

Yolo County Health Council

July 11th, 2024

Minutes

ANTHONY VOLKAR, CHAIR
ERIKA ROSHANRAVAN, CO-VICE CHAIR

YOLO COUNTY HEALTH AND HUMAN SERVICES AGENCY

GONZALES BUILDING, COMMUNITY ROOM
25 NORTH COTTONWOOD STREET
WOODLAND, CA 95695

Yolo County Health Council

Minutes – July 11, 2024

The Yolo County Health Council met on the 11th Day of July 2024 at 9:00 a.m. in-person in the Gonzales Building, Community Room, 25 North Cottonwood Street, Woodland, CA 95695.

VOTING MEMBERS PRESENT: Anthony Volkar, District 1; Ximena Diez-Jackson, District 2; Carri Ziegler, District 3; Leon Schimmel, District 4; Valerie Olson, District 5; Dawn Myers, Commission on Aging & Adult Services; Linda Copeland, MCAH Advisory Board; Nicole Hollingsworth, Yolo County Children’s Alliance; Erika Roshanravan, CommuniCare Health Centers; Mark Ho, Kaiser Permanente; Stacy Berrong, Northern Valley Indian Health; Deven Merchant, Sutter Health; Margaret Trout, UC Davis; Stacey McCall, Winters Healthcare

VOTING MEMBERS ABSENT: Michelle Famula, At Large; Sherri Olswang, EMCC; Lori Duisenberg, First 5 Yolo; Gina Daleiden, First 5 Yolo; Nicki King, Local Mental Health Board; Serena Durand, Local Mental Health Board; Tatyana Bak, Elica Health Centers, Ajay Sanai, Elica Health Centers; Kathryn Power, Partnership Healthplan of California

STAFF & GUESTS PRESENT: Mental Health Director Shelby McGriff, HHSA; Senior Administrative Services Analyst Jaspreet Kaur, HHSA; Jasmine Gill, Northern Valley Indian Health; Deputy Supervisor Sheila Allen, District 4; Administrative Assistant Cassie Guevara, HHSA

9:00 A.M. CALL TO ORDER

The July 11th, 2024, Health Council meeting was called to order at 9:05 a.m. by Anthony Volkar, Health Council Chair.

1. WELCOME – Anthony Volkar, Chair

2. ROLL CALL – Cassie Guevara, Secretary

A roll call for voting members was taken, and the quorum was confirmed.

3. VOTE ON APPROVAL OF JULY 11TH, 2024 AGENDA AND THE JUNE 13TH, 2024 MINUTES – Anthony Volkar, Chair

Motion: Erika Roshanravan **Second:** Linda Copeland **Discussion:** None **Agenda Vote:** Passed Unanimously
Minutes Vote: 12 Yes, 0 No, 0 Abstention

4. STATE AND COUNTY UPDATE – Mark Bryan, Deputy Chief Administrative Officer

- No update today

5. BOARD OF SUPERVISORS UPDATE – Deputy Supervisor Sheila Allen, District 4

- Public Portal closed for CAP. The report will not come to supervisors until September. Still time for input. Click on this link [Climate Action & Adaptation Planning | Yolo County](#)
- Goal set to be carbon negative by 2030.
- Wrapped up budget hearings and the board adopted the initial budget. Final budget is due in September.
- Public Guardian- People who are no longer able to make decisions for themselves and have no family members to make decisions for them. Court decides they can not make decision for themselves. Court appoints the county to make decisions for them.
 - County’s ratio of workers to patients is very low.
 - County received 2 additional positions and should be getting another position in the Fall.
- Board of Supervisors passed a parcel tax in Davis for a new library.
 - Librarians apply for grants every year and were awarded \$8.2 million dollars last year. Using this grant to build the new library.
- Board of Supervisors are off for the month of August.

6. HEALTH OFFICER UPDATE – Dr. Aimee Sisson, Health Officer

- County Emergency Operations Plan calls for opening Cooling Centers under certain circumstances.

- Consider opening if forecasted for Major Risk lasting 3+ days
- Discuss opening if forecasted for Extreme Risk lasting 2+ days
- Extreme heat has health risks
 - Heat Exhaustion – Dizziness, thirst, heavy sweating, nausea, weakness
 - Act Fast – Move to a cooler area
 - Loosen clothing
 - Sip cool water
 - Seek medical help if symptoms don't improve
- Certain people are more vulnerable to heat.
 - Pregnant
 - Newborns
 - Children
 - Elderly
 - Chronic Illness
- During Excessive Heat
 - Find air conditioning
 - Avoid strenuous activities
 - Wear light clothing
 - Check on family members and neighbors
 - Drink plenty of water
 - Watch for heat cramps, exhaustion and stroke
 - Never leave people or pets in a closed car
- Cal/OSHA regs protect outdoor workers in high heat
 - Train all employees and supervisors about heat illness prevention
 - Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8 oz glasses of water per hour, and encourage them to do so
 - Develop and implement written procedures for complying with Cal/OSHA Heat Illness Prevention Standard
- COVID-19 levels are medium to high
 - Indoor masking recommended for all when SARS-CoV-2 levels in Wastewater are HIGH
 - Indoor masking recommended for person at high risk when levels are MEDIUM
- KP Omicron variants dominate new cases
- Fall COVID-19 vaccine to be based on KP.2.
- Two Yolo County children diagnosed with measles
 - Unvaccinated
 - Recent international travel
 - Fever, cough, runny nose and rash
 - Visited healthcare facilities on 4 occasions while infectious
 - Over 200 patients, staff and visitors exposed
 - Press release issued 6/21/24
 - Public Health monitored contacts through 21 days after exposure
- Make sure you are up to date with MMR before travel
 - Young children should get 2 doses of MMR vaccine
 - First dose at 12-15 months
 - Second dose 4-6 years
 - Infants at least 6 months old who are traveling internationally
 - Should receive one dose before their 1st birthday and last two weeks before departing for international travel

- Influenza A (H5N1) continues to spread in U.S.
- Health Alert sent to Yolo providers June 14th



Health Alert

Date: June 14, 2024

To: Yolo County Healthcare Providers and Laboratories

From: Aimee Sisson, MD, MPH, Health Officer

Subject: Influenza A Testing Guidance

Key Messages

In order to maintain awareness of influenza A subtypes circulating in California, including in Yolo County:

- Providers should report any suspected case of novel, avian, or variant influenza to [Yolo County Public Health](#) immediately, and should test for influenza in patients with respiratory illness and relevant animal exposures that could increase risk for influenza A (H5N1). Providers should test severely ill patients irrespective of exposure history.
- Clinical and commercial laboratories should submit influenza specimens to [Napa-Solano-Yolo-Marin \(NSYM\) Regional Public Health Laboratory](#) for subtyping if unable to perform subtyping themselves. Any clinical specimen for which subtyping is attempted and does not identify a seasonal subtype should be immediately reported to the local health department and urgently directed to a public health lab for further testing.

7. PUBLIC HEALTH BRANCH UPDATE – Brian Vaughn, Public Health Director

- Future Public Health funding has been restored by the Senate to 92%
- Have entered 2024/2025 Fiscal Year
- Public Health funding is stable
- Down to last ½ million in Covid funding
- Will start going in to fund balance
- Will likely have to reduce staffing over time.
 - Will not be releasing anyone but as vacancies open up they may remain vacant.
- Working on new strategic plan for Public Health. Some highlights from the last meeting:
 - Emphasizing performance management and quality improvement
 - Still invested in Healthy Work
 - Violence prevention
 - Impacts of climate change
 - Population based intervention
- Prop 1 passed
- First week in August is World Breastfeeding Week
- August is National Breastfeeding Month
- Closing out of last years budget we had some funding that couldn't be applied to staffing. We are going to consolidate the WIC program. After some planned renovations WIC will be moving into the front lobby.
- CHEAC association has been brought in to provide training to staff
 - Does Health Council want a public session? Or think the public would benefit from a public session? Health Council agrees a public session would be beneficial.

8. HOMELESS PIT COUNT – Jeneba Lahai & Wendi Counta, Yolo County Childrens Alliance

- Postponed

9. NATURE RX PROGRAM – Sydney Holmes, UC Davis Student Health and Counseling Services

- Benefits of Nature on Health and Mental Well-being
 - Research shows that time spent in nature helps improve test scores, sleep patterns, and social life. Time spent in nature also decreases overall stress levels.
 - Physicians around the country are prescribing spending time outside in nature.
 - www.naturerx.cornell.edu
 - Consists of 16 providers – Counselors, nurses, nurse practitioners and doctors
 - Partnered with Health UC Davis, Arboretum and Public Gardens

What is Nature Rx?

Nature Rx is about fulfilling a prescription (Rx) for a better physical, mental, and social life, just by enjoying the outdoor environment, a benefit we have in abundance here at UC Davis! And, yes, SHCS providers and counselors really do “prescribe” nature to students!

1 Understand Your Prescription

Familiarize yourself with the details of your Nature Rx prescription and set a goal for how often you want to spend time in nature. Remember, even a little time is better than nothing! You can use the back of this worksheet to set weekly goals.

2 Decide Where You Want to Go

Step outside, don't overcomplicate it! Consider the UC Davis Arboretum, a local park, the Davis greenbelt, or even a quiet spot on campus.

3 Choose Your Activity

There are so many ways to notice nature! You can participate in an organized campus activity or simply choose your own activity. Make sure you have what you need to be comfortable in the outdoors, including water, sunscreen, and weather-appropriate clothing.

ORGANIZED ACTIVITIES

- Attend a Nature Rx program with the UC Davis Arboretum and Public Garden.
- Join an internship or program that will get you outside such as the [Learning by Leading™](#) program with the Arboretum.
- Join a Campus Recreation activity such as Outdoor Adventures, Intramural or Club Sports.
- Join a campus organization that will spend time outside regularly.

ON YOUR OWN TIME

- If you're seeking tranquility, find a quiet spot to meditate.
- For physical activity, explore hiking, biking, or jogging trails, or even just do some gentle stretches.
- Bring a notebook to journal your thoughts, sketch, or write poetry.
- Bring along a camera or smartphone to capture the beauty you encounter. Explore plants and animals you see using an app like iNaturalist.

4 Reflect on how you feel and fill out the Nature Rx Feedback Survey

Would you repeat the same activity again, or prefer to change things up? Are there things you would do differently next time? Would it be fun to invite a friend or a classmate to join you? Your Nature Rx journey is about slowing time down, tuning in and listening to what your needs are. Two weeks after you receive your Nature Rx prescription, log back into Health-e-Messaging and fill out the Nature Rx Feedback Survey in your “Messages” so we can continue to improve this program overtime.



Check out the Nature Rx Website for students prescribed nature!



- Here is the link to the video for Yolo Healthy People, Healthy Park for providers as mentioned at the Health Council from Yolo Healthy Aging Alliance. <https://www.youtube.com/watch?v=ercfIMYCuYA>
- Here is the link to the ACEs Aware Stress Busters, one of which is the Experiencing Nature handouts and resources:

<https://www.acesaware.org/managestress/>
<https://www.acesaware.org/managestress/nature/>

10. ITEMS FOR FUTURE COUNCIL MEETINGS – Anthony Volkar, Chair

- Farmworker
- Homeless PIT Count
- MHSA joint presentation
- Health Equity Mapping
- Mortality Rate

11. REPRESENTATIVE REPORT OUT & ANNOUNCEMENTS

- Linda Copeland – In August representatives from KYO Autism Therapy will be presenting at the Yolo County Maternal Child Adolescent Health Board meeting about how behavioral analysis can be used to support members with these issues so they can have successful medical/dental visits.
 - Update: Per Linda this presentation has been rescheduled

12. PUBLIC COMMENT

- Yolo County Childrens Alliance Backpack Giveaway – Flyer circulated

ADJOURNMENT

1. NEXT MEETING – September 12th, 2024, at 9:00 a.m.

The meeting was adjourned at 10:57 a.m.

Respectfully submitted by:

Cassie Guevara

Cassie Guevara, Secretary
Yolo County Health Council