

**COLUMBIA/BOONE COUNTY BOARD OF HEALTH
MEETING MINUTES
July 11, 2013**

The Columbia/Boone County Board of Health met for a regularly scheduled meeting at 5:30 p.m., Thursday, July 11, 2013. The meeting was held at the Columbia/Boone County Department of Public Health and Human Services, 1005 W. Worley St. Public Health & Human Services Assistant Director Scott Clardy represented the staff. Management Support Specialist DeeAnn Bradshaw recorded the minutes of the meeting.

MEMBERS PRESENT:

Dr. Michael Szewczyk
Jean Sax
Dr. Sally Beth Lyon
Lynelle Phillips
Ilalyn Irwin
Dr. Beth Hussey
David Sohl

MEMBERS EXCUSED:

Mahree Skala
Dr. Colin Malaker
Harry Feirman
Denise Stillson

**MEMBERS NOT
EXCUSED**

CALL TO ORDER

Chair Dr. Michael Szewczyk called the meeting to order at 5:30 p.m.

APPROVAL OF AGENDA

The agenda was approved as written.

APPROVAL OF MINUTES

The April 11, 2013 meeting minutes were approved as submitted.

INTRODUCTION OF NEW MEMBER

David Sohl was introduced as a new member to the Board. He previously served on the Board for 7 years. He shared information about himself and explained that he worked on several health topics and ordinances with the Board including the urban chicken ordinance as well as the smoking ordinance. He was welcomed back to the Board.

PRESENTATION

2012 Missouri School Profile and Adolescent Health Issues

Janet Wilson introduced herself. She has been with the Missouri Department of Health and Senior Services for 15 years; the last 6 to 7 in the Office of Epidemiology. This office conducted a youth survey to collect data related to risky behaviors detrimental to health. She was invited to the meeting to present the findings of this survey and the

school health profile survey. She noted that keeping students healthy is a public health concern and that the school environment is an important component that helps determine the student's health. She mentioned a favorite Hindu saying, "In the first 30 years of your life, you make your habits. For the last 30 years of your life, your habits make you".

She continued with her presentation showing data related to smoking as well as overweight and obesity. She noted that obesity is overtaking tobacco as a key health concern. She then shared data related to nutritional habits and physical activity.

The data also shows youths are taking risks. These risks are related to alcohol use and sexual behavior. These results also show there are troubled youth. This information included issues such as being bullied and feeling sad and depressed. She noted that this data is from the 2009 survey and that 2013 data will be available soon. Ms. Wilson explained that public health has an important role in working with the schools to address these issues. There is a link between health and academic achievement; healthy students show better behavior and attendance.

She then reported on the School Health Profiles key findings. This was a paper and pencil survey that is conducted in even numbered springs at schools with children in grades 6 through 12 as long as 6 is not the highest grade. These schools are randomly selected by the CDC to participate. There are two different questionnaires; one for the principal, which addresses program and environmental issues. The other is for the lead health education teacher designated by the principal, which looks at curriculum and instruction issues. Key findings show that more schools are including mental health programs and policies as well as asthma action plans. They also show there is less access to snack foods and beverages high in fats and calories.

There is a decline in the number of schools that use the School Health Index or other self-assessment tools and improvement plans. Ms. Wilson shared information regarding the CDC's School Health Index and how it can be used as a tool to help develop school health programs.

There was discussion regarding sex education courses in schools, tobacco, and bullying in schools. There was also a question related to bullying being expanded to include online bullying. Ms. Wilson answered that there is a specific question regarding online bullying to be included for future surveys, but she is not sure it is on the 2013 survey.

There was another question regarding mental health being included as part of the assessment. Ms. Wilson answered that there are no questions specific to the mental health, but there are questions related to issues that impact mental health.

A copy of Ms. Wilson's presentation showing survey results and specific data is included in the permanent Board of Health records.

PRESENTATION AND DISCUSSION

Columbia/Boone County Adolescent Health

This presentation included data related to local health concerns and how it compares to Ms. Wilson's state wide data.

Maureen Coy began by introducing herself as a health educator with the department. She has worked in teen pregnancy prevention programs for several years. She will be presenting information regarding an adolescent health assessment compiled from Columbia Public Schools and other sources. She noted that there is not a lot of updated information.

Stacia Reilly, Health Promotion Supervisor at the department, introduced herself. She has been with the department for over 12 years, but began her career working with Ms. Wilson at the state level. She explained that she and Ms. Coy wanted to expand on the information presented by Ms. Wilson. Ms. Reilly noted that later she would be sharing information related to programming currently in place at the department and collaborations related to those programs.

Ms. Coy explained that there is currently a large community needs assessments being conducted. Approximately 1,700 surveys have been completed with the initial results showing concern in five areas related to adolescents. They are in order of importance according to the survey:

- Drug Abuse
- Obesity
- Mental Health and Bullying (tied)
- Dropping out of school

She reiterated that these are *initial* results and the final results could be different.

2010 County data shows that drug and alcohol use for Boone County is slightly higher than for the state of Missouri. This included information identifying easy access to cigarettes, drugs and alcohol as an issue. There is no adolescent obesity data available. Information for WIC participants is only to age 5. However, obese children are likely to become overweight and obese adults. Data shows that suicide attempts in Boone County are lower than the statewide level. Columbia has a suicide prevention coalition. Ms. Coy presented additional information related to mental health issues and students feeling depressed or stressed. There was discussion regarding the change in high school hours and how it could affect this. Bullying data is believed to be similar to the statewide data. This included information related to making fun of others as well as being made fun of.

Graduation rates for Boone County are slightly higher than the state rate. The graduation rate for Columbia Public Schools in 2012 was 88.2%.

Ms. Reilly reported on the different programs at the department that address some of these issues. She noted that this is done through a great deal of collaboration within the community.

Hot Topic Nights is a program that has been in existence for about 10 years. Ms. Coy is the coordinator of this program. Over the years, there have been approximately 1,500 students involved in the program. Ten sessions are held per year. This program includes topics such as sexually transmitted diseases, birth control, healthy relationships, sex, drugs and alcohol. Condom demonstrations are done during Hot Topic Nights, something which is not done at the schools.

The department partners with MU Student Health's SHAPE program as well as Columbia Public Schools. MU students help teach the program while health teachers at Columbia Public Schools help promote the program. Some students who attend may also receive school credit. The program is held at the ARC. There is no age restriction, but the program is generally promoted to 9th grade health class students. The program is voluntary and attendance fluctuates. There was discussion regarding possibly promoting the program in middle schools.

The Teen Outreach Program, or TOP, is an evidence-based program to reduce the teen pregnancy rate. It is based out of the Wyman Center in St. Louis. The department also partners with Columbia Public Schools for this program which is currently held at Rock Bridge, Jefferson Jr. and Hickman. The program is possible through a contract with the Missouri Department of Health and Senior Services. This year, the department has requested funding to add two more schools - Battle High School and a middle school. This is a club that meets weekly during the school year and involves an educational component as well as a community service aspect. The department has done the program for 7 years; the past 3 in conjunction with Columbia Public Schools. Prior to that, the program was done in conjunction with the Boys and Girls Club and Columbia Housing Authority. There is an average of 12 to 15 adolescents per site.

Immunization data was collected from the nursing supervisor at the department for kids age 10 to 19. 2012 data included immunizations provided to adolescents. Flu vaccinations compose the largest percentage of those given. 2012 Sexually Transmitted Disease numbers were collected from the department staff related to the STD Clinic.

Healthy Babies is a program offered by the department's social services unit. This program began in 2011 and is a grant funded program. It currently serves 111 families. In the program, 24% of mothers enrolled are teen moms. This program provides referrals to other agencies, education such as safe sleep and car seat education. It also involves health department staff visiting homes and provides supplies such as diapers, baby wipes, sanitizer, etc.

There was a question regarding coordination of this program with other organizations such as Green Meadows Clinic and Parents as Teachers. There is actually no duplication of services between these programs. For example, the Parents as Teachers program is primarily focused on early childhood cognitive development. They are not so

focused on other issues which department staff examine during home visits. These would include more social and emotional aspects of the home environment such as the fitness of the mom and whether the home has enough food, diapers and other supplies. These programs coordinate with each other in sharing information to assure the baby is safe and the mother is receiving appropriate services. Further information regarding this program coordination will be forwarded to the Board.

Ms. Reilly noted that these are just some of the programs the department offers. Partners include Boys and Girls Club, YC2, Lutheran Family and Children Services and a variety of educational outreach organizations. In addition, Ms. Coy and Ms. Reilly are part of a wellness committee with Columbia Public Schools. However, this is not strictly related to adolescents.

There was discussion regarding working with the school nurses to gather data. There was a question related to kids caught smoking at Columbia Public Schools and whether they were referred to the health department to participate in the smoking cessation program. Ms. Wilson had noted that this occurs in other districts. Dr. Lyon will investigate that possibility.

The members were given a handout which included the 2010 needs assessment information. This was previously presented to the community in March of 2011. Ms. Coy noted that the information has not changed much since then. There was a brief discussion related to the information included in the handout and particularly the data related to sexually transmitted diseases. Ms. Coy mentioned that the department gives out condoms at no charge.

Dr. Lyon thanked Ms. Coy and Ms. Reilly for working with the schools. She hears great comments often and the work they do is great for the kids.

Dr. Szewczyk thanked Ms. Coy, Ms. Reilly and Ms. Wilson for their presentations and noted that it gives the Board a lot to think about. Several Board members agreed that they had no idea about all programs being offered. There was discussion regarding how the Board can assist with these programs. Dr. Lyon sees the Board of Health as a legitimate source of advocacy for these issues that could help the School Board. Discussion followed regarding specific issues. It was suggested that the Board of Health hear from the school health coordinators. Dr. Lyon agreed to assist with this.

A copy of this presentation is included as part of the Board of Health minutes.

REPORTS

Director's Report / CHAMP Update

Assistant Director Scott Clardy gave the director's report in Stephanie Browning's absence. Ms. Browning is attending the National Association of County and City Health Officials (NACCHO) Conference in Dallas, TX.

Accreditation activities are moving ahead. The department hopes to submit an application by next summer. The accreditation measures are being revised on July 1, 2014. The department will then decide which version to use, which may impact the application date. There are 12 teams in the department working on these activities. It was determined that overall things are done well throughout the department; but some items are just not documented well.

Mr. Clardy went on to explain that before the application is submitted, the department must complete a community health assessment and improvement plan to be submitted with the application. This is moving forward as well. The department is using a national model that includes 6 steps and is currently in the third step. It involves doing four community-wide public health assessments. The "Forces of Change" assessment is one that is completed. This involves a group of community members. Dr. Szewczyk and Ms. Skala represent the Board for this assessment, which involves looking at issues that could change the local public health system, but are outside the control of the local public health system (e.g., legislation). A second assessment being conducted is a community health status assessment. This consists of gathering primary data and looking at secondary data. The third is an assessment of the local public health system using a tool provided by CDC to evaluate ourselves based on the 10 essential services.

The last assessment is the "Community Themes and Strengths" assessment. This involves doing focus groups in the community to assess what is important to the community and what assets are present to improve community health. There are eight currently scheduled; one in each ward in Columbia and two in Boone County. Because there has not been good representation across all demographics, more will likely be done later this summer and include W.I.C. participants.

Preliminary results will be available and presented at the CHAMP (community partners) meeting during the first part of August. The community health assessment is planned to be finalized in the fall.

Mr. Clardy noted that the second step in the process was a community visioning exercise, which has been completed. There were three community visioning groups across the county who met to determine the vision for local public health in the county. He distributed a handout earlier with the visioning information and vision statement, which is "A vibrant, diverse, and caring community in which all individuals can achieve their optimum physical, mental, cultural, social, spiritual, and economic health". The information also included the list of values. This is very similar to the department's strategic plan vision statement and he is very pleased with the outcome.

Mr. Clardy also mentioned that the Community Themes and Strengths Assessment, that included the survey Ms. Coy mentioned, has been sent out. He is very pleased with the 1,700 responses which included both online and hard copy surveys. Some members were not sure they had seen the survey. Mr. Clardy will make sure that it is sent out to the Board members.

The Community Health Improvement Plan is the final phase and it is expected to be completed early next spring. That will be followed by developing strategies for community health improvement.

Mr. Clardy reminded the Board about the Health Impact Assessment project that was previously presented to Council and to the Board. Staff was asked to do another assessment on the health impact of a surcharge on utility bills to fund public transportation. The report is being finalized now and staff would like to present the information to the Board of Health in September. Brief discussion followed regarding the possible health impact of the surcharge.

The department is moving forward on its budget. There is the possibility of adding an animal control officer. The department has had the same number of City funded officers since 1985. Dr. Szewczyk asked how the department is using the funds returned to department as its share of previous savings. Mr. Clardy reported that it is being used for accreditation activities and consultants as well as installing door controls to make interior doors ADA accessible. It is possible that some will be used as a match to leverage more funding from outside agencies. The department also plans to replace computer equipment.

OLD BUSINESS

Dr. Szewczyk reported that the fluoride report to Council is completed.

There was discussion regarding the "Putting Kids First" tax levy. It was agreed that the Board would like to hear from a representative regarding that group's planned activities.

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NEW BUSINESS

None

ADJOURN

There being no additional business there was a motion to adjourn the meeting at 7:30 p.m.

NEXT SCHEDULED MEETING DATE

August 8, 2013