



## **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 May 10, 2016**

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

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

**Excused absence:** Bud Blake, Chair

Vice Chair Wolfe called the meeting to order.

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

#### **2) Proclamation Description: May 2016 Mental Health Awareness Month**

The Board proclaimed the month of May the 2016 Mental Health Awareness Month. Commissioner Romero read the Proclamation. Mr. Mark Freedman, the Social Services Division Director of the Public Health and Social Services Department, spoke on behalf of mental health awareness. In honor of Mental Health Awareness Month Mr. Freedman wore a t-shirt he received by taking the free pledge at [www.nami.org/stigmafree](http://www.nami.org/stigmafree). National Alliance on Mental Illness (NAMI) is a nationwide nonprofit advocacy group representing families and people affected by mental disorders.

#### **3) Opportunity for the Public to Address the Board** – No public comment was given.

### **DEPARTMENT ITEMS**

#### **4) Set Public Hearing on proposed Thurston County On-site Sewage System Management Plan Update**

Mr. Art Starry, Environmental Health Division Director, provided a background of the Thurston County On-site Sewage System Management Plan and the proposed update. State law (RCW 70.118A and WAC 246-272A-0015) requires the department to develop a written plan that guides management activities for all on-site sewage systems (OSS) within Thurston County. In 2006 and 2007 an advisory committee comprised of representatives from various government entities in Thurston County, the building industry, sewage system professionals and shellfish and environmental groups met numerous times to assist

Environmental Health Division staff with the development of a plan which was adopted by the Board of Health on January 7, 2008. The Board has authorized an update of the 2008 plan for which an advisory committee of 14 community members was created. The committee reviewed past accomplishments, determined "What Needs Attention" within each program area, and developed strategies and recommendations to improve electronic records, provide services for all OSS owners, create new marine recovery and sensitive areas, and fund the county's on-site sewage system regulatory and oversight programs. The proposed funding would be a charge to all OSS owners via the property tax statement that would replace the time of transfer, septic tank reporting, and operational certificate renewal fees. The Board then directed staff to develop a tiered fee structure so charges are commensurate with the services provided. The three tier structure bases charges on the geographic location of the septic system and the work the health department anticipates is needed to implement the Plan in that area. It charges the highest amount for septic systems in Marine Recovery Areas or other special area, an intermediate amount for septic systems in Puget Sound watersheds that are not special areas, and the lowest amount to septic systems in the Chehalis watershed. The three tier structure will generate approximately the same amount of revenue as the charge structure recommended by the advisory committee.

Mr. Starry requested the Board set a Public Hearing on June 14, 2016 at 5:30 PM at the Thurston County Courthouse, Room 152 of Building 1, to receive testimony regarding the proposed update, which will be used to guide regulation of on-site sewage systems within Thurston County. He provided additional information of what the plan includes such as recommendations to improve the county's inventory of on-site sewage systems and electronic data system; amend county regulations that require sewage systems be evaluated when property they serve is sold or transferred; establish sensitive areas and marine recovery areas where special on-site sewage system permit and management activities may be needed; enhance the county's on-site sewage system education program; and a strategy to fund on-site sewage system regulatory and oversight programs. Copies of the draft plan are available at the Thurston County Public Health and Social Services Department (the Health Department), Environmental Health Division located at 412 Lilly Road NE, Olympia, WA 98506, on-line at <http://www.co.thurston.wa.us/health/ehomp/index.html> or will be mailed upon request.

Mr. Starry addressed the Board's questions stating there are approximately 53,000 septic systems in Thurston County; provided additional explanation of the tiered fee structure; and clarified that abandoned septic systems are not affected by the plan. **Commissioner Romero moved to set a Public Hearing on June 14, 2016 at 5:30 PM at the Thurston County Courthouse, Room 152 of Building 1, to receive public comment on the proposed Thurston County Onsite Sewage System Management Plan Update. Vice Chair Wolfe seconded the motion. The motioned carried.**

##### **5) Approve Integrated Pest Management Prescriptions for Thurston County Noxious Weeds and the Glacial Heritage Preserve**

Mr. Starry provided a background of the Thurston County Pesticide Use Policy and explained the request for approval of the Integrated Pest Management Prescriptions. The Board of County Commissioners adopted the Thurston County Pesticide Use Policy in 1989 and the revised Pest and Vegetation Management Policy in 1993. These policies establish a mandate for all county departments to set an example by implementing integrated pest and vegetation management programs that minimize the use of

pesticides and use pesticides that are least disruptive to human health and the environment. Proposals to apply pesticides to sensitive areas or use pesticides that do not pass review by Public Health and Social Services Department (PHSS) Environmental Health Division require approval from the Board of Health. Site and/or pest -specific pest management plans (prescriptions) must be submitted along with the recommended pesticide to the Vegetation Management Coordinator, the Pest and Vegetation management Advisory Committee (PVMAC) and then the Board of Health for approval. In 2015, the herbicide ingredient glyphosate was documented as being a “probable human carcinogen” by the International Agency for Research on Cancer which is a branch of the World Health Organization (WHO). Due to this determination, the PVMAC asked that the Board of Health request that each County prescription that includes glyphosate herbicides be reviewed, and if possible have glyphosate substituted with a less hazardous herbicide. The Board accepted this recommendation. Of the 30 noxious weed prescriptions that included glyphosate, 20 have been revised to include a less hazardous herbicide. The remaining 10 prescriptions have been revised by Noxious Weeds staff and then reviewed by the PVMAC. The PVMAC recommends them for adoption and use by the County. The committee believes the use of glyphosate is reasonable and poses little risk to public health or environment as proposed for use in the prescriptions. The PVMAC also reviewed a new prescription for control of the noxious weed Sulfur Cinquefoil, and an updated vegetation management plan and prescription for the Glacial Heritage Preserve. The PVMAC recommends approval of the new prescription and the updated Glacial Heritage plan and prescription. The Thurston County Board of Health must use the following criteria from the Thurston County Pest and Vegetation Management Policy when reviewing Integrated Pest Management (IPM) Prescriptions: 1) The pest and vegetation problem has been assessed, and control is deemed necessary; 2) the use of the pesticide is a necessary element of the integrated pest and vegetation management prescription; and 3) the risk to public health, ground water, and the environment is determined to be minimal. On March 24, 2016 the Thurston County Commissioners were briefed on the IPM prescriptions and management plan being considered for approval today, and the PVMAC review process. Commissioner Romero expressed appreciation of the incredible work by staff and the advisory board. She hopes in the future glyphosate will be eliminated entirely from County prescriptions and the homeowners will stop using products with glyphosate. **Commissioner Romero moved to approve the Integrated Pest Management prescriptions for Blueweed, Annual Bugloss, Common Bugloss, Common Fennel, Giant Hogweed, Knotweed, Pampas Grass, Poison Hemlock, Sulfur Cinquefoil, Wild Chervil, Yellow Flag Iris, and the Glacial Heritage Preserve Management Plan and Prescription. Vice Chair Wolfe seconded the motion. The motion carried.**

#### **6) Harm Reduction through Naloxone: One More Tool**

Dr. Rachel Wood, Health Officer for both Thurston and Lewis Counties, gave a “Harm Reduction through Naloxone: One More Tool” presentation. Over the past two years, Thurston County Public Health and Social Services Department (PHSS) has been monitoring the emergence and implementation of a harm reduction strategy that prevents deaths from drug overdoses. This strategy involves providing a medication, called Naloxone or Narcan, to people in the community who are themselves at risk or who have contact with people who are at risk for a drug overdose. Dr. Wood explained with funding support from the University of Washington a local Naloxone Overdose Prevention Program was implemented in February 2016. She acknowledged Dr. Samantha Ritchie; Dr. Caleb Banta-Green; Susan Kingston; PHSS staff and volunteers; and the Washington State Department of Health for their work related to the

program. Dr. Wood noted deaths by overdose exceed falling, guns, and traffic accidents. She then shared statistics of opioid deaths by county from 2000 – 2013. She explained the progression of addiction which can start with a prescribed medication. Dr. Wood described opiates which are a medication or an illegal drug derived from the opium poppy or a synthetic opiate. Opiate drugs are narcotic sedatives that depress activity of the central nervous system, reduce pain, and induce sleep. Long-term use of opiates can produce addiction, and overuse can cause overdose and potentially death. Dr. Wood shared two supporting laws: 1) the Washington State RCW 69.50.315 Good Samaritan Law “the legislature intends to save lives by increasing timely medical attention to drug overdose victims through the establishment of limited immunity from prosecution for people who seek medical assistance in a drug overdose situation...”; and 2) 2015 RCW 69.41.095 “Any person or entity may lawfully possess, store, deliver, distribute or administer an opioid overdose medication pursuant to a prescription of order issued by a practitioner in accordance with this section...” Dr. Wood explained Naloxone is a drug that antagonizes morphine and other opiates; prevents or reverses the effects of opioids including respiratory depression, sedation and hypotension; it is an antidote for an opioid overdose; has no potential for abuse or addiction; has a shelf life of 18 - 24 months; and non-medical people can be trained to administer it. Malika Lamont, the Education and Outreach Specialist that operates the Thurston County PHSS Syringe Exchange Program (SEP) in our community, addressed the Board. The SEP serves Thurston County residents as well as residents from five surrounding counties. She explained the Naloxone Overdose Prevention Program through the PHSS SEP distributes Opioid Overdose Rescue Kits. These kits contain Naloxone and the tools to administer the drug in the event of an opioid overdose with respiratory depression or unresponsiveness and are to be used only to save a life. Users of the kit are requested to report data of use and to obtain a replacement kit. Ms. Lamont explained the effect of Naloxone to the overdosed individual and noted the successful use of the drug around the country. She provided program statistics which included percentages of individuals served within Thurston County and outside; and included the age groups and gender of those served. As of May 4<sup>th</sup>, 201 Naloxone kits were distributed with a reported nine (9) lives saved. Ms. Lamont noted all nine individuals were under the age of 30. Commissioner Romero commented on the desire to have the Syringe Exchange Program offer Hepatitis C testing to the community and also acknowledged resources would need to be obtained to provide this additional service. The Board expressed their appreciation of the Program and thanked Dr. Wood, Ms. Lamont and Ms. O’Garro for their hard work and the information. Dr. Wood and Ms. Lamont thanked the Board for the opportunity to present the information.

## **7) Thurston Thrives Economy Action Team Update**

Vice Chair Wolfe noted at each Board of Health meeting a different Thurston Thrives Action Team is highlighted. She then introduced Chris Hawkins, the PHSS Department’s Community Engagement, Evidence and Partnerships Program Manager. Mr. Hawkins noted he has also been a liaison to various Thurston Thrives Action teams over the past couple of years. He explained the Economy Action Team was to present. Their work focuses on the economy, a vital social determinate of health in our community. The original Economy Action Team has joined with the Thurston Asset Building Coalition (ABC) to strengthen an Economic Advancement Action Hub which continues the efforts to implement the original Action Team Strategies, including: bringing people together in a way to encourage engagement of partners to address the social determinates composed of healthier people and places; specifically around employment and income. Mr. Hawkins then introduced Economy Action Team Co-Leads, Michael Cade

of the Thurston Economic Development Council and Christina Daniels of the Puget Sound Capital who were to provide an update on the Team's work. Ms. Daniels thanked the Board for the invitation to present and noted her background which includes work with the Thurston Asset Building Coalition. Mr. Cade reviewed the Economy Strategy Map describing the Vision, Goals, Objectives and Strategies/Actions. He then reviewed a matrix which identified community asset services such as lending clothes for job interviews, resume writing, etc.; which organizations already provide these services; and organizations that could provide them. Mr. Cade then presented a *Components of a Sustainable Economy* graphic and provided a review of a healthy and sustainable economy. Ms. Daniels reviewed the points of alignment between Thurston Thrives and the Thurston Asset Building Coalition Economic Advancement Hub. She shared the Economic Advancement Hub Mission: "Our mission is to foster economic advancement for people with limited incomes in our region through collaboration among non-profit, for-profit and public partners. We actively problem solve, reduce duplication, and support the smooth and effective access to resources for the people we serve in common." Ms. Daniels also shared the Hub's Purpose: "This is an integrated network of public and private partners who link people with limited incomes to employers, financial and career services, education, and other resources for economic advancement." Mr. Cade reviewed and discussed the Strategy Map Vision/Goal Statement: "People are economically secure; poverty is rare". Ms. Daniels discussed the Hub priorities: 1) Develop a system of cross referrals and education among career, financial education, and employer and business development networks – such as training, career and skill development and entre/self-employment programs for new and existing employers; 2) Communicate information and resources across public, non-profit, employer and community networks; 3) Develop ways to identify and address opportunities and gaps in partner networks through "emerging issues" discussions; 4) Explore, develop and provide education and public policy issues with consideration of local, regional and state government arenas through advocacy tools such as CFED (Corporation for Economic Development) scorecard, etc.; and 5) Advance cross referrals and collaboration among Hubs within ABC, Thurston Thrives and other networks for better coordination of services. Mr. Cade discussed activation of the private sector to create more transformational jobs. Ms. Daniels described the different types of Hub partners involved such as: banks, micro-enterprise groups, workforce and business development, economic development, social advocacy, housing, family support, small business, education and employers. Mr. Cade explained that low and limited income networks are woven throughout social services and linked to opportunities; shared learning initiatives build bridges, spark ideas and create connections. Ms. Daniels shared some of the Hub's successes: free tax preparation; bank on program; foster and increased collaboration for home ownership; engaging the community to raise awareness of poverty; driver re-licensing program; asset leverage growth and savings program; and cross agency referrals for home ownership advocacy. Mr. Cade discussed moving from compartmentalized information and ideas by a handful of groups to a network of agencies and employers who share information with ease. Ms. Daniels and Mr. Cade discussed creating a climate of Economic Resilience including: Cross Referrals; Communication across the expanded networks; Opportunities and gaps/ emerging issues; provide education and awareness; and collaboration among Hubs and other networks. The Board thanked Ms. Daniels and Mr. Cade for working so successfully together and for the presentation. For additional information for Thurston Thrives Action Teams go to <http://www.co.thurston.wa.us/health/thrives>.

## **8) Emergency Response Update – Cascadia Rising Emergency Response Exercise**

Sue Poyner, the PHSS Emergency Response Coordinator, provided an update on the Department's participation in day two (2) of the upcoming federal, multi-state, *Cascadia Rising Emergency Response Exercise* on June 8, 2016 from 10:00 am to Noon at the Lilly road building. Thurston County's participation is in partnership with Thurston County's Emergency Management, other agencies and non-profit partnerships, etc. The simulated scenario is a 9.0 magnitude earthquake along the 700 mile Cascadia Subduction Zone. The exercise will be a test of Thurston County's ability to organize, coordinate and deliver public health medical services after this level of a catastrophic event, including situational awareness and our ability to readily expand our public health system if needed. Thurston County specifically will be looking at three (3) components of the existing Emergency Operations Plan: 1) the ability to readily stand up our operational coordination in the event of a catastrophic earthquake; 2) the ability, under eminent threat to public health, to be able to efficiently and quickly respond to risk communication to the public; and 3) the ability to stand up our partnership with Emergency Management. PHSS will practice the ability to support coordination of patient movement with local hospitals, Providence St. Peter hospital and Capital Medical Center, urgent care services and seven (7) other hospitals in our region which include Grays Harbor, Lewis, Mason and Pacific Counties. This will be a test of our partnerships with other counties, state agencies, federal agencies, partners across the borders and the Department of Defense. She expressed the importance of testing our abilities now when we have the ability during an exercise instead of in an actual catastrophic event. Thurston County's Emergency Management Coordinating Center will be participating in two (2) days of the exercise, PHSS will be participating on the second day of the simulated catastrophic earthquake. Ms. Poyner noted in preparation of testing our health and medical system a Disaster Resiliency work shop was held on April 19<sup>th</sup> that was attended by approximately 32 out-patient practices in Thurston County to learn how they would participate in the event of a disaster. Ms. Poyner expressed the importance of everyone having an out-of-state emergency contact written down for use in the event of this type of catastrophe. The Board thanked Ms. Poyner for the presentation and information.

## **9) Lakes and Blue Green Algae Update**

Art Starry, PHSS Environmental Health Division Director, provided an update and information of the presence of Blue Green Algae in Thurston County lakes. He noted algae blooms in Thurston County lakes are happening earlier than normal this year. Blue green algae is now present on Pattison Lake and is producing toxins. Mr. Starry encouraged everyone before swimming in any Thurston County lake to call (360) 867-2645 for recorded information regarding the status of Pattison Lake and any other lakes that may have an advisory. He also stated "when in doubt stay out" of the water. Information is also available at <http://www.co.thurston.wa.us/health/ehadm>.

## **10) Board of Health Members' Health Related Activities – Due to time, no reports were given.**

### 11) Director's Report

Mr. Tom Stuebner reported on the following:

- o Attended a CHOICE Regional Health Network Board retreat at which the Washington Health Care Authority Director Dorothy Teeter discussed the Global Waiver Demonstration Project and Accountable Communities and Health (ACH).

### 12) Health Officer's Report

Dr. Rachel Wood reported on the following:

Emergency Preparedness –

- o Published an emergency preparedness article in Washington Family Physician publication distributed quarterly around the state in out-patient clinics.
- o Commented on the development of information and plans around isolation and quarantine to be used in the event of a pandemic or public health threat.
- o In May she and Mary Ann O'Garro, a PHSS Epidemiologist, will be speaking to second year medical residents about community disease assessment. She expressed her appreciation of Chris Hawkins and Mary Ann O'Garro for their support in educating our future physicians.

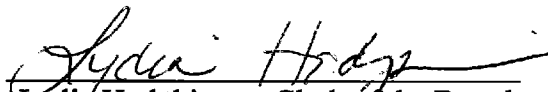
13) Adjournment – Commissioner Romero moved to adjourn the meeting of May 10, 2016. Vice Chair Wolfe seconded the motion. The motion carried.

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

**ATTEST:**

Excused Absense

BUD BLAKE, Chair

  
Lydia Hodgkinson, Clerk of the Board

  
CATHY WOLFE, Vice Chair

Date: July 12, 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.