

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, June 13, 2011 (County Board of Supervisors Chambers)

Members Present: Ed Guerena (Chair), Jesse Arnold, Tracy Del Rio, Lynn Enns, Gina Kirk, David Odell, James Pope, Anne Quinn, Jean Raymond, Mary Jean Sage, Susan Warren

Members Absent: None

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

Speakers: Jeff Herten, M.D. (Health Risks of Alcohol); Tracy Anselmo (County of SLO/Oral Health Program)

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Guerena at 6:00 p.m.	<i>Call to order</i>	<i>Chair Guerena</i>
2. Approval of Minutes	Minutes of the May 9, 2011 meeting were approved as written.	<i>May 9, 2011 minutes approved</i>	<i>Arnold/Quinn/All</i>
3. Public Comment	<p>Peter Keith, Huasna Valley, spoke about the proposal made by an Australian Oil Company and its subsidiaries for oil extraction from the Huasna Valley. He was here tonight representing the Huasna Valley Association Community Group and wanted the commission to be aware of the draft EIR for this project that will be released next week. The Huasna Valley Association is requesting that the Health Commission carefully evaluate and comment on the draft EIR. The public comment period will only last 45 days and the timing is critical. He explained how this project has the potential to increase natural gas, combustion projects, dust, odors and toxic substances into the air. He explained the risk this project carries for contamination of the drinking water aquifer in Huasna Valley and talked about the lack of government regulations on hydraulic fracturing. He asked the commission to examine the draft EIR carefully with regard to any health hazards posed by this project and to take a position on it.</p> <p>Lynn Schultz, Huasna Valley, encouraged the commission to review the draft EIR very carefully. She expressed her concerns about the airborne particulates and pollutants from this oil extraction project that will pose a health hazard to the Huasna Valley residents. She also expressed her concern about best practices being used; noting that similar companies choose to ignore best practices and prefer to pay fines for their poor use of the land, despite what the rules may be.</p> <p>Mr. Keith added comment that San Luis Obispo County already has done more than their fair share to support the generation of energy: SLO County is one of 33 counties in the US that supports a nuclear power plant, SLO County extracts oil out of Price Canyon, and SLO County just approved a large solar panel facility with another in the process. He does not want to “violate the health, cleanliness, charm & beauty of a small valley in San Luis Obispo to extract road tar.” He added that the project started out with 4 wells and a small amount of limited leases and has grown exponentially. He does not believe that property owners are aware of the scope of the project.</p>		
4. Presentation: Health Risks of Alcohol	Jeffrey Herten, MD , provided a Power Point overview on the “ <i>Health Risks of Alcohol</i> ,” explaining that you don’t have to be an alcoholic to die from alcohol’s effects on your body. He provided statistics that 2.5 million people die every year from alcohol and that alcohol is the number 1 cause of death in men worldwide between the ages of 15-56. Alcohol was judged as the most harmful drug, including all drugs, to the user and those people around them by a study that was published in the Lancet Journal last October. 10% of men and 5% of women in the US are alcoholic; 30% of drinkers binge, and 25% of all		

	<p>alcoholics are teenagers. He explained that the earlier you begin drinking the more likely you are to become alcoholic. He also noted the cost to California each year is 38 billion dollars; 11 billion dollars of which comes from the general fund.</p> <p>Dr. Herten advised that alcohol causes multiple health problems, is a poison and is toxic to human cells. He talked about the numerous health risks, including cancer, osteoporosis, allergies, insomnia, GERD, immune suppression, hepatitis leading to cirrhosis, pancreatitis, heart disease, obesity, diabetes, neuropathy, hypoglycemia, dementia, high blood pressure, & stroke.</p> <p>Dr. Herten stated that the last tax increase on alcohol was in 1991. He commented that if alcohol was introduced today with all of the regulatory controls, it would never be approved. He emphasized the need to start looking for solutions to this growing problem, noting that it has been shown conclusively if you increase the tax on alcohol, you decrease consumption. Increasing the tax on alcohol, along with educating kids, is the place to start in making a difference. Dr. Herten is making himself available to speak to the middle schools in the County about the risks of alcohol.</p> <p><u>Commissioner Questions/Comments:</u></p> <p>Commissioner Warren asked about the difference between a “blackout” and a “pass out.” <i>(Dr. Herten explained that blackouts are classified by the inability to later recall any memories from the intoxicated period. Passing out is loss of consciousness.)</i></p> <p>Commissioner Warren referred to a recent article she read about alcohol being added to energy drinks. <i>(Dr. Herten talked about mixing caffeine and alcohol and the kinds of issues associated-- kids getting sick, alcohol toxicity, & cardiac arrhythmias. There is a move to try to regulate energy drinks.)</i></p> <p>Commissioner Kirk asked about sulfites. <i>(Dr. Herten explained that sulfites are basically used in wine to keep fungus from growing and changing the character of the wine. Many people are sensitive to sulfites and will get hives, headaches or have respiratory issues.)</i></p> <p>Commissioner Pope commented on the risks to the liver when combining Tylenol with drinking. <i>(Dr. Herten advised that Tylenol causes significant liver toxicity and the seriousness of putting two liver toxins together.)</i></p> <p>Commissioner Arnold commented that health promoting organizations, such as the Cancer Society, routinely have fundraisers that include wine tasting. <i>(Dr. Herten noted that some people can have a glass of wine and not get into trouble with alcohol. He noted that these type of fundraisers are very popular and raise a lot of money.)</i></p> <p>Chair Guerena asked about acute vs. chronic use of alcohol. <i>(Dr. Herten answered that when a person goes out and has a binge, their liver enzymes will be off the charts the next day. He explained that hard drinking does acute damage to organs.)</i></p> <p>Chair Guerena asked at what point the desire for alcohol reaches addiction. <i>(Dr. Herten answered “when you can’t quit” and explained how drinking alcohol increases dopamine receptors.)</i></p> <p>Commissioner Del Rio asked about the reparative factor. <i>(Dr. Herten explained you can do permanent damage if you go long and hard enough, but the brain can repair, as happens after stroke & head trauma, by stimulating the brain to grow and taking away the damaging effect of alcohol.)</i></p> <p>Commissioner Del Rio asked about dementia caused by alcohol. <i>(Dr. Herten explained that you don’t know until you get a sophisticated neurological exam exactly where the dementia is coming from, but</i></p>		
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	<p><i>alcohol is not healthy for seniors, who may already have memory problems to begin with.)</i></p> <p>Chair Guerena asked if ending all advertising for alcohol would make a difference. <i>(Dr. Herten explained that advertising makes a huge difference and glamorizes alcohol.)</i></p> <p>Chair Guerena commented on how government regulations have a lot to do with how alcohol is advertised and sold; with over 10 million dollars spent last year in alcohol lobbying. <i>(Dr. Herten again reiterated that there has not been a tax increase on alcohol since 1991 in California. By taxing alcohol, there would be money for rehabilitation, drug & alcohol counselors at the Jail, & educational videos for the schools. He commented that alcohol is too accessible and suggested that the County or City could put its own tax on alcohol.)</i></p>		
<p>5. Overview of Oral Health Program Work Plan</p>	<p>Tracy Anselmo, Oral Health Program Manager, SLO County Public Health Department, provided a Power Point presentation “<i>Addressing Children’s Oral Health in San Luis Obispo County.</i>” The presentation provided a review of the caries process (a bacterial infection resulting in cavities/holes in the teeth). Ms. Anselmo explained that caries is contagious and that colonization occurs between 18 and 36 months. She described the multi-factorial risk factors, protective factors, and early childhood caries.</p> <p>Ms. Anselmo provided an overview of SLO Children’s Oral Health Coalition’s strategic plan to address children’s oral health issues and to build capacity in the County to coordinate oral health activities, increase access to dental homes, develop referral networks, encourage provider participation in Denti-Cal, and strengthen and support the dental safety net in San Luis Obispo County. She noted that, according to a 2010 survey, dental disease remains a significant public health problem for elementary school children in our County and there are oral health disparities with low-income and minority children having the highest level of dental disease. She talked about her role as Oral Health Program Manager and as coordinator for the SLO County Children’s Oral health Coalition. She provided a copy of her strategic plan for the Oral Health Program and explained how they hope to expand existing oral disease prevention programs, develop and implement an oral disease management program for high risk children, create a county-wide oral health literacy campaign, and develop & implement an inter-professional team-based approach to increase access to and utilization of oral health services in SLO County. She emphasized the importance for all colleagues in medicine, dentistry and social services to be engaged in this, to ensure everyone is receiving and delivering the same messages. She described the WIC dental day program where an oral health provider does a risk assessment on children between 9 months and 3 years and sets goals with their caregivers. She talked about their plan to expand this program to three other WIC sites. They are also planning to coordinate with community providers to ensure ongoing prevention activities at Head Start & California preschools.</p> <p><u>Commissioner Questions/Comments:</u></p> <p>Commissioner Warren asked about parent education for kindergarten students. <i>(Ms. Anselmo explained some of the challenges of reaching these parents and that the strategy would be through parent/teacher meetings & at enrollment.)</i></p> <p>Commissioner Kirk asked if ballot measures have been rejected for fluoridation in other counties & cities. <i>(Ms. Anselmo explained that each community makes the decision by ballot initiative or city council, depending on the municipality and where the water comes from. Dr. Borenstein explained that only San Luis Obispo City is fluoridated and that it was rejected in one local municipality.)</i></p>		

	<p>Commissioner Sage commented on the importance of getting very young children in to see the dentist and asked why it is so difficult to find a dentist that will see young children. <i>(Ms. Anselmo explained that many dentists are not equipped to see children in their offices and that in dental school, general dentistry only includes a total of 4 hours to children.)</i></p> <p>Commissioner Arnold believes there is a state law that mandates when a city gets to a certain population, they are required to fluoridate. <i>(Ms. Anselmo explained that there is a state mandate for fluoridation based on the size of the population, but there is a contingency that there has to be funding available.)</i></p> <p>Commissioner Guerena asked how they assure all pediatricians and primary care physicians are receiving the same message on preventive measures. <i>(Ms. Anselmo explained that one of the initiative/objectives is to reach out to them either individually or through their offices. There are guidelines available, but practices needs to know how to change so they can accomplish and implement those guidelines and that's why a one-on-one relationship is important. She explained that their own professional organizations also have initiatives related to oral health. The American Academy of Pediatrics has a large health initiative with liaisons in each chapter.)</i></p>		
<p>6. Health Agency / Public Health Report</p>	<p>Dr. Penny Borenstein, Health Officer provided a brief report on the following items:</p> <ul style="list-style-type: none"> ▪ County budget hearings began today. The Health Agency/Public Health Department's budget was approved as recommended by the County Administrative office, with a direction to the Health Agency to continue its ongoing dialogue and contract negotiations with Community Health Centers. SLOCEA, one of the largest bargaining units for the County, adopted a policy by vote to basically "purchase back" positions that were slated for layoff for at least one year. <i>(Commissioner Odell asked where the money comes from to purchase back positions, which includes some of the positions at Martha's Place. Dr. Borenstein explained that the money is coming from Union employees who are giving up a portion of a benefit package that was owed to the unions.)</i> ▪ State budget remains complex and confusing. June 15 is the deadline for the State to adopt a budget in order for the legislature to continue to get paid. The Governor's May Revise put 7 million dollars back into the budget for the purchase of influenza vaccine. There is very little at issue in the State budget for Public Health, because there is very little in the way of general state fund at this point. The Public Health Emergency Preparedness Program (at the federal level) has been slated for a 13% decrease, which will affect planning operations and the PH laboratory. ▪ Reminder of new requirement that 7th-12th graders must receive a Tdap vaccination (protects against tetanus, diphtheria, & pertussis) upon entering school. Public Health is working with schools & pediatricians to make sure all families are aware of the new requirement. <i>(Chair Guerena asked where persons who can't afford to pay could go to receive the vaccination. Dr. Borenstein advised that individuals who don't have any other source of care or don't have insurance, can receive the vaccination through the Public Health clinics in Paso Robles, San Luis Obispo and Grover Beach. Public Health has a charge, but the vaccine fee would be waived and nobody is turned away for inability to pay. Persons can call the Public Health Department at 781-5500.)</i> ▪ A grant was successfully applied for and received from the USDA, by a number of partners, led by the Food Bank in SLO County, to develop a food policy council. Public Health is a small partner along with Cal Poly, the Central Coast Ag Network & others. 		

<p>7. Health Commissioner Updates</p>	<p>Chair Guerena: Presented a <i>Certificate of Appreciation</i> to Commissioner Kirk, thanking her for her service on the Health Commission. Tonight was her last meeting.</p> <p>Commissioner Pope: No report</p> <p>Commissioner Quinn: Referred to dialogue she heard on the Dave Congleton talk show last Friday about “the County not keeping promises that were made to the public when General Hospital closed.” She would be interested in hearing more about what is at issue. <i>Dr. Borenstein explained that this issue is the same as was discussed at today’s budget hearings regarding the different perspectives on the County’s need to reduce funding to the Community Health Centers. Mr.Hamm and representatives from CHC have talked to the commission in the past, trying to articulate the complexity and challenges.</i></p> <p>Commissioner Arnold: No report</p> <p>Commissioner Kirk: No report</p> <p>Commissioner Del Rio: Followed up on the public comment earlier tonight by Mr. Keith and Ms. Schultz, announcing that the draft EIR will be released next week, with a 45 day public comment period. She believes the timing of the draft EIR is poor because people are on vacation this time of year. The Huasna Valley Association will be requesting an extension of time. She suggested inviting the Environmental Health Division, who will be providing comment on the water, pollution and environmental impacts in the Draft EIR, to present their findings to the Health Commission.</p> <p>Commissioner Enns: No report</p> <p>Commissioner Odell: No report</p> <p>Commissioner Sage: Attended the Domestic Violence Task Force meeting last month, which was also a farewell for Karen Coffey, who is retiring. Statistics were presented and in the 1st quarter of 2011, 700 cases of domestic violence went to the DA. The date of October 13 has been set for a 4-hour training to educate health care providers on recognizing signs of domestic violence. The Task Force now has representation from law enforcement, an area that has been lacking in representation.</p> <p>Commissioner Raymond: No report</p> <p>Commissioner Warren: No report</p>		
<p>8. Committee Reports</p>	<p>Nominating Committee: Commissioner Arnold brought forward the committee’s recommendation for Health Commission FY 2011-12 officers: <i>Ed Guerena -- Chair; Susan Warren -- Vice Chair; Lynn Enns - Secretary</i></p> <p>Commissioner Odell made motion to approve the slate of officers, seconded by Commissioner Sage, All in favor.</p>	<p><i>Motion made and approved for HC Fiscal Year 2011-12 Slate of Officers</i></p>	
<p>9. Prospective Future Items</p>	<p>Agenda topics for FY 2011-12 will be discussed at the Health Commission’s retreat/planning meeting next month.</p>		
<p>10. Adjournment</p>	<p>Motion to adjourn at 7:55</p>	<p><i>Meeting adjourned</i></p>	