestic violence to see if any preventive measures could have been employed.</p> <p>Commissioner Warren: Reported that the Drug & Alcohol Advisory Board last met in July and anticipated that Prop 36 funding would be cut. At that time, they terminated their contract with Mental Health Services and were absorbing those clients back into Drug & Alcohol Services, with a wait list.</p> <p>Commissioner Guerena: Volunteered at a health clinic in Inglewood, California and commented on what an “eye-opener” it was to see the huge demand for dental services.</p>		
<p>9. Committee Reports</p>	<p>Budget Committee: Chair Heatherington reported that the committee met and reviewed the Health Agency’s proposals for allocation of the \$700,000 in unencumbered funds. It was</p>		

	<p>agreed by the committee that as much as possible of these funds should be budgeted toward direct patient/client services.</p> <p><i>Commissioner Heatherington made a motion to support the budget allocations as listed, spending as little as possible this fiscal year on the Atascadero facility remodel and the Behavioral Health Record Project to maximize the amount of money available for the direct provision of services. Motion seconded by Commissioner Munson. Discussion: Commissioner Warren is concerned about consolidating the Paso Robles Office into the Atascadero Office and the transportation issues associated for Paso Robles, Shandon and San Miguel clients. She would like to see more detail in writing on the cost savings. 9 in favor; 1 opposed (Commissioner Warren).</i></p> <p>Legislative Committee: Commissioner Chamousis reported that the committee met at the same time as the Budget Committee and discussed the CHEAC Hot Sheets that have previously been emailed to members of the Legislative Committee. The committee proposed that the CHEAC Hot Sheets be made available to <i>all</i> commissioners for review and if any commissioners would like further review of any healthcare related legislation by the committee, they should forward their request to Penny Chamousis. The committee will be receiving more information from Mr. Hamm on the timing for input into the County legislative platform and will keep the commission informed of that process. Commissioner Warren distributed two educational pamphlets at the meeting on the State legislative and budget processes, which can be made available to other commissioners.</p> <p>No further committee reports.</p>		
<p>10. Prospective Future Items</p>	<p><u>October 2009:</u></p> <ul style="list-style-type: none"> ○ Domestic Violence Awareness Month – Beth Raub / Women’s Shelter – 15-20 minutes ○ Long Term Care (LTC) facility standardized disaster plan – Karen Jones, LTC Ombudsperson Program ○ Sr. Long Term Care – Commissioner Munson suggested inviting representatives from various agencies to talk about budget impacts and what they are doing to maintain services ○ Sewage Sludge in the School Garden – Commissioner Heatherington suggested adding this as a future agenda item to discuss ways of providing more education to schools. <p><u>Other:</u> Commissioner Arnold handed out a statement on the “Precautionary Principle” and asked that the Legislative Committee add this to their list for review (after the current legislative session is through) and hopefully come back with a recommendation in support of the Precautionary Principle.</p>		
<p>11. Adjournment</p>	<p>Motion to adjourn at 8:49pm.</p>	<p><i>Meeting adjourned</i></p>	