

# Yolo County Health Council

October 10th, 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 – October 10, 2024

The Yolo County Health Council met on the 10<sup>th</sup> Day of October 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; Leon Schimmel, District 4; Valerie Olson, District 5; Michelle Famula, At Large; Dawn Myers, Commission on Aging & Adult Services; Sherri Olswang, EMCC; Lori Duisenberg, First 5 Yolo; Jeneba Lahai, Yolo County Children's Alliance; Nicki King, Local Mental Health Board; Erika Roshanranvan, CommuniCare Health Centers; Mark Ho, Kaiser Permanente;; Margaret Trout, UC Davis; Craig Blomberg, Sutter Health;

**VOTING MEMBERS ABSENT:** Nicole Hollingsworth, Yolo County Childrens Alliance; Serena Durand Local Mental Health Board; Tatyana Bak, Elica Health Centers; Ajai Sanai Elica Health Centers; Ashley Sens, Woodland Healthcare; Gena Bravo, Woodland Healthcare, Ximena Diez-Jackson, District 2; Carri Ziegler, District 3; Linda Copeland, Melina Ortigas, Suzanne Eidson-ton, MCAH Advisory Board; Stacy Berrong, Chester Austin, Brenda Wright, Northern Valley Indian Health; Kathryn Power, Dustin Lyda, Partnership HealthPlan of California; Deven Merchant, Sutter Health; Stacey McCall, Chris Kelsch, Winters Healthcare

**STAFF & GUESTS PRESENT:** Shelby McGriff, Mental Health Director HHSa; Esmeralda Garza, HHSa; Jaspreet Kaur, HHSa; Lauren Ayers, Weston A. Price Foundation; Oliver Snow, BOS- D4, Mark Bryan, CAO representative; Rebecca Tryon, HHSa; Dr. Mary Ann Limbos, HHSa; Dr. Aimee Sisson, HHSa; Nilufar Ceyhan, HHSa

### 9:00 A.M. CALL TO ORDER

The October 10<sup>th</sup>, 2024, the Health Council meeting was called to order at 9:00 a.m. by Anthony Volkar, Health Council Chair.

1. **WELCOME** – Anthony Volkar, Chair

2. **ROLL CALL** – Nilufar Ceyhan, Secretary

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

3. **VOTE ON APPROVAL OF OCTOBER 10<sup>TH</sup>, 2024 AGENDA AND THE SEPTEMBER 12<sup>TH</sup>, 2024 MINUTES** – Anthony Volkar, Chair

**Motion:** Michelle Famula    Second: Leon Schimmel    Discussion: None    **Agenda Vote:** Passed Unanimously

**Minutes Vote:** 10 Yes, 0 No, 3 abstentions from Craig Blomberg, Lori Duisenberg, Nicki King.

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

- Mark Bryan, Deputy County Administrator, announces Geraldo Pinedo's move back to Los Angeles and Dirk Brazil as the interim County Administrator.
- Discusses the adopted budget, noting it remains flat with no major augmentations, and mentions the county's property tax structure.

5. **BOARD OF SUPERVISORS UPDATE** – Oliver Snow, Assistant Deputy Supervisor for District 4

- Oliver Snow from Supervisor Provenza's office provides updates on the Board of Supervisors.
- Roadmap to the Future presentation from Yolo County Office of Education summarizes all the work done until now. The Board asked to prioritize a list of actions to be taken considering the cost of the actions.
- They are looking to organize NACo leadership training for the county staff.
- The adopted budget was approved.
- There was a presentation about a "Road to Licensure Program" for food vendors in Woodland, it will be followed by more workshops about health and safety standards.

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

- Dr. Sisson provides updates on COVID-19, influenza, and RSV, emphasizing vaccination, handwashing, air filters, and staying home when sick. COVID-19 numbers are still low; therefore, masking is not required.
- Updated COVID-19 vaccine is available at retail pharmacies and healthcare provider offices and recommended for everyone 6-months and older. RSV vaccine is recommended for the older adults as well as pregnant persons and infants.
- Discusses the availability of COVID-19 tests, since the free supply of the tests from the State is running out, noting the supply in vending machines will be limited for the next month or two. Free tests are still available from covidtest.gov and in network pharmacies for those who are insured in California.
- Updates on the annual healthcare worker flu vaccination order, requiring masks for unvaccinated individuals in patient care areas during flu season.
- Provides an update on the ongoing outbreak of H5N1 in dairy cows in California, with cases in dairy workers and a commercial turkey flock in Merced County.

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

- The Public Health Branch Update document contains all the great stuff the Branch has been doing.
- Discussed the importance of suicide prevention month and the distribution of items from vending machines.
- Mentions the launch of strategic planning efforts and the MHSA budget review. The MHSA budget has not been finalized yet.
- The Woodland vending machine was repaired.

**8. MCAH AB FEEDBACK – *Jeannie Benoist, Consultant, 34 Strong***

- Jeanie Bell from 34 Strong presents the strategic planning process for the MCAH Advisory Board, emphasizing the importance of clear roles and responsibilities.
- Outlines the timeline and approach, including gathering input from various audiences and developing preliminary plans.
- Participants discuss the primary role of the advisory board, with suggestions for broader stakeholder engagement and data collection.
- Discussion about the overlap between the MCAH Advisory Board and the Health Council, with suggestions for potential subcommittees or integration.

**9. ADULT DAY HEALTH CENTER UPDATE – *Dawn Myers, Commission on Aging & Adult Services***

- Provides an update on the Yolo Adult Day Health Center, highlighting its history and the partnership between the county, a nonprofit, and a contracted provider.
- The center serves medically and cognitively frail individuals, with a focus on chronic disease management and community-based care.
- Described the interdisciplinary model of care, including medical services, rehab, social services, and therapeutic activities. Emphasizes the importance of the interdisciplinary approach and the impact of the pandemic on the center's operations and participants.

**10. FARMWORKER HEALTH SURVEY – *Esmeralda Garza, HHS Public Health***

- This agenda item was moved to the next meeting.

**11. ITEMS FOR FUTURE COUNCIL MEETINGS – *Anthony Volkar, Chair***

- How is the tax money distributed between the County and the Cities?
- How is the public health funded in the County?

- Toxins in our environment and the impact on the food.

**12. REPRESENTATIVE REPORT OUTS AND ANNOUNCEMENTS – Anthony Volkar, Chair**

- The additional exceptions provided to UC Davis students regarding their immunities may have caused increased diseases in the community.
- The annual Homeless Resource Fair was held on October 27<sup>th</sup> in West Sacramento.

**13. PUBLIC COMMENT**

- Lauren Ayers from Weston A. Price Foundation, introduced the Foundation’s work and explained Activator-X’s dental health benefits. See Appendix A for details.

**ADJOURNMENT**

**1. NEXT MEETING – November 14th 2024 at 9:00 a.m.**

**The meeting was adjourned at 11:00 a.m.**

Respectfully submitted by:

*Nilufar Ceyhan*

Nilufar Ceyhan, Secretary  
Yolo County Health Council

Appendix A: Public comment from Lauren Ayers.**Public Comment**

Health Council meeting on 10-10-24

Lauren Ayers

Volunteer coordinator of the Capay Valley chapter of the Weston A. Price Foundation  
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The Weston A. Price Foundation celebrates the nutrition pioneer, Dr. Price, who was both a practicing dentist and a dental researcher. In 1900, he helped bring the new technology of x-rays to America from France, where Roentgen showed how this new type of photography reveals hidden decay and other dental problems. In 1915 he became the first director of the American Dental Association's Research Institute of 60 staff, declining to be paid. He studied root canals and wrote articles about proper technique. His steady publication of research built his reputation as a leader in dentistry.

But when he turned to the issue of why was there an ever-increasing amount of dental caries, his fellow dentists mostly quit listening. Apparently, he discovered vitamin K2, which he called Activator X, when he isolated it from butter made of cream from cows grazing on new-grown grass. Two medical researchers got the Nobel prize for discovering vitamin K, evidently they weren't aware of his work.

It turns out that vitamin K2, the MK-4 type rather than the MK-7 type, causes a person's saliva to donate calcium to teeth rather than steal it from teeth. One of his dental colleagues referred a patient to him who was reluctant to get dentures. She was only 15 years old but her 24 teeth had 42 cavities. Dr. Price explained the importance of diet and gave her guidance on how to improve her diet. And he provided her with capsules of cod liver oil and of butter oil made from spring butter. She took these three times a day with meals. In 9 months, her body had filled in all her cavities! She was so pleased with this outcome that she wrote a prize-winning essay about the program and gave talks in schools about it.

We know that when people are replete in vitamin D, then they are able to absorb ample calcium. But Dr. Price found that without the butter oil, the calcium often was deposited in soft tissue, such as in the brain, in blood vessels, and in joints. When the diet included MK-4, that did not happen because the calcium went to bones and teeth.

As he neared retirement, Dr. Price decided to investigate traditional cultures first hand which were known for having few dental cavities, he'd learned about such places from the National Geographic. Every summer for over a decade, he and his wife Florence, who was a nurse, traveled to far flung locations, beginning with an isolated valley in Switzerland where a train tunnel had only been drilled the year before, so their diet hadn't yet modernized. Over the years, the pair studied Inuit communities, North American Indians, Polynesians, African tribes, Australian aborigines and the Maori of New Zealand, and, finally, the Chimu culture of Peru. They brought home samples of soil, food, and saliva for analysis.

All these communities had practically no dental decay. Also, the children grew up with wide dental arches so there was room for all their teeth without the crowding that so many experience in our country – and parents today know that orthodonture is not cheap!

These people also had strong immunity, unlike their kinfolds in nearby areas who had adopted the processed foods brought in by European colonists or traders. Besides incredibly healthy teeth, the communities still consuming traditional foods had no chronic diseases.

That long dive into traditional nutrition culminated in his book for the layperson titled Nutrition and Physical Degeneration, published in 1939. That book is available free online, photos and all. That research would be impossible today, those communities are gone.

Americans spend more per capita than any other country for medical care, yet our chronic disease rates are among the highest.

This county's public health department is very supportive of new mothers in breastfeeding their infants. I'm old enough to remember when formula in a bottle was the norm for babies, so our public health department helped change that for the better. Now, 80 years after his book was first published, we ought to put Dr. Price's decades of research to work for the residents of our county, especially for the children.

In public health, we care about prevention. That was what motivated Dr. Price in all his work on nutrition.

END OF APPENDIX A.