



ISLAND COUNTY BOARD OF HEALTH

AGENDA

REGULAR SESSION

June 18, 2024, 1:00 p.m.

Commissioners Hearing Room B102

Coupeville Annex Building

Meetings are available remotely. Those interested in attending the meetings by computer, tablet, or smartphone may use the following link: <http://tinyurl.com/ICBoardOfHealth> or by telephone: 1-323-433-2396 Meeting ID 971 2319 5885 Passcode: 626749

Call to Order: June 18th, 2024, Regular Session of the Island County Board of Health

Additions or Changes to the Agenda:

Approval of the Minutes:

- May 21st, 2024, Minutes

Public Input/Comments: The Board values the public's input. This time is set aside to hear from the public on subjects of a health-related nature, not on the scheduled agenda. All information given is taken under advisement. Unless emergent in nature no action is taken. To ensure proper recording of comments, state your name and address clearly into the microphone. Limit your comment to two minutes. The Board may entertain public comment on specific agenda items when discussed.

Contract:

- Health Officer Contract HD-01-2021 Amendment No. 5 to extend the contract period 5 years from 6/30/2024 to 6/30/2029 with Dr. Howard Leibrand for continued service as the Island County Health Officer. Presented by Public Health Director Dr. Shawn Morris – 5 minutes

Action: Review and approve Contract HD-01-2021, Amendment No. 5 – Attachment

Panel Discussion:

- Panel with Island County Superintendents to discuss the physical and behavioral health needs of Island County students. Moderated by Public Health Director, Dr. Shawn Morris- 45 minutes

Presentation:

- Healthy Youth Survey data and Community Health Assessment (CHA) presented by Assessment Supervisor, Taylor Lawson - 20 minutes

Review Healthy Youth Survey data and discuss the application to the Community Health Assessment (CHA)– *Attachment*.

Presentation:

- Extreme Heat and Wildfire Smoke Readiness, presented by Public Health Director Dr. Shawn Morris and Emergency Management Deputy Director, Eric Brooks- *20 minutes*
Review local action planning for extreme heat and wildfire smoke preparedness in Island County, including partner engagement, resource sharing, and climate trends. - *Attachment*

Updates:

- Financial Update, presented by Public Health Director, Dr. Shawn Morris. – *5 minutes*

Board Announcements:

Adjourn: The next *Regular Session* of the Island County Board of Health will be held on **July 16th, 2024, at 1:00 p.m.** in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.



ISLAND COUNTY BOARD OF

HEALTH

MINUTES

REGULAR SESSION

May 21st, 2024

The Island County Board of Health met in Regular Session on May 21st, 2024, in the Board of County Commissioners Hearing Room (Room #102B), Annex Building, 1 N.E. 6th Street, Coupeville, Washington.

Members present:

Commissioner Melanie Bacon, Chair
Commissioner Jill Johnson
Commissioner Janet St. Clair
Commissioner Ron Wallin
Capt. Althoff

Member present by video:

Members Excused:

Mayor Ronnie Wright

Others present:

Dr. Shawn Morris
Taylor Lawson
Melissa Overbury-Howland
Jen Schmitz
Lynda Austin
Eric Brooks (Online)
Jammie Hamilton (Online)

Dr. Howard Leibrand (Online)
Heather Kortuem
Chris Kelley, Ph.D., LG.
Carl Garrison
Kathryn Clancy (Online)
Craig Youderian (Online)
John Lovie (Online)

Call to order:

Commissioner Bacon called the meeting to order at 1:04 p.m.

Approval of Agenda:

Commissioner Ron Wallin submitted a letter to the Board of Health respectfully requesting the inclusion of Commissioner Kate Rose as a backup to the Hospital Commissioner, Ron Wallin. By unanimous vote, the agenda was approved.

Approval of Minutes:

By unanimous vote, the April 16th, 2024, Regular Session Minutes were approved.

Public Input or Comment:

No Public Comment

Resolution:

Public Health Director, Dr. Shawn Morris and Human Services Director, Lynda Austin, presented Resolution HD-2024-01 to designate May as Mental Health Awareness Month in Island County.

Motion: By unanimous vote, the Board passed the resolution.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
May 21st, 2024

Presentation:

Seth Luginbill, Noxious Weed Program Coordinator gave an overview of the role of the Noxious Weed Board and program updates.

Presentation:

Public Health Director, Dr. Shawn Morris presented on the 2024 statewide policy priorities, led by the Washington State Association of Local Public Health Officials (WSALPHO).

Presentation:

Public Health Director, Dr. Shawn Morris presented a review of the Economic Development Goals & Priorities from the Comprehensive Plan.

Presentation:

Chris Kelley, Ph.D., LG., Hydrogeologist presented on the Hydrogeology Monitoring Program.

Presentation:

Carl Garrison, Project Lead for Soundview Consultants, presented updates on the Wastewater Proviso project.

Public Health Updates:

- No Public Health updates were made

Board Member Comments and Announcements:

The Regular Session adjourned at 3:16 p.m.

The next *Regular Session* of the Island County Board of Health will be held on June 18th, 2024, at 1:00 p.m. in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.

SUBMITTED BY:

Shawn Morris ND, Public Health Director

Approved this 18th day of June, 2024.

BOARD OF HEALTH
ISLAND COUNTY, WASHINGTON

Melanie Bacon, Chair



Island County Public Health

Shawn Morris ND, Director

1 NE 7th Street, Coupeville, WA 98239

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Email: s.morrisnd@islandcountywa.gov | www.islandcountywa.gov

ISLAND COUNTY INTERIM HEALTH OFFICER AGREEMENT

Contract No: HD-01-2021

Amendment No. 5

Amendment types:

Time Extension and Compensation

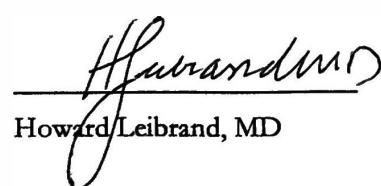
Amendment Description:

The contract period extension is for five years from 6/30/2024 to 06/30/2029 for continued service as the Island County Health Officer. Compensation guidelines per contract to not exceed \$49,000 per year for the period agreement.

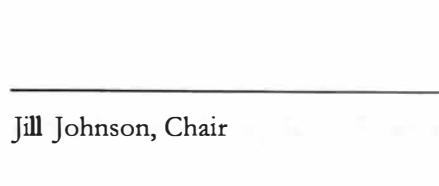
Agreement Terms:

In all other respects the Agreement and the previous amendments, to which this is an Amendment, and attached thereto, shall remain in full force and effect. In witness whereof the parties hereto have executed this Amendment.

CONTRACTOR:


Howard Leibbrand, MD

ISLAND COUNTY BOARD OF COMMISSIONERS:


Jill Johnson, Chair

ISLAND COUNTY BOARD OF HEALTH:


Melanie Bacon, Chair



Island County Healthy Youth Survey 2023

Summarized Results

Healthy Youth Survey Overview

- Administered in schools for grades 6, 8, 10, and 12.
- Specific to Whidbey Island schools.
- Follows cohorts of students throughout grade school

Topics Include:

- Alcohol, Tobacco, and Other Substance Use
- Safety and Violence Behaviors
- Risk and Protective Factors
- Health and Health-Related Behaviors

Healthy Youth Survey 2023 Key Takeaways

1. There is Hope and Positivity throughout the data
2. There are also areas for improvement
3. Support ongoing efforts
4. Be critical in identifying and addressing gaps
5. Bringing youth voice into these conversations is key

Participation remained the same or decreased slightly between 2021 and 2023

Grade	% Completed	
	2021	2023
6 th Grade	82%	77%
8 th Grade	83%	84%
10 th Grade	82%	80%
12 th Grade	66%	62%



Alcohol, Tobacco, and Other Substance Use

Substance Use

Key Points about Substance Use Behaviors and Recommendations



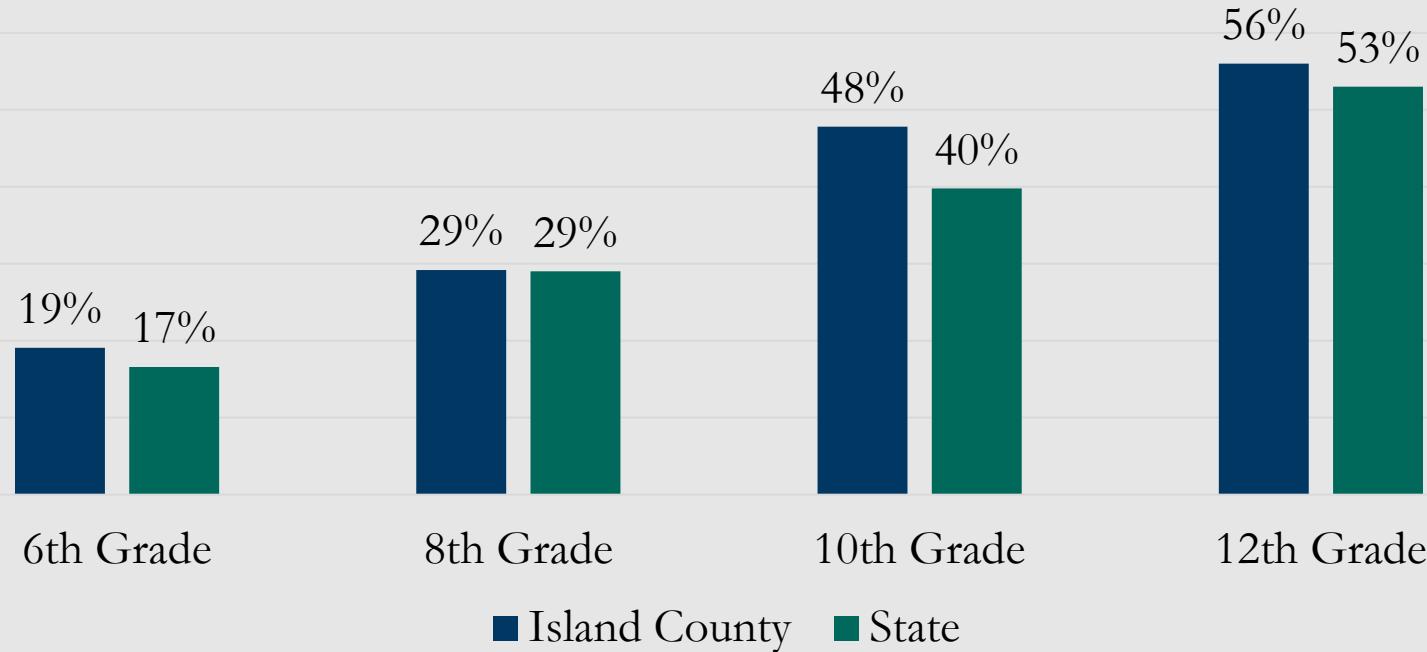
Majority of Island County youth don't use alcohol or other substances.

Alcohol was the most used substance across all grade levels

All grades reported an increase in substance use compared to 2021.

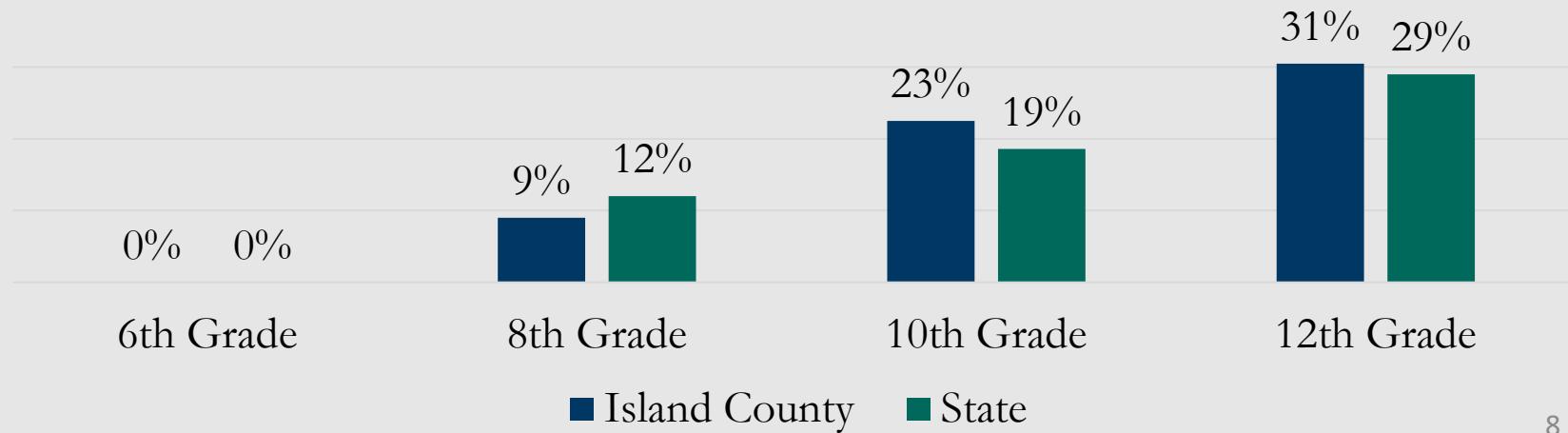
Island County youth are experimenting with alcohol more than Washington youth

Lifetime Alcohol Use (2023)



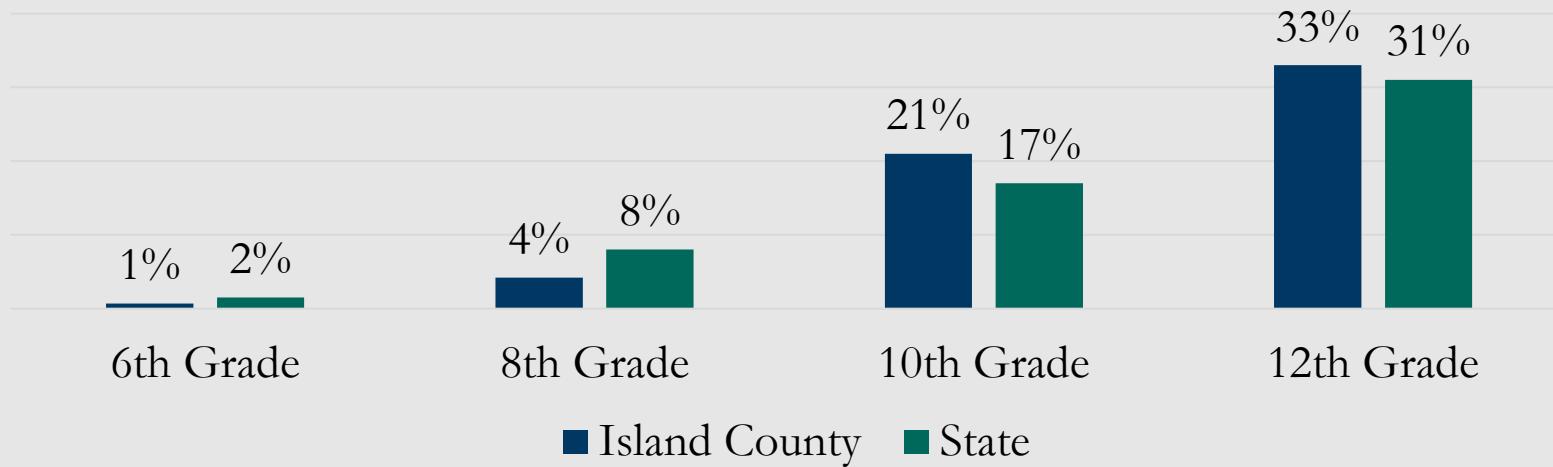
E-cigarette use increases with age and is higher among 10th and 12th graders when compared to Washington State

Lifetime Electronic Cigarette Use (2023)



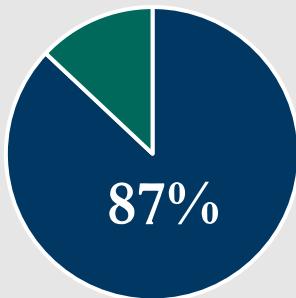
Marijuana use increases with age and is higher among 10th and 12th graders when compared to Washington State

Lifetime Marijuana Use (2023)

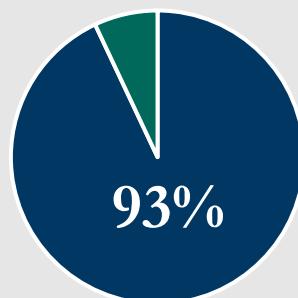


There has been an increase in 8th graders reporting that it is wrong for someone their age to use substances

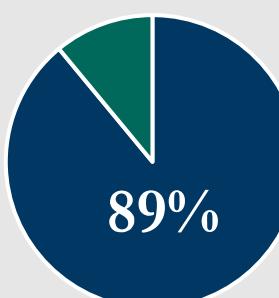
Drink alcohol regularly



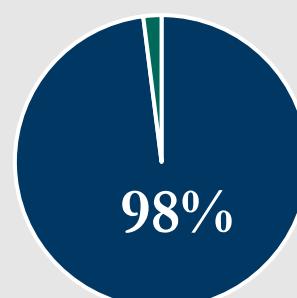
Smoke cigarettes



Use marijuana

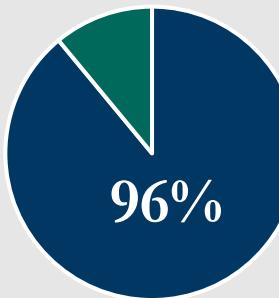
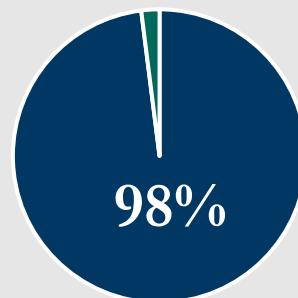
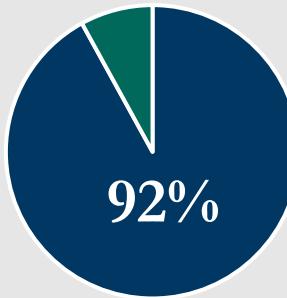


Use another illegal drug*



2021

2023

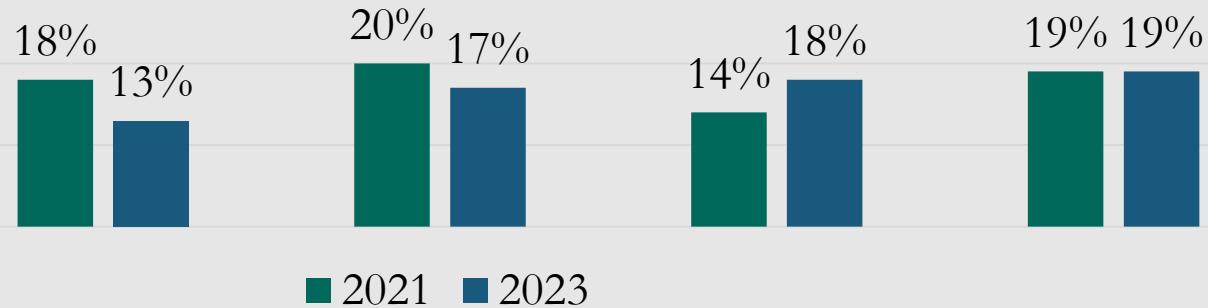




Safety and Violence Behaviors

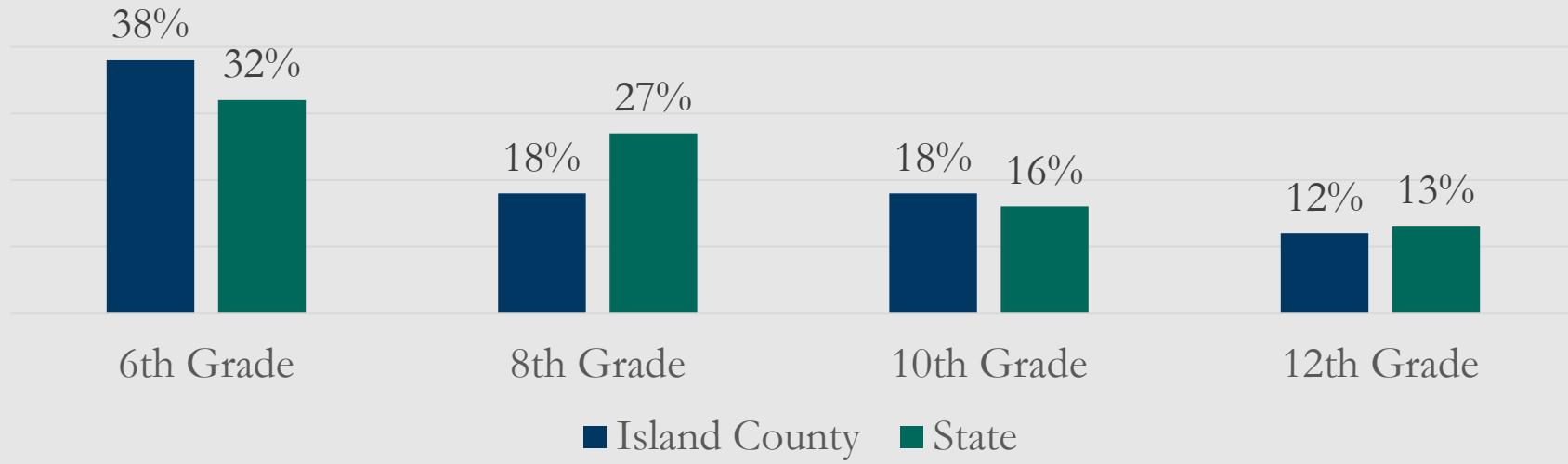
Between 2021 and 2023, reports of not feeling safe at school increased among 10th and 12th graders

Do Not Feel Safe at School (2023)



Bullying reported among 6th graders is of particular concern

Bullied in the Past Month (2023)





Risk & Protective Factors

Risk factors are characteristics of individuals and their families, schools, and communities that make them more vulnerable to ill health.

Protective factors exert a positive influence or buffer against the negative influence of risk in these social environments.

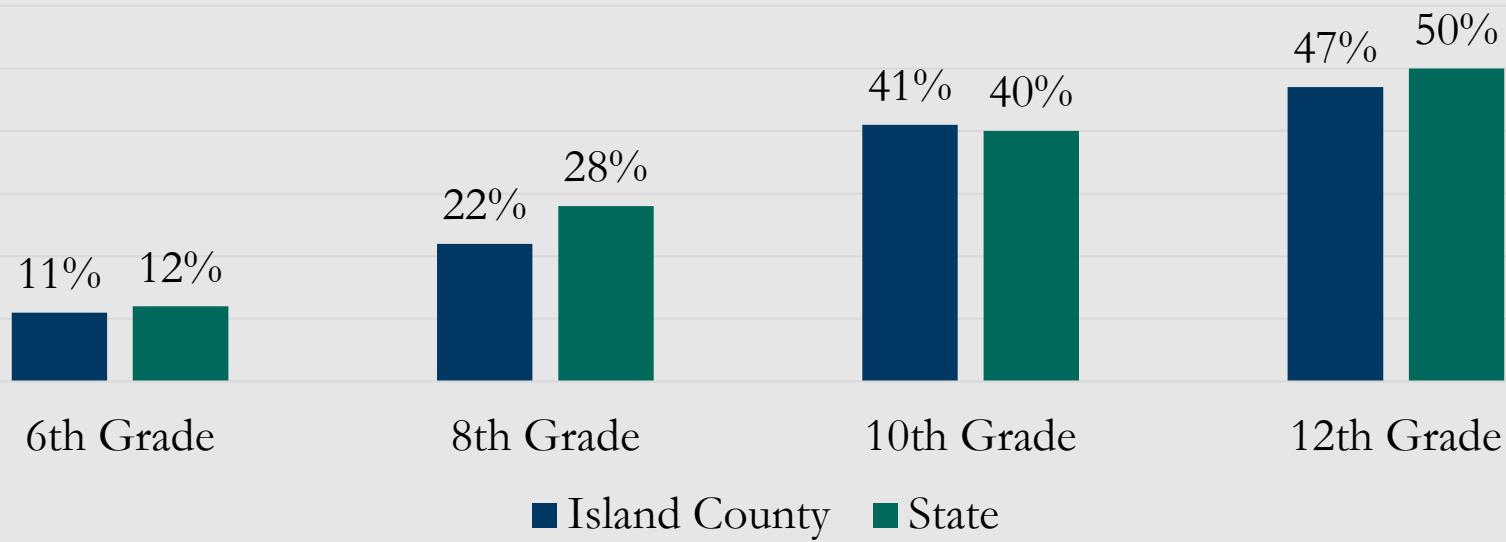
Community Risk Factors

Risk Factors point to youth perceptions of local attitudes, beliefs, and standards of specific behaviors or actions.

- Availability of Substances
- Laws and Norms Favorable to Substance Use
- Low Neighborhood Attachment
- Availability of Handguns

Access to alcohol increases with age. Island County is comparable to Washington State

Risk Factor: Somewhat Easy + Easy to Access to Alcohol (2023)

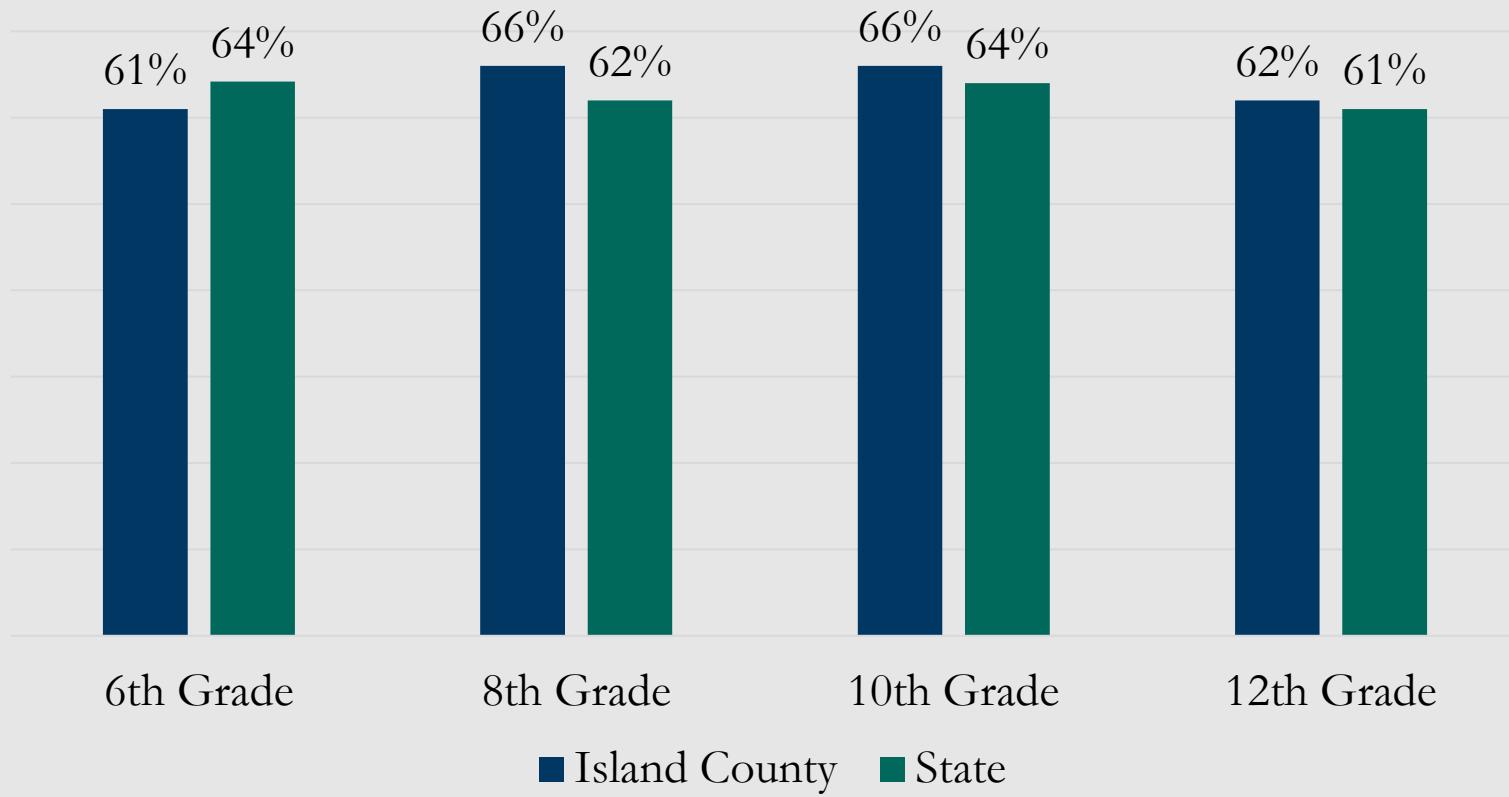


Community Protective Factors

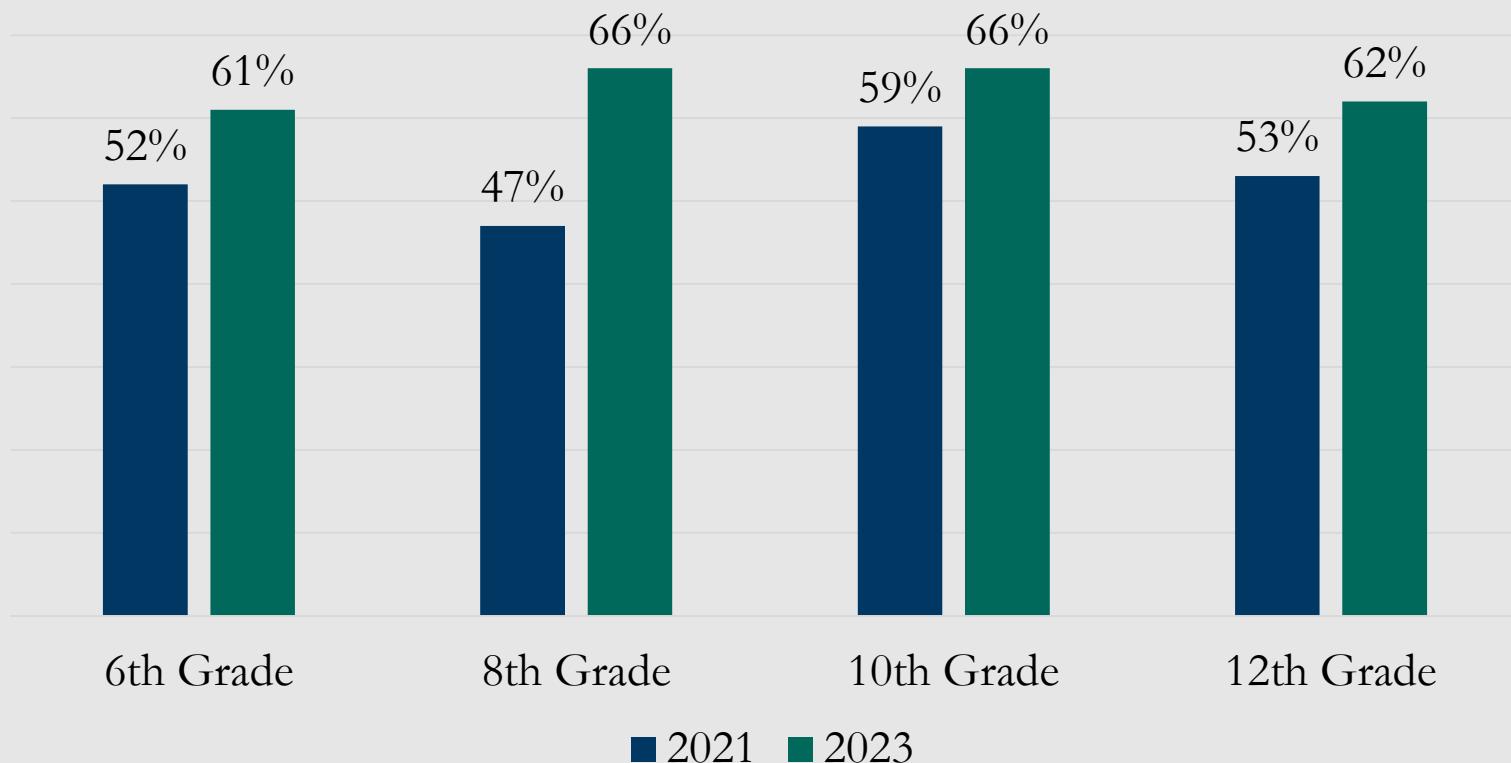
Defined as factors that offer the youth opportunities and rewards to participate in positive and healthy activities.

- Opportunities for prosocial community involvement
- Sports teams and other recreation
- Service clubs
- Activity clubs
- There are adults I can talk to

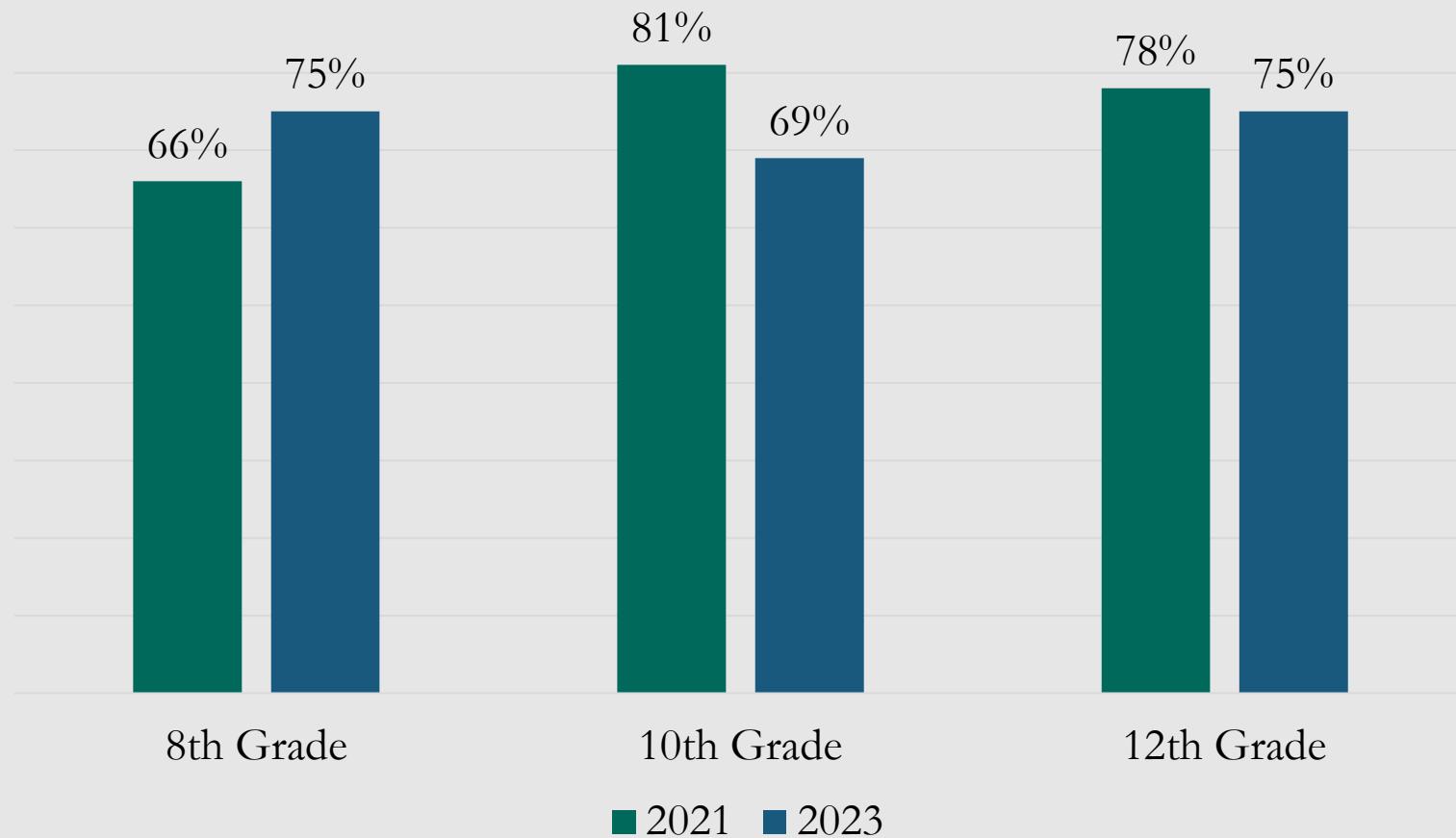
Most Island County youth report that they participate in afterschool activities



Participation in afterschool activities has increased since 2021



Most Island County youth report that they have an adult in their life that they can talk to about something important

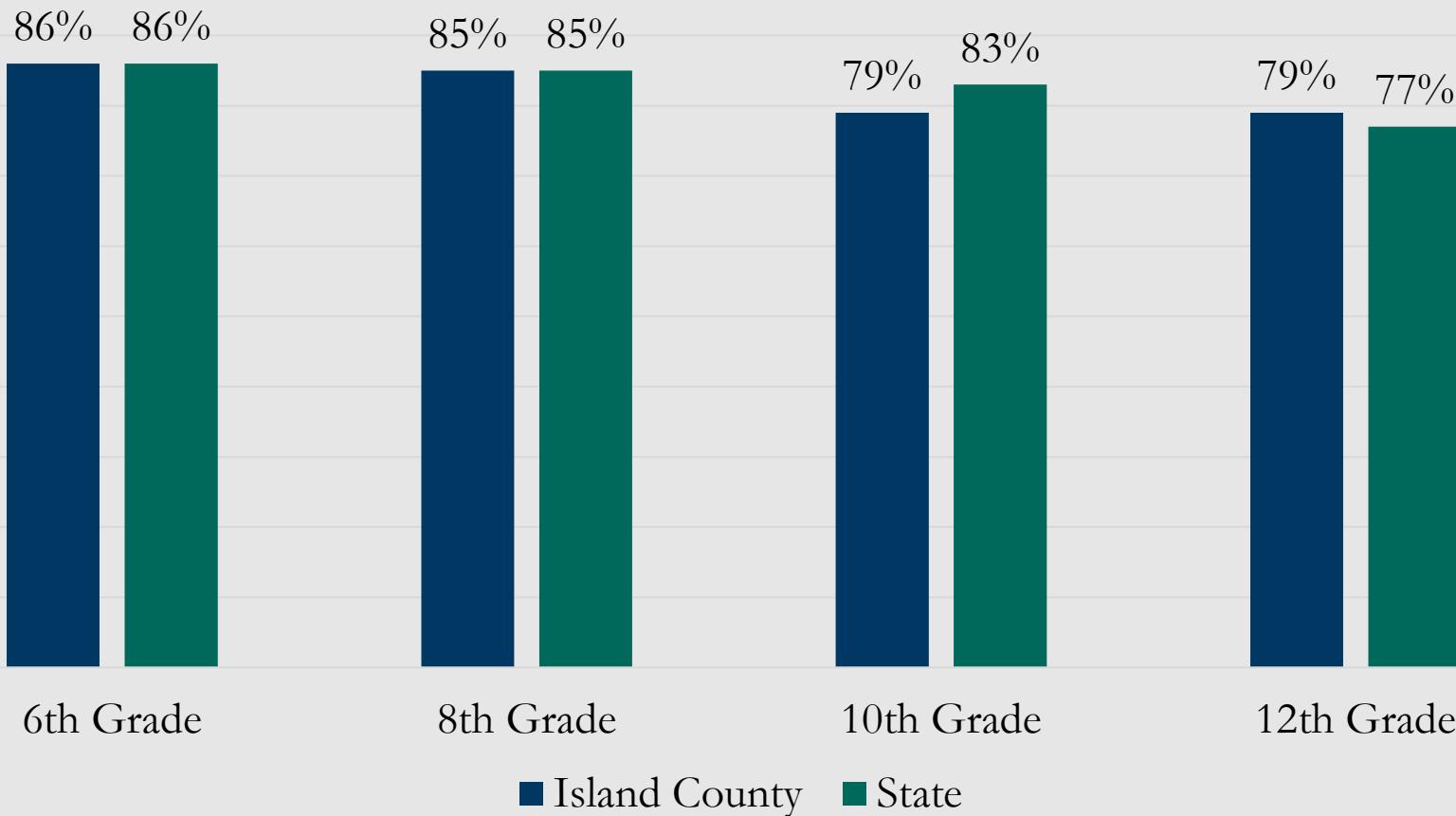


Family Protective Influences & Factors

Factors in the family environment that encourage positive participation in the family setting, and reward youth for that involvement.

- Opportunities for prosocial family involvement
- Can discuss problems with parents
- Chances for fun with parents
- Involvement in family decisions
- Parents talk about not drinking alcohol or using marijuana
- Parents feelings about drinking, smoking, and prescription drug use

Most Island County youth report that they have opportunities to do fun things with their parents/guardians



School Risk Factors

- Academic failure and/or lower grades (mostly C's, D's, and F's)
- Grades worse than most students
- Commitment and importance placed on school
- Attendance, absences, and “cutting class”

Absenteeism has increased across all grades between 2018 and 2023

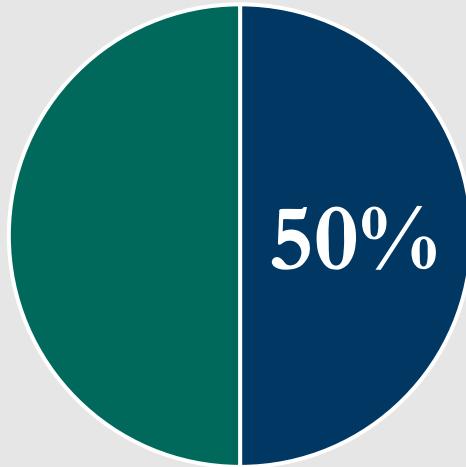
Absent three or more days in the last school year (2018-2023)



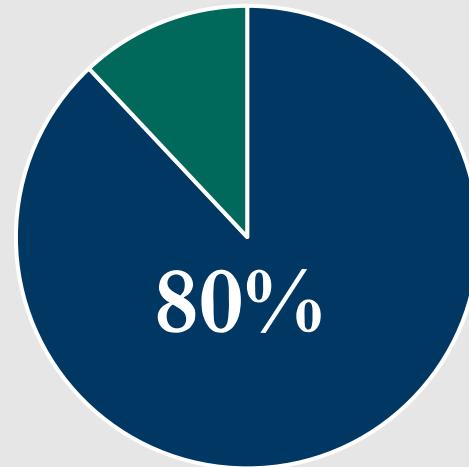
School Protective Factors

- Academic achievement
- Grades better than most students
- Commitment and importance placed on school
- Attendance

School Enjoyment & Commitment



Island County students reported that they “often” or “almost always” enjoy school.



Island County students reported that they try their best in school “often” or “almost always.”



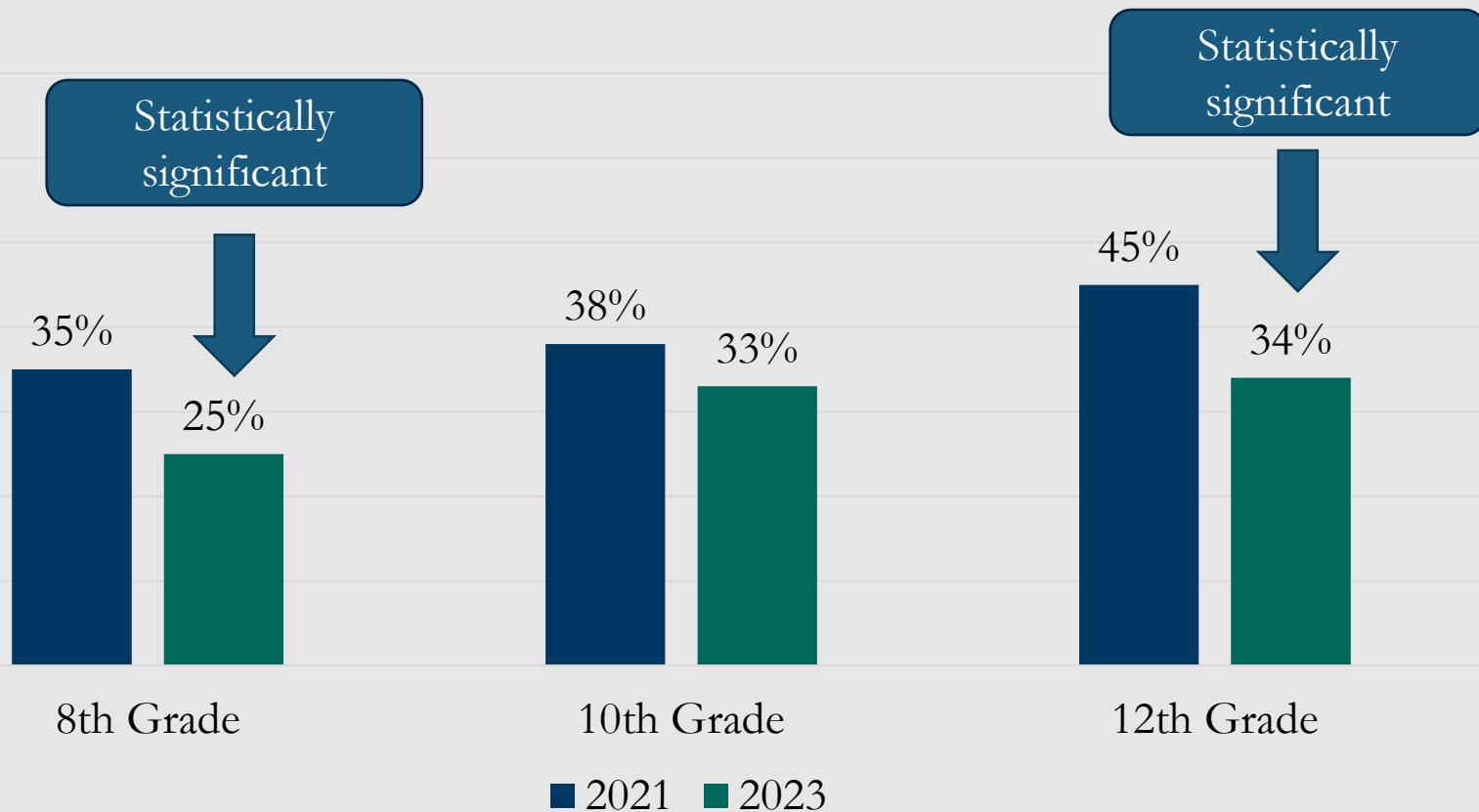
Health & Health Related Behaviors

Physical Activity & Health

Percentage of youth who self-reported meeting the recommendation of 60 minutes of physical activity 7 days a week

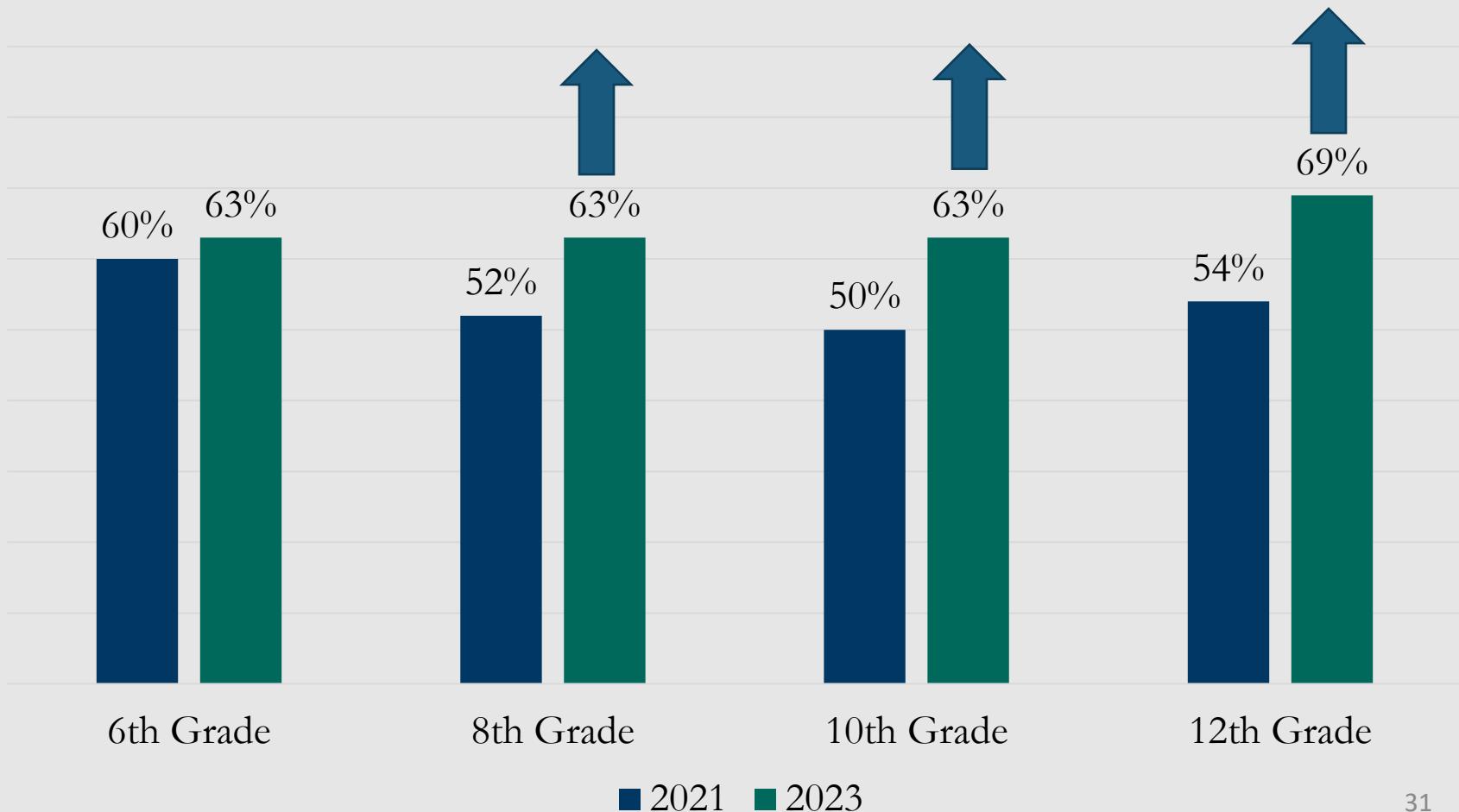
Grade Level	Island County	Washington State
6 th Graders	26%	27%
8 th Graders	30%	29%
10 th Graders	29%	25%
12 th Graders	21%	21%

Island County youth reported a decrease in feeling sad or hopeless between 2021 and 2023



More Island County youth have an adult to turn to when they feel sad and hopeless

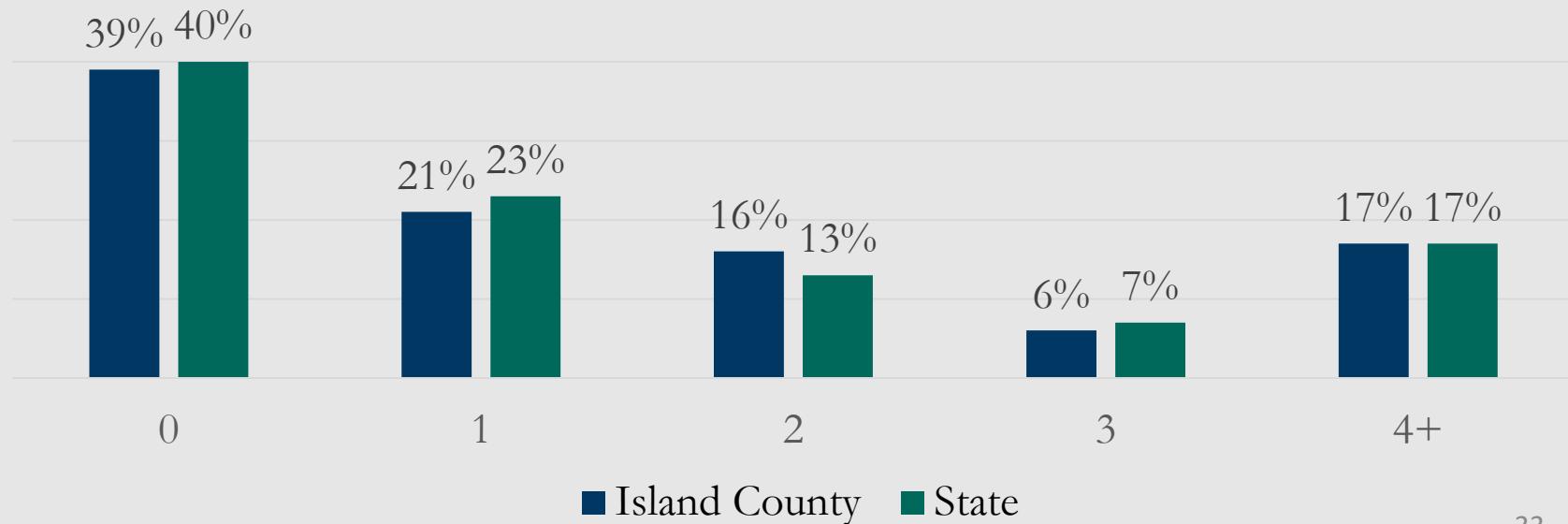
Statistically significant



Washington HYS Adverse Childhood Experienced (ACEs) Scores

Adverse Childhood Experience (ACEs) are indicators of severe stressors that occur during a person's first 18 years of life. These experiences can influence physical, mental, social, and behavioral growth and development across the lifespan.

Over 50% of Island County 8th graders reported 1 or more Adverse Childhood Experience



Violence experienced by Island County youth is high and is comparable to Washington State

Question	Island County	State
Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (Yes)	13.3% (± 4.5)	10.8% (± 1.5)
Has an adult ever physically hurt you on purpose, leave a mark, bruise or injury? (Yes)	24.0% (± 6.0)	17.9% (± 1.8)
How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (sometimes, often, very often)	36.6% (± 6.6)	31.6% (± 2.5)

Measuring Hope in Island County

Hope is the belief that the future can be better than the past and you play a role in making it so. Hope is made up of goals, pathways, and agency.

Hope can be taught!

Children's Hope Scale

Six-point scale ranging from (1) None of the time to (6) All of the time

Pathway Questions:

The belief in your capacity to find multiple ways to reach your goals.



“I can think of many ways to get the things in life that are most important to me.”

“When I have a problem, I can come up with lots of ways to solve it.”

Agency/Willpower Questions:

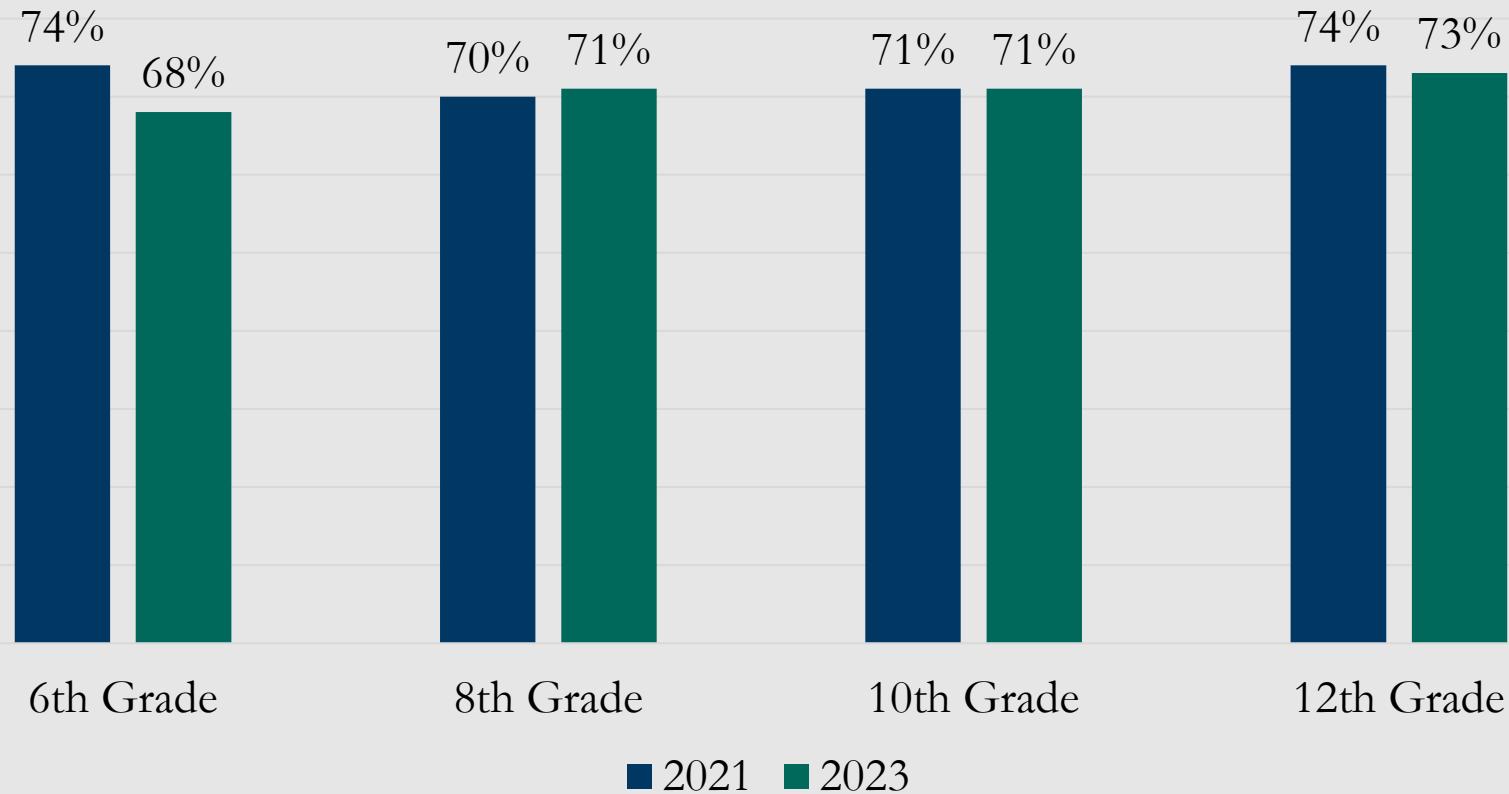
Your self-efficacy and motivation to use multiple ways to reach a goal.



“I am doing just as well as other kids my age.”

“I think the things I have done in the past will help me in the future.”

A majority of Island County youth reported being highly hopeful



Youth Commercial Cannabis & Tobacco Prevention Program

Community coalitions

Local schools

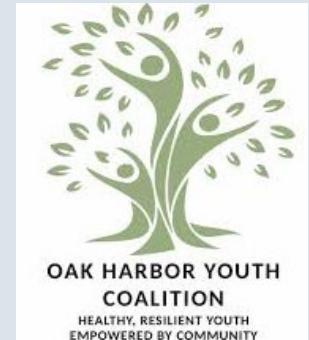
Education and prevention

Youth empowerment and support

Environmental impact



Island County Youth Commercial Cannabis & Tobacco Prevention Program



Thank you



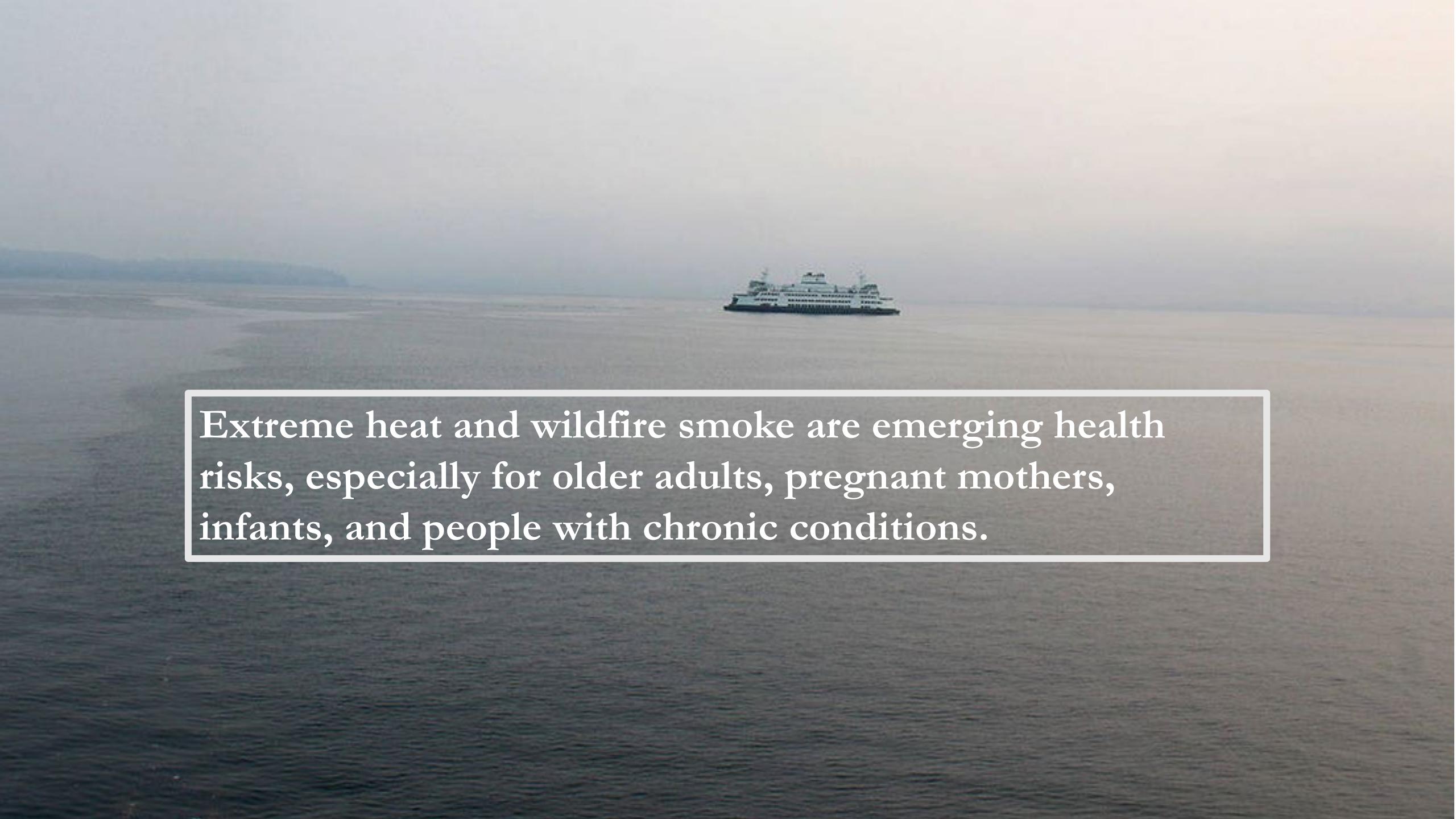
Questions?



Wildfire Smoke & Extreme Heat Preparedness

Island County Public Health

June 2024

A large white and blue ferry ship is visible in the distance on a hazy, smoke-filled body of water. The sky is overcast with a thick, yellowish-brown haze, likely from wildfire smoke. The water in the foreground is dark and choppy.

Extreme heat and wildfire smoke are emerging health risks, especially for older adults, pregnant mothers, infants, and people with chronic conditions.

By working together, we can prepare for extreme heat and wildfire smoke and protect at-risk community members.

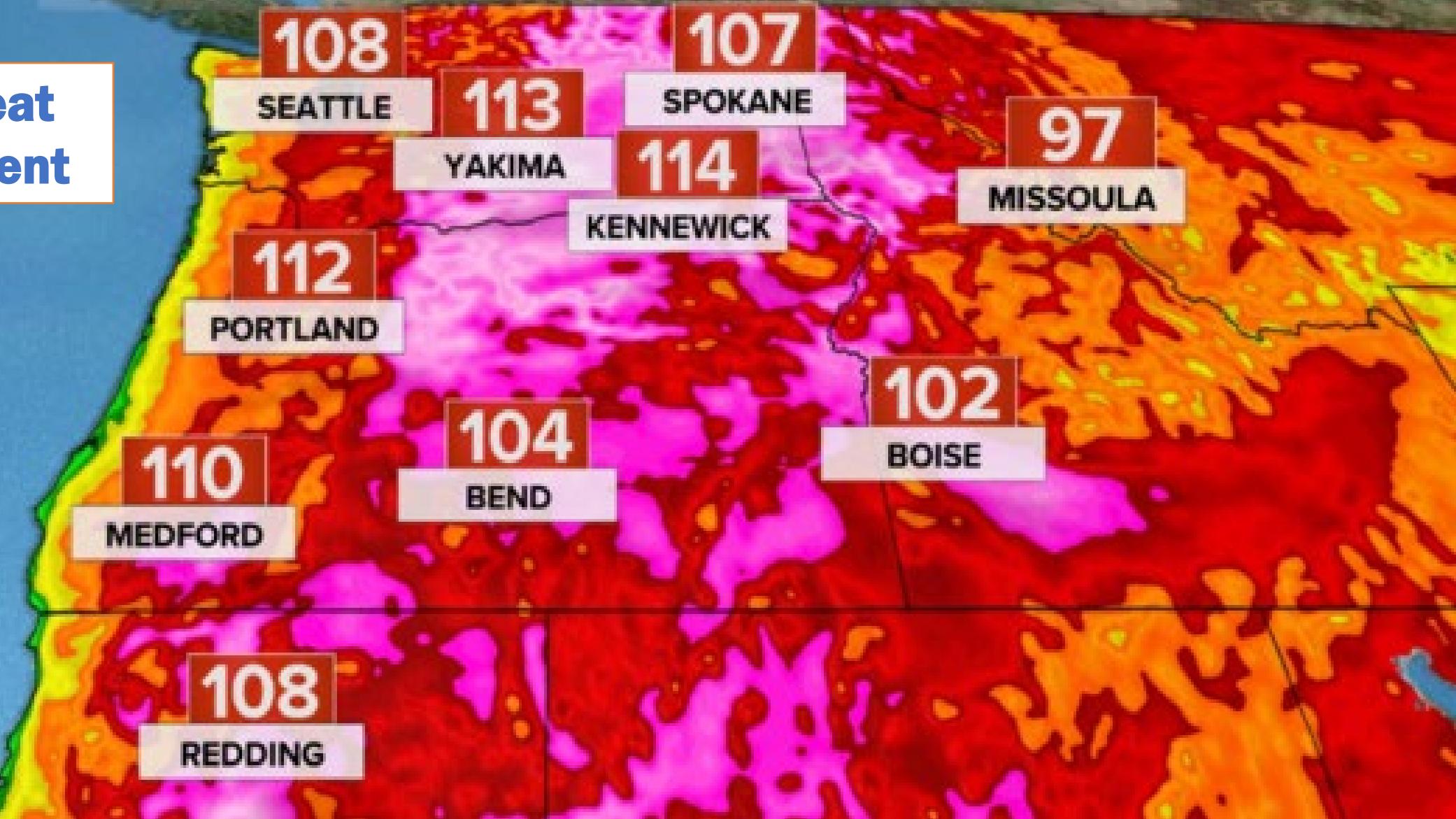
We can prepare by:

- 1. Sharing consistent messaging and health education resources**
- 2. Distributing home health items, like HEPA filters and A/C units**
- 3. Planning cooling centers and clean air facilities**
- 4. Having a check-in process for at-risk community members**

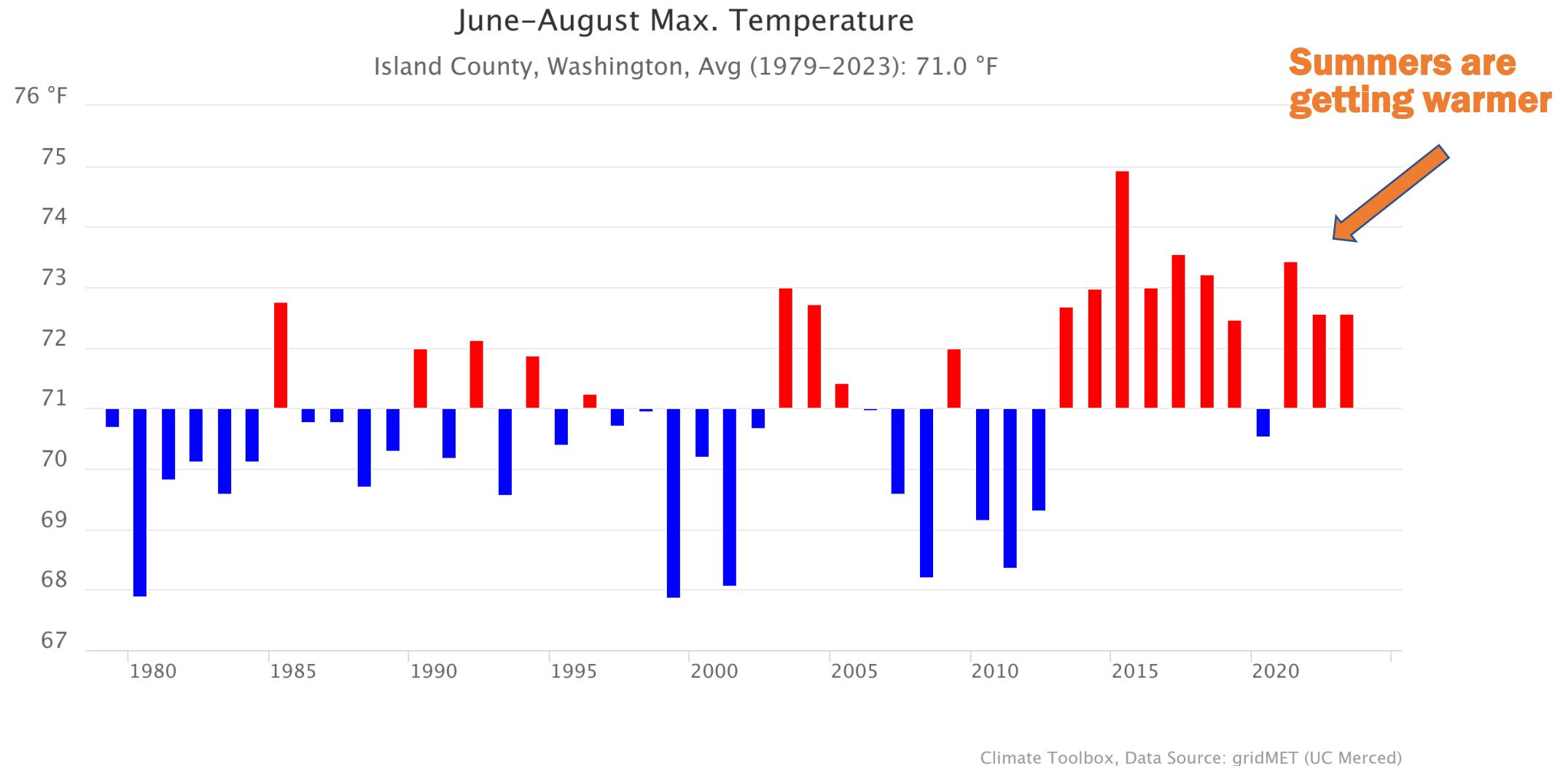
RECORD SHATTERING HEAT

HIGH TEMPERATURES - MONDAY

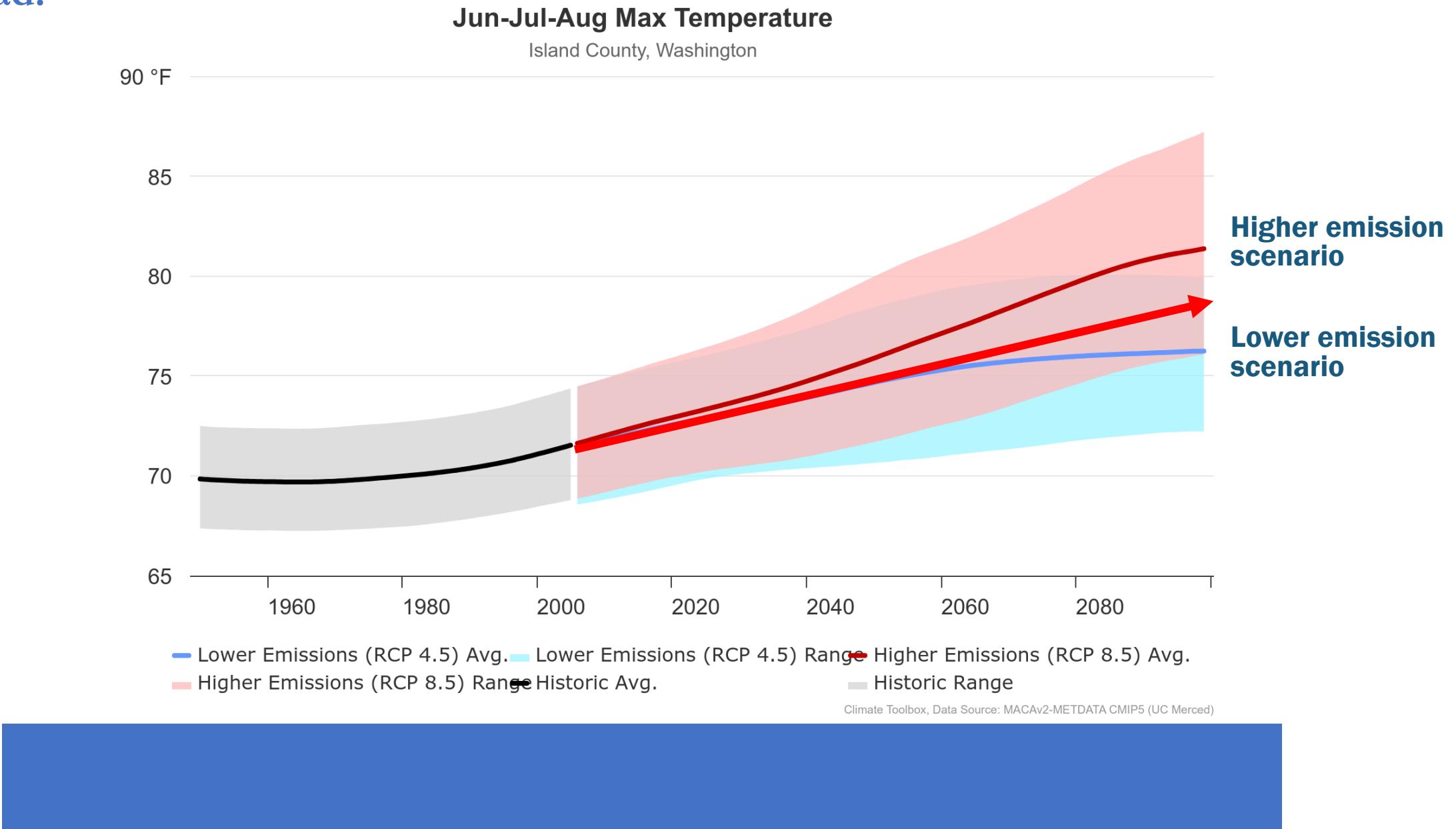
2021 Heat
Dome Event



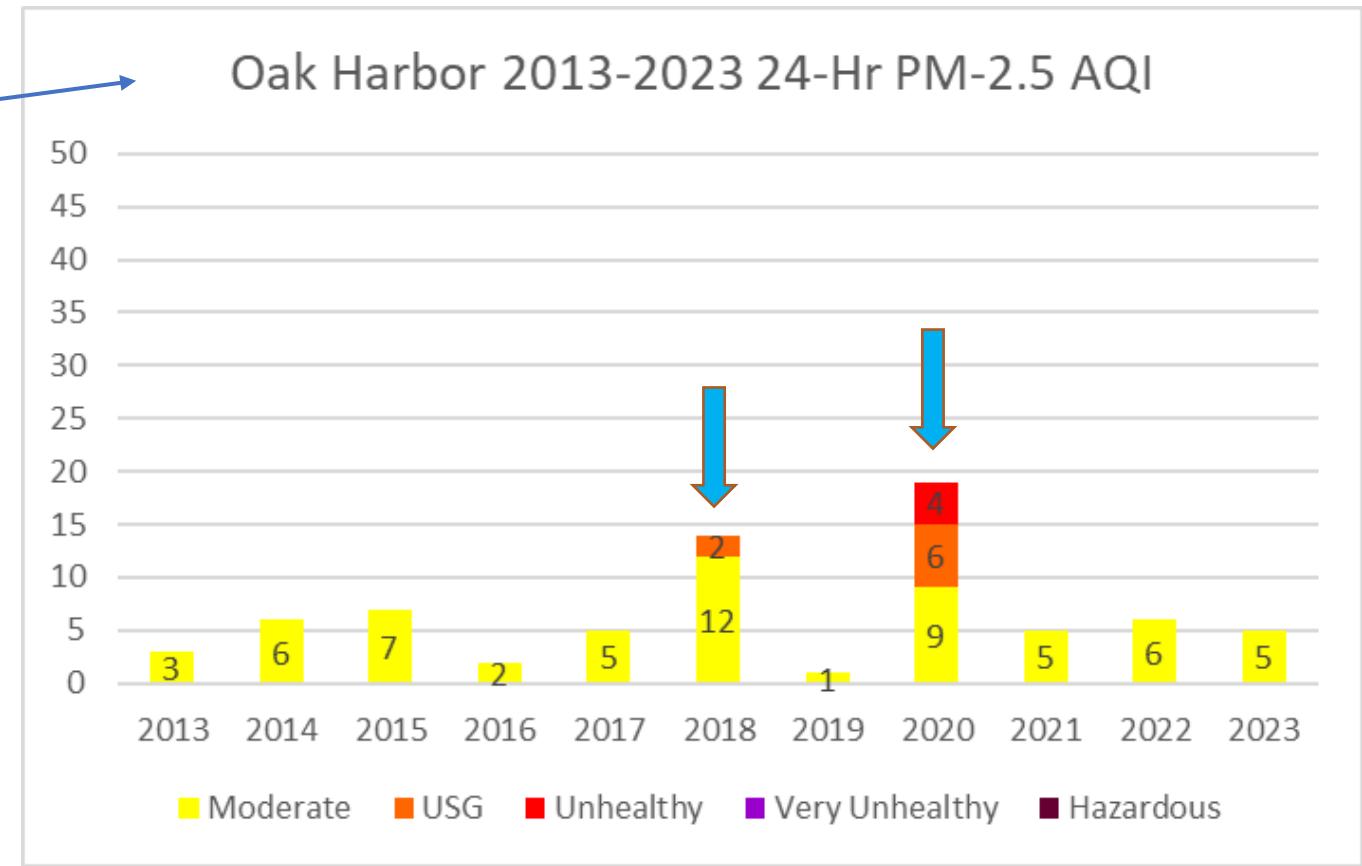
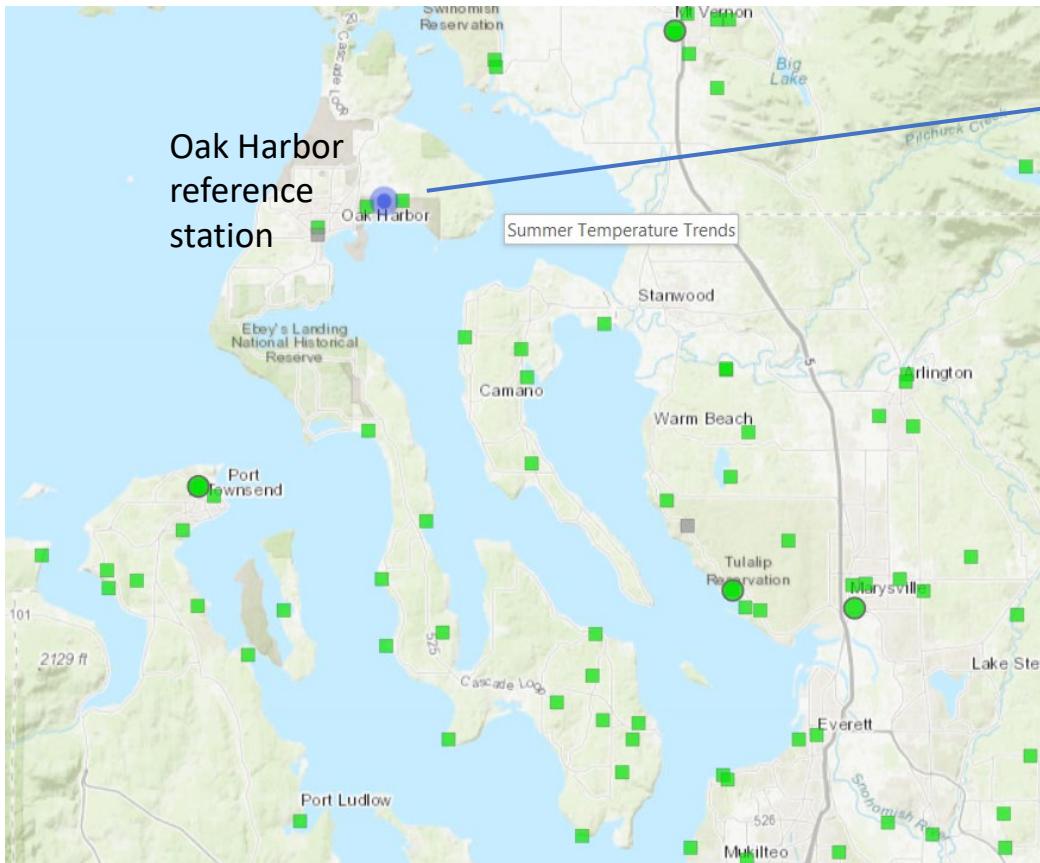
Since 2010, summers have been consistently warmer in Island County.



Modeling data predicts warmer temperatures for Island County in the years ahead.



Air quality data indicates intermittent risk of unhealthy air due to wildfire smoke.



NOTE: 2020 was a record wildfire season, with the worst wildfires in the region in over a decade











About 30% of Washington's nearly 3 million households use central A/C and 25% use individual (or room-based) A/C units, according to the 2020 Residential Energy Consumption Survey.



Source: Hannah Weinberger. Crosscut. Seattle is no longer the U.S.'s least air conditioned big city. December 2022

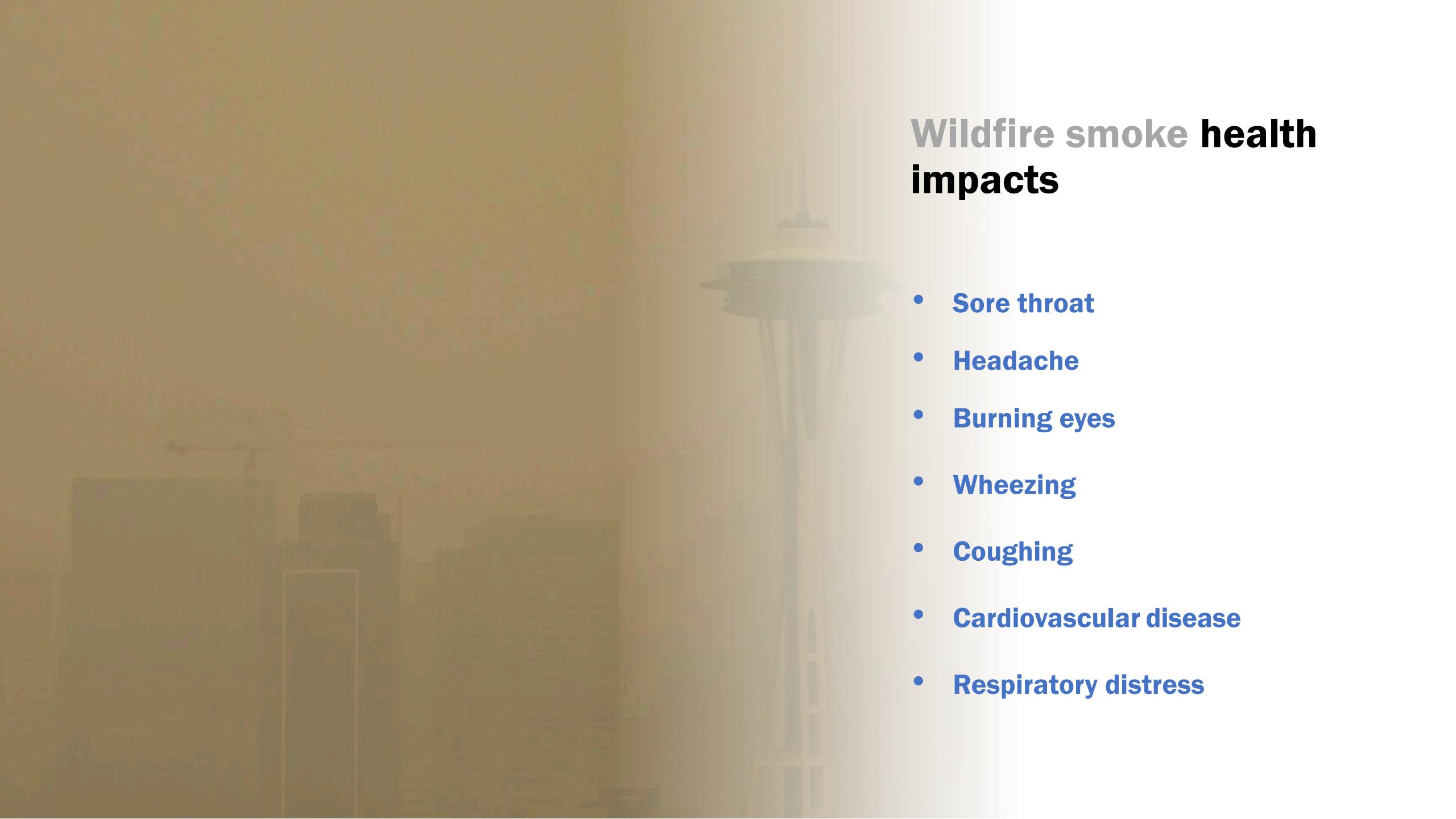


A 2023 UW Climate Equity project found a need for A/C units and HEPA filters among lower-income Latino community members.

A photograph of a person from the side, wearing a white t-shirt. They are sweating, with a green cloth draped over their shoulder. The background is a bright, hazy sun in a blue sky.

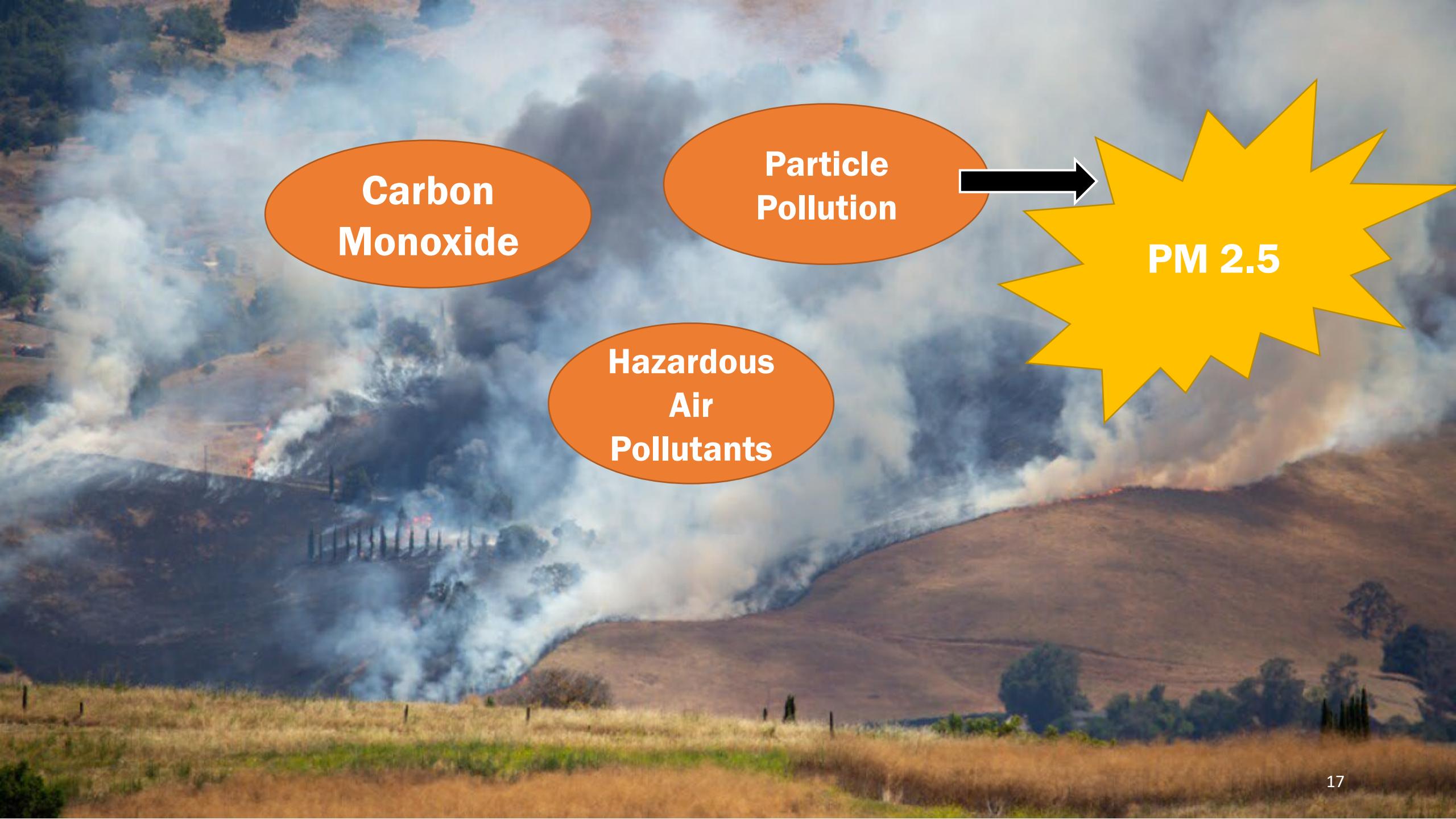
Extreme heat health impacts

- Dizziness/Confusion
- Dehydration
- Headache
- Heat exhaustion
- Heat stroke
- Cardiovascular disease



Wildfire smoke health impacts

- **Sore throat**
- **Headache**
- **Burning eyes**
- **Wheezing**
- **Coughing**
- **Cardiovascular disease**
- **Respiratory distress**

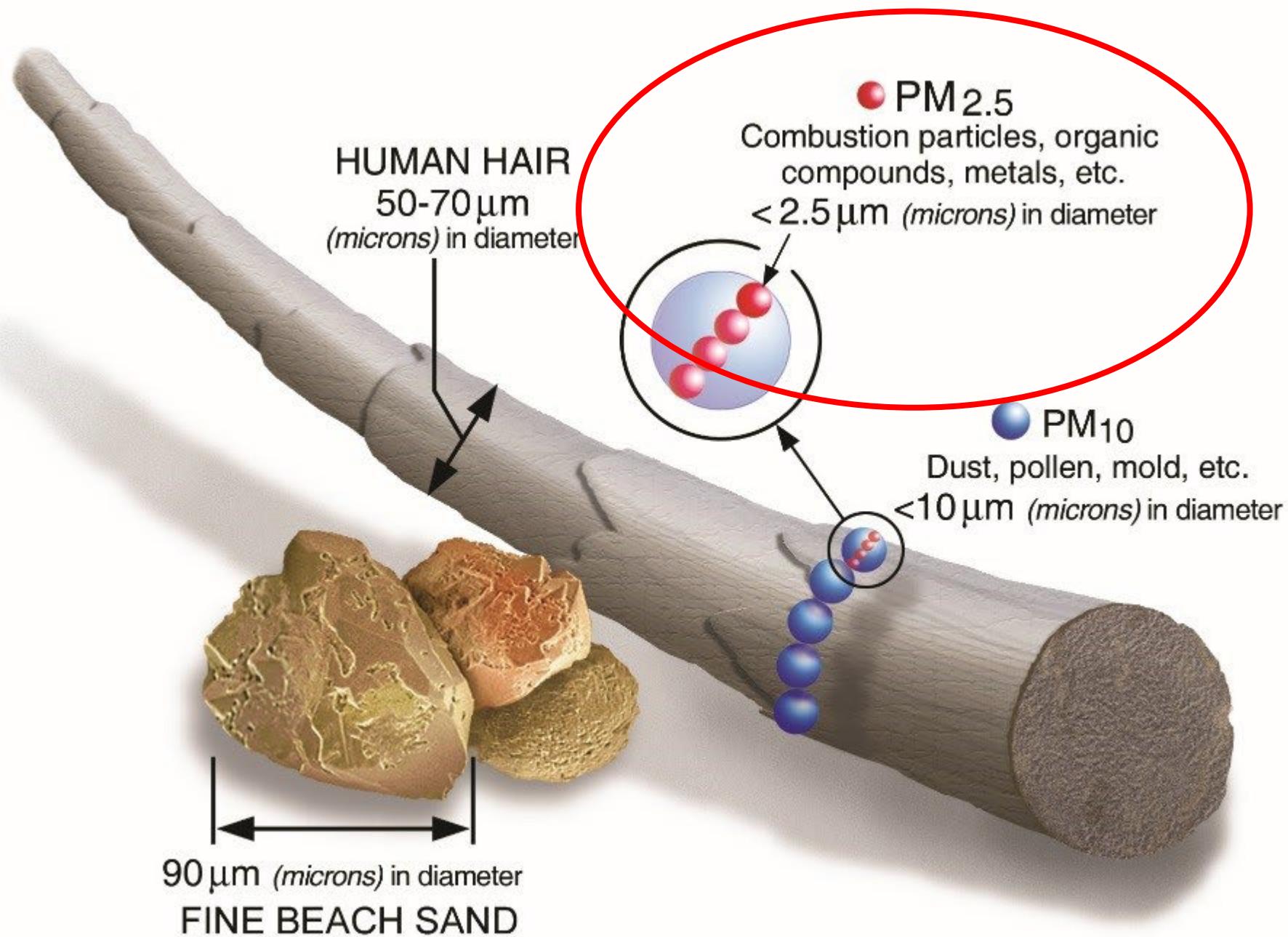


**Carbon
Monoxide**

**Particle
Pollution**

**Hazardous
Air
Pollutants**

PM 2.5



Key partners:

- Senior Services
- Community Centers
- Municipalities
- NASWI
- Healthcare
- Libraries
- Steps
- State Agencies
- Island County Emergency Services (ICOM 911)
- Emergency Medical Services (EMS)
- Community Health Workers
- Recreation Districts/Departments
- School Districts
- NW Clean Air Agency
- Puget Sound Energy



Check today's HeatRisk

HeatRisk | Tracking | NCEI







Island County Cooling Center Locations



The Center in
Oak Harbor

Camano Center

South Whidbey-
Bayview Senior
Center



Oak Harbor
Library

Camano Island
Library

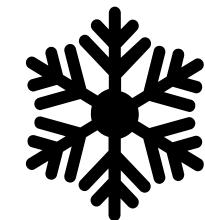
Coupeville
Library



Freeland Library

Langley Library

Clinton Library



Protect yourself from wildfire smoke.

A photograph of a white ferry ship with multiple decks and funnels, sailing on a body of water. The sky is heavily hazy and grey, suggesting poor air quality or wildfire smoke. The water in the foreground is slightly choppy.

- 1. Stay informed by following the WA Smoke Blog and local alerts.**
- 2. Stay indoors with windows closed, and keep pets indoors too!**
- 3. Use air conditioning or heat pumps to stay cool. Make sure the outdoor air intake is closed and the filter is clean.**
- 4. Use HEPA filters to clean indoor air.**
- 5. If you go outside, avoid exertion and use a respirator (N95 Mask).**











Nutrition & Commu



S. Whidbey
(360)321-1600

N. Whidbey
(360)678-3373

www.senior-resources.org

Vehicle donated by
Boeing Employees Community Fund



A large white and blue ferry ship is sailing on a hazy, smoke-filled ocean under a cloudy sky. The water is dark and reflects the overcast conditions. In the distance, a shoreline with trees is visible through the haze.

Extreme heat and wildfire smoke are emerging health risks for vulnerable community members.

Through proactive planning, we can prevent adverse health impacts, reduce emergency visits, and protect at-risk community members.





Questions?

**Island County Public Health &
Department of Emergency Management**

s.morrisnd@islandcountywa.gov

e.brooks@islandcountywa.gov



Finance & Contract Update

Island County Board of Health
Shawn Morris – Public Health Director
June 2024

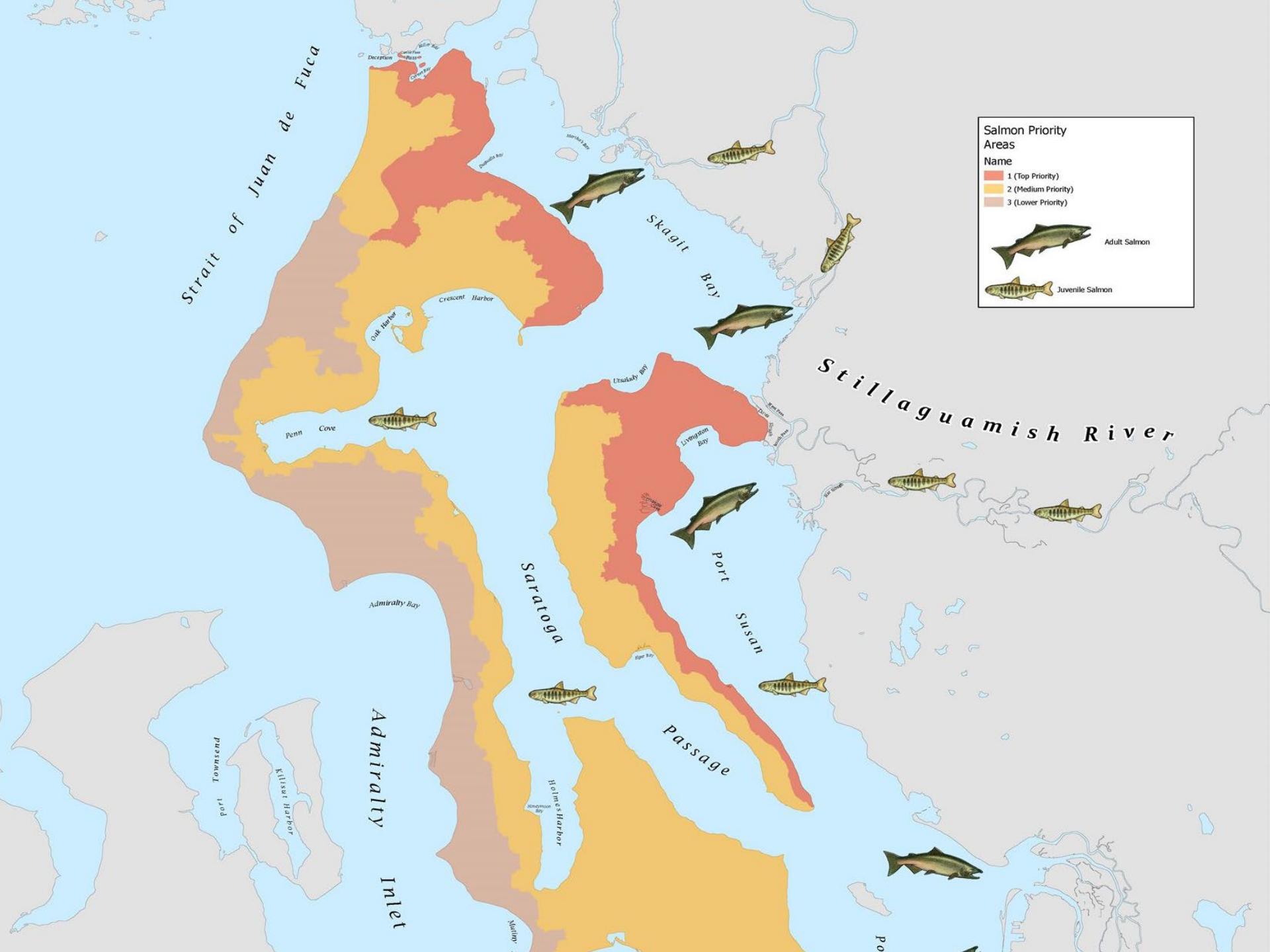








Every child deserves to be healthy!



Finance Update

Island County Public Health

June 18, 2024

Grant Tracking	
Consolidated Contract CLH31012 Amendment No. 19 with Washington State Department of Health	Amendment No. 19 increases allocations by \$238,817 for a revised maximum consideration of \$10,490,218 for a contract period beginning 1/1/2022 and ending 12/30/2024. Adds funding and statements of work to the National Estuary Program Shellfish Strategic Initiative 2.0 and revises funding for the WIC Nutrition Program. <ul style="list-style-type: none">• National Estuary Funding - Supports proactive strategies for addressing nonpoint source pollution to improve water quality and shellfish harvesting. Requires budget amendment.• WIC Farmer's Market - Supports local farms and advances food security. Previously budgeted.
Consolidated Contract CLH31012 Amendment No. 16	Added \$200,000 funding for public health communications support. \$75,000 per year allocated to communications contractor to support social media engagement. Current contract with Blueprint agencies.
Health Care Authority Contract K7477 - Access to Baby and Child Dentistry	Adds \$26,027 for a contract period of July 1, 2024 – June 30, 2026 (previously budgeted funding). Supports “Access to Baby and Child Dentistry” (ABCD) services, including outreach, care coordination to improve early childhood dental health.
Island County LE BN 23-25 with Washington State Recreation and Conservation Office	Previously budgeted funding for Fiscal Year 2025 to support Lead Entity Coordinator for Island County, adding \$86852.