



ISLAND COUNTY BOARD OF HEALTH

AGENDA

REGULAR SESSION

October 17, 2023, 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: <https://tinyurl.com/IslandCountyBOH> or by telephone: 1-323-433-2396 Meeting ID 971 2319 5885 Pass code: 626749

Call to Order: October 17, 2023, Regular Session of the Island County Board of Health

Additions or Changes to the Agenda:

Approval of the Minutes:

- September 19, 2023, 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.

2023 Schedule Update:

- Canceling of the November 2023 Island County Board of Health Regular Session meeting - 5 minutes

Proclamation:

- Discuss Health in All Policies (HiAP) Proclamation, presented by Public Health Director Shawn Morris and Human Services Director Lynda Austin - 30 minutes

HiAP recognizes that health is created by a multitude of factors beyond healthcare and, in many cases, beyond the scope of traditional public health activities. The HiAP approach may also be effective in identifying gaps in evidence and achieving health equity. – *Attachment*.

Presentation:

- Hydrogeology Program, presented by Chris Kelley, Ph.D., LG, Hydrogeologist – 30 minutes
Overview of the Island County Public Health Hydrogeology program, including basic review of aquifer science and approaches to groundwater data and cross team collaboration. – *Attachment*

Public Health Updates:

- Breast Cancer Awareness Month: update from Megan Works, Community Health Manager, on current screening recommendations, prevention steps, and available resources. – *10 minutes - Attachment*
- Health Officer update from Dr. Leibrand, Public Health Officer. – *5 minutes*
- CHAB update: General update on CHA process, presented by Taylor Lawson, MPH, Community Health Assessment Supervisor. – *5 minutes - Attachment*

Nomination:

- CHAB Member Nomination – Marian Myszkowski, presented by Taylor Lawson – *5 Minutes.*
Nomination to welcome Marian Myszkowski as a member of the CHAB – *Attachment*

Action requested: motion to approve CHAB nominee

Board Announcements:

Adjourn: The next *Regular Session* of the Island County Board of Health will be held on **December 19th, 2023, at 1:00 p.m.** in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
September 19th, 2023

The Island County Board of Health met in Regular Session on September 19th, 2023, in the Board of County Commissioners Hearing Room (Room #102B), Annex Building, 1 N.E. 6th Street, Coupeville, Washington.

Members present:

Commissioner Jill Johnson, Chair
Commissioner Melanie Bacon
Commissioner Janet St. Clair
Mayor Robert Severns

Member present by video:

Dr. Howard Leibrand

Members Excused:

Commissioner Ron Wallin
Capt. Althoff

Others present:

Dr Shawn Morris
Melissa Overbury-Howland
Susan Wagner

Taylor Lawson
Megan Works
Lynda Austin

Call to order:

Commissioner Johnson called the meeting to order at 1:02 p.m.

Approval of Agenda:

Change of presenter from Heather Kortuem to Dr. Shawn Morris.

By unanimous vote, the agenda was approved.

Approval of Minutes:

By unanimous vote, the August 15th, 2023, Regular Session Minutes were approved as presented.

Public Input or Comment:

Contracts:

- Consolidated Contract CLH31012 Amendment No. 15 with Washington State Department of Health for Foundational Public Health Services (FPHS), COVID-19 Gap Funding, Immunization Promotion, WIC Nutrition Program, Maternal Child Health Block Grant, and Public Health and Emergency Preparedness programs. Contract No. CLH31021 (15), Amount: \$1,404,365, was presented by Public Health Director Dr. Shawn Morris



ISLAND COUNTY BOARD OF
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ACTION TAKEN:

By unanimous vote, Consolidated Contract Amendment No. 15 with Washington State Department of Health, Contract No. CLH31021 (15), was approved.

Contracts:

Solid Waste Management Local Solid Waste Financial Assistance Agreement with the WA Department of Ecology. Contract No. SWMLSWFA-2023-ISCoPH-00150, Amount: \$194,448.00 was presented by Public Health Director Dr. Shawn Morris

ACTION TAKEN:

By unanimous vote, Solid Waste Management Local Solid Waste Financial Assistance Agreement with the WA Department of Ecology, Contract No. SWMLSWFA-2023-ISCoPH-00150, was approved.

Contracts:

Memorandum of Understanding between North Sound Accountable Community of Health and Island County Public Health for the development of mobile outreach services, amount \$193,600, was presented by Public Health Director Dr. Shawn Morris

ACTION TAKEN:

By unanimous vote, Memorandum of Understanding with North Sound Accountable Community of Health was approved.

Presentation:

- Shawn Morris, Director of Public Health, presented an overview of Foundational Public Health Services (FPHS) funding and project areas for Environmental Health, Community Health, and Assessment, as well as community partnerships and cross-department collaboration.

Public Health Updates:

- Community Health Assessment Supervisor, Taylor Lawson, gave an update on the CHAB.
 - Please note that Ituha can add an individual to the email list for daily bed availability. Email Saralyn.Merriman@p-h-s.com to be added.
- Covid Response Supervisor, Susan Wagner, gave an update on Covid-19 and the Respiratory Virus

Board Member Comments and Announcements:

The Regular Session adjourned at 3:04 p.m.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
September 19th, 2023

The next *Regular Session* of the Island County Board of Health will be held on October 17th, 2023, 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 17th day of October, 2023.

BOARD OF HEALTH
ISLAND COUNTY, WASHINGTON

Jill Johnson, Chair

**BEFORE THE BOARD OF HEALTH
OF ISLAND COUNTY, WASHINGTON**

PROCLAMATION

**IN THE MATTER OF PROCLAIMING)
A COMMITMENT TO HEALTH IN ALL POLICIES) RESOLUTION NO. C-02-23**

WHEREAS, Health in All Policies (HiAP) is an approach to public policy that recognizes the profound interconnection between public policy decisions and the health and well-being of our communities;

WHEREAS, HiAP is a comprehensive framework that prioritizes the systematic consideration of health implications in all decision-making processes, across various sectors and levels of government, to promote the improvement of population health and health equity;

WHEREAS, HiAP seeks to identify opportunities for synergy among policies, programs, and initiatives in different domains, with the aim of maximizing positive health outcomes and reducing health disparities;

WHEREAS, HiAP strives to prevent and mitigate harmful health impacts that may arise as a result of policy decisions, emphasizing the importance of proactive planning, community engagement, and risk assessment to safeguard the health of our population;

WHEREAS, HiAP recognizes that social drivers of health are instrumental in shaping health outcomes, encompassing the conditions in which people are born, grow, work, live, and age, along with the wider set of systems shaping daily life, including economic policies, development agendas, social structures, and political systems;

WHEREAS, HiAP is committed to addressing social drivers of health as key factors in promoting health equity, acknowledging that inequities in access to resources profoundly affect health outcomes;

WHEREAS, HiAP recognizes that health is not solely determined by healthcare services but is profoundly influenced by the broader social, historical, systematic, economic, and environmental conditions in our communities;

WHEREAS, HiAP acknowledges that the health of our population is a shared responsibility that transcends the boundaries of individual agencies, departments, and levels of government;

WHEREAS, HiAP promotes transparency, inclusivity, and equitable community engagement in the policymaking process to ensure that the essential voices and concerns of historically underrepresented community members guide the development, implementation, and evaluation of policies in practice;

NOW, THEREFORE,

BE IT HEREBY RESOLVED, we, the Island County Board of Health, do hereby proclaim our commitment to the principles and practices of Health in All Policies (HiAP); and

BE IT FURTHER PROCLAIMED, we pledge to integrate a HiAP approach into our policymaking, planning, and implementation processes, with particular attention to health equity and the conditions in which people are born, grow, work, live, and age; and

BE IT FURTHER PROCLAIMED, we call upon all governmental agencies and stakeholders within Island County to join us in this endeavor, working collaboratively to develop policies that prioritize the health and well-being of our communities, while actively advancing equity, justice, and access to social drivers of health.

APPROVED this ____ day of _____, 202____

**BOARD OF HEALTH
ISLAND COUNTY, WASHINGTON**

Jill Johnson, Chair

ATTEST:

Shawn Morris, Public Health Director



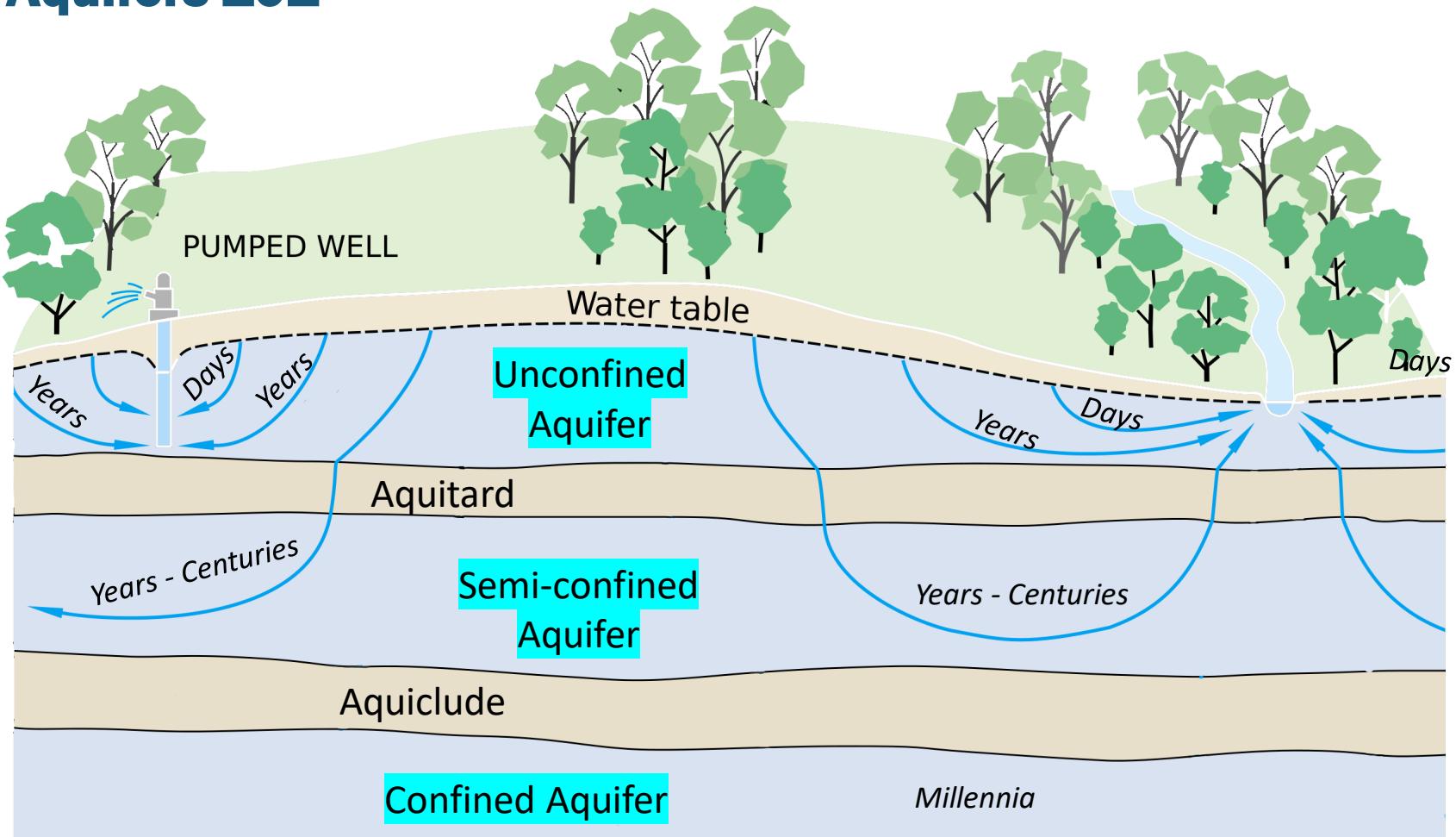
Hydrogeology Program

Island County Environmental Health

October 17, 2023

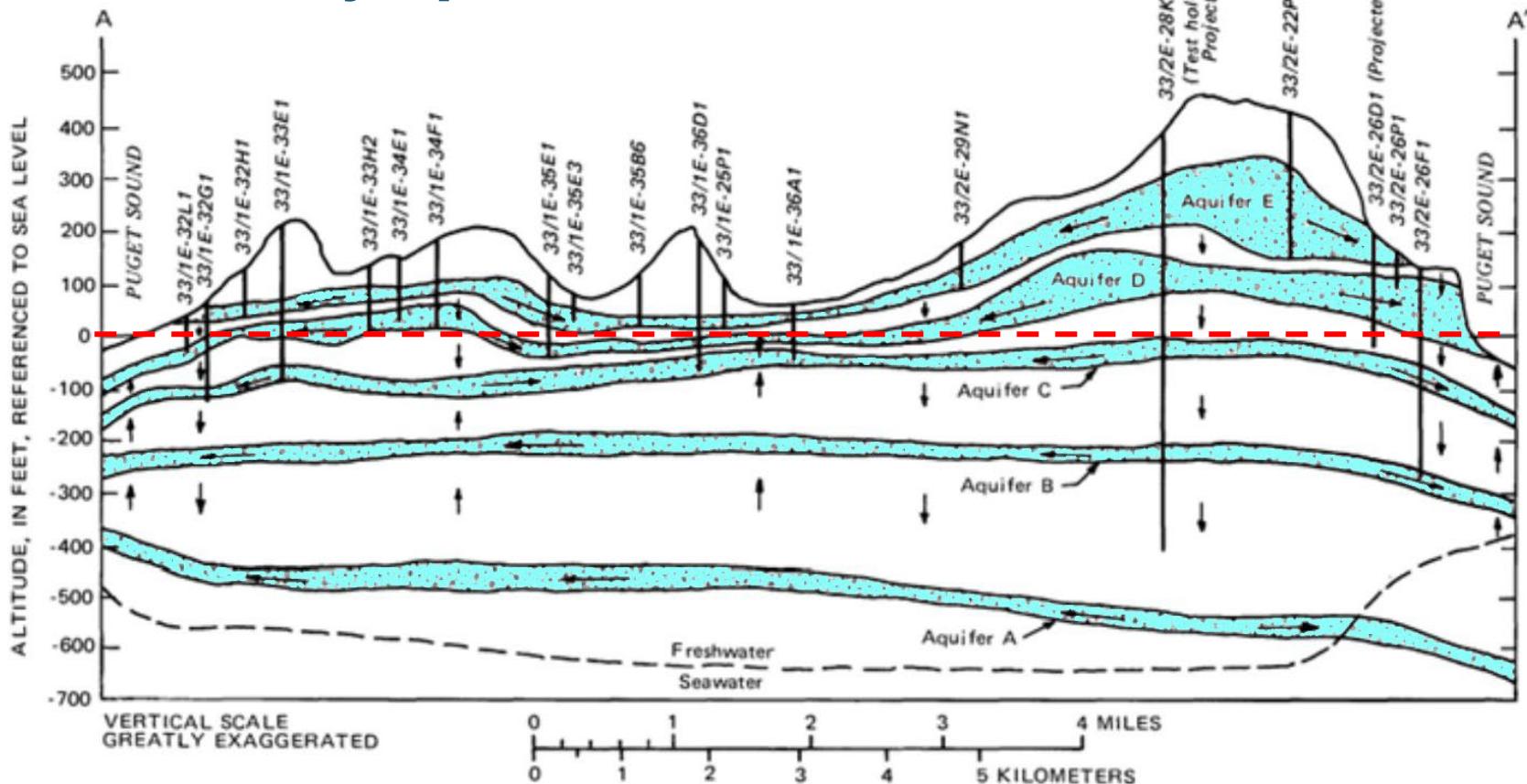
Hydrogeology Program

Aquifers 101



Hydrogeology Program

Island County Aquifers



- There are five aquifers on Whidbey & Camano Islands.
 - Not all aquifers extend across the whole island.

Hydrogeology Program

Island County Aquifers Continued

Table 1.--Summary of geohydrologic data available for aquifers A through E

| Aquifer | Predominant composition | Maximum thickness (feet) | Altitude of top of aquifer ¹ (feet) | Altitude of water level ¹ (feet) | Specific capacity (gallons per minute per foot) | Number of wells with specific capacity data | Remarks |
|---------|-------------------------|--------------------------|--|---|---|---|--|
| E | Sand + gravel | 160 | 20 to 490 | 24 to 421 | 10.5 to 135 | 3 | Locally discontinuous; occurs in upland. |
| D | Sand | 220 | -80 to 335 | -51 to 330 | 0.04 to 27 | 37 | Very productive; widely used. |
| C | Sand | 440 | -150 to 270 | -140 to 235 | 0.03 to 42 | 134 | Do. |
| B | Sand | 180 | -345 to 20 | -80 to 73 | 0.30 to 25 | 20 | Locally contains saline water. |
| A | Sand + gravel | 50 | -600 to -300 | -34 | 0.75 to 22 | 2 | Do. |

¹

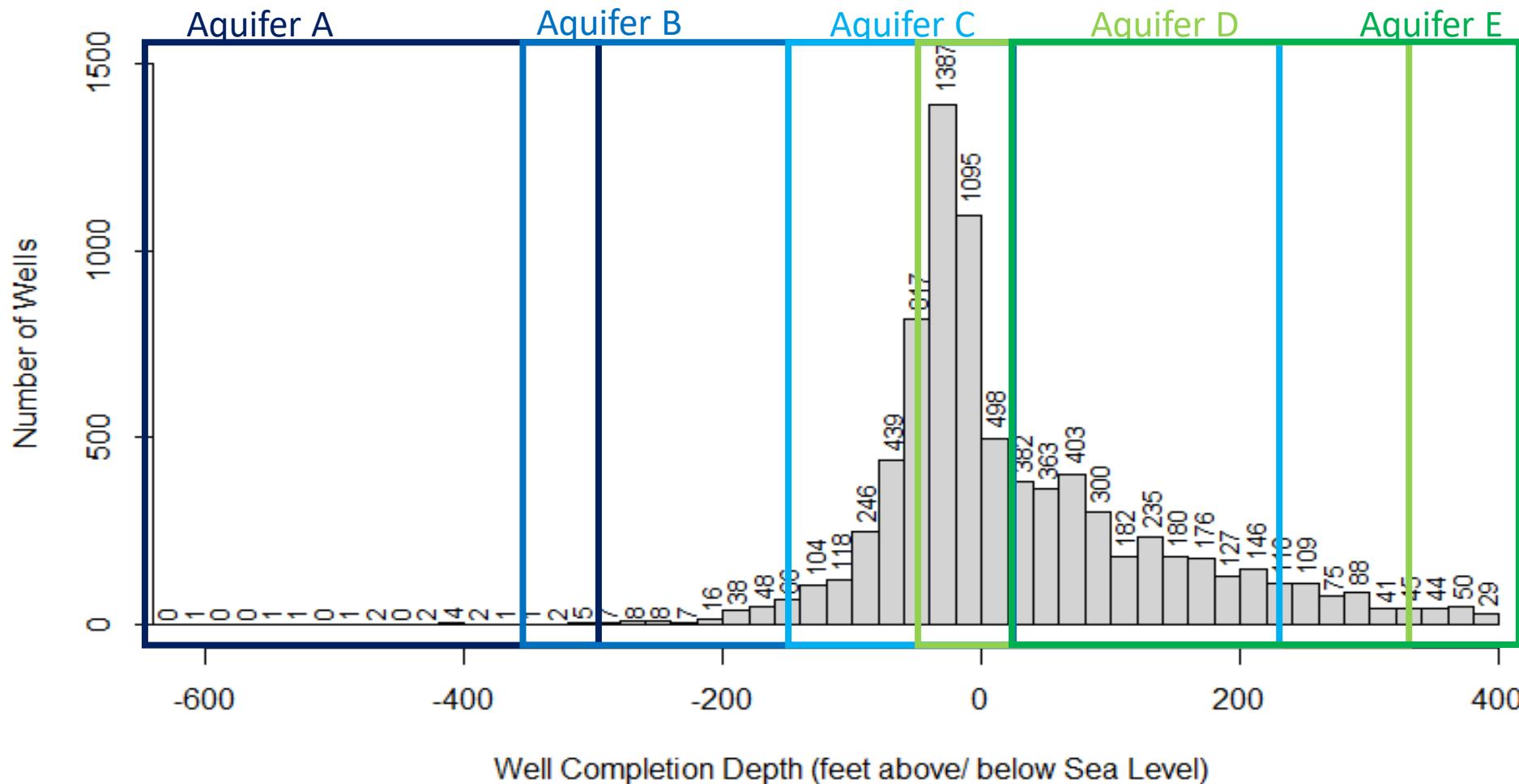
Altitudes are referenced to sea level.

*From USGS 1987

Hydrogeology Program

Island County Wells

Well Depth Distribution



*Does not include wells with missing well logs or unknown elevation

Hydrogeology Program

Aquifer Recharge Rates

Table 3.--Average annual recharge for selected ranges of precipitation and land-use types, and root-zone depths for land-use types

| Range of annual precipita- tion (inches) | Recharge for a land-use type, in inches per year ¹ | | | |
|--|---|--------|-------------------|---------------------------------------|
| | Freshwater or wetland | Forest | Agricul- tural | Suburban, range land, or barren |
| 15 to <20 | -- | 3.85 | 5.87 | 7.78 |
| 20 to <25 | -- | 8.02 | 9.84 | 11.94 |
| 25 to <30 | 6.27 | 12.27 | 13.99 | 16.27 |
| 30 to <35 | 11.19 | 16.67 | 18.35 | 20.74 |
| 35 to <40 | 16.33 | 21.41 | 23.03 | 25.54 |
| Root-zone depth (feet) | -- | 6 | 3 | 1 |

¹Recharge at midpoint of precipitation range.

*From USGS 1987

Hydrogeology Program

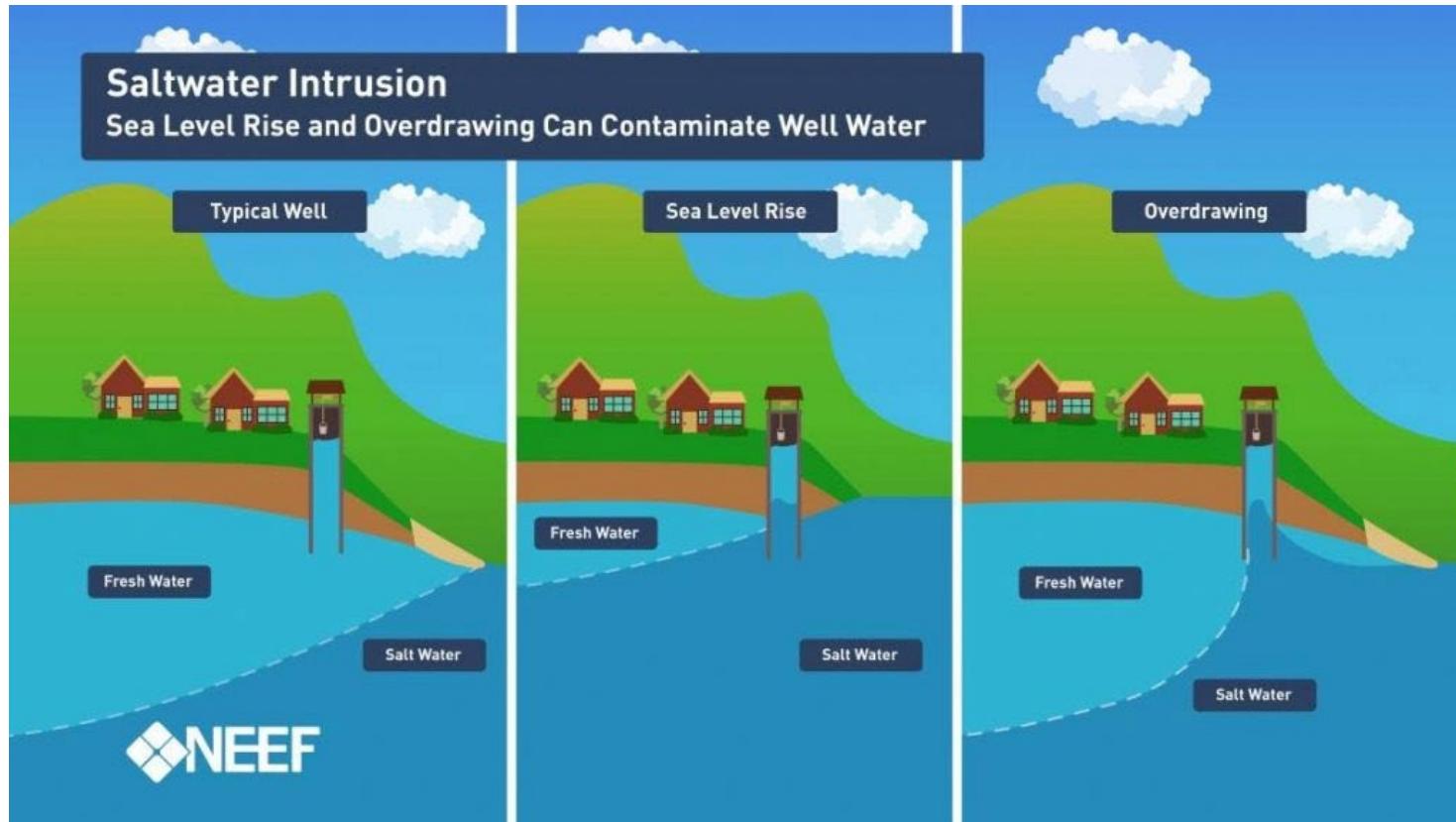
Critical Aquifer Recharge Areas

- Aquifer recharge from precipitation (rain and snow)
- Aquifer recharge rate depends on multiple factors:
 - Precipitation/ snowmelt rate
 - Evapotranspiration
 - Surface conditions (pavement, grass, trees, etc.)
 - Soil Type/ Condition
 - Underlying geology (gravels, sands, clay, etc.)
- No recharge from off-island sources.



Hydrogeology Program

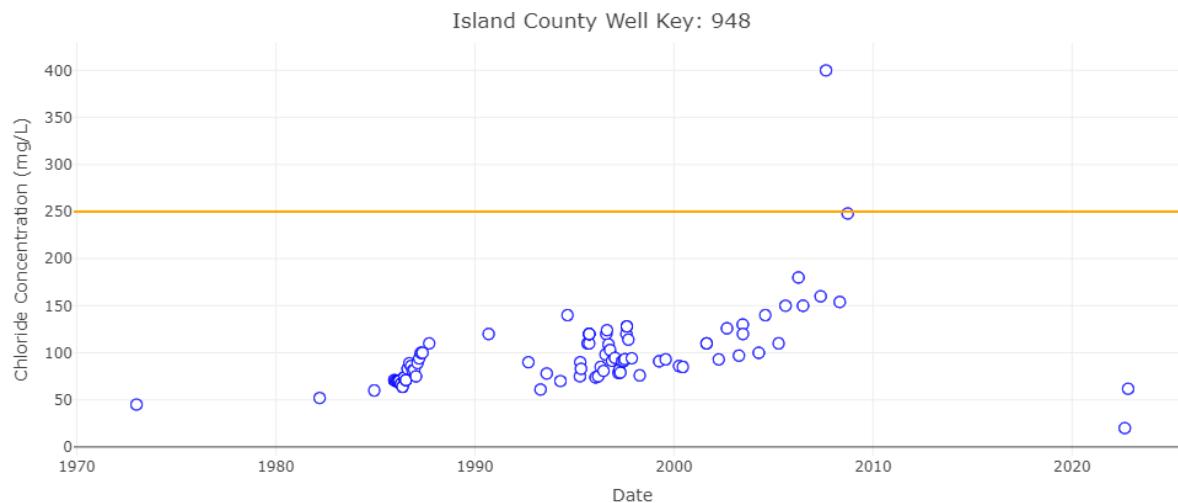
Seawater Intrusion / GW Quantity



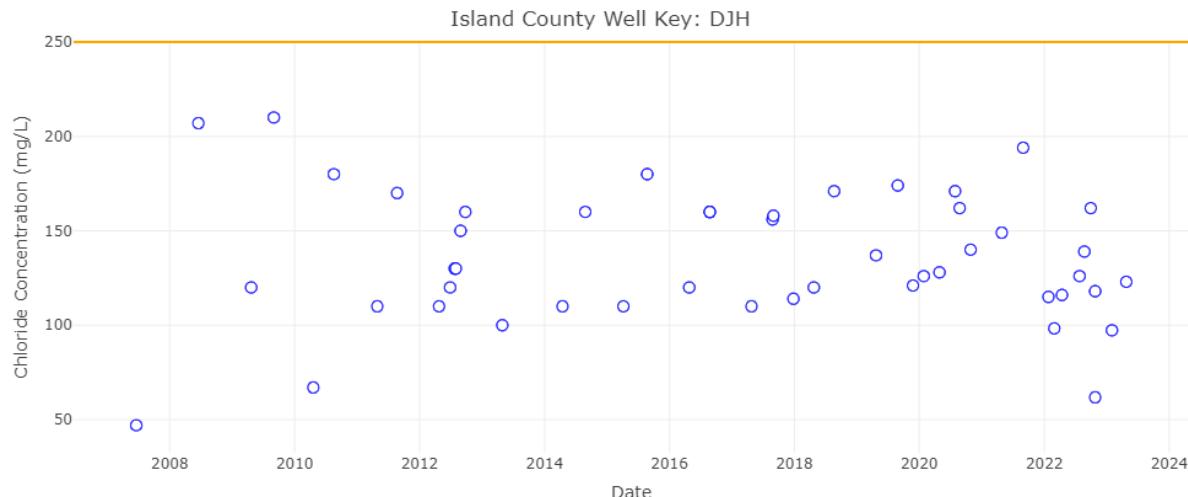
Managed through [ICC 8.09.099 – Seawater Intrusion Protection](#)

Hydrogeology Program

Seawater Intrusion Example



- Community switched from well 948 (left) in 2007 and started using well DJH (below).
- Chloride in well 948 has returned to background concentrations as of 2022.



- Well DJH chloride has seasonal fluctuation due to increased pumping in summer.
- Water system capped at 36 connections since 2002.

Hydrogeology Program

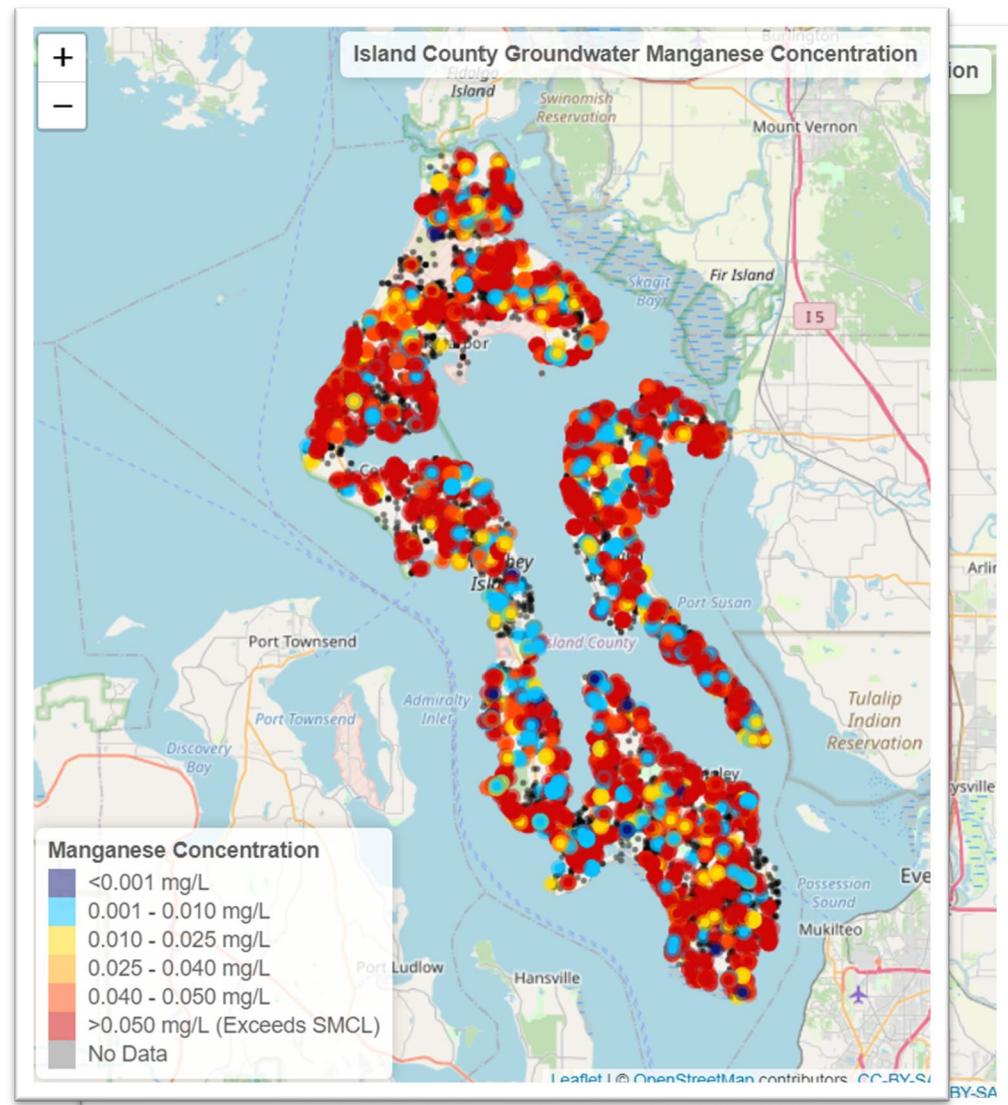
Groundwater Quality

Naturally Occurring, for example:

- Arsenic (primary MCL)
- Manganese (secondary MCL)

Management Options:

- treatment
- alternative water source



Hydrogeology Program

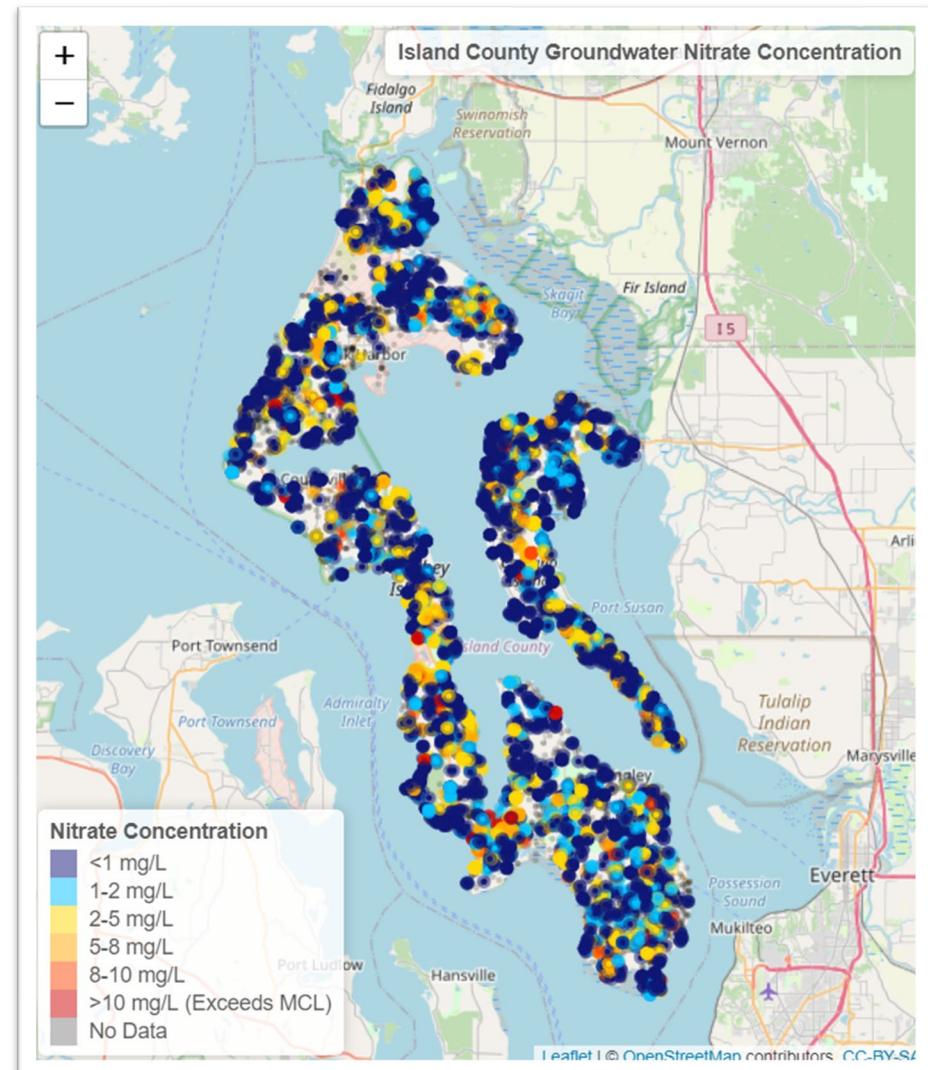
Groundwater Quality

Anthropogenic contaminants, for example:

- Nitrate
- Petroleum (diesel, gasoline, heating oil)
- Benzene

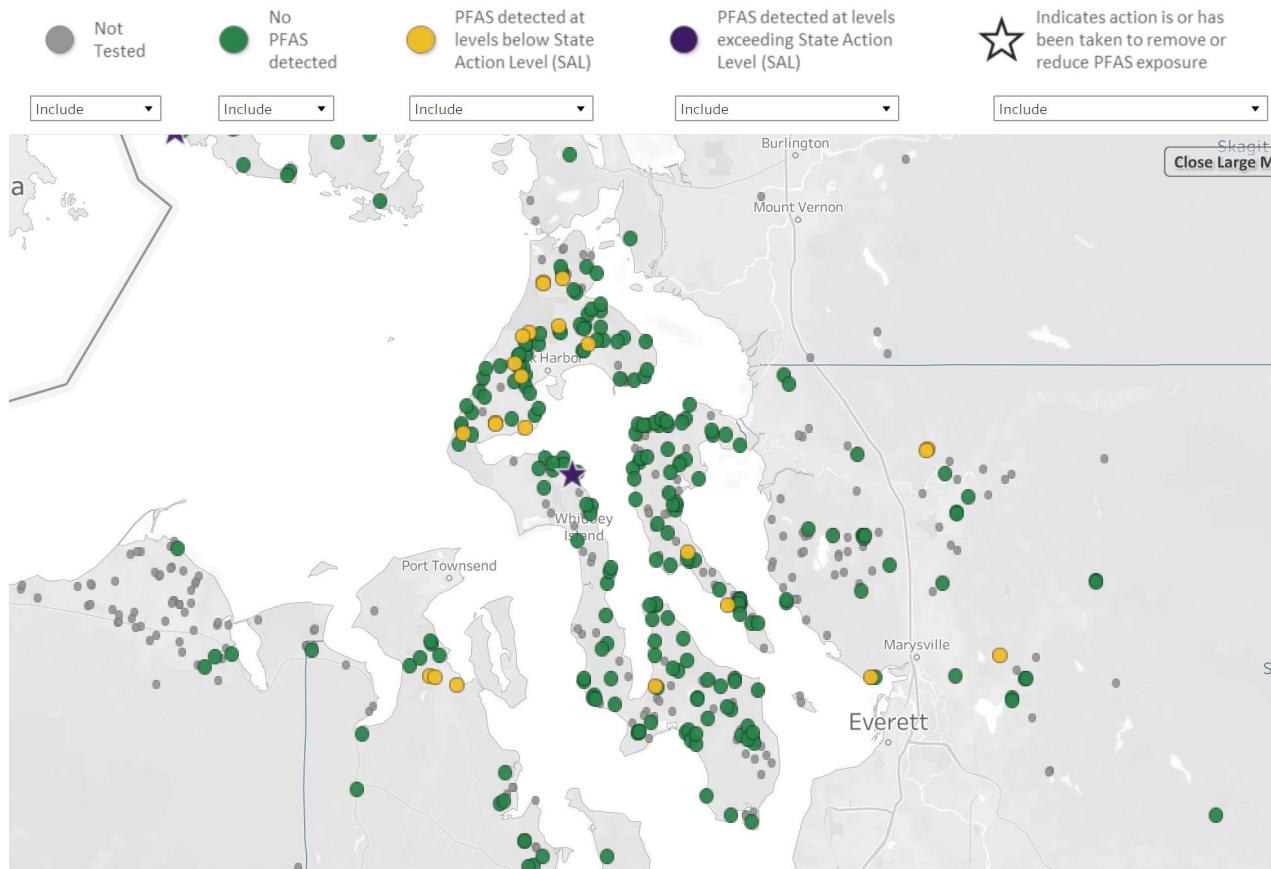
Management Options:

- Prevention
 - ICC 8.09.095
 - ICC 8.09.097
- Source removal/ control
 - MTCA/ CERCLA
- Treatment
- Alternative water source



Hydrogeology Program

Groundwater Quality



Anthropogenic contaminants:

- PFAS

Management Options:

- Source removal/ control
 - MTCA/ CERCLA
- Treatment
- Alternative water source



BOH Public Health Update

Megan Works RN BSN



Breast Cancer Awareness

October 2023



Breast Self Awareness

In the United States, Breast cancer is the most common cancer found in women, and the second leading cause of cancer death among women.

Know Your Risk Factors:

- Being born female. Males can get breast cancer too, but it is vastly more common in women.
- Family History/Inherited Genetic Mutations – Talk with both sides of your family.
- Age
- Obesity
- Alcohol intake
- Smoking
- Menopausal Hormone Therapy

Breast Self Awareness

Get Screened

- Talk with a health care provider about your risk factors to determine which screening measures are right for you.
- Have a mammogram every year starting at age 40 if you're at average risk
- Self- breast exams are no longer recommended for breast cancer screenings and have not been shown to be effective in detecting cancer or improving survival rates. Still, doctors believe there is value in women being familiar with their own breasts so that they know what is normal and when changes occur.

Breast Self Awareness

Know Your Body and Be Aware when Changes Occur

Breast Changes/Signs/Symptoms to be aware of:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

If something doesn't feel or look right, make an appointment with your Health Care Provider.

Breast Self Awareness

Lower your risk by making healthy lifestyle choices.

- Stop Smoking
- Limit alcohol intake
- Exercise regularly
- Maintain a healthy weight
- Breastfeed
- Have regular visits with your Health Care Provider





References

- **Susan G. Koman Foundation**
- **American College of Obstetricians and Gynecologists**
- **The Mayo Clinic**
- **USPSTF**

| Community Health Advisory Board (CHAB) | | | | | | |
|--|----------------|----------|---|---------------|------------------|--------------|
| Sector/Group | # of per Group | # of Vac | CHAB Member | City | Appointment Date | Term Expires |
| Health Care Access/Quality | 4 | 0 | Erin Lavery-Mullins, Chair | Camano Island | 2/17/2022 | 2/17/2025 |
| | | | Charlotte McRill | Oak Harbor | 5/5/2022 | 5/5/2025 |
| | | | Heidi Beck | Clinton | 2/28/2023 | 2/28/2026 |
| | | | Michele Cato | Clinton | 8/14/2023 | 8/14/2023 |
| Physical Environment | 2 | 1 | Bob Uhrich | Camano | 5/5/2022 | 5/5/2025 |
| | | | | | | |
| Social and Economic Sectors | 2 | 0 | Nicole Rice | Oak harbor | 6/20/2023 | 6/20/2026 |
| | | | Fe Mischo | Freeland | 8/14/2023 | 8/14/2026 |
| Government | 2 | 2 | | | | |
| Government | | | | | | |
| Business Philanthropy | 2 | 0 | Michele Aguilar Kahrs, Co Chair | Freeland | 2/17/2022 | 2/117/25 |
| | | | Marian Myszkowski | Langley | 10/17/2023 | 10/1/2026 |
| Tribal Communities | 1 | 1 | | | | |
| Consumer of Public Health Services | 3 | 1 | Deborah Seymour-Ferguson | Camano | 5/5/2022 | 5/5/2025 |
| | | | Alma Johnser | Oak Harbor | 2/28/2023 | 2/28/2026 |
| | | | | | | |
| Community Stakeholder | 3 | 1 | Rene Denman | Oak Harbor | 825/22 | 8/25/2025 |
| | | | Melissa Frasch-Brown | Oak Harbor | 2/17/2022 | 2/17/2025 |
| | | | | | | |
| Community Members with Lived Experiences | 2 | 2 | | | | |
| | | | | | | |
| Total VS Vacancies | 21 | 8 | Steering Committee is known as the Leadership Committee per Bylaws. | | | |



Island County Public Health

Shawn Morris, ND - Director

P.O. Box 5000, Coupeville, WA 98239

Ph: Whidbey 360-679-7350 | Camano 360-678-8261 | N Whidbey 360-240-5554

Email: Publichealth@islandcountywa.gov | www.islandcountywa.gov

October 9, 2023

TO: Island County Board of Health

FROM: Taylor Lawson, MPH; Assessment Supervisor

RE: **Community Health Advisory Board Recommendation: Marian Myszkowski**

It is with my pleasure that I recommend Marian Myszkowski to the Island County Board of Health for appointment to sit on the Island County Community Health Advisory Board (CHAB).

Ms. Myszkowski is a creative, self-starter with over 25 years of leadership experience managing programs, fundraising, communications, and special events in nonprofit organizations. Ms. Myszkowski brings a solid knowledge of our local food system and serve on the Agriculture Resources Committee for Island County, with a mission to "advocate, educate, and build connections to support Island County's farmers, ranchers, food processors, and other agricultural entities." Through her position at Goosefoot, she serves as a project manager for a shared, incubator commercial kitchen that will help generate new and expanded value added food business on Whidbey. As such, Ms. Myszkowski is "quite familiar with food processing safety regulations (cottage foods vs. WSDA food processing vs. local county responsibility) and believes that food safety must come first." Ms. Myszkowski's vision for a healthier future for Island County is "a resilient, local food system--providing a variety of healthy, locally grown and processed food that's available year-round-- is crucial to food security, especially for a rural island[s] like Whidbey [and Camano]."

If nominated, the Leadership Committee recommends that Ms. Myszkowski is elected to represent the Business and Philanthropy Sector, based on candidate interest, and need for CHAB representation.

I am pleased to recommend to the Island County Board of Health the appointment of Marian Myszkowski to sit on the Island County Community Health Advisory Board as a representative of the Business and Philanthropy Sector.

Sincerely,

Taylor Lawson