

## Meeting Notes

### Public Health Advisory Council of Snohomish County

May 23, 2018 | 7:45-9:15 a.m. | Snohomish Health District | Auditorium  
3020 Rucker Ave., Everett, WA 98201

#### Members present:

**Jiho Bryson**, The Everett Clinic  
**Amy Beth Cook**, Lake Stevens School District  
**Brent Hackney**, Brent Hackney Designs  
**Kory MacKenzie**, Diamond Knot Alehouse  
**Martha Peppones**, Homage Senior Services  
**Mark Richardson**, Snoh. Regional Drug & Gang Task Force  
**Sid Roberts**, The Roberts Group  
**Shirley Sutton**, City of Lynnwood, Councilmember & BOH  
**Jim Welsh**, ChildStrive  
**Brant Wood**, Snohomish County PUD; Chair  
**Fred Worthen**, Community Transit; Vice Chair

#### Staff Present:

Jeff Ketchel  
Dr. Mark Beatty  
Kevin Plemel  
Heather Thomas  
Nicole Thomsen

**Members not present:** Jason Biermann, Snoh. County DEM; Jenna Bowman, Tulalip Health System; Lisa George, PRMCE; Sheila Luong, Mariner High School; Tony Mace, Paine Field Fire Dept.; Amy Navarro, United Way of Snoh. County; Kevin O'Brien, Lakes Stevens Fire Dept.; **Tové Skaftun**, Community Health Centers;

**Guest:** Jeff Clarke, Alderwood Water and Wastewater District

*Recording Secretary: Nicole Thomsen, Health Policy Analyst*

The meeting was called to order at 7:51 a.m. by Chair Brant Wood

#### Approval of meeting notes

It was moved by Fred Worthen and seconded by Korey MacKenzie to approve the minutes from the March 28, 2018, meeting. The motion passed unanimously.

#### Member Appreciation

Both Chair Brant Wood and Vice-Chair Fred Worthen are stepping down from the PHAC. Jeff presented them each with certificates of appreciation thanking them for their long-term commitment and service to the PHAC and SHD.

#### Chair & Vice-Chair Elections

Two members were identified as potential nominees; however, the PHAC postponed any decision until the July meeting as to allow members a full opportunity to think about the position and best fit.

#### Briefing & Updates

##### Board of Health:

Heather Thomas provided short re-caps of both the April and May meetings. April meeting highlights include the health champion's awards and the appointment of Jenna Bowman, Tulalip Health System, to the PHAC.

Two key items highlighted from the May Board of Health are the transition of Board of Health meeting packets from paper packets to electronic packets via the NovusAgenda platform and public comments directed toward the syringe exchange.

Nicole Thomsen informed members that the NovusAgenda system is also available for PHAC.

Kory Mackenzie inquired if the May 13 Everett Herald editorial (<https://www.heraldnet.com/opinion/editorial-health-district-should-adopt-needle-exchange/>) was fed by the Health District. Jeff Ketchel stated that the article was prompted by the Everett Herald staff in response to a Marysville Globe article stating that the City of Marysville was considering changes to its funding of public health services based on this issue; <http://www.marysvilleglobe.com/news/health-districts-exchange-program-needles-mville-to-the-point-it-may-stop-funding/>.

Councilmember Sutton stated she had toured the syringe exchange.

#### Community Health Assessment (CHA)

Amy Beth Cook reviewed the current work being done by the CHA workgroup stating that several data reports outs have been provided. Martha Peppones added that the task force data sets were missing some key sub-groupings and an equity lens.

Brant Wood noted that a series of sub-task force meetings have been taking place to discuss equity and how to incorporate into the CHA process. The next CHA equity conversation is scheduled for May 31, 2018 at 3:30 and all are welcome.

Nicole Thomsen stated that equity is defined as providing opportunities and access to those opportunities when, how and where our residents need so that they can reach their fullest potential. This is not the agreed upon definition from the CHA taskforce, but rather a place to being the conversation. PHAC members noted that past CHA efforts did not reflect equity and that by including it in this process the Health District can use their monies more effectively.

Sid Roberts inquired if the Health District has partnered with Providence for data sharing, specifically in the area of social-emotional development. Jeff Ketchel spoke to efforts of the Snohomish County Health Leadership Coalition through their “accelerate” program and health insurance data analysis.

#### Kratom

Dr. Mark Beatty provided a high-level update and discussion on Kratom. Kratom is a tropical tree native to Southeast Asia whose leaves have been used in teas and chewed for centuries. Proponents believe kratom relieves pain and helps treat post-traumatic stress disorder and opioid addiction. However, kratom binds to the same receptors as opioids leaving scientists and regulatory agencies wondering if kratom is just another opioid. SHD is looking into a potential county-wide ban.

The Kratom Society is very active and a supporter of its continued unregulated use in most states and closely tracks efforts across the nation to impose regulatory control. Dr. Beatty pointed out that kratom is unregulated and not used under physician care.

Mark Richardson stated that kratom is here in the community, but not on the streets. He inquired about regulatory options other than a ban, such as requiring kratom to meet food grade standards.

Dr. Jiho Bryson asked why Congress has not stepped in. Dr. Beatty stated that both the FDA and DEA have stepped in listing kratom as a drug of concern; however, both agencies have slowed their actions pending additional research.

Heather Thomas agreed to send a series of links about kratom to the PHAC.

### **Thoughts on Previous Chief Health Strategist Conversations**

Jeff Ketchel opened the floor for PHAC members to ask questions or share thoughts on the previously discussed Chief Health Strategist (CHS) strategies.

Fred Worthen voiced support for the districts goal of becoming a CHS and enjoys learning about the Districts “book of business.”

Brant Wood asked about the difference between CHS and a strategic plan. Jeff Ketchel stated that the CHS provides a one-size vision for local public health across the nation that is not tailored to Snohomish County resident’s needs, health outcomes or the Board’s vision for public health. Jeff noted that SHD is in the beginning stages of developing an updated strategic plan, which will consider CHS, and provided a handout to members detailing a skeleton process and goals. Then asked the PHAC if and how they may want to participate in the strategic planning. For example, would a joint retreat with the Board of Health be of interest?

Strong interest was voiced in favor of a joint retreat with the Board of Health with the caveat that clear goals and objectives are in place for the retreat. Strengths of this approach are having the strategic plan informed by differing voices and a clear connection with the Board. Heather Thomas voiced that this is an opportunity to work more closely with Councilmember Sutton as the Board’s PHAC representative.

### **PHAC Governance**

Nicole Thomsen provided a quick summary of the one-on-one’s being held with each of the current PHAC members. One key finding from conversations is the desire to create more value add and an agreed upon purpose. One challenge to that is the current meeting structure of every other month. Members provided some initial feedback.

- Increase meeting frequency in the short term to flesh out governance documents then re-evaluate through that lens
- Strong desire to have link with BOH; the disconnect is challenging and subsequently hard to motivate PHAC membership
- As an example of frustration, the kratom briefing. What is the ask of PHAC as a council and as individual members? What is the PHAC value add to this conversation?

Base on time limitations the Council agreed to continue this conversation as part of the next meeting and/or a retreat.

### **Adjournment**

The meeting adjourned at 9:30 a.m.