

**Skokie Board of Health**  
**May 14<sup>th</sup>, 2015**

**Present**

Dr. Dave  
Dr. Drachler  
Dr. Gaynes  
Ms. Langguth  
Dr. Luka  
Mr. Nidetz  
Ms. Nikitsch Dugan

Dr. Prince  
Dr. Sood  
Ms. Jones Thorne  
Dr. Topouzian  
Ms. Varma  
Dr. Vernon  
Dr. Werner

**Excused**

Mr. Abbasi  
Mr. Pandya  
Dr. Polin  
Ms. Urbanus  
Dr. Usman  
Dr. Williams

**Absent**

Dr. Counard, Director of Health  
Bruce A. Jones, Staff

**Call to Order** - The meeting was called to order at 7:34 p.m. by Dr. Drachler, Chairman.

**Approval of Minutes** –The minutes of the previous meeting were approved as corrected.

**Leslie Cordes, MD, MPH(c) Skokie Childhood Obesity Project Update.**  
**(Copies of presentation and childhood obesity report attached)**

Dr. Cordes began by mentioning that preventing childhood obesity is a priority of *The Skokie Community 2012 Health Plan*. A goal was to obtain childhood obesity data from Skokie public school physical exam forms in grades Kindergarten, 6<sup>th</sup> and 9<sup>th</sup>. Obesity is a common problem in Illinois; the Illinois Alliance to Prevent Obesity estimates that more than 31% of children and 62% of adults are overweight or obese in the state. Children who are overweight are likely to have excess weight as an adult.

More than 2,000 school physical exam forms were reviewed from 12 schools in districts 68, 69, 72, 73, 73.5 and 219. The results showed that, consistent with national and Illinois data, one in three Skokie children is overweight or obese, and one in six is obese (please refer to full childhood obesity report).

Dr. Cordes concluded her presentation by stating that this is a big project that will require a lot of people working together to make a difference. We have documented the problem, and there are good community models out there for making inroads, making a difference. We need to identify the partners who can help make changes that will have an impact.

Dr. Dave asked if we noticed any differences based upon race and ethnicity, reminding everyone that the Body Mass Index (BMI) for South Asians to be considered obese is less than other populations. Dr. Cordes replied that race and ethnicity is not captured on school physical exam forms, so that was not looked at with this study. Dr. Counard added that comparison would require identifying individual children, and we did not collect personal information.

Dr. Drachler complemented everyone on a job well done and stated how pleased he was that we were able to get the data from some many schools. We need to have this data in order to determine if we are having an impact, and to understand the situation in Skokie. He added that NorthShore University HealthSystem is hoping that Skokie will be able to have a *Rethink Your Drink* program, encouraging people to give up sugary drinks. We need to come up with metrics to measure the impact of the program, however.

Dr. Cordes mentioned that she had obtained information from the University of Las Vegas in Reno about a *Rethink Your Drink* project involving S.N.A.P. recipients. The families were mailed informational brochures and surveyed about their attitudes and practices pertaining to consumption of sugary drinks. The big question is how do we reduce the consumption of sugary drinks at home?

Dr. Drachler added that in his work as an obstetrician, he regularly sees women who are 250 lbs., 300 lbs. or more. In the past this was a rare occurrence. We really need to start early with children and young people, to get the message back to the adults in the family. Dr. Cordes agreed, and added that there are studies showing that interventions with youth benefit the entire family.

Dr. Cordes added that encouraging moms to breastfeed would make a big difference here.

Ms. Nickish-Duggan asked if school district 65 ever gave us their data. Dr. Counard replied that they had not, because their lawyers were apparently concerned about how the data would be used. She added that we are planning to meet with the superintendent, and felt confident that we would eventually get the data. Dr. Cordes added that it would be interesting to review the data because district 65 was already working on childhood obesity and might have suggestions for other schools.

Mr. Nidetz asked if there have already been some successes in schools, such as improving the school lunch programs. Dr. Cordes agreed that was true.

Dr. Drachler asked if a list of possible options for action could be put together to see what might work in Skokie. Dr. Counard agreed that would be done.

Dr. Werner asked if the childhood obesity report would be shared with the local medical community. Dr. Cordes agreed that was a great idea, especially if there could be a continuing education program for physicians. She added, however, that many of the school physical forms that she reviewed seemed to have been done in a pharmacy clinic or minute clinic. She wondered how many children might not have a pediatrician that they see on a regular basis, they might not have a medical home.

### **Chair's Report**

Dr. Drachler mentioned that the following Board Members: Mr. Abbasi, Dr. Gaynes, Ms. Langguth, Dr. Luka, Mr. Nidetz, Ms. Nikitsch Dugan, Mr. Pandya, Dr. Polin, Dr. Prince, Dr. Sood, Ms. Jones Thorne, Dr. Topouzian, Ms. Varma, Ms. Urbanus, Dr. Usman and Dr. Williams have all had been reappointed by Mayor Van Dusen for 2 year terms until 2017.

Dr. Drachler reminded the board of the August Board of Health Dinner the potential dates for the event are July 30<sup>th</sup> August 6<sup>th</sup> or August 13<sup>th</sup>. This will be discussed at the next meeting to see which date works best for the group.

Dr. Drachler commented that the new Surgeon General Vivek Murthy outlined three major goals for his tenure as the nation's public health physician and how these are right in line with our own Community Health Plan initiatives:

- Combat misinformation
- Shift the culture of health from treatment to prevention, and
- Eliminate damaging behaviors like smoking that are entrenched in our society.

### **Personal Statements**

Dr. Werner gave a brief overview of his background, personal and professional, for the Board's information.

### **Director's Monthly Report highlights – a copy is attached**

- **E-Cigarette Ordinance Unanimously Approved by Village Trustees**  
The Board of Trustees unanimously approved amending Village Code to prohibit the use of electronic nicotine delivery systems, including E-cigarettes, wherever smoking is prohibited. Dr. A. Michael Drachler and Dr. Larry Williams presented the recommendation on behalf of the Board of Health.
- **Student Anti-Tobacco Poster Award Winners**  
This year's student anti-tobacco contest focused on E-cigarettes, with the winners selected by a Blue Ribbon Panel comprised of Mayor Van Dusen, Trustee Michele Bromberg and Dr. A. Michael Drachler. The winning posters will be displayed in the lobby of Village Hall and the Skokie Public Library during the month of May.
- **Skokie Draft Environmental Plan Update**  
Professor Sherry I. Brandt-Rauf and the environmental students at the UIC School of Public Health presented their draft Environmental Action Plan to a team from the Village. Also during April, the UIC SPH students collected 145 surveys from Skokie residents during the Spring Greening event. The surveys asked residents to assist with setting priorities for the Environmental Plan.

Dr. Drachler commented that there are many budget cuts being made at every level of government with the State of Illinois in such disarray. He is worried that the budget cuts could impact important public health programs. Dr. Counard responded that the Skokie Health Department had not been notified of any major cuts in funding at this time.

### **Community Health Plan**

- **Access to Healthcare**  
Dr. Counard said there is really nothing new; we are doing a great job at achieving this portion of our plan. Dr. Drachler asked if it was possible to determine if this has affected the statistics at the emergency rooms. Perhaps there has been a decrease in emergency room visits with more people obtaining insurance through the Affordable Care Act and the increased availability of health care through the two new federally qualified health centers serving Skokie. Dr. Counard responded that the Health Department would see if there was a way to get at that data.

- **Obesity Prevention**  
Dr. Counard said Dr. Leslie Cordes will be presenting the obesity data to the IPLAN Committee on May 20<sup>th</sup>, and there would be discussion about what to do next.

Dr. Dave spoke about some new initiatives; one is to have a women's only workout program at the Skokie Park District Weber Center and another to have the Talking Farm promote the growing of Southeast Asian produce items. Ms. Nikitsch Dugan mentioned an interview link from WBEZ on these topics. Dr. Counard said she would send the link to the Board.

- **Tobacco Use Prevention**  
Dr. Drachler mentioned that the next step is to work on amending the Skokie Smoking in Public Places Ordinance to raising the age to sell, purchase or possess tobacco products (including e-cigarettes) to 21.

- **Healthy Environment**

Dr. Counard commented that the main focus is now to take the work that Professor Sherry I. Brandt-Rauf and her UIC School of Public Health students conducted and create an environmental plan for the Village. The draft environmental plan is coming along very well.

Dr. Werner mentioned that all of Main Street will have bike lanes.

Dr. Drachler mentioned a Tribune editorial about the drought in the western states and fresh water is a major priority for the nation that needs to be addressed.

**Old Business**

Dr. Counard thanked Dr. Luka for providing information on Canine Influenza. Dr. Luka commented that the number of cases in the outbreak is starting to subside.

**New Business**

Dr. Counard spoke about beginning the two year process to develop the *2017 Community Health Plan* within the next few months.

Dr. Drachler commented on how our *2012 Community Health Plan* has been a great success, especially using it as a guide for Board of Health initiatives.

Dr. Drachler asked about information on kids vaccination numbers in Skokie. Dr. Counard replied that Skokie schools typically have high vaccination rates and there are very few children not vaccinated. Dr. Counard said the data could be presented at the first Board of Health meeting in September.

Dr. Topouzian asked about community gardens. Dr. Counard stated that the Skokie Park District does have locations that people can use.

**Adjournment** The meeting adjourned at 8:53 p.m.