



## 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 of November 8, 2011

#### 1) CALL MEETING TO ORDER

**Attendance:** Chair Wolfe, Vice Chair Romero, Commissioner Valenzuela, County Manager Don Krupp, Health Officer Diana Yu, Department Director Sherri McDonald, Environmental Health Division Director Art Starry and Clerk of the Board of Health Lydia Hodgkinson.

Chair Wolfe called the meeting to order.

- a) **Approval of Board of Health Agenda** – Vice Chair Romero moved to approve the agenda of November 8, 2011. Commissioner Valenzuela seconded the motion. The motion carried.
- b) **Approval of minutes** – Vice Chair Romero moved to approve the Board of Health meeting minutes of August 9, 2011. Commissioner Valenzuela seconded the motion. The motion carried.

#### 2) PRESENTATION

**Item Description:** Award of Certificate of Appreciation to Linda Kleingartner in recognition of valuable contributions to Thurston County Healthy Child Weight: To create a community and environments which encourage kids to be physically active and eat healthy food.

**Presenter:** Sherri McDonald

Sherri McDonald recognized Jeff and Linda Kleingartner, who created, coordinate and promote a recess-based running program called Track Stars in elementary schools in the Olympia School District. Ms. McDonald acknowledged Cathy McCormick with the Thurston Regional Planning Council who was in the audience. Ms. McDonald stated Track Stars is one of many community programs in support of the Healthy Child Weight Coalition's goal to improve the health of our children in the community. The program was created several years ago at Garfield elementary by the Kleingartners and their son, Thomas. Mr. and Ms. Kleingartner addressed the Board describing the Track Stars program which is a running club held during first recesses on Tuesdays, Wednesdays, Thursdays, and Fridays at Garfield Elementary. Volunteers, which are always needed, monitor and mark the laps for each participant. Ms. Kleingartner stated there is a 50% drop of physical activity between elementary and middle school which confirms the importance of programs like Track Stars. Students set goals and track their progress to earn incentives such as recognition at school assemblies, certificates and plastic necklace charms donated by the school's PTA. The program has lowered the number referrals to the office for behavior problems. Teachers have noticed that when recess is over students are focused. Track Stars has been adopted at several other Olympia elementary schools: Garfield, Pioneer, Boston Harbor, Hansen, Madison and LP Brown. Track Stars has been featured recently in The Olympian. The Kleingartners are working to bring the program to neighboring school districts. They are also working on a grant opportunity that could fund several schools. Chair Wolfe expressed her appreciation for the program and the competition incentive included. Commissioner Valenzuela thanked the Kleingartners for their participation in the Healthy Child Weight Coalition meetings. Mr. Kleingartner noted that



students get a special recognition at assemblies which are very special for 1<sup>st</sup> and 2<sup>nd</sup> graders. He acknowledged community businesses for their support as program volunteers at Garfield Elementary. Commissioner Romero questioned if school districts in South County have been contacted to participate. Ms. Kleingartner stated she wants to include them but would appreciate the suggestion of a contact person. Commissioner Romero will research a contact name and give it to Chris Hawkins the Public Health & Social Services Active Healthy Communities Coordinator. The Board presented Ms. Kleingartner with a Certificate of Appreciation.

3) **UPDATE ON CITIZEN ISSUES** - none

4) **OPPORTUNITY FOR THE PUBLIC TO ADDRESS THE BOARD** - none

5) **ACTIVE AND HEALTHY COMMUNITIES: BUILT ENVIRONMENT SHAPES HEALTH**

Chris Hawkins the Public Health & Social Services Department Chronic Disease Prevention Section and the Environmental Health Education and Outreach program gave an update on our work in active communities, emphasizing the connection between health and the built environment. Mr. Hawkins acknowledged various partners in the community from neighborhood home associations, public schools, and local governments and described some of their efforts to create a healthier community through changes that increase physical activity in our community. He acknowledged Jack Horton, a representative of Woodland Trail Greenway Association, who was present at the meeting for their contributions to the community. Although the Department Steps to a Healthier Washington grant funding ran out in 2008 the community continues to focus on walk ability. The design of our communities is important to a key determinant of health, the physical environment and a key to providing support for healthy living. The public's health is affected by the environments where they work, play and do other activities of daily life. The built environment, buildings, roads and other features of the community and how they are arranged, is a factor in nutrition, physical activity and other health behaviors. Built environment includes land use, parks, transportation and urban development and is shaped by county plans and policies. Mr. Hawkins discussed what is to come in 2012 which includes the county engaging in policy development that will help reshape the built environment to be more health-promoting for example, the new Health & Human Services Chapter of the Comprehensive Plan and the proposed Tobacco/Smoke-Free Policy. Chair Wolfe expressed her appreciation with the concept of putting people first when planning land use projects. The Board commended staff for the direction they are taking to connect health and the built environment.

Cathy McCormick with the Thurston Regional Planning Council spoke in support of all community programs mentioned, the County including a health chapter in the Comprehensive Plan and Sustainable Thurston project all of which work towards the goal of preserving our quality of life and growing smart.

Jack Horton spoke in support of creating and maintaining places for the public to visit such as Monarch Park. He shared an idea of using an area at the intersection of the Chehalis Western Trail and the Woodland Trail where a proposed new bridge will cross Pacific Avenue to create a place to bring people together that walk the trails or ride bikes. Commissioner Romero commented on the creation of



Monarch Park being the only major attraction on the trail. She noted the park's creation was only made possible due to the efforts of Mr. Horton and his many volunteers.

**4:30 P.M. - PUBLIC HEARING with separate minutes**

To receive testimony on ordinance to amend article II of the Sanitary Code for Thurston County to redefine the food establishment permit categories, definitions and process for issuing food service permits, and, Article I, Appendix A of the Thurston County Sanitary Code to establish fees for the new permit categories

**6) PUBLIC HEALTH EMERGENCY PREPAREDNESS UPDATE**

Sherri McDonald introduced Sue Poyner the Local Emergency Response Coordinator (LERC) for Public Health & Social Services (PHSS) Department. Ms. Poyner introduces Kenneth Walker the 2011 AmeriCorp Vista volunteer who works in the Medical Reserve Corp Volunteer (MRC) program. Ms. Poyner gave a presentation update on the planning, preparedness, and collaboration efforts that the Department is engaged in to better protect the residents of Thurston County during a Public Health emergency. When a disaster and or public health emergency happens it is critical that the Thurston County PHSS Department is prepared to respond quickly to protect Thurston County residents from potential health hazards. The Department must continually plan to anticipate, detect, access, and understand the health risks and impacts of an emergency on the community and residents. The Public Health Emergency Response Plan is designed to provide coordination for all types of public health emergencies. The plan defines roles and responsibilities of staff, volunteers, response partners, mitigation efforts, response, and recovery operations. County-wide coordination with other emergency response organizations in Thurston County and their respective emergency plans is critical to our ability to protect and promote public health in Thurston County. The plan also provides a link to regional and state emergency plans. Ms. Poyner described three exercises that were held in 2011 – a disease investigation, Region 3 health care coalition and a back to school vaccination clinic. She also described emergency responses – 2009 flood, 2010 H1N1 outbreak, 2011 Japan Earthquake/radiation and 2011 rabies exposure. The Board expressed their appreciation for the presentation.

**7) DIRECTOR'S REPORT**

Sherri McDonald provided an update on the Community Transformation Grant. The State of Washington Department of Health (DOH) has been awarded 3.2 million dollars. Specific grant requirements and dollar amounts to be distributed will be released on November 28<sup>th</sup>. Ms. McDonald discussed with the Board which counties were included in DOH's grant application and provided eligibility criteria to apply for the grant.

The Board requested two topics to be presented at a future meeting – a Community Transformation Grant update and child abuse statistics.

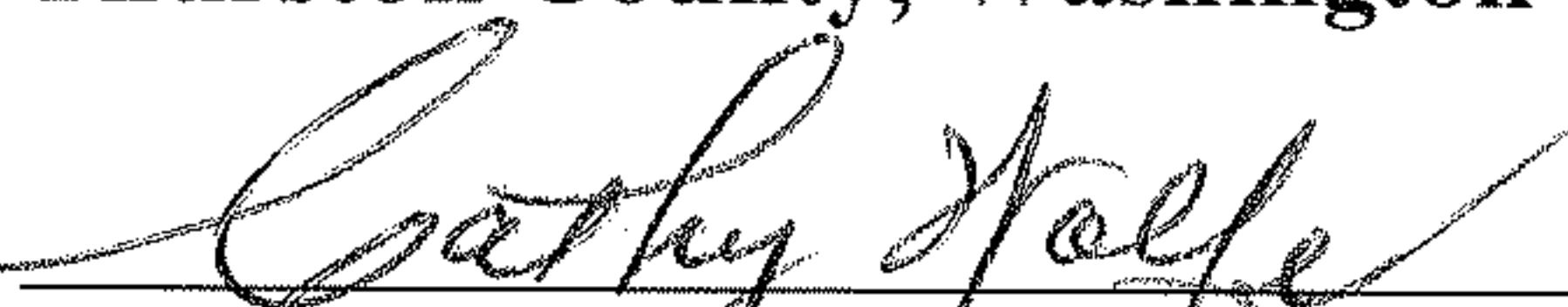
8) **HEALTH OFFICER'S REPORT**

Dr. Yu reminded everyone to get a flu shot.


9) **ADJOURNMENT**

Vice Chair Romero moved to adjourn the meeting. Commissioner Valenzuela seconded the motion. The motion carried.

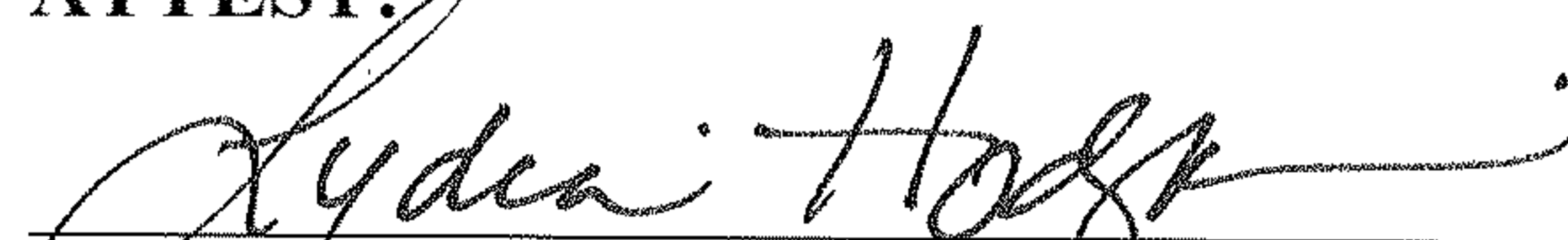
**BOARD OF HEALTH**  
**Thurston County, Washington**

  
CATHY WOLFE, Chair

  
SANDRA ROMERO, Vice Chair

  
KAREN VALENZUELA, Commissioner

ATTEST:

  
Lydia Hodgkinson, Clerk of the Board

Date: 12/6/11