

**Minutes of the Board of Commissioners
Multnomah Building, Board Room 100
501 SE Hawthorne Blvd., Portland, Oregon
Thursday, August 15, 2013**

REGULAR MEETING

Chair Jeff Cogen called the meeting to order at 9:36 a.m. with Commissioners Deborah Kafoury, Loretta Smith and Diane McKeel present. Vice-Chair Judy Shiprack was excused.

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

[THE FOLLOWING TEXT IS THE BYPRODUCT OF THE CLOSED CAPTIONING OF THIS PROGRAM.]

Board Clerk: PUBLIC COMMENT. OPPORTUNITY FOR PUBLIC COMMENT ON NON-AGENDA MATTERS. TESTIMONY LIMITED TO THREE MINUTES PER PERSON UNLESS OTHERWISE DESIGNATED BY THE PRESIDING OFFICER. THIS IS A TIME FOR THE BOARD TO HEAR PUBLIC TESTIMONY NOT FOR BOARD DELIBERATION. CHAIR, I HAVE TWO THAT HAVE SIGNED UP. MR. LIGHTNING AND MR. WALSH. PLEASE COME FORWARD.

Mr. Walsh: MY NAME IS JOE WALSH. I REPRESENT INDIVIDUALS FOR JUSTICE. I GUESS I'M FIRST.

Chair Cogen: YES.

Mr. Walsh: I WANT TO TELL YOU A STORY. THERE IS A MAN THAT IS RUNNING FOR OFFICE IN NEW YORK CITY BY THE NAME OF ANTHONY WIENER. THREE MONTHS AGO, HE WAS THE LEAD CANDIDATE FOR THE MAYOR OF NEW YORK. ONE OF THE PRIZED POLITICAL POSITIONS IN NEW YORK CITY. HE HAS NOT SAID ANYTHING ABOUT HIS CASE. HE HAS REFUSED TO PULL OUT OF THE RACE AND IS NOW NUMBER FOUR WITH 10% OF THE VOTE. HE DROPPED FROM THE MAJORITY OF THE VOTE DOWN TO 10% BECAUSE HE WOULDN'T ANSWER QUESTIONS ABOUT WHAT HE WAS DOING AND WHY HE WAS DOING IT. THAT'S MR. WIENER. NOW, WE HAVE ANOTHER MAN WHO IS RUNNING FOR CONTROLLER. HIS NAME IS SPITZER. HE WAS THE GOVERNOR OF NEW YORK FOR ONE YEAR. THINK OF IT AS 2008 THAT HE WAS GOVERNOR. AND HE MADE THE STATEMENT AFTER HE WAS CAUGHT IN A MORALS QUESTIONS, I TAKE RESPONSIBILITY, I'M OUT OF HERE AND HE WENT AWAY UNTIL THIS YEAR. HIS RUNNING FOR CONTROLLER. HE RESIGNED HIS OFFICE BECAUSE OF HIS ACTIONS, BECAUSE OF HIS ACTIONS, THERE MR. COGEN, AND NOW, HE IS 19 POINTS UP FROM ANYBODY NEAR HIM. THAT'S THE WAY YOU DO IT. YOU SAY I SCREWED UP, I TAKE RESPONSIBILITY, I'M OUT OF HERE, I'M GOING TO REPAIR MY REPUTATION, AND THEN I WILL LAY MYSELF UPON THE PEOPLE OF

OREGON OR IN THIS CASE MULTNOMAH COUNTY AND LET THEM DECIDE WHETHER I SHOULD COME BACK OR NOT. YOU DO NOT HIDE. YOU ARE DOING THE WIENER DANCE AND YOU'RE GOING TO END UP IN THE SAME PLACE AS TONY WIENER, DOWN IN THE CRAPPER. THANK YOU.

Chair Cogen: THANK YOU. GOOD MORNING.

Mr. Lightning: GOOD MORNING. MY NAME IS LIGHTNING. CHAIR JEFF COGEN, THERE IS NOW MORE MEDIA ATTENTION BEING FOCUSED ON THE HOMELESS SLEEPING ON THE SIDEWALKS IN FRONT OF CITY HALL. IT'S TIME FOR YOU TO GET BACK TO BUSINESS. SIDEWALK. A PAVED WALKWAY ALONG THE SIDE OF A STREET OR A PATH FOR WALKING. AGAIN, LET ME SAY FOR WALKING. HOME HOUSING, THE PHYSICAL STRUCTURE WITHIN WHICH ONE LIVES, SLEEPS, SUCH AS A HOUSE OR AN IMPORTANT OR A HOTEL. THEN WHY IT THROUGH CITY OF PORTLAND, MULTNOMAH COUNTY, WE HAVE SO MANY PEOPLE SLEEPING ON SIDEWALKS, WHICH THE INTENDED PURPOSE OF A SIDEWALK IS FOR WALKING? WHERE HAVE WE GONE WRONG TO THINK THAT THE SOLUTION TO REDUCING HOMELESSNESS IS A SIDEWALK FOR PEOPLE TO SLEEP ON? WE HAVE RECENTLY SEEN A LOT OF MEDIA ATTENTION FOCUSED ON PEOPLE SLEEPING ON SIDEWALKS AROUND CITY HALL. A HIGH USE PEDESTRIAN ZONE WAS RECENTLY CREATED AROUND CITY HALL. THE PURPOSE IS NOT TO ALLOW PEOPLE TO SLEEP ON THE SIDEWALKS DURING NORMAL BUSINESS HOURS. IT APPEARS TO BE WORKING AROUND CITY HALL, EXCEPT ONE PROBLEM: THE APPROXIMATE 30 PEOPLE HAVE MOVED ACROSS THE STREET IN TERRY SCHRUNK PARK OR ALONG THE SIDEWALKS. HOUSING IS THE ONLY SOLUTION. A POSSIBLE PLAN OF ACTION FOR THIS DIFFICULT SITUATION WOULD BE TO OFFER ALL 30 PEOPLE RENT VOUCHERS FOR \$800 PER MONTH TO BE APPLIED TOWARD A HOME, A HOTEL OR AN APARTMENT FOR LET'S JUST SAY A THREE-MONTH TERM. THE TOTAL COST WOULD BE \$72,000. I'M ASKING MULTNOMAH COUNTY CHAIR JEFF COGEN AND COMMISSIONERS TO SET YOUR DIFFERENCES ASIDE AND WORK ON PASSING AN EMERGENCY ORDINANCE WITH AN INTERGOVERNMENTAL AGREEMENT BETWEEN CITY OF PORTLAND, MULTNOMAH COUNTY, TO PAY AN EQUAL AMOUNT OF \$36,000 EACH. THE HOMELESS HAVE THE ABILITY TO SHOW THE GREATEST IMPROVEMENTS THROUGHOUT THE CITY OF PORTLAND AND MULTNOMAH COUNTY. WE MUST RECOGNIZE THIS GREAT OPPORTUNITY AND CREATE WAYS TO ENABLE THIS PROCESS TO HAPPEN. WE MUST KEEP THINGS MOVING FORWARD. THANK YOU.

Chair Cogen: THANK YOU.

>> Board Clerk: R1 AUTHORIZING SETTLEMENT OF THE WALTZ CASES.

Chair Cogen: A MOTION, PLEASE? COMMISSIONER McKEEL MOVES, COMMISSIONER SMITH SECONDS APPROVAL OF R1. GOOD MORNING.

>> HI, I'M KATHARINE VON TER STEGGE. WE'RE REQUESTING AUTHORIZATION OF \$300,000 TO SETTLE TWO EMPLOYMENT DISCRIMINATION LAWSUITS OUT OF THE HEALTH DEPARTMENT, ONE FILED BY TOM WALTZ, THE OTHER FILED BY FORMER EMPLOYEE LESLIE WALTZ AND AN INTERNAL MERIT COUNCIL APPEAL PENDING BY TOM WALTZ. FOR THE REASONS WE DISCUSSED AT THE EXECUTIVE SESSION A COUPLE OF WEEKS AGO AND WE'RE HAPPY TO ANSWER ANY QUESTIONS IF YOU HAVE ANY.

Chair Cogen: HAVE THERE BEEN ANY DEVELOPMENTS SINCE THE EXECUTIVE SESSION?

>> NO.

Chair Cogen: QUESTIONS OR COMMENTS? ALL IN FAVOR VOTE AYE. [UNANIMOUS AYES] OPPOSED? THE SETTLEMENT IS APPROVED. THANK YOU.

>> Board Clerk: AUTHORIZING SETTLEMENT OF LITIGATION ASSOCIATED WITH SELLWOOD BRIDGE CONDEMNATION CASE.

>> Chair Cogen: COMMISSIONER McKEEL MOVES, COMMISSIONER KAFOURY SECONDS APPROVAL OF R2. GOOD MORNING.

Mr. Elliott: GOOD MORNING CHAIR COGEN. AND COMMISSIONERS. I'M KEN ELLIOTT FROM THE COUNTY ATTORNEY'S OFFICE. THIS IS THE SIXTH MATTER IN THE BIG SIX OF THE RIGHT-OF-WAY ACQUISITIONS FOR THE SELLWOOD BRIDGE. WE'RE SEEKING BOARD'S APPROVAL TO SETTLE THE EMINENT DOMAIN CASE FILED AGAINST THE SELLWOOD HARBOR UNIT OWNERS ASSOCIATION. A COMPROMISE WAS REACHED FOLLOWING MEDIATION LAST MONTH AND THE COUNTY WOULD BE ACQUIRING FROM THE ASSOCIATION THE MAIN PERMANENT BRIDGE EASEMENT AND SIX TEMPORARY CONSTRUCTION EASEMENTS AS WELL AS COMPENSATING FOR THE LOSS OF UNIT, OWNERS' ASSESSMENTS FROM THE FOUR UNITS THAT THE COUNTY PREVIOUSLY PURCHASED. THERE ARE SUFFICIENT FUNDS REMAINING IN THE PROJECT BUDGET FOR THIS ACQUISITION. AND I WOULD BE HAPPY TO ANSWER ANY QUESTIONS.

Chair Cogen: THANKS. COMMISSIONER SMITH.

>> Commissioner Smith: I HAVE A QUESTION. GOOD MORNING. DO WE HAVE ANY OTHER OUTSTANDING LAWSUITS AGAINST US ON THE SELLWOOD BRIDGE? OR IS THIS THE END?

>> COMMISSIONER SMITH, THIS IS THE LAST MATTER THAT'S ACTUALLY IN LITIGATION. THERE ARE TWO POSSIBLE SITUATIONS ON THE WEST SIDE THAT COULD REQUIRE EMINENT DOMAIN CASES BEING FILED IN THE FUTURE BUT THIS IS THE LAST ONE THAT'S PENDING AT THIS TIME.

>> Commissioner Smith: OKAY, THANK YOU.

>> Chair Cogen: COMMISSIONER KAFOURY.

>> Commissioner Kafoury: I WANT TO THANK YOU FOR YOUR WORK ON THIS. IT'S BEEN A LONG HAUL AND I APPRECIATE THAT WE'VE COME TO THIS POINT. THANKS.

>> THANK YOU VERY MUCH.

>> Chair Cogen: ALL IN FAVOR VOTE AYE, OPPOSED, THE SETTLEMENT OF THE LITIGATION IS APPROVED. THANK YOU. WE'RE GOING TO RECESS AS THE MULTNOMAH COUNTY BOARD OF COMMISSIONERS AND CONVENE AS THE DUNTHORPE RIVERDALE SERVICE DISTRICT.

>> Board Clerk: R3, AUTHORIZING THE COUNTY ATTORNEY TO INITIATE LITIGATION FOR THE COLLECTION OF A DEBT OWED THE DUNTHORPE RIVERDALE SERVICE DISTRICT.

>> Chair Cogen: A MOTION, PLEASE? COMMISSIONER SMITH MOVES, COMMISSIONER KAFOURY SECONDS APPROVAL OF R3. GOOD MORNING.

>> GOOD MORNING CHAIR COGEN, COMMISSIONERS, MATT RYAN HERE, COUNTY ATTORNEY'S OFFICE WITH RESPECT TO COLLECTION OF A SMALL DEBT ON A PAST DUE ACCOUNT THAT WE MENTIONED A WEEK OR SO AGO AND IT'S OUR NEXT STEP TO MAKING THIS ACCOUNT CURRENT.

>> Chair Cogen: QUESTIONS OR COMMENTS? ALL IN FAVOR VOTE AYE. OPPOSED, THE REQUEST TO INITIATE LITIGATION IS APPROVED.

>> THANK YOU.

>> Chair Cogen: WE'LL ADJOURN AS THE DUNTHORPE RIVERDALE SERVICE DISTRICT AND RECONVENE AS THE MULTNOMAH COUNTY BOARD OF COMMISSIONERS FOR R4.

>> AND THAT'S ALL THE COUNTY ATTORNEY MATTERS FOR THE BOARD TODAY. [LAUGHTER]

>> Chair Cogen: IT'S BEEN FUN.

>> Board Clerk: R4, MULTNOMAH COUNTY WELLNESS TEAM KICKOFF. COME ON DOWN.

>> GOOD MORNING CHAIR COGEN AND COUNTY COMMISSIONERS. I'M ROLANDO CRUZ AND I WORK IN KAFOURY'S OFFICE. TODAY, I'M JOINED BY MY FELLOW COUNTY EMPLOYEES TO PRESENT TO YOU OUR COUNTY WELLNESS PLAN THAT WE'VE BEEN WORKING ON SINCE JUNE. AND THE CAMPAIGN IS CALLED WHAT MOVES YOU. AND, AS YOU CAN SEE, WE HAVE SOME WONDERFUL STICKERS THAT WE'LL HAND OUT TO THE REST OF THE COMMISSIONERS TO MAKE SURE THAT YOU GUYS HAVE A COPY OF THAT, TOO. THE GOAL FOR THE CAMPAIGN WAS REALLY TO GET FOLKS TO EXERCISE, WHICH IS A REALLY SIMPLE WAY OF SAYING A FANCY TERM OF NONEXERCISE ACTIVITY THERMOGENESIS. WHAT IT BASICALLY MEANS IS JUST REALLY SIMPLE FIDGETING, MOVEMENTS THAT WE DO --

>> Chair Cogen: YOU DO THIS AS EXERCISE?

>> FIDGETING IS EXERCISE, BELIEVE IT OR NOT. IT'S ACTUALLY, IT'S ANYTHING THAT REPRESENTS WHEN WE'RE NOT SLEEPING, EATING OR DOING SPORT-LIKE ACTIVITIES. SO SIMPLE WALKING, TAKING THE STAIRS, THAT IS CONSIDERED NEAT. AND I WILL HAND IT OVER TO ONE OF MY FELLOW WELLNESS TEAM MEMBERS TO TALK ABOUT THE CAMPAIGN.

>> GOOD MORNING COMMISSIONERS, CHAIR COGEN I ALSO WORK IN THE CHAIR'S OFFICE BUT I AM HAPPY TO BE UP HERE ALSO REPRESENTING THE WELLNESS TEAM AND GOING TO TALK TO YOU A LITTLE BIT ABOUT THE CAMPAIGN ACTIVITIES THAT WE'RE GOING TO HAVE OVER THE NEXT FEW MONTHS. AND THEN MY FELLOW TEAM MEMBERS WILL GO INTO GREATER DETAIL. WE HAVE DECIDED TO COINCIDE THE KICKOFF EVENTS WITH THE TRIMET BUS PASS RENEWAL THAT IS GOING TO BE HAPPENING OVER THE NEXT COUPLE OF WEEKS, THE FIRST ONE IS THIS FRIDAY AUGUST 16th AND WE ARE GOING TO HAVE OUR WELLNESS TEAM MEMBERS REPRESENTING AND HANDING OUT A COUPLE OF DIFFERENT THINGS FOR MEMBERS INCLUDING THESE STICKERS. AND WE WILL GO OVER AT THAT TIME WITH EVERY EMPLOYEE WHAT THIS IS ABOUT, HOW THEY CAN GET INVOLVED, AND BASICALLY JUST GET PEOPLE EXCITED ABOUT IT. SO A FEW OF THE THINGS WE'RE GOING TO BE TALKING ABOUT ARE TWO OF THE ACTIVITIES WE'RE GOING TO HAVE GOING ON, WHICH IS REALLY THE MEAT OF THIS CAMPAIGN. WE ARE GOING TO HAVE WHAT'S CALLED A 50 MOVES CHALLENGE. AND BASICALLY THESE ARE JUST GOING TO EMBODY GETTING UP, DOING SMALL MOVES THROUGHOUT THE DAY TO ENCOURAGE WELLNESS. AND THE WAY WE'RE ENERGIZING PEOPLE ABOUT IT IS WITH SOME PRIZES AND KATHLEEN WILL TALK A LITTLE BIT MORE ABOUT THAT. AND THE POINT IS JUST GETTING AND UP MOVING AS MUCH AS YOU CAN THROUGHOUT THE DAY. A LOT OF US CAN SIT A LOT OF THE TIME AND WE WANT TO GET PEOPLE UP AND MOVING A LITTLE MORE. AND THEN THE SECOND ACTIVITY WE'RE GOING TO HAVE IS THESE GET UP REMINDERS. SO I THINK A LOT OF YOU ARE FAMILIAR WITH YOUR CALENDARS, LITTLE EVENTS THAT POP UP OFTEN. WE'RE GOING TO INCORPORATE A CALENDAR THAT'S GOING TO ACTUALLY REMIND YOU TO

MOVE. AND THERE ARE GOING TO BE A LOT OF THE SAME AS THINGS THAT YOU WOULD IN THE 50 MOVES CHALLENGE, VERY SIMPLE. AND THAT'S GOING TO GO SEPTEMBER 27th THROUGH OCTOBER 27th, THE 50 MOVE CHALLENGE IS GOING TO BE THE FIRST PART, OCTOBER 27th THROUGH OCTOBER 20th SO YOU CAN SEE WE DIVVIED IT UP. AND THEN OF COURSE, WE HAVE TO HAVE A FUN WRAP-UP EVENT TO CELEBRATE AND ENCOURAGE PEOPLE TO CONTINUE WHAT THEY'VE BEEN DOING ALREADY. SO THAT'S GOING TO BE AT FOUR DIFFERENT LOCATIONS ACROSS MULTNOMAH COUNTY. AND IT'S GOING TO INCLUDE PRIZES AND SOME EDUCATIONAL INFORMATION. SO THANK YOU. AND NEXT UP, KATHLEEN IS GOING TO TALK ABOUT IT A LITTLE BIT MORE.

>> THE 50 MOVES CHALLENGE IS SET UP TO HAVE SOMETHING FOR EVERYBODY THAT EVERYBODY CAN CHOOSE SOMETHING THAT THEY CAN DO AND WE HAVE A NICE HANDY DANDY LIST OF THE 50 THAT WE'LL BE HANDING OUT TO EMPLOYEES AS WELL AS YOURSELF. THE COMMENTS, WE HAVE ALSO LISTED ALL THESE 50 DIFFERENT MOVES FOR EMPLOYEES TO TRY. THEY RANGE FROM SIMPLY DRINKING MORE WATER TO STANDING UP AND STRETCHING AFTER A NUMBER OF E-MAILS OR PHONE CALLS, TO RIDING YOUR BIKE TO WORK OR ORGANIZING A WORKOUT PARTY IN A CONFERENCE ROOM. BETWEEN NOW AND THE 50 MOVES CHALLENGE, WHICH BEGINS ON THE 27th, WE ARE ENCOURAGING EVERYONE TO GO ONTO THE COMMONS AND COMMENT ON THE MOVES, ADD IDEAS AND MAKE NOTE OF YOUR FAVORITES. TO PARTICIPATE, EMPLOYEES SIGN UP VIA A WEB FORUM ON COMMONS AND LOG THE MOVES THEY DO BETWEEN AUGUST 27th AND OCTOBER 20th. AND PLEASE NOTE THAT EMPLOYEES CAN PICK AND CHOOSE WHICH MOVES TO TRY AND REPEAT THOSE MOVES AS MANY TIMES AS THEY CHOOSE TO. YOU'RE NOT EXPECTED TO TRY EVERYTHING. JUST THE ONES THAT WORK FOR YOU DURING YOUR WORK DAY AND YOUR LIFESTYLE. EACH TIME YOU LOG YOUR ENTRY IS PUT INTO A RAFFLE POOL, WHICH WE WILL DRAW FROM AT THE END OF THE CHALLENGE. 10 EMPLOYEES WILL BE SELECTED TO RECEIVE A \$250 GIFT CARD TO REDEEM AT EITHER A HEALTHY FOODS STORE OR AN EXERCISE RETAIL STORE. THE END GOAL IS TO INSPIRE, MOTIVATE AND ENCOURAGE EVERYONE TO MAKE SMALL MOVES NOW AND INTO THE FUTURE.

>> Chair Cogen: THANK YOU.

>> GOOD AFTERNOON, COMMISSIONERS AND CHAIR COGEN OR GOOD MORNING RATHER, GOSH MY CLOCK IS OFF. MY NAME IS -- I'M THE COUNTY WELLNESS MANAGER. I'M HERE TO TALK ABOUT THE GET UP REMINDERS. I'M NOT A MEMBER OF THE WELLNESS TEAM BUT I'M HERE FOR DERRICK PETERSON. THERE'S THREE COMPONENTS. THE CHALLENGE WILL BE STARTING ON AUGUST 27th, BUT OFTEN PARTICIPATION IN THOSE TYPES OF CHALLENGES WANES SO IN ORDER TO KEEP PEOPLE'S INTEREST HIGH THE FIRST ASPECT THAT WE'RE GOING TO PROMOTE DURING THE GET UP REMINDERS SERIES WILL BE A GOOGLE CALENDAR AS DESCRIBED EARLIER

THAT HAS ALL OF OUR CAMPAIGN EVENTS, THANK YOU ALL, BY THE WAY, FOR DOING THE WALK THE TALK ACTIVITIES, I WALKED WITH SEVERAL OF YOUR OFFICES, TOOK THE STAIRS WITH OTHERS AND THOUGH I'M NOT IN THE OFFICE ON WEDNESDAYS APPRECIATE VERY MUCH COMMISSIONER McKEEL'S LEADERSHIP IN KICKING THAT OFF. SO SIMILAR TO THAT THOSE EVENTS WERE ON OUR CAMPAIGN CALENDAR. THE GETUP REMINDERS WILL BE THERE AND ANY COUNTY EMPLOYEE WITH ACCESS TO GOOGLE CAN ADD IT TO THEIR CALENDAR IN ORDER TO GET SMALL REMINDERS AND FUNNY, INTERESTING IDEAS FOR HOW TO JUST NOT SIT ALL DAY LONG. THE SECOND PART IS WE'LL BE POSTING WEEKLY WEDNESDAY WIRE. THE TEAM HAS DRAFTED WEDNESDAY WIRE E-MAILS THAT WILL GIVE PEOPLE CREATIVE OR INTERESTING IDEAS AND REALLY JUST STIMULATE A REMINDER, CREATE THAT HABIT OF GETTING UP AND CONTINUALLY BRING TO PEOPLE'S AWARENESS THE NEED TO STAND UP, TO WALK, TO GO GET WATER MORE OFTEN, SIMPLY NOT TO BE SEDENTARY. AND THIRD, ON THE CAMPAIGN ONE WEBSITE, THERE IS A GET UP REMINDERS SUBPAGE WHICH HAS A FOUR WEEK SERIES OF MEETING CURRICULUM THAT WE SHARED YESTERDAY AND IT HAS WEEKLY MEETING TOPICS AROUND WELLNESS WITH FACTS ABOUT THINGS LIKE SLEEP, DIET NUTRITION, MEAT AS WE'VE DISCUSSED BEFORE, TIPS, SMALL DOABLE TIPS THAT EMPLOYEES OF ALL AGES AND ABILITIES CAN DO AS WELL AS SOME DISCUSSION QUESTIONS THAT WE'RE ENCOURAGING ALL DIRECT REPORT MANAGERS AND ALL STAFF MEETINGS TO INCORPORATE FOR THE FOUR WEEKS DURING THE GET UP REMINDERS AS A MEANS TO START STIMULATING THAT CULTURAL DISCUSSION IN THE COUNTY ABOUT DECREASING SEDENTARY BEHAVIOR AND INCREASING MOVEMENT THROUGH THE DAY. THAT'S THE GET UP REMINDERS.

>> OKAY. GOOD MORNING. JOHN CABRERA WITH THE LIBRARY. NOW, THE GOOD PART, THE INCENTIVES. WE KNOW FOR MANY FOLKS AN INCENTIVE MAY BE THE ONLY WAY TO GET THEM TO PARTICIPATE IN THE CAMPAIGN. SO FOR THE STAFF WHO ATTEND THE KICKOFF EVENTS AND POST A NOTE ABOUT HOW THEY MOVE, THEY'LL RECEIVE A STRESS BALL. I THINK WE NEED TO COME UP WITH A BETTER NAME FOR THAT, BY THE WAY. [LAUGHTER] WITH THE LOGO. DURING THE 50 MOVES CAMPAIGN, EVERY TIME YOU LOG A MOVE UNDER YOUR PROFILE IN THE COMMONS, YOU'LL BE ENTERED OR YOU'LL QUALIFY FOR A DRAWING TO WIN ONE OF 10 \$250 PRIZES, PRIZES ARE TAXABLE AS A FRINGE BENEFIT, OF COURSE, AND THE WINNERS WILL BE ANNOUNCED AT THE END OF OCTOBER. THANK YOU.

>> Chair Cogen: THANKS.

>> ALL RIGHT, MY NAME IS JEFF HOLLAND, I WORK FOR MULTNOMAH COUNTY HEALTH AT THE ROCKWOOD CLINIC. TO GET THIS THING GOING ON WE TRIED TO FIGURE OUT HOW TO MAKE THIS A LITTLE MORE PERSONAL THAN ANOTHER ARTICLE ON THE WEDNESDAY WIRE OR ANOTHER E-MAIL. SO WE'RE GOING TO BE AT THE TRIMET STICKER VALIDATION RENEWAL SITES,

BRINGING SOME ENTHUSIASM, OVERVIEW AND ALSO ASKING THE PEOPLE THERE TO SHARE WITH US WHAT IT IS THAT IT ENCOURAGES THEM TO GET UP AND MOVE WHICH WE CAN THEN SHARE WITH THE OTHER FOLKS SO I'M REALLY LOOKING FORWARD TO THAT. WE'RE GETTING THAT LAUNCHED FRIDAY RIGHT?

>> FRIDAY.

>> SOME OF US WILL BE THERE. THANK YOU VERY MUCH.

>> Chair Cogen: THANK YOU. OKAY.

>> Commissioner Smith: I HAVE A COMMENT, CHAIR. THANK YOU, TONYA FOR ALL YOUR EFFORTS AND I DON'T LIKE TO LOSE. SO CAN COMMISSIONERS PARTICIPATE?

>> YOU'RE ENCOURAGED TO PARTICIPATE.

>> WHERE'S MY STAFF AT? OKAY.

>> Commissioner Smith: IS PAIGE HERE? RAFAEL? WE WILL BE PARTICIPATING IN THE EVERYBODY MOVES -- [LAUGHTER] [APPLAUSE]

>> Commissioner Smith: NO PROBLEM. SO QUICK QUESTION, TONYA. HOW DO YOU MEASURE THE SUCCESS OF THIS?

>> MY FIRST MEASURE OF SUCCESS IN CREATING A CULTURE OF WELLNESS AT THE COUNTY IS JUST BRINGING TOGETHER THIS AMAZING GROUP OF WELLNESS TEAM MEMBERS. THESE FOLKS REPRESENT DEPARTMENTS FROM ALL OVER THE COUNTY. ALL DIFFERENT AGES AND ABILITIES, THE PARENTS, ERG IS REPRESENTED, KATHLEEN REPRESENTS THE VAN ERG. WE HAVE INDIVIDUALS IN OUR WELLNESS TEAM THAT WORK IN DCHS, DEPARTMENT OF COUNTY HUMAN SERVICES WITH INDIVIDUALS WHO HAVE DISABILITIES AND THEY BRING ALL THOSE PERSPECTIVES TOGETHER. ALL OF THESE INDIVIDUALS HAVE BEEN WORKING HARD PRIOR TO WORKING ON THIS CAMPAIGN BUT SOLO. NOW, THEY'RE TOGETHER, THEY'RE PULLING IN THE SAME DIRECTION, THEY'RE UNIFIED, I REALLY SEE JUST BRINGING THAT TEAM TOGETHER AND LAUNCHING THIS CAMPAIGN AS THE FIRST SUCCESSFUL STEP BUT THE SECOND MEASURE OF SUCCESS I WOULD SEE AS PARTICIPATION. I WOULD SEE AT LEAST 20% OF COUNTY EMPLOYEES PARTICIPATING IN THIS CHALLENGE IN SOME WAY. AND LOGGING THEIR MOVES. I WOULD ADDITIONALLY LOVE TO SEE AS MANY DEPARTMENTAL IF THE COMMISSIONERS FEEL SO MOVED, REALLY IT'S QUITE OPTIONAL, TALKING TO THOSE INDIVIDUALS THAT YOU MEET THROUGHOUT THE COUNTY AND ENCOURAGING THEM TO ADOPT THE MEETING REMINDERS IN THEIR

DEPARTMENTAL MEETINGS TO START TALKING ABOUT SOME OF THESE BEHAVIORS.

>> Commissioner Smith: WILL WE LOG ON EVERY DAY?

>> YOU MAY LOG ON EVERY DAY.

>> Commissioner Smith: ALL OF OUR MOVES?

>> EVERY MOVE AND IF YOU WANT TO DO ONE MOVE FOUR TIMES A DAY FOR THE DURATION OF THE CAMPAIGN, THAT'S ACCEPTABLE.

>> Commissioner Smith: I THINK YOUR OFFICE STARTED EARLY BECAUSE I NOTICED THAT ALL YOUR OFFICE, THEY'RE STANDING UP!

>> YES, I KNOW. YOU'LL NOTICE THAT SOME MIGHT BE ALREADY AT AN UNFAIR ADVANTAGE GIVEN THAT THEY'RE STANDING ALL DAY THEY CAN JUST LOG THAT MOVE. SO YEAH.

>> Commissioner Smith: GOOD, GOOD, THANK YOU.

>> THANK YOU.

>> Commissioner McKeel: I HAVE SOME QUESTIONS, TOO. THANK YOU FOR YOUR WORK. THIS DOES GREAT. I WANT TO KNOW IF WE GET ANY EXTRA CREDIT IF WE'RE ALREADY DOING THIS. [LAUGHTER]

>> Commissioner McKeel: IF WE DO WALKING MEETINGS, WEDNESDAY WALKS, SO JUST CHECKING THAT OUT HERE.

>> PRIOR TO AUGUST 27th.

>> Commissioner Smith: THAT'S JUST LIKE HITTING A THREE-POINTER FROM THE HALF-COURT LINE. YOU JUST GET THE THREE POINTS.

>> Commissioner McKeel: COMPETITION'S ON. [LAUGHTER]

>> Commissioner McKeel: I DID HAVE ONE OTHER OBSERVATION. I NOTICED IN YOUR WRAP-UP CELEBRATIONS YOU AREN'T IN EAST COUNTY AND I WAS JUST CURIOUS ABOUT THAT.

>> I APPRECIATE YOU BRINGING THAT UP. WE DID HAVE SEVERAL MEMBERS FROM EAST COUNTY ON THE WELLNESS TEAM. MIDLAND LIBRARY IS -- IT WAS CLOSEST WE WERE TRYING TO HAVE A MEETING AT THE HANSEN BUILDING AND WE DISCUSSED HAVING IT AT DCS. SOME OF THE CONCERN FROM THE MEMBERS THAT WAS RAISED WAS SINCE WE'RE NOT SURE RIGHT NOW

WHETHER OR NOT EMPLOYEES WILL BE ABLE TO PARTICIPATE ON COUNTY TIME OR THEIR OWN TIME, HOW LONG WOULD IT TAKE PEOPLE TO MAKE IT TO THE EVENTS? SO PART OF THE REASON WE CHOSE MIDLAND LIBRARY IS THAT IT WOULD BE A GOOD MIDPOINT BETWEEN HAVING TO COME ALL THE WAY DOWNTOWN AND BEING RELATIVELY CLOSER IN FOR EMPLOYEES WHO ARE IN EAST COUNTY BUT IT IS SOMETHING THAT WAS DEFINITELY DISCUSSED BY THE TEAM AS FAR AS WHERE WE LOCATED THOSE WRAP-UP CELEBRATIONS.

>> Commissioner McKeel: OKAY, THANK YOU.

>> AND I JUST WANT TO RECOGNIZE YOUR LEADERSHIP IN THE WALK, EVEN THOUGH WE'RE NOT GOING TO GIVE YOU ANY EXTRA POINTS. [LAUGHTER] WE'LL GIVE YOU LOTS OF KUDOS AND ACCOLADES.

>> Commissioner McKeel: WE DRINK OUR WATER, WALKING MEETINGS.

>> YES. [LAUGHTER]

>> Commissioner McKeel: OKAY.

>> Commissioner Kafoury: I JUST WANT TO CALL OUT MY COLLEAGUE TO THE LEFT WHO I KNOW SHE'S BEING VERY MODEST RIGHT NOW BECAUSE SHE AND HER OFFICE ARE ALREADY MOVING. ALL YOU HAVE TO DO IS WALK BY THEIR OFFICE AND YOU WILL SEE THEM SHAKING THEIR GROOVE THING. [LAUGHTER]

>> HAVING WALKED WITH COMMISSIONER SMITH'S OFFICE, I CAN ASSURE YOU THERE IS GROOVE THING SHAKING GOING ON.

>> Chair Cogen: I JUST WANT TO SAY THIS IS GREAT AND I REALLY APPRECIATE THE IDEA OF PUTTING TOGETHER A WELLNESS TEAM AND WE'VE SEEN AT THE COUNTY THE CREATION OF A GREEN TEAM, WHICH IS THE SAME KIND OF CONCEPT, COUNTY EMPLOYEES WERE VOLUNTEERING THEIR TIME TO HELP CHANGE A CULTURE, IT'S BEEN REALLY, REALLY EFFECTIVE AND AT THE END OF THE DAY WHAT WE'RE REALLY TRYING TO DO IS EFFECT CULTURE CHANGE, TO GET MULTNOMAH COUNTY PEOPLE TO EMBRACE MOVING AND EMBRACE ACTIVITY, AND I THINK THIS IS A REALLY GREAT KICKOFF SO I WANT TO THANK ALL OF YOU FOR ALL OF YOUR GOOD WORK IN PUTTING IT TOGETHER.

>> THANK YOU, CHAIR COGEN AND MAY I JUST SUM UP EVERYTHING HERE AND SUPPORT WHAT YOU'VE SAID. THESE FOLKS DID ALL THE WORK. I SET UP SOME MEETINGS, I SHOWED UP AND HAD A COUPLE OF SLIDES HERE AND THERE BUT THIS TEAM IN ADDITION TO DOING THEIR FULL-TIME JOBS AND DOING IT WELL HAVE REALLY PUT IN ALL OF THE EFFORT, ALL OF THE

THOUGHT, ALL OF THE IDEAS AND ARE THE ONES PRIMARILY CARRYING OUT THE ACTIVITIES SO AGREED THIS IS A VERY GRASSROOTS THING. [APPLAUSE] THANK YOU.

>> Chair Cogen: THANK YOU ALL VERY MUCH.

>> THANK YOU.

>> Board Clerk: R5 PROCLAMATION PROCLAIMING AUGUST 2013 AS NATIONAL BREASTFEEDING AWARENESS MONTH IN MULTNOMAH COUNTY, OREGON.

>> SO MOVED.

>> Chair Cogen: COMMISSIONER KAFOURY MOVES, COMMISSIONER McKEEL SECONDS, APPROVAL OF R5. COMMISSIONER SMITH.

>> Commissioner Smith: THANK YOU, CHAIR COGEN. AND GOOD MORNING, EVERYONE. TODAY, WE CELEBRATE AUGUST AS NATIONAL BREASTFEEDING AWARENESS MONTH. [LAUGHTER]

>> Commissioner Smith: I DIDN'T APPROVE THAT. WE CELEBRATE AUGUST AS NATIONAL BREASTFEEDING AWARENESS MONTH AND I AM SO HAPPY TO SEE SUCH AN EXCEPTIONAL PANEL OF GUESTS AND AUDIENCE WITH MOMS AND BABIES. IS THERE SOMEONE THAT'S GOING TO COME UP WITH A BABY?

>> THERE'S A PICTURE OF MY BABY.

>> SHE'S BUSY.

>> Commissioner Smith: OH, THEY'RE BREASTFEEDING. SO TODAY WHAT WE WANT TO DO, WE WANT TO EMPHASIZE THE IMPORTANCE OF BREASTFEEDING TO THE HEALTH AND WELLNESS OF MOMS AND THEIR CHILDREN. AND AS KATHLEEN SEBELIUS SAYS FROM THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, MORE AND MORE MOTHERS ARE BREASTFEEDING EVERY YEAR. EVERY MOTHER I BELIEVE TOO DESERVES INFORMATION, GUIDANCE AND SUPPORT WITH THIS DECISION FROM HER FAMILY AND HER FRIENDS, THE COMMUNITY WHERE SHE LIVES, THE HEALTH PROFESSIONALS ON WHOM SHE RELIES ON AND HER EMPLOYER. I'M PROUD TO SAY THAT MULTNOMAH COUNTY HAS HEEDED THIS CALL. BREASTFEEDING INITIATION RATES IN MULTNOMAH COUNTY ARE SOME OF THE HIGHEST IN THE NATION. WITH 95.9% OF ALL RECENT MOTHERS INITIATING BREASTFEEDING AFTER THE BIRTH OF THEIR BABIES. WITH THAT SAID, THESE RATES FALL AFTER THREE MONTHS AND WE STILL HAVE A LOT OF WORK TO DO TO IMPROVE BREASTFEEDING PRACTICES IN MULTNOMAH COUNTY. BEFORE I GIVE AWAY THE ENTIRE PRESENTATION, I WILL TURN IT OVER TO OUR GUESTS, JOINING US TO PRESENT THIS MORNING ARE LOUISA KAPLAN

OF NURSE FAMILY PRACTITIONERS, DENISE JOHNSON FROM CAREOREGON, BRITTANY VUYLSTEKE FROM THE BREASTFEEDING COALITION OF OREGON, HARMONY PAUL FROM THE FUTURE GENERATIONS COLLABORATIVE, AND MS. SHAFIA MONROE, SHE WILL BE HERE UP HERE, TOO, OF THE INTERNATIONAL CENTER FOR TRADITIONAL CHILDBEARING AND SHANTA JOHNSON FROM THE WIC PROGRAM. I JUST WANT TO SAY WELCOME THIS MORNING AND THANK YOU FOR COMING.

>> THANK YOU.

>> GOOD MORNING, COMMISSIONER SMITH AND COUNTY COMMISSIONERS AND ALL OF YOU WHO HAVE JOINED US IN THE BOARD ROOM TODAY IN SUPPORT OF BREASTFEEDING FAMILIES. MY NAME IS LOUISA KAPLAN. THESE ARE MY BABIES ON THE SCREEN. I HAVE BEEN A HOME VISITING NURSE WITH A PROGRAM CALLED NURSE FAMILY PARTNERSHIP HERE AT THE HEALTH DEPARTMENT FOR SEVEN YEARS. I'VE BEEN AN INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT FOR THREE YEARS AND I HAVE BEEN EITHER PREGNANT, BREAST-FEEDING OR BOTH FOR SIX YEARS. AND THAT'S LUCA, HE'S FIVE, HE WAS TWO AND A HALF IN THAT PICTURE BREASTFEEDING MY NEWBORN THEO WHO'S NOW TWO AND A HALF. I'VE BEEN ASKED TO SHARE SOME DATA WITH YOU THAT WILL BE ONE PART OF A LARGER MATERNAL CHILD HEALTH SURVEILLANCE REPORT COMING OUT FROM THE HEALTH DEPARTMENT LATER THIS MONTH. THE BREASTFEEDING DATA IN THIS BRIEF COMES FROM THE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM KNOWN AS PRAMS. THEY SAMPLE A SURVEY OF OREGON WOMAN ON MATERNAL ATTITUDES AND EXPERIENCES PRIOR TO, DURING AND IMMEDIATELY AFTER PREGNANCY. THE UPCOMING MATERNAL AND CHILD HEALTH REPORT USES PRAMS AND OTHER DATA TO REPORT ON MORE THAN 30 IMPORTANT HEALTH INDICATORS FOR MULTNOMAH COUNTY WOMEN AND THEIR FAMILIES, INCLUDING FAMILY PLANNING, PRE-PREGNANCY HEALTH, PREGNANCY HEALTH, BIRTH OUTCOMES, POSTPARTUM HEALTH AND CHILD GROWTH AND DEVELOPMENT. AS YOU SAID COMMISSIONER SMITH, BREASTFEEDING INITIATION RATES IN MULTNOMAH COUNTY ARE SOME OF THE HIGHEST IN THE NATION WITH 95.9% OF ALL RECENT MOTHERS INITIATING BREASTFEEDING AFTER THE BIRTHS OF THEIR BABIES. AND THESE NUMBERS ARE UNIVERSALLY HIGH WITH ALL SUBGROUPS, EXCEEDING THE HEALTHY PEOPLE 2020 TARGETS. HOWEVER, BY THREE MONTHS, THE NUMBERS FALL OFF SIGNIFICANTLY WITH ONLY 44.8% OF WOMEN STILL EXCLUSIVELY BREASTFEEDING AND THIS DOES NOT MEET THE HEALTHY PEOPLE OF 2020 TARGET OF 46.2%. IN ADDITION THERE ARE SIGNIFICANT DISPARITIES IN THIS NUMBER WITH LOW-INCOME WOMEN, WOMEN WITH LESS EDUCATION, YOUNGER WOMEN AND WOMEN OF COLOR EXCLUSIVE BREASTFEEDING IN MUCH LOWER NUMBERS. FOR EXAMPLE, ONLY 28.1% OF RECENT AFRICAN-AMERICAN MOTHERS WERE EXCLUSIVELY BREASTFEEDING AT THREE MONTHS, COMPARED TO 51.4% OF THEIR WHITE NON-HISPANIC COUNTERPARTS. SO TODAY I WANT TO SHARE WITH YOU HOW HOME

VISITING IS CHIPPING AWAY AT SOME OF THESE BREASTFEEDING DISPARITIES. MY COLLEAGUES IN EARLY CHILDHOOD SERVICES, MANY OF WHOM ARE HERE TODAY AND I COME UP AGAINST INSURMOUNTABLE BARRIERS IN OUR CLIENTS' LIVES, SYSTEMIC RACISM, GENERATIONAL POVERTY, SOCIAL ISOLATION, MENTAL ILLNESS, DRUG ADDICTION, DOMESTIC VIOLENCE, SOMETIMES, IT FEELS AS IF WE ARE TRUDGING ALONG. BUT WE STAY TOGETHER WITH OUR MOMS. WE WALK ALONGSIDE THEM INTO THE FUZZY AND WONDERFUL UNKNOWN OF THE FIRST FEW DAYS AND WEEKS POSTPARTUM. AND THIS IS WHERE THE SUPER HEROICS COME IN. I WANT TO PAINT YOU A PICTURE OF A POST PARTUM HOME VISIT. BABY IS FIVE DAYS OLD, MOM ANSWERS THE DOOR WITH HER SHIRT OFF, HER HAIR MATTED TO THE SIDE OF HER HEAD AND AFTER THE PROPER ADMIRATION AND ADORATION OF THIS NEW BEAUTIFUL BABY WE GET DOWN TO THE MAIN TOPIC OF POSTPARTUM LIFE, BREASTFEEDING. WE WEIGH THE BABY AND SEE THAT HE'S ALREADY BEGINNING TO GAIN AFTER HIS INITIAL POSTPARTUM LOSS. WE ASSESS HOW MANY PEES AND POOPS HE'S DONE IN THE LAST 24 HOURS. WE TEACH MOM ABOUT INFANT BABY CUES. BABY SHOWING EARLY HUNGER SIGNS SO WE GO BACK TO THE BEDROOM WHERE MOM ATTEMPTS TO LATCH BABY ON. BABY CRIES AND PUSHES MOM AWAY AND MOM LOOKS UP WITH TEARS IN HER EYES AND SAYS HE DOESN'T LIKE MY MILK. INTO THE BED JUMPS THE HOME VISITING NURSE. REMINDING MOM ABOUT THE IMPORTANCE OF SKIN TO SKIN CONTACT, UNDRESSING BABY DOWN TO HIS DIAPER, ALL THE WHILE COOING SOUNDS OF ENCOURAGEMENT. MOM AND BABY FIND THEIR WAY TO EACH OTHER. BABY STAYS LATCHED FOR A GOOD LONG TIME, PULLS OFF THE BREAST AND IS TOTALLY AND COMPLETELY ASLEEP WITH A SINGLE DRIBBLE OF MILK STREAKING DOWN HIS CHEEK. BEFORE WE LEAVE, WE HELP MOM MAKE HER WELL NEWBORN AND POSTPARTUM APPOINTMENTS. WE CONFIRM WITH OHP THAT BABY HAS BEEN ENROLLED. WE HELP MOM THINK ABOUT WHICH FRIENDS, NEIGHBORS AND FRIENDS CAN MAKE MEALS FOR HER OR HELP TIDY THE HOUSE. AND THEN IF THERE'S STILL A COUPLE OF EXTRA MINUTES WE MIGHT DO A FEW DISHES BEFORE WE LEAVE MOM AND BABY IN THE BED AND WALK OUT EVER SO QUIETLY WITH OUR CAPES BLOWING IN THE WIND BEHIND US. [LAUGHTER] POSTPARTUM LACTATION VISITS MAKE ME FEEL LIKE I'VE SOLVED ALL THE WORLD'S PROBLEMS IN AN HOUR'S TIME BUT WE ARE NOT THE SUPERHEROES. IT'S THE MOMS AND THEIR SUPPORTIVE FAMILIES. WITH THIS FANTASTIC MILK THAT THEY ARE FEEDING THEIR BABIES, THEY ARE LEVELING SO MANY PLAYING FIELDS. IN THOSE MOMENTS, A WEST HILLS 37-YEAR-OLD WHITE MAMA AND A 17-YEAR-OLD LATINA MAMA HAVE A LOT IN COMMON. THEY BOTH HAVE MATTED HAIR AND ARE TOTALLY SLEEP DEPRIVED, AND THEY BOTH ARE LISTENING TO THEIR SUPER HUMAN BODIES AND TRUSTING IN THE NATURAL PROCESS OF BREASTFEEDING. AND THEY BOTH JUST NEEDED A LITTLE BIT OF EARLY ENCOURAGEMENT. I'M SO HONORED TO DO THIS WORK AND I THANK YOU FOR THE OPPORTUNITY TO SHARE A SNAP SHOT WITH YOU TODAY.

>> Chair Cogen: THANK YOU.

>> GOOD MORNING.

>> GOOD MORNING COMMISSIONERS AND GUESTS. I'M DENISE JOHNSON, THE HEALTH EDUCATION COORDINATOR WITH CAREOREGON. HEALTHCARE IN OREGON HAS CHANGED AND MORE CHANGES ARE ON THE HORIZON WITH THE INSURANCE EXCHANGE MARKET BEGINNING IN JANUARY, 2012. THESE HISTORIC CHANGES COUPLED WITH THE HIGH EXPECTATIONS OF MAKING A MEANINGFUL IMPACT ON THE HEALTH OF ALL OREGONIANS HAVE SOME OF MY COLLEAGUES IN HEALTHCARE FEEL LIKE WE'RE WORKING IN THE MIDST OF A HURRICANE. BUT I'VE BEEN TOLD THAT YOU CAN SEE A BLUE SKY AND THAT YOU CAN SEE STARS IN THE EYE OF A HURRICANE AND THAT THE WINDS ARE CALM AND THERE'S VERY LITTLE RAIN IN THE EYE OF A HURRICANE. EVEN THOUGH THERE ARE THUNDER STORMS ALL AROUND. I CHOOSE TO SEE THE BLUE SKY AND I CHOOSE TO SEE THE STARS AND I SENSE A CALM WIND. THE BLUE SKY IS THE PROVISION WITHIN THE AFFORDABLE CARE ACT THAT PROVIDES WOMEN COMPREHENSIVE BREASTFEEDING SUPPORT DURING PREGNANCY AND AFTER BIRTH. AND I SEE THE SHINING STARS, THE LACTATION CONSULTANTS WHO ARE CONSIDERED A VALUABLE PART OF A WOMAN'S PRENATAL AND POSTPARTUM HEALTHCARE TEAM. IT'S THE LACTATION CONSULTANTS WHO EDUCATE AND SUPPORT AND ARE THERE WITH THE MOTHERS WHEN THEY NEED JUST A LITTLE BIT OF THAT ENCOURAGEMENT WHEN THEY FEEL LIKE THEY'RE NOT PRODUCING ENOUGH MILK FOR THEIR BABY TO THRIVE. NOW WITHIN THE ACT, THESE LACTATION CONSULTANTS CAN BE PAID THROUGH THEIR HEALTHCARE PLAN. AND I SENSE A CALM WIND, WHICH SOOTHES THE POTENTIALLY STRESSFUL THOUGHTS OF HOW TO RETURN BACK TO WORK WHILE BREASTFEEDING. THE ACT PROTECTS THE RIGHTS OF NURSING MOTHERS IN THE WORKPLACE. IT GIVES THE WOMAN THE ABILITY TO PROVIDE FOR HER CHILD THE VERY BEST FOOD, THE FIRST FOOD, BREAST MILK IN A SAFE, PRIVATE PLACE WHILE AT WORK FOR ONE YEAR AFTER BIRTH. IN ADDITION, THE COST OF RUNNING A BREASTFEEDING PUMP IS A COVERED BENEFIT. THERE IS ALSO WHAT I WILL CALL THE HEALTHCARE BUSINESS CASE FOR THE PROMOTION AND SUPPORT OF BREASTFEEDING. IT BEGINS IN THE BIRTH FACILITY WHERE POLICIES AND PRACTICES CAN GREATLY INFLUENCE IF THE WOMEN IN OUR COMMUNITY CHOOSE TO INITIATE BREASTFEEDING AND HOW LONG THEY WILL CONTINUE TO BREASTFEED. LEGACY IS ONE OF SEVERAL LOCAL HOSPITAL SYSTEMS THAT ARE CHANGING THEIR POLICIES. AND AS A PART OF LEGACY'S RIGOROUS EFFORTS TO OBTAIN A BABY FRIENDLY DESIGNATION, CAREOREGON IS ONE OF MANY STAKEHOLDERS ASSISTING IN THE DEVELOPMENT OF THEIR BREASTFEEDING COMMUNITY PROJECT. BUT YOU HAVE EAR INFECTIONS, DIARRHEA, VOMITING, INFECTIONS, THEY'RE ALL POTENTIAL HEALTH RISKS FOR THE YOUNGEST RESIDENTS OF OUR COUNTY THAT ARE ASSOCIATED WITH NOT BREASTFEEDING. WE DID A REVIEW OF OUR CLAIMS FOR CHILDREN

UNDER THE AGE OF ONE, PAID IN THE PAST 12 MONTHS FOR THESE CONDITIONS AND IDENTIFIED 779 E.R. VISITS IN MULTNOMAH COUNTY AT A COST OF \$87,900. SO IT ONLY MAKES BUSINESS SENSE AS WELL AS COMMUNITY SENSE FOR CAREOREGON TO BE ENGAGED IN EFFORTS TO PROMOTE BREASTFEEDING. TO THAT END, WE WERE STAKEHOLDERS IN THE DEVELOPMENT AND THE LAUNCH OF THE MOTHERS MILK BANK. WE ARE MEMBERS OF THE AFRICAN-AMERICAN BREASTFEEDING COALITION, AND WE ARE DEVELOPING THE PARTNERSHIP WITH TWO OF WHAT I CONSIDER TO BE THE STRONGEST CHAMPIONS OF BREASTFEEDING IN OUR COUNTY, THE OFFICES OF MULTNOMAH COUNTY WIC AND THE STAFF OF THE HEALTHY BIRTH INITIATIVE. IN CLOSING, I WOULD LIKE TO SAY THAT BREASTFEEDING IS PERSONAL BECAUSE I WAS A BREASTFEEDING MOTHER 37 YEARS AGO. I TRULY BELIEVE THAT THE 12 MONTHS THAT I BREAST-FED MY DAUGHTER SOWED THE SEEDS OF A BOND THAT HAS ENABLED US TO ENDURE THE CHALLENGES OF BEING A SINGLE PARENT, THE DYNAMICS OF ADOLESCENCE, AND THE GEOGRAPHIC DISTANCE BETWEEN US DURING HER CURRENT ACTIVE DUTY IN THE MILITARY. SO I WANT TO THANK YOU COMMISSIONER SMITH FOR YOUR SUPPORT AND ALL OF OUR EFFORTS TO MAKE OUR COMMUNITY HEALTHIER.

>> Chair Cogen: THANK YOU. GOOD MORNING.

>> HELLO, THANK YOU COMMISSIONER SMITH AND THE OTHER COMMISSIONERS FOR SUPPORTING THIS PROCLAMATION TODAY. MY NAME IS BRITTANY VUYLSTEKE, I AM THE COLLECTIVE IMPACT COORDINATOR FOR THE BREASTFEEDING COALITION OF OREGON AND A RECENT GRADUATE OF PORTLAND STATE UNIVERSITY'S MASTERS OF PUBLIC HEALTH PROGRAM. I GAVE BIRTH TO MY SON TWO YEARS AGO, HE'S THE ONE BACK THERE CHOKING. [LAUGHTER] AND I EXPERIENCED MANY OF THE CHALLENGES MOTHERS FACE WHEN BREASTFEEDING THEIR CHILDREN. WE HAD A REALLY ROUGH START. HOWEVER, I RECEIVED SUPPORT TO WORK THROUGH THOSE CHALLENGES AND IT HELPED US SUCCEED IN OUR BREASTFEEDING JOURNEY WHICH I KNOW WILL HELP HIM GIVE THE BEST POSSIBLE START IN LIFE. AT THE BREASTFEEDING COALITION OF OREGON OR BCO WE WORK DIRECTLY WITH THE UNITED STATES BREASTFEEDING COMMITTEE AND THE 17 OR SO EXISTING AND EMERGING LOCAL BREASTFEEDING COALITIONS AND NEWLY FORMING CULTURAL COALITIONS THROUGHOUT THE STATE OF OREGON. WE WORK WITH KEY STAKEHOLDERS AT GRASSROOTS ORGANIZATIONS, SUCH AS LA LECHE LEAGUE NURSING MOTHERS COUNCIL AND LOCAL AND STATE HEALTH OFFICIALS AND POLICY MAKERS TO BUILD CAPACITY FOR PUBLIC UNDERSTANDING AND SUPPORT FOR BREASTFEEDING. I WOULD LIKE TO COMMEND THE WORK THAT BREASTFEEDING EXPERTS AND ADVOCATES, SOME OF WHOM WHO ARE WITH ME TODAY, HAVE DONE TO BREAK DOWN THE BARRIERS TO BREASTFEEDING AND TO INCREASE THE DURATION. AT THE BCO WE ARE IMPLEMENTING STRATEGIES RECOMMENDED BY THE SURGEON GENERAL'S CALL TO ACTION TO SUPPORT BREASTFEEDING. SOME

OF OUR MAIN FOCUSES HAVE BEEN CREATING TRAINING AND TECHNICAL SUPPORT FOR HOSPITALS SEEKING A BABY-FRIENDLY DESIGNATION WHICH WE KNOW INCREASES SUCCESS IN BREASTFEEDING. COLLABORATING WITH LOCAL EMPLOYERS, SUCH AS TRIMET AND THE PORTLAND POLICE BUREAU TO ADDRESS WORKPLACE CHALLENGES FOR MOTHERS. AND PROVIDING TECHNICAL ASSISTANCE, COORDINATION, AND ENGAGEMENT WITH COLLECTIVE IMPACT STRATEGIES FOR THE 17 BREASTFEEDING COALITIONS AND EMERGING CULTURAL COALITIONS AROUND THE STATE WITH A STRONG FOCUS ON INCREASING CULTURAL COMPETENCY TO ADDRESS INEQUITIES IN BREASTFEEDING SUPPORT AND KEY STRATEGIES TO BUILD THE CAPACITY OF GROUPS TAKING ACTIONS TO IMPROVE BREASTFEEDING RATES AROUND THE STATE. THANK YOU.

>> Chair Cogen: THANK YOU.

>> HELLO MY NAME IS HARMONY PAUL. I'M NATIVE AMERICAN AND WITH THE COWLITZ FLATHEAD IN YAKIMA. I'M A TEMPORARY OFFICE ASSISTANT, TOO, WITH MENTAL HEALTH AND ADDICTION SERVICES AND I'M HERE TO TALK ABOUT MY PERSONAL AND PROFESSIONAL EXPERIENCE WITH BREASTFEEDING. AS A FIRST TIME MOTHER I WAS WORRIED THAT I WAS ONE OF THE RARE WOMEN THAT WAS NOT ABLE TO PRODUCE ENOUGH MILK AND THAT I WAS NOT GOING TO BOND WITH MY CHILD. AND DURING MY PREGNANCY, I WAS SO HOPING FOR A BOY BECAUSE I DIDN'T FIND OUT WHAT MY CHILD WAS AND WHEN SHE WAS BORN, SHE WAS A GIRL SO I WAS VERY, VERY DISAPPOINTED BUT I WAS ABLE TO BOND WITH HER BY BREASTFEEDING AND BECAUSE OF BREASTFEEDING, I WAS FULLY -- I WAS FULLY ABLE TO ACCEPT AND LOVE HER, AND NOW WE HAVE A GREAT, GREAT BONDING MECHANISM THAT REALLY NOT A LOT OF MOTHERS CAN REALLY EXPLAIN. I WENT BACK TO WORK AT TWO AND A HALF WEEKS WITH THE SUPPORT OF MY FAMILY AND ESPECIALLY MY MOM. AND IT WAS REALLY EASY FOR ME AND THEN AFTER ABOUT TWO MONTHS WE HAD A VERY HORRIBLE COMPLICATION. SHE JUST STARTED GETTING HER TOOTH, THE DOCTORS GAVE HER A SHOT SO SHE GOT VERY SEVERELY SICK AND SHE WAS ALSO -- SHE WAS ALSO USING THE BOTTLE WITH MY BABY-SITTER BUT WITH MY MILK, SO I WAS STILL ABLE TO BREAST-FEED. SHE ENDED UP LOSING WEIGHT SO I HAD TO TAKE A WEEK OFF TO GET THAT BONDING BACK BECAUSE OUR BONDING HAS INCREASINGLY SPLIT AND SHE DIDN'T WANT ME TO HOLD HER, SHE DIDN'T WANT ME TO DO ANYTHING WITH HER. SHE ONLY WANTED HER DAD. SHE STILL IS VERY MUCH A DADDY'S LITTLE GIRL. AND SO I ENDED UP STAYING HOME FOR A WEEK TO GET THAT BOND BACK. DURING THAT TIME, I WAS VERY STRESSED AND DEPRESSED AND I HAD TO GO OUTSIDE MY FAMILY SUPPORT AND HAD TO GET DOCTORS, LACTATION CONSULTANTS, AND INCLUDING MY FACEBOOK FRIENDS AND FAMILY FOR TIPS TO GET HER TO LATCH BACK ON. I WAS BREAST-FED AS A BABY SO I HAD THE KNOWLEDGE FROM MY MOM, MY AUNTIES, MY COUSINS, MY SISTERS, INCLUDING MY DAD SO I WAS VERY KNOWLEDGEABLE ON BREASTFEEDING AND THE NUMBERS IN

MULTNOMAH COUNTY FOR BREASTFEEDING IS 71% TO 80%, WHICH IS REALLY GOOD. AND LIKE ONE OF THE LADIES SAID, IT DOES DECREASE AFTER A LITTLE BIT. IN THE NATIVE COMMUNITY, IT IS ABOUT 40% TO 50%, WHICH IS PRETTY LOW. AND THE REASON -- FOR EXAMPLE, I WANT TO GIVE YOU SOME EXAMPLES OF WHY OUR SOCIETY HAS GRADED WOMEN AS SEX OBJECTS AND RESULTED IN STIGMA AND LEADING WOMEN TO THINK THAT ISN'T THE RIGHT THING TO DO. HOSPITALS PROVIDE AN UNAUTHORIZED FORMULA AND INCREASINGLY HIGH ADVERTISEMENT ON FORMULA FEEDING. LACK OF KNOWLEDGE AND JUDGMENT OF BREASTFEEDING RESULTED IN WOMAN THINKING THAT BREASTFEEDING IS A FORM OF ABUSE AND BECAUSE SOCIETY BELIEVES THAT FORMULA IS THE SAFER AND HEALTHIER CHOICE FOR INFANTS SO WE NO LONGER HAVE TO DO IT BECAUSE MODERN TECHNOLOGY CAN PROVIDE THE ALTERNATIVE MILK, AND THAT WAS BELIEVED, AND BEING JUST AS GOOD IF NOT BETTER FOR INFANTS. LACK OF SUPPORT SYSTEMS RESULTS IN WOMEN MAKING THEMSELVES BELIEVE SHE'S NOT PROVIDING ENOUGH MILK FOR HER INFANT, AND ALSO BREASTFEEDING HURTS, AND THEY HAVE TO WORK TO PROVIDE FOR THEIR CHILD. SOME JOBS DO NOT SUPPORT THE EXTRA TIME TO PUMP AT WORK SO MOTHERS THAT ARE BREASTFEEDING END UP GIVING UP AFTER ABOUT EIGHT WEEKS, IS THE USUAL TIME. IN THE NATIVE COMMUNITY, ROBERTA EAGLEHORSE IS TRYING TO GET A NATIVES BREASTFEEDING SUPPORT SYSTEM GOING FOR US, TO GET THAT KNOWLEDGE FOR NEW MOTHERS AND MOTHERS THAT WANT TO BREAST-FEED. STUDIES HAVE SHOWN OVER AND OVER AGAIN BREASTFEEDING RESULTS IN A HIGHER IMMUNE SYSTEM, SOCIAL SKILLS, COGNITIVE DEVELOPMENT, SKIN TO SKIN CONTACT DURING NURSING IMPROVES THE BONDING WHICH INFANTS CAN LEARN THE ABILITY TO COPE AND RESPOND TO STRESS. BREASTFEEDING CAN HELP DEFEND AGAINST INFECTIONS. INFECTIONS PREVENT ALLERGIES AND PROTECT AGAINST A NUMBER OF CHRONIC CONDITIONS AND MANY OTHER HEALTH BENEFITS. IF BREASTFEEDING FOR LONGER THAN SIX MONTHS, THERE ARE STRONGER HEALTH BENEFITS IN THE FUTURE. AND I BELIEVE THAT'S MY TIME AND I LEAVE IT TO THESE LADIES. THANK YOU.

>> Chair Cogen: THANK YOU.

>> HELLO.

>> GOOD MORNING COMMISSIONERS. AND CHAIR COGEN. MY NAME IS SHAFIA MONROE AND I AM A MOTHER OF SEVEN AND A GRANDMOTHER OF NINE AND I BREAST-FED ALL SEVEN OF MY CHILDREN. I'M ALSO A MIDWIFE AND I'M ALSO A TRAINER HERE IN OREGON AND AROUND THE WORLD LITERALLY. WE TRAIN DOULAS, AFRICA, PUERTO RICO BUT IN OREGON, AS WELL. WE'VE BEEN TRAINING DOULAS AND REPRESENTING THE INTERNATIONAL CENTER FOR TRADITIONAL CHILDBEARING SO DOULAS IS A PROFESSIONAL WOMEN WHO PROVIDES EMOTIONAL SUPPORT FOR A PREGNANT, LABORING AND POSTPARTUM MOM. THE TERM AND PROFESSION HAS BEEN OUT FOR OVER

40 YEARS. STUDIES OUT IN BRAZIL SHOW THAT WHEN A WOMAN HAS A PROFESSIONAL WITH HER DURING THE BIRTH, IT IMPROVES HER BIRTH OUTCOME. SHE HAS A SHORTER LABOR, THE EXCITING PART, SHE'S MORE PRONE FOR EARLY INITIATION OF BREASTFEEDING AND ALSO A LONGER DURATION OF BREASTFEEDING, WHICH MEANS THAT SHE'S GOING TO BREAST-FEED WITHIN TWO HOURS OF HER BIRTH AND SIX WEEKS POSTPARTUM. THE MOST RECENT STUDY, 2009 FROM THE ASSOCIATION OF WOMEN OBSTETRICS SHOW THAT WOMEN WHO HAD A DOULA DURING THE BIRTH HAD A 89% INCREASE IN BREASTFEEDING AFTER 72 HOURS, COMPARED TO 40% OF WOMEN WHO DID NOT HAVE A DOULA, ONLY 40% OF BREASTFEEDING WITHIN 72 HOURS AFTER BIRTH. OREGON IS DOING GREAT. WE ARE A STATE THAT'S LEADING THE NATION IN BREASTFEEDING. THAT'S VERY EXCITING. THAT'S SOMETHING THAT I'M VERY PROUD OF BEING IN THE STATE AS I GO AROUND THE COUNTRY. I DO BRAG THAT I'M FROM THE STATE THAT BREASTFEEDING IS REALLY HIGH. JUST CAME OUT OF CHICAGO A COUPLE OF WEEKS AGO DOING A DOULA TRAINING, A LOT OF DISPARITY, FOOD DESERTS, AND MANY WANT TO MOVE TO OREGON NOW BUT WHEN I WENT TO THE WEBSITE OREGON.GOV AND LOOKED UP SOME RESEARCH REGARDING BREASTFEEDING FOR TODAY, WE STILL HAVE TO REALIZE THAT THERE IS A GROUP OF WOMEN SUCH AS LOW-INCOME WOMEN, UNDER THE AGE OF 25 AND AFRICAN-AMERICAN WOMEN WHO ARE NOT ACHIEVING THE BREASTFEEDING GOAL THAT WE'RE SO PROUD OF HERE IN OREGON. NATIONWIDE, WOMEN OF COLOR ARE DOING BETTER ACROSS THE NATION. WITHIN OUR STATE THEY'RE NOT. AND SO WHAT THE DOULA DOES, THEY'RE TRAINED, WE TRAIN TO GO OUT INTO COMMUNITIES TO TALK TO THEM ABOUT THE BENEFITS OF BREASTFEEDING, PRECONCEPTIONALLY, OUR FIRST TRIMESTER, VISIT THEM TO ENCOURAGE THE STAFF AT THE HOSPITAL IF THEY DO WANT TO BREAST-FEED AND THE EXCITING PART, WHEN WE'RE AT THE BIRTH, SHE WANTS TO BREAST-FEED SO WHAT MAKES BREASTFEEDING POSITIVE FOR WOMEN IS THEIR BIRTH EXPERIENCE. WE DO GO TOGETHER, THE STUDIES ON THAT. WHEN OMWITH FEELS SUPPORTED DURING THE BIRTH, SHE HAS SOMEONE WHO'S TRAINED TO SUPPORT HER DURING THE BIRTH SHE'S GOING TO HAVE A BETTER BREASTFEEDING OUTCOME. WE'RE EXCITED THAT THE CCOs ARE RECOGNIZING DOULAS AS A COMMUNITY HEALTH WORKER. IT'S NOW A PROFESSION THAT WILL GET INTO THE HEALTHCARE TEAM BUT WE WANT TO CONSIDER STILL PROVIDING SUPPORT FOR DOULAS TO BE TRAINED IN OREGON. RIGHT NOW, THERE'S NO MECHANISM FOR DOULAS TO BE TRAINED. THEY HAVE TO PAY CASH OUT OF THEIR POCKETS SO TO GET LOW-INCOME WOMEN TO BECOME DOULAS IS VERY CHALLENGING. OUR TARGET POPULATION SINCE 2002 HAS BEEN WOMEN OF COLOR. WE'VE TRAINED OVER 150 WOMEN, 75% HAVE BEEN WOMEN OF COLOR, HISPANIC, PARTICULARLY AFRICAN-AMERICAN, SOME IMMIGRANT WOMEN. EVEN GAY AND LESBIAN WOMEN AND THE OTHER SUPPORT HAS BEEN CAUCASIAN WOMEN SO IT'S BEEN A GREAT CULTURAL THING OF WOMEN COMING TOGETHER TO LEARN HOW WE CAN SUPPORT BREASTFEEDING AS A CULTURE. SO IN ENDING, IN ORDER FOR US TO KEEP

THE RATE WELL FOR ALL WOMEN, PARTICULARLY WOMEN OF COLOR WHO, AS WE KNOW, HAVE A LOWER AND MORE CHALLENGING RATE BECAUSE OF A LACK OF INFORMATION, HAVING DOULAS FROM THE COMMUNITY THAT THEY REPRESENT IS CRUCIAL. THAT MEANS THAT IF YOU'RE A AFRICAN-AMERICAN WOMAN, YOU NEED A AFRICAN-AMERICAN DOULA. IF YOU'RE NATIVE, YOU NEED A NATIVE WOMAN. IF YOU'RE GAY OR LESBIAN, EACH ONE NEEDS THAT. THIS IS AGAIN, DATA HAS BEEN PROVEN THROUGH RESEARCH THAT THIS DOES NOT JUST FOR BREASTFEEDING, EVEN FOR CARDIOVASCULAR HEALTH, OBESITY, TO HAVE SOMEONE WHO LOOKS LIKE YOU. WE DID PARTNER WITH WIC IN 2011. WE DID A QUALITATIVE ANALYSIS USING FOCUS GROUPS AND KEY INFORMATION AND WE CAME OUT WITH SIX RECURRING THEMES AND ALSO WE LOOKED AT MEN, AS WELL. AND WHAT THE WOMEN SAID OF AFRICAN-AMERICAN DESCENT, THEY NEEDED TO SEE MORE WOMEN LOOKING LIKE THEM BREASTFEEDING PUBLICLY. MOST OF THE IMAGES WE SEE WHO ARE BREASTFEEDING ARE NOT WOMEN OF COLOR AND THAT'S ALSO A NATIONAL PROBLEM. THE SECOND PIECE IS THAT THEY WANTED TO HAVE PEER COUNSELORS WHO LOOK LIKE THEM AND THE WOMEN AND THE MEN SAID THEY NEED MORE HOME VISITS. THE DOULAS DO GO TO THE HOME ON THE THIRD DAY. IT'S WHEN THE MILK COMES IN SO ON THE THIRD DAY IF THERE'S NO ONE THERE, WOMEN GIVE UP, IT'S PAINFUL, IT'S FRIGHTENING, THEY DON'T HAVE A SUPPORT SYSTEM. NO ONE KNOWS WHAT TO DO, THEY RESORT TO A BOTTLE. HAVING DOULAS WHO CAN MAKE THE VISITS IS ALSO KEY. IT DOES MAKE A DIFFERENCE. WHEN WE GET THE CALL AND A WOMAN SAYS I'M ABOUT TO GIVE UP, WE SEND A DOULA OVER THERE WHO CAN HELP THEM BUT A WOMAN KNOWS THE DOULA FROM THE PREGNANCY, FROM THE BIRTH AND TO AFTER CARE OF. THAT'S CONTINUITY OF CARE, ANOTHER PROVEN METHOD THAT'S GOING TO INCREASE AND SUSTAIN BREASTFEEDING AS WELL. SO I JUST WANTED TO REMIND US THAT WE DO NEED TO FIND A WAY THAT WE CAN INCREASE DOULAS AT A COMMUNITY LEVEL IN THE COMMUNITY SO THAT THEY CAN DO THE WORK AND SOME RECOMMENDATIONS ARE THAT WE WOULD LOOK AT GOING TO HIGH SCHOOLS, INTRODUCED AS A PROFESSION EARLY, IN MIDDLE SCHOOL AS A CAREER OPTION AND THAT THE COUNTY WOULD FIND A WAY TO UTILIZE DOULAS, SUPPORT THE WORK AND MAKE SURE THE WOMEN KNOW WHAT DOULAS ARE. WE WOULD LIKE TO SEE A DOULA OFFER WITH HBI, WITH EACH WIC CLIENT, WHEN THEY SIGN UP FOR WIC, THEY GET SIGNED UP FOR A DOULA AS WELL SO WE CAN KEEP THAT PIECE GOING AND I JUST WANT TO SAY THANK YOU FOR BEING A GREAT COUNTY, FOR SUPPORTING BREASTFEEDING, FOR HAVING THIS PROCLAMATION TODAY AND THANK YOU COMMISSIONER SMITH FOR SUBMITTING THE PROCLAMATION. THANK YOU.

>> Chair Cogen: GOOD MORNING.

>> GOOD MORNING. MY NAME IS SHANTA JOHNSON. I'M A WIC BREASTFEEDING PEER COUNSELOR. I'M ALSO A DOULA, I WAS TRAINED WITH ICTC. AND I'M ALSO A COMMUNITY HEALTH WORKER. I WORK AT WIC AS A

BREASTFEEDING PEER COUNSELOR. WE OFFER TO WIC PARTICIPANTS, THEY COME FOR A TOTAL OF NINE SESSIONS, FIVE OF THEM ARE PRENATAL SESSIONS WHERE THEY GET TO LEARN ABOUT HOW TO GET BREASTFEEDING OFF TO A GOOD START, THE BENEFITS OF BREASTFEEDING, THOSE KIND OF THINGS, AND THEN THE LAST THREE SESSIONS ARE POSTPARTUM. AND SO THEY COME BACK WITH THEIR BABIES AND WE DO INFANT MASSAGE, WE WEIGH THE BABIES, THERE'S A LACTATION CONSULTANT, AND POSTPARTUM GROUPS SO THEY GET SUPPORT. AS A BREASTFEEDING COUNSELOR I'M ON CALL FOR THE MOMS. WHENEVER THEY HAVE A QUESTION IN THE MIDDLE OF THE NIGHT OR ON THE WEEKENDS, BECAUSE PEOPLE DON'T HAVE JUST QUESTIONS, YOU KNOW, FROM 8:00 TO 5:00, THEY CAN CALL ME. AND SO I'M BASICALLY ON CALL FOR THE MOMS. AND PROVIDE PEER TO PEER SUPPORT. THE WOMEN IN OUR GROUPS OR THE MOMS IN OUR GROUPS ALSO GET THE SUPPORT OF THEIR PEERS. BECAUSE THEY'RE ALL GOING THROUGH PREGNANCY TOGETHER. SO THEY ARE GROUPED TOGETHER ACCORDING TO THEIR DUE DATES AND SO THEY ALL KIND OF, LIKE I SAID, GO THROUGH PREGNANCY TOGETHER AND SUPPORT ONE ANOTHER. AND EVENTUALLY LATER ON DOWN THE LINE, SOME OF THEM BECOME GREAT FRIENDS AND GO OUT FOR COFFEE AND PLAY GROUPS AND THEIR CHILDREN GET TO GROW UP TOGETHER. SO IT'S REALLY A GREAT PROGRAM. WE DO TEACH ABOUT 45 GROUPS PER MONTH AND WE ALSO HAVE BILINGUAL SPANISH GROUPS THAT ARE OFFERED TO MOMS. SO IT'S A REALLY GREAT PROGRAM. IN FEBRUARY, OF THIS YEAR, WE STARTED THE AFRICAN-AMERICAN BREASTFEEDING GROUPS, WHICH HAVE BEEN GOING REALLY GREAT. THAT CAME OUT OF THE BREASTFEEDING BLACK BABIES SUMMIT WITH ICTC. AND SO IT'S JUST BEEN REALLY GREAT TO HAVE THE MOMS SEE REFLECTIONS OF THEMSELVES. AND HAVE THAT SUPPORT OF THEIR PEERS. ON A PERSONAL NOTE I HAVE FOUR CHILDREN THAT I HAVE BREAST-FED. MY YOUNGEST BEING JUST A MONTH ON MONDAY. AND SO I'VE BREAST-FED ALL FOUR OF MY CHILDREN FOR DIFFERENT PERIODS OF TIME BASED UPON, YOU KNOW, KIND OF WHAT WAS HAPPENING IN MY LIFE. AND THE SECOND -- MY SECOND CHILD, MY DAUGHTER, I DIDN'T BREAST-FEED AS LONG AS I WOULD HAVE LIKED TO JUST BECAUSE I DIDN'T HAVE AS MUCH SUPPORT. AND I DID HAVE TO RETURN BACK TO WORK PRETTY EARLY. SO I AM ABLE TO RELATE TO A LOT OF THE MOMS IN THE GROUPS AS FAR AS NOT, YOU KNOW, BREASTFEEDING FOR AS LONG AS THEY WOULD HAVE LIKED TO. AND I CAN DEFINITELY TELL YOU THAT I HAVE NOTICED A DIFFERENCE BETWEEN HER AND MY OTHER CHILDREN. SHE HAS ASTHMA AND SHE HAS ALLERGIES, WHICH IS PRETTY COMMON WITH BEING FORMULA FED A LOT EARLIER THAN HER BROTHERS AND SISTERS. AND SO WHEN I BECAME A BREAST FEEDING PEER COUNSELOR, I GOT TO LEARN A LOT ABOUT ALL THE GREAT BENEFITS AND INCORPORATE IN THAT MY PERSONAL LIFE AND SO I BREAST-FED MY LAST SON FOR TWO YEARS AND THIS BABY I WILL BREAST-FEED UNTIL WHENEVER SHE'S DONE. I HAVE A REALLY GREAT PASSION FOR BREASTFEEDING ON A PERSONAL NOTE AND PROFESSIONAL NOTE AND I LOOK FORWARD TO ALL OF THE GREAT WORK THAT IS AHEAD OF US. AND SO THANK YOU FOR YOUR TIME.

>> Chair Cogen: THANK YOU.

>> Commissioner Smith: THANK YOU. AND I JUST WANT TO SAY THANK YOU FOR BRINGING ALL THIS GREAT INFORMATION TO US THIS MORNING. THE STORIES THAT YOU ALL BROUGHT, THEY'RE REALLY MOVING AND INSPIRING. I WISH I COULD HAVE BREAST-FED A LOT LONGER THAN I DID, TOO. IT'S VERY INTIMIDATING INITIALLY. SHANTA, COULD YOU READ THE PROCLAMATION?

>> PROCLAIMING AUGUST 2013 NATIONAL BREASTFEEDING AWARENESS MONTH, IN MULTNOMAH COUNTY OREGON. THE MULTNOMAH COUNTY BOARD OF COMMISSIONERS FINDS NATIONAL BREASTFEEDING MONTH AS PART OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES CAMPAIGN TO EMPOWER WOMEN TO COMMIT TO BREASTFEEDING BY HIGHLIGHTING NEW RESEARCH THAT DEMONSTRATES THE POSITIVE IMPACTS OF THIS PRACTICE FOR BOTH BABIES AND MOTHERS. BREASTFEEDING IS ONE OF THE MOST BENEFICIAL STEPS A MOTHER CAN TAKE TO PROTECT THE LIFE-LONG HEALTH OF HER BABY AND HERSELF. THE NUTRIENTS, HORMONES AND ANTIBODIES IN BREAST MILK PROTECT BABIES FROM LOWER RESPIRATORY INFECTIONS, ALLERGIES, ASTHMA, TYPE TWO DIABETES AND CHILDHOOD OBESITY. MOTHERS WHO BREAST-FEED HAVE A LOWER RISK OF TYPE TWO DIABETES, BREAST CANCER AND OVARIAN CANCER AND OSTEOPOROSIS. BREASTFEEDING IS ALSO LINKED WITH A LOWER RISK OF POSTPARTUM DEPRESSION IN NEW MOTHERS. BREASTFEEDING PROMOTES HEALTHY ATTACHMENT BETWEEN MOTHERS AND THEIR BABIES. BECAUSE PHYSICAL CONTACT IS IMPORTANT TO NEWBORNS, BREASTFEEDING AIDS IN THEIR SENSE OF SECURITY, WARMTH AND COMFORT. BREASTFEEDING ALSO BENEFITS FROM THIS CLOSENESS. MOTHERS ALSO BENEFIT FROM THIS CLOSENESS. THE SKIN TO SKIN CONTACT CAN BOOST THE MOTHER'S OXYTOCIN, A HORMONE THAT HELPS MILK FLOW AND CALMS THE MOTHER. FORMULA AND FEEDING SUPPLIES CAN COST WELL OVER \$1,500 EACH YEAR AND FORMULA-FED BABIES ARE MORE COMMONLY SUBJECT TO EAR INFECTIONS AND DIARRHEA. BREAST-FED BABIES ARE SICK LESS OFTEN AND NEED FEWER SICK CARE VISITS. PRESCRIPTIONS AND HOSPITALIZATIONS. ADDITIONALLY, BREASTFEEDING MOTHERS MISS FEWER DAYS FROM WORK BECAUSE THEIR INFANTS ARE SICK LESS OFTEN. BREASTFEEDING IS A COST EFFECTIVE WAY TO IMPROVE INDIVIDUAL AND COMMUNITY HEALTH. RECENT RESEARCH SHOWS THAT IF 90% OF FAMILIES BREAST-FED EXCLUSIVELY FOR SIX MONTHS, NEARLY 1,000 DEATHS AMONG INFANTS COULD BE PREVENTED ANNUALLY. THE UNITED STATES WOULD ALSO SAVE \$13 BILLION PER YEAR BECAUSE MEDICAL CARE COSTS ARE LOWER FOR FULLY BREAST-FED INFANTS THAN NEVER BREAST-FED INFANTS. OREGON EXCEEDS THE NATIONAL AVERAGE FOR BREASTFEEDING RATES ON ALL INDICATORS WITH ALMOST HALF OF ALL PREGNANT WOMEN IN MULTNOMAH COUNTY RECEIVING BENEFITS FROM THE WOMEN INFANTS AND CHILDREN WIC PROGRAM, THE MULTNOMAH COUNTY HEALTH DEPARTMENT HAS

CONTRIBUTED SIGNIFICANTLY TO THESE INCREASED RATES OF BREASTFEEDING. MULTNOMAH COUNTY'S WIC, EARLY CHILDHOOD SERVICES AND THE HEALTHY BIRTH INITIATIVE COLLABORATIVE WITH SEVERAL COMMUNITY PARTNERS INCLUDING THE BREASTFEEDING COALITION OF OREGON, THE MILK BANK, THE INTERNATIONAL CENTER FOR TRADITIONAL CHILD BEARING, ICTC, URBAN LEAGUE, NATIVE AMERICAN REHABILITATION ASSOCIATION OF THE NORTHWEST, NARA, AFRICAN-AMERICAN BREASTFEEDING COALITION, OREGON LATINO HEALTH COALITION AND LA LECHE LEAGUE. THROUGH DOULAS, COMMUNITY HEALTH WORKERS AND HOSPITALS THAT ARE BABY FRIENDLY, THE EXTENSIVE BREASTFEEDING NETWORK PROVIDES SUPPORT AND RESOURCES FOR MOTHERS THROUGHOUT MULTNOMAH COUNTY. COMPLEMENTING THESE SERVICES ARE THE FATHERS, PARTNERS, GRANDPARENTS, EXTENDED FAMILIES, FRIENDS AND WISE ONES THAT PROVIDE EVERYDAY SUPPORT FOR BREASTFEEDING MOTHERS. MULTNOMAH COUNTY SUPPORTS CHANGES THROUGHOUT THE COMMUNITY. WHERE WE LIVE, WORK, LEARN, PLAY AND WORSHIP, THAT SUPPORT BREASTFEEDING AND THE EFFORT TO GIVE BABIES THE HEALTHIEST START POSSIBLE. THE MULTNOMAH COUNTY BOARD OF COMMISSIONERS PROCLAIMS AUGUST, 2013, NATIONAL BREASTFEEDING AWARENESS MONTH IN MULTNOMAH COUNTY, OREGON, ADOPTED THIS 15th DAY OF AUGUST, 2013.

>> Chair Cogen: THANK YOU VERY MUCH. [APPLAUSE] BOARD COMMENTS OR QUESTIONS BEFORE WE GO?

>> Commissioner Kafoury: THANK YOU. I WANT TO THANK YOU ALL FOR COMING TODAY AND THANK YOU COMMISSIONER SMITH FOR BRINGING THIS FORWARD. ALL OF YOU WHO DO WORK IN THIS FIELD ARE MY HEROES. I BREAST-FED ALL THREE OF MY CHILDREN AND THE FIRST TWO WERE VERY SUCCESSFUL BUT IF IT WEREN'T FOR THE LACTATION CONSULTANT AT KAISER I WOULD HAVE GIVEN UP WITH THE THIRD AND I THOUGHT I HAVE THIS DOWN, I'VE ALREADY DONE TWO BUT IT WAS SO DIFFERENT WITH HER. I SHOULD KNOW SHE'S VERY STUBBORN AND KIND OF PLAYED OUT IN THE REST OF HER LIFE, BUT I WAS SO DEPRESSED AND I REALLY FELT LIKE A FAILURE AND ALL OF THE FEELINGS THAT YOU'VE DESCRIBED TODAY. IT WAS JUST AMAZING AND I HAD SUPPORT OF THE FRIENDS AND FAMILY BUT IF NOT FOR HER AND HER PERSISTENCE AND COMFORT TO ME WE WOULD HAVE GIVEN UP AND I ALSO JUST WANT TO SAY THANK YOU AND SUPPORT FOR ALL THE WOMEN WHO ARE OUT IN OUR AUDIENCE NURSING TODAY. IT MAKES ME VERY HAPPY AND HANG IN THERE BECAUSE YOU WILL ALSO HEAR ON THE OTHER END THERE'S A LOT OF SUPPORT MAYBE AT THE BEGINNING BUT THEN PEOPLE START SAYING WOW YOU'RE STILL BREASTFEEDING? AREN'T YOU GETTING A LITTLE OLD THERE? AND YOU JUST HAVE TO HANG IN THERE AND YOU KNOW WHAT'S RIGHT FOR YOU AND YOUR BABY. THANKS, AGAIN FOR EVERYONE COMING TODAY. [APPLAUSE]

>> Commissioner McKeel: THANK YOU. I ALSO WANT TO THANK ALL OF YOU FOR BEING HERE TODAY AND FOR COMMISSIONER SMITH FOR BRINGING THIS FORWARD. IT'S VERY ENCOURAGING TO HEAR ABOUT ALL THE SUPPORT THAT'S AVAILABLE NOW. WHEN I HAD MY CHILDREN, I DON'T THINK WE HAD AS MUCH SUPPORT AROUND, KNOWING WHAT AND HOW TO BE SUCCESSFUL WITH BREASTFEEDING. SO IT'S VERY ENCOURAGING TO SEE ALL THE SUPPORT THAT'S AVAILABLE NOW FOR NEW MOTHERS. IT'S VERY IMPORTANT. SO THANK YOU VERY MUCH.

>> Chair Cogen: THANKS. COMMISSIONER SMITH.

>> Commissioner Smith: THANK YOU. I WOULD LIKE TO SAY YOU ALL ARE MY HEROES, TOO. I AGREE WITH COMMISSIONER KAFOURY AND I DO WANT TO GIVE A SPECIAL NOTE TO SHAFIA. YOU'VE BEEN DOING THIS FOR A LONG TIME, AND I THINK THAT THE WORK THAT YOU DO IS SO IMPORTANT AND IT'S CRITICAL TO OUR PARENTS OF COLOR AND I THINK YOU AFFORD US A SERVICE THAT WE SHOULD TRY TO FIGURE OUT WAYS TO PARTNER WITH YOU MORE AND I WANT TO TALK TO YOU A LITTLE BIT MORE ABOUT THAT. PUT THANK YOU FOR ALL THE WORK THAT YOU'VE DONE IN THIS COMMUNITY AND THANKS FOR ALL THE EDUCATION AND TRAINING THAT YOU'VE GIVEN TO THIS COMMUNITY, AS WELL. THANK YOU.

>> THANK YOU SO MUCH. [APPLAUSE]

>> Chair Cogen: COMMISSIONER SMITH I WANT TO THANK YOU FOR BRINGING THIS FORWARD AND THANK EVERYONE WHO'S BEEN INVOLVED IN THIS. BREASTFEEDING IS A REALLY CLASSIC EXAMPLE OF A PREVENTIVE PRACTICE THAT IS ENTIRELY NATURAL THAT WE KNOW YIELDS MUCH BETTER OUTCOMES AND WE HAVE TERRIFIC OUTCOMES IN MULTNOMAH COUNTY GENERALLY AND A LOT OF THAT CREDIT DOES GO TO OUR HEALTH DEPARTMENT, THE HEALTHY BIRTH INITIATIVES WITH THE HOME VISITING PROGRAMS ETC. BUT WE ALSO KNOW THAT WE STILL TODAY, DESPITE THE GREAT WORK WE'VE DONE HAVE TREMENDOUS DISPARITIES IN THIS COMMUNITY IN TERMS OF OUTCOMES AND SO IT'S MORE IMPORTANT THAN EVER TO CONTINUE THE OUTREACH AND CONTINUE THE CONVERSATION BECAUSE AT THE END OF THE DAY WE NEED TO MAKE SURE THAT EVERYONE IN THE COMMUNITY BENEFITS EQUALLY FROM THIS. ALL IN FAVOR VOTE AYE, OPPOSED, THE PROCLAMATION IS ADOPTED.

>> Commissioner Smith: THANK YOU. [APPLAUSE]

>> Chair Cogen: THAT BRINGING US TO THE END OF OUR REGULAR AGENDA. WE DO HAVE TIME SET ASIDE FOR ANY NON-AGENDA ITEM ANY COMMISSIONER MIGHT WANT TO BRING FORWARD.

Commissioner Smith: A BRIEF NOTE ON THIS HEALTHCARE FRONT. ON MONDAY, I WILL JOIN SENATOR WYDEN WITH A HEALTHCARE TOWN HALL MEETING MONDAY MORNING. AND I WOULD JUST ENCOURAGE ALL OF YOU WHO ARE HERE TO ATTEND THAT MEETING BECAUSE WE HAVE THE BENEFIT OF TALKING TO FOLKS HERE IN THE COMMUNITIES AND YOU TALK TO US BUT I THINK IT'S REALLY IMPORTANT TO ALSO SEND THAT MESSAGE ABOUT BREASTFEEDING TO OUR FEDERAL DELEGATION. AND SO WE'LL BE DOING THAT ON MONDAY. WE'RE ALSO GOING TO BE GIVING A SNAPSHOT OF HOW FOLKS WHO ARE UNINSURED THAT CAN BECOME INSURED UNDER THE AFFORDABLE CARE ACT AND WE'LL HAVE REFRESHMENTS AND IT WILL BE AN HOUR AND A HALF SO I WOULD JUST ENCOURAGE YOU ALL TO COME ON MONDAY AFTERNOON AND I WANT TO THANK EVERYBODY FOR THIS GREAT WEEK.

Chair Cogen: OKAY. THANK YOU. ANYTHING ELSE? COMMISSIONER McKEEL.

Commissioner McKeel: ANOTHER GREAT WEEKEND IN EAST COUNTY. SO I INVITE YOU ALL TO COME TO TROUTDALE FOR THE CAR CRUISE-IN BOTH SATURDAY AND SUNDAY. COME ON OUT TO EAST COUNTY.

Chair Cogen: EXCELLENT. AND THERE BEING NO FURTHER BUSINESS WE'RE NOW ADJOURNED. THANK YOU. [GAVEL]

ADJOURNMENT

The meeting was adjourned at 10:43 a.m.

This transcript was prepared by LNS Captioning and edited by the Board Clerk's office. For access to the video and/or board packet materials, please view at:
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Submitted by:
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Board of County Commissioners
Multnomah County