



PUBLIC HEALTH DEPARTMENT

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KITTTITAS COUNTY BOARD OF HEALTH Minutes

Thursday, February 15, 2007
Commissioners' Auditorium
10:05 a.m.

PRESENT: **Board Members:** Commissioner Alan Crankovich, Chair, Commissioner Mark McClain, and Don Solberg, M.D., Vice Chair. **Kittitas County Public Health Department Staff (KCPHD):** Public Health Director/Environmental Health Manager Cathy Bambrick, Health Promotion Educator Sarah Bedsaul, Assessment Coordinator/Health Promotion Manager Sara Burnet, Community Health Services Manager Bonnie Corns, Accountant Sheila Gallagher, Clerk of the Board Susan Merrill, and Health Promotion Educator Robin Read-Ochoa.

ABSENT: Carolyn Booth and Commissioner David Bowen.

OTHER ATTENDEES:

Karen Greene, Board of Health Advisory Committee (BOHAC)

MINUTES:

Motion 02-01: Commissioner McClain moved to approve the minutes of the January 18, 2007 Board of Health meeting as presented; Commissioner Crankovich seconded. All approved. Motion 02-01 carried.

INTRODUCTIONS:

Karen Greene, a member of BOHAC, was introduced.

ANNOUNCEMENTS:

Commissioner McClain said that the Tobacco Prevention and Control Program Recognition Evening on January 24, 2007 was a wonderful event and he thanked all of those who hosted it.

CONTRACTS AND AMENDMENTS:

DSHS Medicaid Administrative Match Contract #0563-75729 Amendment #3: Cathy Bambrick and Sheila Gallagher described the amendment changes which revised the administrative fee language in the statement of work and in the billing and payment sections of the contract.

Motion 02-02: Dr. Solberg moved to approve the Public Health Director's signature on the DSHS Medicaid Administrative Match Contract #0563-75729 Amendment #3 as presented; Commissioner McClain seconded. All approved. Motion 02-02 carried.

DEPARTMENT UPDATES:

Staffing replacement progress report: Cathy Bambrick reported that the department is almost fully staffed and that: (1) the nursing position is still open and there are a few applicants for the position; (2) the new accountant, Sheila Gallagher, started on January 29; (3) the new On Site Sewage/Solid Waste position was posted; and (4) the Environmental Health Manager position was posted.

Commissioner Crankovich asked if new staff will attend the Board of County Commissioners' Agenda Session for introductions, and Cathy Bambrick and Bonnie Corns responded affirmatively.

New office space configuration: Cathy Bambrick said she wanted to open up a discussion over the prospect of office space changes at the Morris Sorensen building and mentioned that safety, security, and confidentiality (i.e., HIPAA) issues had inspired the discussion. Ms. Bambrick provided an overview of the items to be considered in a new configuration, including the need for a physical barrier (with entrance to the department's internal offices controlled by staff's ID cards), a waiting room, clients to be seen by staff in counseling/exam rooms and not in staff offices, a central location of files and locking files, and changes to the front counter to allow more confidentiality.

Ms. Bambrick mentioned that the Commissioners had toured the office; and that she wanted to bring this matter to their attention again. **Commissioner McClain recommended that the physical barrier be installed sooner than later; and the rest could be done after additional review.** Ms. Bambrick said she had received a bid from the Maintenance Department. **Discussion occurred over the a half door versus full door; and Ms. Bambrick said she would look into the possibility of installing a full door.**

BUSINESS:

Shape Up presentation: Dr. Solberg opened his presentation by saying its primary purpose was to familiarize Board members with the foundation of Shape Up's work and with what was occurring in Kittitas County as part of a national concern over obesity. Dr. Solberg provided a PowerPoint presentation entitled "*Obesity, a National Epidemic. What We Can, Are, and Should Be Doing About It*, by Mark Larson, MD and Don Solberg, MD" which portrayed:

- the important factors behind obesity (e.g., it starts in childhood, has important consequences later in life on mental health, and has a significant relationship with respiratory problems, gastrointestinal symptoms, heart disease, orthopedic problems, and endocrine problems [explosion of Type 2 diabetes for all ages]);
- how consequently obesity underpins lots of health problems;
- from a Public Health standpoint, there is tremendous pay-off in the reduction of long-term problems by addressing the problem of obesity;
- the causes, symptoms, health effects, and preventative measures for Type 2 diabetes;
- Type 2 diabetes is a preventative disease for the majority of people;
- statistics displaying that childhood and adolescent obesity is on the rise (e.g., in 2005, about 60 million adults, or 30% of the adult population, was obese [e.g. 30 lbs. or more overweight for 5/4" person), which presents a doubling of the rate since 1980);
- health risks that are directly correlated with BMI (body mass index) and when a person's BMI is 30 lbs. or more, the health risks increase;
- more than half of Washington State adults and in Kittitas County are obese or overweight;
- cost of caring for patients is increasing due to obesity;
- obesity accounts for 6.0% of Medicare costs;
- the scare that the same number of people who are currently overweight and obese will become Medicare patients in the next 5 years.

Dr. Solberg said that Shape Up's mission is to reduce rates of obesity by promoting physical activity, good nutrition, and a healthy lifestyle. Dr. Solberg stated that behavior and the environment can be altered in order to increase physical activity and good nutrition. He emphasized that just moderate changes in a person's behavior and some environmental change translate into major paybacks.

Dr. Solberg asked Sarah Bedsaul to step in to provide specific information on Shape Up's focus areas. Sarah Bedsaul provided an overview of each of Shape Up's focus areas: land use policies, schools, child care centers, community activities, after-school opportunities, access to healthy foods, and workplace wellness. She stated that each focus area has its own ad hoc committee. Sarah Bedsaul said the Shape Up grant is fully in line with the

Washington State Nutrition and Physical Activity Plan, reflecting conformance to best practices. Ms. Bedsaul reviewed a number of Shape Up's accomplishments, including working with the Ellensburg School District on a wellness policy, development of its own website, and Family Fitness Night at EHS with its success stories.

Dr. Solberg extended his thanks to Ms. Bedsaul. Dr. Solberg summarized his presentation by saying he hoped that by continuing to work with Shape Up's programs, the trend towards obesity would be significantly reduced in our county. Dr. Solberg asked if there were any questions.

Commissioner Crankovich mentioned that the county partners with cities to provide park improvements, referring to West Ellensburg park, the new Cle Elum skate park, and a new request on behalf of Roslyn's aging playground equipment. **Ms. Bedsaul asked the Commissioners to let her know when they receive requests and/or approve improvements as Shape Up has resources to offer (e.g. assistance with promotion at the opening of a park, etc.). Commissioner McClain suggested contacting the Mayor of Roslyn; and contacting Darryl Piercy regarding cluster plats. Cathy Bambrick said she would talk with Mr. Piercy.**

Consideration of possible schedule change for Board of Health meetings: Ms. Bambrick reviewed the reasoning from last month's meeting behind the need to change the schedule for BOH meetings. **It was decided to tentatively switch the meetings to the 4th week of the month; thus, the next meeting will be held on March 22. Commissioner Crankovich will see what formal actions might be needed for this change.**

Recruitment of new Board of Health member as Carolyn Booth's replacement: Cathy Bambrick said she was beginning the discussion process with the BOH; and that BOHAC would like to help with the process. Dr. Solberg said the process in previous years included BOHAC's recommendations for community members, an ad in the paper, application and presentation by interviewees to the BOH, and BOH interviews of a number of applicants (e.g., 3 candidates). He added that the Commissioners appoint the BOH community member. **Commissioner McClain suggested that BOHAC send the top five recommended names to the BOH. Ms. Bambrick added that KCPHD and BOHAC are looking for information on the process and will present what is found at the next BOH meeting.**

OTHER BUSINESS:

Cathy Bambrick referred to Public Health funding under consideration by the State's legislature and said there are no significant updates as of yet.

Motion 02-03: Commissioner McClain made a motion to adjourn the meeting; and Dr. Solberg seconded. All agreed. Motion 02-03 carried.

The meeting adjourned at 11:25 a.m.

Next Meeting: The next Board of Health meeting will be held on March 22, 2007 at 10:00 a.m. in the Commissioners' Auditorium.

Alan Crankovich, Chair of the Board of Health

Cathy Bambrick, Public Health Director
Kittitas County Public Health Department

Susan Merrill, Clerk of the Board of Health