



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 9, 2016

1) Call Meeting to Order

In Attendance: Bud Blake, Chair; Cathy Wolfe, Vice Chair; Sandra Romero, Commissioner; Tom Stuebner, Public Health and Social Services Department Director; Dr. Rachel Wood, Health Officer; and Lydia Hodgkinson, Clerk of the Board of Health.

Chair Blake called the meeting to order.

Vice Chair Wolfe moved to approve the meeting agenda. Commissioner Romero seconded the motion. The motion carried.

Vice Chair Wolfe moved to approve meeting minutes from June 14, 2016 regular meeting, June 14, 2016 Public Hearing and July 12, 2016 regular meeting. Commissioner Romero seconded the motion. The motion carried.

2) Opportunity for the Public to Address the Board – No public comment was given.

DEPARTMENT ITEMS

3) Thurston Thrives Update – Common Agenda

Liz Davis, Thurston Thrives Coordinating Council Community Coordinator, explained this presentation would provide an update on the Coordinating Council's efforts developing an overall common agenda for this county - wide initiative, as well as a summary of their next steps. She explained a common agenda is one of the five key conditions of Collective Impact which is the method of change that forms the foundation for Thurston Thrives. She stated at their June and July meetings, the Thurston Thrives Coordinating Council worked on developing an overall common agenda for this county - wide initiative. Ms. Davis noted over the past three years, the eight Thurston Thrives action teams and shared workgroups have developed shared visions, objectives, goals, and strategies for their action areas. However, until now, a holistic common agenda hasn't yet been established at the Coordinating Council level. Ms. Davis provided a brief description of the additional Collective Impact Five (5) Key elements: Shared measurement, Mutually Reinforcing Activities, Continuous Communication and Backbone Support. She explained further that with a common agenda all participants have a shared vision for change including a common understanding of the problem and opportunities for collaboration that can make our community healthier and more sustainable. She noted the collective impact approach forces us to take a stand, draw a line in the sand or otherwise make up our minds. Ms. Davis described the framing questions to be asked such as: if we are to be a thriving community what assets or favorable conditions exist now and what do we want to have or be in the future?; what problem is Thurston Thrives trying to solve?; as the Coordinating Council, how do we define success?; and how should we, as a Coordinating Council, provide strategic direction for Thurston Thrives as a whole? She explained additional questions to be

considered: what does it mean to be a thriving community/county?; when our work is complete, County residents will know we've succeeded because why?; what is the overall vision of Thurston Thrives; and how will our Action Teams measure success? Vice Chair Wolfe expressed appreciation for the clear explanation of Collective Impact. At Chair Blake's request Ms. Davis described the participants that make up the Council. She noted the public is welcome to attend the Council's meetings that are held the 3rd Monday of each month from 3:00 – 5:00 pm at the Thurston County Courthouse, Building One, room 280. The Board thanked Ms. Davis for the presentation.

4) Thurston County Childhood Obesity Prevention

Chris Hawkins, the Public Health and Social Services (PHSS) Department's Community Engagement, Evidence and Partnerships Program Manager, introduced Lesley Price the PHSS Public Health Nutritionist. Mr. Hawkins explained their presentation would describe the current situation of childhood obesity, a continuing concern here in Thurston County, and the actions to prevent it. He explained prevention is mainly through promoting and supporting increased access to healthy foods and opportunities for daily, moderate physical activity. The efforts to prevent childhood obesity are happening in collaboration with many community partnerships and creating healthy places. Mr. Hawkins noted a new graphic to promote "Healthy people, healthy places". He shared statistics from the 2014 *Healthy Youth Survey*: 9% of county 8th graders were obese and 11% of county 12th graders were obese, neither which include overweight youth. He stated obesity in childhood usually continues into adulthood. He also noted 2 in 3 middle school youth do not get the 60 minutes of recommended physical activity per day, and 3 in 4 do not eat enough fruit or vegetables. Commissioner Romero requested an explanation of difference between obese versus overweight, and how was the determination made for the survey participants. Mr. Hawkins explained a Body Mass Index (BMI) was calculated for the participants which is a measure of body fat based on a formula including height, weight and other factors. Obese is a BMI over 30, overweight is a BMI from 25 to 30. Health Officer Dr. Rachel Wood provided additional information regarding BMI. Mr. Hawkins stated the *Healthy Youth Survey* asked participants their height and weight; and offered to provide the Board additional information regarding the specific survey questions that were asked. He assured the Board the survey results are a valid measure. Lesley Price acknowledged the partners involved and explained their actions taken to promote healthy eating which include: "Breast Feeding Promotion" - South Sound Breastfeeding Network purchased a freezer for Providence St. Peter Hospital to establish a breast milk depot, they send the donor milk to the NW Mothers Milk Bank in Portland, Oregon which is our regional milk bank; "Food Sense" - Washington State University (WSU) Extension; "Outreach and Education" - GRuB, local schools, Food Bank and WSU Extension; "Gardens" including school gardens, community gardens, kitchen garden - GRuB and schools; "National School Lunch Program" greatly improved; "Summer Meal Program" - Food Bank and Olympia Parks; "Outreach and Education" - Grub, schools, Food Bank, WSU Extension; "75210" initiative - began by the former Healthy child weight coalition. Ms. Price described 75210: 7 - breakfast every day of the week; 5 - servings of fruits and vegetables daily, 2 - hours or less screen time daily, 1 - hour physical activity daily, and 0 - sugary drinks on most days. Ms. Price discussed the 2015 local collaboration for healthy eating with the merge of three local food groups: Thurston Thrives Food Action Team, Thurston Food System Council and Thurston Asset Building Coalition Food Hub merged into the South Sound Food System Network (SSFSN). She then discussed SSFSN focus areas for 2016 such as developing a structure and a unified mission and vision; edible landscaping in parks; data and reporting to Thurston Thrives; food economy; and food rescue. SSFSN meets the first Wednesday of each month from 9:30 - 11:30 AM at the Thurston Regional Planning Council. Ms. Price discussed Physical Activity Strategies and Actions which include community design - better neighborhoods, parks and trails; physical education, sports and community campaigns; and safe and active routes to schools. She acknowledged

local partners who have participated in physical activity events such as the “Walk to School Day” on October 5, 2016. For additional information on this event go to www.walkbiketoschool.org. Chair Blake commented on his participation in a Walk & Roll event. The Board thanked Mr. Hawkins and Ms. Price for the presentation. Mr. Hawkins thanked the Board for their support and also commended Vice Chair Wolfe for her participation in the annual Senior Games.

5) Developmental Disabilities Program: Individual Supported Employment

Kim Jensen, Interim Director for the Public Health and Social Services Department’s (PHSS) Thurston-Mason County Developmental Disabilities Program, addressed the Board providing a description of the Program. She explained that for over 30 years the Washington State Department of Social & Health Services Developmental Disabilities Administration (DSHS/DDA) has contracted with the Thurston County Developmental Disabilities Program to manage and monitor Supported Employment services to people with developmental disabilities in Thurston and Mason Counties. As of July 2016, 478 people with developmental disabilities receive individual supported employment services in Thurston and Mason Counties. Currently 72% of the clients in this program are employed. This is the second highest percentage in the state excluding small counties, who work with only a few clients. All clients work in integrated settings in the community and earn at least minimum wage. Clients work in a variety of settings, including the following: locally-owned businesses, franchises, state and city government, and self-employment. Washington State is a leader nationwide in job placement and employment support services; and Thurston/Mason County is a leader in our state for these services. Ms. Jensen explained how employment support services are provided. The Thurston/Mason County Developmental Disabilities Program contracts with six agencies to provide the employment support services. Services are individualized and based on the needs of the client. Services paid through these contracts include *Discovery*: Get to know the client; *Job Development*: Find an appropriate job match that works for the client and the employer; *Job Placement*: Support with the interview process and intensive support when initially hired; and *Long Term Retention and Job Coaching*: provide individualized on-the-job support based on the needs of the client and employer, help to create unpaid “natural supports” of co-workers, supervisors, etc. at the job site. The goal is to reduce paid job coaching hours, if appropriate, to help the client become a fully integrated member of the work team. Ms. Jensen introduced Lucas one of program’s clients who is employed in the community with County support. Lucas was present to provide information about his job, the employment services he receives and the impact employment has had on his life. Lucas explained he has been working at the WA State DSHS/Office of the Deaf and Hard of Hearing since January 9, 2001 and he is an active volunteer in the community, including the City of Olympia Police Department and the Union Gospel Church. He stressed the importance to him, and other individuals in the program, to be treated as a contributor at his job and in the community and to not be judged by appearance or speech. He stated it is not about being “disabled”, it’s about being “abled”. Lucas thanked the Board for the opportunity to speak. Ms. Jensen shared the Program’s Mission Statement: *To work with people with developmental disabilities to promote everyone’s well-being, rights, choices, and opportunities in living as valued, contributing and integrated members of our community.* Vice Chair Wolfe thanked and commended Lucas for attending and sharing his story. Commissioner Romero questioned what steps the Commissioners’ office would take if they were interested in hiring an individual through this program. Ms. Jensen stated she would contact one of the six agency providers such as Morningside, who would begin with a *Job Analysis*. Tom Stuebner, PHSS Department Director, asked Lucas to describe what his DSHS job entails. Lucas explained he is an Office Assistant I and described his duties which vary from answering telephones to making photocopies. The Board thanked Ms. Jensen and Lucas.

6) Retail Food Establishment Inspections

Sammy Berg, a Senior Environmental Health Specialist and Supervisor of the PHSS Department's Food and Environmental Services Section (FESS), addressed the Board to discuss and provide information regarding Retail Food Establishment Inspections. He noted PHSS Mission is "To promote healthful social, economic, and environmental conditions for all residents". This Mission is in alignment with the Thurston Thrives Vision which includes "An adequate supply of safe, accessible and nutritious food." Mr. Berg stated the Program consists of six (6) inspectors, Environmental Health Specialists, whose job is to enforce the Retail Food Code for approximately 1,000 food establishments across the County. There are three main barriers to foodborne illness which are proper handwashing, handling food properly and employees not working while sick. Management needs to focus on handwashing, proper food handling, maintaining foods at correct temperatures and watching employees' behaviors. Mr. Berg noted the purpose of inspections is not only to enforce the Retail Food Code but to work with the establishment to provide guidance and information to keep the public safe. He discussed the "Red" and "Blue" violation categories used during an inspection. "Red" violations are related to potential foodborne illness and "Blue" violations are facility based such as floors, garbage, etc. Repeat violations may be charged additional inspection fees and if needed may result in an Administrative Hearing. Mr. Berg stated inspection information is printed in the Olympian newspaper but noted a new program is being developed which will come out in two phases. The new program will provide the public with additional inspection information and make inspection information available sooner. Mr. Berg stated the bottom line message to the food service workers is to "wash your hands". Commissioner Romero questioned if the Food Code addresses the responsibility of the establishment regarding individuals with food sensitivities. Mr. Berg stated the Food Code does not address this issue specifically but noted although the establishment may not be able to accommodate a food sensitivity request they should be able to provide information for foods they serve. At Vice Chair Wolfe's request Mr. Berg explained all inspections are unannounced. Chair Blake questioned and Mr. Berg explained the six (6) inspectors have assigned areas of the County that are their responsibility to inspect. New-hire inspectors are required to have a Bachelor of Science degree, complete an on-line on the job training; observe 25 inspections shadowing an experienced inspector; and then complete 25 inspections while being observed by an experienced inspector before performing inspections on their own. The Board thanked Mr. Berg and his staff for keeping our food safe. Mr. Berg thanked the Board for the opportunity to present the information and invited them to accompany an inspector on an inspection. He also stressed the importance of the message that the Program's goal to work with food establishment owners and managers to help them succeed.

7) Board of Health Members' Health Related Activities - none

8) Director's Report

Mr. Tom Stuebner reported on the following:

- Commented on Mr. Berg's Retail Food Inspection presentation highlighting how busy the inspectors have been; in a two (2) week period 12 new establishments have opened; there have been many change of ownerships; and over 100 inspections completed for community events.

9) Health Officer's Report

Dr. Rachel Wood reported on the following:

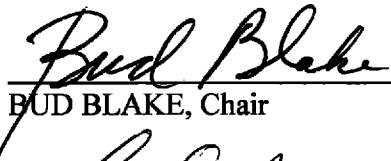
- Commended the Medical Reserve Corps (MRC) for their participation in the First Aid Tent for the Paddle to Nisqually event which ran from July 30th to August 6th.
- Back to School Immunization Clinics are being held at the Tumwater Middle School on August 23rd and at Group Health on September 17th. She noted MRC will be staffing the clinics.

The Board commended the MRC for their hard work and dedication.

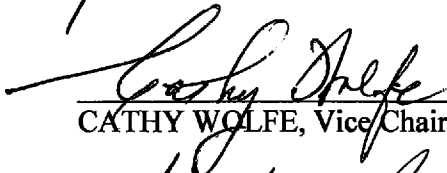
10) Adjournment – Vice Chair Wolfe moved to adjourn the meeting of August 9, 2016. Commissioner Romero seconded the motion. The motion carried.

BOARD OF HEALTH
Thurston County, Washington


ATTEST:


BUD BLAKE, Chair


Lydia Hodgkinson, Clerk of the Board


CATHY WOLFE, Vice Chair

Date: September 13, 2016


SANDRA ROMERO, 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.