

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, May 11, 2009 (Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Jesse Arnold, Penny Chamousis, Ed Guereña, David Odell, Susan Warren, Dawn Williams

Members Absent: Martin Craven, DDS, MD (excused), Pam Heatherington (excused), Pamela Munson (excused)

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

Speakers: Kathleen Karle, Health Promotion Manager, SLO County Public Health Dept.

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Enns at 6:03 p.m.	<i>Call to order</i>	<i>Chair Enns</i>
2. Approval of Minutes	Minutes of April 13, 2009 were approved as written.	<i>April minutes approved.</i>	<i>All</i>
3. Public Comment	No public comment.		
4. Healthy Eating Active Living /SLO	<p>Kathleen Karle, Health Promotion Manager, SLO County Public Health, provided a Power Point presentation overview of Healthy Eating Active Living-San Luis Obispo (HEAL-SLO), talking about obesity trends in the US on the rise, health risks associated with obesity, and providing statistics on children’s health. She explained how food portions have grown over the past 20 years, and talked about some of the barriers to physical activity through poor community design and environmental factors. In February 2006, the SLO County Board of Supervisors endorsed the creation of a Childhood Obesity Prevention Task Force to develop a county-wide strategic action plan to guide collaborative efforts in preventing childhood obesity and its related chronic diseases.</p> <p>The HEAL-SLO coalition currently has three subcommittees: community mobilization, healthful eating, and physical activity. The County hired a health educator to coordinate obesity prevention efforts. Ms. Karle talked about HEAL-SLO’s accomplishments over the past year, including development of a website, walk to school days in San Miguel, receiving a grant from The California Endowment, participation at the Cencal forum on obesity, dissemination of a prescription trails brochure, completion of walkability surveys in Oceano and San Miguel, and many others. She presented a list of goals for each subcommittee for 2009-2010, that included promotion of the prescription trails program, sponsoring 3-4 more walk to school days, sponsoring CME activities for medical professionals, and more name recognition of HEAL-SLO in the community. The Coordinating Committee continues to seek funding for programs to expand the impact of HEAL-SLO.</p> <p>Kathleen Karle provided an overview of the Walkability Survey that was done in San Miguel and Oceano, sponsored by the Community Foundation and thanked the Community Foundation and Janice Wolf for their partnership and the AmeriCorps worker who followed through on this project. She explained the survey process and walked through the recommendations for action. Recommendations for San Miguel included working with store owners to improve selection of healthy foods, encouraging store owners to decrease the amount of alcohol ads and replace them with healthy advertisements, lobbying local officials to pass a measure to construct a</p>		

pedestrian crossing at 16th Street, and implementing requirements for the construction of sidewalks throughout older parts of San Miguel. Recommendations for Oceano included no new fast food establishments in Oceano, working with store owners to limit the advertisements visible to children from the park and schools, lobbying local officials to expand the sidewalk on Highway 1 between Pacific Blvd and Cabrillo Highway, and lowering the speed limit along Highway 1. A full copy of the report is available.

Commissioner Comments/Questions:

Commissioner Warren referred to one of the recommendations for painting the crosswalks on Highway 1 and asked about the possibility of community groups helping to find funding for these types of projects. Ms. Karle believes that Caltrans may have some grants available for projects for new infrastructure, but noted that the amount of time and initiative this takes would be a limiting factor for the Boys and Girls Club In Oceano. Commissioner Warren suggested there are other service clubs in Oceano (who were very active in development of the community center in Oceano.)

Commissioner Warren asked if anyone has looked into “closed campuses” at the high schools, which would limit student’s access to fast food establishments. Ms. Karle noted that HEAL SLO’s current focus is on elementary schools, but a good next step would be to focus on high schools. **Commissioner Warren** commended HEAL SLO for their efforts and successes and urged people who have complaints/concerns about fast food establishments to contact the establishments directly. She also suggested the possibility of converting the small neighborhood liquor stores to produce stores.

Commissioner Chamouis expressed her disappointment that a small market in the Village of Arroyo Grande was recently closed down by planners to make room for a shopping mall. She asked the reason for Oceano and San Miguel being chosen for the survey and if there were plans to expand to other communities. Ms. Karle explained that obesity rates are higher in lower income communities, and also noted the correlation between education level of parents and rate of obesity in children. Budget is the limiting factor in expanding the survey to other communities.

Commissioner Williams asked what school districts were doing to improve elementary school lunches. Ms. Karle talked about how active Lucia Mar School District had been in engaging parents, teachers, and administrators, but recent activity has been limited due to budget reductions, limited resources and the high cost of food preparation, particularly fresh produce.

Commissioner Arnold referred to two videos that were shown at the Health Commission meeting last year on “income inequalities and health” and talked about the correlation between that and “income and obesity.” He suggested recommending to the Board of Supervisors that they support legislation relating to income inequalities and/or recommending a tax on fast food establishments, noting the correlation between fast food advertisements and obesity. Commissioner Arnold emphasized the importance of educating parents as well as children. Ms. Karle acknowledged that the “process” must involve everyone --parents, children, schools,

	<p>neighborhoods and policymakers. Chair Enns commended HEAL SLO for their collaborative efforts in moving forward.</p>		
<p>5. Health Agency Report</p>	<p>Penny Borenstein, M.D., Health Officer, thanked Kathleen Karle and her staff for the great job they and their partners are doing in the obesity prevention area. She noted the many good examples that Kathleen shared on how a small amount of money can help in development of a community-wide coalition and in bringing obesity prevention efforts forward.</p> <p>Dr. Borenstein provided an update on the following:</p> <ul style="list-style-type: none"> • Budget: The Health Agency’s recommended budget will be forwarded to the Board of Supervisors on May 19th with public hearings to begin the week of June 15th. The Health Agency was able to move “the line up” a bit from 15% in cuts to 12%. This saved another \$400,000 reduction to CHC and 1.5 FTE nursing staff positions. <p>Dr. Borenstein also noted that the Federal Stimulus Package includes some increased funding for the childhood immunization program – mostly in the form of additional vaccine. Also, included is an increase in the federal government preventive health services block grant - up from 100 million dollars to 600 million dollars. It remains to be seen how much will come down to the local level, but good to see additional money going into chronic disease prevention.</p> <ul style="list-style-type: none"> • Swine (H1N1) Influenza: Dr. Borenstein talked about some of the concerns surrounding this new virus and the remarkable job the Centers for Disease Control and Prevention (CDC), State Health Department, and the SLO County Health Department did in engaging and getting on top of the events surrounding this virus. She talked briefly about the number of cases in the US and locally, defining “confirmed cases” and “probable cases,” and explaining why they tried to get away from the numbers and focus more on monitoring where the virus was spreading. Dr. Borenstein highlighted many of the positive things that resulted from this: WHO and CDC were able to develop in a short amount of time the infrastructure for testing for this new virus; CDC has started the development of a vaccine against this virus in case there is a follow-up wave of a more serious virus; this event was very constructive and useful in emergency preparedness & response, by using the Incident Command System within Public Health, opening the departmental operations center, getting health alerts and educational information out to partners, practitioners, hospitals, schools, prisons, and the public; working though anti-viral distribution plans; developing new partnerships; and getting more detailed plans into place for schools, universities and other institutions. <p>Commissioner Comments/Questions: Commissioner Odell commented that he received the Vector Control Assessment ballot in the mail and asked Dr. Borenstein to explain more about the services this would provide. Dr. Borenstein talked about the surveillance, abatement and educational components and explained the importance of knowing where organisms are living in order to prevent and protect against the possibility of vector borne illness and outbreaks.</p>		

	<p>Commissioner Chamousis asked about the Swine Flu health alerts that were distributed to practitioners. Dr. Borenstein explained that several health alerts were distributed that included recommendations and guidelines from the State Health Department and CDC on infection control, antiviral medication, and communicating to providers which specimens were the most important to identify for purposes of monitoring the outbreak. She talked a bit about the one cluster of illness in the County and explained how the focus on this was to understand the epidemiology spread more so than identifying every single individual.</p> <p>Commissioner Arnold asked about laboratory testing of Swine Flu. Dr. Borenstein explained that up until today, specimens had to be sent to the State laboratory to test for Influenza A and beyond that, which strain of Influenza A. Many laboratories across the Country, including SLO County Public Health laboratory, have now received the reagents to test in house for a “probable” case with final analysis done by the State Health Department.</p> <p>Commissioner Warren asked if limited services could be contracted out if the Vector Control Assessment didn’t pass. Dr. Borenstein explained that the vector control effort done through Environmental Health will cease to exist if the assessment doesn’t pass. She explained that the County Board of Supervisors temporarily funded a limited vector control program for three years while the Health Agency pursued the ballot initiative. SLO County is one of the last counties in California to put this ballot measure forward. Most other counties have a comprehensive vector control program under a ballot assessment mechanism.</p> <p>Commissioner Warren referred to the back page of the Public Health Bulletin and asked if the numbers for AIDS/HIV included the incarcerated population. <i>(Later follow up confirmed that the numbers in the bulletin include the incarcerated population. Numbers are separated out in the annual Health Status Report.)</i></p>		
<p>6. Health Commissioner Updates</p>	<p>Chair Enns: No update. Commissioner Warren: No update. Commissioner Guerena: No update. Commissioner Odell: No update. Commissioner Chamousis: No update. Commissioner Arnold: Attended this month’s HIV Consortium where there was discussion on budget and it was reported that the AIDS Support Network currently has 175 HIV cases – up from the past prior two years (162 cases/161 cases, respectively). Commissioner Arnold also referred to a one-page handout on an Austrian study on BT corn, showing that genetically modified corn seriously affects reproductive health in mice. Commissioner Williams: Referred to the handout from Commissioner Arnold and talked about a prior survey that showed a large number of suicides in farmers who went into debt from buying modified grains, seeds and fertilizers that Monsanto convinced them was necessary for maximum protection.</p>	<p><i>Handout: Copy of article on Austrian Study confirming Genetically Modified (GM) crops threaten human fertility & health safety”</i></p>	
<p>7. Committee Reports</p>	<p>Nominating Committee: Commissioner Odell reported that the Nominating Committee will meet prior to next month’s meeting to interview candidates for the Consumer vacancy and to</p>		

	discuss nominations for new officers for FY 09-10. They will bring their recommendations forward to the June meeting.		
8. Prospective Future Items	<u>Proposed topics for June:</u> <ul style="list-style-type: none"> • Reporting communicable diseases and case investigation-- PH Department • Nominating committee recommendations for new officers / consumer representative <u>Other Proposed topics:</u> <ul style="list-style-type: none"> • Health of the Homeless – updated on the Medically Fragile Homeless 10 Year Plan • Pharmaceuticals 		
9. Adjournment	Motion to adjourn at 7:30 pm	<i>Meeting adjourned</i>	