

# Yolo County MCAH Advisory Board

September 20, 2023

Minutes

SUZANNE EIDSON-TON, CHAIR  
CAROLYN CAMPOS, VICE-CHAIR

**YOLO COUNTY HEALTH AND HUMAN SERVICES AGENCY**

GONZALEZ BUILDING  
25 NORTH COTTONWOOD STREET  
WOODLAND, CA 95695

The Yolo County MCAH Advisory Board met on the 20th Day of September 2023 in the Community room at the Gonzales Building at 25 N. Cottonwood Street, Woodland, CA at 8:30 a.m.

**VOTING MEMBERS PRESENT:** Melina Ortigas, Category D; Linda Copeland, Category E; Katherine Eastham, MD, Category B; Carolyn Campos, RN, Category B; Samantha Slime, Category D

**VOTING MEMBERS ABSENT:** Cherrie Blair, Category A; Suzanne Eidson-Ton, Category B; Ahna Suleiman, Category B

**STAFF & GUESTS PRESENT:** Gaby Perez, HHSa; Lauren Ayres, Weston A. Price Foundation; Julian Lopez, HHSa; Brian Vaughn, HHSa; Dr. Leon Schimmel, Community Member; David Moreno, BOS Dist 3; Raquel Aguilar, HHSa; Ann Soliday-Bench, CCHC; Rebekah Honig, YCCA; Julian Lopez, HHSa; Tyra Fulcher, HHSa; Katya Lopez, HHSa; Mary Yung, HHSa; Silvana Beville, HHSa

**8:30 A.M. CALL TO ORDER**

1. **WELCOME AND INTRODUCTIONS** – *Brian Vaughn, Director PH Branch*  
The September 20, 2023, MCAH Advisory Board meeting was called to order at 8:40 a.m., at which time around the table introductions occurred and quorum was confirmed.
2. **CONSIDER APPROVAL OF AGENDA** – *Brian Vaughn, Director PH Branch*  
**Motion:** Kathy Eastham      **Second:** Linda Copeland      **Discussion:** None      **Vote:** Unanimous
3. **APPROVE THE JUNE 21, 2023 & AUGUST 16, 2023, MINUTES** – *Brian Vaughn, Director PH Branch*  
**Motion:** Kathy Eastham      **Second:** Linda Copeland      **Discussion:** None      **Vote:** Unanimous
4. **PUBLIC HEALTH BRANCH REPORT**
  - **Brian Vaughn:**
    - Mental Health Services Act: Was approved by the board last month. We have a new three plan.
    - Suicide Prevention month in September.
    - Raquel continues to work on expanding our home visiting programs with our partners YCCA.

**DISCUSSION**

5. **FINALIZE RECOMMENDATIONS FOR BOARD OF SUPERVISORS** – *Julian Lopez, Epidemiologist*
  - **Five topics of interest from last meeting:**
    - Youth Mental Health
    - Impacts of Nurse Home Visiting Impacts on Youth
    - Discussion of Risk Youth Behavioral Survey
    - Drop out Rates for College Students, ages 18-21 due to mental health issues
    - Absenteeism rates post COVID for K-12
  - **Youth Mental Health Hospitalization by Age:**
    - Age groups less than 9yrs have the lowest mental health hospitalization rates
    - Age groups 10-19yrs have the highest hospitalization rates
    - Slight increase for the 5-9yrs
    - Greatest increase from 10-14yrs from the start of the COVID-19 Pandemic
    - Slightly decreased for 15-19yrs from the state of the COVID-19 Pandemic
  - **Youth Mental Health Hospitalization by Gender:**
    - Females have higher hospitalization rates than males
    - Male hospitalization rates have remained flat and have only had a slight decrease from the start of the COVID 19 Pandemic
  - **Mental Health Hospitalization by Race & Ethnicity:**
    - Asians, Hispanics, and whites have generally flat trends and are not moving up or down

- Asians and whites have slightly lower rates at start of pandemic but returning to 2019 levels.
- Black, American Indian, and Native Alaskan have fluctuations.
- **Depression Related Feelings by Grade:**
  - 2013-2021 increase in depression related feelings for all grades in both the state and County.
  - Overall Yolo County has a lower percent of these feelings compared to the state, except for 11<sup>th</sup> graders.
- **Suicidal Ideation:**
  - Percentages among youth that considered suicide are lower in Yolo County than that of the state's youth in 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades.
  - The COVID-19 pandemic doesn't seem to have had an effect on suicide ideation percentages, we don't see a big hump in the 2019-21 school year, with the exception of females in 7<sup>th</sup> grade which showed a sharp increase
  - Females almost doubled the percentage of considered suicides compared to males at each grade for the 2019-2021 school year.
- **Youth Behavior Risk Survey (YRBS):**
  - CA has no participating Middle Schools in YBRS and few data points are collected for high schools.
- **State of Higher Education Report (2022):**
  - Since 2020 university students have increasingly considered withdrawing from their programs for at least one term.
  - Trends indicate that COVID-19 is not a reason for withdrawing from university.
  - Emotional distress had initially doubled as a reason for withdrawing from university from 2020-2021, it does seem to be decreasing slightly in 2022.
  - The two main reasons for wanting to withdraw from university were emotional stress and personal mental health reasons.
  - However, analysis also indicated possible covariation between these two choices as there was significant overlap of answers.
  - From 2020-2022 except for Asians, all races had increase in considering withdrawal from university.
  - Overall Hispanics have the higher percentages of withdrawing from university.
  - From 2021-2022 female students had no change in consideration of withdrawal from university, while male students have had a significant increase from 33% to 41%.
- **Absenteeism of K-12 Students:**
  - Chronic absenteeism percentages have been flat from 2016-2017 SY to the 2018-19 SY.
  - Black and American Indian Alaskan Native students have the highest rates of chronic absenteeism.
  - Filipino/a and Asian students, in general have the lowest chronic absenteeism percentages from 2016-2019.
  - Chronic absenteeism remained roughly the same during the first year into the COVID-19 pandemic (2020-21 SY), there has been a surge in chronic absenteeism among all races and school districts going from the 2020-21 SY to the 2021-22 SY in Yolo County.
  - Percent increases among races and school districts range from between an 88% increase to a 451% increase.
  - Yolo County Office of Education has the most significantly highest percentage of chronic absenteeism ~55%, greater than 4X the absenteeism rate of other Yolo County school districts from 2016-2020.
  - The county and state have roughly similar chronic absenteeism percentages from 2016-2022.
  - Davis Joint Unified continues to have the lowest chronic absenteeism percentages from 2016-2022.

## ANNOUNCEMENTS

### 6. MEMBER ANNOUNCEMENTS/SHARING

- **Lauren Ayres:**
  - Do you remember when acupuncture, yoga, and probiotics were considered fringe and worthless? But now they are a part of Western health care. Can you recall when smoking was allowed in hospitals, buses, and restaurants— with no objections from public health departments? Of course, now *that* has changed for the better too. At the last meeting I said I would send you Sylvia Onusic's article about the nutritional approach to mental health, which I did, via the email list Gaby uses to update us. Dr. Onusic's article covers a lot of territory, including the role of heavy metals in mental illness. Her article is 18 pages long. There happen to be six paragraphs— not even a full page— about the adjuvants in vaccines. But that appears to be a main reason that Brian objected to my sharing

this article with you. Are there any **PhD nutritionists** working for Yolo County? If so, what is their verdict on the article? Most doctors get, at most, a few hours of nutrition during medical school, so it's no surprise that they turn to pharmacological solutions first. Naturopathy, chiropractic, and orthomolecular medicine have been around for decades, and in Germany are covered by their national health system. But not here in the U.S.A. Regarding violence in schools, can we afford to ignore any health factor that is currently not widely known? Dr. Onusic's article is about nutrition and toxins. Today's average meal has a fraction of the nutrients that were in food 50 years ago. And most meals are now loaded with toxins. All new ideas have trouble overcoming inertia; some become the new norm, others sink without a ripple. It's hard to predict which it will be. That's why I disagree with Brian that any one person should be a gate keeper for this committee. I am not a lone eccentric. Yolo County has a rather large minority of taxpayers who also avoided the mRNA experimental shot. So if this committee is **of** and **for** the people of Yolo, it needs to be open to all ideas, not just the FDA-approved ones.

**10: 00 A.M. ADJOURNMENT**

**7. Next Meeting: October 18, 2023**

**10:00 A.M. ADJOURNMENT**

Respectfully submitted by:



Gaby Perez, Secretary  
Yolo County MCAH Advisory Board