

**SAN LUIS OBISPO COUNTY  
HEALTH COMMISSION**

Minutes of Meeting

Monday, November 8, 2010 (County Board of Supervisors Chambers)

Members Present: Jesse Arnold, Lynn Enns, Gina Kirk, David Odell, James Pope, Anne Quinn, Jean Raymond, Mary Jean Sage, Susan Warren, Dawn Williams

Members Absent: Ed Guerena (Chair)

Staff Present: Penny Borenstein, MD, Health Officer, Jean White

Speakers: Kathleen Karle (Health Promotion, County of SLO); Ann McDermott, PhD (Director of STRIDE, Cal Poly)

Agenda Item	Discussion	Action	Who/When
<b>1. Call to Order</b>	Meeting called to order by Secretary Enns at 6:00 p.m. Chair Guerena was absent tonight. Vice Chair Warren arrived a few minutes later and chaired the meeting.	<i>Call to order</i>	<i>Commissioner Enns</i>
<b>2. Approval of Minutes</b>	Minutes of the October 18, 2010 meeting were approved as written.	<i>October minutes approved</i>	<i>All</i>
<b>3. Public Comment</b>	<p><b>Pam Dunlap, Nipomo Mesa</b>, noted that she spoke previously to the commission about her concerns with the high Particulate Matter (PM) on the Nipomo Mesa caused from wind blown sand from the Oceano Dunes. She presented a chart showing PM measurements upward to 560 micrograms on September 20<sup>th</sup> at the Arroyo Grande/Willow Road and pictures showing a view of the dunes from the Mesa and the poor air quality due to the high levels of PM. She advised that the Oceano/Nipomo Mesa area is the only place on the California coast that has a PM problem from wind blown sand and asked for the commission's help in addressing this issue.</p> <p><b>Rochelle Toady, Nipomo Mesa</b>, talked about her first introduction to Particulate Matter (PM) when Dr. Melanie Marty spoke to the commission about the levels of PM on the Mesa and the health impacts associated to PM. Since that time, the APCD has come out with a second study and the Health Commission has sent a letter to the Board of Supervisors. She believes more can be done and asked the commission to support their group's request for more monitors on the Mesa and for any assistance they can provide to help with mailings to residents in the area advising them of the results of the study, the risks from PM, and how to protect themselves.</p> <p><b>Arlene Versaw, Nipomo Mesa</b>, is part of the group of concerned citizens from the Nipomo Mesa. She thanked the commission for their support and their recommendations to the Board of Supervisors and asked if there was a process for following up on the recommendations made. She talked about the need to do more to protect children and those at high health risk from the high winds and PM spikes. Their group has talked with <i>The Tribune</i> about printing warnings in the weather section for days anticipated to have high levels of PM, but the cost was prohibitive at \$18,000. She asked for the commission's help in getting warnings out, and suggested contacting the newspaper and/or making a recommendation to the Board of Supervisors to adopt a type of warning system for people who are at risk.</p> <p><i>(Commissioner Williams suggested their group may also want to contact the televisions stations. Commissioner Enns explained the advisory role of the commission and that the Health Commission does not have a budget.)</i></p>		

	<p><b>Dr. Borenstein</b> provided an update on some of the activities that have been taking place in response to the study:</p> <ul style="list-style-type: none"> <li>▪ Two committees have been established – Management Oversight Committee (MOC) and Technical Advisory Committee (TAC).</li> <li>▪ The County is preparing to issue a contract for individuals to work with TAC, with a plan to get a pilot project in place by March 2011.</li> <li>▪ The Public Health Department and APCD have been working hard on developing messages for residents/public. Dr. Borenstein explained some of the technical difficulties with PM standards being based on a 24-hour average and how PM tends to be a cumulative effect without good data to respond to an hour by hour recording.</li> <li>▪ MOC is working with the schools in the area and will be meeting to talk about a flag program and recommendations for any restrictions at times of high forecast.</li> <li>▪ APCD has been working with <i>The Tribune</i> and other media outlets to get forecasts out publicly. A Health Alert is being prepared that will be sent to all of the South County medical providers. Dr. Borenstein emphasized that the Public Health Department is working in conjunction with the APCD and taking this matter very seriously.</li> </ul>		
<p><b>4. Overview of Obesity Prevention Efforts in San Luis Obispo County</b></p>	<p><b>Kathleen Karle, Division Manager of Health Promotion, County of San Luis Obispo Public Health Department</b>, provided a Power Point overview of the Childhood Obesity Prevention Program, talking about their recent goals and projects that included: <i>ReThink Your Drink</i> presentations, a California Endowment (TCE) grant for school wellness projects in San Miguel and Oceano, pilot projects under the TCE grant, and the HEAL-SLO Summit.</p> <p>Ms. Karle described some of the projects that were developed under the school wellness grant at San Miguel-Lillian Larsen School and Oceano Elementary. The goal is to expand some of these programs to other schools in the upcoming year. The grant also provided pilot project money that was used in San Miguel to do a series of Latino Parent Education classes, school gardens at 7 schools (with Master Gardeners), and working with the County Office of Education on a poster project/messaging campaign to increase consumption of milk, fruits &amp; vegetables, physical activity, and serving size recognition.</p> <p>Ms. Karle talked about the success of the recent Obesity Summit, where speakers touched on four policy issues: 1) CA Campaign for Healthy Beverages, 2) Santa Clara County Ordinance banning distribution of toys with children’s fast food meals, 3) development of a Food Policy Council and 4) Built Environment.</p> <p>HEAL SLO currently has three workgroups: Community Education &amp; Outreach, Policy Workgroup and Grants &amp; Sustainability. Ms. Karle suggested the Health Commission could help by supporting them on the four policy issues.</p> <p><b>Ann McDermott, PhD, Director of STRIDE, Cal Poly University</b>, explained that STRIDE is a university wide disciplinary research center at Cal Poly. She talked about her role and the work they’ve done in the last few years as a translational research team.</p>		

	<p>Dr. McDermott presented a Power Point overview of “School Wellness Lessons From the California Endowment Grant,” explaining the assessment and series of interviews that were done at Oceano Elementary School and San Miguel Lillian Larsen Elementary School to customize programs specific to the schools. She talked about each of the programs that were developed and the “champions” behind these programs. Programs included: Vegetable Garden &amp; Garden Club (Championed by Connie Kessler, Garden Teacher), Harvest of the Month lunchtime tastings of fresh produce, Bike to School Days and Bike Rodeo (coordinated by Teacher Jim DeCecco), Monday Mile Club (introduced by PE Teacher Kim Shrode), Cal Poly Plate Waste Study, Born Learning Trail, Healthy Hornets, and Soils to Succulent Flavors (an after school club that gardens and harvests their own fresh produce).</p> <p>She talked about the progress that has been made to increase physical activity, healthy eating, and new partnerships for ongoing support. She explained STRIDE’s goal of healthy children and healthy staff through a healthy school environment and how this can be done through policy changes and identifying measurable goals. She noted the many effective strategies that can cost little to no money, but require creativity, flexibility and keeping your eye on the goal.</p> <p><b><u>Commissioner Questions/Discussion:</u></b></p> <p><b>Commissioner Kirk</b> asked if they were measuring rates before and after the pilot projects. <i>(Dr. McDermott explained that the grant was written to look at wellness policies that were in place and what some of the barriers were to having wellness policies implemented in the schools.)</i></p> <p><b>Commissioner Kirk</b> asked about the sustainability of these programs. <i>(Dr. McDermott explained the need for an infrastructure to be in place. Ms. Karle advised that the Wellness Council, Master Gardeners, “champions,” and school gardens will continue after the grant ends.)</i></p> <p><b>Commissioner Arnold</b> commented on the fact that soft drinks are sweetened with corn syrup and that corn refiners want to change the name of corn syrup to corn sugar. <i>(Dr. McDermott noted how marketing research is designed to “find the push”).</i> Commissioner Arnold also advised that much of the industrial corn that corn syrup is made from is from genetically engineered corn.</p> <p><b>Commissioner Warren</b> asked if the posters were being distributed to private preschools as well as public. <i>(Ms. Karle advised that the County Office of Education is distributing the posters to public schools.)</i> Commissioner Warren suggested another distribution method might be through the EOC Childcare Resource Connection. She also suggested contacting the local service clubs for their support. <i>(Ms. Karle advised that they are developing a speakers bureau to do more outreach that will include speaking to service clubs, an untapped resource.)</i></p>		
<p><b>5. Health Agency / Public Health Report</b></p>	<p>Dr. Borenstein provided an update on the following:</p> <ul style="list-style-type: none"> <li>▪ Kathleen Karle, Division Manager of the Health Promotion Division of Public Health successfully wrote a grant for injury prevention. The County will receive a \$150,000 grant for car seat education, advocacy &amp; installation and to work with the bike club to expand bicycle use.</li> </ul>		

	<ul style="list-style-type: none"> <li>A series of meetings has been established for the Coverage Initiative Planning Project (CIPP). The first meeting is being held tomorrow and meetings will be ongoing through the next several months with a facilitated discussion around the number of uninsured in our county, number of Medi-Cal eligible, those who may become eligible under the new federal healthcare, and to look at where care is provided and some of the issues for primary care, mental health, drug &amp; alcohol, specialty care and ancillary services. The committee will look at how they might craft a proposal to the state to participate in the expanded coverage initiative. Dr. Borenstein brought this item forward again tonight so the commission could take formal action to appoint a representative to this task force.</li> </ul> <p><i>Commissioner Odell made a motion to nominate Commissioner Raymond as the representative from the Health Commission on this committee. Motion seconded by Commissioner Arnold. Discussion: Commissioners Enns and Kirk volunteered to be alternates. All in favor. Alternate Enns will attend the first meeting tomorrow.</i></p>	<p><i>Motion made &amp; approved appointing Commissioner Raymond as the Health Commission representative on the CIPP task force.</i></p>	<p><i>Odell/Arnold/All</i></p>
<p><b>6. Health Commissioner Updates</b></p>	<p><b>Commissioner Pope:</b> No report  <b>Commissioner Kirk:</b> No report  <b>Commissioner Arnold:</b> Reported that the AIDS Support Network raised \$68,000 from their walk last Saturday. Also reported that the AIDS Support Network has started AIDS testing, with 15 people being tested to date. Testing will be ongoing.  <b>Commissioner Williams:</b> No report  <b>Commissioner Enns:</b> No report  <b>Commissioner Odell:</b> No report  <b>Commissioner Sage:</b> No report  <b>Commissioner Raymond:</b> Attended the Adult Services Policy Council where Sandra Pendell reported on the Benefits ARCH (SSI Advocacy Project). Benefits ARCH, if funded, will be a resource to link chronically homeless individuals to all available resources, including SSI benefits. Hans Poschman talked about the state budget process.  <b>Commissioner Quinn:</b> Reported that she spoke with Linda Anne in more detail about her health-related concerns regarding smart meters. In follow up, Commission Quinn called PG&amp;E to find out if persons could “opt out” and they cannot. She also called the California Public Utilities Commission who provided her information on over 600 complaints received from the Bakersfield area that the meters were not reading properly and people were receiving enormous bills. A consultant has been hired to review the accuracy of those bills. Also, a group called the EMF Safety Network filed a complaint asking that an independent group study the health effects from smart meters for a possible moratorium. A decision was made that this is not in the purview of the California Public Utilities Commission (because the devices emit the RF frequency at a much lower rate than is approved by the FCC), and the complaint should be filed against the Federal Communication Commission. That administrative law decision is pending and can be commented on for 30 days.  <b>Commissioner Warren:</b> No report</p>		
<p><b>7. Committee Reports</b></p>	<p><b>Commissioner Enns</b> reported that the next meeting of the Budget Committee will be at the end of January 2011. The Legislative Committee will meet in December.</p>		

	No additional committee reports.		
<b>8. Prospective Future Items</b>	<p><u>December 2010:</u></p> <ul style="list-style-type: none"> <li>▪ Invite Barry VanderKelen from the Community Foundation to speak about the non- profit community in San Luis Obispo County</li> <li>▪ Smart Meters – Invite Curtis Batson, Director of Environment Health Services, to provide information on this topic. <i>(Commissioner Arnold referred to an excerpt from the President’s Cancer Panel on the monitoring and quantification of electro magnetic energy exposures related to escalated use of cell phone and wireless technologies and suggested this item be marked “possible action” in case the commission wants to consider taking any action on this.)</i></li> </ul> <p><u>January 2011:</u></p> <ul style="list-style-type: none"> <li>▪ County Agriculture Department -- Pesticide Program</li> <li>▪ Water Regional Quality Control Board – Ag regulations</li> </ul>		
<b>9. Adjournment</b>	Motion to adjourn at 7:41 p.m.	<i>Meeting adjourned</i>	