

## Public Health Advisory Board

### Minutes for March 14, 2018

Item 1: Call to Order: Chair Heick Kilzer called the meeting to order at 12:02 p.m. The following Public Health Advisory Board (PHAB) members were present during at least part of the meeting: Joe Ayer, Linda Heick Kilzer; Barbara Jackson, Toni Donovan, Mike Mangas, Kristie Stephens, Ann Morningstar, Carissa Ballew, John Coe, Kristen Lyons, and Richard Yoder.

Members not in attendance: Katharine Ann Campbell, Brad Frost, and Robin Glasco.

Others present: Health and Human Services Agency (HHS) Director Donnell Ewert, Public Health (PH) Director Terri Fields Hosler, PH Health Officer Andrew Deckert, PH Program Manager Kathey Kakiuchi, PH Program Manager Robin Shurig, PH Program Manager Jennifer Snider, PH Agency Staff Services Analyst Sara Westmoreland, and PH Executive Assistant Matthew Gieck.

Guests: Shasta Community Health Center Director of Clinical Operations Laura Dougan; YMCA Diabetes Prevention Program Coordinator Pauline Asbill.

Item 2: Public Comments

No comments.

Item 3: Member Sharing/Announcements

- Member Jackson shared that April is Child Abuse Prevention Awareness Month. Visit [ShastaCAPCC.org](http://ShastaCAPCC.org) website for a calendar of events and activities, and on April 4<sup>th</sup>, 2018 a pinwheel garden will be planted at their Benton Drive office.
- Member Jackson shared that on March 28<sup>th</sup>, 2018, Jersey Mike's will donate 100% of their proceeds to the Child Abuse Prevention Coordinating Council (CAPCC). Member Jackson encouraged PHAB members to participate.
- PH Branch Director, Terri Fields Hosler, shared that Member Glasco has retired and wrote a letter that Terri will share later.

Item 4: Action - Approval of Minutes

a. Jan 10, 2018

Motion: Member Stephens, seconded by Member Jackson, made a motion to approve the minutes of the January 10, 2018 meeting. The motion carried by a unanimous vote of the members present.

Item 5: Committee Reports

- a. Executive Committee: Chair Heick Kilzer reported that the committee met on February 7, 2018 and briefly discussed the various members who are finishing out their terms, those that would be interested in being reappointed, and nominated the slate of 2018 PHAB officers. They also agreed to the PHAB agenda for the March 14, 2018 meeting.

b. Membership Committee:

Action: Consider recommending the following individuals to the Board of Supervisors for reappointment to the PHAB for three-year terms through March 31, 2021: Kristie Stephens, Carissa Ballew, and Mike Mangas (general members)

Motion: Member Ayer moved, and Member Yoder seconded, to recommend the following individuals to the Board of Supervisors for reappointment to the PHAB: Kristie Stephens, Carissa Ballew, and Mike Mangas (general members).

Action: Nominate and elect Chairperson, Vice-Chairperson, Executive Committee Member-at-Large and Membership Committee Chairperson for the period of April 2018 – March 2019

Motion: Member Ayer moved, and Member Lyons seconded, to accept the recommendation to elect the following slate of officers:

Chair: Kristie Stephens

Vice-Chair: Barbara Jackson

Membership Chair: Joe Ayer

Parliamentarian (Immediate Past-Chair): Linda Kilzer

Member-at-large: Katharine Ann Campbell

Action: Consider recommending the following new member to the Board of Supervisors for appointment for the term April 2018 – March 31, 2021: Laura Dougan

Motion: Member Ayer moved, and Member Stephens seconded, to accept the recommendation of Laura Dougan to the Board of Supervisors for appointment to the PHAB for the term April 2018 – March 31, 2021.

Item 6: Director's Report

a. Health & Human Services:

HHS Director Donnell Ewert referred to his written report and highlighted the following:

The recent 2-year congressional budget agreement provided funding for several health programs including the Children's Health Insurance Program (CHIP) which is now authorized for 10 years. The budget agreement also accelerates the closing of the Medicare Part D doughnut hole and adds 6 billion dollars in extra funding for mental health and opiate addiction. Also, there is 7 billion dollars in the budget deal for the funding of federally qualified health centers and authorization of funding for two more years for residency programs in community health centers, which Shasta Community Health Center participates. Finally, the budget agreement funds the Maternal, Infant and Early Childhood Home Visiting Program for five years, which funds our own Nurse Family Partnership Program.

b. Public Health Branch:

Branch Director Terri Fields Hosler read Robin Glasco's retirement email. She also congratulated PHAB member Kristie Stephens, Dean of Nursing at Simpson University, for her program being ranked 14<sup>th</sup> in California for Bachelor Programs by Niche.com and 17<sup>th</sup> in California based on National Board results.

Terri then referred to the Public Health Branch update written report highlighting the follow:

- Terri and Andrew compiled a list of suggested health language to strengthen the City of Redding Retail Cannabis Ordinance and both presented to the City Council on Tuesday, March 6<sup>th</sup>. Ultimately, the city council did not modify the ordinance to add suggested health language but did add language requiring health warnings be posted at cannabis retail establishments.
- Terri was asked to be the third signature on a board report for the GoShasta comprehensive plan for walking and bicycling. The plan is a three-way partnership with the Public Health Branch, Public Works and Planning Departments.
- We are continuing to get Naloxone sent our way to help address the opiate epidemic. The PH Branch has successfully completed the contract to provide the Hope Van with Naloxone and we are using the syringe exchange program to do direct referrals to the HOPE Van for Naloxone.
- On April 10<sup>th</sup> the Annual PHABB Report will be presented to the Board of Supervisors. Terri welcomed everyone to attend.

#### Item 7. New Oral Health Grant Funding – Terri Fields Hosler

Terri gave a presentation regarding the New Oral Health Grant. Public Health is thrilled to get \$189,000 per year in new oral health funds to improve oral health in the county. We will be partnering with First 5 Shasta and the already existing advisory group. We have hired a new Public Health Program and Policy Analyst to start working on the following objectives: to look for an existing advisory committee that we can expand or support, to conduct an Oral Health Assessment, to identify assets that already exist, to develop an Oral Health Action and Evaluation Plan, to implement evidence based programs, to integrate oral health best practices into our existing systems, and to integrate with Healthy Communities tobacco and sugar-sweetened beverage programs.

#### Item 8: Presentation: Pre-diabetes – Andrew Deckert

Dr. Deckert gave a presentation regarding the pre-diabetes crisis. Diabetes is serious and common chronic, lifelong condition that is preventable and controllable. In the U.S., approximately 1 in 10 people have diabetes, but modest lifestyle changes can prevent type 2 diabetes complications, and following diabetes self-management strategies can reduce the risk of complications. In 2014, 8,717 adults in Redding were estimated to have diabetes. In Shasta County, 50 percent of all adults and nearly 33 percent of young adults (18-39 years) have pre-diabetes. Up to 30 percent of people with pre-diabetes will get diabetes within 5 years and up to 70 percent of people with pre-diabetes will have diabetes in their lifetime.

#### Item 9: Lifetime of Wellness: Communities in Action – Jennifer Snider/Kristen Lyons

Healthy Communities Division Program Manager, Jennifer Snider, gave a presentation regarding the Lifetime of Wellness: Communities in Action (LWCA) Grant. LWCA is a Centers for Disease Control (CDC) sponsored initiative to implement some strategies designed to prevent obesity, hypertension, heart disease, stroke and diabetes.

The Healthy Communities Division under the LWCA grant has been working with organizations such as Shasta Community Health Center, Dignity Health and Caltrans to provide them with guidelines and information about how to make the snack baskets and vending machines in the workplace healthier. The LWCA team has also partnered with Shop Healthy Shasta Lake to implement strategies in the retail environment to promote and highlight healthier food options in retail stores in the City of Shasta Lake. Some prevention oriented activities that the LWCA team has been engaged in center around helping people to understand the access to walking, biking and recreation opportunities that are available and free. Some of

these include providing wayfinding signage directing the public to trails and recreation areas, promoting and expanding the reach of Bike Month, and hiring and Public Health Program and Policy Analyst (PHPPA) to participate in different planning groups and commissions, such as GoShasta, to put a public health lens on transportation and community plans. In addition, the LWCA team has developed a diabetes focus page on the 211 website ([www.211norcal.org/Shasta/diabetes](http://www.211norcal.org/Shasta/diabetes)).

Kristen Lyons, Shasta Family YMCA, continued the presentation regarding the YMCA Diabetes Prevention Program (YDPP). The YDPP is a nationally recognized 12-month program to motivate and support people with pre-diabetes to make practical, real-life changes, and cut their risk of developing type 2 diabetes by more than half. This program is done in collaboration with YMCA, Public Health, United Way, Partnership HealthPlan, health clinics and providers and is expected to launch in September 2018 with a possible pilot class in July 2018.

Item 9: Discussion:

The group discussed the LWCA Grant Pre-Diabetes Presentation and YMCA Diabetes Prevention Program and how to engage and share with the community, how to motivate people to participate, and how to get people referred to the program.

Item 11: Adjourned at 1:59 pm