UTAH COUNTY BOARD OF HEALTH

151 SOUTH UNIVERSITY AVENUE
PROVO, UTAH 84601

MINUTES

July 28, 2014

Members Present:

Name		Name	
Gaye L. Ray, RN	X	Teresa Tavares	X
Clyde Nielsen, RPh	X	Mayor Jeff Acerson	X
Supt. Keith Rittel	X	Diane Lohner	X
Dianne C. Carr	X	Cmsr. Doug Witney, Chair	X
Henry M. Yeates, M.D.	X		

Others present: Dr. Joseph Miner - Utah County Health Department (UCHD) Executive Director
Debbi Solen - UCHD Secretary
Number of people who signed attendance sheet - 21

1. Welcome and introduction of new board members by Commissioner Witney.

2. Approval of the Minutes from the May 19, 2014 meeting.

MOTION: Diane Lohner made the motion to approve the minutes, which was seconded by Jeff Acerson and passed by unanimous vote.

3. Thallium Project for Traverse Mountain Drinking Water - Craig Dietrich, DOH

Dr. Dietrich explained to the Board the investigation they had done of elevated thallium levels in the Traverse Mountain drinking water. Thallium is a soft, bluish-white metal that is odorless, tasteless and not a carcinogen. Short term exposure can cause temporary symptoms of nausea and vomiting, painful burning in hands and feet and dramatic hair loss. It is present in air, water and soil. Thallium has a short half-life and is expelled from the body very quickly.

In 2001 the Traverse Mountain well was drilled and there was a lot of water. Tests at that time showed the level of Thallium to be well below the maximum contaminant level. City wells in the County are routinely tested every 3 years. In Feb. 2012, Lehi City was notified that the thallium level had risen above the acceptable level and the water was taken off line. The minimum amount of thallium found affecting a person adversely with symptoms is 3.4 mg/kg/day. The Traverse Mountain well water was 2.9 mg/kg/day at its highest level.

Much testing was conducted and even though the bad well was discontinued it was determined that the reason for a persistent increase of the thallium level in some homes was due to build up (scaling) in the water lines. The public was advised and the system was flushed to get rid of the build up. At the end of April 2012 the water system without the bad well was safe for household use.

Based on water and soil sampling the study found that although the levels did exceed acceptable levels they were not high enough to be expected to affect people's health. Additionally, eating vegetables grown in gardens where soil sampling occurred is not expected to harm people's health.

There are medical tests to diagnose thallium poisoning and concerned citizens should contact their doctor for a blood or urine test. Water containing the elevated levels of thallium is currently being used for a secondary water source in Lehi. There is currently no health concern with watering lawns or gardens with this water; but as a reminder, this water should never be used for culinary purposes.

4. Proposed e-Cigarette Liquid Refill Regulation - Eric Edwards and Toni Allman

There have been some health concerns with the e-Cigarette cartridge refill liquids and we are recommending we draft a regulation like the Davis County Health Department. Ivy Melton-Sales from Davis County Health Department was in attendance and answered many of the Board's questions.

Refill solutions contain propylene glycol, vegetable glycerin, nicotine and flavoring. The nicotine level can be anywhere from 0-3.6%, however Davis County found the labeled percentages were frequently incorrect. Also a concern is that it would be easy to add marijuana extract or other illegal chemicals to the liquid. The labeling is inconsistent and confusing, the nicotine level isn't accurate and there is no regulatory oversight. There are no FDA regulations at this time. The Board will support the State's efforts to pursue licensing of e-Cigarette sales.

In addition, if a child were to drink a vial of this candy-flavored nicotine liquid it could cause severe nicotine poisoning or death. We would like to require a standard container with child safety caps that doesn't leak. Many of the refills are made in China, garages, etc. posing the question about mixing procedures and sanitation.

Three times more high school seniors in Utah are using e-Cigarettes than adults. The usage by Utah 8th graders has doubled since 2012. One-third of e-Cigarette users have never smoked. It hasn't been proven that using e-Cigarettes has helped anyone stop smoking; they are addiction switching.

With an adoption of a regulation, enforcement could be conducted with the tobacco compliance checks throughout Utah; and regarding the health benefit claims, the burden of proof would fall on the manufacturer.

The Board asked that Eric Edwards and Toni Allman work with Paul Jones, county attorney, to draft a regulation for the Board to consider in September. The regulation should cover packaging, labeling, advertizing, purchasing (youth access), e-liquid manufacturing, standard operating procedures, sampling facility age restrictions, sanitation, and safety warnings.

5. Baby Steps Pre-Natal Smoking Cessation Program - Mindy Steadman

Mindy Steadman is a BYU graduate student who conducted an independent study of the Baby Steps program. This is a program designed to help pregnant women and their spouse/partner quit smoking. As an incentive they receive vouchers for diapers from Macey's. March of Dimes has given Utah County Heath Department a grant for purchasing the diapers. Participants are given a breathe analyzer test every month to document their compliance. So far Baby Steps has been a very successful program, out of the 90 program participants there has only been one premature birth.

Fifteen in-depth interviews were conducted in May 2014; 13 of the participants were enrolled in Medicaid. Only one reported being a current smoker. Six of the interviewees had a spouse/partner who had participated in the program with them. All who were interviewed were very positive about the program.

When asked what could be improved about the program, the participants asked that the diaper vouchers be available at other stores, to be able to walk-in for testing, have vouchers that could be used for formula, and to have on-line support (Facebook) with one another and to provide educational information.

6. Mother's Milk Depot Report - Amanda Ottley

A little over a year ago the Mother's Milk Depot was created at the Utah County Health Department. A goal of collecting 10,000 ounces was set at that time which was reached in 8 months. They have collected about 13,000 ounces now. The Utah Valley Newborn Intensive Care Unit refers mothers to the Depot. Utah County's Mother's Milk Depot and the other Milk Depots in Utah are currently working towards opening a Mother's Milk Bank in Salt Lake City for screening and pasteurizing the milk. This is done in Denver, Colorado now. They hope to have the Mother's Milk Bank open in 2016 and it would serve clients in Idaho and Utah.

Amanda Cooley of Provo was recognized as a runner up for the Utah Valley 2014 Mother to the Community award for donating just over 26 gallons (3401 ounces) of pumped breast milk to the Utah County Milk Bank. This is an invaluable service for many premature babies.

7. Utah County Clean Air Task Force Update

A handout was given out showing how to report a "Smoking Car" on the utahcountyhealth.org website. If a car is reported it must be brought to our challenge station for a free inspection. If the car is not brought in for the inspection then it will not be allowed to be registered as scheduled. Paul Jones, Utah County attorney, will be discussing smoking vehicle enforcement or the "Fix it Ticket" with the Utah County Sheriff Department and the Police Chiefs' Association.

Salt Lake City has limited idling to no more than a few minutes and Utah County's Clean Air Task Force is considering similar actions. Schools will be gettingeducational colored flags to fly with each color representing the air quality for the day. The green flag is for good air quality, yellow for marginal, and red for poor air quality. Not only will the parents, students, and school personnel be aware of bad air quality days, but the public will be aware as well. Idling at the school while waiting for children will not be allowed on bad air quality days. Hopefully people will become aware of the air quality and change their habits and not idle at drive up windows but park their car and walk in to the building.

8. Board Member Feedback from Constituents

* We received a complaint of a lot of dead carp on the beach at the Utah Lake State Park. When the Provo River gets low the fish will die. The State Parks office was notified of the sanitation concern.
* West Nile Virus has been found in mosquitos in five counties in Utah; none yet in Utah County. There have been no human cases in Utah.
* We are still receiving positive comments about the improved management of the Festival of Colors held last Spring.

9. New Employees

Board members were referred to the list of employee changes.

10. Other Business:

* A new Utah County Health Department organization chart was given to Board members.
* The final 2013 Annual Report has been printed and given to Board members and is available to anyone interested. It is also available on our website.
* September 18-19th is the UALBH Annual Symposium at Daniels Summit Lodge near Heber City, Utah. Registration for the Board members is online this year. Let Debbi Solen know you are attending. The registration will be paid for by the Utah County Health Department. Thursday evening New Board member training is very helpful. Gaye Ray will be President of UALBH starting in January 2015.

* Kye Nordfeldt from the Dept. Of Drug & Alcohol Prevention & Treatment (aDDAPT) spoke briefly on smart policy approaches to marijuana. Community leaders are urged to consider policies that protect families, promote a strong economy, consider the medicinal value and respect the rule of law. Research shows fewer youth believe marijuana use is harmful and marijuana use among youth is steadily rising. aDDAPT continues to support research aimed at providing patients access to cannabis-based medications that are FDA approved, pharmacy dispensed and non-smoked medications. aDDAPT does not support the recreational use of marijuana in any form.

Our next meeting will be September 22, 2014.

MOTION: Gaye Ray made the motion to adjourn the meeting which was seconded by Diane Lohner and passed by unanimous vote.

Meeting adjourned at 6:00 p.m.

Joseph K. Miner MD

Joseph. Miner, M.D.
Executive Director
Utah County Health Department

Commissioner Doug Witney
Chair
Utah County Board of Health