

The regular meeting of the Spokane Regional Health District Board of Health held on Thursday, January 26, 2012 was called to order by Councilmember Waldref, Chair, at 12:32 p.m. in room 140 of the Public Health Center, 1101 West College Avenue, Spokane, Washington.

PRESENT

Commissioner Al French
Commissioner Mark Richard
Councilmember Ben Stuckart
Councilmember Jon Snyder
Councilmember Amber Waldref
Board Member Michael Fisk, DC (arrived at 12:35pm)
Board Member Bob Lutz, MD, MPH
Board Member Susan Norwood, EdD, RN

ABSENT

Commissioner Todd Mielke
Mayor Tom Towey
Councilmember Chuck Hafner

CITIZEN INPUT

- Carrie Almeida, Director of Spokane Smiles, Spokane, WA spoke on the efforts of the Maxillofacial Transition Team. The team has become aware of and applied for funding sources available through the City of Spokane. She asked for help from the Board in finding other funding sources. Commissioner Richard recommended the team contact the Inland Empire Health Foundation and the Health Science Service Authority for additional funding opportunities.

CHAIR REPORT – Councilmember Waldref

New Board Member Welcomes

Councilmembers Ben Stuckart and John Snyder were welcomed as new Board members representing the City of Spokane. New member, Councilmember Chuck Hafner, representing the City of Spokane Valley, was not able to attend the meeting today. The small cities representative has not been appointed. An appointment is expected in January.

Board Chair Goals

The goal of Councilmember Waldref, Chair of the Board, is to chair meetings that are relevant, on time and on topic. Three ways for Board members to help include: being present at meetings-- reserving 2 hours to meet, giving input on agendas, and giving evaluations of meetings.

Councilmember Waldref will discuss attendance goals with the Executive Committee of the Board and will bring those forward at the next meeting along with initiatives that describe the objectives of Board committees (Executive Committee, Budget and Finance Committee and

BOH Education Committee). Members will be asked to volunteer at next month's meeting to serve on one or more of the 3 committees.

Emergency Contact Forms

Board Members were asked to update their emergency contact forms included in the meeting packet.

HEALTH OFFICER REPORT – Joel McCullough, MD, MPH, MS

Board of Health Orientation Manuals

Updated Board orientation manuals were planned for distribution at the meeting, but due to technical issues they are not available until next month. Returning Board members were asked to bring their manuals to the next meeting in order to receive inserts for the changes in the manual. Torney Smith, Ann Pitsnogle and Board Members Lutz and Norwood were thanked for their work on the manuals.

Legislative Letter

Under direction of the Board, letters to local legislators were sent on January 6th encouraging fewer cuts to public health funding with special acknowledgement of the cuts proposed to retired, volunteer physicians insurance.

Budget Updates

Last year, the maxillofacial portion of the Children with Special Health Care Needs program was eliminated. Some of the decisions were met with public outcry surrounding concerns with insufficient time to transition the program to the community. At a meeting between the community and the health district, a transition team was formed and the community assumed responsibility for transition. Through conversations with local community organizations and foundations funding has been secured to support the Maxillofacial program until May of 2012. This will give additional time for the transition team to find a way for the services to continue in the local community.

Also related to the budget, there are no specifics regarding upcoming cuts from the state legislature, but cuts are expected with impacts to local public health. The Board will be updated when cuts are known.

Futurewise/Complete Streets

At the Executive Committee of the Board, an update on the contract with Futurewise for Complete Streets work was requested. Work was part of a Department of Transportation (DOT) enhancement grant received last year, which called for the education of citizens on the benefits of complete streets. A contract with Futurewise was developed because of their understanding of the issue, their public health perspective, and their ability to reach the target population. The contract called for the implementation of a PhotoVoice project. The project will end in April 2012 and most components of the project are complete except the PhotoVoice project.

Discussion:

- Councilmember Waldref asked how the PhotoVoice project will be used. A) The project will be used to raise awareness within the community.
- Commissioner Richard asked the agency to make sure when developing campaigns that communicate the benefits of complete streets that recognition of the differences between suburban, rural and dense areas are made.

Stickman Knows Campaign

Last July, Health Promotion and the Communications Team launched the Stickman Knows Campaign. This is the first completely comprehensive bike, pedestrian, and motorist safety awareness campaign. The media component of the campaign consisted of television commercials, billboards, bus advertising and print ads. It has been funded by the Department of Transportation (DOT) with \$100,000 over a 2-year cycle.

The overall goal of the campaign was to inform citizens of the correct safety rules of the road for all users. Outcome data will be analyzed in July of this year. Data to be reviewed includes: number of collisions, causes of collisions, and percent of users who understand rules of the road. Preliminary data through the Omnibus survey showed that 26% of those surveyed have an awareness and acceptance of the campaign. Local marketing firms report for the amount of money spent on this campaign the results have been excellent.

Stickman Knows was made into a free Apple application with over 3,000 downloads so far. The website had over 10,000 hits, 9,800 posts and 10,000 widget views. About 41% who knew of the campaign reported gaining knowledge about the rules of the road. There has been positive campaign feedback from other jurisdictions (such as, the City of Kirkland, DOH, RTC, INHS, The Bicycle Alliance of WA, City of Spokane Valley, and BNB Driving School). Riverside County Public Health has chosen to use a similar version of the campaign for their area. The City of Spokane will dedicate \$160,000 DOT Funds towards the Stickman Knows Campaign.

WIC Campaign

The Growing Healthy Together Campaign was launched in mid-November funded by the Department of Agriculture. The campaign used real WIC families to tell WIC stories and included television, bus and billboard ads. The purpose of the campaign was to increase the participation rate in the program.

In 2010, there was a 4% decrease in the number of participants, which meant 450 fewer clients. Indicators included increases in the caseload and clients retained. For November, there was an increase of 446 clients and a 455 client increase for December. All 3 TV stations have reported on the campaign and it has been mentioned 23 times in the local media. One other jurisdiction has decided to rebrand the campaign for their use as well.

Discussion:

- Councilmember Waldref asked how long the numbers will be tracked and the length of the campaign. A) The campaign was responsible to use all the funds by December 31st, 2011, but it will be sustained as long as possible.
- Councilmember Snyder asked the amount of the campaign budget. A) It is \$80,000.

EPH New Construction Fees

Beginning January 1, 2012, Environmental Public Health began charging for time spent on the review of applications for commercial construction. The reviews are to assist builders and developers that request comments and input for commercial building projects. The pre-process is generally convened by building departments for local jurisdictions. These services have been provided by SRHD for many years without cost recovery. This fee is consistent with the Board directive to strive to recover 100% of costs through fees. The initial fee will be \$50, which will cover up to 1 hour of staff time. Reviews in excess of 1 hour will have the standard rate of \$110 per hour charged. Both of these fees are currently included in the 2012 Fee Schedule.

Discussion:

- Commissioner Richard asked if fees are charged to local jurisdictions who are inquiring about adequate resources for projects as part of the Growth Management Act. David Swink, Environmental Public Health division director, answered that fees are only applied to projects and not non-project reviews.
- Commissioner French asked if the health district will be participating on predevelopment reviews for projects that don't require food plan review and would the health district charge for that review. Dr. McCullough replied the charges would still be applied. David Swink commented the agency is reviewing predevelopment plans whether they proceed to project or not. SRHD inputs on much more than just food issues. Sometimes review efforts are minimal, which is the reason for the \$50 first hour rate. Predevelopment plan reviews that require more time will be charged at the \$110 hour rate. Neither review is guaranteed to proceed to permit. Currently, the only time cost is recovered is when a permit issued.
- Councilmember Snyder asked if the health district was required to review every predevelopment meeting or just at the request of city or public officials. David Swink stated the health district is a participant on all predevelopment applications by reviewing plans; even though, the health district may not attend the meeting. The minimum amount of time required to do a review results in the \$50 charge. The agency is required to review plans on any project that the local jurisdictions list as a predevelopment. The predevelopment phase is used to determine if there are permit issues.
- Councilmember Snyder asked if there was health district involvement in adult family home projects. David Swink replied there is no involvement because there are DOH offices in the area and which have jurisdiction.
- Councilmember Stuckart asked how many meetings are expected. David Swink stated the agency expects approximately 200 reviews a year without meetings.
- Commissioner French asked for clarification if the fees were being charged to preconstruction or predevelopment meetings. David Swink stated the meetings were preconstruction meetings and agency staff only attend the meetings if there is a pertinent health issue that needs to be addressed. Otherwise, background work is done in the office.
- Commissioner Waldref asked how the work was funded before the new fee. David Swink stated the work was paid through the general fund.

Drug Take-Back Program Update

Over the last year from the direction of the Board, the agency has been looking into options for Spokane County citizens to dispose of unused prescription drugs. Currently, there is no designated site for disposing of controlled substances in Spokane County. At this point, the agency is considering working with the DEA programs that occur twice a year, which is not considered a permanent solution. Last year, the Washington State Legislature considered a proposal for the pharmaceutical industry to fund drug-take back programs in the state. The bill has been reintroduced with the cost of the program nearing \$2.5 million dollars. There is support for the bill among public health agencies throughout the state, and there are several health jurisdictions supporting the legislation through resolutions.

Board Member Fisk made a motion for the Board of Health to support Senate Bill 5234. Commissioner Richard seconded the motion.

Discussion on the motion included the most effective way for the Board to show support of the bill. Commissioner Richard requested an amendment to the current motion to include direction to staff to communicate the Board's support of the bill to the appropriate legislative delegation at an applicable time. If the bill is still pending at the time of the next board meeting, an appropriate resolution will be drafted for signature by the Board.

Motion: For staff to communicate to the appropriate legislative delegation the Board of Health's support of Senate Bill 5234. If the SB5234 is still pending at the time of the February 23rd Board of Health meeting, a resolution in support of the bill will be drafted for Board of Health signature at that meeting.

Motion/Second: Fisk/Richard

Approved: Unanimously

Councilmember Waldref asked agency staff to report to the Board the outcome of the efforts.

CONSENT AGENDA

Consists of items considered routine which are approved as a group. Any member of the Board may request to remove an item from the Consent Agenda to be considered separately.

Meeting Minutes December 1, 2011

Vouchers paid November 1-30, 2011 and December 1-31, 2011

APPROVAL OF MINUTES

Motion: To approve the December 1, 2011 Board of Health meeting minutes.

Motion/Second: French/Richard

Approved: 7 approved/1 abstained (Snyder)

APPROVAL OF VOUCHERS

Vouchers audited and certified by the auditing officer as required by RCW 42.24.080, payroll warrants, and those other claims as required by RCW 42.24.090, have been recorded on a listing which has been made available to the Board. Time frame of claims: November 1-30, 2011 and December 1-31, 2011. The Board, in a vote as moved by Commissioner French and seconded by Commissioner Richard, did approve for payment those vouchers included in the following list and further described in the total amount of \$1,807,744.21 and \$1,939,915.55.

Voucher Numbers:	#213114	-	#B&ONOV11	\$ 517,742.34
Payroll Warrants:	#740347	-	#740379	657,096.26
Advice Numbers	#DD14379	-	#DD14586	
Payroll Warrants:	#741744	-	#741768	632,905.61
Advice Numbers:	#DD14587	-	#DD14791	
			TOTAL	\$1,807,744.21

Voucher Numbers:	#212779	-	#B&OOCT11	\$ 622,453.80
Payroll Warrants:	#736282	-	#736317	678,713.56
Advice Numbers	#DD13963	-	#DD14171	
Payroll Warrants:	#738188	-	#738223	638,748.19
Advice Numbers:	#DD14172	-	#DD14378	
			TOTAL	\$1,939,915.55

Motion: To approve for payment those vouchers included in the above list and further described in the total amount of \$1,807,744.21 and \$1,939,915.55.

Motion/Second: French/Richard

Approved: 7 approved/1 abstained (Snyder)

ACTION ITEMS

Election of 2012 Vice Chair

Councilmember Waldref asked for a nomination from the Board for the vice chair position for 2012 reminding the Board that the rotation would be for a member of the Spokane Board of County Commissioners to assume the vice chair position.

Commissioner French nominated Commissioner Mielke as the vice chair for 2012. Councilmember Snyder seconded the motion.

Motion: To elect Commissioner Mielke as the Board of Health Vice Chair for 2012.

Motion/Second: French/Snyder

Approved: Unanimously

Adoption of 2012 Meeting Schedule

Councilmember Waldref reviewed the proposed 2012 meeting schedule noting meetings will be held on the fourth Thursday of each month with no meeting in August and a combined November/December meeting the first week in December.

Motion: To adopt the Board of Health regular meeting schedule for February 2012 through January 2013 as presented.

Motion/Second: Norwood/Fisk

Approved: Unanimously

Resolutions 12-01 Ratification of WSNA Contract – Torney Smith

Torney Smith, Administrator, reported the Washington State Nurses Association had ratified the agreed upon contract. The economic agreement has already been approved. Today's proposed contract is in regards to the policy portion of the agreement. Barb Lorang, Human Resources program manager, Elaine Conley, Community and Family Services director, and Torney Smith have all approved signing of the agreement.

Discussion:

- Board Member Fisk asked for a synopsis of the agreement. Torney Smith stated the economic portion followed recommendation from the Board and the policy issues involved staff immunizations, and layoff and bumping rights.

Motion: To adopt the labor contract for employees of Spokane Regional Health District who are members of the Washington State Nurses Association.

Motion/Second: Richard/Fisk

Approved: Unanimously approved

REPORTS

Spokane County Food Access – Natalie Tauzin

Natalie Tauzin, Health Program Specialist with the Health Promotion Division, spoke on the Spokane County Food Access report. The primary sources of the report were a market basket survey completed by the Gonzaga nursing students of Board Member Susan Norwood and a separate focus group.

It has been long known that food and health are related and consuming fruit and vegetables reduces health risks, helps weight loss and impacts chronic diseases. In Spokane, 1 out of 4 children are obese and 2 out of 3 adults are overweight. As income decreases, the likelihood of being overweight increases.

On average in Spokane, 25% of adults are eating 5 or more servings of fruits and vegetables. In surveys of those participating in soup kitchens, 5% are eating the daily recommended amount of

fruits and vegetables. Those surveyed are not only interested in eating higher amounts of fruits and vegetables, but are interested in eating organic as well. Deterrents are access, cost and children's preferences.

The definition of food and security is having limited or uncertain availability of nutritionally adequate and safe foods and/or limited or uncertain ability to acquire food in socially acceptable ways. Finding food (such as discarded food) and standing in line for food maybe considered unacceptable socially and some participants feel embarrassed to need the services. Food insecurity affects the middle class as well. Many have lost jobs and are forced to get food from local food banks. In the Healthy Youth Survey in an average classroom of 30 middle or high school students, 6 will skip meals because of lack of food at home.

The paradox of hunger and obesity exists for many reasons: limited food choices, limitations on physical activity, lack of food availability--which causes cycles of food deprivation and overeating, high levels of stress, greater exposure to obesity related marketing and foods--such as inexpensive high calorie foods, and limited access to healthcare.

In Spokane, there is an amazing network of food resources. WIC has about 25,000 families participating in its program. Focus groups reported the number one access to food is the food bank and food stamps. There are 26 community gardens with 17 in Spokane city limits. Most community gardens are located in lower income neighborhoods. Six of the gardens in those neighborhoods were funded by the Healthy Communities grant with technical advice from the health district and WSU Extension's Master Gardener program. There are 12 farmers' markets with the majority accepting food stamps, and WIC and Senior Nutrition Farmer's Market vouchers. In addition, there is community supported agriculture where farmers sell the food they grow to individuals who pay the farmer in early spring to receive weekly produce during growing season.

The health district completed a food retail assessment of supermarkets, grocery, and small specialty stores to evaluate access to healthy food in the City of Spokane and Spokane Valley. Stores surveyed included superstores (WalMart), grocery stores (Safeway, Rosauers), small grocery stores (Cassano's, Sonneburgs), and specialty stores (Kievs and Asian World). The Grocery Gap, a study on access to full service grocery stores, showed that residents who live within one mile of these stores tend to be less overweight.

In Spokane, there is approximately the same number of small grocery stores as supermarkets. The City of Spokane does well for food access compared to other communities. The West Central area has the least access, which presents a challenge to those who do not have transportation. Those who travel farther for food tend to purchase more shelf stable or freezer foods; whereas, milk, bread, fresh fruits and vegetables are the most challenging to prioritize and include in the daily diets.

The Gonzaga students reviewed 21 different food items in 35 stores and performed market basket analysis. Students checks were based on the store, price and quality, the amount and type of produce, organic foods, WIC and EBT acceptance and how much and what type of advertising was outside the store. Of the small stores, less than 50% had fresh produce. They were competitive in price with larger stores, but the amount and variety of food differed, and organic foods did not exist.

Superstores had no advertising. Of the supermarkets, 50% of them advertised for produce, one advertised for milk and one for sweetened beverages. Of the small groceries stores, 90% advertised for alcohol and 100% advertised for tobacco, 50% for produce, no milk advertisements were noted and 80% for sweetened beverages. All of the smaller grocery stores had knowledge of EBT access and 1 had WIC access, which is Parkside Grocery and Meat Mart that partnered with the agency as healthy corner stores. Most specialty stores do not advertise.

The purpose of the report is to understand the complexities of making food selections and all the factors that influence those choices. There are many options for providing more access to healthy foods in the Spokane community. Natalie Tauzin invited the Board, in particular elected officials, to provide suggestions on how to improve access to healthier foods for their constituents.

Discussion:

- Commissioner Richard asked about efforts in trying to influence smaller convenience stores, who are interested in running a business with profit margins higher on cigarettes versus fresh fruit, to promote healthier choices. Natalie Tauzin commented that working with the 2 small, privately own grocery stores those struggles were evident. But, by addressing advertising, it influences how we act and think and affects children more than adults. There are many systems issues that need to be addressed one of them being how we incentivize stores to “do the right thing.” In this case, providing healthier food options in communities that do not have large grocery stores within a mile. The focus is not in having a solution but trying to make small changes.
- Board Member Fisk asked if there are guidelines to help understand the meaning of different organic foods. Natalie Tauzin stated the requirements to become a certified organic grower are extremely complex with approval of soil tests and organic processes. It takes years to become certified and is quite expensive. Depending on the size of the farm the requirements are quite different. Non-spraying requirements are much easier with no regulation governing the claim.
- Councilmember Snyder commented on the challenges of alcohol sales at smaller grocery stores. Sales are tremendous for alcohol and most ads come from distributors and manufacturers. The City of Spokane has made a second alcohol impact area and there will soon be a third in the West Central community. When some of those retailers lose those products there may be an opening to address healthy options. At the same time, there is the liquor privatization initiative, which has a very vague loophole for service area that smaller stores may be able to carry those products. He asked if there was a pilot project in West Central for a healthy corner store. Natalie Tauzin answered there is a project and 2 stores are taking part in the program. The Parkside Grocery, Meat Mart, and Bong’s Grocery and Deli. Parkside is still under a Memorandum of Agreement as a healthy corner store with the Spokane Regional Health District.

BOARD MEMBER CHECK IN

Spokane County Food Access Survey- Board Member Norwood

Board Member Norwood thanked the Health Promotion Division for letting her Gonzaga students participate in the survey. It was a great exercise for the students and a new course assignment based on the experience has been developed for them this year.

Board Member Norwood will be teaching in Vietnam for two weeks in the country's only Master of Science Nursing Program. She will be back before the next Board meeting.

Improving Health Outcomes through Transportation Planning Bill – Councilmember Snyder

Councilmember Snyder noted his appreciation for information on Representative Billig's bill being included in the Board packet.

Improving Health Outcomes through Transportation Planning Bill – Board Member Lutz

Board Member Lutz commented on Representative Billig's transportation bill noting that he appreciated the opportunity to work with the representative trying to add a health component to the legislation.

Board Member Lutz reported SALBOH has been adopted as a forum under WSALPHO. The first general meeting is planned to occur at the June WSALPHO meeting. When legislation is pending in Olympia, information can be communicated to SALBOH for local boards of health support.

Staff Appreciation – Board Member Fisk

Board Member Fisk thanked agency staff for negotiating the WSNA contract and for working with the Maxillofacial Transition Team. He asked that staff continue to assure follow-through will the transition efforts as promised to the citizens.

Staff Appreciation – Commissioner Richard


Commissioner Richard thanked employees for work on the union contracts and his appreciation for their awareness of the economic situation and willingness to give concessions in order to assist in a fiscally sound budget.

NEXT BOARD OF HEALTH MEETING

The next Board of Health meeting is scheduled at 12:30 p.m. on February 23, 2012.

ADJOURNMENT

There being no further business before the Board the meeting was adjourned at 2:35p.m.

APPROVED:  Chair Date: 2/23/12
Board Member Name and Title


Recording Secretary