

COUNTY OF SAN LUIS OBISPO

HEALTH COMMISSION

Minutes of Meeting

Monday, September 11, 2017 (County Board of Supervisors Chambers)

Members Present: Mary Jean Sage (Chair), Kris Kington-Barker, Robert Campbell, David Clous, Claire Grantham, Jean Raymond, Tamar Sekayan, Susan Warren

Members Absent: Jinah Byram, Candace Winstead

Staff Present: Dr. Penny Borenstein, Jean White

Speakers: Suzanne Phelan, PhD, Cal Poly; Heidi Freeman, MD, Obstetrics & Gynecology; Sandra Miscovich, MCAH /County Public Health

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order at 6:00 PM by Chair Sage.	<i>Call to Order</i>	<i>Chair Sage</i>
2. Approval of Minutes	Minutes of August 14, 2017 approved as drafted.	<i>August 2017 minutes approved</i>	<i>All</i>
3. Public Comment	Chair Sage opened the floor to public comment with no response.		
4. Presentation: Maternal, Child & Adolescent Health (MCAH) in SLO County	<p>Commissioner Sekayan introduced the speakers.</p> <p>Suzanne Phelan, PhD, Professor of Kinesiology, Director of Family Health Research, Cal Poly State University, presented a Power Point overview sharing findings from studies conducted by the Family Health Research Unit on Early Life Interventions for Obesity Prevention. The first study <i>“Healthy Beginnings”</i> focused on how to prevent gestational weight gain (GWG) during pregnancy. The goal was to prevent excessive GWG in women with obesity using a partial meal replacement program. 264 pregnant women with overweight/obesity were randomly assigned to either standard prenatal care or standard prenatal care + lifestyle intervention with partial meal replacement. Results showed lifestyle intervention worked and there were greater improvements in maternal metabolic risk factors and no adverse effects on pregnancy complications. A second study <i>“Fit Moms”</i> funded by the National Institute of Health focused on postpartum weight reduction. They recruited 12 WIC clinics (in SLO, SB, Ventura Counties) and randomized the clinics to either provide standard WIC care or standard care + an Internet-based weight-loss intervention program. Findings showed integrating an internet-based weight loss program into WIC worked, with significant weight loss at 6 months that was maintained through 12 months and that there was a cost benefit with the intervention. Next steps are to try to disseminate these findings into clinical practice. Dr. Phelan explained how creating a culture that supports research is important and shared her <i>“Call to Action”</i> list of how to strengthen the bridge between science and practice that included the development of a multi-institutional review board (IRB). She announced that in October, they will be launching a new program <i>“Women & Infants Mobile Health,”</i> a mobile health unit that will provide prenatal care.</p> <p>Heidi Freeman, MD, Obstetrics & Gynecology, is current department chair for OB GYN at Sierra Vista (SVRMC). She provided a Power Point overview showing numbers of births at local hospitals and talked about some of the local initiatives that SVRMC is involved in. The California Maternal Quality Care Collaborative (CMQCC) was founded in 2006 in response to rising maternal mortality and morbidity rates. Since CMQCC’s inception, California has seen maternal mortality decline by 55 percent. CMQCC has developed evidence-based quality improvement toolkits for the leading causes</p>	<i>Copies of the Power Point presentations are filed with the official record of the meeting.</i>	

of preventable death and complications for mothers and infants. The most recent one that Dr. Freeman has been involved with is *“Collaborative to Support Vaginal Birth and Reduce Primary Cesareans.”* SVRMC is one of 26 hospitals in the first launch (May 2016). The goal is to prevent the first cesarean in low risk pregnancies. These toolkits are available online and are free at CMQCC.org. A multidisciplinary team of nurses, obstetricians, mid-wives, anesthesia, etc. meet monthly at site and hold monthly webinars with smaller groups of hospitals to share information, problems, & suggestions. Dr. Freeman also talked about the *“Baby Friendly Hospital Initiative,”* a World Health Organization (WHO) program, with all three SLO County hospitals having Baby Friendly certification (there are no OB services at Arroyo Grande Hospital). Baby Friendly certification includes extra support for prenatal classes, consults in the hospital, lactation consultants, and postpartum support groups. Dr. Freeman noted that maternal mental health is something that has really come to the forefront, with suicide being the leading cause of death in the first year postpartum for moms. A new project that will be starting soon at SVRMC and FH will be screenings for postpartum depression and anxiety issues. They also just started a 6-week program *“new dad boot camp.”* Dr. Freeman shared information on pediatric services from Cindy Holt, Department Chair of Pediatric Services at SVRMC. In conclusion, she listed some of the local challenges for our county: access to primary & subspecialist care, complex patients, different health care systems, difficulty in recruiting and retaining new providers, and political challenges to ACA.

Sandra Miscovich, MCAH Program Manager, County Public Health Department, presented a Power Point overview of the MCAH program. She listed the 26 maternal health indicators they follow in the programs they have established and displayed graphs showing the 15-year trend for prenatal care in SLO (with SLO lagging behind the rest of the state), and the prevalence of developmental disorders among children, including FASD (Fetal Alcohol Spectrum Disorder), which is preventable. The MCAH *“Universal Screening Program”* provides prenatal health care providers with a “4Ps +” screening tool designed to identify prenatal patients at risk for perinatal mood and anxiety disorder, use of tobacco, alcohol and illicit drugs. SLO County has a very high rate of women who have screened positive for alcohol use during the first trimester. The *“SLOFASD Prevention Project”* is a new project where stakeholder focus groups follow up on 4Ps+ data. Patient education and culture change is a big part of this program, making sure women have the most current information and that there are consistent messages around alcohol use in pregnancy. MCAH is also facilitating the *“Perinatal Mood and Anxiety Disorder (PMAD) Project,”* working with the hospitals, clinics, & other stakeholders to look at perinatal mood and anxiety disorders. It is a multi-sector collective of systems to integrate public health and behavioral health and build clinical and community linkages by leveraging existing resources, creating new systems, protocols and practices. Twin Cities, Sierra Vista, & French are now finishing their protocols, with each program having a nurse champion to train everyone on PMADs. They have also reached out to TMHA SLO Hotline, and beginning April 1, 2017, started documenting the number of PMAD phone calls coming in. They are in process of developing a PMAD website. They have a 3-year grant. Year 1 began in November 2016, developing the infrastructure & clinical phase assessment. Year 2 they will continue with infrastructure, trainings, and outreach. Year 3 will be to review and realign systems.

Commissioner Grantham asked if they use hospitalists in the OB Department. *(Dr. Freeman explained that SVRMC is a Level 3 NICU and have laborists available for emergencies and triage.)*

Commissioner Grantham asked about guidelines for breastfeeding mothers and alcohol use. *(Dr. Freeman explained that there is less data available on breastfeeding & alcohol use. Most physicians recommend avoiding alcohol. Marijuana use and breastfeeding is an absolute no.)*

Commissioner Raymond asked how Cal Poly Student Health helps to promote public health education into the community. *(Dr. Freeman noted that Cal Poly does not provide OB/GYN services, but they have an OB/GYN who will be the medical director of the mobile health clinic. Cal Poly's Kinesiology Department now offers a Public Health degree. Cal Poly also offers a class called Health Ambassadors, where students support existing community programs and/or help develop new ones.)*

Commissioner Sage asked for more information about the mobile unit. *(Dr. Freeman advised that the mobile unit will launch in Santa Maria and Guadalupe and they have funding and donors to support the first two years of the project. The mobile unit will provide pre-natal care for low risk pregnancies two evenings per week. Marion Medical Center has a residency program for family medicine who they will be collaborating with on this project.)*

Commissioner Sekayan asked where pregnant women are getting information that it is okay to drink at any point in their pregnancy. *(Ms. Miscovich answered thru Smart phones, apps, culture; and that there is not a constant message wherever you go.)*

Commissioner Sekayan asked if steps were being taken to get institutions on board with the idea of fostering a research-based culture, noting that the majority of births are at SVRMC, but they were not listed as having an Institutional Review Board (IRB). *(Ms. Phelan explained that SVRMC is interested, but it takes money & staffing and they do not have a system in place to make it a priority. It has taken two years to get a contract in place and an IRB protocol approved to work with Dignity.)*

Commissioner Campbell asked about the prevalence of Fetal Alcohol Syndrome (FAS) statewide/nationally. *(Dr. Freeman estimates FAS is in the range of .2% nationally. Dr. Borenstein added Fetal Alcohol Spectrum Disorder (FASD) is higher nationally; in the low few percentiles.)*

Commissioner Campbell asked what the 4P's stand for. *(Parent, Partner, Pregnancy, Past)*

Commissioner Campbell asked how the commission could help. *(Ms. Phelan referred to her slide with 7 items, but at the top would be finding a way to build a culture that promotes, endorses, and sees the benefits in research and evidence-based care in medicine and finding a way to make space in provider's work lives to dedicate to research beyond what is needed for certification. Dr. Freeman would like support for a community-wide IRB and encourage research. Also, noting the need for more primary care physicians. Ms. Miscovich commented on the need for data driven decisions and system change program design vs. smaller limited in scope projects.)*

Commissioner Winstead commented on PMAD issues and asked about outreach to employers when women go back to work. *(Ms. Miscovich advised that she meets with the larger employers and provides education on PMADs.)*

Commissioner Winstead commented on the positive data for the *Healthy Beginnings* and *Fit Moms Program* and asked about barriers to providers adopting this type of program. *(Ms. Phelan noted some of the barriers include lack of time for providers to give dietary counseling and lack of insurance*

	<p><i>coverage to see a nutritionist. There are insurance and time barriers that need to be addressed at an institutional level.)</i></p> <p>Commissioner Warren asked if they saw a difference between mothers who were breastfeeding and those who were not breastfeeding in the <i>FIT Moms Program</i>. <i>(Ms. Phelan answered that 50% of the women in FIT Moms were breastfeeding at the time of enrollment and that the weight loss intervention had no adverse effect on breastfeeding. Intensive long-term breastfeeding has a small effect on maternal weight.)</i></p> <p>Commissioner Warren asked about outreach to high schools. <i>(Ms. Miscovich explained that the Center for Family Strengthening has been providing health education around pregnancy and alcohol use to all of the high schools within SLO County for the past 4-5 years.)</i></p> <p>Commissioner Warren asked if they work with the Center for Family Strengthening, noting that they are set up to do trainings and hold a CME training annually for physicians. <i>(Ms. Phelan has never met with them, but Ms. Fraser has submitted letters of support for many of their grants, and they have talked about preparations for launching the mobile health unit in SLO County.)</i></p> <p>Commissioner Warren noted there are some real opportunities for them to work with the vineyard industry to help bring awareness and shift the culture by sending the right message that drinking is not always okay.</p> <p>Chair Sage thanked the speakers.</p>		
<p>5. Health Agency/Public Health Report</p>	<p>Dr. Penny Borenstein, Health Officer/Public Health Director, reported on the following:</p> <ul style="list-style-type: none"> • Particulate Matter Educational Efforts: Referred to public comment at last month’s meeting and reported that Public Health is continuing to work with APCD on the issue of particulate matter on the dunes. Dr. Borenstein is meeting with APCD leadership this week and they will be revisiting some of the educational outreach efforts. She will bring back some additional information after they do some further work in this regard. • Community Health Needs Assessment Survey: Dr. Borenstein thanked community stakeholders who responded to the survey that was emailed to approximately 400+ community stakeholders (including Health Commission members). They have received 132 responses, with 90 recipients expressing interest in working with Public Health on the next step going forward which is the Community Health Improvement Planning process. • Electronic Health Records (EHR) Rollout: Public Health is several months into Phase 1 of their EHR rollout. Still working through some issues; lots of lessons learned, but billing has gone up considerably. They will be going live with EHR at the Jail and the Medical Therapy Program the week of October 9th. • Flu Shots: The County will be holding a flu shot clinic in four locations on Wednesday, October 18th, 3-6 PM as part of a First Responder Point of Distribution Exercise. The Public Health Department will not be providing nasal spray this year, in accordance with CDC recommendations, due to ineffectiveness. Anyone over age 65 should ask for the higher antigen dose if it is available. 		
<p>6. Health Commissioner Updates</p>	<p>Commissioner Warren attended the homeless housing meeting where there was discussion about the upcoming M.A.S.H. (Mobile Assistance Serving Homeless) event. M.A.S.H. is a one-stop shop event that helps link the homeless population to services and resources. There are free services</p>		

	<p>including haircuts, lunch, counseling and health checks. Transportation is available. The North County event will be on October 25th. Commissioner Warren will bring a flyer to next month's meeting. Commissioner Warren also reported that she was invited to be a part of the Behavioral Health Board's Health Fair, and has been asked to serve as a liaison representative from the Health Commission to the Behavioral Health Board.</p> <p>Commissioner Sekayan updated that she will be reaching out to those commissioners who volunteered to meet with Board of Supervisor members.</p> <p>Commissioner Raymond attended the Adult Services Policy Council meeting where there was a presentation from SLO COG on the online transit plan survey they are conducting. They are still looking for community organizations to participate in the survey. Commissioner Raymond suggested inviting James Worthley from SLO COG to present on the data they gather from the survey. Commissioner Raymond also reported from the meeting that on Wed, October 11th, 4-6 PM, there will be a Suicide Prevention Forum at the SLO United Methodist Church on Fredericks Street.</p> <p>Commissioner Clous reported that the Tobacco Control Program and Tobacco Control Coalition have been "nudging" CSU campuses to go from smoke-free policies to tobacco-free policies, and a new policy will be going into effect on Sept. 1st. The Tobacco Control Coalition is also in discussion with Cuesta College about a tobacco-free campus; a policy should be in place before the end of the year.</p>		
7. Committee Reports	Nominating Committee: Commissioner Grantham announced that there is one vacancy on the Commission in the direct provider category. Jean White will be sending out a media release.		
8. Prospective Future Items	October 16, 2017 Domestic Violence Month		
9. Adjournment	Meeting adjourned at 7:45 pm.	<i>Adjournment</i>	<i>All</i>