

GRAND FORKS BOARD OF HEALTH MEETING
August 17, 2017, 4:15 p.m.
Health Department Conference Room, 151 South 4th Street, 3rd Floor

A G E N D A

_____ Dr. Sally Pyle (Chair) _____ Ms. Cynthia Pic
_____ Dr. Grant Korsmo _____ Dr. Joel Walz
_____ Ms. Jeannie Mock

- I. Call to Order
 - II. Approval of Minutes of Regular Meeting on April 13, 2017
 - III. Old Business:
 - A. Update on 610 South 9th Street – Javin Bedard
 - B. Accreditation and Strategic Planning Update – Debbie Swanson
 - C. Resolution Supporting Obesity Prevention – Allen Anderson
 - D. Other Old Business
 - IV. New Business:
 - A. Community Health Improvement Plan – Debbie Swanson
 - B. Grand Forks Public Health Department Quality Improvement Plan – Kate Goldade
 - C. Opioid State Targeted Response Community Grant – Debbie Swanson
 - D. Environmental Health Services – State Health Officer and ND Department of Health
 - E. Other New Business
 - V. Director's Report
 - VI. Next Regularly Scheduled Meeting: October 12, 2017, 4:15 p.m.
 - VII. Adjournment
- Attachments: Issue Statements – August 2017
Resolution supporting obesity prevention
Director's Report – August 2017
Accomplishments for April – July 2017

Any individual requiring special accommodations to allow access or participation at a City meeting is asked to notify the ADA Coordinator at (701) 746-2665 of his/her needs.

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BOARD OF HEALTH ISSUES LISTING
August 2017

Topic: Community Health Improvement Plan and Implementation Strategy

Contact: Debbie Swanson, 787-8101, dswanson@grandforksgov.com

Background: Following the completion of the Community Health Assessment, the Grand Forks Public Health Department and Altru Health System convened a group of community stakeholders to develop a Community Health Improvement Plan and Implementation Strategy focused on five priority areas: behavioral health services, prescription and illegal drug abuse, obesity, binge drinking and alcohol abuse, and care coordination.

The plan is expected to be a working document with regular updates on achievements to be incorporated. It is available on the Altru and Grand Forks Public Health Department websites. Visit this link to view the entire report: <http://www.grandforksgov.com/home/showdocument?id=19790>

Action: Approve Report.

Topic: Accreditation Support Initiative Grant and Quality Improvement Plan

Contact: Kate Goldade, 787-8115, kgoldade@grandforksgov.com

Background: The Accreditation Support Grant (ASI) was awarded to Grand Forks Public Health Department in November 2016 by the National Association of County and City Health Officials (NACCHO). The grant was awarded to fund Quality Improvement. A Quality Improvement Committee convened, developed and submitted a quality improvement plan to complete the ASI grant in June 2017. The quality improvement plan will serve as one of the major documents to support Grand Forks Public Health's pursuit of accreditation. The Quality improvement Committee will continue to lead and support quality improvement efforts with in the Grand Forks Public Health Department beginning with staff training in August 2017 on facilitating a quality improvement project. Please see the copy of the Grand Forks Public Health Department Quality Improvement Plan provided for detailed information of the plan to build and sustain Quality Improvement efforts in the Grand Forks Health Department.

Action: For information only.

Topic: State Targeted Response to Opioids Proposal

Contact: Debbie Swanson, 787-8101, dswanson@grandforksgov.com

Background: The Substance Abuse and Mental Health Services Administration (SAMHSA) released funding to the states to address increases in opioid addiction. At the request of the Mayor's Office, the Health Department submitted a proposal to the ND Department of Human Services on July 20 to receive funding that would provide evidence based strategies to address opioid use disorder. The request was for \$180,000 and includes 20% for prevention strategies and 80% for treatment expansion. Evidence based strategies include drug take back programs, naloxone distribution to prevent overdose deaths, medication assisted treatment, and programs that reduce the stigma of addiction.

Action: For information and discussion.

Grand Forks Board of Health

Resolution Declaring Obesity to be a Serious Threat to the Health and Well-Being of Grand Forks County Citizens

WHEREAS, obesity due to sedentary behavior and excessive calorie intake is now the second leading cause of preventable death and,

WHEREAS, obesity increases the risk of heart disease, Type 2 diabetes, and some cancers, reduces life expectancy, increases disability, increases social stigma, decreases work productivity and school achievement, and increases health care costs and,

WHEREAS, the percentage of adults who are obese in Grand Forks County has doubled in the last decade, with 30% of adults obese and,

WHEREAS, the prevalence of adult diabetes in Grand Forks County was 7.3% as of 2013 and,

WHEREAS, it is the purpose of the Grand Forks Board of Health to preserve, promote and improve the health of the citizens of Grand Forks County,

NOW THEREFORE BE IT RESOLVED, the Grand Forks Board of Health hereby declares obesity to be a major public health problem and a serious threat to the health and well being of children, adults and families in Grand Forks County.

The Grand Forks Board of Health further declares that immediate action must be taken. Individual habits related to diet and physical activity are established early in life and tend to persist through adulthood.

Preventative action must be taken now, especially on behalf of children and youth, in order to avoid harmful effects that will undermine their health and their future.

The Grand Forks Board of Health further declares that obesity can only be prevented through the combined efforts of the entire community. Multiple factors operating over several decades are responsible for the current obesity epidemic. These factors include but are not limited to:

- increased availability and promotion of foods containing high sugar and fat content,
- land use and transportation developments that increase dependence on cars and discourage physical activity,
- increased time pressures on families, which have reduced the opportunities and motivation for home cooked meals and increased the demand for prepackaged foods,
- decreased emphasis on physical education and physical activity in school systems and,
- increased use of passive entertainment such as television, video games and computers.

The Board further declares that individual knowledge; motivation and skills are insufficient by themselves to fully address the problem of obesity. Individual behavior is significantly influenced by the policies and practices of organizations and institutions throughout the community that

either foster or impede individual efforts to engage in healthy eating and physical activity behaviors.

BE IT RESOLVED that the Grand Forks Board of Health calls upon elected officials, government agencies, private businesses, health care providers, schools, parents, and community organizations to immediately adopt and begin to implement recommended policies and practices to reduce the consumption of excessive calories and promote increased physical activity. The sample list of appended recommendations focusing primarily on children and youth, are drawn from state and national reports, and reflect only a few of the many actions that must be taken to address the obesity epidemic in our community.

DRAFT

Appendix

The Grand Forks Board of Health Calls for Actions to Prevent Obesity in Grand Forks County through the following recommendations:

Access to Healthy Food

- Reduce promotion of foods and beverages of minimal nutritional value (primarily high fat and/or sugar content), especially to children and youth.
- Full service and fast food restaurants should provide calorie and other general nutritional information to consumers at point of purchase.
- Full service and fast food restaurants should offer and clearly identify healthier menu options.

Schools

- Adopt physical education curriculum to ensure children and youth meet the recommendations of moderate to vigorous physical activity (150 minutes per week for elementary school and 225 minutes per week for secondary school).
- Expand the opportunities for physical activity through physical education classes, intramural sports programs, physical activity clubs, after-school use of facilities, and walking/biking-to-school programs.
- Eliminate foods and beverages of minimal nutritional value in schools. Include healthier food and beverage options in vending machines, ala carte offerings and other competitive foods, such as those used for school fund raising activities.

Built Environment

- Revise comprehensive plans, zoning and subdivision ordinances and other planning practices to increase availability and accessibility of opportunities for physical activity in new developments.
- Prioritize capital improvement projects to increase opportunities for physical activity in existing areas.
- Improve the street, sidewalk, and street-crossing safety of routes to school, develop program to encourage walking and bicycling to school

Hospitals and Healthcare organizations

- Health care professionals should routinely track body mass index, offer relevant evidence-based counseling and guidance, serve as role models, and provide leadership in their communities for obesity prevention efforts.
- Revise cafeteria menus to comply with the current standards set for in the USDA Dietary Guidelines for Americans.
- Provide prenatal care that focuses on appropriate guidelines for weight gain, assesses risks for gestational diabetes and promotes breastfeeding.

Workplaces

- Create opportunities for regular physical activity during the workday.

- Ensure that worksites provide healthful foods and beverages.
- Establish worksite exercise facilities or create incentives for employees to participate in local fitness programs
- Establish a lactation program to support breastfeeding employees and patrons.

Community Programs

- Community child and youth-centered organizations should promote healthful eating behaviors and regular physical activity through new and existing programs
- Communities should improve access to supermarkets, farmers' markets, and community gardens to expand healthful food options, particularly in low-income and underserved areas.

Home

- Choose exclusive breastfeeding for the first six months of a baby's life, followed by breastfeeding in combination of complimentary foods until at least 12 months of age.
- Provide healthful food and beverage choices for children by carefully considering nutrient quality and energy density.
- Encourage and support current recommendations for physical activity for all members of the family
- Limit children's passive recreational activities, such as television, computers, and video games. To meet the recommended screen time (Infants less than two years should have no screen time, 2-5 year olds less than one hour, and 6 year and older less than two hours daily.



Public Health
Prevent. Promote. Protect.

Grand Forks Public Health

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Director's Report for April – July, 2017

- Mandy Burbank, Public Health Dietitian, received the North Dakota Nutrition Council Award of Excellence for her innovative work to promote breastfeeding policies in Grand Forks. The recognition was awarded during the annual meeting of the North Dakota Nutrition Council on April 5, 2017.
- Allen Anderson, Public Health Team Leader, was the recipient of the 2017 Public Health Worker of the Year Award from the ND Public Health Association during its annual meeting June 14, 2017.
- I attended the Dakota Conference on Rural and Public Health in Minot June 13 – 15, completing my term as the Policy and Advocacy Committee Chair for ND Public Health Association.
- We said farewell to Del Streitz, Public Health Emergency Preparedness Coordinator on June 23, after 40 years of service in the public health field. Shannon Ng is the new PHEP coordinator with the Health Department beginning June 19.
- I attended a Culture of Health Think Tank sponsored by the ND Center for Nursing at the UND School of Medicine and Health Sciences on June 21. Many great ideas for improving health through policy, system and environmental change were presented. Keynote speaker was Dr. Susan Hassmiller, RN of the Robert Wood Johnson Foundation.
- Mayor Brown convened a community forum on addiction and the opioid crisis at the Alerus Center on May 25. Deputy Police Chief, Mike Ferguson and I co-facilitated a focus group on data and communication. The Health Department submitted a proposal to the ND Dept. of Human Services for the State Targeted Response to the Opioid Crisis.
- The Withdrawal Management (Social Detox) Center had 250 admissions from January 1, through June 30, 2017. The center received a list of conditions to be corrected during a licensure visit from the ND Department of Human Services, Behavioral Health Division in April and has successfully responded to each one of the conditions with improved policies or practices.
- The Tobacco Prevention Program has transitioned from the ND Center for Tobacco Prevention and Control Policy to the ND Department of Health. A strategic planning session was held on July 26-27 in Bismarck to determine priorities for the program with reduced resources.
- The Health Department is sponsoring a film festival on substance abuse, addiction and mental health with documentary films on those topics to engage staff and promote greater understanding. For more information on the topics and dates, contact Sarah Odegard at sodegard@grandforksgov.com
- Overall, budgets for the Health Department are level or slightly decreased. Some areas have experienced increases (MCH, Substance Abuse, and Women's Way) and other areas have been decreased due to local, state and federal budget activity (City and County general fund, regional environmental health, and tobacco)

Board of Health Branch Activities Reports

April, May, June and July 2017

ADMINISTRATIVE

- No update at this time

ENVIRONMENTAL HEALTH

- Two staff members attended the National Environmental Health Association educational conference in Grand Rapids, MI.
- ND Food and Lodging Division are in the rule making process for Cottage Food laws stemming from the passage of House Bill 1433. The GFPHD Environmental Health Manager is on the rulemaking workgroup.
- Two Environmental Health Specialists attended the University of MN Onsite Sewage Treatment Program Inspecting Onsite Systems course.

Emergency Preparedness

- Delbert Streitz retired after 40 years of service.
- Shannon Ng joined the team as the new Emergency Preparedness Coordinator.
- Public Health conducted a Point of Dispensing (POD) exercise at the Alerus Center to test mass dispensing capabilities on April 10th.
- In April EPR staff attended the Preparedness Summit in Atlanta which focused on capabilities, innovation, and partnerships.
- The Environmental Health Specialist attended a 3-day Disaster Fatality Team training and is now qualified as a team member. North Dakota is the third state in the U.S. with a full team.
- EPR section conducted Fit Testing for correction officers at the correctional facility.

MOSQUITO CONTROL

- Seasonal staff members were hired and trained.
- Mosquito control staff attended and participated in the training at the 2017 NDSU Pesticide Training Program for commercial applicators and at the 2017 North Central Mosquito Control Association annual conference.
- Mosquito control currently in full operations mode.
- Mosquito counts have been low all summer but West Nile virus activity has been identified in mosquitoes and birds collected from the Grand Forks region. Human cases of WNV have started to occur in North Dakota.

NURSING & NUTRITION

- The Grand Forks Public Health Department worked with Nursing Students from UND to coordinate National Public Health Week annual campaign from April 3-7. Sarah Odegard was the Nursing and Nutrition Division's point of contact. Activities included a Walk with the Mayor on UND's campus and 14 staff members participated in Walk to a Billion Steps, a national initiative organized by the American Public Health Association. The Grand Forks Public Health Department's team ranked 78th out of 694 teams, accumulating 8,230,391 steps.
- The Grand Forks Public Health Department held a Point of Dispensing (POD) exercise at the Alerus Center on April 10. The Nursing and Nutrition Division was very involved in the planning and execution of the event. The purpose was to set up the POD, and conduct a

simulation to orient new staff as well as remind the seasoned staff of the Incident Command infrastructure. It went well and the After Action Report was reviewed by all staff.

- Allen Anderson, Theresa Knox, Haley Bruhn and Debbie Swanson attended a workshop called, Using Data to Improve Community Health, on May 17th in Bismarck. The workshop explored the use of County Health Rankings data and County Roadmaps, a national website that holds in-depth county level data on many health indicators.
- Staff from Lutheran Social Services of ND/Refugee Resettlement conducted a site visit on June 14, 2017. Saurav Dahal, State Refugee Health Coordinator and Linda Schell, Assistant State Refugee Coordinator were the site reviewers. Discussion involved current refugee health work being done by GFPHD, future plans for grant funding and future refugee resettlement in the state. Visit was positive, new grant cycle application process will be August 2017.
- Theresa Knox participated in a Culture of Health Think Tank at the UND School of Medicine and conducted by the ND Center for Nursing. After an overview of the Culture of Health Framework given by national speaker, Dr. Susan Hassmiller, the participants broke into small groups. The goal was to begin to “Develop an action plan for building a Culture of Health in North Dakota to improve population health, well-being and equity.”
- Staff from the North Dakota Health Department, Division of Family Health/Title V MCH, conducted a site visit on June 22, 2017. The visit was positive and the new grant cycle begins October 1, 2017.
- Allen Anderson and Theresa Knox attended the Dakota Conference on Rural and Public Health, in Minot, on June 13 – 15. On June 14th, Allen was presented the North Dakota Public Health Association’s Public Health Worker of the Year.
- Allen Anderson assisted in facilitating a Pre-Diabetes Community Action Planning Workshop with Erica Grover from Health Resource and Services Administration (HRSA). The event was held on June 16th and had 25 community partners in attendance. The group was able to identify pre-diabetes as an important health issue in the community and began brainstorming ways to address this issue. A subsequent in-person meeting has been scheduled for August 29th.
- The Northeast Public Health Collaborative met in Langdon on July 7th to review the regional report for the end of the FY activities and determine next year’s activities/work plan. This group includes 8 local health units in the northeast quadrant of the state (Nelson-Griggs, Lake Region, Pembina, Rolette, Towner, Walsh, Cavalier and Grand Forks). Goals include working together to provide public health services, increase accreditation readiness and improve chronic disease prevention messaging in our region. Theresa Knox and Debbie Swanson attended.
- The Employee Wellness Program, coordinated by Mandy Burbank, held the 3rd Annual Farmer’s Markets on the east side of the County Office Building. These markets bring the farmers to the County Office Building grounds for 5 Thursdays (this year: July 20, 27, August 3, 10, 17) from 3-5pm. Mandy has food prepared, using the vegetables from the market, and recipes that she gives to anyone in attendance. The markets are well attended and the community is invited.
- Theresa Knox attended the North Dakota Public Health Nursing Conference in Bismarck on July 20th. She was an exhibitor sharing the Grand Forks Public Health Department’s Annual Report and networked with 145 colleagues in attendance.
- Haley Thorson was asked to participate in a statewide strategic planning committee to help with transitional strategies to get the Tobacco Prevention Program functionality from one state agency to the ND Department of Health. She went to Bismarck July 26th to attend the meeting that includes state and local leaders in tobacco prevention. On July 27th, Theresa Knox, Haley Thorson, Kailee Dvorak and Sarah Odegard attended a site coordinator’s meeting in Bismarck.