



## **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 August 14, 2018**

#### **1) Call Meeting to Order**

**Chair Bud Blake called the meeting to order.**

**In Attendance:**

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

**Approval of the Board of Health Agenda:**

Vice Chair Hutchings moved to approve the meeting agenda. Commissioner Edwards seconded the motion. The Board voted unanimously. The motion carried.

**Approval of the Board of Health meeting minutes and Acceptance of Work Session Summaries:**

Vice Chair Hutchings moved to approve meeting minutes from the May 8, 2018 regular meeting and the June 14, 2018 special meeting; and to accept the Work Session Summaries from June 5 and 14, 2018. Commissioner Edwards seconded the motion. The Board voted unanimously. The motion carried.

#### **2) Proclamation**

**Description: August Breastfeeding Month**

Jeanie Knight, Director of the Public Health and Social Services Department (PHSS) Disease, Control and Prevention Division, introduced Deb Ward, a Board Certified Lactation Consultant and a Community Health Nurse II with PHSS. Ms. Knight provide a background of Ms. Ward's work with Thurston County beginning in the mid 1980's as a Pediatric Nurse Practitioner in the PHSS Well Child Clinic, a Community Health Nurse with the Nurse Family Partnership Program and her most recent position in the Investigation and Control of Disease section as the Tuberculosis Coordinator and the general Communicable Disease Nurse. She explained Ms. Ward holds a position in her free time at Providence St. Peter Hospital's Family Birthing Center. In early September, Ms. Ward will leave Thurston County employment to take a full-time position with Providence St. Peter Hospital to pursue her passion of Lactation Consultation. Ms. Knight expressed her appreciation of Ms. Ward's dedication, the wealth of knowledge she has shared over the years, and the positive difference she has made in Thurston County.

Ms. Ward addressed the Board providing a presentation on the benefits of breastfeeding for infants, mothers and our community. She noted the American Academy of Pediatrics (AAP) recommends infants be exclusively breastfed for the first six months of life and continue with complementary foods for one year or longer. Ms. Ward explained and discussed the health benefits for the baby which include enhanced immunity, protection from illness and reduced risk of SIDS; the health benefits for the mother which

include reduced risk of breast and ovarian cancer and reduced risk of Type 2 diabetes; and the benefits to society such as saving lives, saving money, potentially creating a more productive workforce and a better environment. Ms. Ward then shared Washington State's 2017 breastfeeding rate which has already met the 2020 National Goal. She noted the Centers for Disease Control and Prevention (CDC) supports breastfeeding. Commissioner Edwards expressed the importance of taking care of our children as they are 30% of our population but 100% of our future. Vice Chair Hutchings spoke in support of breastfeeding and shared his family's history of commitment to breastfeeding their infants. Chair Blake shared while attending the National Association of County and City Health Officials (NACCHO) 2018 Conference in July he participated in breakout sessions which provided information on promoting breastfeeding in the work place and in the community. He also noted the "Bring Your Baby to Work" program being piloted at PHSS Department.

Vice Chair Hutchings read a Proclamation in which the Thurston County Board of Health proclaimed August as National Breastfeeding Month, in furtherance of the United States Breastfeeding Committee's (USBC) role to advance breastfeeding on our Nation's agenda through collaboration, leadership and advocacy, so that all families will have the opportunity to breastfeed. Schelli Slaughter, PHSS Director, thanked Ms. Ward for her dedication and presented her with a recognition plaque. The Board thanked Ms. Ward for her years of service and the presentation. A photograph was taken of the Board Members and all those present in support of Breastfeeding Month.

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

**DEPARTMENT ITEMS**

**4) Thurston Thrives Update – Community Schools Efforts as part of Education & Resilience Action Team Strategy**

Liz Davis, Director of the PHSS Child, Family and Community Wellness Division, explained the Community Schools Initiative is a proven approach to bringing more community involvement and services in education to address the needs of students who face challenging circumstances and health problems that interfere with their ability to learn. TOGETHER! is the lead on implementing Community Schools in Thurston County. She then introduced Meghan Sullivan Goldenberger, Executive Director of TOGETHER! and a representative of the Thurston Thrives Education and Resilience Action (ERA) Team. Ms. Goldenberger was present to discuss where this approach fits in the Action Team's strategy and how it is working with local school districts.

Ms. Goldenberger addressed the Board providing a history of the ERA Team and shared their Vision – *We live in a thriving community where individuals of all cultures are healthy, safe, valued, engaged and successful*. She then discussed the current scope of work for Community Schools and the STEAM educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics. She then discussed the Team's measures of Progress and Capacity Challenges; and shared and discussed the Team's Strategy map. Ms. Goldenberger then discussed the Community Schools Collective Impact noting the lead partners: Tumwater School District, Yelm Community Schools and Rochester School District. She discussed Community Schools Integrated Services describing the economic impact statistics of students who do not graduate. She then explained the Community Schools Model which by using schools as hubs, Community Schools brings educators, families and community partners together to offer a range of opportunities, supports and services to children, youth, their families and communities. Ms.

Goldenberger shared the story of a student who was provided with health care, vision care and equipment to enable her to play sports through the Community Schools Model. She then discussed where and how the Model is used in participating school districts and shared the following results: sustained improvements in attendance and reductions in absences by 25% or more in target schools; increase in youth reporting they have an adult they can talk to about something important; hundreds of kids and teens receive sports physicals and immunizations annually at no cost to them and helps low income families enroll in health insurance, get connected to medical homes and connect to sports at their schools; there is an increase in the four and five year graduation rates; reduction to zero in middle school students who are justice-involved, and an increase in passing grades at target schools; and gains in educational equity. She then discussed upcoming events which include a Back to Basics events put together by Tumwater School District and TOGETHER! in collaboration with many community partners where volunteers from the medical community come together to provide back-to-school care to students at no cost. A Back to Basics Sports Physical Clinic was held on August 1<sup>st</sup> at the Tumwater High School which not only provided sports physicals for free, families were provided information to connect them with insurance coverage and primary care physicians. A Back to Basics Immunization Clinic will be held on August 22nd at Peter G. Schmidt Elementary School to provide school required immunizations. Ms. Goldenberger shared additional projects in the works: *Right from the Start* and an additional elementary school service starting in the fall of 2018 in the Tumwater School District; a potential school-based health center in Yelm which is pending funding; continued exploration of nexus points with other Action Teams; and continued community learning summits for conversation about equity. She then provided ways the community can get involved:

- Monetary donations accepted for Community Schools: c/o TOGETHER! 1520 Irving St. SW, Ste. A Tumwater, WA 98512
- Individual donations or individuals to organize group drives for shoes (new, all youth and adult sizes, but especially adult sizes), socks, and spirit wear
- Mentors are needed - contact Maria Lowry at [MLowery@ThurstonTOGETHER.org](mailto:MLowery@ThurstonTOGETHER.org)

For additional information about TOGETHER! services/programs contact:

- [www.watotogether.org](http://www.watotogether.org)
- Meghan Sullivan Goldenberger, MPA, CHES, CPP; Executive Director  
(360) 493-2230 ext. 104 |  
[MGoldenberger@ThurstonTOGETHER.org](mailto:MGoldenberger@ThurstonTOGETHER.org)

The Board thanked Ms. Goldenberger for her commitment to the community and expressed their appreciation of the programs TOGETHER!, along with their partners, provide to our community youth and families. Ms. Goldenberger thanked the Board for the opportunity to present.

## 5) **Back-to-School: Prevention, Health & Safety – CEEP Partnerships**

Liz Davis introduced the topic – a presentation of the PHSS Community Engagement, Evidence and Partnerships (CEEP) Section projects focused on preparing children and youth to be ready, and ensure they stay healthy and safe, when back to school. She noted through efforts with the Education & Resilience Action Team of Thurston Thrives (ERAT) and other action teams, and working with school district partners and families, we can help ensure that kids stay healthy and safe to support their success. She then introduced Jennifer Johnson, an Education and Outreach Specialist with the CEEP Team.

Ms. Johnson presented and discussed four CEEP projects: 1) *Community Prevention and Wellness Initiative* - working on youth substance use prevention and mental health with local schools, and the Bucoda-Tenino Healthy Action Team (B-THAT Coalition) and Tumwater communities; 2) *Healthy Schools Pilot Project* - PHSS partners with a school district to reduce exposure to toxics and improve indoor air quality which addresses cleaning, landscaping and more; 3) *Healthy Eating in Schools* – completion of a Smarter Lunchrooms Scorecard, six elementary schools in the Yelm Community Schools are participating, the scorecard includes 60 simple, no-cost or low-cost strategies that lunchrooms can use to increase participation, improve consumption of healthy food, and reduce food waste; 4) *Safe Routes to School in Thurston County* – working with Cities, Intercity Transit, school districts, Thurston County Safe Kids, Thurston County Public Works, the Sheriff Department, and Thurston Regional Planning Council spreading key messages to keep our children safe. For additional information on the CEEP projects contact:

- Community Prevention & Wellness Initiative:  
Kateri Wimsett, Education & Outreach Specialist 360-867-2516 [wimsetk@co.thurston.wa.us](mailto:wimsetk@co.thurston.wa.us)
- Healthy Schools Pilot:  
Jennifer Johnson, Education & Outreach Specialist (360) 867-2577 [johnsoj@co.thurston.wa.us](mailto:johnsoj@co.thurston.wa.us)
- Smarter Lunchrooms Scorecard:  
Lesley Price, Public Health Nutritionist (360) 867-2515 [pricel@co.thurston.wa.us](mailto:pricel@co.thurston.wa.us)
- Safe & Active Routes to School:  
Chris Hawkins, CEEP Program Manager (360) 867-2513 [hawkinsc@co.thurston.wa.us](mailto:hawkinsc@co.thurston.wa.us)

Ms. Johnson thanked the Board for the opportunity to present. The Board thanked Ms. Johnson and the CEEP Team for their hard work and dedication.

## 6) **Back-to-School Immunizations**

Dr. Rachel Wood, Health Officer to both Thurston and Lewis Counties, addressed the Board to provide a presentation on back to school immunizations. She introduced Jennifer Dixon, Education and Outreach Program Assistant with the PHSS Emergency Response and Preparedness Section present to provide an update on the Medical Reserve Corps (MRC) 2018 Immunization Clinics. Dr. Wood explained the importance of health and safety in schools and shared things we can do to make our schools healthy and safe such as reduce risks and strengthen protective factors; foster healthy relationships; and keep kids connected to school to develop a positive, safe environment. Dr. Wood then shared a Washington State Department of Health (DOH) information on 2018-2019 required school immunizations for Kindergarten – 5<sup>th</sup> grade and 6<sup>th</sup> – 12<sup>th</sup> grade. She noted for those that need assistance with insurance (or to apply for food and health benefits or search for local services in our area) to contact the WithinReach Family Health Hotline at [www.Parenthelp123.org](http://www.Parenthelp123.org) or call 1-800-322-2588. Dr. Wood also shared the following contacts for more information:

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)  
Food and Drug Administration: [www.fda.gov](http://www.fda.gov)  
[www.immunize.org](http://www.immunize.org) (Immunization Action Coalition)  
[www.vaccineinformation.org](http://www.vaccineinformation.org) (Immunization Action Coalition)

Ms. Dixon shared dates and locations for free immunization clinics staffed by MRC volunteers:

- July 31st – Providence St. Peter's Family Practice Sports Physical Clinic, for middle and high school students; just three vaccines
- August 16th – (8am – 4:00pm) Little Red Schoolhouse Event, all required vaccines
- August 22nd – (4:00 – 8:00pm) Tumwater School District Clinic, all vaccines required for school
- September 22nd – (9:00am – 12pm) Kaiser Permanente Clinic, all vaccines required for school

Ms. Dixon noted the clinics not only provide a community service, they serve as training for the MRC volunteers and in addition build relationships with community partners. At the Board Members' request, Dr. Wood and Ms. Dixon discussed vaccination exemption requests stating exemptions are requested through the schools; parents must have a medical provider consultation who must sign off on the exemption; unimmunized children will not be allowed to attend school if there is an outbreak of any illness they are not vaccinated for; exemptions are requested for a variety of reasons such as medical, philosophical, or religious; DOH maintains data for immunized and non-immunized students by school districts across the State. Dr. Wood noted the clinics are spaced so vaccinations that require a series of shots may be accommodated. The Board thanked Dr. Wood and Ms. Dixon. For additional immunization information contact: Rachel Wood MD, MPH, at [woodr@co.thurston.wa.us](mailto:woodr@co.thurston.wa.us) or by phone at (360) 867-2501

## **7) Foundational Public Health Services**

Schelli Slaughter, PHSS Director, introduced Jaime Bodden, Managing Director of the Washington State Association of Local Public Health Officials (WSALPHO), present to talk about Foundational Public Health Services (FPHS) and related legislation that is likely to come before the Washington State Legislature in 2019.

Ms. Bodden shared the *"Public Health is essential" Vision - a responsive and viable governmental public health system is essential for healthy and economically vital communities across Washington*. She then shared four words to remember – healthy, vital, everyone, everywhere. Ms. Bodden discussed the Public Health Transformation Goal - Rebuild and Transform Washington's public health system and she discussed challenges and solutions to reach that goal. Ms. Bodden explained the Governmental Public Health System consists of the State Board of Health (SBOH), Washington State Department of Health (DOH), Local Health Jurisdictions (LHJs) and Sovereign (self-governing) Tribal nations. She explained Foundational Public Health Services are population based, prevention oriented services that are only or primarily provided by government everywhere, in order for the system to function anywhere. These services are funded by state and local fees, state government and some federal grants. Ms. Bodden then discussed the FPHS core public health services programs which are Communicable Disease Control, Chronic Disease and Injury Prevention, Maternal Child Family Health, Access to Clinical Care, Environmental Public Health and Vital Records. These programs provide services such as assessment, emergency preparedness and response, communications, policy development, community partnerships and business competencies; and additional important services. These services are provided by many government, non-government organizations and are funded by federal, state, local government, foundations, community based organizations, community healthcare, etc. Ms. Bodden described examples of FPH services provided by governmental public health systems – disease investigation of tuberculosis or Hepatitis C, promoting school age immunizations, Group B water systems, school inspections and onsite septic programs. She then described additional important services provided by a mix of governmental, public and private agencies: clinical services such as family planning or immunizations, the WIC

Program, substance abuse treatment and youth suicide prevention. Ms. Bodden discussed current WSALPHO work and their work plan for 2019. She then explained the importance of Boards of Health: they are part of the governmental public health system (RCW 70.05); they have local responsibilities to ensure the health and safety of communities and citizens by helping to set local public health policies and enforce local, state, and federal laws; and they are a local policymaker with a valuable perspective to share. She noted having a responsive and viable public health system in our community and state enhances the well-being of our community. Ms. Bodden noted there is a steering committee that provides oversight for a lot of the WSALPHO work; they meet monthly through the budget process; and they work closely with the Governor's office. Discussion ensued regarding the challenges and efforts being put forth to address unfunded mandates. Ms. Bodden welcomed anyone with questions to contact her at [jbodden@wsac.org](mailto:jbodden@wsac.org). She thanked the Board for the opportunity to speak. The Board thanked Ms. Bodden for the presentation and information.

## **8) Board of Health Members' Health Related Activities –**

Commissioner Edwards –

- Unfunded mandates – expressed additional concern with the need for additional funding.

Vice Chair Hutchings –

- Expressed concern regarding the recent outbreak of Norovirus at Horseshoe Lake in South Kitsap County, which has been resolved and the lake has been reopened; Ms. Slaughter noted one Thurston County lake has been tested for Norovirus which came back negative; she also noted PHSS does not have funding dedicated to monitor our swimming lakes.

Chair Blake –

- Attended the Opioid Task Force Summit along with Commissioners Edwards, Commissioner Hutchings, Prosecuting Attorney Jon Tunheim and Schelli Slaughter.
- Met with the Housing Action Team; noting the Board of County Commissioners recently adopted the 5 year Homeless and Housing Plan
- Noted the Thurston Mason Behavioral Health Organization (TMBHO) has 11 designated care responders, and in addition contracts with five other counties for 12 additional responders, to provide onsite diagnosis of individuals in crisis to provide psychological care.
- The Board of County Commissioners earlier this day passed an ordinance prohibiting smoking and use of tobacco and vaping products in Thurston County parks and preserves, and on Thurston County trails.

## **9) Director's Report**

Schelli Slaughter, PHSS Director, reported:

- Acknowledged the Public Health and Social Services Department Staff for their dedication and hard work during the busy summer months to work towards achieving the PHSS Department Mission of working together to achieve the highest health and well-being for everyone.
- As part of the work with the Accountable Community of Health (ACH), which is regionally through the Cascade Pacific Action Alliance (CPAA), PHSS applied for four grants as part of the Medicaid Transformation projects; PHSS has been selected for three of the grants which will increase services in Chronic Disease, Maternal Child Health, and Opioid Response programs.
- The Final Report has been submitted to the National Association of County and City Health Officials (NACCHO) for the Healthiest Cities & Counties Challenge; this local project is in the

running for \$500,000 prize award to make further improvements that increase access to physical activity opportunities across Thurston County.

- The Board of County Commissioners (BoCC), in response to an effort by the Thurston Thrives Climate and Clean Energy Work Group to move towards a community wide action strategy, passed a resolution to affirm targets and approve baselines and targets to reduce community wide greenhouse gas emissions by 45% below 2015 levels by 2030 and 85% below by 2050; the County will work with the three largest cities in this effort.
- The BoCC, earlier that day, passed a tobacco and vaping-free parks ordinance prohibiting smoking, use of tobacco and vaping products, as well as marijuana in Thurston County parks and preserves and along its trails to enhance the protection of our residents, particularly young people, from the harmful exposure to secondhand smoke and vapors; she acknowledged all partners who worked on this effort.
- In support of the Board of Health Homeless Crisis Resolution, adopted on June 14, 2018, the BOCC approved a 5 year Homeless Housing Plan which outlines goals and strategies to work together as a community to address homelessness.
- Additionally, in support the Homeless Crisis Resolution, the PHSS Disease Control and Prevention program partnered with the PHSS Office of Housing and Homeless Prevention Program, the Providence Community Care Center and the Olympia Free Medical Clinic, to develop a plan to provide Hepatitis A vaccine to our most vulnerable citizens without housing.
- Acknowledged Jennifer Dixon, PHSS Education and Outreach Program Assistant, for her hard work in partnering with the Olympia Downtown Ambassadors to distribute care kits in support of the vulnerable homeless in our community.
- The BoCC, earlier that day, declared August National Emergency Preparedness Month; she acknowledged the PHSS Emergency Preparedness Team for their continuous hard work and dedication to keep our community safe and prepared.
- Also in support of the Homeless Crisis Resolution, an Opiate Summit took place on August 1, 2018; this was a PHSS partnership with the County Prosecuting Attorney's office, the Sheriff's office and the Coroner; the Opioid Task Force met for their first meeting; more information to come.
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## **10) Health Officer's Report –**

Dr. Rachel Wood reported:

- Tuberculosis (TB) – noted working with many partners, including partners at the State, to treat an individual with a TB case resistant to several drugs
- Hepatitis A vaccine clinic – PHSS is partnering with Salvation Army, Community Care Center and the Olympia Free Clinic, to put on a clinic to offer Hepatitis A vaccines to homeless citizens.
- Dr. Wood recently provided Health Officer Services coverage for a neighboring county during which time she worked with a positive case of measles in a child which included working with exposed clinic staff and care providers; she stressed the importance of all individuals that provide services in any capacity to the public to be vaccinated against measles.

Commissioner Edwards requested a presentation in the near future regarding outcomes from the Opioid Summit; information regarding the impacts to individuals who overdose and are without oxygen for 4 minutes; and the status of mandatory reporting of overdoses. Ms. Slaughter noted PHSS staff distributed 99 doses of Naloxone through the Syringe Exchange Services Program last month. The recipients of the Naloxone were asked to track and report the outcome of administration of the Naloxone for which 14

reported overdose reversals. She stressed the importance of putting Naloxone in the hands of family members of individuals with drug abuse issues. Vice Chair Hutchings then requested a follow-up presentation on the Syringe Exchange Services including the mobile needle exchange.


- 11) **Adjournment** – Vice Chair Hutchings moved to adjourn the meeting of August 14, 2018. Commissioner Edwards seconded the motion. The Board unanimously voted. The motion carried.

**BOARD OF HEALTH**  
**Thurston County, Washington**

**ATTEST:**

  
BUD BLAKE, Chair

  
Lydia Hodgkinson, Clerk of the Board

  
JOHN HUTCHINGS, Vice Chair

Date: October 9, 2018

  
GARY EDWARDS, Commissioner

**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.