

**COUNTY OF SAN LUIS OBISPO
HEALTH COMMISSION**

Minutes of Meeting

Monday, June 10, 2019 (County Board of Supervisors Chambers)

Members Present: Jean Raymond (Vice-Chair), Amy Kleinman, Susan Warren, Robert Campbell, Catherine Shipp, and Ginger Cochran

Members Absent: Mary Jean Sage, Elisa Moylan, Candace Winstead, Tamar Sekayan, and Jinah Byram

Staff Present: Penny Borenstein, MD, and Theresa Miranda

Speakers: Dawn Wilt, RD, IBCLC, Public Health Department, Merrilee Costello, RN, IBCLC, Central Coast Breastfeeding Coalition, and Olga Mireles, RN, French Hospital Breastfeeding Center

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order at 6:00 p.m. by Vice-Chair Raymond.	<i>Call to Order</i>	<i>Vice-Chair Raymond</i>
2. Approval of Minutes:	A correction was made to the May 13, 2019 minutes to correct Nicholas Drews sample letter to read <i>the Organization</i> in the blank space. Minutes approved as corrected.	<i>May minutes approved as corrected</i>	<i>Raymond/All</i>
3. Public Comment:	Vice-Chair Raymond opened the floor to public comment with no response.	<i>No response</i>	
4. Presentation: Overview of WIC Nutrition Program Regarding Breastfeeding	<p>Dawn Wilt, RD, IBCLC, Nutritionist I, Public Health Department, presented the following: Shared the 2017 data regarding San Luis Obispo County ranking 5th in the State for exclusive breastfeeding rate in the hospitals. French Hospital and Sierra Vista Hospital ranked in the top 12 percent in the State. Twin Cities Hospital is under 85% percent of exclusive breastfeeding rates. The Baby Friendly Hospital Initiative is administered by the World Health Organization and UNICEF which was created in 1991 to promote practices that support a mother’s decision to breastfeed. In 1998 General Hospital was considered the 13th baby friendly hospital in the United States. The County of San Luis Obispo is the only County in the State that has all San Luis Obispo County delivery hospitals as baby friendly hospitals. Today there are over 500 plus baby friendly hospitals in the United States and the facilities are evaluated every five years. The hospitals must pass an audit which involves the hospital being able to provide the following ten steps.</p> <ol style="list-style-type: none"> 1. Have a written breastfeeding policy that is routinely communicated to all health care staff. 2. Train all health care staff in skills necessary to implement this policy. 3. Inform all pregnant women about the benefits and management of breastfeeding. 4. Help mothers initiate breastfeeding within a half-hour of birth. 		

	<ol style="list-style-type: none"> 5. Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants. 6. Give newborn infants no food or drink other than breast milk unless medically indicated. 7. Practice rooming in -- allow mothers and infants to remain together-24 hours a day. 8. Encourage breastfeeding on demand. 9. Give no artificial teats or pacifiers to breastfeeding infants. 10. Foster the establishment of breastfeeding support groups and refer the mother to them on discharge from the hospital or clinic. <p>San Luis Obispo County WIC started a breastfeeding peer counselor program with the help of First 5 funds. The funds also provide bilingual/bicultural IBCLC to non-English speaking mothers. Of the mothers that receive support, 67% are still breastfeeding at six months. When compared to other peer counseling WIC programs in the State, only 30% are still breastfeeding at six months.</p> <p>Three peer counselors and two WIC staff attended the UC San Diego Certified Lactation Educator Counselor Training which provided additional training to support our moms. WIC has a breast pump loan program to provide moms with a clinic grade or rental grade pump. WIC has 150 plus pumps and most of them are in use all the time.</p>		
<p>5. Presentation: Overview of Central Coast Breastfeeding Coalition</p>	<p>Merrilee Costello, RN, IBCLC, Central Coast Breastfeeding Coalition, presented the following: Distributed handouts of information to commissioners that included brochures regarding Baby Steps: Simple Steps to Breastfeeding Support and information on the Central Coast Breastfeeding Coalition. Eight years ago, the Central Coast Breastfeeding Coalition was started by Pam Paul, RN, Merrilee Costello, RN, and several other people. The Central Coast Breastfeeding Coalition is part of the California Breastfeeding Coalition and works to promote breastfeeding throughout the State. There are 52 breastfeeding coalitions and the Central Coast Breastfeeding Coalition is one of them. The Coalition currently has 40 active members and about 200 people on their mailing list. The membership is made up of International Board Certified Lactation Consultants, people from WIC, a Cal Poly Professor, physicians, dietitians, and individuals from private practices.</p> <p>In 2014, MindBody was awarded a statewide award for providing lactation accommodations for their working mothers. In 2016, Diablo Canyon was awarded the same award for their accommodations for breastfeeding mothers.</p> <p>The Coalition puts on a mother's milk drive which happens every October and has been very successful. Mother's Milk Bank located in San Jose has been collecting human milk for the past 30 years. The human milk is distributed throughout the State</p>		

	to high-risk infants. Coalition members will see mothers postpartum in the hospital or once home through outpatient. This is the most important part of helping breastfeeding mothers in the follow-up after a mother is discharged from a hospital.		
6. Presentation: Overview of French Hospital Breastfeeding Center	<p>Olga Mireles, RN, French Hospital Breastfeeding Center, presented the following: The Breastfeeding Warmline is a triage phone services were mothers can call with any concerns regarding breastfeeding and is open 365 days a year. The phoneline is answered between the hours of 9:00 am to 4:00 pm by a lactation nurse. The Warmline has a Spanish line as well.</p> <p>The Family Birthing Center at French Hospital was established in the Fall of 1997. The Center provides the following:</p> <ul style="list-style-type: none"> • Prenatal classes • Prenatal consults and breastfeeding classes • Lactation visits • One on one consultation to address any questions post-partum • Visits while moms are in the hospital <p>Currently, in the County there are three outpatient clinics in addition to WIC sites that provide lactation services after a hospital stay. We provide bilingual/bicultural services and extend clinic hours as necessary to meet the needs of families seeking our services.</p>		
7. Health Agency / Public Health Report	<p>Dr. Borenstein, Health Officer/Public Health Director, reported on the following:</p> <p>State Budget: Reported the State Budget brings good news for disease control. Conference committees are finding agreement on enhancing STD and HIV Budgets by \$2 million each. Also, the Governor’s proposal of \$40 million for communicable disease programs has received support by both houses and the State Legislative. Only 10% will be kept at the State level. The rest of the funds will be distributed locally for general communicable disease work.</p> <p>Communicable Disease: The Public Health Department has reported an outbreak with several Hepatitis A cases within San Luis Obispo County from a catered event. These cases are not associated with other outbreaks occurring in the homeless and drug using populations. Dr. Borenstein was notified of two pertussis cases in the County as well. Santa Barbara County has reported two measles cases in their county. It is nearly inevitable with over 1000 cases in the Nation, and with no signs of stopping, we might see measles in San Luis Obispo County.</p> <p>County Budget Hearing: Attended the Budget Hearings for the Health Agency. The budget remained the status quo with the exception of the Behavioral Health Department receiving some additional funding to address jail detainees with mental illness who need to be restored to competency for trial.</p>		

	<p>Community Health Improvement Plan: Reported on the Community Health Improvement Plan (CHIP). Team leads will be reconvening to address the eight subject areas, to determine progress, possible modifications in goals and objectives, and getting the word out more widely. Dr. Borenstein reported that she and the Public Health Communications Coordinator met with the Tribune Editorial Board to discuss how to publicize the work of the CHIP. The Editorial Board subsequently did a story on the growth of tobacco use and vaping in the County. Though the article in the Tribune did not agree with our perspective, at least the goals and objectives are getting attention in the local media.</p>		
<p>8. Health Commissioner Updates</p>	<p>Commissioner Campbell: Reported the Tobacco Control Coalition will be meeting next Wednesday. The Tobacco Control Coalition will be sponsoring a three-hour meeting regarding community organizing theories to deal with tobacco usage and teenage vaping.</p> <p>Commissioner Warren: Reported that the Homeless Services Oversight Committee is waiting to see how things play out due to the money coming from the State regarding homeless housing.</p> <p>Commissioner Shipp: Attended the Children Oral Health Coalition on June 4th and they are further rolling out the virtual dental home program that will provide dental care to elementary school children. Attended the Suicidal Prevention Council meeting and they will be sponsoring an “Out of the Darkness Walk” in October.</p> <p>Commissioner Raymond: Attended the Adult Services Policy Council Meeting. A speaker from the community foundation discussed the different kinds of grants that are available. Michelle Shoresman spoke about health care navigation and the programs that are available in our County. Michelle Zulim-Clark from the Senior Fall Prevention Program spoke about fall prevention and classes that are available to the public. The fall prevention classes are available at French Hospital from June 5th through July 10th at 2:00 p.m. to 3:00 p.m. every Wednesday. The senior fall prevention classes will be held at the Copeland Health Education Pavilion.</p> <p>Sierra Vista Hospital is also offering different programs for seniors in the community and the meetings are on the third Monday of every month. Senior and Family Caregiver Wellness Day will be on August 3, 2019, from 9:00 a.m. to 12:00 p.m. at the San Luis Obispo County Library. They will be featuring the SLO Food Bank for seniors, Farmer’s Markets, blood pressure screening, fall prevention education, a resource fair and raffle prizes.</p> <p>Transitions Mental Health Association is offering a one-day family orientation class for families of individuals with mental illness. The class will be held on June 29, 2019, from 9:00 a.m. to 3:00 p.m. For further information, you can contact the Transitions Mental Health Association.</p>		

	Commissioner Kleinman: Attended the HEAL SLO Healthy Communities Workgroup on June 6th and two major projects were discussed. The first was 22 units for residential and mixed-use space in Arroyo Grande, located at 1136 Grand Avenue. The parcel is considered high density, has great pedestrian access, has local transit and is walkable to downtown. The second was in the City of San Luis Obispo on the corner of Toro and Monterey. The parcel that was previously intended for housing is now approved for a hotel. If the recommendation is to become a hotel, some health changes should be considered.		
9. Committee Report	Nominating: Motion made and seconded to approve new slate of officers for FY 2019-20: Chair-Mary Jean Sage, Vice-Chair-Jean Raymond, and Secretary-Tamar Sekayan.	<i>Motion made to approve FY 2019-20 slate of officers</i>	<i>JR/RC/All</i>
10. Prospective Future Items	July 8, 2019 from 6:00 p.m. to 8:00 p.m. Retreat/Planning Meeting, located at the Public Health Department, 2191 Johnson Avenue, San Luis Obispo.		
11. Adjournment	Meeting was adjourned at 7:25 p.m.	<i>Adjournment</i>	<i>All</i>