

COUNTY OF LOS ANGELES  
 PUBLIC HEALTH COMMISSION  
 MARCH 14, 2013  
 MINUTES

**APPROVED**

**COMMISSIONERS**

**Patrick Dowling, M.D., M.P.H., Chairperson\***  
 Jean G. Champommier, Ph.D., Vice-Chair\*  
 Waleed W. Shindy M.D., M.P.H.\*  
 Michelle Anne Bholat, M.D., M.P.H. \*\*

**DEPARTMENT OF HEALTH SERVICES REPRESENTATIVE**

Jonathan E. Fielding, Director of Public Health and Health Officer\*\*\*  
 Angela Haley, Secretary\*  
 Public Health Commission

**PUBLIC HEALTH COMMISSION ADVISOR**

Cynthia Harding, Chief Deputy\*  
 Public Health

**PUBLIC HEALTH COMMISSION YOUTH ADVISOR**

Vacant

\*Present \*\*Excused \*\*\*Absent

TOPIC	DISCUSSION/FINDINGS	RECOMMENDATION/ACTION/ FOLLOW-UP
I. CALL TO ORDER	The meeting was called to order at approximately 10:10 a.m. by Chairperson Dowling at Central Health Center.	Information only.

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<b>II. ANNOUNCEMENTS &amp; INTRODUCTIONS</b>	<i>Introductions of Commissioners and guests were conducted.</i>	<i>Information only.</i>
<b>III. APPROVAL OF MINUTES</b>	<b>MOTION: APPROVAL OF FEBRUARY 14, 2013 MINUTES</b>	<i>Chairperson Dowling entertained a motion from Commissioner Shindy, seconded by Vice-Chairperson Champommier and carried unanimously.</i>

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<p><b>IV. PUBLIC HEALTH REPORT</b></p>	<p><i>Cindy Harding provided the Commission with a Public Health Report and discussed public health activities since the last report on February 28, 2013.</i></p> <p><b>Update on Homeless TB Outbreak Response Efforts</b></p> <p><i>Dr. Robert Kim-Farley informed the Commission DPH has learned of additional cases of TB linked by a common genotype. These cases have been identified in the Koreatown area. These are not linked to the genotype associated with the homeless outbreak. Dr. Kim-Farley provided the Commission with an update on homeless TB outbreak response efforts.</i></p> <ul style="list-style-type: none"> <li>• <i>A total of 78 cases have been identified, and of these, 65 are homeless, 15 deaths (12 were homeless).</i></li> <li>• <i>Instituted a department-wide incident control action plan that is updated daily on information on the homeless TB outbreak response efforts.</i></li> <li>• <i>Looking at case definition</i></li> <li>• <i>DPH is continuing to work with the California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) to investigate this outbreak.</i></li> </ul>	

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<p><b>IV. PUBLIC HEALTH REPORT CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• Screening efforts will be conducted on March 29, 2013</li> <li>• Developed guidelines on the information for the shelters</li> <li>• To date, DPH has met with three main healthcare providers in Skid Row (JWCH, LA Christian, UCLA) to ensure that they follow appropriate TB screening protocols.</li> <li>• DPH has met with staff from the Department of Health Services (DHS) to discuss DHS operations for homeless TB cases, including hospitalization and the planned services in their clinic in the Skid Row area.</li> <li>• DPH issued an alert to all Skid Row homeless shelter service providers.</li> <li>• In the process of preparing Speakers Bureau presentation</li> <li>• World TB Day is the week of March 18<sup>th</sup></li> <li>• DPH is working with the State regarding reimbursement rate for DOT.</li> <li>• CHS has been doing an excellent job in assisting DPH in this TB response efforts</li> </ul> <p>Dr. Kim-Farley informed the Commission that there has been a second homeless associated TB cluster with 13 people. Also, a TB case has been identified at Cal Poly Pomona University.</p>	

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<p><b>IV. PUBLIC HEALTH REPORT CONTINUED</b></p>	<p>Ms. Harding indicated that DPH will have an exit conference with CDC the end of next week, and based on the recommendations they have, DPH will provide the Board with that information. Ms. Harding will continue to keep the Commission apprised of the Board communications and report back any updated information.</p> <p>The Commission thanked Dr. Kim-Farley for the update on the homeless TB outbreak response efforts.</p> <p><b>Proposed Los Angeles (L.A.) City Ballot Initiative</b></p> <p>Ms. Harding providing an update of the proposed L.A. City Ballot Initiative, and indicated DPH is in the process of conducting an in depth analysis of what a separate city health department in the County of Los Angeles would mean, both for L.A. County finances as well as the implications for L.A. City finances. DPH hopes to have that information soon, and will report to the Commission their findings. The proposed ballot initiative has DPH concerned both for the cost implications and the public health implications, duplications, and for things that may fall through the crack.</p>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY</b></p>	<p>Drs. Benedict Lee and Tina Kim, L.A. County Department of Public Health (DPH), Substance Abuse Prevention &amp; Control (SAPC) provided the Commission with a presentation on the Prescription Drug Abuse in L.A. County.</p> <p>Dr. Lee highlighted national and local data on prescription drug abuse in L.A. County that DPH is currently undertaking.</p> <p><b>SAPC Mission</b></p> <p>The mission of Substance Abuse Prevention and Control (SAPC), a division of County of Los Angeles Department of Public Health, is to reduce community and individual problems related to alcohol and drug abuse through evidence-based programs and policy advocacy.</p> <p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• Prescription drug abuse has become one of the fastest-growing public health concerns in the United States and L.A. County.</li> <li>• Prescription drugs are now the second most abused category of drugs after marijuana.</li> <li>• Opioid pain relievers are now involved in more overdose deaths nationwide than heroin and cocaine combined.</li> </ul>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• <i>Nearly one in four high school seniors in the U.S. reported nonmedical prescription drug use in their lifetime, and 15% reported nonmedical prescription drug use in the past year.</i></li> <li>• <i>Tackling this problem is vital to protecting the public's health, and will require a coordinated effort of the public health system with other public and private agencies and organizations.</i></li> <li>• <i>Prescription drug abuse is affecting pets as well as humans.</i></li> </ul> <p><b>What are Prescription Drugs?</b></p> <ul style="list-style-type: none"> <li>• <i>Legal drugs that require a prescription to be written by a licensed clinician</i></li> <li>• <i>Includes opioids, stimulants, and sedatives</i></li> </ul> <p><b>Commonly Abused Prescription Drugs</b></p> <ul style="list-style-type: none"> <li>• <i>Opiates/Opioids – OxyContin, Percocet, Demerol, Vicodin, Tylenol with Codeine</i></li> <li>• <i>Stimulants – Adderall, Desoxyn, Concerta, Ritalin</i></li> <li>• <i>Sedatives – Xanax, Klonopin, Valium, Ativan, Lunesta, Ambien, Robaxin</i></li> </ul>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<p>Nonmedical prescription drug use is the use of prescription medications without a prescription, in a way other than as prescribed, or for the experience or feelings elicited.</p> <p><b>How are Prescription Drugs Inappropriately Used?</b></p> <ul style="list-style-type: none"> <li>• Taking medication on a schedule or dosage that is different from how it was prescribed.</li> <li>• Taking medications without a prescription (not the prescribed patient).</li> <li>• Taking medication for reasons other than those intended by the prescriber.</li> <li>• Taking medication in combination with other/drugs/substances (such as alcohol).</li> </ul> <p><b>Who is Most at Risk for Abuse of Prescription Drugs?</b></p> <p>Individuals with:</p> <ul style="list-style-type: none"> <li>• A history of drug and/or alcohol abuse.</li> <li>• A previous drug or alcohol (e.g. DUI) conviction.</li> <li>• (Untreated) mental health conditions.</li> <li>• Suffering from other social issues (e.g., social isolation).</li> </ul>	



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<p><b>V.PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<p><b>Risks Associated with Prescription Opioids</b></p> <p><u>Physical Risks:</u></p> <ul style="list-style-type: none"> <li>• Respiratory depression (sleep apnea)</li> <li>• Drowsiness</li> <li>• Increased pain sensitivity</li> <li>• Sexual dysfunction and other endocrine effects</li> <li>• Constipation</li> <li>• Nausea/vomiting</li> <li>• Chronic dry mouth</li> <li>• Dry skin/itching/pruritus</li> <li>• Coma</li> <li>• Muscle twitching</li> </ul> <p><u>Psychological Risks:</u></p> <ul style="list-style-type: none"> <li>• Apathy</li> <li>• Dysphoria</li> <li>• Psychomotor agitation</li> <li>• Psychomotor retardation</li> <li>• Impaired judgment</li> </ul> <p>Dr. Lee discussed the diagram on where non-medically used prescription drugs were obtained, Ages 12 and Older, 2010.</p>	

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<p><b>V.PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<p><b>National Data</b></p> <ul style="list-style-type: none"> <li>• <i>In 2010:</i></li> <li>• <i>2.4 million Americans used prescription drugs non-medically for the first time.</i></li> <li>• <i>Approximately 6,600 initiates per day.</i></li> <li>• <i>Between 1997 and 2007:</i></li> <li>• <i>600% increase in the amount of opioids prescribed.</i></li> <li>• <i>300% increase in deaths involving opioid pain relievers.</i></li> <li>• <i>15,597 deaths in 2009.</i></li> </ul> <p><b>For every Death There are an Additional:</b></p> <ul style="list-style-type: none"> <li>• <i>10 substance abuse treatment admissions.</i></li> <li>• <i>32 emergency room visits.</i></li> <li>• <i>130 persons who abuse or are dependent.</i></li> <li>• <i>825 persons who report nonmedical use of opioids.</i></li> </ul> <p><i>Dr. Lee discussed the following L.A. County data:</i></p> <ul style="list-style-type: none"> <li>• <i>Opioid Prescriptions Filled by Fiscal Year, L.A. County (LAC), 2007-2012. In LAC 14 million opioid prescribed.</i></li> <li>• <i>Drug-Related deaths for Commonly Abused Prescription/OTC Drugs, LAC, 2000-2009</i></li> </ul>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• <i>Treatment Admission Episodes by Primary Prescription Drug Problem, LAC, 2005-2010</i></li> <li>• <i>Hospitalizations and Emergency Department Visits for Prescription/OTC Drug Overdose, LAC, 2005-2009</i></li> </ul> <p><b>Adult Prescription Drug Use</b></p> <ul style="list-style-type: none"> <li>• <i>5.2% of adults or 379,000 reported misusing any form of prescription drugs in the past year.</i></li> <li>• <i>A higher percentage of males (6.6%) than females (4.0%) reported misuse of prescription drugs.</i></li> <li>• <i>Higher percentages of the misuse of prescription drugs were reported among adults aged 18-39;</i></li> <li>• <i>18-29 years 7.3%</i></li> <li>• <i>30-39 years 7.6%</i></li> <li>• <i>40-49 years 4.7%</i></li> <li>• <i>50-64 years 3.9%</i></li> <li>• <i>&gt;65 years 1.5%</i></li> </ul> <p><b>Youth Prescription Drug Use</b></p> <ul style="list-style-type: none"> <li>• <i>Report misuse of prescription painkillers at least once in their lifetime</i></li> <li>• <i>11% of students in grade 9</i></li> <li>• <i>14% of students in grade 11</i></li> <li>• <i>37% of students in continuation, community day or alternative high schools</i></li> </ul>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<p>Dr. Tina Kim discussed the recommended actions to prevent prescription drug abuse. Dr. Kim informed the Commission that 500 people in L.A. County die every year from prescription drug abuse, 5,000 people visit hospital emergency rooms, 3,000 people are hospitalized, and 1,400 visited public funded programs for treatment.</p> <p><b>Training and Education</b></p> <ul style="list-style-type: none"> <li>• Implement public awareness programs through public education and social media campaigns, such as: Utilize Twitter, Facebook, DPH website, and educational materials</li> <li>• Support and promote school-based prevention efforts.</li> <li>• Training programs for teachers, school administrators, school nurses, parent-teacher associations.</li> <li>• Increase training and continuing education programs for health care providers on the prevention and recognition of prescription drug abuse.</li> </ul>	

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<p>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</p>	<ul style="list-style-type: none"> <li>• Work with our health care partners to create training sessions, CME series, or webinars.</li> <li>• Require health care providers to receive a special training and education on recognizing and managing Rx drug overdoses.</li> <li>• Outreach medical and dental schools and professional conferences to increase awareness on Rx drug abuse.</li> </ul> <p><b>Tracking and Monitoring</b></p> <ul style="list-style-type: none"> <li>• Support PDMP or Department of Justice (DOJ) staff to secure a permanent source of funding for Controlled Substances Utilization Review and Evaluation System (CURES).</li> <li>• Work with professional licensing boards to require that practitioners enroll in CURES/PDMP before they renew their licenses and check patient prescription history before prescribing a controlled substance.</li> </ul>	

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<p><b>V. PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• Explore the possibility of providing PDMP enrollment services at DPH. Currently, there are over 200,000 prescribed and dispensers in California, but only about 10,000 are registered users.</li> <li>• Explore policy options that would require pharmacists to update the database in real time when schedule II, III, or IV prescriptions are filled.</li> <li>• Explore policy options at the state and local level that would require e-prescribing of controlled substances to eliminate the problem of forged or stolen prescriptions.</li> <li>• Work with professional licensing boards to take action against those engaged in inappropriate prescribing of controlled substances.</li> <li>• Patient Activity Report (PAR) collaborating with DOJ staff on monitoring drug abuse. LAC first entity to collaborate with DOJ.</li> </ul> <p><b>Disposal</b></p> <ul style="list-style-type: none"> <li>• Promote and advertise: LAC Sheriff's Department "Safe Drug Drop-Off" Program and (20) locations.</li> </ul>	<p>Vice-Chairperson Champommier asked Dr. Kim to provide the Commission with data on court ordered treatments for family, self, or community.</p>

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<p><b>V.PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• DEA sponsored "Community Take-Back" disposal events and community drop-off points – nationwide drop-off locations</li> <li>• Work with the LAC Sheriff's Department and other County partners to greatly increase the number of permanent take-back locations in L.A. communities.</li> <li>• Explore policy options at the county level that would require: Pharmacies to accept unused and expired prescription drugs, and drug companies be responsible for the cost of disposing unused portions of their products.</li> </ul> <p><b>Conclusions</b></p> <ul style="list-style-type: none"> <li>• Prescription drug misuse and abuse is a public health crisis, claiming more than 20,000 lives a year.</li> <li>• Urgent action is needed:</li> <li>• Raise awareness of Rx drug abuse through education and training</li> <li>• Monitor patient's prescribing records of controlled substances to ensure no duplication of prescription or doctor shopping</li> <li>• Safe removal of unused/expired Rx drugs</li> </ul>	

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<p><b>V.PRESCRIPTION DRUG ABUSE IN L.A. COUNTY CONTINUED</b></p>	<ul style="list-style-type: none"> <li>• Significant and sustained outcomes will only be achieved through collaboration between public and private agencies and actively engaging key community sectors and stakeholders.</li> </ul> <p>Chairperson Dowling asked if SAPC considered going to the pharmacies to obtain all necessary information for tracking and monitoring. Dr. Kim indicated pharmacies are mandated to update their data on monitoring and tracking.</p> <p>Vice-Chairperson Champommier asked if the drug drop off boxes secured. Dr. Kim indicated she hasn't heard of any tampering with the drop off boxes to date.</p> <p>The Commission thanked both Drs. Lee and Kim for their passion and hard work on prescription drug abuse in L.A. County.</p> <p>The meeting adjourned at 11:25 a.m.</p>	<p>Commissioner Shindy suggested that physicians are educated in medical schools on the awareness of pain management in medical schools, and should be aggressively pushed at the state level, such as, webinars. Also, suggested SAPC consider reaching out to the schools to provide educational programs to reach the elementary and middle schools on youth prescription drug use. Dr. Kim indicated that SAPC is working proactively and passionately on both of these issues</p>