



**POPULATION
HEALTH TRUST**
ADVISORY COMMITTEE

Skagit County Board of Health

Peter Browning, Chair
Lisa Janicki, Commissioner
Ron Wesen, Commissioner

PHT Meeting Minutes
May 4, 2023, 8:30-10:30 am
Skagit Station Meeting Room

Members: Dan Berard, Thomas Boucher, Patty Codd, Bill Henkel, Chris Johnston, Maddy Mackenzie, Maureen Pettitt, Margaret Rojas, Mandi Rothman, Dean Snider, John Sternlicht.

Community Stakeholders: Marci Bloomquist, KaSandra Church, Polly Dubbel, Kristen Ekstran, Keith Higman, Jennifer Sass-Walton

Ex-Officio: Howard Leibrand

Guests: Stacey Anderson

Welcome & Agenda Review:

Kristen welcomed members, then invited Mo to provide updates. Mo apprised the group on the last Steering Committee meeting, and then updated members on the Diversity, Equity, and Inclusion report. Kristen provided information about dissemination of the report (newsletter, website, link to members) and invited them to share it more broadly with their networks. She and Mo will be presenting it to the Board of Health at the May 9th meeting.

Kristen invited Stacey Anderson, Epidemiologist with Skagit County Public Health, to provide an overview of what makes for good data in preparation for the group activity. Stacey informed the group that quality data should be timely, reliable, consistent, and reproducible. She shared that a challenge is Skagit County is getting data specific to our area. This led to conversation about the food security survey that is currently being administered. The goal of the survey is to better understand food security challenges in our community. Kristen then introduced the activity, a condensed data carousel.

Activity- Condensed Data Carousel:

The activity featured data sets from the following areas: issue scope, contributing factors, program participation and health outcomes. Members were invited to review each set and to record responses to the following questions on table worksheets:

1. What does this group of indicators tell us?
2. What issues or concerns do the data raise?
3. Which indicator is the most significant for achieving change?

After reviewing a data set, members were instructed to rotate to another set. The activity concluded once each group had reviewed all the data sets. Kristen concluded the activity by asking all tables to report out on their conversations. Below is a summary of major themes, questions and responses that emerged from the activity:

Data:

- Suggestions to use the following data sets: ALICE, free/reduced lunch utilization, SNAP, local pantry information.
- Concerns about representation were raised. It is often the people we want to know the most about that don't participate in surveys.
- Desire for the data to correlate to health outcomes/goals so that the work could be actionable.

Education:

- Need for nutrition and food preparation education (e.g., what qualifies as a fruit or vegetable, cooking healthily with a limited food budget, cultural cooking preferences)

Economics:

- Challenges of eating well on a limited budget.
- Unique challenges for single earner households.
- Choice, Availability, and Affordability.

Health Outcomes:

- Suggestion of using additional health measures such as, A1C, blood pressure, and rates of diabetes.
- Acknowledgement that health outcomes are multifactorial and hard to correlate to a single behavior.
- Suggestion to ask for data from local labs or MCOs (Managed Care Organizations).
- Concerns about using obesity as a health outcome for food security. Suggestion to add additional measures.
- Suggestion that instead of measuring physiological traits that we should measure changes in health behaviors such as number of fruits and vegetable servings/week.

Agriculture:

- Questions about yields, production of food crops, food waste, and the amount of food staying local.

Food Security Workgroup Update:

The workgroup officially launched on April 26th with a kick-off meeting. A variety of sectors are represented, and all members were engaged and thoughtful in the data review activity. A food security survey has been distributed with the goal of better understanding the needs of residents. The next meeting will be held on May 17th.

Adjourn:

Kristen let members know that she would be presenting some updates to the Board of Health during their meeting on May 9th. At the next Board of Health meeting on July 11th, she is hopeful that several PHT members will be able to join in the conversation. The next PHT meeting will be at the Skagit Station on June 1st and that there will be no meeting in July. Kristen thanked everyone for their attendance and participation in the activity today, as well as their feedback and recommendations. The meeting was adjourned.