

## The Health Council of Marin

Minutes of Regular Meeting: Tuesday, January 23, 2024

Sausalito Room, MarinHealth Medical Center, 250 Bon Air Rd., Kentfield

Zoom Option was available

**Members Present:** Kevin Hogan (President), Roberta Anthes, Sandy Ross, Ginger Souders-Mason, Barbara Wientjes, Jennifer Rienks

**Members Absent:** Pranav Bhanushali, Connie Barker, Bobby Moske

**Guests:** Loretta Rogers (Secretary)

**Handouts:** *Agenda; Minutes of December 5, 2023, Health Council of Marin monthly meeting; Schedule of meetings/presentation for 2024, Biennial Report*

1. **Call to Order:** President Kevin Hogan called the meeting to order at 7:08 pm.
2. **Approval of the Agenda:** President Hogan asked members to review and approve the agenda. The motion to approve the agenda was made by Sandy Ross, seconded by Ginger Souders-Mason, and passed unanimously.
3. **Approval of the Minutes of the December 5, 2023, Health Council of Marin Meeting.** President Kevin Hogan asked members to review and approve the minutes of the December 5, 2023, meeting. Roberta Anthes moved to approve the minutes. Jennifer Rienks seconded the motion. The motion passed unanimously.
4. **Report from the Nominating Committee:** Sandy Ross reviewed the list of Health Council of Marin (HCM) members and their terms. She stated that the HCM has six consumer positions and five provider positions. Among the consumers, Sandy Ross and Ginger Souders-Mason's terms are up in April and they must reapply for membership. Among the providers, Jennifer Rienks and Pranav Bhanushali's terms end in April and they must reapply as well. She noted that Seats 2 and 11 are open and asked members to help with recruitment for those open seats.
5. **Report from Executive Committee.** President Kevin Hogan reported on the last Executive Committee meeting the following:
  1. The Board of Supervisors has concerns about the lack of diversity on the Council. He urged members to invite more diverse members.
  2. The presentation schedule for the first half of 2024 was reviewed.
  3. They discussed how to get the Ad Hoc Committee report recognized by the Board of Supervisors (BOS) and placed on the agenda of a BOS meeting. On January 18, 2024, President Kevin Hogan sent an email to Supervisor Rodoni, asking him to sponsor the report. So far, President Hogan has received no response. President Hogan saw Supervisor Rodoni at an event the previous weekend and asked him about the report. Supervisor Rodoni stated that he had received the email and will be sending a response.
6. **HHS Update:** Loretta Rogers reported the following:
  1. **COVID:** Marin County Public Health continues to monitor COVID infection levels in Marin County via wastewater testing, outbreaks, hospitalizations, and variants. The current infection level is medium. The current dominant variant is JN1. There are 16 new hospital admissions. Fifteen COVID patients are hospitalized. There are two patients in the ICU. There are seven outbreaks in facilities and two in schools. About 28% of Marin residents have received the new monovalent vaccine.
  2. **Isolation:** On January 9<sup>th</sup>, CDPH relaxed its isolation guidelines. Now, isolation can end when symptoms are resolved or improving, and fever is absent for 24 hours, rather than waiting a minimum of five days. Masks continue to be recommended indoors for 10 days after symptom onset or first positive test.

3. **Free COVID-19 Tests:** Free test kits are available from the federal government through September 2024.
  4. **Men and Boys Mental Health:** Currently, men and boys account for three out of four suicides and overdose death. In response, Marin County Behavioral Health and Recovery Services has formed the “Men and Boys Action Team.”
  5. **Ciprofloxacin-Resistant Meningococcal Disease:** On January 22, 2024, Dr. Matt Willis issued a Public Health Advisory, instructing providers in Marin County to cease prescribing Ciprofloxacin for meningococcal disease as strains of it have become resistant.
  6. **988 – Lifeline for Suicide and Crisis Intervention:** 988 is the number to dial or text for urgent help in a time of mental health or substance use crisis, or even witnessing another person deal with a behavioral health challenge. It is staffed 24/7.
  7. **HHS has a new director:** A new director of Health & Human Services has been appointed by the Board of Supervisors to replace Benita McLarin who retired on December 29, 2023. Her name is Lisa Warhuus, PhD. She was recently employed by the City of Berkeley to head their housing programs. Her start date is February 20, 2024.
7. **Presentation:**
1. **Review of 2024 Presentation Schedule:**
    1. **February 27:** Healthy Marin Partnership (HMP) Community Health Needs Assessment (CHNA) & Community Health Improvement Plan (CHIP)
    2. **March 26:** Marin Life Expectancy
    3. **April 23:** Community Preparedness Coalition
    4. **May 28:** OD Free Marin
    5. **June 25:** Hepatitis C Coalition
  2. **Add to 2024 Presentation Schedule to Complement HCM Goals:** President Kevin Hogan reviewed the top four goals stated in the HCM’s Biennial Report. He proposed that the presentations for 2024 should complement those four goals. There was discussion of which presentations already scheduled fit the goals. He stated that one of the presentations in the second half of 2024 should be by the new HHS director, Dr. Lisa Warhuus. Also, he had discussed the HCM with Kathy Koblick and Dr. Lisa Santora and asked that the HHS presentations offer more depth. He asked members to consider what other presentations by HHS should be scheduled for 2024 and send their ideas to him. He suggested that the members look at the Health Needs Assessment as there is a lot of information in it and it could be a good source of ideas for presentations. Members should also send Kevin any questions that arise from reviewing the HNA document so that they can be addressed at the Feb. 27<sup>th</sup> presentation. He would like to receive them by the end of the month.
  3.
    1. There was general discussion. Jennifer Rienks brought up the need for mental health services for toddlers and middle schoolers. She stated that most therapists do not take insurance which is a huge barrier for most residents. One suggestion was to have a third party take care of the billing to insurance companies as the paperwork involved is part of the problem. There were other suggestions.
1. **Updates from Council Members:**
1. Ginger Souders-Mason reported that pesticides against algae are being considered for Stafford Lake. This will affect drinking water, etc. She is not sure that the public can do anything about this. President Hogan stated that before any plan of action is considered, more information needs to be obtained i.e. what kind of pesticide is being used, etc. Ginger stated that she had already been researching without satisfactory result. There was some general discussion.
  2. Roberta Anthes reported that she has a cousin who gave a TEDX talk on light pollution and how it affects sleep patterns and health generally. She would send

- it to members. There was general discussion. Jennifer will find a presentation on “Dark Skies” online and send it to HCM members.
3. Barbara Wientjes stated that she had taken the Brown Act online course and had a question about what needs to be posted 72 hours in advance of a meeting. There was clarification given. The agenda listing all items to be voted on needs to be posted 72 hours in advance of the meeting.
  4. Sandy Ross stated that there is a movement to allow hybrid meetings, i.e. meetings that are both in-person and via Zoom, permanently for the sake of disabled persons only. This will help with the diversity of membership problem.
  5. Ginger Souders-Mason reported that the next pandemic is predicted to be diseased meat. President Hogan stated that there are reports of Avian Flu among chickens in California which is causing die-offs. Barbara Wientjes stated that in West Marin there are pasturized chickens that are not kept in cages and are healthier.
8. **President’s Update:** President Kevin Hogan reported that he had seen recently a very interesting and important documentary entitled, “[You Are What You Eat: A Twin Experiment.](#)” It reports on the results of a multi-year experiment conducted by Stanford in which identical twins were given separate diets, one was given a vegan or plant-based diet and the other a standard American diet. The results were startling. He recommends HCM members view the documentation.
  9. **Public Comment:** None. Ginger Souders-Mason asked why Public Comment time was placed at the end of the agenda. President Kevin Hogan gave several reasons, including the need to have HCM presenters able to present early in the meeting so that they do not have to stay through the business items on the agenda. Jennifer Rienks stated that public comments are to be on topics that are not on the agenda, and they cannot be discussed by HCM members. HCM members can ask questions of the commenter for clarification, however. The Public Comment time can be set earlier in the meeting, as needed.
  10. **Adjournment:** The motion to adjourn was made, seconded, and passed unanimously. The meeting was adjourned at 8:46 pm. The next meeting will be on Tuesday, February 27, 2024.