KITTITAS COUNTY BOARD OF HEALTH (BOH)
Meeting Minutes

Thursday, October 16, 2014
Commissioners’ Auditorium
10:00 a.m.

Present
Board of Health (BOH): Paul Jewell, Gary Berndt, Obie O’Brien, Rich Elliott, and Dr. John Asriel

Kittitas County Public Health Department (KCPHD): Candi Blackford, Amy Fuller, Skylar Griessel, Julia Karns, Mark Larson, M.D., Erin Moore, Lisa Morin, Robin Read, Liz Whitaker

Paul Jewell called the meeting to order at 10:07 a.m.

Minutes
Paul Jewell asked for a motion to approve the September 24, 2014 minutes as presented.

Motion 10-01: Motion to approve the September 24, 2014 minutes as presented. Rich Elliott moved to approve the September 24, 2014 meeting minutes as presented. Obie O’Brien second. All approved. Motion 10-01 carried to approve the September 24, 2014 meeting minutes as presented.

Agenda
Paul Jewell asked if there were any additions/changes to the agenda. Robin Read noted that there would be no financial update.

Introductions:
Introductions
Hartwig Vatheuer introduced himself and has been a member of BOHAC for the past eight years and going on his thirteenth year as Commissioner of Hospital District 2. Robin Read introduced Sonora Stampfly as the Health Departments’ newest volunteer. Ms. Stampfly will be in the department two to three days a week until January or February when she will enter the Peace Corps. Michael Galvin, a reporter from Central Washington University, also attended.

BOHAC report
Hartwig Vatheuer updated the following for BOHAC:
- Two members have resigned (Lloyd Olson and Norm Redberg) bringing the committee count to fifteen members.
- The naloxone presentation was given at Monday’s BOHAC meeting and members voted on a recommendation for the board. Mr. Vatheuer asked to hold off on reporting that decision until the board hears the presentation.
Joan Baird Glover reported that there has been positive development in the recruiting of mid-level practitioners and physicians.

The next BOHAC meeting is set for November 10, 2014.

**Department Updates/Issues**

**Administrator Update:**

Robin Read gave the following report:

**Public Health Issues**

- October is Breast Cancer awareness month and Kittitas County is close to state wide mammogram rates, but significantly less than the state in breast cancer diagnoses.
- The department collected several mosquito samples for testing of West Nile Virus this season with none testing positive. There were nine human cases of West Nile Virus acquired in Washington State. Counties with the most activity have been Benton, Franklin, Grant, Yakima, and Walla Walla.

**Contracts/Agreements**


**Staffing**

- The department has a new intern/volunteer, Sonora Stampflly, who will be helping part-time through January when she will go into the Peace Corps. She recently graduated from the University of Washington with a bachelor’s degree in Public Health.

**Highlights/Accomplishments**

- There have been twenty-five interim water mitigation certificates issued.
- The second Communities of Health meeting was held last Wednesday night with seventeen participants. The top issues that came out of the discussion are youth substance abuse and obesity. The next meeting will be on November 3 and will include picking one of these topics to focus on.
- A group of Pakistani health care providers visited our county to learn more about rural health care in the United States. They toured Kittitas County and discussed public health in a small community.
- Robin Read and Amy Fuller presented their strategic planning project to the DOH Learning Congress.

**Program Updates**

- The health department has seen an increase in syringe exchange activity since Central Washington University started back up. The department had exchanged five hundred and fifty-three syringes from January through mid-September. In the past three weeks, however, four hundred and forty-five syringes have been exchanged.
- A facilitator has been hired to help conduct the Water Quantity Planning Advisory Committee meetings. The first meeting will take place on October 28, 2014.
- The department will hold its annual flu drive clinic October 17, 2014 from 7:00 a.m. to 3:00 p.m. at the health department.
- Kasey Knudson will be participating in the Region 7 emergency exercise in Okanogan County. Next year’s exercise will be held in Kittitas County.
- Food safety staff have been successfully using tablets for inspections and for uploading data to CAMAS for about a month.
- Staff presented code changes to the Planning Commission and will go in front of the board on November 4, 2014.
- Staff participated in a tabletop exercise at Kittitas Valley Healthcare that simulated a measles outbreak.
Admin Updates
- The department is still working on developing the 2015 budget.
- Robin Read attended the Washington State Public Health Association annual conference in Wenatchee.
- Ms. Read also participated in the Developmental Disability Coordinator’s training in Vancouver.
- Robin Read and Dr. Larson attended the annual Secretary of Health meeting in Kent.
- Robin Read and Kaitlyn Reddick met with the auditor’s office to discuss capital assets and how to manage the restricted fund balance. This will be a future BOH discussion.

Health Officer Update
Dr. Mark Larson handed out the Centers for Disease Control FluView form that showed the number of pediatric deaths attributed to influenza over the last 3 years. Dr. Larson reported that there have been an estimated six thousand three hundred and nine adult flu deaths since 1979, with last year’s death toll coming in at one hundred and eight. In comparison, there has been just one Ebola death in the United States so far. Dr. Larson reported that the Ebola epidemic is bad in Africa because the government and healthcare infrastructure is falling apart. The U.S. will likely have future cases of Ebola and there could even be Ebola in Kittitas County, but due to our healthcare system, it will not be like the outbreak in West Africa. Dr. Larson informed the BOH members on a variety of topics ranging from contracting Ebola and incubation period, to protective gear and travel protocol. He also reminded the Board that Kittitas Valley Healthcare recently participated in a table top drill for communicable disease, ensuring that hospital staff is following infection control guidelines, and that hospital staff and first responders are asking appropriate screening questions regarding overseas travel. In the event of a suspected case of Ebola, the Washington State Department of Health will have a statewide epidemiology and CDC team ready to deploy. Rich Elliott participated in the table top at Kittitas Valley Healthcare and discussed the areas that needed improvement to prevent exposure and reminded people that there will be Ebola in the United States, but we have to keep it in perspective.
Dr. Larson noted that we are more likely to see a measles outbreak than an Ebola outbreak here in the United States, but protocols on how to put on and take off protective gear and flight restrictions for those who have possibly come into contact with Ebola could become more stringent.

Financial update
No financial update

Business
BOH reappointment
Paul Jewell asked for a motion to reappoint Dr. John Asriel to another Board of Health term.

| Motion 10-02: Motion to reappoint Dr. John Asriel to another Board of Health three year term. Rich Elliott moved to approve the reappointment of Dr. John Asriel to another Board of Health three year term. Obie O’Brien second. All approved. Motion 10-02 carried to approve the reappointment of Dr. John Asriel to another Board of Health three year term. |

Air Quality Assessment results
Amy Fuller presented the Air Quality Assessment results to the Board of Health members and discussed the process for establishing the assessment:
- Project Scope: The Washington State Department of Ecology in Yakima commissioned KCPHD to conduct a county-wide survey, provide assessment results around the issues of air quality, and inventory community burning behaviors that impact PM2.5 pollution in Kittitas County.
- Objectives: To get a feel for beliefs and attitudes regarding air quality in Kittitas County, assess general knowledge level regarding air quality related issues in Kittitas County, assess general knowledge around clean burning practices, determine prevalence of residential wood burning
appliances and indoor burning practices that contribute to PM2.5, determine prevalence of outdoor burning behaviors that contribute to PM2.5, and determine effective avenues for education and outreach.

- Results: Obtained through a 25 question survey conducted over the course of 6 weeks, 610 surveys entered into Survey Monkey for data analysis, results had a 99% confidence rating w+/-.41 confidence interval, demographics represented were between Upper and Lower County residents; results reported to DOE and the Air Quality Committee.

- Key findings: Ms. Fuller discussed the informative survey data for belief and attitudes regarding air quality, general knowledge around air quality, clean burning practices, outdoor burning behaviors that contribute to PM2.5, what type of burning does our community do outdoors, indoor burning practices, solid fuel burning appliances, and fuel burning profiles.

- Kittitas County Public Health Departments Air Quality survey vs. Puget Sound Clean Air Agency survey results: The Kittitas County survey data was sent to the Department of Ecology and compared it to the Puget Sound Clean Air Agency survey results.

- Air Quality- Key Informant Interviews: The department surveyed 10 people and asked a list of specific questions, providing an in depth look at burning practices and allowing participants to give feedback for the air quality project.

- Conclusions: Some of the findings included a large percentage of the population that was not aware of the threat that PM2.5 air pollution poses to the community. There were large gaps in the baseline knowledge around important air quality facts and behaviors related to poor air quality, residents reporting significant amounts of indoor and outdoor burning behaviors that contribute to PM2.5 air pollution, and the community’s openness to education focusing on appropriate burning practices and how their burning may affect the environment.

- Future Endeavors: The Kittitas County Public Health Department will assess the impact of outreach and education, redesign questions to get an in-depth emissions inventory, look closely at community numbers of certified equipment, partner with Central Washington University Environmental Studies program, and develop a five year plan to address continued reduction of PM2.5.

Ms. Fuller provided a question and answer time, and encouraged the group to contact her if they had any questions at a later date. There was discussion about burn barrels and if those are still being sold. Ms. Fuller stated that she was not sure if they were still sold and that it was not specified as an outdoor specific device for burning. Rich Elliott responded that the fire department responds to illegal burns and refers repeat offenders of illegal burns to the Department of Ecology, but mostly tries to educate on what can and cannot be burned.

**Naloxone presentation**

Robin Read introduced Julia Karns to talk about the Overdose Prevention Program that would administer naloxone in Kittitas County. Julia Karns introduced herself and began the presentation with a brief overview of naloxone, or Narcan, as part of the Overdose Prevention Program. Ms. Karns reviewed a map of the United States depicting harm reduction syringe exchanges across the county. She noted that about half of the syringe exchanges have overdose prevention programs and are administering Narcan. There are ten programs total in the State of Washington, including one at Washington State University.

Ms. Karns reviewed some of the data that has been collected from national syringe exchange programs, indicating that sixty percent of participants use heroin alone, followed by methamphetamine, cocaine, and lastly, combining drugs and other sources of injectable drugs. Ms. Karns also reviewed the healthy youth survey conducted almost two years ago, showing numbers of high school kids taking prescription drugs and where they obtain them. She explained that often, when their source for prescription meds dries up, kids will turn to heroin to produce the same kind of high.

Ms. Karns discussed the biology of an overdose, explaining its effect on the central nervous system, heart rate, blood pressure, body temperature and respiration. All of this eventually leads to oxygen starvation if not treated quickly. Narcan is a non-controlled substance that counteracts the effect of an overdose. It is not addictive and has no potential for abuse, only working if a person has opioids in their system.
The American Medical Association, National AIDS Council and Stopoverdose.org are just a few of the major organizations that support naloxone distribution. Ms. Karns informed the Board that the health department is seeking support for adding an Overdose Prevention Program that distributes naloxone to the current Syringe Exchange program. Ms. Karns reviewed the items in the kit that would be given to participants who complete training from syringe exchange staff and those who receive their certification. There was discussion about the risks and benefits of putting naloxone in the community. Obie O’Brien discussed the use of naloxone in previous years and Ms. Karns reassured the Board that the Good Samaritan Law and calling 9-1-1 will be included with this training and the importance will be stressed. Rich Elliott noted that he is in support of the program and then had to leave the meeting. Dr. Asriel asked how the department is planning on funding this program. Ms. Read informed him that it is already in the budget for next year. The plan is to pilot the program for a year and then assess its effectiveness. At this time the department has the kits priced at approximately $65.00 per kit and will purchase twenty of them to start with. There was more discussion on the training documents, program requirements, how the training will be provided, and who will obtain naloxone kits.

Hartwig Vatheuer reported that at the Board of Health Advisory Committee meeting on Monday voted in support of the Overdose Prevention Program that distributes naloxone. Paul Jewell asked for clarification on the trainer document that included wording on “stashing drugs before law enforcement arrives.” Mr. Jewell expressed concern over county affiliation with a program that encourages hiding anything from the authorities. Liz Whitaker reassured him that document was just a sample from another county and would use similar training documents, but make sure that language was not used. Paul Jewell asked for a motion.

**Motion 10-03: Motion to approve support of an Overdose Prevention Program that administers naloxone and is run through the syringe exchange. Dr. John Asriel moved to approve support of an Overdose Prevention Program that administers naloxone and is run through the syringe exchange. Gary Berndt second. All approved. Motion 10-03 carried to approve support of an Overdose Prevention Program that administers naloxone and is run through the syringe exchange.**

Gary Berndt added that this program felt like it was aiding risky behavior and doesn’t necessarily promote a healthy outcome. Robin Read noted that this program gives users a second chance. There will be future updates about this program.

**Other**
Discuss future agenda item:
- Marijuana Prevention Discussion

The meeting adjourned at 12:26

**Next Board of Health Meeting will be held on November 25, 2014 at 1:00 p.m. in the Commissioners’ Auditorium**

Gary Berndt, Chair of the Board of Health

Robin Read, Administrator,
Kittitas County Public Health

Candi Blackford, Clerk of the Board of Health