

Skokie Board of Health
Committee Meeting Minutes
September 14, 2017

Present

Ms. Black
Dr. Dave
Dr. Drachler
Ms. Nickisch Duggan
Dr. Gaynes
Mr. Pandya
Dr. Sood

Ms. Jones Thorne
Ms. Urbanus
Dr. Usman
Ms. Varma
Dr. Vernon
Dr. Williams

Excused

Dr. Topouzian
Dr. Werner

Absent

Mr. Abbasi
Mr. Nidetz
Dr. Prince
Dr. Shim

Bruce A. Jones, Staff

Guest, Dr. Edward McCarron – Family Services Commission

1. **Call to Order:** The meeting was called to order at 7:00 p.m. by Dr. Drachler, Chairman.
2. **Approval of Board of Health Meeting Minutes:** The minutes of the June 8 meeting were approved.
3. **Presentations: SAHELI Grant Update - Dr. Swapna Dave**
Dr. Dave gave a detailed presentation on the new SAHELI Grant Initiative (See attached complete PowerPoint presentation). Below are some of the highlights:

SAHELI is dedicated to improving South Asian health in partnership with communities through culturally tailored, research proven interventions

Background:

- 3.4 million South Asians in the United States.
- Second fastest growing racial/ethnic minority in US.
- South Asians comprise 20% of U.S. Asian population.
- South Asians are at greater risk of death from cardiovascular disease compared to other racial/ethnic groups.
- No population-based data on U.S. South Asians.
- Few evidence-based interventions that have been adapted to the needs of the South Asian community

Health behavior and patient-centered factors:

- Physical inactivity is a major risk factor for CVD, and South Asians are some of the least physically active adults in the U.S.
- Poor diet is also a major contributor to CVD, and the South Asian immigrant diet is unique and undergoing transitions.
- South Asians' beliefs and norms influence behaviors and priorities, and these are all shaped by culture and social context.
- Few interventions address these factors.

SAHELI Pilot Study Objective in a community setting

- To describe the feasibility and initial efficacy of a culturally-tailored healthy lifestyle intervention compared to print education materials in a community-based organization (CBO) setting with medically underserved South Asians.
- West Ridge and Rogers Park neighborhoods
 - One of the largest South Asian business districts in US.
- Majority are Indian or Pakistani
- More recent immigrants
- Medically underserved
- Study conducted by Northwestern University in partnership with Metropolitan Asian Family Services

Community recruitment

- Community health fairs hosted by Skokie Health Department and Metropolitan Asian Family Services.
- Refer potential subjects with at least 2 **elevated** CVD risk factors (Blood Pressure, Cholesterol, Blood Sugar, or BMI>23) to the SAHELI study.
- Participants who qualify will be invited to the baseline assessment visits and then randomized to either the control group or SAHELI intervention.

Clinic recruitment

- Potential subjects with at least 2 elevated CVD risk factors will be identified by using a South Asian name algorithm and invited to participate in the research study.
- Participants who qualify will be invited to the baseline assessment visits and then randomized to either the control group or SAHELI intervention

Modified SAHELI intervention

- 16 week intervention
- One family member can attend the classes.
- Motivational interviewing woven into classes, no individual telephone calls.
- Self-monitoring (activity monitor and diet diary)
- Goal setting and Feedback
- Park district gym access.
- Content revised with feedback from Stakeholder Advisory Board.

SAHELI Goal

- At least 130,000 South Asian adults living in Chicagoland.
- One of the fastest growing ethnic groups.
- 40% of South Asian adults have 2 or more CVD risk factors.
- Implement effective and sustainable solutions for reducing diabetes and cardiovascular disease disparities in South Asians.
- Broaden the reach and impact of research and engage South Asians across Chicagoland at-risk for diabetes and CVD.
- Reduce cardiovascular health disparities

Discussion

Dr. Dave asked the group for suggestions on the diet diary topic. Dr. Drachler and Dr. Williams suggested people take a picture as most everyone has smartphones and can take a photo and keep a record of their meals. Ms. Jones Thorne also mentioned that there are mobile applications such as “MyFitnessPal” that can track all your nutritional data.

Dr. Dave asked the group for their input on the SAHELI Logo. Numerous Board members gave great recommendations on how to improve the logo to make it more attractive and easier to read.

Dr. Drachler asked about the logistics of the program and who will be the lead conducting the interviews. Dr. Dave explained the full time Community Health Specialist position created by the grant will be the lead on the program overseen directly by Sue Reisberg and others on the SAHELI Study Team.

Dr. McCarron asked about the rates of these health risk compared to the US population versus the Asian population. Dr. Dave said they do not have “Apples to Apples” data but what they have seen is a higher rate of Diabetes in South Asia and more prediabetes in the US.

Mr. Pandya questioned the 40% of South Asian adults having 2 or more CVD risk factors. Dr. Dave explained that this was from "Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study (900 people) not 40% of the 130,000 South Asian adults living in Chicagoland.

Dr. Usman inquired about the breakdown of participates from the different states Indian, Pakistan and Bangladesh. Dr. Dave said the majority where Indian and approximately 30 Pakistani and a few Bangladeshi.

Dr. Gaynes congratulated Dr. Dave on obtaining the grant and questioned if we could apply theses same principle to the general Skokie community population in order to focus on these same health risks.

4. Establishing first goals for 2017 Skokie Community Health Plan –Dr. Dave, Dr. Drachler and Board

Dr. Drachler started with suggestions submitted by Dr. Topouzian via e-mail. Dr. Topouzian said that she would be happy to assist in any way. Here are her thoughts:

1. Walking groups, guided tours of the Sculpture Park. Has anyone done this, perhaps along McCormick Place with all of the beautiful sculptures? Is the Skokie Valley Trail still being completed? These could be done by able seniors and even school groups could be arranged without interrupting classes.
2. I was very surprised to hear that the first responders in the Florida hurricane areas did not know where there might be disabled people in their homes, addresses, phone numbers and how many persons in the home. I remember that we had a speaker (Fire or Police Dept.) come to our meeting and said that they had a list of people that should be contacted first. Should we focus on the needs of the disabled first?
3. Social Determinants of Health promoting equity-education.
4. Dental care at Niles Township Food Pantry.
5. Healthy food recipes. Demonstration of recipes of healthy Armenian foods at the library.

Dr. Drachler then led a lively discussion with the Board regarding the *2017 Skokie Community Health Plan*.

Ms. Jones Thorne suggested we take a look at the Adverse Childhood Experiences and look at educational session at the library on the topic. Perhaps taking existing resources for physicians and reframing them to help reach other people on the topic. Dr. Drachler expanded on how the NorthShore University HealthSystem has taken this initiative on and is putting together a program from a hospital standpoint.

Dr. Drachler believes we need to focus on mental health care. Dr. Williams suggested promoting the availability of webinars, and to partner with the Health Department to share information/education on a variety of health topics.

Dr. Drachler believes that we need to engage the clergy community in order to share information on these health topics. Ms. Urbanus mentioned there is Skokie Clergy forum that meets on a regular basis that could be a resource.

Dr. Williams mentioned that Asian Human Services is looking to expand at a location in Niles and he would invite the Board to send him any recommendations on buildings/locations that may be available.

Dr. Drachler urged the Board to think about the *2017 Skokie Community Health Plan*, and send any ideas or thoughts to him and Dr. Counard.

5. Chair's Report:

Dr. Drachler thanked Dr. Usman again for arranging a great Annual Summer Board of Health dinner at the Cheesecake Factory.

Ms. Nina Black gave a brief personal and professional background overview to the Board

6. Director's Report:

Mr. Jones presented the August Monthly Report
August Monthly Report highlights – a copy is attached

Erie Evanston/Skokie Clinic Celebration

On August 15, community leaders from Skokie and Evanston gathered for a breakfast celebration in honor of National Health Center week and the 60th Anniversary of the founding of Erie Family Health Services. Dr. Lee Francis, Erie President and CEO, announced plans to double the capacity of the clinic in the next year, increasing by 7,000 the number of patients served by the clinic each year.

SAHELI NIH grant update

Funded by the National Institutes of Health (NIH), the SAHELI project includes a new full-time position in the Health Department, and will focus on improving the health of South Asians in our community. South Asians are four times more likely to have early heart disease and diabetes than the general population. We hope that the information gained from this study will contribute to developing national standards for minimizing this risk.

Child with lead poisoning – Skokie Medical Reserve Corps assists

Nurse Susan Reisberg was notified of a 2½ year old Skokie child with very high blood lead levels, who had been admitted to Lutheran General Hospital. Because the child's family only speaks Arabic, Ms. Reisberg enlisted the aid of a member of the Skokie Medical Reserve Corps who is fluent in Arabic. Ms. Reisberg's investigation with the Illinois Department of Public Health determined that deteriorated windowsills, with lead paint flaking off, were the source of the poisoning.

Drinking Water Lead and Copper Testing

Under the authority of the Safe Drinking Water Act, the Environmental Protection Agency (EPA) sets safe levels for lead and copper in residential drinking water. Every three years Skokie is required to sample tap water at 30 residential properties. The samples, collected between June 1 and August 31, were well within safe levels.

Discussion

Dr. Williams asked if the Village would be providing compost bins. Mr. Jones explained that there was talk about a potential incentive program but would need to get the exact details of what would be offered.

Ms. Jones Thorne asked if the landlord would be consulted on the child lead case since there could be others impacted in a multi-family building. Mr. Jones responded that he would mention this topic to Terry Oline the Property Standards Supervisor. Mr. Jones explained that if income levels can be met then funds could be available to replace windows if there were a problem with lead contamination.

7. Old/New Items of Business –Beekeeping, Tobacco 21, Sue Reisberg: New Supervisor

Mr. Jones gave an update to the Board on the proposed community apiary location along the multi-use path east of Oakton Community College. He also described how we are working with numerous community partners including representatives from the Village of Skokie, Oakton Community College, Skokie Park District/Emily Oaks Nature Center, Niles West High School and Community Beekeepers.

Dr. Drachler updated the Board that the Mayor is receptive to moving forward on the Tobacco 21 initiative. Dr. Drachler and our partners will be drafting a recommendation letter from the Board to the Mayor on endorsing the adoption of Tobacco 21.

Mr. Jones informed the Board that Sue Reisberg – Public Health Nurse who has been a long standing part of our management team, has recently been promoted to Personal Health Supervisor to help oversee staff and programs in the Personal Health Division.

Mr. Jones gave the Board an overview of the WBEZ Radio segment that ran last week about water quality in Illinois. Within the brief segment, it misleadingly and incompletely named only Skokie and Cicero as having detectable levels of 1,4 Dioxane in our community’s water based “on a new study”. Multiple communities that obtain drinking water from Lake Michigan had a detectable level of 1,4 Dioxane at least once during 2013 - 2015. The testing was performed at the direction of the US EPA, and the 1,4 Dioxane level detected in Skokie in 2014 was well below EPA safety levels. According to the EPA, 1,4 Dioxane is “used in many products, including paint strippers, dyes, greases, varnishes and waxes, and is an impurity found in antifreeze and aircraft deicing fluids and in some consumer products (deodorants, shampoos and cosmetics). **A copy of the Village statement regarding this story is attached.**

Mr. Pandya had a question about the Skokie Valley bike trail construction and he noticed a sign at Touhy saying a bridge would be built. Mr. Jones explained that particular portion of the trail is not in Skokie but is part of the Lincolnwood expansion of the trail.

Dr. Gaynes asked about the excessive grass/weed growth at the former Manufacture Gas Plant (MGP) at Oakton and McCormick Blvd. Mr. Jones said he would past the issue along to the Property Standards Division that handles grass/weed complaints.

A question was raised about why Skokie Park District facilities are not dog friendly. Mr. Jones explained that this particular ordinance has been in place for over 30 years which prohibits dogs on all Park and School grounds and was primarily passed because people failed to clean up after their animals.

Adjournment: The meeting adjourned at 8:20 p.m.

*Next Board of Health Meeting:
Thursday, October 12, 2017 7:00 p.m.
Village Hall – 2nd floor Conference Rooms D & E*
