

The regular meeting of the Spokane Regional Health District Board of Health held on Thursday, **October 29, 2015** was called to order by Councilmember Chuck Hafner, Chair, at 12:30 p.m. in room 140 of the Public Health Center, 1101 West College Avenue, Spokane, Washington.

#### **PRESENT**

Councilmember Chuck Hafner, Chair  
Mayor Kevin Freeman, Vice Chair  
Commissioner Al French  
Commissioner Shelly O'Quinn (arrived at 12:46 p.m.)  
Councilmember Mike Fagan  
Councilmember Jon Snyder  
Councilmember Amber Waldref  
Councilmember Ed Pace  
Board Member Keith Baldwin, MHA  
Board Member Susan Norwood, EdD, RN  
Board Member Bob Lutz, MD, MPH

#### **ABSENT**

Commissioner Todd Mielke

#### **CITIZEN INPUT**

- Carolyn Pickett, Spokane County, WA – Spoke on the effects of marijuana and GMO foods with fluorides and their toxicity to the body.

#### **CHAIR REPORT** – Councilmember Chuck Hafner

The agenda schedule order was changed. The BOH will hold an Executive Session prior to the Action Items.

#### **HEALTH OFFICER REPORT** – Joel McCullough, MD, MPH, MS

##### Opioid Epidemic Update

An opioid fact sheet will be available for the BOH at the December meeting. In 2012, there were 259 million opioid pain prescriptions in the United States. Three out of four users of heroin started using because of the use of prescription pain medications. The prescription pain medication overdose rates have leveled for the last several years, but there has been a dramatic rise in heroin overdoses with overdoses doubling between 2011 and 2013.

Federal level activities include the Department of Health and Human Services (DHHS) requiring all of their healthcare providers undergo training on appropriate opioid prescribing. DHHS will improve access for those addicted by awarding grants to states to increase treatment capacity and determine barriers that keep those addicted from access. DEA sponsored drug take back efforts will continue twice yearly. The Centers for Disease Control (CDC) will vigorously monitor opioid prescriptions and adverse health effects. The federal government has recently engaged 40 healthcare provider groups to train over 500,000 healthcare providers on opioid prescribing. The numbers of providers who prescribe alternatives to methadone treatment and naloxone (that can reverse opioid overdose) will be increased. Healthcare providers will be educated on public health impacts of prescribing opioids.

The Department of Health (DOH) started a prescription drug monitoring program three years ago that allows healthcare providers to monitor patients to determine if opioids are being received from other sources. The Washington State's Agency Medical Directors' Group has developed guidelines for

prescribing opioids. Rules have been adopted in Washington State that mandates how to prescribe for chronic pain placing limits on medications for non-cancerous chronic pain.

The Washington State Response to the Opioid Epidemic draft plan will be available on the BOH website. The four goals of the plan include: 1) prevent opioid misuse and abuse, 2) identify, intervene and link to treatment and support recovery for persons who have opioid use disorder, 3) intervene in opioid overdoses to prevent deaths, 4) use data and information to detect opioid misuse and abuse, monitor morbidity and evaluate interventions.

Locally, efforts include: the Spokane Opioid Task Force that develops pain management guidelines which are consistent throughout the community, the Providence Consistent Care Program which addresses pain medication seeking behaviors in the emergency room and refer those to primary care providers, providers in the community receiving training on opioid prescribing, and the Opioid Treatment Program at the health district with increased client numbers.

There are no guidelines for prescribing cannabis.

**LEGISLATIVE UPDATE** – Linda Graham, Healthy Policy and Communications Manager

A 2015 legislative session review sheet, requested last meeting, is in the agenda packet. Board members reviewed the 2016 legislative agenda suggestions list developed at the last board meeting.

Councilmember Snyder recommended “wireless communication” under traffic safety be listed as “distracted driving.”

Councilmember Snyder asked Commissioner French how the BOH and City of Spokane could assist Spokane County’s legislative topic on mental health services and regional support networks. Commissioner French responded he would have Christine Barada, the director of Housing and Community Development, communicate Spokane County’s agenda to the BOH and determine opportunities for assistance. Linda Graham will follow up with Christine Barada and incorporate language of support into the board’s legislative agenda. Board Member Baldwin recommended including Better Health Together’s efforts as well.

Board Member Baldwin recommended stronger emphasis on vaping by having a subset of specific issues related to tobacco, vaping and other inhaled products.

**CONSENT AGENDA**

Consists of items considered routine which are approved as a group. Any member of the board may request to remove an item from the Consent Agenda to be considered separately.

Meeting Minutes: September 24, 2015  
2015 Vouchers paid: September 1-30, 2015

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Voucher Numbers:	#237829 - #238104 & B&OJAN12	\$ 524,732.42
Payroll Warrants:	#896894 - #896926	Advice Numbers: #DD31455 - #DD31643 698,526.10
Payroll Warrants:	#898509 - #898542	Advice Numbers: #DD31644 - #DD31837 680,343.23
	<b>TOTAL</b>	<b>\$1,903,601.75</b>

**Motion:** *To approve the consent agenda including meeting minutes and vouchers as presented.*

**Motion/Second:** *Fagan/O’Quinn*

**Approved:** *Unanimously*

## EXECUTIVE SESSION

The BOH recessed at 12:58 p.m. for 15 minutes for an Executive Session pursuant to RCW §42.30.140(4).

## MEETING RECONVENED

The meeting reconvened at 1:14 p.m.

## ACTION ITEMS

### Resolution #15-05 Adoption of the 2016 SRHD Budget

Councilmember Pace made a motion to adopt the budget as presented. Councilmember Waldref seconded the motion.

Mike Riley, Comptroller, presented the proposed 2016 budget and the process for determining the budget. Commissioner O'Quinn, who chairs the BOH Budget and Finance Committee, commented that the committee has reviewed and recommends the approval of the budget.

*Motion: To approve Resolution #15-05 Adoption of the 2016 SRHD Budget*

*Motion/Second: Pace/Waldref*

*Approved: Unanimously*

### Resolution #15-06 (1) Authorizing Staff to Execute a MOU with PTE Local 17 for Calendar Year 2016 Providing for a 0.75% Increase in Medical Premium Contribution Rates and the Addition of a Columbus Day Holiday to the Annual Holiday Schedule for SRHD Employees Who Are Members of That Union and (2) Providing a Similar Benefit to all SRHD Non Union Employees

Councilmember Pace made a motion to accept the resolution as presented. Councilmember Fagan seconded the motion.

*Motion: To approve Resolution #15-06 (1) Authorizing Staff to Execute a MOU with PTE Local 17 for Calendar Year 2016 Providing for a 0.75% Increase in Medical Premium Contribution Rates and the Addition of a Columbus Day Holiday to the Annual Holiday Schedule for SRHD Employees Who Are Members of That Union and (2) Providing a Similar Benefit to all SRHD Non Union Employees*

*Motion/Second: Pace/Fagan*

*Approved: Unanimously*

## REPORTS

There were no reports.

## BOARD MEMBER CHECK IN

### American Public Health Association (APHA) Health in All Policies Webinar – Board Member Baldwin

Board Member Baldwin attended an APHA webinar on health in all policies. The webinar included several helpful tools from other communities who have looked at health in all policies. Information on the webinar will be given to the recording secretary who will then forward it to the BOH.

### City of Spokane's Pedestrian Master Plan – Councilmember Waldref

The City of Spokane will consider its first pedestrian master plan. The plan is trying to fulfill the comprehensive plan goals to encourage people to walk, bike and bus to work. The plan will help partners around the state, including the Safe Routes to Schools program, make investments and prioritize spending for better walkability.

**NEXT BOARD OF HEALTH MEETING**

The next Board of Health meeting is scheduled at 12:30 p.m. on December 3, 2015.

**ADJOURNMENT**

There being no further business before the board the meeting was adjourned at 1:22 p.m.

APPROVED: Charles E. Halper  
Board Member Name and Title

Date: 12-03-2015

A. Page  
Recording Secretary