

Sacramento County Public Health Advisory Board

Meeting Minutes

January 8, 2020, 12:00 PM - 1:30 PM

Meeting Location

Primary Care Center
4600 Broadway
Sacramento, CA 95820
Conference Room 2020

Moderator: Dr. Farla Kaufman

Scribes: Cherisse Thomasson, Steven Orkand

Board Attendees: Jennifer Anderson, Jofil Borja, Steve Heath, Farla Kaufman, Olivia Kasirye (Ex-officio), Barbara Law, Steven Orkand, Emanuel Petrisor, Jeff Rabinovitz, Christina Slee, Philip Summers, Annie Tat, Jack Zwald

Guests: Judy Robinson, Amelia Schendel

Board Members Excused: Sandy Damiano (Ex-officio), Kathleen Wright

Board Members Absent: Paula Green,

Guest Speaker: Amelia Schendel
WIC Director
Department of Health Services

Meeting Opened: 12:08 PM

Welcome and Introductions

Dr. Kaufman welcomed all PHAB members, speakers, and guests. Introductions were made.

Review of Minutes

The minutes of the December 2019 meeting were approved as presented.

PHAB Vacancies and Appointments

There is currently 1 vacancy to a PHAB position.

HIV Health Services Planning Council Nominees

The following candidates for HIV Health Services Planning Council were approved by PHAB without objection:

Zachary Basler for Seat Number 2

Dennis Poupart for Seat Number 4

Kaye Pulupa for Seat Number 34

Announcement of PHAB Discussion Topics for 2020

Dr. Orkand announced the top 5 discussion topics preferred by PHAB members:

1. Homelessness
2. Quality of Medi-Cal services
3. Emergency room over-crowding
4. Access to mental health and addiction services
5. Correctional health services

Public Health Update

Dr. Kasirye announced that we are still in the midst of flu season. Both influenza A and influenza B are circulating. So far, there has been one death attributable to flu. Vaccine continues to be available.

The California Department of Public Health issued a report reviewing county lead screening programs. Deficiencies in the Sacramento County program were cited. There were concerns that children with Medi-Cal insurance were not being screened, as required. The report suggested a focus on abatement and prevention. Sac County Public Health staff will work to address this.

Dr. Kasirye also reminded PHAB that the Census is coming up this year. It is important that people be counted since full Federal funding of programs depends on an accurate count.

Presentation: The WIC Program

Women, Infants & Children (WIC) is a federally funded supplemental nutrition program operated by the United States Department of Agriculture (USDA) in all US states and territories. The State of California contracts with local entities for the provision of WIC services. Amelia Schendel is the Director of the program in Sacramento County.

The goal of WIC is to improve pregnancy outcomes and promote optimal health and growth in children 0-5 years through education in nutrition and health, and the provision of specific nutritious foods. It has a tremendous impact since the consequences of childhood nutrition last a lifetime.

To qualify, clients must have incomes less than 185% of the poverty level. This is an important safety net for families that struggle financially. By providing supplemental food, WIC is able to free up financial resources so that families may pay for other necessities, like rent and medicine. In California, a family of four can earn up to \$47,638 to qualify for WIC benefits. In general, clients are already on programs like Medi-Cal, CalWORKs, and CalFresh. This program also covers children that are undocumented.

The program in this County is quite diverse. 78% speak English, 14% speak Spanish, 6 % speak Russian and 2 % speak other languages, such as Hmong, Chinese, Vietnamese, Farsi, Dari, and many others. Most participants are children.

In Sacramento, the Community Research Project - WIC (CRP-WIC) is another group that participates in this program. WIC coordinates its services with CRP-WIC.

WIC provides services to qualified homeless. This includes specialized food packets designed for those who aren't sheltered. They also provide nutritional information and referrals. Foster families are also served.

Based on zip codes, clients are grouped into community groups: North, South, Downtown, and other communities. Total participants, on June 30, 2019, were 22,769. Distribution points are North Area (Del Paso Heights), South Area (Bowling Drive), Elk Grove (United Methodist Church), Rancho Cordova, and Oak Park (Sacramento County Primary Care Center). They have encountered problems in a number of locations, including homeless encampment, crime, and graffiti. They need a more permanent Elk Grove location.

Most referrals are by word-of-mouth, but many come from physicians. When enrolled, a family or individual undergo a nutritional assessment. Blood testing for anemia may be part of the intake. There is a motivational interview.

Services include free, healthy foods, nutritional education and counseling, and referrals to medical care and community services. There is an important emphasis on breastfeeding, with education, individual support through a peer counseling program, and lactation services provided by a Board Certified Lactation Consultant when needed. This is supported by First 5. There are bilingual consultants available.

WIC services have demonstrated positive outcomes. Studies show that prenatal participation reduces the risk of adverse birth outcomes. There is an increased rate of exclusive and prolonged breastfeeding, now at 32%. There is a lower likelihood of inadequate gestational weight gain. The quality of diet of low income children is improved. WIC has had an impact by addressing childhood obesity. There has been a decrease in African-American infant mortality.

California WIC now supplies a user-friendly card, similar to the EBT cards used for food assistance. WIC has an active presence on social media platforms to improve outreach.

Currently WIC has 41.4 full time equivalent employees in its workforce, over the five clinic locations. There are also lots of volunteers, especially students in nutrition, nursing, pediatrics and other training programs. Some of these eventually become employees.

Future funding is at risk. Currently WIC receives funds from California Department of Public Health, filtered through the County. First 5 provides funding for the lactation program, but this will decrease by 40% in the next 1 ½ year due to decreased First 5 funding. River City Medical Group will help with some of the family programs.

Amelia felt that PHAB could help with the issue of homeless encroaching on their clinic space. We could also advocate for funding.

The 2019 WIC Report is posted on-line

Public Comment

Judy Robinson is the County's 2020 Census Manager. She spoke about the financial and social importance of an accurate count in the next census. Sacramento has a high rate of uncounted individuals. The census begins on March 1, and she hopes PHAB can play an advocacy role.

Judy also spoke of an approach to programming and development whereby the question is always posed: how does this affect public health. This is similar to the Environmental Justice approach, where sustainability and equity are safeguarded.

Announcements

Dr. Kaufman thanked Dr. Orkand for his leadership efforts over the last 4 years.

Adjournment

The meeting was adjourned at 1:25 PM.

Submitted by Steven Orkand, Executive Committee