

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 Knadel- Member, Lynn Nelson- Member, Perla Newton- Member, Ray Peters- Member, Tanzania Zenazali-Marshall- Member

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

Agenda for Tuesday, March 12, 2024 Summary of Items

1) Call Meeting to Order 3:45pm

- a. Approval of the Agenda
 - i. Motion
 - ii. Second

2) Introduction and welcome:

a. Member, Ray Peters- Squaxin Island Tribe, Intergovernmental Affairs/Council Liaison

3) Proclamation: International Transgender Day of Visibility

- a. Reading of the Proclamation
- b. Signing
- c. Photo

4) Opportunity for the Public to Address the Board

4-minutes per citizen

5) Board Item

a. Description: Fiscal Sub-committee

b. Action: Discussion, nominations, and approval of appointments

6) Board Item

a. Description: Proclamation Calendar

b. Contact: David Bayne

c. Action: Review and approve

7) Department Item

a. Description: Board of Health Strategic Plan

b. Contact: Dr. Jen Freiheit

c. Action: Discussion

8) Health Officer's Report

Dr. Dimyana Abdelmalek will report on various items.

9) Department Director's Report

David Bayne will report on various items.

- a. SB 5970
- b. Staff update: positions approved in the 2024 and 2025 County budget

10) Adjournment

- a. Motion: Move to adjourn the Board of Health meeting of March 12, 2024.
- b. Second:
- c. Chair adjourns.

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/UCuANWax0cRG6l05UWvYkZ5g

THURSTON COUNTY

Proclamation

International Transgender Visibility Day

WHEREAS, International Transgender Visibility Day was founded in 2009 to acknowledge and honor the successes achieved by transgender people by U.S. Based transgender activist Rachel Crandall, a licensed psychotherapist and the Executive Director of Transgender Michigan; and

WHEREAS, Organizations across the world celebrate International Transgender Visibility Day as an annual day to celebrate the accomplishments and victories of transgender and gender non-conforming people while raising awareness of the work still needed to save transgender lives; and

WHEREAS, International Transgender Visibility Day is intended to recognize and celebrate the work being done by transgender advocacy groups as they fight for dignity and equal rights for members of the transgender community, to build inclusive and healing spaces, and to protect and defend those who are most vulnerable; and

WHEREAS, Thurston County recognizes the significant contributions made by transgender people and affirms they are vital members of our community.

NOW THEREFORE, BE IT RESOLVED, the Thurston County Board of Health hereby proclaims March 31st as International Transgender Visibility Day in Thurston County and urge residents to honor the lives of those lost through participation in community service and remembrance ceremonies.

Adopted this 12th day of March 2024 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



2023 BoH Proclamation Schedule

Presentation Date	Proclamation
February 14 th	National Children's Dental Health Month
March 14 th	Trans Visibility Day (31st)
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 31st)
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	National Blood Donor Month
•	National Human Trafficking Awareness
	Month
	National Law Enforcement Appreciation
	Month
	National Birth Defects Awareness Month
Awareness Days:	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	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:	• 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	National Nutrition Month
•	Brain Injury Awareness Month
	Developmental Disabilities Awareness Month
	National Save Your Vision Month
	Women's History Month
Awareness Days:	• 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	Sexually Transmitted Diseases Awareness
	Month
	National Child Abuse Prevention Awareness
	Month
	National Volunteer Appreciation Month
	Sexual Assault Awareness Prevention Month
Awareness Days:	• 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
	i de la companya de
	 4/21/24 – 4/27/24 – National Volunteer

	- 4/22/24 Forth Day
	• 4/22/24 – Earth Day
May	• 4/29/24-5/5/24 – National Gardening Week
May	(2.1.2.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.1.2.2.2.1.2
Awareness topics	(Make May Purple) Action on Stroke Month
	National Walking Month
	National Clean Air Month
	Asian Pacific Islander Heritage Month
Awareness Days:	• 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	Pride Month
Awareness Days:	• 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	Plastic Free July
	National Picnic Month
	UV Safety Month
	National Minority Mental Health Awareness
	Month (Prioritizing Minority Mental Health)
Awareness Days:	• 7/1/24 – 7/7/24 – Clean Beaches Week
August	
Awareness topics	National Road Victim Month (Target Zero)
	 National Immunization Awareness Month
	 National Breastfeeding Awareness Month
Awareness Days:	• 8/1/24 – 8/7/24 – World Breastfeeding
•	Awareness Week
	8/31- International Overdose Awareness Day
September	
Awareness topics	National Healthy Aging Month (Depression is
·	not a part of growing older)
	National Preparedness Month
	National Sexual Health Awareness Month
	<u> </u>

	National Recovery Month
	World Alzheimer Month
	Reproductive Health Month
	Food Safety Education Month
	National Hispanic Heritage Month
Awareness Days:	• 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	Breast Cancer Awareness Month
	 National Children's Health Month
	Domestic Violence Awareness Month
	Health Literacy Month
	National Dental Hygiene Month
Awareness Days:	• 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	National Family Caregivers Month
·	American Diabetes Awareness Month
	Lung Cancer Awareness Month
	National Diabetes Month
	National Military Family Month
Awareness Days:	• 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	11/10/21 The Great American Smokeout
Awareness topics	National Family Caregivers Month
	Impaired Driving Prevention Month
Awareness Days:	• 12/1/24 – World AIDS day
	• 12/03/24 – International Day of Persons with
	Disabilities
	Disabilities



Thurston County Board of Health 2-Year Strategic Plan 2024-2025

Empowering All People to Lead Healthy Lives

Purpose of Strategic Planning

Strategic planning is a disciplined process aimed at producing fundamental decisions and actions that will shape and guide what an organization is, what it does, and why it performs those functions. It is a process of assessing a changing environment to create a vision of the future, which aids in determining how the organization fits into the anticipated environment, based on its mission, strengths, and weaknesses. This process sets in motion a plan of action to position the organization for the next 2 years. It looks at where we are today, where we want to go as a Board tomorrow, and which steps will be needed to get us there.

The Purpose of the Thurston County Board of Health Strategic Plan is to:

- Build Board direction for a two-year period consistent with our vision and mission
- Determine an effective and efficient focused approach to achieve that vision through specific strategies, goals, and objectives
- Formalize the process of envisioning what our Board should be in the future by systematically assessing the environment and our own capabilities
- Become part of a long-term commitment to strategic thinking and operations
- Ensure the most effective use of Board resources by focusing on key priorities
- Build a common vision and language by communicating the strategic plan to stakeholders and the community
- Be proactive instead of reactive in order to achieve maximum potential

Mission, Vision, Core Values

Our Mission

Supporting generations to come by optimizing equitable access to health systems, resources, services, and partnerships through data, policy, and education

Our Vision

Empowering All People to Lead Healthy Lives

Our Fundamental Core Values

- Equity: As allies and advocates for our most vulnerable among us, we will work to assure better access to services and resources, empowering all to live well, whatever their circumstances require. When residents take responsibility for their health and make informed choices, everyone succeeds. We will ensure that everything we do as a Board is through the lens of both justice and inclusion in relation to equity.
- **Innovation:** With open minds, we endeavor to always be innovative in how we propose solutions to problems, form partnerships, and spend resources.
- Communication: Through transparent stewardship, we take communication seriously for all our residents and partners. With education as a primary tenant of our mission statement, we will continuously strive to improve our communication efforts.

Strategic Planning Development Process

Planning for the 2024-2025 Thurston County Board of Health Strategic Plan began in January 2024 with a greatly simplified process from a traditional 5-year strategic plan. This is an internal plan, where the audience is the Board of Health members. The following are the activities that occurred related to our internal Strategic Planning process.

- A review of the Public Health & Social Services (PHSS)'s Strategic Plan
- An all-Board member survey which included a mini-SWOT (Strength, Weaknesses, Opportunities and Threats) analysis and vision, mission, values brainstorming
- An all-Board discussion of the survey results and brainstorming consensus session

Strategic Plan Living Process

The Board of Health commits to keep the strategic plan alive throughout the next two years as opposed to letting it sit on a shelf. There is commitment to actively working on the goals and objectives methodically so that we can gauge our progress and see real achievement at the end of two years. Hence, we greatly redacted our plan to just 3 goals, thus making this plan realistic and achievable. Our plan for gauging progress on the strategic plan is as follows:

- We will meet as an entire Board of Health monthly (10 times a year). These meetings will include a standing item of critical reflection on each component of the Strategic Plan as opposed to just a report out of our progress by the Board of Health clerk.
- At the first Strategic Plan meeting in March 2024, we will review the drafted Two-Year Strategic Plan and determine team members and team leads for each of the objectives.
- Team leads will determine assignments and number/type of subcommittee meetings if necessary.
- At each meeting, team leads will create a progress report to distribute to the rest of the Board of Health members at the monthly meetings. The progress report can take on any form (i.e., PowerPoint, 1-page Word document, Spreadsheet, etc.) or Board of Health Clerk can form a formal and standardized progress report.
- Twice a year, the Clerk of the BOH will create and send out a newsletter or prepare a presentation to educate community members and city administrators on the progress of the Strategic Plan. Wins will be posted on social media, website, and in media if so warranted.
- At the end of two years, a formal presentation to the community will detail the successes and lessons learned from the Strategic Plan and its process.

Our Strategies and Goals

Strategy 1: Assess data to monitor population health

■ Goal 1.1: Increase data visibility in the community. The Board of Health will be taking a more active role to review, understand, and utilize data to inform their ideas and to support the programs and services of Thurston County's Public Health & Social Services Department. They will also look at how data can be used to inform the community and increase awareness of public health issues.

Strategy 2: Innovate through policy and research

■ Goal 2.1: Establish a system for policy support and development. With the onboarding of the new Board of Health Clerk known as the Policy Program Manager, the Board of Health seeks to champion public health policies and laws while increasing involvement in advocacy at the city, county, and state levels. This could also lead to new partnerships with secondary education institutions.

Strategy 3: Strengthen education and outreach

- Goal 3.1: Provide regular, timely, and effective information to the general public and partners. It is critical that local Public Health & Social Services (PHSS)s are recognized by the public as a consistent source of accurate information regarding local, state, and national public health issues. Increasing public awareness of the Thurston County Board of Health as a consistent and authoritative resource will also assure effective communication in times of community and/or public health emergencies. It is imperative that the public have an accurate perception of the role and services of public health and our Public Health & Social Services (PHSS) Department.
- Goal 3.2: Build and strengthen community partnerships to enhance collective impact strategies. The Board of Health will create a plan to build more partnerships, expanding and enhancing collaboration among its members and with the Public Health & Social Services Department. These partnerships will have a focus on health and racial equity including equitable access to care.

Action Plan Framework

The Thurston County Board of Health Strategic Plan is organized using the following framework:

Strategy: Strategies are broad actions of what the Thurston County Board of Health intends to use achieve the mission and goals in the next 2 years. In all, the Thurston County Board of Health Strategic Plan identifies 3 strategies.

Goal: Goals are statements of major approach or methods for attaining strategies sand resolving specific issues. In all the Thurston County Board of Health Strategic Plan identifies 3 goals.

Objective: Objectives are specific, concrete, measurable statements of what will be done to achieve each of the three goals over the next two years. Objectives were developed using the SMART format (Specific, Measurable, Achievable, Realistic, and Timely).

Resources Needed: All resources necessary may not be immediately or readily available to achieve an objective but are listed none-the-less to provide a framework for efficient use of dollars and time that are focused on key priorities.

Anticipated Challenges: When present, some challenges may force a review of the objectives set forth and a reprioritization when outside the control of those implementing the strategic plan's objective.

Lead: Identifies the lead person responsible for the objective.

Projected Due Date: Identifies the projected due date for each objective in order to assure the Strategic Plan stays on track. When completed, the date should be included but changed to a green font to signify that the objective was completed.

Notes/Course Correction Needs: This is a place to make brief notes for progress reports or state any needs that should be put into writing in order to ensure accountability.

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

Strategy 1: Assess Data to Monitor Population Health

Goal	Objectives	Resources Needed	Anticipated Challenges	Lead		/ Comp Date		Notes/Course Correction Needs
Goal 1.1: Increase data visibility in the community	By June 2024, all BOH members will have a briefing on epidemiology, the science of public health and how data informs funding, services, and programs.	Public health best practice examples from around the nation	Time on an agenda; determining the presenters	Policy Program Manager to arrange	June	23	20	
	By July 2024, the BOH will determine if a subcommittee is needed to carry out this goal.	N/A	Finding time for subcommittee members	Policy Program Manager to facilitate	July			
	By October 2024, the BOH will review 3-4 community or large assessments for understanding	PHSS Epi Staff to assist	Finding time	Policy Program Manager to arrange	Oct			
	By November 2024, at least two BOH members will attend a conference or training session on data usage and share the information with other members	Funds to attend the conference plus travel	Not finding a conference or training	Subcommittee Lead	Nov			
	By December 2024, the BOH will develop an action plan on how use certain data points for public education.	Best practice copies from other municipalities	Ensuring data shared is clear and not misconstrued by public	Subcommittee Lead	Dec			

Strategy 2: Innovate through Policy and Research

Goal	Objectives	Resources Needed	Anticipated Challenges	Lead	Projected Due Date / Completion Date			Notes/Course Correction Needs
					24	25	26	
Goal 2.1: Establish a system for policy support and	By July 2024, the BOH will determine if a subcommittee is needed to carry out this goal.	N/A	Finding time for subcommittee members	Policy Program Manager to facilitate	July			
development	By August 2024, the BOH will establish a monthly way to assess current city, state, and federal legislation as a standing item on each BOH agenda.	N/A	Listing of all current legislation	Policy Program Manager to implement	Aug			
	By March 2025, the BOH will develop and implement a policy review and advocacy plan.	N/A	Determining which policies to take action on	Subcommittee Lead		Mar		

Strategy 3: Strengthen Education and Outreach

Goal	oal Objectives Resources Anticipated Lea Needed Challenges		Lead	Projected Due Date / Completion Date			Notes/Course Correction Needs	
					24	25	26	
Goal 3.1: Provide regular, timely, and effective information to	By July 2024, the BOH will determine if a subcommittee is needed to carry out these 2 goals under this strategy.	N/A	Finding time for subcommittee member	Policy Program Manager to facilitate	July			
the general public and partners	By September 2024, the BOH will establish a regular cadence for how to disseminate information to the public as a Board of Health.	N/A	Determining which information to disseminate and how often	Policy Program Manager to facilitate	Sep			i.e. information about CDs and offering access to programs (vaccination clinics, home visitation, nutrition programs, etc.); Determine a method for evaluating this form of communication.
	By April 2025, the BOH will develop and implement an education and outreach plan.	N/A		Subcommittee Lead		Apr		
Goal 3.2: Build and strengthen community partnerships to enhance collective impact strategies	By October 2024, the BOH will determine which partners need initial and additional outreach by the Board of Health members.	N/A	BOH members finding time and partner willingness	Policy Program Manager to facilitate	Oct			

Respiratory Virus Report

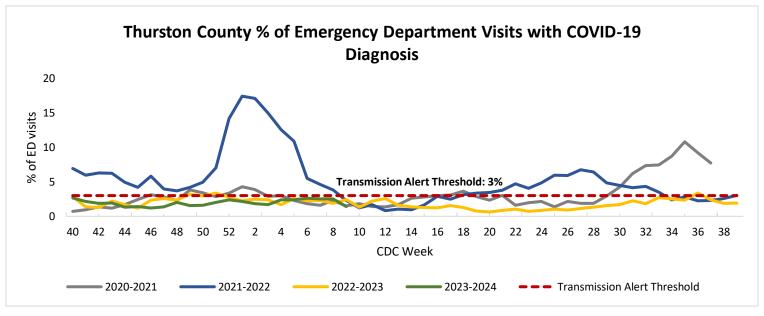
Thurston County

Week 9 - 02/25/2024 -03/02/2024 (data as of 03/05/2024)

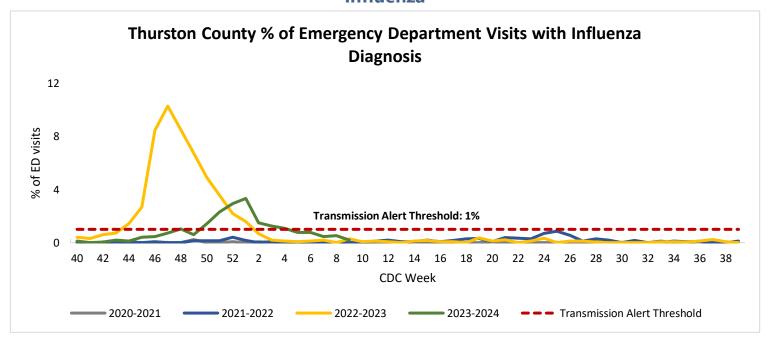


Virus	Status
COVID-19	Below Transmission Alert Threshold
Influenza	Below Transmission Alert Threshold
RSV	Below Transmission Alert Threshold

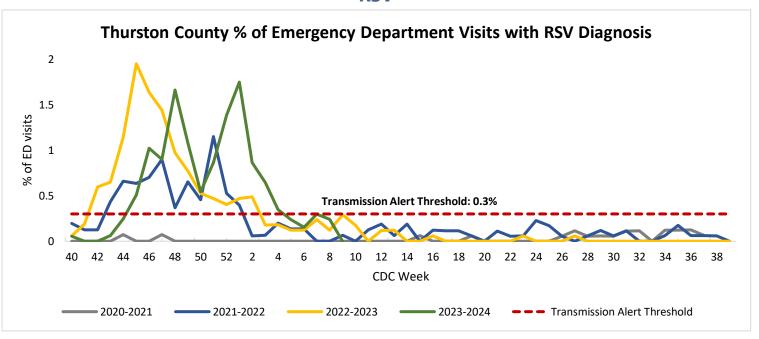
COVID-19



Influenza



RSV



Data Notes

- All data are preliminary and may change as data is updated.
- We report data up to the last complete week.
- If the percent of emergency department visits diagnosed with a virus is above the transmission alert threshold, it is a sign that there is substantial transmission of that virus.
- Data on respiratory virus emergency department visits are reported to the Washington State Department of Health's Rapid Health Information NetwOrk (RHINO) and are stored on the National Syndromic Surveillance Program (NSSP) Biosense ESSENCE platform.
- We report hospital ED visits at Thurston County hospitals, which includes both Thurston County and non-Thurston County residents.
- If someone visits the emergency department more than once, each emergency department visit is counted. Counts do not reflect unique persons.
- Transmission alert thresholds for COVID-19, Influenza, and RSV are calculated using the Moving Epidemic Method.

Contact Information

For more information contact:

Thurston County Public Health and Social Services Department

- Phone: 360-867-2610
- WA Relay: 711 or 800-833-6338
- Thurston County Respiratory Illness Website