



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 10, 2015

1) 4:10 p.m. Call Meeting to Order

In Attendance: Sandra Romero, Chair; Bud Blake, Vice Chair; Cathy Wolfe, Commissioner; Art Starry, Public Health and Social Services Department Interim Director; Dr. Rachel Wood, Health Officer; Cliff Moore, County Manager; and Lydia Hodgkinson, Clerk of the Board of Health.

Chair Romero called the meeting to order.

In the interest of time, Mr. Art Starry requested Item No. 4 be postponed to a future meeting.

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

Vice Chair Blake moved to approve the August 11, 2015 meeting minutes. Commissioner Wolfe seconded the motion. The motion carried.

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

DEPARTMENT ITEMS

3) Description: Obesity and Chronic Disease in Thurston County

Chris Hawkins, Community Engagement Evidence Partnerships (CEEP) Program Manager, introduced the topic and provided a layout of the three presentations being presented on the topic. Mary Ann O'Garro, the Department's Epidemiologist, would provide information on the Chronic Health Conditions - Diabetes and Obesity and provide statistics of these conditions in our community; Heidi Allison, RN and Valerie Brandt, RN, both Nursing students of Western Governor's University and local nurses, would present findings from their Obesity and Diabetes studies; Mr. Hawkins would then provide information on the connection of the topic to Thurston County's Strategic Plan and Thurston Thrives.

Ms. O'Garro then gave a presentation providing information regarding types of diabetes disease, the seriousness of the disease and how an individual's change of habits could avoid type 2 diabetes. She provided Thurston County statistics for adults with diabetes and pre-diabetes. Ms. O'Garro discussed obesity, a condition that increases health risks, and then shared obesity statistics for youth in our County. The Board thanked Ms. O'Garro for the information.

Ms. Allison and Ms. Brandt presented findings from their Community Health Project. They provided statistics of Obesity in Thurston County, stating obesity is a complex multifaceted issue

with no single solution; they shared ways to reduce obesity, stating to change the obesity epidemic community efforts should focus on supporting healthy eating and active living. Ms. Allison and Ms. Brandt discussed Type 2 Diabetes, provided current statistics and projections nationally; discussed prevention of diabetes; and shared access to health education in our community. They then stated healthy food and increased physical activity equals prevention and treatment for both obesity and diabetes. Throughout the presentation it was noted the Thurston Thrives Food Action Team and the Community Design Action Team Strategies promote healthy foods and increased physical activity. Ms. Allison and Ms. Brandt commended the County for their efforts and work through Thurston Thrives stating the work of all the Action Teams is impressive. At Vice Chair Blake's request, Ms. Brandt provided clarification on providing individual patients they see as nurses with education on the dangers of diabetes such as loss of limb, kidney failure, etc. Ms. Allison stated education to the community also needs to be addressed. Dr. Wood thanked them both for the presentation and recognized the importance of the teachable moments they have with their patients and family members. Commissioner Wolfe expressed her appreciation for their efforts in educating our community's children and requested additional information regarding what types of fruits and vegetables are most beneficial to eat. Ms. Brandt described types of foods that are dense in nutrients and most beneficial to health. The Board thanked Ms. Allison and Ms. Brandt for their presentation and hard work.

Mr. Hawkins gave a presentation on Chronic Disease Prevention, Part of a Collective Impact Approach to Public Health. He provided examples of policy level efforts being done by Thurston County. One of the basic values in the Thurston County 2014 – 2018 Strategic Plan is to "Encourage healthy eating and active living". The Public Health and Human Services Department's Mission is to "Promote conditions in the community that support the health and well-being of individuals and families". The goal being to make the healthy choice the easy choice. Thurston County has also added a Health & Human Services Chapter to the County Comprehensive Plan which includes sections on Nutrition: improve places where people purchase food or eat so that healthy options accessible to all local residents; and on Physical Activity: create environments for active living so that community environment and its policies increase physical activity. The Comprehensive Plan also includes Land Use and Transportation plans that guide our community growth. Mr. Hawkins explained the connection of this topic to Thurston Thrives which consists of community partners coming together to build an understanding on how health behaviors are part of the bigger picture, how our community becomes healthy and stays healthy. In regards to Healthy Eating, one of the Thurston Thrives Food Action Team's goals is "kids and families are at a healthy weight with activities aimed at improving this". In regards to Active Living, the Community Design Action Team strategies are focused on "Creating a built environment that supports the vision of our community being physically active in our daily lives". Mr. Hawkins discussed the Steps to Collective Impact and Prevention used in Thurston Thrives Initiative as follows, Step 1) building partners; 2) Action Teams build strategies; and 3) provide support for implementation which is the step Thurston Thrives is in now. Mr. Hawkins then shared the Community Design Action Team Strategy Map which is one of ten action teams. He reviewed the map strategies, objectives, goals and vision. He gave examples of two efforts to reach the community, with a message about healthful behaviors regarding healthy child weight, called "75210" (www.75210.org) and Thurston Community Gardens (www.thurstoncommunitygardens.org) which provides the community with access to growing, harvesting and having access to healthy fruits and vegetables. Mr. Hawkins then noted an additional Thurston Thrives connection to Chronic Health Conditions being the Child Youth and Resiliency Action Team's Strategy to reduce Adverse Childhood Experiences