

**County of San Luis Obispo
HEALTH COMMISSION**

Minutes of Meeting

Monday, April 9, 2007 (Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Deborah Donnelly, Ed Guarena, Pam Heatherington, Sara Horne, James Mase, M.D., David Odell, Susan Warren
 Members Absent: Penny Chamousis (excused), Jan Hicks (excused), Robert Thielscher (excused)
 Staff Present: Greg Thomas, M.D., Jean White (recorder)
 Speakers: Amy Gilman, MPH (Diringer & Associates); Nancy Orton, AICP (SLO County Planning Department)

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	Commissioner Donnelley made a correction to page 6 – <i>Commissioner Updates</i> - to clarify that she received information from the Bioterrorism Prevention Committee meeting, but was not in attendance at that meeting. Minutes of March 12, 2007 approved as corrected.	<i>Minutes approved as corrected</i>	1 st -Heatherington 2 nd -Horne Approved -all
3. PUBLIC COMMENT	Mary Jacoletti, San Simeon , states she is speaking as an individual, on behalf of a number of individuals, and refers to the package of signatures she submitted to the Board of Supervisors (BOS) and the Air Pollution Control District (APCD) asking for regulation of woodburning. She states wood smoke is a very serious pollutant and that SLO County has asthma rates at twice the rate of Los Angeles. She also states that wood smoke is 25 times worse than second hand cigarette smoke and complimented Tobacco Control for the ads they have done. She would like to see taxpayer dollars spent on similar ads for wood smoke. She asks the commission to address the issue of wood smoke (and has already asked APCD & BOS to address). She references website <i>burningissues.org</i> . Eric Greening agrees with previous speaker about the importance of addressing wood smoke pollution. He adds that “control burns” are a major source of wood smoke pollution and expresses his concerns about inhalation of smoke from control burns in areas with poison oak. He adds that control burns are used “presumably” as a form of environment restoration and asks that fire authorities be included in discussions. Mr. Greening also mentions that May is “Bike Month” and hopes the commission will observe as part of the May meeting. Mr. Greening announces that the California Transportation Commission, who oversees major statewide transportation funding and priorities, will be meeting in the SLO Board Chambers on April 25 th and 26 th .	<i>Handout: Copy of signed petition in support of eradication of woodburning (which she has submitted to the Board of Sup)</i>	
4. OBESITY PREVENTION TASK FORCE UPDATE	Amy Gilman, MPH, Diringer & Associates , has been coordinating the Obesity Prevention Task Force group meetings and describes the planning process used for the “near final” Community-wide Action Plan for Obesity Prevention. She presents a Power Point overview and states that the prevalence of obesity has been rising over the last 20 years, with obesity being one of the fastest growing causes of disease and death in America – and that this is preventable. She talks about the spending costs related to obesity, and how “supersizing” our meals is not a bargain in long terms costs. Obesity rates have	<i>Handouts: Copy of Childhood Obesity Prevention Power Point presentation List of Detailed Recommended</i>	

	<p>doubled among younger children and tripled among teens, resulting in children having adult diseases, such as high cholesterol, high blood pressure, type 2 diabetes. Ms. Gilman continues the presentation talking about ways to counteract obesity and diabetes through weight loss, activity, and maintenance of a healthy weight. Ms. Gilman talks about urban “sprawl” and the relationship between sprawl and mixed land use planning.</p> <p>The Task Force had a goal to assimilate information and create an action plan for SLO County. Each meeting involved long discussions to identify various activities that the County and its partners could take in order to make changes. These were organized into three goals: 1) raise community awareness and commitment; 2) increase opportunities for physical activity; and 3) increase opportunities for healthy food. The final plan will be presented to the Board of Supervisors on May 8th. Copies will be distributed to the Health Commission by the end of the month.</p> <p>Recommendations to the Health Commission: 1) endorse the Public Health Department Budget Augmentation Request to hire a Health Education Specialist; 2) once the plan is finalized, endorse the Community Action Plan to increase healthful eating and regular physical activity, 3) work with the Public Health Department and the ongoing advisory committee to develop advocacy mechanisms for multi-sector policy and environmental change.</p> <p><u>Commissioner Questions / Comments:</u></p> <p>Commissioner Horne asks if the Task Force included representations from the fast food industry and comments that obesity was not as prevalent before the start of the fast food industry. <i>(Ms. Gilman answers that the fast food industry was not included, but they have since learned that there is a restaurant association and would like to include them as the advisory board moves forward.)</i></p> <p>Commissioner Heatherington asks if school garden programs were included in their discussions. <i>(Ms. Gilman answers that there was a specific recommendation to support cooking and school gardening in schools and will follow up to make sure recommendation is included in the report.)</i></p> <p>Commissioner Warren asked about the possibility of a countywide movement to eliminate “supersizing.” She also asks about nutritional education throughout the schools. <i>(Dr. Thomas comments that an ordinance eliminating “supersizing” might be against a commercial law, but adds that California legislature (SB 120) would require the posting of nutritional information/caloric information at fast food restaurants.)</i></p> <p>Commissioner Enns comments that SLO County is at the forefront of addressing obesity issues, which will require a societal shift, as has been done with smoking. The commission will be discussing the budget augmentation request for a Health Education Specialist under “Committee Reports – Budget.”</p> <p>Commissioner Donnelly asks if “safety issues” (from a criminal element) have been addressed as part of community mobilization. <i>(Ms. Gilman notes that statistics show that child safety from molestation or kidnapping hasn’t actually increased, but we are more</i></p>	<p><i>Actions from the Childhood Obesity Prevention - Community Action Plan</i></p>	
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	<p><i>aware of it. Law enforcement will be included as the advisory board moves forward.</i></p> <p>Commissioner Warren asks about working with the school districts/boards to address issues surrounding the increase in numbers of parents driving their children to school vs. number of children walking to school. <i>(Ms. Gilman notes that only 25% of SLO County children walk or ride the bus to school. Part of this is due to the fact that as our communities grow, schools get placed further and further away, and parents who work arrange their schedules to drop their children off.)</i></p> <p>Public Comment</p> <p>Eric Greening suggests partnering with Central Coast Grown. Mr. Greening believes school board candidates should be scrutinized on issues such as school gardens/nutrition. Candidates for land use approving authorities and city counsels should be scrutinized on plans for implementing Smart Growth. Mr. Greening suggests a revision to one of the recommendations: “Advocate for the adoption and implementation of Smart Growth plans in all cities jurisdictions.” He also emphasizes that PE classes need to be sensitively implemented and gives examples why. He refers to the “Transportation Indicators Report” available from SLO COG, alerting us we are sliding backwards, and notes the importance of strategies for moving forward into “saner” means of transportation.</p>		
<p>5. SMART GROWTH IN SLO COUNTY</p>	<p>Nancy Orton, AICP, SLO County Planning Department talks about their participation with the Obesity Prevention Task Force, relative to community environment, and how community design/physical environment can influence obesity, active lifestyles and health. Ms. Orton gave a Power Point overview of “Smart Growth.” Smart Growth tries to discourage urban sprawl. Smart Growth principles are intended to result in sustainable growth and also embrace economics, the environment, and social equity. The Board of Supervisors adopted 11 Smart Growth principles a year and a half ago. She talks about some of these principles as they relate to physical land development: 1) strengthening and directing development towards existing communities; 2) preserving farmland and areas of nature beauty; 3) fostering distinctive, attractive communities with a strong sense of place; 4) creating a range of housing opportunities and choices; 5) encouraging mixed land uses; 6) taking advantage of compact building design, 7) creating walkable neighborhoods and towns; and 8) providing a variety of transportation and land use choices. She lists some of the barriers to implementing Smart Growth, including historic development, separate land use zoning, and high costs of increasing infrastructure capacity.</p> <p>The Task Force came up with the following recommendations: 1) Advocate for all cities and county to adopt Smart Growth principles; 2) Raise awareness between community planning and community health; 3) Develop checklist of health issues to review development projects; 4) Expedite Smart Growth projects; 5) Include a Health Element in General Plans; and 6) Ban drive-through facilities on restaurants.</p> <p>Planning will continue to collaborate with other agencies to coordinate future planning and efforts in the county. The Board of Supervisors will be incorporating the Smart Growth principles (that they adopted in principle) into the General Plan. Planning is developing a</p>	<p><i>Handouts:</i></p> <p><i>Copy of Power Point Presentation on Smart Growth Principles and Effects on Childhood Obesity</i></p> <p><i>Copy of June 7 2005 Board of Supervisors agenda item on Guiding Principles for Smart Growth</i></p>	

	<p>checklist of health issues to review development projects against (looking at Shasta County’s model). They are talking to other planners about creating an advocacy group to promote Smart Growth. Ms. Orton encouraged the Health Commission to stay involved and asked the commission to support the recommendations of the Task Force.</p> <p><u>Commissioner Questions / Comments:</u> Commissioner Warren asks what was included on the checklist of health issues; ie, does it include looking at things like “too many liquor outlets in a specific area.” (Ms. Orton states that the focus was more about “does your project provide sidewalks.” Commissioner Warren suggests the Drug & Alcohol Advisory Board could provide input.) Commissioner Heatherington asks for more information on “banning drive thru facilities” (Ms. Orton states that currently the county does not prohibit drive thru facilities; the ban would apply to cities and county; most fast food restaurants are in the cities.) Commissioner Donnelly would like to see a health representative be included on the speakers bureau to help advocate from a “health perspective” and suggests there are many retired doctors and nurses who may be available. (Dr. Thomas was able to attend a City Council meeting to help advocate for Smart Planning. Ms. Orton notes the County has many advisory groups that advise the Planning Commission and the Board of Supervisors on development projects, and agrees it would be great to have a physician available who could address the medical issues associated with projects.)</p> <p><u>Public Comment</u> Eric Greening again encourages jurisdictions, cities and county to adopt and implement Smart Growth principles and likes the idea of the health element in the County General Plan. He notes there is a problem relating to regulation of drive thru facilities because the Board of Supervisors adopted a legislative platform pre-empting local regulation and forcing counties and cities to allow drive-thru businesses. This was adopted because of the disabled population. He states this is not an absolute barrier, but more of a convenience issue and that our environment is far more hazardous with drive-thru businesses. Changing the platform was voted down 2-3, but he asked the commission to follow up next year. Mr. Greening adds that density is not always smart growth – especially if free parking is integrated into neighborhoods. We need to reduce the car population and the way to do it is to recognize the real cost of parking.</p>		
<p>6. VALLEY FEVER (COCCIDIOIDOMYCOSIS) INCIDENCE IN SLO COUNTY</p>	<p>Greg Thomas, M.D., Health Officer, gave a Power Point presentation overview of Coccidioidomycosis (<i>aka “Cocci,” Valley Fever & San Joaquin Fever</i>). Dr. Thomas presented information on history, lifecycle, clinical signs, treatment, number of cases and vaccine development. Cocci is a fungus disease, caused by tiny spores found in dust, that can be inhaled into the lungs. There are two forms in humans, with the most common (60%) being asymptomatic and the second (40%) mild to severe. There is no human-to-human transmission. Dust storms, earthquakes, construction sites, archaeological digs increase risk. Clinical signs: primary form - incubation period 1-4 weeks, flu-like symptoms, chest pains, nodular lesions, nonspecific respiratory symptoms. Complications can include pneumonia, pleural effusion. Severe pulmonary disease may develop in HIV-</p>	<p><i>Handouts: Copy of Valley Fever Power Point Presentation</i></p> <p><i>Copy of Senate Bill 147(Valley fever: vaccine)</i></p>	

	<p>infected persons. Treatment is generally unnecessary for primary Cocci. Antifungal agents are effective for severe/chronic Cocci. Disseminate Cocci may require invasive or long-term therapy. There is no effective immunization available for Cocci. Precautionary measures should be taken to avoid infection by reducing exposure to soil and dust.</p> <p>Dr. Thomas talks about the “Valley Fever Vaccine Project,” and their goal to identify a safe and effective vaccine for prevention of coccidioidomycosis. He referred to SB 147, introduced by Senator Ashburn. Dr. Thomas presented graphs showing numbers and locations of Cocci reported cases in California as a whole, and in San Luis Obispo for years 2002-2007. Cocci is currently not a reportable disease.</p> <p><u>Commissioner Questions / Comments:</u> Commissioner Heatherington asks if air-monitoring kits are available for use at construction sites. <i>(Dr. Thomas not aware of any, but will follow-up further)</i> Commissioner Horne asks about masks for agricultural workers. <i>(CAL OSHA does not require specific protection. An N95 mask that was fit tested may reduce inhalation. One source that Dr. Thomas saw reports that respiratory protection has not been demonstrated to reduce the number of cases.)</i> Commissioner Donnelly asks about number of cases in children and notes the high incidence of respiratory conditions in persons in Templeton area. <i>(Dr. Thomas will bring back information on age distribution).</i> Commissioner Guerena asks if once you get Cocci if you have lifetime immunity (Dr. Thomas answers “<i>generally yes, if you have an intact immune system.</i>”)</p>		
<p>7. PUBLIC HEALTH DEPARTMENT REPORT</p>	<p>Greg Thomas, M.D., Health Officer, distributed copies of a first draft of the Community Health Status Report. Staff is continuing to work on report and will be adding additional information to the <i>Obesity Section</i> under Chronic Disease and Health Behaviors.</p>	<p><i>Handout: Copy of Community Health Status Report April 2007</i></p>	
<p>8. HEALTH COMMISSIONER UPDATES</p>	<p>Chair Enns: Attended the Agroterrorism workshop on Wednesday, 3/28, put on by the Western Institute for Food Safety and Security, focusing on the principles of detection and diagnostic strategies and technologies. Workshop was well represented, she received a book, which she will give to the Health Department. Chair Enns also reports that she received a letter from Katcho Achadjian, Chair of First 5 Commission, advising the commission of their vote to oppose SB 893 (a bill basically abolishing the First 5 Commission). The letter lists the reasons for their opposition and urges the commission to oppose SB 893. Chair Enns encouraged commissioners to write letters to Senator Maldonado.</p> <p>Commissioner Guerena: No report. Commissioner Donnelly: No report. Commissioner Horne: CSN was cancelled last month. Will report next month. Commissioner Warren: No report. Commissioner Chamousis: Absent tonight. Commissioner Chamousis forwarded her report electronically to Chair Enns to read, but unfortunately Chair Enns, nor PH staff, were able to open the file. Look forward to hearing that report next month!</p>		

	<p>Commissioner Heatherington: Was unable to attend the Domestic Violence Task Force meeting, but received the minutes, stating that Dr. Speed, Psychiatrist on the Domestic Violence Task Force, has a serious illness and has stepped down as the only psychiatrist who takes Medicare in the County.</p> <p>Commissioner Odell: Mental Health continues to work on priorities for the \$1,000,000 that it received in addition to the MHSA funds.</p> <p>Commissioner Mase: No report.</p>		
<p>9. COMMITTEE REPORTS</p>	<p>Executive: Chair Enns states that the proposed revisions to the Bylaws have been posted and presented to the Commission. The proposed changes more accurately reflect what the commission is doing – outreach and education to the community. Commissioner Donnelly refers to letter sent by Jackie Crabb, Farm Bureau, outlining her concerns on two of the proposed amendments. Commissioner Donnelly specifically refers to revision to Article V, Section 2, 5.c: “will provide programs and materials for public information and education on timely and pertinent health issues affecting the community.” Her concern is the costs to develop programs and materials that adequately provide that information. Commissioner Enns, Heatherington and Odell address her concerns by explaining that this is not more than the commission is already doing through Farmer’s Market, the recent educational flyer, and public information and education that is provided monthly through broadcasting of their meetings. Commissioner Donnelly is more comfortable with the change after explanation. Commissioner Donnelly emphasizes the importance of continuing to educate the community about the Health Commission (generally) and what they do.</p> <p><i>Motion made by Commissioner Odell that the commission adopt the revisions to Articles II, III, IV and V as presented. Motion seconded by Commissioner Horne. No further discussion. No public comment. Roll call vote: Odell-yes, Horne-yes, Enns-yes, Donnelly-yes, Guarena-yes, Heatherington-yes, Mase-yes, Warren-yes. Motion unanimously passes.</i></p> <p>Legislative: Commissioner Heatherington referred to the list of legislation that is currently being reviewed by the committee, noting that SB 893 had been discussed, but was not on this list (?). The committee will be meeting on April 23rd to vote on legislation and will bring back their recommendations to the commission in May. They are beginning to compare the State health bills. Stay tuned...</p> <p>Community Education: Commissioner Guarena provided an update on the “No Flush” flyer. The flyer provides information in English and Spanish on the best way to dispose of medication. He notes this method of disposal is still not ideal (because the medications go into the landfill), but this is best way until a better way can be found, hopefully with collection at hazardous waste sites. A packet of flyers will be distributed to 61 pharmacies in SLO County and Santa Maria area, along with a letter from the Health Commission asking pharmacies to distribute flyers to their patients. Posters are being made as well.</p>	<p><i>Motion made to adopt revisions to the Bylaws, as presented.</i></p> <p><i>Handout: List of health-related legislation being reviewed by committee</i></p>	<p>1st – Odell 2nd – Horne Approved - all</p>

	<p>Commissioner Guerena outlined the recommended procedure. The flyer will also be placed on the Public Health website.</p> <p>Budget: Commissioner Thielscher is absent tonight. Dr. Thomas, at the request of the Health Commission, provided a copy of the Budget Augmentation Request that was submitted with the Health Agency budget for a Health Education Specialist. This position is one of the recommendations of the Obesity Prevention Task Force Report. The Health Education Specialist will work with community organizations and county departments to develop social marketing approaches to promote improved nutrition and increased physical activity.</p> <p><i>Commissioner Heatherington made a motion to support the staff position for a Health Education Specialist to work on obesity reduction. Motion seconded by Commissioner Odell. (Public Comment: Eric Greening expressed his strong support of this position and asked how this recommendation will be communicated to the Board of Supervisors.) No further discussion. All in favor.</i></p> <p>Commission discussed appropriate steps that they should take to advocate for this position: A letter will be sent to David Edge and Gail Wilcox, County Administrative Office, with a cc to the Board of Supervisors. Chair Enns, along with reps from the Health Commission will request a meeting with Gail Wilcox.</p> <p>Nominating: Commissioner Hicks is absent tonight and forwarded her report to Chair Enns to read: A press release was prepared and sent to the newspapers recruiting for alternate members. To date, the press release has not been published in the New Times or Tribune. Jean White will re-send. Currently, there are 7 alternates available in the event a commissioner resigns. They have received one new application. Timeframe for interviewing is in May, bringing recommendations forward to the commission in June.</p>	<p><i>Motion made in support of Health Education Specialist position</i></p>	<p>1st Heatherington 2nd Odell Approved - all</p>
<p>10. PROSPECTIVE FUTURE ITEMS</p>	<p>Commissioner Enns adds to her report above that she received information from “One Care Now,” announcing a presentation they will be giving at the Palm Theatre on May 6th at 3:00 p.m. regarding SB 840.</p> <p><u>May 2007:</u></p> <ul style="list-style-type: none"> • Medically Fragile Homeless • Invite APCD to speak on backyard burning/woodburning/other air pollution issues. • Community Health Status Report • Final Obesity Task Force recommendations <p><u>June 2007:</u></p> <ul style="list-style-type: none"> • Regional Water Quality Control Board 		
<p>11. ADJOURNMENT</p>	<p>Motion to adjourn at 8:56 pm</p>		<p>Approved - All</p>