

**Skokie Board of Health**  
**June 9<sup>th</sup>, 2016**

**Present**

Mr. Abbasi  
Dr. Drachler  
Ms. Nickisch Duggan  
Mr. Nidetz  
Dr. Polin  
Dr. Sood

Ms. Jones Thorne  
Dr. Topouzian  
Ms. Urbanus  
Ms. Varma  
Dr. Vernon  
Dr. Werner

**Excused**

Dr. Dave  
Dr. Gaynes  
Dr. Usman  
Dr. Williams

**Absent**

Mr. Pandya  
Dr. Prince

Dr. Catherine A. Counard, Director of Health  
Bruce A. Jones, Staff  
Dr. Shim  
Dr. McCarren – Family Services Commission

Before the start of meeting a photo was taken of the Board Members for the FY16 Annual Report Publication.

1. **Call to Order:** The meeting was called to order at 7:40 p.m. by Dr. Drachler, Chairman.
2. **Approval of Minutes:** The minutes of the previous meeting were approved as corrected.
3. **Presentation: Alison Newman, Ph.D., BCB Program Director, Behavioral Weight Management Department of Psychiatry and Behavioral Sciences NorthShore University HealthSystem (A copy of the presentation is attached)**

**Objectives:**

- Learn about the role of health psychology interventions as part of multidisciplinary treatment and as stand-alone treatment for obesity
- Examine how specific psychological interventions such as cognitive-behavioral therapy (CBT) are used in the treatment of obesity

**Treatment:**

- Improve quality of life
- Improve physical fitness
- Reduce morbidity and mortality
- Reduce end organ damage
- Improve functioning
- Reduce psychological co-morbidities
- Stop weight gain
- Engage the patient in playing a central role in disease management

**Role of Health Psychology in Pharmacotherapy**

- Pharmacotherapy should not be used alone
- Considered adjunct therapy to dietary change and physical activity
- Health psychology can help address barriers towards lifestyle change

### **Cognitive-Behavioral Therapy (CBT)**

- CBT is a solution-focused treatment, oriented toward solving problems and learning skills
- Can be used to treat obesity and can be used to address co-morbidities among those with obesity

### **CBT Offerings at NorthShore**

- JUMP START for adults with BMI  $\geq$  25
- Topics: self-monitoring, cognitive-restructuring, emotional/mindful eating, exercise
- JUMP START for Adolescents
- 4 session group for overweight teens, 15 yo – 19 yo
- Topics: meal planning, making eating healthy easier, self-esteem, how to make exercise fun

### **Cognitive Behavioral Coaching for Weight Loss and Maintenance**

- 10-session group, based on *The Beck Diet Solution*
- Focus is to teach dieters how to think differently about food and weight loss
- Provide skills to cope with hunger and cravings as well as maintain motivation for dieting
- Teach solutions for most common diet traps: traveling, eating out, alcohol, family problems, food pushers

### **Summary**

- Obesity is amenable to health psychology intervention
- Aim of treatment for obesity is not just weight loss
- CBT is a solution-focused treatment, oriented toward solving problems and learning skills
- CBT can strengthen the effect of other interventions such as bariatric surgery and pharmacotherapy. It can also be used as a stand-alone treatment when patient's don't qualify or desire other treatments

### **Discussion after the presentation:**

Dr. Drachler asked how Dr. Newman gets her patients. Dr. Newman explained mostly from surgical or cardiac physicians. Dr. Drachler asked if she works with internists. Dr. Newman said she does but again mostly through referrals.

Dr. Counard asked how many people are working on this project. Dr. Newman said there are 3 other Health Psychologists working with her in the program.

Dr. Topouzian asked where she is located. Dr. Newman explained currently she works at Evanston & Glenbrook Hospitals but is going to be moving to Skokie Hospital.

Mr. Nidetz questioned the success rate and felt it was a horrible surgery. Dr. Drachler and Dr. Newman explained that these procedures are not taken lightly and are done after many consultations and evaluations and can be beneficial for many individuals.

Dr. Counard asked if this is similar to tobacco use where the success rate increases after 5 or more years smoke-free. Dr. Newman explained the data does show that after 2-4 years of maintenance there is improved success, but this still remains more of a lifelong issue.

Mr. Abbasi asked about the cost of the programs they offer. Dr. Newman explained that the Jump Start programs are covered by insurance and the others are out of pocket.

Several Board members discussed the issue of other contributing factors that can lead to obesity (ADHD, Depression, etc.) and how can Primary Care Providers (PCP's) help to identify and address these issue.

Dr. Newman added that this is an excellent topic and she does provide education to PCP's on these other issues to help recognize some of the root causes to weight management.

Dr. Drachler asked how busy Dr. Newman was in her practice. She explained very busy and are looking to add more staff.

#### **4. Review of the Skokie Environmental Sustainability Plan:**

Dr. Counard gave a short review of the draft *Environmental Sustainability Plan* that was sent to everyone prior to the meeting. She thanked everyone for their work and commented how the UIC School of Public Health students compiled the 100+ page document to start, which was eventually boiled down to this document. The draft plan was already approved by the Environmental Sustainability Commission and the Village Manager. This will function as a stand-alone document, similar to the *Community Health Plan*.

Dr. Drachler suggested that LEED be spelled out early in the document, and Dr. Counard agreed.

Dr. Drachler also commented on several other issues: water conservation and not sending waste water from the Chicago area to the Gulf of Mexico; Village anti-idling policy not mentioned in plan and waste management to focus on recycling as Skokie lags behind the national trend. Conversation ensued on recycling and the need for more education for residents on what is recyclable and the need for more commercial recycling. Dr. Counard replied that these topics have been broached with Village management and now the Environmental Sustainability Commission will need to continue forward with implementing the plan.

Ms. Jones Thorne commented about the need to address more recycling education focused at school aged children while they are more impressionable and can change habits. Dr. Counard agreed there is much more that can be done.

Dr. Drachler asked if the Village is building a new bike path on Old Orchard. Dr. Counard said that is the plan and mentioned this portion of path will link up to Evanston as well as the other bike path systems.

Dr. Counard then spoke to the Board about the acknowledgements page and asked if it would be okay to not include everyone's degrees and licensures after their names. The Board agreed that this is the Environmental Sustainability Commission document and this would be acceptable. The Board agreed that members with a doctoral degree would have "Dr." prior to their name, and no other degrees would be listed.

Dr. Counard asked if the Board could formally approve the document. Dr. Drachler asked for a motion. Dr. Werner made a motion to approve the *Environmental Sustainability Plan* which was seconded by Ruth Varma. The Board unanimously approved the *Environmental Sustainability Plan*.

#### **5. Chair's Report:**

Dr. Drachler thanked Dr. Williams for Chairing the last meeting.

Dr. Drachler suggested August 18<sup>th</sup> for the summer dinner and that if no one has any specific suggestions for a location he would choose the restaurant.

## 6. Director's Report:

May Monthly Report highlights – a copy is attached:

### **First Zika Virus Case in Skokie resident**

The Department was notified of the 1<sup>st</sup> Zika virus infection in a Skokie resident: a young woman who had traveled outside of the United States and was not pregnant. To date, 10 Skokie residents have been tested for Zika virus, 7 were negative and we are awaiting the results for two people. There have been 18 Illinois residents diagnosed with Zika virus infection.

### **May 18 Police Tobacco Stings – no violations – first time in three years!**

The Skokie Police Department conducts stings three times a year to ensure that kids are not being sold tobacco products. Forty-five retailers were checked by three seventeen year old volunteers accompanied by a Skokie Police Officer; none of the retailers sold them tobacco

### **Skokie Farmers' Market to be Smoke-free**

On Sunday June 12th the first Skokie Farmers' Market of the summer will take place as a smoke-free event. The Village Manager's office, Legal Department, and Health Department collaborated to ensure the smoke-free Farmer's Market became a reality this year.

Dr. Vernon asked about West Nile Virus (WNV) surveillance in Skokie this year. Dr. Counard and Mr. Jones responded that the North Shore Mosquito Abatement District (NSMAD) has stepped forward and is doing the same surveillance in Skokie as had been done in previous years. They explained that State Grant funds had not been applied for due to the State's budget issues but that if Federal "pass through" funds from Cook County are available we would use those to supplement the WNV surveillance efforts being performed by NSMAD.

## 7. Old/New Business

Dr. Polin commented that he heard a rumor that Skokie Hospital is converting to be exclusively a Neurological and Orthopedic surgical facility. Dr. Drachler said he was not aware of that specific change, he believes that Skokie Hospital would continue with its current practices since the building expansion includes new operating rooms and the needed presence for general medicine but he would look to get a better answer for the September meeting.

Dr. Counard then showed a short video created by David Clough and the North Shore Theater students for the "Rethink Your Drink" campaign that was narrated by Mr. Clough. [The video can be found by clicking here.](#)

It was mentioned that California and Oak Park went to Tobacco 21. Dr. Counard mentioned that the State Tobacco 21 bill is not dead and has been sent to another committee and that Mayor Van Dusen is also working to get the State bill pushed forward.

Dr. Drachler reminded the Board the next meeting will be September 8<sup>th</sup> and Dr. Counard will give an update on Health Department's re-certification process.

**Adjournment** *The meeting adjourned at 9:00 p.m.*