



Board of Health

Robin Vazquez- Chair, Carolina Mejia -Vice-Chair, Gary Edwards- Member, Tye Menser- Member, Wayne Fournier- Member, Emily Clouse- Member, Beth Harvey- Member, Heidi Kandel- Member, Lynn Nelson- Member, Perla Newton- Member, Ray Peters- Member, Tanzania Zenzali-Marshall- 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, February 13, 2024

Summary of Timed Items

3:45 p.m.) Call Meeting to Order

1) **3:45 p.m.) Call Meeting to Order**

- Approval of the Agenda

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

3 minutes per citizen

3) **Discussion: Fiscal Sub-committee**

Discussion in advance of appointing and re-appointing members. Official nominations and appointments to occur in March.

4) **Department Items**

Description: Proclamation Calendar

Contact: David Bayne, Department Director

Action: Review and vote



2024-BoCC-and-BoH-proclamation topic options .docx
DOCX File
22.6 KB

5) **Presentation**

Item: Strategic Plan Development Process

Contact: Dr. Jen Freiheit, Assistant Director

Action:



2024 BoH Strategic Planning PPT File

6) Health Officer's Report

Dr. Dimyana Abdelmalek will report on various items.

7) Adjournment

Motion: Move to adjourn the Board of Health meeting of February 13, 2024.

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.

YouTube

You can view the meetings live, or previously recorded, on the Thurston County YouTube channel at:
<https://www.youtube.com/channel/UCuANWax0cRG6I05UWvYkZ5g>

2023 BoH Proclamation Schedule

Presentation Date	Proclamation
February 14 th	National Children's Dental Health Month
March 14 th	Trans Visibility Day (31 st)
April 11 th	Prescription Drug Take-Back Day (22 nd)
May 9 th	National Nurses Week (8 th -12 th)
June 13 th	Food Safety/Composting Week (5 th -11 th)
August 8 th	National Breastfeeding Month
August 8 th	National Immunization Awareness Month
September 12 th	Suicide Prevention Awareness Month
October 10 th	National Children's Health Month
December 12 th	National Impaired Driving Prevention Month

2023 BoCC Proclamation Schedule

Presentation Date	Proclamation
January 10 th	Martin Luther King Jr. Day
February 7 th	African American History Month
February 28 th	Women's History Month (March)
March 28 th	Child Abuse Prevention Month
April 4 th	National Public Health Week (3 rd -9 th)
April 11 th	National Volunteer Month
April 18 th	Earth Day 2023 (April 22 nd)
April 25 th	Bike to Work Month (May)
May 2 nd	Asian Pacific Islander Heritage Month
May 9 th	Public Service Recognition Week
June 6 th	Pride Month
August 29 th	International Overdose Awareness Day (Aug 31 st)
September 5 th	Day of Service & Remembrance
September 12 th	National Hispanic Heritage Month
September 19 th	National Voter Registration Day
October 3 rd	Domestic Violence Awareness Month
October 10 th	Breast Cancer Awareness Month
October 17 th	Flood Awareness Week
November 7 th	Veterans Day
November 15 th	National Adoption Day

2024 BoH or BoCC Proclamation Topics: Topics highlighted in 2023

January	
Awareness topics	<ul style="list-style-type: none"> • National Blood Donor Month • National Human Trafficking Awareness Month • National Law Enforcement Appreciation Month • National Birth Defects Awareness Month
Awareness Days:	<ul style="list-style-type: none"> • 1/14/24 – Sexually Transmitted Infection Question Day • 1/15/24 – Martin Luther King Jr. Day • 1/27/24 – Parent Mental Health Day
February	
Awareness topics	<ul style="list-style-type: none"> • National Children’s Dental Health Month • National Spay and Neuter Awareness Month • American Heart Health Month (2/2/24 – wear red day) • African American History Month
Awareness Days:	<ul style="list-style-type: none"> • 2/5/24 – 2/11/24 – Sexual Abuse and Sexual Violence Awareness Week • 2/5/24-2/11/24 – Children’s Mental Health Week • 2/5/24-2/11/24 – National HIV testing week
March	
Awareness topics	<ul style="list-style-type: none"> • National Nutrition Month • Brain Injury Awareness Month • Developmental Disabilities Awareness Month • National Save Your Vision Month • Women’s History Month
Awareness Days:	<ul style="list-style-type: none"> • 3/08/24 – International Women’s Day • 3/17/24 – 3/23/24 – Poison Prevention Week • 3/31/24 – Trans Visibility Day
April	
Awareness topics	<ul style="list-style-type: none"> • Sexually Transmitted Diseases Awareness Month • National Child Abuse Prevention Awareness Month • National Volunteer Appreciation Month • Sexual Assault Awareness Prevention Month
Awareness Days:	<ul style="list-style-type: none"> • 4/1/24 – 4/7/24 – Public Health Appreciation Week • 4/7/24 – World Health Day • 4/11/24 – 4/17/23 Black Maternal Health Week • 4/21/24 – 4/27/24 – National Volunteer Appreciation Week

	<ul style="list-style-type: none"> • 4/22/24 – Earth Day • 4/29/24-5/5/24 – National Gardening Week
May	
Awareness topics	<ul style="list-style-type: none"> • (Make May Purple) Action on Stroke Month • National Walking Month • National Clean Air Month • Asian Pacific Islander Heritage Month
Awareness Days:	<ul style="list-style-type: none"> • 5/1/24-5/7/24 – Maternal Mental Health Awareness Week • 5/1/24-5/7/24 – Composting Week • 5/5/24 – 5/11/24 – Public Service Recognition Week • 5/6/24 – 5/13/24 – Children’s mental health week • 5/6/24 – 5/12/24 – National Nurses Week • 5/6/24 – 5/12/24 – Sun Awareness Week • 5/31/24 – World No Tobacco Day
June	
Awareness topics	<ul style="list-style-type: none"> • Pride Month
Awareness Days:	<ul style="list-style-type: none"> • 6/1/24 – International Children’s Day • 6/3/24-6/9/24 – Child Safety Week • 6/5/24 – World Environmental Health Day • 6/9/24 – 6/15/24 – Diabetes Awareness Month • 6/10/24 – 6/16/24 – Men’s Health Week • 6/14/24-6/23/24 – Drowning Prevention Week
July * No Meeting	
Awareness topics	<ul style="list-style-type: none"> • Plastic Free July • National Picnic Month • UV Safety Month • National Minority Mental Health Awareness Month (Prioritizing Minority Mental Health)
Awareness Days:	<ul style="list-style-type: none"> • 7/1/24 – 7/7/24 – Clean Beaches Week
August	
Awareness topics	<ul style="list-style-type: none"> • National Road Victim Month (Target Zero) • National Immunization Awareness Month • National Breastfeeding Awareness Month
Awareness Days:	<ul style="list-style-type: none"> • 8/1/24 – 8/7/24 – World Breastfeeding Awareness Week • 8/31- International Overdose Awareness Day
September	
Awareness topics	<ul style="list-style-type: none"> • National Healthy Aging Month (Depression is not a part of growing older) • National Preparedness Month • National Sexual Health Awareness Month

	<ul style="list-style-type: none"> • National Recovery Month • World Alzheimer Month • Reproductive Health Month • Food Safety Education Month • National Hispanic Heritage Month
Awareness Days:	<ul style="list-style-type: none"> • 9/10/24 – 9/16/24 – National Suicide Prevention Week (9/10 – Suicide Prevention Day) • TBD – Falls Prevention Week • TBD – Septic Smarts Week • 9/24/24 – National Voter Registration Day
October	
Awareness topics	<ul style="list-style-type: none"> • Breast Cancer Awareness Month • National Children's Health Month • Domestic Violence Awareness Month • Health Literacy Month • National Dental Hygiene Month
Awareness Days:	<ul style="list-style-type: none"> • 10/1/24 – 10/7/24 – Mental Illness Awareness Week • 10/7/24 – Child Health Day • 10/15/24 – Global Handwashing Day • 10/20/24 – National Mammogram Day • 10/29/24 – Prescription Drug Take Back Day • TBD – Flood Awareness Week
November	
Awareness topics	<ul style="list-style-type: none"> • National Family Caregivers Month • American Diabetes Awareness Month • Lung Cancer Awareness Month • National Diabetes Month • National Military Family Month
Awareness Days:	<ul style="list-style-type: none"> • 11/11/24 – Veterans Day • 11/15/24 – National Adoption Day • 11/14/24 – World Diabetes Day • 11/18/24 – The Great American Smokeout
December	
Awareness topics	<ul style="list-style-type: none"> • National Family Caregivers Month • Impaired Driving Prevention Month
Awareness Days:	<ul style="list-style-type: none"> • 12/1/24 – World AIDS day • 12/03/24 – International Day of Persons with Disabilities

Thurston County Board of Health **Strategic Planning**

February 13, 2024

Presenter: Dr. Jen Freiheit, Assistant Director – Public Health & Social Services



MINI STRATEGIC PLAN

2

2 years

2-3 goals

Starts March 2024



WHAT A GREAT COMMUNITY!

THE PEOPLE:

- ▶ Want to contribute to making our cities and towns better
- ▶ Skills, expertise, and are highly educated with progressive ideas
- ▶ Compassionate
- ▶ Care about the environment with a love for the outdoors
- ▶ Diverse ages and backgrounds
- ▶ Champions of inclusivity and care for social determinants of health
- ▶ Community spirit
- ▶ Growing population

THE ENVIRONMENT:

- ▶ Vibrant
- ▶ Natural
- ▶ Accessible
- ▶ Climate conducive to being outside
- ▶ Small town with city flare
- ▶ Access to fruits and veggies



THE LOCAL GOVERNMENT:

- ▶ Provides a strong economy with low unemployment
- ▶ Collaborative on regional approach to issues
- ▶ Dedicated
- ▶ Focuses on healthy water quality and safe food
- ▶ Seeks opportunities for improvement and growth
- ▶ Supports schools, kids' recreation programs, law enforcement, county and PHSS department staff
- ▶ Commissioners well informed and integrated into the community

Thank You Thurston County Public Health & Social Services!



KUDOS!

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- ▶ Talented & motivated employees throughout PHSS
- ▶ Dynamic leadership and invested leaders
- ▶ Partnerships (Community Partners, Local Health Jurisdictions, COVID-19, Youth & Families)
- ▶ Our nurse family partnerships
- ▶ Our water quality programs and shellfish protection efforts
- ▶ Integrated behavioral health (TST)
- ▶ Diverse Board of Health
- ▶ Housing Program
- ▶ Foundational Public Health Services (FPHS)

Appreciate:

- ▶ Openness to learn
- ▶ Flexibility to adapt

OPPORTUNITIES

- ▶ Increase media presence/communication to public (3)
 - ▶ Increase public awareness of PHSS resources and programs, how to access them, etc. (2)
 - ▶ More care options for un- or under-insured individuals (2)
 - ▶ Community programs (i.e. Intergenerational, families, youth, gaps in care for Developmental Disabilities) (2)
 - ▶ More intergovernmental funding and accessibility (2)
 - ▶ Partner with community resources to increase presence/ awareness such as with academic programs (2)
 - ▶ Vision for climate impacts/increase focus on EH prevention and mitigation (2)
-
- ▶ Taking care of Thurston County residents first
 - ▶ Better use of data and community health assessment
 - ▶ Advocate for lower vaccine costs
 - ▶ First responders authorized to administer naloxone
 - ▶ Preparations for community disasters; responding to extreme weather events
 - ▶ How trauma has impacted staff thus affecting goals and future plans
 - ▶ More strategic planning and clear goals



WHAT NEEDS TO CHANGE



Needs:

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- ▶ Search for grants to fill gaps (2)
- ▶ Hire a dedicated Board of Health Clerk to enhance communication with board members
- ▶ Increased funding for behavioral health
- ▶ Substance use disorder case management
- ▶ Crisis response staffing
- ▶ Equity advancement throughout every program and goal
- ▶ Data analysis of education and outreach efforts (includes website and social media metrics)
- ▶ Coordination; break-down silos

FAMOUS VISION STATEMENTS

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“To become the world’s most loved, most efficient, and most profitable airline.” – Southwest Airlines

“To create a better every-day life for many people.” – IKEA

“Bring inspiration and innovation to every athlete* in the world. (*If you have a body, you are an athlete.)” – Nike

“To be a nerd for all your needs.” – Nerdster

“A world without Alzheimer’s disease and all other dementia.” – Alzheimer’s Association

“Build the best product, cause no unnecessary harm, use business to inspire and implement solutions to the environmental crisis.” – Patagonia



VISION AKA VERBAL PICTURE

Current Vision:

N/A

Visions mature and change as
time passes.

Proposed Vision:

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- ▶ Empowered and United Communities for a Thriving Future.
- ▶ Partnering to be the healthiest county in Washington State
- ▶ Everyone living healthy, lengthy lives
- ▶ All people getting what they need

MISSION AKA YOUR PURPOSE

Current Mission:

“Assure conditions where children and families can develop as healthy productive members of the community, thereby reducing future impact on the criminal justice and other systems.”

****Almost everyone’s passion included ACCESS = A key point that translates to mission.**

Proposed Missions: (To...for Thurston County Residents)

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- ▶ improve quality of life and life expectancy
- ▶ optimize resources, services, and partnerships
- ▶ maximize positive health outcomes
- ▶ foster communities where every individual is empowered to optimize their health
- ▶ ensure that everyone, no matter their age or background can lead a happy fulfilling life
- ▶ assure a healthy community where people of all ages know they belong, with systems who are ready to help
- ▶ enable synergies and services that support residents to achieve their maximum potential

STRATEGIES “...THROUGH...”

- ▶ Data-driven assessment of community needs
- ▶ A focus on equitable policy and program development
- ▶ Continuous quality assurance
- ▶ Proactive public health initiatives
- ▶ Education and Outreach
- ▶ Collaboration
- ▶ Access to Services
- ▶ Forward-thinking Innovation



MISSION

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MISSION STATEMENT	Yes	No
Does it clearly state what business you are in?		
Does it answer the questions: "who we are, what do we do, for whom (or to whom) we do it, and why it's important?"		
Is the ultimate rationale for existence clear?		
Is the mission broad enough to accomodate current times?		
Can the mission survive changes in administration?		
Is it easily understandable to anyone who reads it?		

DOES IT
PASS THE
TEST?

VALUES IDENTIFICATION “RULES”

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Although all the qualities are certainly desirable and might even exist in the Board at a given time, we must search for and focus on our fundamental values.

We need introspection and a willingness to acknowledge that all things good are not necessarily essential to an organization/board.

We need a small set of values (2-3) that are fundamental to our culture and adhere to them without exception. Not to say that you reject all others, but that you know which qualities lie at the heart of whom you are as a board.



PROPOSED VALUES

7 Justice, Equity, Diversity, Inclusion (JEDI) (15+20+15+ 20+20+15+10=115)

5 Innovation/Open-Mindedness (20+20+20+25+10=95)

4 Communication (30+20+25+20=95)

3 Effectiveness (20+10+35=65)

3 Quality (15+20+25=60)

3 Honesty/Integrity (20+20+20=60)

3 Inclusion (20+15+10=45)

2 Transparency (20+20=40)

2 Diversity (15+20=35)

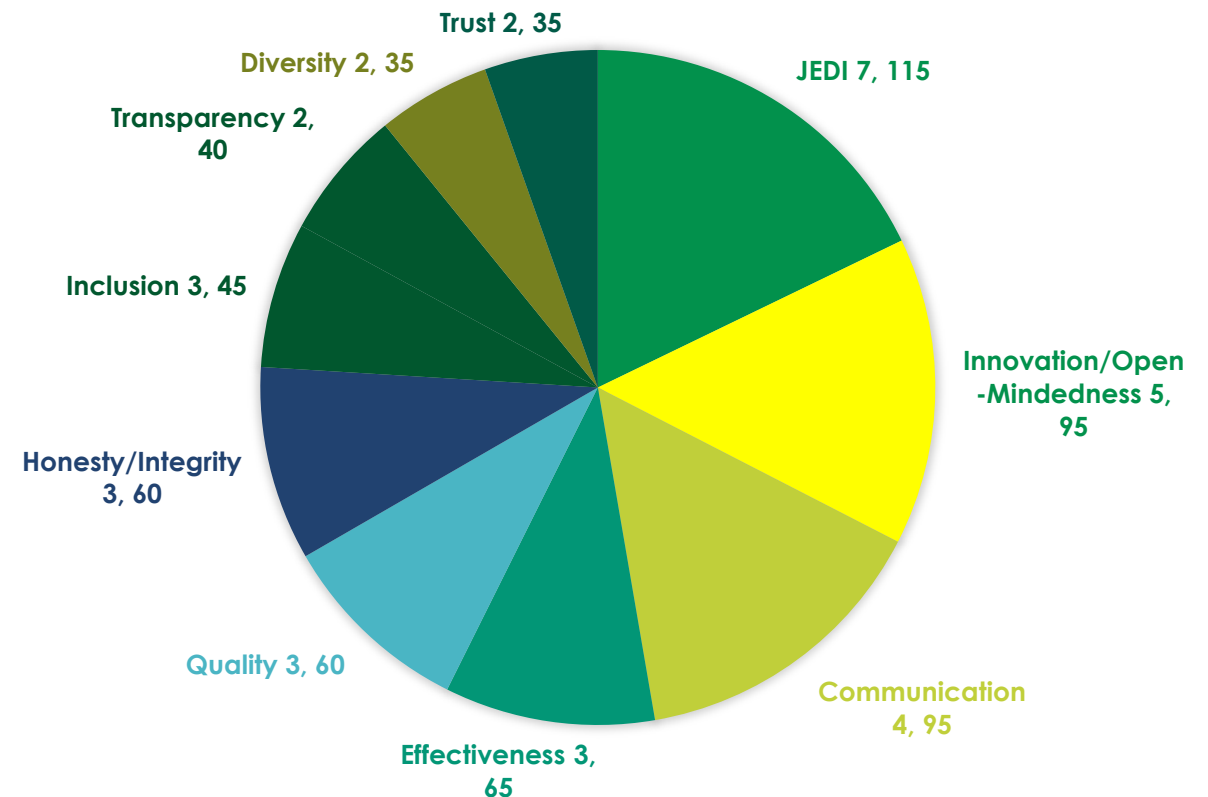
2 Trust (10+25=35)

1 Achievement/Success (30)

1 Service (30)

1 Stewardship (30)

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GOALS AND STRATEGIES

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Goal 1: Build and strengthen community partnerships to enhance collective impact strategies x5

Objective 1.1:

Goal 2: Innovate through evaluation, research, and quality improvement x5

Objective 2.1:

Goal 3: Assess and monitor population health x4

Objective 3.1:

Goal 4: Develop a trusted brand and increase visibility x3

Others x1

- ▶ Create, champion, and implement policies, plans, and laws
- ▶ Communicate effectively to inform and educate the public on health and safety
- ▶ Become PHAB accredited
- ▶ Focus on health and racial equity including equitable access to care

GOALS

15

GOALS	Yes	No
Do the goals support the mission?		
Are goals consistent with your legislative authority?		
Do the goals represent a measurable result?		
Do the goals provide direction for action and results?		
Are the goals challenging, but realistic?		
Is there at least one key goal for each program and subprogram that you can reasonably manage?		
Do the goals reflect the organization's priorities (both legislative and administratively)?		
Are the goals important to management, policy-makers and customers?		
Will your goals reflect your program budget?		
Would someone unfamiliar with the program understand what the goals mean?		

DOES IT
PASS THE
TEST?

OBJECTIVES

16

OBJECTIVES	Yes	No
Do the objectives reflect specific desired accomplishments?		
Can progress be measured?		
Are the objectives challenging, yet realistic and attainable within the planning periods?		
Are there enough resources to meet the objectives?		
Do the objectives work toward a result?		
Are there specific time frames associated with the objectives?		
Will meeting objectives lead to goal attainment?		
Is there at least one objective for each goal?		

DOES IT
PASS THE
TEST?

Thurston County Board of Health Strategies, Goals, and Objectives Action Plan

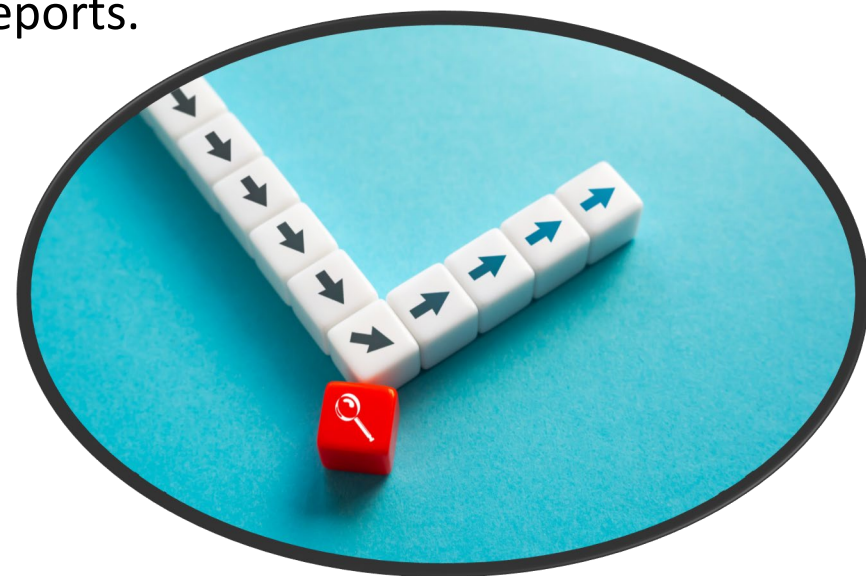
Strategy 1: Data-driven assessment of community needs

Goal	Objectives	Resources Needed	Anticipated Challenges	Lead	Projected Due Date / Completion Date			Notes/Course Correction Needs
					24	25	26	
Goal 1: Build and strengthen community partnerships to enhance collective impact strategies	By June 2024, all BOH members will xyz.	Public health best practice examples from around the nation	Ability to find a training	Director	June			
	By November 2024, at least two BOH members will attend a public health conference and attend all the social media sessions.	Funds to attend the conference plus travel	Not finding a conference	Policy PM	Nov			
	By August 2024, the BOH will develop a workplan for working with various partners.	Best practice copies from other municipalities	City approval for use; consistency with city policy or write new policy		Aug			
	By October 2020, set up various groups for various ...	Discussion based upon availability and trends	Slow to grow;		Oct			
	By December 2020, the BOH will set up an evaluation to track data from the partnerships	Data training	Knowledge of scientific data tracking	Policy PM	Dec	June	Dec, June	
Goal 2: Innovate through evaluation, research, and quality improvement	By July 2025, the BOH will develop a written evaluation plan.	Template from other agencies			July			
						Jan		

EXAMPLE OF ACTION PLAN/ WORKPLAN FRAMEWORK

KEEP IT LIVE!

- ▶ The Clerk of the Board of Health can monitor and create progress reports.
 - ▶ How often would we like progress reports?
- ▶ How will BOH members communicate progress?
 - ▶ Will we disseminate progress reports?
 - ▶ Will we use electronic and print media such as the Internet, newspaper?
- ▶ How will we course correct?



Thurston County Public Health and Social Services

Any Questions or Comments?

► CONTACT US:

Public Health and Social Services

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