

**Catawba County Board of Health  
Minutes  
April 4, 2016**

The Catawba County Board of Health met on Monday, April 4, 2016. The regular meeting of the Board of Health convened at 7:05 p.m. at Catawba County Public Health, 3070 11<sup>th</sup> Av Dr SE, Hickory, NC 29602 in the Boardroom.

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

**Members Absent:** Ms. Dana H. Greene  
Dr. Sharon Monday  
Dr. David L. Harvey

**Staff present:** Mr. Doug Urland, Health Director  
Ms. Jennifer McCracken, Health Services Manager  
Ms. Rhonda Stikeleather, Children's Services Nurse Supervisor  
Mr. Mike Cash, Environmental Health Supervisor  
Mr. Scott Carpenter, Environmental Health Supervisor  
Ms. Julie Byrd, WIC Nutrition Supervisor  
Ms. Amy McCauley, Community Outreach Manager  
Ms. Chantae Lail, Medical Lab Manager  
Ms. Sindie Sigmon, Business Manager  
Ms. Martha Knox, Administrative Assistant III  
Ms. Kristen Killian, Public Health Nurse

**CALL TO ORDER**

Mr. William Mixon, Chair called the meeting of the Catawba County Public Health Board to order at 7:00p.m.

**APPROVAL OF THE AGENDA**

Mr. Mixon stated that Board members had received the Agenda and asked if there were any changes. Hearing none, Mr. Dan Hunsucker made a motion to accept the agenda as changed and Ms. Naomi East seconded the motion. The motion passed unanimously.

**APPROVAL OF MINUTES**

The minutes for March 2, 2016, were included in the Board packet the Board members received via email. Mr. Mixon asked if there were any corrections, hearing none, he asked for a motion to accept the minutes as presented. Mr. John Dollar so moved and Ms. Naomi East seconded the motion. The March 7, 2016, Minutes were unanimously approved as presented.

### **PUBLIC COMMENTS**

Mr. Mixon asked if anyone presented to speak before the Board. Ms. Martha Knox, Administrative Assistant III, stated that no one had presented to speak, however, she did have a new employee to introduce to the Board.

### **NEW EMPLOYEE**

Ms. Martha Knox, Administrative Assistant III, introduced Kristen Killian, Public Health Nurse to the Board. Ms. Killian brought experience with Catawba Women's Center in OB/GYN to her position as a Public Health Nurse in the Adult Health/Women's Preventative Health clinic. Mr. Mixon welcomed Ms. Killian on behalf of the Board.

### **COMMISSIONERS COMMENTS**

Mr. Dan Hunsucker reported on the Catawba County Board of Commissioners meeting held on this date, as follows:

- Seven proclamations were made by the Board of Commissioners:
  - o Lineman Appreciation Day – to honor linemen of Duke Energy on April 18, 2016
  - o Volunteer Week in Catawba County – April 10-16, 2016
  - o National Public Safety Telecommunications Week – April 10-16, 2016
  - o National Library Week – April 10-16, 2016
  - o Child Abuse Prevention Month – April, 2016
  - o National Public Health Week – April 4-10, 2016, which, commended Catawba County Public Health's efforts to make the healthy choice the easy choice for everyone in the community?
  - o County Government Month in Catawba County April, 2016.
- The Board of Commissioners also approved a waterline extension on Davis Road in Maiden to address water quality issues associated with wells in that area.
- The Board of Commissioners also awarded a bid to do improvements to the NC Data campus, which is a 70-acre multi-jurisdictional business park partnership between Catawba County, Cities of Conover and Hickory, and the towns of Maiden and Catawba.

### **OPERATING PROCEDURES SUBCOMMITTEE**

Dr. Matthew Davis, Chair of the Nominations and Operating Procedures Subcommittee, stated that the Operating Procedures had been reviewed and the subcommittee recommends that the Catawba County Board of Health approve the Operating Procedures for 2016 without change.

Mr. Mixon stated that a recommendation from a subcommittee does not require a 2<sup>nd</sup> and he asked for a vote of the Board on the recommendation. The recommendation to approve the Operating Procedures for 2016 without change was approved unanimously.

### **OB CASE MANAGEMENT (OBCM) & CARE COORDINATION FOR CHILDREN (CC4C)**

Ms. Rhonda Stikeleather, Children's Services Nurse Supervisor, presented information on two case management programs. She explained that care or case management is a collaborative set of interventions and activities that address the health needs of a population to promote quality, cost effective care. In addition to client wellness, case management works to advocate for the client and through communication and education refer the client to services available in the community.

Care Coordination for Children (CC4C) is a case management team consisting of 3 registered nurses and 1 social worker. This team is embedded in 3 pediatric practices on average 30-35 hours per week. Services are provided to all primary care providers that see children 0-5 years of age. The average case load is 55-60 children.

Ms. Stikeleather stated the priority population of 0-5 years of age are:

- Children that are hospitalized – preventing re-admissions
- Neonatal Intensive Care Unit (NICU) babies
- High risk/high cost patients
- Priority duals – Very sick children that are on Medicaid and Medicare
- Emergency Department– 10 or more ED visits/year
- Referrals from Pediatric care providers, hospitals, Department of Social Services, Children’s Developmental Services Agency (CDSA), etc

OB Case Management (OBCM) is case management of high-risk Medicaid eligible pregnant women. A high-risk pregnancy can put the mother, developing fetus, or both at risk for complications during or after pregnancy and birth.

The OBCM team consists of 4 OB Case Managers – 1 registered nurse and 3 social workers. This team is embedded in four OB practices in Catawba County and serves smaller practices in the county. The average case load is approximately 95-110 pregnant women.

The OBCM team serves all pregnant Medicaid recipients who are determined to be high-risk and qualify for services. The referrals are received from pregnancy medical homes, hospitals, community services that include: Pregnancy Crisis Center, Department of Social Services, etc.

The risk factors for OBCM Program are:

- History of preterm birth (less than 37 weeks)
- History of low birth weight (less than 2500g)
- Multiple gestation
- Fetal complications
- Chronic condition such as: Diabetes, hypertension, HIV, Systemic Lupus, sickle cell, renal disease, asthma, seizure disorder, substance abuse diagnosis, and mental illness
- Unsafe living environment, such as: homelessness, inadequate housing, family violence, sexual abuse/coercion, and community violence.
- Substance use
- Tobacco use
- Missing 2 or more prenatal appointments without rescheduling or inappropriate hospital utilization (Emergency Department, Labor and Delivery, etc.)

Catawba County Public Health receives a per member per month (PMPM) fee of \$4.96 for each pregnant Medicaid recipient in Catawba County and \$4.56 (PMPM) fee for each child, ages 0-6 covered by Medicaid living in Catawba County. Ms. Stikeleather stated these fees are for all Medicaid pregnant women in Catawba County even if they are not enrolled in the OBCM program and all children 0-5 on Medicaid in Catawba County even if they are not enrolled in the CC4C program.

CCPH receives guidance from NC Department of Health and Human Services, Women’s and Children’s Health Section and the Medicaid Program.

Ms. Stikeleather stated there are two projects that the case managers have been involved with at this time. A grant from the Ann Wolfe Foundation is a partnership with OBCM and Catawba Valley Medical Center-Maternity Services to help pregnant patients stop or decrease tobacco use. The program offers education, counseling and incentives. The results of this project will become available after May, 2017.

Another project is the 2013 Ann Wolfe Grant that promotes Safe Sleep Education. Both CC4C and OBCM staff have worked on this project and the grant provided 53 safe sleep kits that consisted of a pack-n-play, onesies, and light weight blankets. The pre and post test were completed, and the project is due to be completed in May, 2016. Ms. Stikeleather stated that she would share with the Board the results of the projects as they become available.

Ms. Stikeleather concluded her presentation with stating the goal of case management is to have healthy and educated patients – and to decrease health care costs.

Mr. John Dollar asked if there were referrals to programs if the pregnant women have a substance abuse or tobacco problem. Ms. Stikeleather stated there are programs in the county that the women are referred and Medicaid can cover the cost. Ms. McCracken stated that our case managers partners with CVMC and they have a Licensed Clinical Social Worker (LCSW) that follows up for referrals to programs.

Mr. Doug Urland, Health Director, stated that the federally qualified health center, Catawba Family Care, also has just received a grant to address substance abuse with pregnant women during the prenatal period. This is an opportunity to help women that are struggling with substance abuse. Ms. Stikeleather stated that Public Health has a long history of referring clients to different programs that can provide the services they need. The case managers are continuing to do that as they work together to meet the needs of the clients.

Jan Bennett, Public Health Nurse, carries a smaller case load and that allows her to have time to look at the Emergency Department reports from Frye Regional Medical Center and Catawba Valley Medical Center to refer children to the appropriate care manager for follow up.

Dr. David Hamilton, Jr., asked is there anything identified as a major problem. Ms. Stikeleather stated it is the high number of drug babies being born. Mr. William Mixon, Chair, asked if the babies are routinely tested for drugs or is it just suspected drugs. Ms. Stikeleather stated it is just when drugs are suspected.

Kristen Killian stated that her experience when she worked for Catawba Women's Center, was that the OBCM case managers make a real difference in compliance with prenatal appointments for these high risk mothers.

Mr. Mixon thanked Ms. Stikeleather for her presentation.

#### **FLU AND ZIKA UPDATE**

Ms. Rhonda Stikeleather stated that she was providing a brief Flu update in Kelly Isenhour's absence. This week's flu report from the State shows a decline from last week in new cases. The week ending 3/26/2016, showed Influenza- like illness was widespread and there were 1,617 positive flu specimens and Influenza A was the most prevalent. North Carolina has seen 26 deaths: 18 – ages 25-64 and 8 in ages over 65. There is still flu vaccine available at this time.

Dr. Matthew Davis asked about whether this year's flu vaccine was a good match this year to the strains being seen. Mr. Urland stated that yes the strains being seen are in the vaccine being administered this year. This year the people being affected most are the adult age group – but not the most elderly group. However, those that get the flu and have had the flu vaccine probably are not getting as sick as those who were not vaccinated.

Mr. Urland stated the peak seems to be occurring later than in years previous. Mr. Hunsucker stated that a person could get the vaccine and not build up enough immunity to avoid getting the flu. Mr. Urland stated that that the vaccine won't always keep someone from getting the flu, but should minimize the symptoms.

Mr. Mixon asked about the prevalence of influenza like illness and whether that was for Catawba County or statewide. Ms. Stikeleather stated it was statewide. Mr. Urland stated also the surveillance here in North

Carolina may be a reason for higher reporting of illnesses because of the robust surveillance system that has been developed across the State.

**Zika Update** – There have been no major changes to the March report. The Center for Disease Control held a Summit on Zika April 1, 2016 and representatives from NC EPI attended. A conference call is scheduled for Thursday April 7<sup>th</sup> with the State and information concerning the Summit and any additional state and local Public Health actions related to Zika prevention and surveillance will be discussed at that time.

### **WIC VENDORS**

Ms. Julie Byrd, WIC Nutrition Supervisor, stated that in the 1960s the federal government focused on assisting low-income Americans and in 1967 a national nutrition survey revealed that many lower income children suffered from anemia and inadequate growth. In 1972, Congress passed a bill to create the Women, Infants and Children's (WIC) Program. The first WIC office opened in 1974 – providing a special supplemental nutrition program for women, infants, and children.

Catawba County WIC has a caseload each month of 4,282. Ms. Byrd stated that this means that many vouchers are printed and distributed each month. To ensure funding the WIC Program in Catawba County is required to meet 97% of that caseload number.

WIC lowers the rate of anemia among participating children, significantly improves children's diets, and WIC participation leads to higher rates of immunization against childhood diseases. WIC saves public healthcare dollars and in NC, every WIC dollar spent on a pregnant woman saves \$3.13 in Medicaid costs during the first 60 days of life. WIC increases the number of women who are receiving prenatal care, lowers infant mortality, improves dietary intake of pregnant and postpartum women.

To be eligible for the WIC program a family must meet the following requirements:

- Income eligible
- Live in North Carolina (Catawba County WIC does accept participants from out-of-county).
- Medical or nutritional risk code
- Must be a Woman, infant or child

Vendors play a unique role in the WIC program and are critical to the success of the program. A vendor is authorized to accept WIC vouchers and provide the foods listed on a WIC food instrument. Vendors receive payment by depositing food instruments and cash-value vouchers in their bank. Vendors must be authorized to transact food instruments and cash-value vouchers. There are currently 39 authorized WIC vendors in Catawba County.

Catawba County has 21 corporate stores who are authorized to accept WIC vouchers such as: Food Lion, Lowes Foods, Bi-Lo, Wal-Mart, and Target. There are 11 non-corporate stores such as Honey's IGA, Asian Supermarket, Carniceria Hernandez, TL Oriental Market, Sav-A-Lot, ect. and 7 pharmacies which includes the 6 CVS and the Medical Village Pharmacy. The Wal-Mart and Target pharmacies also accept WIC vouchers but are considered part of the store.

Vendor Role/Responsibilities includes:

- Attend required annual training
- Meet all selection criteria
- Complete required paperwork by the deadlines
- Understand and follow all Federal and State regulations and rules
- Train all staff handling WIC food instruments

Ms. Byrd stated that there are a lot of Federal and State rules and regulations and that the constant turnover in personnel requires constant training by the vendor to ensure that the food instruments are processed properly.

Local Agency Role includes:

- Provide and accept new vendor applications
- Provide orientation to new vendors and provide annual training to authorized vendors
- Provide paperwork as necessary
- Offer additional training as needed
- Respond to questions about paperwork and any issues that the vendor may have
- Conduct on-site monitoring visits per state guidelines
- Be a liaison between the vendors and state agency
- Attend trainings/webinars for up-to-date information
- Report complaints related to a vendor's business integrity or suspected fraud.

In conclusion Ms. Byrd stated that for the 2014-15 fiscal year, Catawba County WIC had a \$3,643,874.31 economic impact and nutritional impact on the women, infants, and children that were served. For the 2014-15 FY North Carolina WIC revenue was \$194,475,313.28.

Mr. Dan Hunsucker asked how often eligibility is checked and Ms. Byrd stated that eligibility is checked once a year or when a participant notifies the office that their circumstances have changed. Mr. Doug Urland, Health Director asked Ms. Byrd to share what is available to clients in the WIC food packages. Ms. Byrd stated that the entire family is included in the voucher and the prescription for that family is based on their needs. They are not required to buy everything on the voucher. Some of the foods included are: milk, eggs, cheese, peanut butter, cereals (and there are a variety of cereals that they can choose from), whole grain rice, tofu, and bread, fresh – frozen- or canned fruits and vegetables. Once a year they receive Farmer's Market vouchers. Dr. Matthew Davis asked if they given a specific list of what to purchase, or can they buy whatever is WIC approved with their vouchers. Ms. Byrd stated that the vouchers will state that they can purchase up to 36 oz of cereal per person and there is a long list of cereals to choose from. The voucher may say 4 gallons of milk – but they are restricted to 1% milk or fat free if over the age of 1 year and no prescription from a doctor. The milk, eggs and cheese must be the lowest priced items on the shelf.

Mr. Mixon thanked Ms. Byrd for her presentation.

#### **NATIONAL PUBLIC HEALTH WEEK**

Mr. William, Mixon, Chair, stated that a Proclamation recognizing National Public Health Week is being presented to the Board of Health and he read the following into the minutes:

**WHEREAS**, we hope Catawba County residents will live long, healthy lives free from injury and diseases like cancer, heart disease, COPD and stroke, which are the top four causes of death in Catawba County; and

**WHEREAS**, we recognize prevention is paramount to preserving the health of our community; and

**WHEREAS**, we recognize tobacco, physical inactivity, and poor nutrition as the three leading preventable causes of death; and

**WHEREAS**, in acknowledgement of the devastating impact of poor health on our citizens, we encourage everyone to eat well, exercise, get regular check-ups, and make healthy choices that will improve their health and the health of their families; and

**NOW, THEREFORE, the Catawba County Board of Health** does hereby in recognition of National Public Health Week, support Catawba County Public Health's efforts to make the healthy choice the easy choice for everyone in our community through enhanced opportunities for physical activity, increased access to healthy nutritional options, and the creation of tobacco-free environments.

This the 4<sup>th</sup> day of April, 2016

Mr. Dan Hunsucker made a motion to approve the proclamation as read and Ms. Naomi East seconded the motion. The motion passed unanimously.

#### **HEALTH DIRECTOR'S REPORT**

Mr. Doug Urland, Health Director, stated that he had a couple items. The first item was a budget update. Mr. Urland and the Business Manager met with the County Manager and Budget staff for the first round of budget hearings. Second budget hearings will be held in the next few weeks. He stated that there were only a couple of questions to follow up on from the first budgeting hearing.

The General Assembly is starting its short session at the end of April. There may not be a lot of changes to the budget during this session. However, there will be discussion of Medicaid Reform during this session. There have been listening sessions held across the State by NC Department of Health and Human services. Health Directors from the counties that have had these sessions have taken the opportunity to present the information from the NC Local Health Director's Association.

Mr. Mixon asked why Hickory did not host one of the listening sessions that were held. Mr. Urland stated that scheduling, location and venue probably played in the decision on where the sessions were held. Mr. Urland his colleagues from the respective counties represented local public health.

Mr. Mixon asked what the recommendation is regarding Medicaid Reform. Mr. Urland stated the State has submitted a 115b waiver. If Medicaid is expanded in NC, more people and services will be covered for providers.

Mr. Mixon discussed what local pharmacies experience with the changes to the Medicaid program in getting the needed prescriptions filled locally. However, Mr. Urland stated he sees reason for hope in the changes that are being proposed. Mr. Urland stated he would follow up with regards to Mr. Mixon's concerns, and will update the Board as more information becomes available.

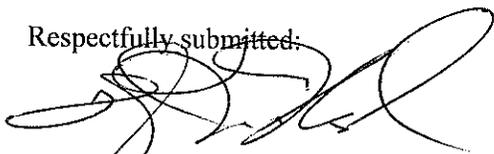
#### **OTHER BUSINESS**

No other business was discussed.

#### **ADJOURNMENT**

Mr. Dan Hunsucker made a motion to adjourn the meeting and Mr. John Dollar seconded the motion. Meeting adjourned at 8:05 pm.

Respectfully submitted:



Douglas W. Urland, MPA  
Health Director

DWU: mjk