



BOARD OF HEALTH

**The Thurston County Board of Health has responsibility
and authority for public health in both incorporated
and unincorporated areas of the County.**

Minutes for November 5, 2019

1) Call Meeting to Order

Chair John Hutchings called the meeting to order.

In Attendance:

John Hutchings, Chair; Tye Menser, Vice Chair; Gary Edwards, Commissioner; Ramiro Chavez, County Manager; Dr. Rachel Wood, Health Officer; Schelli Slaughter, Public Health and Social Services Department Director; and Lydia Hodgkinson, Clerk of the Board of Health.

Approval of the Board of Health Agenda:

Commissioner Menser moved to approve the meeting agenda as amended. Commissioner Edwards seconded the motion. The Board voted unanimously. The motion carried.

Approval of the Meeting Minutes:

Commissioner Menser moved to approve the September 10, 2019 meeting minutes. Chair Hutchings seconded the motion. The Board voted unanimously. The motion carried.

2) Proclamations

Proclamation – November is Movember

Schelli Slaughter, Public Health and Social Services Department (PHSS) Director, introduced the November is Movember Proclamation explaining Movember movement began in Australia and is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. She then spoke on behalf of men's health and shared national statistics. Ms. Slaughter introduced Nichole Woolsey, Senior Community Development Manager at American Cancer Society, and Marlyn Kraft a male breast cancer and prostate cancer survivor. Ms. Woolsey spoke in support of men's health and cancer awareness encouraging all men to get screened and pay attention to their bodies. Mr. Kraft addressed the Board sharing his battle with cancer diagnosis, treatment and survival. He challenged everyone to spread the word to raise awareness and to advocate for the men in their lives. The Board thanked Ms. Woolsey and Mr. Kraft.

Vice Chair Menser read the Proclamation proclaiming November as Movember in Thurston County and encouraged all residents to increase public understanding of the importance of men's health and urged all members of our community to recognize this significant occasion and join the movement to change the face of men's health. The Board Members thanked everyone present for their support of this important issue.

3) Opportunity for the Public to Address the Board - none

DEPARTMENT ITEMS

4) Grow Smart, Grow Safe Program Overview

Patrick Soderberg, Hazardous Waste Specialist III and PHSS Environmental Health Division Hazardous and Solid Waste Program Supervisor, gave a presentation on the Grow Smart, Grow Safe® program a gardener's guide to choosing safer pesticides and garden products. Mr. Soderberg shared historical 1980 articles regarding public concerns of pesticide use in the county at that time. He then discussed the Thurston County Pesticide Use Policy adopted by the Board of County Commissioners (BoCC) in 1989 and the Pest and Vegetation Management Policy adopted in 1993. Mr. Soderberg explained the Grow Smart, Grow Safe® hazard-ranking system is based on the pesticide active ingredient review process developed and used by the PHSS Environmental Health Division. Information to be considered in a review includes trade name, active ingredients, registration status, degradation products, contaminants, mobility, persistence, bioaccumulation, acute toxicity, aquatic toxicity, carcinogenicity, developmental and reproductive toxicity, mutagenicity, neurotoxicity, skin/eye irritation, data gaps, and applicator safety. He then reviewed the Grow Smart, Grow Safe® website at www.growsmartgrowsafe.org and encouraged the public to work with the Washington State University (WSU) Master Gardener Program of Thurston County for additional information by visiting www.extension.wsu.edu/thurston/gardening. Mr. Soderberg noted PHSS works with WSU and the State of Washington Department of Agriculture for this program. He explained the Grow Smart, Grow Safe® website is used all around the world; there is no advertising, and very little County resources are used. He then shared organizations that use the website. He noted the program was originally developed by King County; PHSS acquired the rights to Grow Smart, Grow Safe® in 2017 and transformed it to a web-based resource from a paper booklet. Mr. Soderberg provided information in response to Commissioner Edwards' concerns about dangers to pollinators, explaining the pesticide use changes that were taken to protect pollinators in 2014. He then provided additional information on the screening of products and what can be used. At Chair Hutchings' request, Mr. Soderberg, elaborated on the products that were being used that prompted the public's concern in the 1984 articles. The Board thanked Mr. Soderberg.

5) Vaping

Kateri Wimsett, Education and Outreach Specialist II, provided a presentation on the basics of what vaping is, why it is a public health concern, and options for cessation. Vapes produce an aerosol by heating a liquid which usually contains nicotine, the addictive drug in regular cigarettes, cigars, and other tobacco products, flavorings and other chemicals that help to make the aerosol. People who vape inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when it is exhaled by the person using a vape. Ms. Wimsett discussed the different type of vapor products noting nicotine content can vary across e-cigarette products. She then discussed a "Juul" vaping product which is very popular among teens; it is a small device that looks like a thumb drive; it uses a nicotine salt formulation; has high nicotine levels; and one pod has the same nicotine as one pack of cigarettes. She then discussed marijuana vapor products used for consuming e-juices containing THC, which are readily available in recreational marijuana retail stores. Ms. Wimsett then shared statistics of vaping or e-cigarette use by Thurston County 6th to 12th grade students, which has increased in every grade over the past two years. She then discussed what is in vapor products such as nicotine, marijuana, solvents, and flavoring chemicals explaining that up until 2016 they were not regulated federally or by the state. She noted the nicotine level listed on a bottle is not always accurate. Ms. Wimsett discussed the results of limited indoor air quality studies show vaping increases levels of nicotine, volatile organic compounds including known carcinogens, metals, and ultrafine particles into the air. She noted nonsmokers who are near someone vaping have nicotine in their blood and there is no safe level of nicotine exposure for pregnant or breastfeeding women. She then

discussed the dangers of nicotine, the effects of nicotine on developing adolescent brains such as the impact on learning, memory, attention, behavior and the potential increased risk for addiction to other drugs. Ms. Wimsett shared information about poisonings from nicotine e-juices based on calls to the Washington Poison Center which have increased since e-cigarette use has increased, noting about 80% of the calls are for children under 5 years old. She shared comprehensive public health reviews and recommendations referencing a 2016 Surgeon General report titled “E-Cigarette Use Among Youth and Young Adults” and a 2018 National Academies report titled “Public Health Consequences of E-Cigarettes”. Ms. Wimsett discussed the new law effective January 1, 2020 that individuals must be 21 to purchase all tobacco and vaping products which is a promising strategy to prevent young people from smoking, vaping, and using other tobacco or nicotine products. She discussed vaping illness cases happening in the last 24 hours. She then shared the following cessation resources:

- Washington State Department of Health offers a new free smartphone app to help teens and young adults quit vaping at www.doh.wa.gov/quit and is accessible via smartphone, tablet, laptop and desktop computer.
- DOH Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669).
- PHSS website at www.co.thurston.wa.us/health

Ms. Wimsett explained the Washington State Board of Health’s October 9th adoption of an emergency rulemaking order which bans the sale of flavored vapor products, which includes flavored THC vapor products; requires non-marijuana vapor product retailers to display a sign warning of the risk of lung disease associated with the use of vapor products; and requires reporting of cases of lung injury associated with the use of vapor products from health care providers and health care facilities. The ban is effective immediately and will be in effect for 120 days. Commissioner Edwards questioned if Tribes are required to abide by the new ban for which Ms. Wimsett responded she did not know. Discussion ensued regarding who owns certain vaping products and if the levels of nicotine is higher in THC vaping products. Chair Hutchings questioned when opioid overdoses will be required to be reported by the medical providers for which Dr. Rachel Wood explained it is being worked on. The Board thanked Ms. Wimsett for the presentation.

6) Board of Health Members’ reported on health related activities

Vice Chair Menser reported on:

- Thurston Thrives Health Equity Assessment
- Thurston Mason Behavioral Health Organization Innovation Forum with Commissioner Edwards
- Opioid Task Force meeting

7) Health Officer’s Report

Dr. Rachel Wood reported on:

- Flu vaccinations – recommends everyone get a flu vaccination if they have not already.
- Vaping – as a follow-up to Ms. Wimsett’s presentation she noted investigation is developing for vaping-associated Pulmonary Illness cases.

Dr. Wood noted with her departure from Thurston County employment as of November 30th, this would be her last Board of Health meeting and expressed her sincere appreciation for the opportunity to serve as the Thurston County Health Officer stating it has been an honor and a privilege. The Board Members and Ramiro Chavez, County Manager, thanked Dr. Wood for her compassion and commitment and wished her well.

8) Director's Report

Schelli Slaughter reported on the following:

- Ms. Slaughter expressed her appreciation for Dr. Wood's compassion stating it has been an honor and a privilege to work with her. She invited everyone to attend a Farewell Open House for Dr. Wood on November 25th from 4:00 to 6:00 pm at the PHSS building located at 412 Lilly Road SE, Olympia.
- Veteran's Annual Stand-Down event - in the active military, a stand down represents time for military personnel to take a moment and reflect on their own wellbeing; this annual Veterans stand-down provides needed assistance to our most vulnerable Veterans, those that are unemployed and homeless; this event is a partnership between several local, state and national organizations and will offer many free services, to include: haircuts, showers, clothing, military surplus gear, breakfast, lunch and resume preparation; and a hiring event with dozens of employers with current job vacancies; it will be held on November 15th from 7:00 am to 3:30 pm at the Olympia Armory located at 515 Eastside St., Olympia.
- WSALPHO (Washington State Association of Local Public Health Officials) Annual conference – she will be attending the upcoming conference; she invited the Board Members to attend; she discussed WSALPHO's local public health priorities which include Foundational Public Health Services, Local Water System Safety (Group B water systems), and Vaping.
- Ms. Slaughter commended PHSS's staff for the great work and expertise. She also thanked the Board for their support of staff's work.

In response to Vice Chair Menser's request, Dr. Wood provided additional information about what is driving the concerns regarding Group B water systems.

Chair Hutchings thanked two Black Hills High School students for attending the meeting for their Civics class.

9) Adjournment – The meeting was adjourned.

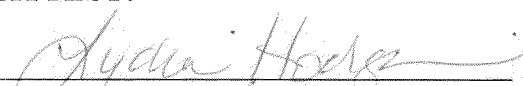
BOARD OF HEALTH
Thurston County, Washington


JOHN HUTCHINGS, Chair


TYE MENSER, Vice Chair


GARY EDWARDS, Commissioner

ATTEST:


Lydia Hodgkinson, Clerk of the Board

Date: December 10, 2019

Thurston Community Television (TCTV) - The Board of Health meetings are aired on TCTV each week on Sundays at 3:30 p.m., Mondays at 8:00 p.m., Tuesdays at 12:30 p.m., Wednesdays at 10:00 a.m., and Fridays at 6:30 a.m. and at 5:00 p.m.