



Board of Health

Tye Menser, Chair * Maria Williams, Vice Chair * Gary Edwards, Member
Beth Harvey, Member * Carolina Mejia, Member * Lynn Nelson, Member
Robin Vazquez, Member

The Thurston Board of Health has responsibility and authority for public health in both incorporated and unincorporated areas of the County.

Agenda of Tuesday, April 11, 2023

Summary of Timed Items

4:30 p.m.) Call Meeting to Order
4:40 p.m.) Proclamations and Presentations

1) 4:30 p.m.) Call Meeting to Order

- Approval of the Agenda

2) Opportunity for the Public to Address the Board of Health

4 minutes per citizen

3) 4:40 p.m.) Proclamation

Description: Prescription Drug Take Back Day
Proclamation

Contact: Chris Hawkins, Program Manager

Action: The Board of Health will proclaim April
22nd at Prescription Drug Take Back Day in
Thurston County.



BoH-AIS-2023-04-11-
CommissionersOffice-
JamieCaldwell-3139.pdf
PDF File
288 KB

4) Department Item

Description: Legislative Update

Contact: David Bayne, Public Health & Social
Services Director

Action: The Director of Public Health & Social
Services will provide the Board of Health
with a legislative update.



BoH-AIS-2023-04-11-
CommissionersOffice-
JamieCaldwell-0135.pdf
PDF File
96.5 KB

5) Department Item

Description: Board of Health Fiscal Sub-Committee Appointments

Contact: Jamie Caldwell, Clerk of the Board

Action: Move to appoint Board of Health Members to the Board of Health Fiscal Sub-Committee.



BoH-AIS-2023-04-11-CommissionersOffice-JamieCaldwell-3951.pdf
PDF File
96.5 KB

6) Department Item

Description: Nisqually Reach Septic Operation and Maintenance Program Renewal

Contact: Jane Mountjoy-Venning, Sr. Environmental Health Specialist

Action: Discuss and provide BoH guidance to staff regarding recommended options for the future of the Nisqually septic operation and maintenance program.



BoH-AIS-2023-04-11-PHSS-JaneMountjoyVenning-2025.pdf
PDF File
2.21 MB

7) Health Officer's Report

Dr. Dimyana Abdelmalek will report on various items.

8) Adjournment

Motion:

Move to adjourn the Board of Health meeting of April 11, 2023

Disability Accommodations: Room 110 is equipped with an assistive listening system and is wheelchair accessible. To request disability accommodations call the Reasonable Accommodation Coordinator at 360-786-5440. Persons with speech or hearing disabilities may call via Washington Relay: 711 or 800-833-6388.



Board of Health AGENDA ITEM SUMMARY

Agenda Date: 04/11/2023

Date Created: 3/29/2023

Agenda Item #:

Created by: Jamie Caldwell, Clerk of the Board - Commissioners Office - 360-786-5540

Presenter: **Chris Hawkins, Program Manager - Disease Control and Prevention - 360-867-2513**

Presenter #2: , - -

Item Title:

Prescription Drug Take Back Day Proclamation

Action Needed: Other

Class of Item: Department

List of Exhibits



Proclamation - Take
Back Day 2023-
Final.docx
Microsoft Word
Document
79.2 KB

Recommended Action:

The Board of Health will proclaim April 22nd as Prescription Drug Take Back Day in Thurston County

Item Description:

Over the past 5 years, Thurston County has convened the Thurston County Opioid Task Force and supported two youth substance use prevention coalitions in our community, Bucoda-Tenino Healthy Action Team (B-THAT) and Tumwater Healthy Opportunities for Prevention, Empowerment and Success (Tum HOPES). The County's health department also works to reduce exposures to, as well as harm to people and damage to the environment from, various household products, including medications. These efforts share an aim of preventing the misuse of prescription drugs and reducing access and exposure especially to the most dangerous among these drugs, opioids.

The youth coalitions have participated in drug take-back events in the spring and fall of each year and have conducted communications campaigns, of which this proclamation is a part, to increase awareness of the availability of safe storage and disposal options.

During this time period, a state law establishing a safe medicine return product stewardship program, in which the pharmaceutical companies who sell products into Washington State pay for a system of convenient drop-box and other safe and secure disposal options, went into effect. This more than doubled the availability of secure medicine return drop boxes around Thurston County, now with health clinic and pharmacy partners (including large retail chains like Rite Aid and Safeway) as well as longstanding law enforcement efforts like Tumwater Police Department. At present there are close to 30 locations accepting safe disposal of prescription medications, and you can find the listing of that at:

www.thurstonmedicationtakeback.org

These efforts and collaboration with our community help PHSS achieve its mission and move forward on the Thurston County Strategic Plan initiatives (1) Improve health outcomes for all, with particular focus on supporting the health and safety of youth and preventing their initiation in substance use, and (2) Improve community health, wellness and safety, with its focus on deploying resources and strategies to address the opioid epidemic.

Communication with the public and leaders about the health issues around substance use or misuse, and engaging in a variety of strategies, including providing fact-based public information, is a major part of these efforts.

Date Submitted: 3/29/2023

THURSTON COUNTY

Proclamation

Prescription Drug Take Back Day

WHEREAS, National Prescription Drug Take Back Day is a day for every American, in every community across the country, to do their part to fight the opioid epidemic, prevent youth substance misuse, and help maintain a healthy environment by safely disposing of unwanted prescription medications from their homes; and

WHEREAS, the Drug Enforcement Agency (DEA) launched a national Drug Take Back initiative in 2010 with the Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) because expired, unused, and unwanted medication can be a public health and public safety issue; and

WHEREAS, disposing of unwanted or unused prescription medication safely, rather than throwing them away or flushing them down the toilet or drain, prevents them from getting in the water supply; and

WHEREAS, disposing of unwanted or unused prescription medication or illicit drugs regularly prevents them from finding their way into the wrong hands; and

WHEREAS, Thurston County is facing an opioid epidemic, losing 153 individuals to overdoses in 2022, the majority of which were due to Fentanyl; and

WHEREAS, we recognize this opioid epidemic has a serious health impact on individuals, families, and the community with safe medication and illicit drug return disposal being a key prevention strategy; and

WHEREAS, in 2021, 2% of Thurston County 8th graders had misused over-the-counter drugs like cough medicine in the past month and 2% had used medication not prescribed to them in the past month, often because it is easier to get and thought to be safer coming from family or friends; and

WHEREAS, helping people safely dispose of prescription drugs, at no cost to local residents, is one of many important ways our local health care clinics, law enforcement agencies, and pharmacies are working to reduce the impact of drug misuse, abuse, and overdoses; and

WHEREAS, our County government promotes National Take Back Days, along with our local jurisdictional partners including the Town of Bucoda, City of Tenino, City of Tumwater, and our community youth substance use prevention Empowerment, and Success (Tumwater HOPES); and

WHEREAS, the Board of Health supports implementation of the Washington State law that established a statewide system for safe and secure collection and disposal of medicines or drugs through a uniform drug 'take-back' program, and encourages Thurston County residents to participate in safely disposing of unwanted or unused medication as a routine.

NOW, THEREFORE, BE IT RESOLVED, the Board of Health hereby proclaims April 22nd as **Prescription Drug Take Back Day** in Thurston County, and urges all residents to participate and dispose of unused, unwanted, or expired prescription medications at a local safe disposal location.



THURSTON COUNTY
WASHINGTON
SINCE 1852

Adopted this 11th day of April 2023

BOARD OF HEALTH



Board of Health AGENDA ITEM SUMMARY

Agenda Date: 04/11/2023

Date Created: 3/29/2023

Agenda Item #:

Created by: Jamie Caldwell, Clerk of the Board - Commissioners Office - 360-786-5440

Presenter: **David Bayne, Public Health & Social Services Director - Administration - 360-867-2502**

Item Title:

Legislative Update

Action Needed: Other

Class of Item: Department

List of Exhibits

 File Attachment

Recommended Action:

The Director of Public Health & Social Services will provide the Board of Health with a legislative update.

Item Description:

None

Date Submitted: 3/29/2023



Board of Health AGENDA ITEM SUMMARY

Agenda Date: 04/11/2023

Date Created: 3/29/2023

Agenda Item #:

Created by: Jamie Caldwell, Clerk of the Board - Commissioners Office - 360-786-5440

Presenter: **Jamie Caldwell, Clerk of the Board - Commissioners Office - 360-786-5440**

Item Title:

Board of Health Fiscal Sub-Committee Appointments

Action Needed: Pass Motion

Class of Item: Department

List of Exhibits

 File Attachment

Recommended Action:

Move to appoint Board of Health Members to the Board of Health Fiscal Sub-Committee

Item Description:

None

Date Submitted: 3/29/2023



Board of Health AGENDA ITEM SUMMARY

Agenda Date: 04/11/2023

Date Created: 3/29/2023

Agenda Item #:

Created by: Jane Mountjoy-Venning, Sr. Environmental Health Specialist - PHSS - 360-867-2643

Presenter: **Jane Mountjoy-Venning, Sr. Environmental Health Specialist - PHSS - 360-867-2643**

Presenter #2: **Art Starry, Environmental Health Division Director - Administration - 360-867-2587**

Item Title:

Nisqually Reach Septic Operation and Maintenance Program Renewal

Action Needed: Other

Class of Item: Department

List of Exhibits



Nisqually O&M Renewal
Options_BOH 4-11-
23_FINAL.pdf
PDF File
2.14 MB

Recommended Action:

Discuss and provide BoH guidance to staff regarding recommended options for the future of the Nisqually septic operation and maintenance program.

Item Description:

Staff will review the current status of the Nisqually Reach Shellfish Protection District and present recommendations and options for the septic operation and maintenance program which sunsets on December 31, 2023 unless re-enacted.

The septic system management program has been successful. Some 90% of 4,731 on-site sewage systems in Nisqually are current with inspections and maintenance. Over 1,500 repairs have been made on septic systems in the area. Over a thousand Nisqually residents have become certified to inspect their own systems. The program has contributed to water quality improvements that resulted in the upgrade of 127.3 areas of commercial shellfish harvesting area in Nisqually with no additional downgrades during a time that population in the area increased by 35%. The program is financed by rates and charges collected via the property tax statement.

While this work and the associated water quality improvements are impressive, threats remain, and work needs to continue to sustain these improvements. The Nisqually Reach Shellfish Protection District was established in 2001 in response to shellfish harvesting downgrades and impaired surface water quality. The Nisqually Reach and Henderson Inlet Shellfish Protection District Consolidated Work Program identified failing septic systems as a significant pollution source. The septic system monitoring and maintenance program started in 2013 to implement the work plan and improve water quality.

Experience here and in other Puget Sound counties show that conditions change and without ongoing attention, septic systems will fail, and new pollution sources emerge that pollute surface water and threaten public health and shellfish harvesting areas.

This presentation will present staff recommendations to continue the septic system monitoring and maintenance program with modifications that build upon and protect its success at improving water quality. There will be an opportunity for discussion of options for the future of the Nisqually Reach Shellfish Protection District and the septic operation and maintenance program. An ordinance to re-enact or amend the current program must be considered at public hearings before the Board of Health and Board of County Commissioners.

Date Submitted: 3/29/2023



Nisqually Reach Watershed Protection Area Septic System Operation & Maintenance Program

Options for the Future

Board of Health – April 11, 2023

Today's Presentation Covers:

- Brief introduction to 3 options:
 - Status Quo
 - Sanitary Survey
 - Sunset
- Brief background on Septic Operations & Maintenance Program
- Discussion on Options – Pros & Cons



3/29/2023

Environmental Health Division, Water Quality
Program, O&M Section



Nisqually Marine Recovery Area

Options for Septic Operations & Maintenance

Program Element	Status Quo	Sanitary Survey	Sunset
Require operational certificates (OPCs) for all properties in program area	X	X	
Provide financial aid for low-income septic owners and incentives (riser rebates)	X	X	
Dye Tests for high-risk properties every 9 years	X		
Initial dye test required: then sanitary surveys for high-risk properties every 9 years with dye test required if cause for concern		X	

History: Nisqually Shellfish Protection District

SHELLFISH HARVESTING
CLOSED
ON THIS BEACH

Shellfish are not safe to eat due to pollution, such as:

- bacteria
- viruses
- harmful chemicals

Không nên ăn nghêu sò vì bị chất ô nhiễm. Vietnamese
오염 경고! - 어패류(게, 조개, 새우)를 먹지 마십시오. Korean
សូមកុំពិសាសត្វសត្វទន្សៀន ឬ ឆ្កែ ឬ ត្រី ។ ដោយហេតុផលក្រុម ។ Cambodian
ຫ້າມກິນສັດນ້ຳທີ່ມີເບືອກ ຍ້ອນສາຍເຫດວ່ານ້ຳສົກກະບົກ. Laotian
由於水質污染，切勿食用貝類。 Chinese

No coma mariscos debido a la contaminación. Spanish
В связи с загрязнением окружающей среды употребление в пищу моллюсков запрещено. Russian

Health
360-236-3330

Always check the shellfish safety hotline:
1-800-562-5632 or
www.doh.wa.gov/shellfishsafety.htm

For more information, contact:



- In 2000, DOH downgraded 74 acres of shellfish growing area due to fecal coliform pollution
- Shellfish Protection District was formed by Board of Commissioners in 2001
- Nisqually Reach Shellfish Protection District Committee developed a work plan to improve water quality and recommended a risk-based septic system O&M program

History: Nisqually Shellfish Protection District

- 2009 Development of Nisqually O&M program began
- January 1, 2013 Nisqually Reach Septic O & M program was implemented.
- Program sunsets on December 31, 2023 unless re-enacted by BoH and BoCC



SEPTIC SYSTEM CARE
BEGINS WITH YOU

Environmental Health Division, Water Quality
Program, O&M Section



Program Goal: Reduce Pollution From Septic Systems to Improve Water Quality

Program Requires

- Regular septic system inspections
- Maintenance, repairs, and pumping when needed
- Identification of failing septic systems followed by repair, replacement, or sewer connection

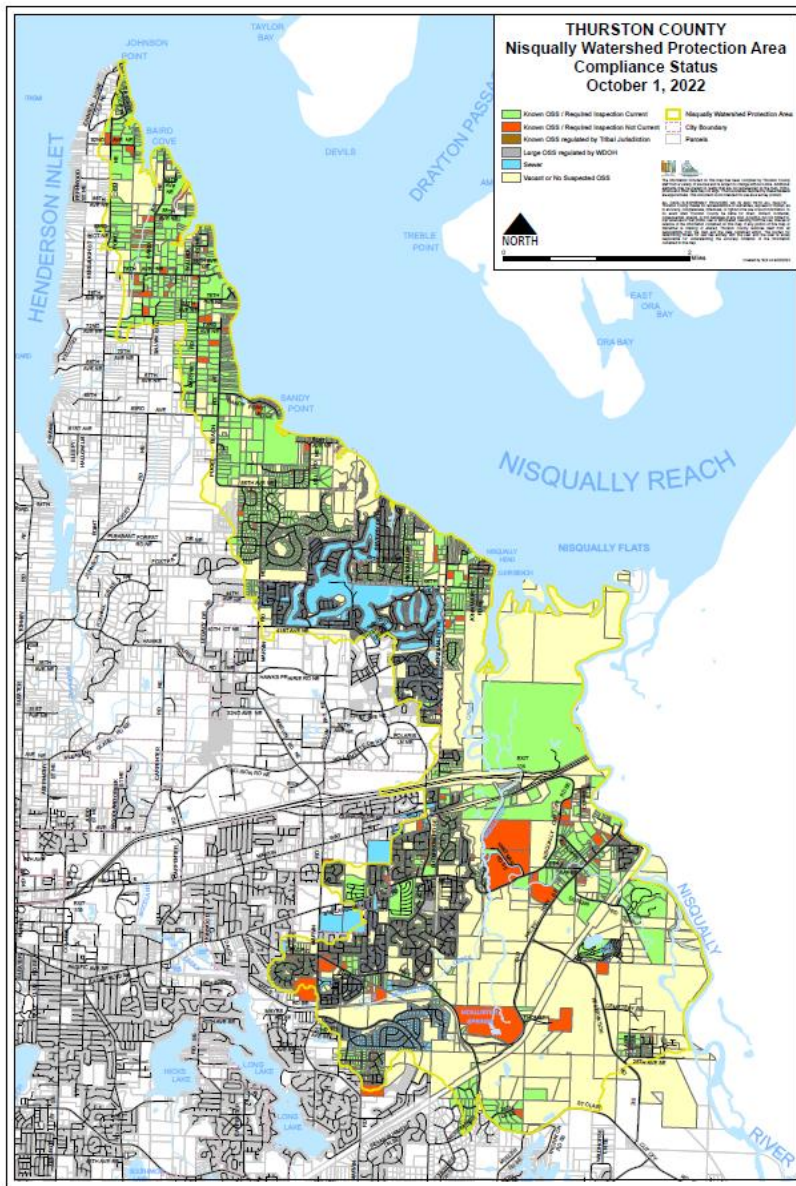
Low risk – inspections

High risk – inspections and dye tests

Program Goal: Reduce Pollution From Septic Systems to Improve Water Quality

Criteria to Measure Program Success

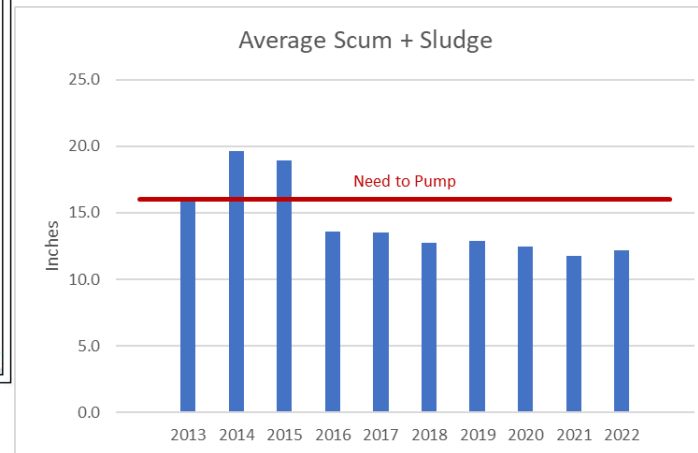
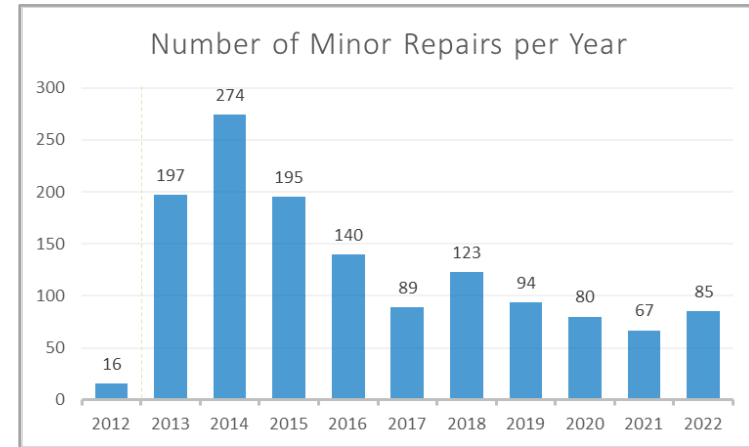
- ☐ Maintain water quality in approved areas
- ☐ Improve water quality in downgraded and unapproved areas
- ☐ Increase number of septic systems with recent inspections and maintenance (OPC compliance)



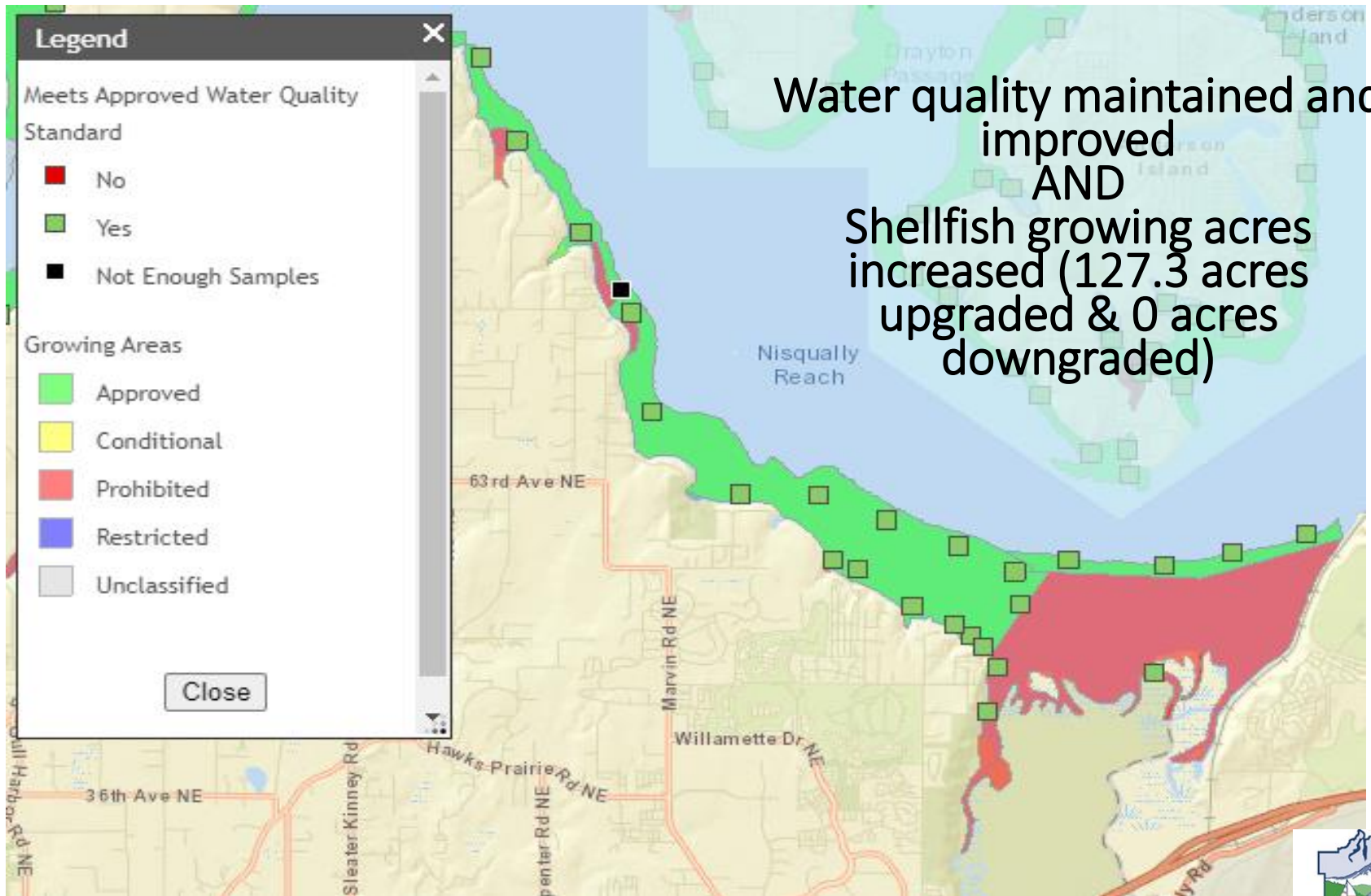
SUCCESS!

90% Compliance

Homeowners are inspecting and maintaining their systems



SUCCESS!



Nisqually Reach Water Quality Summary (March 2023)

Table 1: Summary of Marine Water Data (last 30 samples)

Station Number	Classification	Date Range	Range (FC/100 mL)	GeoMean (FC/100 mL)	Estimated 90 th (FC/100 mL)	Meets Standard
222	Approved	6/18/2018 - 1/10/2023	1.7 - 49.0	2.6	8.0	Yes
223	Approved	6/4/2018 - 1/10/2023	1.7 - 23.0	2.6	7.1	Yes
225	Approved	6/4/2018 - 1/10/2023	1.7 - 13.0	2.7	5.9	Yes
227	Approved	6/4/2018 - 1/10/2023	1.7 - 4.5	2.0	2.9	Yes
231	Approved	6/4/2018 - 1/10/2023	1.7 - 11.0	2.6	5.6	Yes
233	Approved	2/5/2018 - 1/10/2023	1.7 - 4.5	1.8	2.3	Yes
237	Approved	6/4/2018 - 1/10/2023	1.7 - 7.8	1.9	2.8	Yes
240	Approved	6/4/2018 - 1/10/2023	1.7 - 2.0	1.7	1.8	Yes
242	Approved	6/4/2018 - 1/10/2023	1.7 - 8.3	1.8	2.7	Yes
243	Approved	6/4/2018 - 1/10/2023	1.7 - 7.8	1.9	3.0	Yes
245	Approved	2/5/2018 - 1/10/2023	1.7 - 7.8	1.8	2.6	Yes
246	Approved	6/18/2018 - 1/10/2023	1.7 - 33.0	2.4	5.9	Yes
247	Approved	6/4/2018 - 1/10/2023	1.7 - 13.0	2.3	4.9	Yes
248	Approved	6/4/2018 - 1/10/2023	1.7 - 11.0	2.0	3.5	Yes
250	Approved	6/4/2018 - 1/10/2023	1.7 - 7.8	1.8	2.6	Yes
251	Approved	6/4/2018 - 1/10/2023	1.7 - 4.5	1.8	2.3	Yes
252	Approved	6/4/2018 - 1/10/2023	1.7 - 6.1	1.8	2.7	Yes
253	Approved	6/4/2018 - 1/10/2023	1.7 - 13.0	2.6	6.0	Yes
709	Approved	6/4/2018 - 1/10/2023	1.7 - 31.0	3.7	10.6	Yes
759	Approved	6/4/2018 - 1/10/2023	1.7 - 7.8	2.3	4.3	Yes
876	Approved	12/4/2018 - 1/10/2023	1.7 - 2.0	1.7	1.8	*N/A
224	Prohibited	2/5/2018 - 1/10/2023	1.7 - 17.0	3.2	9.0	Yes
234	Prohibited	6/4/2018 - 1/10/2023	1.7 - 49.0	4.4	16.0	Yes
235	Prohibited	6/4/2018 - 1/10/2023	1.7 - 49.0	10.9	42.3	Yes
249	Prohibited	6/4/2018 - 1/10/2023	1.7 - 6.8	1.9	3.0	Yes

SUCCESS!

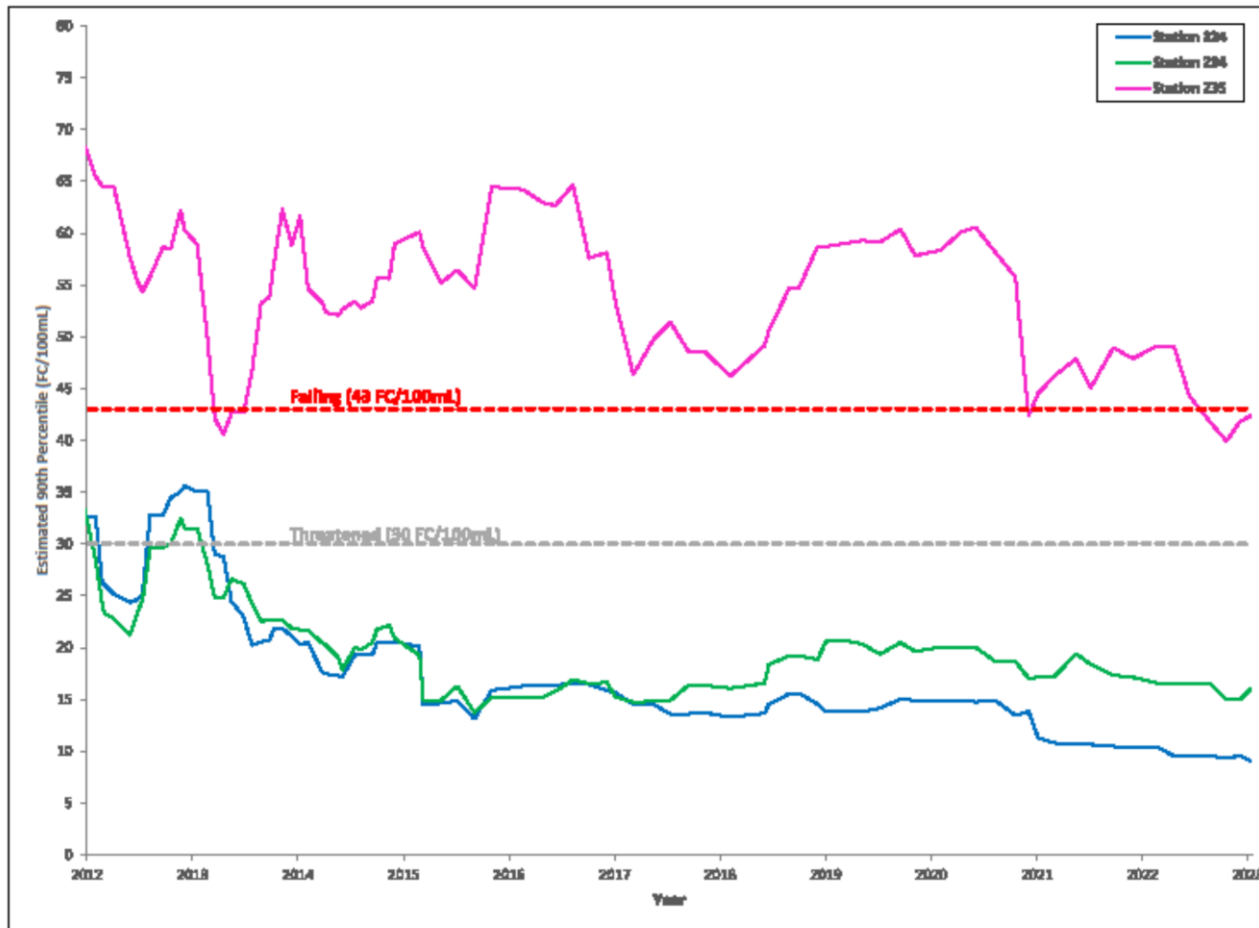
All stations meet bacteria standard for shellfish growing waters.

The standard for approved shellfish growing waters is fecal coliform geometric mean not greater than 14 organisms / 100 mL with an estimated 90th percentile not greater than 43 organisms / 100 mL. The above table shows bacteriological results in relation to program standards.

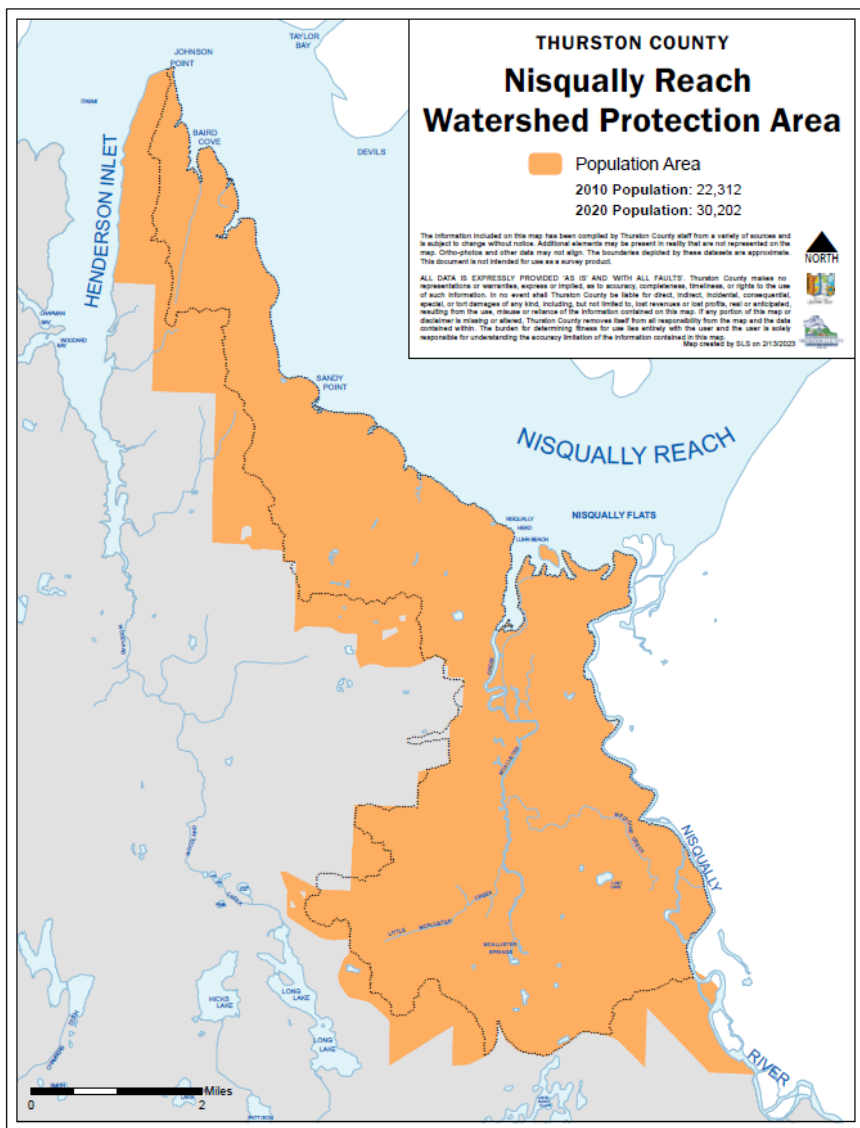


SUCCESS!

Nisqually Reach Water Quality Summary (March 2023)



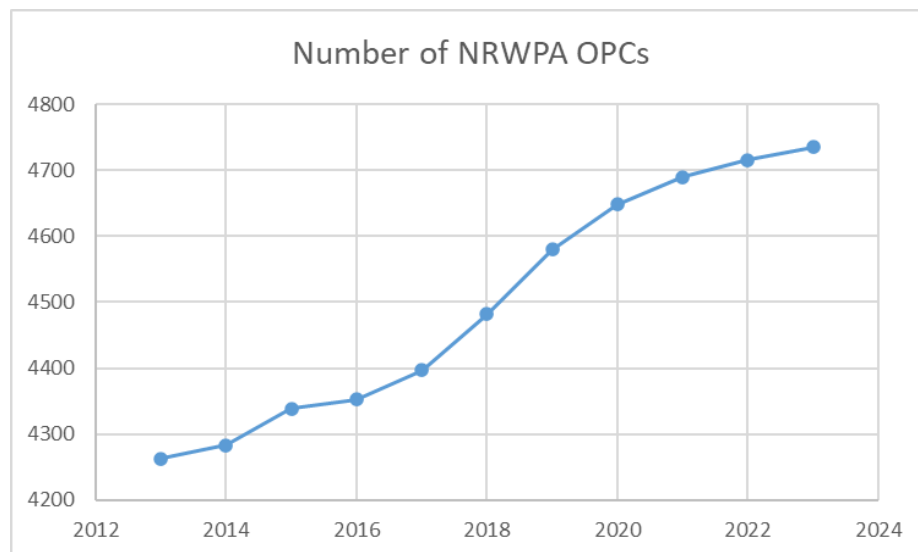
- 3 stations showing trend of improving water quality
- No stations showing worsening trend



SUCCESS!

Water quality improvements despite increases in

- population (35%)
- septic systems (11%)



Nisqually Marine Recovery Area

Options for Septic Operations & Maintenance

Program Element	Status Quo	Sanitary Survey	Sunset
Require operational certificates (OPCs) for all properties in program area	X	X	
Provide financial aid for low-income septic owners and incentives (riser rebates)	X	X	
Dye Tests for high-risk properties every 9 years	X		
Initial dye test required: then sanitary surveys for high-risk properties every 9 years with dye test required if cause for concern		X	

Recommended Program Elements

- Operational Certificates required for all septic systems in program area
 - Inspection by certified individual, reviewed by EH staff
 - Deficiencies corrected; Pump if needed
 - Must NOT be failing
- Manage septic system records
- Provide financial aid options & riser rebates
- Provide technical assistance to homeowners
- Quality Assurance/Quality Control inspections

Recommended Program Modifications

- Require professional inspection at least once every 9 years
- Shift funding for self-inspection certification class to Foundational Public Health Services
- Require written diagnostic report on cause of septic failure
- Base any annual changes to rates on April CPI rather than June CPI, with maximum increase of 3.5%

Options: impacts 335 high-risk properties

Status Quo

- Conduct dye tests on all high-risk properties every 9 years
- Estimated cost per property ~ \$760



Sanitary Survey

- Initial dye test required
- Conduct sanitary survey on high-risk properties every 9 years
- Dye tests required if:
 - Bacteria levels are high
 - Sanitary survey shows reason for concern
- Estimated cost per property ~ \$450



Next Steps

- Update BoCC
- Solicit additional feedback from Shellfish Advisory Committee and community partners – *ongoing*
- Prepare draft ordinances – *early summer*
- Public Hearing - *summer*
- Action by BoH, BoCC - *fall*

Thank you!

For any comments, questions, or concerns, please contact:

Jane Mountjoy-Venning, Senior Environmental Health Specialist

jane.mountjoy-venning@co.thurston.wa.us (360) 867-2643

Art Starry, Environmental Health Director

art.starry@co.thurston.wa.us (360) 867-2587

Special thanks to Tracy Hall for evaluating program effectiveness as part of her Master of Public Health internship



SEPTIC SYSTEM CARE
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3/29/2023

Environmental Health Division, Water Quality
Program, O&M Section

