

**Minutes of the Board of Commissioners  
Multnomah Building, Commissioners Conference Room 635  
501 SE Hawthorne Blvd. Portland, Oregon  
Tuesday, September 4, 2012**

**EXECUTIVE SESSION**

Chair Jeff Cogen called the meeting to order at 9:09 a.m. with Commissioners Deborah Kafoury, Judy Shiprack and Diane McKeel present and Vice-Chair Loretta Smith excused.

ES.1 The Multnomah County Board of Commissioners will meet in Executive Session Pursuant to ORS 192.660 (2) (d) & (h). Only representatives of the news media and designated staff are allowed to attend. Representatives of the news media and all other attendees are specifically directed not to disclose information that is the subject of the Executive Session. Final decisions are decided in public Board meetings. Presenters: Jenny Morf, County Attorney with Steve Herron, Labor Relations Director.

Executive Session was held and adjourned at 9:30 a.m.

**Minutes of the Board of Commissioners  
Multnomah County, Oregon, Board Room 100  
Tuesday, September 4, 2012**

**BOARD BRIEFINGS**

Chair Jeff Cogen called the meeting to order at 10:04 a.m. with Commissioners Deborah Kafoury, Judy Shiprack and Diane McKeel present and Vice-Chair Loretta Smith excused.

Also attending were Lynda Grow, Board Clerk, and Jenny Morf, County Attorney.

**B.1 Informational Board Briefing on Employee Wellness Initiative. Sponsor: Chair Jeff Cogen. Presenters: Steve Herron, Labor Relations Director; Abbey Hendricks, Employee Benefits and Wellness Manager; Michael Hanna, President, AFSCME Local 88; and Sonia Manhas, Community Wellness and Prevention Manager, Health Department.**

Chair Cogen welcomed everyone for attending and made opening remarks.

Mr. Herron gave the overview and background. He said the Committee was created at the Chair's request to perform an assessment of the County's current employee wellness program and develop recommendations for an effective program. He covered the steps taken to analyze data from the insurance carriers, develop a survey, report on the current program and policy work and review nationwide best practices. They

analyzed employee health data for obesity, depression, diabetes, tobacco, cancer screenings and immunizations and compared that to State data.

Ms. Manhas said an employee survey was conducted and 92% identified one or more health concerns with top concerns being more physical activity, managing body weight, reducing stress, eating healthier and managing chronic medical conditions. 69% reported barriers to participating. He gave an overview of the current wellness program, and worksite policies. A review of research showed most effective programs have participation rates at 50% or higher; combine individual change strategies with a supportive cultural work environment; and combine multiple components versus targeting a single condition or risk behavior.

Mr. Hanna reviewed committee key recommendations including: prioritized key health care issues for interventions; implementing obesity prevention and weight management interventions; actively promoting available resources for tobacco prevention; increasing support and availability of preventive screenings and evidence-based self-management; implementing a coordinated infrastructure for sustainable employee involvement; and implementing a worksite wellness communications strategy.

Mr. Heron reviewed next steps saying culture change takes multi-year investment in resources and may require alignment. He added that it might be beneficial to consider external consultant assistance to develop strategic plan and to invest in staff resources to support initiatives and change effort.

The Presenters responded to Board questions and comments.

The Commissioners expressed their appreciation to the presenters for their work and presentation.

**B.2 Update on the Health Department's "A Healthy Active Multnomah County: It Starts Here" Community Education Campaign. Sponsor: Commissioner Deborah Kafoury, District 1. Presenters: Health Department Staff: Sonia Manhas, Manager; Adelle Adams, Communications and Policy Lead Coordinator; Myde Boles, Principal Investigator/Senior Research Scientist**

Commissioner Kafoury made the introductions and gave opening remarks.

Commissioner Shiprack left at this time.

Ms. Manhas gave the overview. She covered the mandate given by the Board for the Health Department to implement a community education campaign to improve the health of its residents by raising community awareness about obesity and its many consequences including poor health and learning outcomes. The "It Starts Here" campaign has targeted two areas, obesity and exercise. The "Hidden Sugar" campaign raises awareness about the amount of sugar in sodas and drinks, and how those

calories lend to the rise in obesity in children; and, the "Healthy Kids" campaign which emphasizes the importance for children to have a safe place for physical activity.

The presenters talked about the campaign and successful partnership with media partners KGW and KUNP. Evaluation of the campaign showed that 70% of people surveyed could recall an element of the campaign.

Ms. Manhas responded to Board questions and comments.

Chair Cogen and the Commissioners thanked staff for their tremendous work and outstanding presentation.

### **ADJOURNMENT**

There being no other business, the meeting was adjourned at 10:55 am.

**The minutes reflect the actions of the Board. For more detail, you are welcome to view the presentation material and/or video at:** [http://multnomah.granicus.com/ViewPublisher.php?view\\_id=3](http://multnomah.granicus.com/ViewPublisher.php?view_id=3)

Submitted by:  
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Board of County Commissioners  
Multnomah County