Catawba County Board of Health
Minutes
May 5, 2014

The Catawba County Board of Health met on Monday, May 5, 2014. The meeting convened at 7:00 p.m. at Catawba County Public health, 3070 11th Av Dr SE, Hickory, NC 29602 in the Boardroom.

Members present: Ms. Brenda H. Watson, Chair
Dr. William Geideman, Vice-Chair
Mr. Dan Hunsucker, Commissioner
Ms. Naomi East
Mr. John Dollar
Mr. William Mixon
Dr. Sharon Monday
Dr. David C. Hamilton, Jr.
Dr. Matthew Davis
Mr. Brian Potocki

Staff present: Mr. Doug Urland, Health Director
Ms. Kelly Isenhour, Assistant Health Director
Ms. Jennifer McCracken
Mr. Mike Cash, Environmental Health Supervisor
Ms. Julie Byrd, WIC Supervisor
Ms. Chantae Lail, Medical Lab Manager
Ms. Rhonda Stikeleather, Children's Services Nurse Supervisor
Ms. Amy McCauley, Community Outreach Manager
Ms. Martha J. Knox, Administrative Assistant III

Visitors: The Honorable Nathan Poovey, Superior Court Judge; and Ms. Debra Bechtel, County Attorney.

CALL TO ORDER
Ms. Brenda Watson, Chair called the meeting of the regular meeting of the Catawba County Public Health Board to order at 7:03p.m. Ms. Watson welcomed Board Members, staff and the visitors present to the meeting.

OATH OF OFFICE
Ms. Brenda Watson, Chair, asked the Honorable Nathan Poovey, Superior Court Judge, to come forward and administer the oath of office to Dr. Matthew J. Davis. Dr. Davis is an Optometrist with Newton Vision Center and is filling the unexpired term of Dr. David Kulesia who resigned from the Board last month. Dr. Davis received orientation to the Board prior to this meeting from Doug Urland, Health Director and Kelly Isenhour, Assistant Health Director.

Judge Poovey administered the following oath to Dr. Davis:
Member, Catawba County Board of Health
I, **Matthew Davis**, do solemnly swear that I will support the Constitution of the United States; so help me God.

I, **Matthew Davis**, do solemnly and sincerely swear that I will be faithful and bear true allegiance to the State of North Carolina, and to the constitutional powers and authorities which are or may be established for the government thereof; and that I will endeavor to support, maintain and defend the Constitution of said State, not inconsistent with the Constitution of the United States, to the best of my knowledge and ability, so help me, God.

I, **Matthew Davis**, do further swear that I will well and truly execute the duties as a Catawba County Board of Health member according to the best of my skill and ability, according to law; so help me God.

Ms. Watson welcomed Dr. Davis to the Board of Health and thanked Judge Poovey for his service.

AGENDA

Ms. Brenda Watson, Chair, asked if there were any changes or addition to the Agenda. Hearing none, she requested a motion to accept the agenda as presented. Mr. Dan Hunsucker made the motion to accept the agenda as presented. Dr. William Geideman seconded the motion and it passed unanimously.

MINUTES

The minutes for April 7, 2014 were included in the Board packet. Ms. Watson, Chair, asked if there were any corrections to the minutes. There were no corrections noted and Mr. John Dollar made a motion to accept the minutes as presented. Mr. William Mixon seconded the motion and it passed unanimously.

PUBLIC COMMENTS

Ms. Watson asked if anyone presented to speak before the Board. Ms. Martha Knox, Administrative Assistant III, stated that no one had presented to speak.

COMMISSIONERS COMMENTS

Mr. Dan Hunsucker, County Commissioner stated that the Catawba County Board of Commissioners met in session on this date and he shared a few items that were considered at this meeting with the Board.

The County's Finance Department was received the State Treasurer's Governmental Award for Excellence in Accounting and Financial Management for Fiscal Year 2012-2013. The award is presented annually to units of local government that have excelled in implementing fiscally responsible procedures during the fiscal year. Mr. Hunsucker added that the County has many departments and employees that strive for excellence and are recognized in across the State of North Carolina.

The Board of Commissioners also issued a proclamation to the Emergency Medical Services Manager, Sylvia Fisher, and declared the week of May 18-24 as Emergency Medical Services Week.

Commissioner Hunsucker also reported that the Board of Commissioners approved a lease with Blue Ridge Biofuels of Asheville, NC for Biodiesel Production. This lease will privatize the production of biodiesel at the landfill in a more efficient process, which will provide annualized savings of $52,272 to the County.

Chair Watson thanked Commissioner Hunsucker for his report.

CLOSED SESSION

Debra Bechtel, County Attorney, stated that pursuant to NCGS 143-318.11 (a)(3), she requested that the Board of Health go into closed session to consult with an attorney employed or retained by the public body to preserve the attorney-client privilege between the attorney and the public body, which privilege is hereby acknowledged.

Mr. William Mixon made a motion for the Board of Health to adjourn the regular meeting and meet in closed session with the County Attorney, Mr. Brian Potocki seconded the motion and it passed unanimously.

The Board of Health returned to regular session and no action was taken. After the closed session, the staff returned to the regular meeting of the Board of Health.

LEGAL UPDATE

Ms. Debra Bechtel, County Attorney gave her annual Legal Update to the Catawba County Board of Health and Public Health Management Team.

Ms. Bechtel stated that the legislature made some changes to the rule making procedures in North Carolina, specifically related to environmental health. Most state-wide public health rules are made by the N.C. Commission on Public Health. The rules must be reviewed at least every 10 years or the rule automatically expires. When a new rule is proposed, public hearings are required so that the public has an opportunity to give comments.

Regarding Local Environmental Ordinances, Ms. Bechtel stated that a temporary restraint on local ordinances has a sunset date of October 1, 2014. New ordinances must have a unanimous vote of members present of the governing board.

Ms. Bechtel stated that private clubs are exempt from Food and Lodging inspections if they meet certain criteria. The definitions of a private club include:

- Non-profit that maintains selective members
- Operated by the membership
- Provides food only to members and their guests

An addition to the definition was made to clarify a "private" club:

- Eligible for permit to serve mixed drinks w/out having to meet quotas for food service
- Effect: bars that qualify as private clubs under ABC laws are exempt from food sanitation laws

Mr. Doug Urland, Health Director stated that, for example, both Catawba County Country Club and Lake Hickory Country Club qualify as "private" clubs. Although they are not subject to the Food and Lodging inspections, they do have pool inspections by Environmental Health.

Bed and Breakfasts Establishments
The law now distinguishes between a Bed and Breakfasts Home and a Bed and Breakfast Inn. A Bed and Breakfast home can provide up to 3 meals a day and up to 8 lodging rooms – with no guest limit. The Bed and Breakfasts Inn definition remains unchanged.

Carbon Monoxide Detectors in Lodging Establishments
Due to the tragedies that occurred in a hotel located in Boone, N.C., changes in requiring carbon monoxide detectors have been made to the existing lodging establishment laws.

- All lodging establishments are required to have working carbon monoxide detectors when they:
  - (1) have a fossil fuel-burning heater or appliance; or
  - (2) Share a wall, floor or ceiling with a sleeping room.

Lodging establishments include: Motels, Hotels, Bed and Breakfasts, and Residential camps

Smoking in Restaurants and Bars
Ms. Bechtel stated that the smoking rules for restaurants and bars have been clarified. Regarding the rule of "enclosed area" the following changes have been made:

- (1) Roof or other overhead covering **and**
- (2) Permanent or temporary walls or side coverings on three or more sides making up 55% + of the combined perimeter surface area.

The Commission for Public Health adopted the final rule on December 3, 2013 and unless the General Assembly takes action to "disapprove" the new rule it will take effect on June 15, 2014.

Low-flow Design Alternatives for On-Site Wastewater Systems
This change in the rules allows for an exemption under certain flow rules with professional engineering design. Mike Cash, Environmental Health Supervisor, stated this can be helpful for certain businesses. He stated that due to the type of business they may not require a large amount of water, therefore with an engineer design they can qualify for a reduced volume of water flow.

Reducing Overdose Mortality
Ms. Bechtel stated that there has been a huge increase in mortality from drug overdoses in the US. She stated that in NC in 1999 there were 297 deaths from overdoses, however, by 2011 that number had climbed to 1,140. Opioid overdose can be reversed with a drug Naloxone.

Good Samaritan Law/Naloxone Access
Ms. Bechtel stated that limited immunity from prosecution is provided regarding certain drugs and drug paraphernalia for individuals who experience an overdose and need medical care and for those who seek treatment and/or medical care for someone who has overdosed.

Drugs and Quantities covered by the law include:

- < one gram of cocaine
- < one gram of heroin
- < one gram of methylenedioxypyrovelerone (MDPV) "bath salts"
- 100 tablets, patches or other dosage unites of most Sch. II, III or IV drugs (Vicodin, Percocet, Oxycontin, Opana, Suboxone, Methadone, Ritalin, Adderall, Xanax, Klonopin, Valium, Ambiem, Lunesta, Sonata and testosterone steroids)
- < 5 tablets, capsules, or other dosage units of hydromorphone (Dilaudad, Exalgo)
- Any quantity of Sch. V (cough syrup with codeine)
- One and one half ounces or less of marijuana
- 21 grams or less of synthetic cannabinoid
- Three-twentieths of an ounce or less of hashish

In addition there is limited immunity of possession of some drug paraphernalia, which includes:

- Person who seeks medical assistance for someone who has overdosed **if** the evidence for the charge was obtained as a result of the call for medical assistance
- Drug paraphernalia includes:
  - Syringes
  - Baggies
  - Cookers

Ms. Bechtel stated that Project Lazarus works on overdose issues. She stated many times the prescription drug overdose is due to people having access to drugs in their parent's medicine cabinets. She also stated that Catawba County has been recognized across the State for the pill drop box project. This project allows citizens to bring prescriptions they need to discard to the Sheriff's Office and other police departments and locations in the county so that they can be disposed of safely.

Limited Immunity for Possession and Consumption of Alcohol
In addition to limited immunity regarding drug use, the law now provides for limited immunity for possession and consumption of alcohol. Ms. Bechtel stated it includes:

- A person < 21 who seeks medical assistance for another "shall not be prosecuted" for unlawful possession or consumption of alcohol if they act in good faith and upon reasonable belief they were first to call for assistance
- Person must provide their name when contacting authorities

- Must remain until assistance arrives
- Applies only to person seeking help, not the person needing medical assistance.

Ms. Bechtel stated that Duke and Elon Universities have developed policies that encourage students to seek medical attention. Kelly Isenhour, Assistant Health Director asked if that also encompasses drug use. Ms. Bechtel stated that this was just regarding alcohol consumption.

Ms. Bechtel concluded her presentation with additional discussion about increased access to Naloxone. She shared the following facts:

- Naloxone is a prescribed drug for standard treatment of opioid overdose
- The law authorizes an authorized prescriber of Naloxone to prescribe it to a person at risk of experiencing an overdose as well as a family member or friend who is in a position to assist
- Can prescribe via standing order
- Practitioners who prescribe and laypeople who administer are immune from any civil or criminal liability
- March 2013 North Carolina Medical Board modified its Position Statement to reflect the changes in the new law
- Addition of Naloxone to public health nurse formulary
- Modification of Scope of Practice for EMRs and LEOs to permit Naloxone administration

Mr. John Dollar asked if our Public Health staff were pursuing access to Naloxone. Mr. Doug Urland, Health Director stated that our county agency is not pursuing distribution of this drug at this time. He stated that Orange County Public Health had pursued it in their area and that NCALHD had supported them in acquiring that access. However, Catawba County Public Health does not provide treatment for drug and alcohol abuse. He stated that Project Lazarus does have the kit available to administer the drug and distributes them in the community.

Mr. William Mixon, Pharmacist representative on the Board of Health, stated that access to this drug makes the most sense for doctors that treat opioid dependent patients, such as pain clinics. He added that overdose of prescription medications can happen accidentally with patients that have chronic pain, and if a family member had access to the drug it could save lives.

Dr. William Geideman, Physician representative on the Board of Health, stated that families and others administering the Naloxone would need to understand that this is not the end of treating the overdose. More effort and treatment will be required and that the drug is not a cure for dependency.

Ms. Watson thanked Ms. Bechtel for her presentation.

DISTRACTED DRIVING VIDEO CONTEST

Ms. Jennifer McCracken, Health Services Manager, stated that the 4th annual Distracted Driving Video Contest was held for 2014. The contest is open to all local high schools including private and home schooled students. This year the following schools participated:

- Newton-Conover High School
- Hickory Career and Arts Magnet School
- Hickory High School
- Bandy's
- St. Stephens
- Maiden
- Catawba Rosenwald

Ms. McCracken stated that ~~the~~ community partners and sponsors have made this a memorable event every year. Catawba County law enforcement agencies, the Department of Social Services and other organizations have supported this program and the list of sponsors this year included: State Farm Agent, Sig Holcomb, CVMC, Action Limo, Olive Garden, Carmike Cinemas, AAA of the Carolinas, Dale Earnhardt Chevrolet, Drum & Willis Funeral Home, Mike Johnson's Toyota, NC Driving School.

The participants enjoyed a very awards ceremony at Newton-Conover Middle School with a red carpet event. Ms. Tammy Garlock was the speaker at the event. Ms. Garlock's son, Brian, died in a distracted driving accident and she shared a powerful message to those in attendance. The winning team receives $500 for their school, a limo ride, and a meal at Olive Garden.

Ms. McCracken shared the videos that won with the Board. The 2014 First Place Award went to the Hickory Career & Arts Magnet School – Photography Class. That video can be viewed at HCAM - Photography Video. Live voting was done following the viewing of all 14 submitted videos. The winning video for both the Community share Award and Viewer's Choice Award was the Hickory Career & Arts Magnet School – Cosmetology Class and their video can be viewed at HCAM - Cosmetology Video These videos were very well done and carried a message for young and old alike about texting and driving.

Impact in the Community includes:

- 72% of teen DDVC participants stated they would tell other teens/adults about the dangers of distracted driving
- 50% stated they would encourage at least one other person to do something about it and they would change at least one of their own behaviors
- 67% stated they would avoid texting or using a cell phone while driving
- 94% were very satisfied with the overall experience of creating their video(s)

Ms. McCracken stated that the Catawba County Child Fatality and Prevention Team have been asked to share the Distracted Driving via a conference call with CFPT Coordinators across North Carolina. Catawba County was one of two counties that were picked to share their initiative. In addition, NC Division of Public Health would like to consider the program as a best practice to be shared across the State. She added that there will be a contest next year and she will be glad to bring the results to the Board. She encouraged the Board members to go on Facebook and click like on the Distracted Video page.

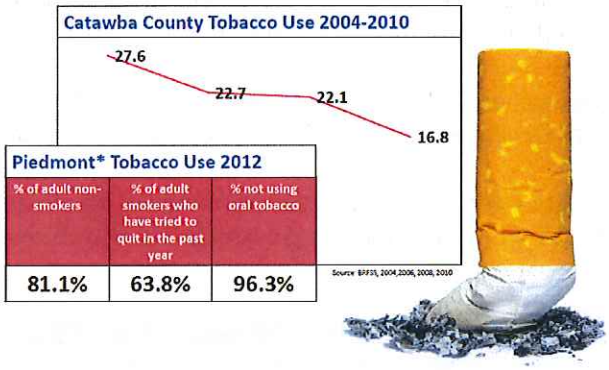
MUNICIPAL TOBACCO-FREE POLICIES

Ms. Amy McCauley, Community Outreach Manager, reported on the status of Municipal Tobacco-Free Policies in Catawba County. She stated that in 2013 Catawba County Public Health began working with Catawba County Government and the local municipalities to encourage tobacco-free government grounds, buildings and parks.

Tobacco use is the #1 preventable cause of death and in Catawba County is a major contributor to four of the leading causes of mortality: Cancer, Heart Disease, COPD, and Stroke. Tobacco-free policies are evidence based, have high impact, and are sustainable. Therefore, CCPH felt it was time to work on implementing these policies in our communities.

Statistically, tobacco use is trending downward in Catawba County and Ms. McCauley used the following slide to demonstrate this:

Why Now? Tobacco Trends



Ms. McCauley shared milestones already achieved in going Tobacco-free, which includes:

- 1991: Hickory Public Schools
- 2004: Catawba County Schools
- 2004: Newton-Conover City Schools
- 2005: Catawba County Public Health
- 2007: Catawba Valley Medical Center
- 2007: Frye Regional Medical Center
- 2009: Catawba Valley Community College
- 2011: Smoke Free Restaurants and Bars Law

Now with the Community Transformation Project, a goal of increasing tobacco-free government grounds, including parks and recreational areas has been set. We have the assistance of Ms. Carleen Crawford, as the Tobacco Free Living Coordinator, and Catawba County is the Lead Tobacco County for the Community Transformation Project. The project also helps provide funding for signage, which will assist in implementation for the municipality's initiatives.

Most municipalities have been successfully "smoke-free" to some degree for several years, and discussions have been on-going since 2010 to go "tobacco-free". In 2013 the time was right to revisit the municipalities with further conversations.

Step 1
On March 1, 2013, Catawba County implemented a 100% Tobacco-free Policy. This encompassed buildings, parks and County grounds.

Step Two: Municipal Proposal

- Joint tobacco-free policy plan = **all in**
- **Collaborative Goals:**
  - Develop & pass **tobacco-free policies**
  - Utilize **common signage**
  - Joint announcement **November 21, 2013** = ***Great American Smokeout***
  - Policies effective **January 1, 2014**
- Decide on participation by June 2013

In November, Brookford, Claremont, Conover and Catawba County participated in a joint announcement of policies to be 100% tobacco-free effective January 1, 2014. Hickory (parks only) and Newton wanted to wait to pursue policies after the fall elections were completed. The Towns of Catawba and Maiden decided to wait to make a decision and Long View did not participate in the discussions.

Newton passed their policy in December, 2013 and it became effective on January 1, 2014. Hickory Parks & Recreation also passed a policy in December 2013 and it became effective January 1, 2014.

The Town of Catawba passed a policy for city buildings and grounds in March 2014 and it became effective April 1, 2014. Maiden opted out; however they have aggressively distributed cessation education and literature to employees.

Municipality	Before	After	Effective
COUNTY	Smoke Free Buildings, Grounds & Parks	Tobacco Free Buildings, Grounds & Parks	3.1.13
BROOKFORD		Tobacco Free Buildings & Grounds	1.1.14
CLAREMONT	Smoke Free Buildings	Tobacco Free Buildings, Grounds & Parks*	1.1.14
CONOVER	Smoke Free Buildings	Tobacco Free Buildings, Grounds & Parks**	1.1.14
NEWTON	Smoke Free Buildings	Tobacco Free Buildings, Grounds & Parks	1.1.14
HICKORY	Smoke Free Buildings & Grounds (not parks)	Smoke Free Buildings & Grounds, Tobacco Free Parks	1.1.14
CATAWBA		Tobacco Free Buildings, Grounds & Parks	4.1.14
MAIDEN	Smoke Free Buildings & Parks (not grounds); Tobacco Free City Hall		
LONG VIEW			

Ms. McCauley stated that Dewey Harris, Assistant County Manager, was recognized as a leader by the Community Transformation Grant Project for his dedication and continued support for creating healthier communities through tobacco-free policies.

She concluded by stating there have been additional Tobacco Free impacts in Catawba County. Such as, Eastern Catawba Cooperative Christian Ministries (ECCCM) is now 100% Tobacco-Free and additional initiatives are being promoted. Such as, the Cancer Task Force Well Business Programs (worksites) and the Healthy Childcare Centers Recognition Programs both include tobacco-free policy requirements. Ms. McCauley asked if any Board members had questions.

Mr. Dan Hunsucker asked if any governmental agencies had lost employees due to the 100% Tobacco-Free policies. Ms. McCauley stated she was not aware of any employees leaving because of the policies. Ms. Kelly Isenhour, Assistant Health Director, stated that when Catawba County Public Health began the process of going smoke-free, employees that smoked were given assistance which included mentors. Fellow employees that had smoked previously offered support and the staff embraced the process of going Tobacco-Free.

Mr. John Dollar asked about E-cigarettes and the Tobacco-Free policies. Amy stated that the county policy includes specific language and covers e-cigarettes. The sample policies shared with municipalities also carried language that covered e-cigarettes. Doug Urland, Health Director, stated the desire was to get ahead of that issue. He added that the FDA now proposes rules to regulate e-cigarettes. E-cigarettes, due to the nicotine present in them, are considered tobacco products so most language banning tobacco covers e-cigarettes. However, the desire was to make the policies clear.

HEALTH DIRECTOR'S REPORT

Doug Urland, Health Director, provided a brief report. He stated that the budget process continues locally and on the State level. He stated the biggest issues in Raleigh continue to be Medicaid/Medicaid Plan and increasing teacher salaries.

Regarding the Medicaid Reform Plan, there have been multiple discussions with the NCALHD and multiple partners in Raleigh. He stated the General Assembly's short-session begins May 14, 2014.

The State budget is a bi-annual budget. Locally our budget will have budget hearings with the Board of Commissioners and then the whole budget will go to the Commissioners the first of June, and the County Manager will send out an email to staff, and the press informing them of the Budget for 2014-15.

The adoption of the budget will occur at the first Board of Commissioners meeting in June. That concluded the Health Director's report.

OTHER BUSINESS

No other business was presented for consideration of the Board.

Ms. Brenda Watson, Chair, asked for a motion to adjourn the meeting, Mr. William Mixon so moved and Dr. Sharon Monday seconded the motion. The motion to adjourn passed unanimously.

Respectfully submitted:

Douglas W. Urland
Health Director

DWU: mjk