

Community Health Commission (CHC)

COMMUNITY HEALTH COMMISSION MEETING AGENDA

Thursday, January 28, 2016 - 6:30 pm – 9:00 pm
South Berkeley Senior Center, 2939 Ellis Street
Berkeley, CA 94709

Preliminary Matters

1. Roll Call
2. Introductions of any new members
3. Approval of Minutes from prior meeting (Attachment 1)
4. Confirm note taker – Commissioner Engelman's transcriber
5. Public Comment (*Speakers will have up to 5 minutes each*)

Presentation & Discussion Items

1. **Presentation:** Carol Johnson, City of Berkeley Planning Department – Adeline Corridor Project
2. **Presentation:** Carla Darts, Human Exploitation and Trafficking Institute Coordinator for Alameda County District Attorney's Office – Human Trafficking
3. **Health Officer Update:** Janet Berreman
4. **Discussion:** What would Commissioners like to see the Commission accomplish in 2016? (develop workplan ideas/goals)

Health Equity Action Items (from Health Equity subcommittee)

1. **Subcommittee report/Discussion:** Discuss resource center and community health advocate concepts to facilitate access to health care in South Berkeley
 - a. **Action:** [Kwanele] Recommend that City Council direct the City Manager to explore implementing an African American Holistic Resource Center (within South Berkeley)
2. **Discussion:** [Rosales] Discuss/explore the expansion of the Heart-2-Heart program
 - a. **Action:** Recommend that City Council provide funding to expand the Heart-2-Heart program and incorporate a Community Health Action Team component

Break

Action Items

1. **Action:** [Rosales] Approve amended report to City Council recommending support to Berkeley Technology Academy
2. **Action:** [Soichet] Discuss recommending to Council that it consider an ordinance prohibiting grocery stores from throwing away unsold food (and requiring them to donate it to charities) (Attachments 3-4)
3. **Action:** [Franklin] Discuss recommending to Council to direct Public Health Division staff to determine its role in discussions relating to police data, as a way of monitoring institutional racism and addressing stress in chronic disease development (Attachment 5)
4. **Action:** [Namkung] Discuss and approve establishment of a City of Berkeley Race & Equity Department
5. **Subcommittee Report:** Electronic Controlled Weapon (Stein)
 - a. **Action:** Recommend that the Electronic Controlled Weapon subcommittee

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be retired

6. **Subcommittee Report:** Public Education and Marketing (M. Wong)
7. **Subcommittee Report:** Raising Minimum Age for Purchasing Tobacco Products (Soichet)
8. **Subcommittee Report:** Healthy Children’s Meal Beverages (Franklin)

Future Agenda Items

1. Chair & Vice-Chair of Commission elections - February
2. Presentations on Alta Bates Charity Care

Announcements from Commissioners

Information Items

1. Article: E-cigs May Contain Chemicals Tied to Lung Disease (Attachment 6)

Adjournment

Attachments:

1. Draft minutes of 11/19/15 CHC meeting
2. Approved minutes of 10/22/15 CHC meeting
3. Article: Getting Ugly Produce Onto Tables So It Stays Out of Trash
4. Article: France to Force Big Supermarkets to Give Unsold Food to Charities
5. Stress on the Streets Report Executive Summary – *full report can be downloaded from <http://www.trustnottrauma.org/>*
6. Article: E-cigs May Contain Chemicals Tied to Lung Disease
7. Community Health Commission Subcommittee Roster

The next meeting of the Community Health Commission is scheduled for February 25, 2016 with a deadline of February 11, 2016 for the public’s submission of agenda items and materials for the agenda packet. Dates are subject to change; please contact the Commission Secretary to confirm.

Please refrain from wearing scented products to this meeting.

COMMUNICATION ACCESS INFORMATION

This meeting is being held in a wheelchair accessible location. To request a disability-related accommodation(s) to participate in the meeting, including auxiliary aids or services, please contact the Disability Services specialist at 981-6346 (V) or 981-6345 (TDD) at least three business days before the meeting date.

Communications to Berkeley boards, commissions or committees are public record and will become part of the City’s electronic records, which are accessible through the City’s website. Please note: e-mail addresses, names, addresses, and other contact information are not required, but if included in any communication to a City board, commission or committee, will become part of the public record. If you do not want your e-mail address or any other contact information to be made public, you may deliver communications via U.S. Postal Service or in person to the secretary of the relevant board, commission or committee. If you do not want your contact information included in the public record, please do not include that information in your communication. Please contact the commission secretary for further information.

Any writings or documents provided to a majority of the Commission regarding any item on this agenda will be made available for public inspection at the North Berkeley Senior Center located at 1901 Hearst Avenue, during regular business hours. The Commission Agenda and Minutes may be viewed on the City of Berkeley website:

<http://www.cityofberkeley.info/commissions>.



Community Health Commission

Community Health Commission

Meeting Location: South Berkeley Senior Center
2939 Ellis Street, Berkeley, CA

Draft Minutes Regular Meeting, Thursday November 19, 2015

The meeting convened at 6:37 p.m. with Chair Rosales presiding.

ROLL CALL

Present: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich, Thornton and Wertman

Absent: Commissioners Lee, Shaw, Stein & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Staff present: Cheryl Ford and Tanya Bustamante

COMMENTS FROM THE PUBLIC

None

PRESENTATIONS

- Barbara White & Starla Gay, African American/Black Professionals & Community Network – Presentation in support of establishing African American Holistic Resource Center in Berkeley

ACTION ON MINUTES

1. M/S/C (Speich/Nathan) Motion to approve the draft October 2015 minutes.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich and Thornton

Noes: None

Abstain: Commissioner Wertman

Absent from vote: Commissioners Lee, Shaw, Stein & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Motion Passed.

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ACTION ITEM

2. M/S/C (Speich/Chen) Motion to set the Community Health Commission Meeting schedule for 2016 as the 4th Thursday of every month, with no meeting in August or December, and meeting the 3rd Thursday of the month in November.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Speich, Thornton and Wertman

Noes: None

Abstain: Commissioner Rosales

Absent: Commissioners Lee, Shaw, Stein & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Motion passed.

ACTION ITEM

3. M/S/C (Franklin/Kwanele) Motion to recommend that City Council raise the minimum age to purchase tobacco products to 21.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich and Thornton

Noes: None

Abstain: None

Absent: Commissioners Lee, Shaw, Stein, Wertman & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Motion passed.

ACTION ITEM

4. M/S/C (Rosales/Speich) Motion to create a subcommittee to consider creating an ordinance that would establish healthy default beverages with children's meals. Commissioners Engelman, Franklin and Nathan to be a part of subcommittee.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich and Thornton

Noes: None

Abstain: None

Absent: Commissioners Lee, Shaw, Stein, Wertman & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Motion passed.

ACTION ITEM

5. M/S/C (Speich/Chen) Motion to approve edited communication to City Council regarding recommendation to support Berkeley Technology Academy, and Ces will forward final version to Commission Secretary.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich and Thornton

Noes: None

Abstain: None

Absent: Commissioners Lee, Shaw, Stein, Wertman & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

Motion passed.

ACTION ITEM

6. M/S/C (Kwanele/Speich) Motion to approve the text of the Meatless Monday communication to City Council with caveat that Commissioner Franklin will reformat and send final version to Commission Secretary.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Speich and Thornton

Noes: None

Abstain: None

Absent: Commissioners Lee, Shaw, Stein, Wertman & M. Wong

Excused: Commissioners Smith, Soichet & A. Wong

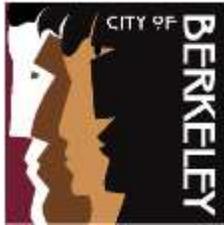
Motion passed.

NEXT MEETING

The next regular meeting will be on January 28, 2015 at 6:30 p.m. at the South Berkeley Senior Center.

This meeting was adjourned at 8:45 p.m.

Respectfully Submitted, Tanya Bustamante, Secretary.



Community Health Commission

Community Health Commission

Meeting Location: South Berkeley Senior Center
2939 Ellis Street, Berkeley, CA

Approved Minutes Regular Meeting, Thursday October 22, 2015

The meeting convened at 6:35 p.m. with Chair Rosales presiding.

ROLL CALL

Present: Commissioners Chen, Engelman, Franklin, Kwanele (6:48), Nathan (6:39), Rosales, Shaw, Smith, Soichet, Speich, Stein, Thornton, and A. Wong

Absent: Commissioners Namkung & M. Wong

Excused: Commissioner Lee

Staff present: Janet Berreman and Tanya Bustamante

COMMENTS FROM THE PUBLIC

Mara Guccione – Meatless Mondays in November announcement & request for support
Sheila Quintana, Berkeley Technology Academy – request for support of funding for school garden

PRESENTATIONS

- Ghanya Thomas, Transportation Commission – Request for support of recommendation to City Council to adopt and implement “It’s Up to All of Us” pedestrian safety campaign

ACTION ON MINUTES

1. M/S/C (Chen/Stein) Motion to approve the draft September 2015 minutes.

Ayes: Commissioners Chen, Engelman, Franklin, Rosales, Shaw, Smith, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: Commissioner Soichet

Absent from vote: Commissioners Kwanele, Namkung, Nathan, and M. Wong

Excused: Commissioner Lee

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Motion Passed.

ACTION ITEM

2. M/S/C (Franklin/Shaw) Motion to support the Transportation Commission's recommendation that the Berkeley City Council adopt and implement in the City of Berkeley the "It's Up to All of Us" pedestrian safety campaign established by the California Department of Public Health. As a first step, the Council should direct the City Manager to authorize staff to prepare a budget and action plan in consultation with the Transportation Commission, and determine the most efficient use of funds.

Ayes: Commissioners Chen, Franklin, Kwanele, Nathan, Rosales, Shaw, Smith, Soichet and Stein

Noes: Commissioners Engelman, Speich and A. Wong

Abstain: Commissioner Thornton

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

ACTION ITEM

3. M/S/C (Speich/Smith) Motion to create a subcommittee on Raising the Minimum Age for Purchasing Tobacco Products to 21. Membership of subcommittee will include Commissioners Chen, Nathan, Soichet, Speich and A. Wong. Commissioner Soichet will chair the subcommittee.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Shaw, Smith, Soichet, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: None

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

ACTION ITEM

4. M/S/C (Franklin/Soichet) Motion to support the recommendation by City Councilmember Worthington to refer to the Sugar Sweetened Beverage Panel of Experts to consider creating an ordinance that would establish healthy default beverages with children's meals.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Shaw, Smith, Soichet, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: None

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

ACTION ITEM

5. M/S/C (Chen/Soichet) Motion to approve communication to City Council regarding recommendation to support Berkeley Technology Academy, with the following edits: replace "increased" with "allocate;" include "prioritize fully staffing vacant Nurse Practitioner position with Berkeley Technology Academy" and "support ongoing efforts of Public Health to fill the vacancy."

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Shaw, Smith, Soichet, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: None

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

ACTION ITEM

6. M/S/C (Speich/Chen) Motion to retire the CEAC Liaison subcommittee.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Smith, Soichet, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: Commissioner Shaw

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

ACTION ITEM

7. M/S/C (A.Wong/Nathan) Motion to add Commissioner Smith to the Health Equity subcommittee.

Ayes: Commissioners Chen, Engelman, Franklin, Kwanele, Nathan, Rosales, Shaw, Smith, Soichet, Speich, Stein, Thornton and A. Wong

Noes: None

Abstain: None

Absent: Commissioners Namkung and M. Wong

Excused: Commissioner Lee

Motion passed.

NEXT MEETING

The next regular meeting will be on November 19, 2015 at 6:30 p.m. at the South Berkeley Senior Center.

This meeting was adjourned at 9:02 p.m.

Respectfully Submitted, Tanya Bustamante, Secretary.



The New York Times | <http://nyti.ms/1IbOplh>

U.S.

Getting Ugly Produce Onto Tables So It Stays Out of Trash

By **JENNIFER MEDINA** NOV. 23, 2015

EMERYVILLE, Calif. — The eggplants are crooked and a little long-necked, contorted enough that they would probably lose in a beauty pageant against rounder or more symmetrical aubergines.

In the field where they were grown or in the supermarkets for which they were once destined, they would presumably have been discarded. Not because they are inedible — simply because they do not make the aesthetic cut.

But the notion that real food has curves may be as catchy as the subversive advertising campaign on women's beauty.

“We find that it is really easy to convince people when they realize they can pay a fraction of the price to get the same kind of taste and health,” said Ron Clark, the chief supply officer for Imperfect Produce, a San Francisco Bay Area start-up that has been selling what it calls “cosmetically challenged” fruit and vegetables for the last six months. “Once one person is convinced, it doesn't take much to get them to convert others.”

Imperfect Produce delivers boxes of ugly fruit and vegetables to people's doorsteps in the Bay Area. A large box of mixed produce — 17 to 20 pounds of fruits

and vegetables, with five to eight types of items, depending on what is in season — costs \$18, for example; a small box of fruit (10 to 15 pounds) costs \$12 a week. Mr. Clark primarily relies on buying produce directly from California farmers and supplements it with what he can find at wholesale produce markets in Oakland.

In food-obsessed San Francisco and its neighboring cities, the company has marketed itself in large part by relying on cheeky social media campaigns: A picture of a particularly odd-shaped pepper is accompanied with the message “bite me.” A particularly bulbous tomato is labeled “my curves are good for you,” and a strangely large lemon is “more to love.”

In some parts of the Bay Area, where farmers’ market shopping is the norm and a \$10 heirloom tomato hardly raises eyebrows, the notion that produce can be slightly discolored or oddly formed hardly seems like a tough sell. But Mr. Clark and his colleagues have not had an easy time of convincing mainstream supermarkets that their produce should fill the aisles.

”There’s a leap here that not many buyers are willing to make yet,” Mr. Clark said. “We’ve expected uniform produce for decades, so it’s not going to change overnight.”

Raley’s, a grocery chain based in Northern California, sold Imperfect’s peppers, pears and apples for a few months this year, pricing them about 40 percent lower than their more traditional-looking counterparts. But after introducing the pilot program with much fanfare, the chain dropped it this fall. Store officials declined to comment for this article.

ICYMI - Produce Only Mother (Nature) Could
Love. By @Oliver_Russell
<https://t.co/SJ7cHLFQ5i>
<pic.twitter.com/x8XUaSY7ti>

— @UglyFruitAndVeg (@UglyFruitAndVeg) Nov. 14,
2015

Jordan Figueiredo, a solid waste specialist in nearby Castro Valley, began a social media campaign promoting ugly produce this year. Each day, he sends out pictures — carrots joined at the hip, apples with ample middles, whatever strange-looking thing that catches his fancy. He began a petition asking Walmart and Whole Foods to commit to carrying ugly produce, but neither chain has signed on yet.

“There is a real chicken and an egg problem, because retailers say they won’t sell this because people don’t buy it, and people say they want to buy it but retailers won’t sell it,” said Jonathan Bloom, who wrote “American Wasteland,” exploring why so much food is wasted in the United States. From 1974 to 2006, the amount of food Americans wasted increased by 50 percent, he said, adding that ugly produce was the “gateway drug” into the larger and more complicated problems around food waste generally.

“Most people really don’t view the oddities as better, and quite the opposite,” Mr. Bloom said. “There is still some deep-seated, visceral notion that things that look perfect won’t harm us.”

Imperfect Produce is just one of the ways that entrepreneurs and environmentalists are grappling with food waste, which is increasingly seen as a kind of epidemic. In Boston, the former president of Trader Joe’s has opened a market and prepared-food shop that is selling packaged food that has passed its listed “sell-by” date but is still safe (and tasty) enough for consumption. The food at the market, called Daily Table, also includes produce that has been gleaned from local fields and orchards.

San Francisco and Berkeley, Calif., have required household composting for years, and so do some other major cities, such as Seattle. In New York City, entire menus have been developed to limit food waste. A book published in September, “Waste-Free Kitchen Handbook,” encourages home cooks to look for every chance to use a stalk that they might otherwise throw away; its author, Dana Gunders, began her research of food waste for the Natural Resources Defense Council, where she is a staff scientist.

“The main reason that food doesn’t get harvested is because it will not meet shelf-life requirements,” Ms. Gunders said. “Now there’s a lot of energy about

wanting to increase access to good food and wanting to get more out of the earth, so the juxtaposition of those things creates a lot of interest in this right now.”

At Imperfect Produce, Ben Simon, the chief executive, and Ben Chesler, the chief operating officer, began their work on food waste as college students, when they saw trays of food from the campus cafeterias thrown out each night. Mr. Chesler and Mr. Simon created Food Recovery Network, which now has more than 100 colleges donating uneaten food to soup kitchens.

“We kept hearing how much food was left, even in the fields,” Mr. Chesler said. “We see this as a way of getting more people to eat more healthy food.”

The pair met Mr. Clark, who had spent more than a decade working to bring produce that would have otherwise gone to waste to food banks across California. Using his relationship with suppliers, the three have created a business that has attracted attention from many of the tech luminaries in the region, including the design firm Ideo, which receives its own drop-off each week.

In the week before Thanksgiving, Imperfect’s produce box included avocados, turnips, pomegranates, sweet potatoes, squash and hachiya persimmons.

“They are offering a whimsical way to understanding how unreasonable our mainstream produce specifications are,” Mr. Bloom said. “Anyone who has a backyard garden can understand that food grows in fun and funky ways — the notion that it is uniform is just a fallacy.”

A version of this article appears in print on November 24, 2015, on page A16 of the New York edition with the headline: Getting Ugly Produce Onto Tables to Keep It Out of Trash Bins.

France to force big supermarkets to give unsold food to charities

Legislation barring stores from spoiling and throwing away food is aimed at tackling epidemic of waste alongside food poverty

Angelique Chrisafis in Paris

Friday 22 May 2015 13.59 EDT

French supermarkets will be banned from throwing away or destroying unsold food and must instead donate it to charities or for animal feed, under a law set to crack down on food waste.

The French national assembly voted unanimously to pass the legislation as France battles an epidemic of wasted food that has highlighted the divide between giant food firms and people who are struggling to eat.

As MPs united in a rare cross-party consensus, the centre-right deputy Yves Jégo told parliament: "There's an absolute urgency - charities are desperate for food. The most moving part of this law is that it opens us up to others who are suffering."

Supermarkets will be barred from deliberately spoiling unsold food so it cannot be eaten. Those with a footprint of 4,305 sq ft (400 sq m) or more will have to sign contracts with charities by July next year or face penalties including fines of up to €75,000 (£53,000) or two years in jail.

"It's scandalous to see bleach being poured into supermarket dustbins along with edible foods," said the Socialist deputy Guillaume Garot, a former food minister who proposed the bill.

In recent years, French media have highlighted how poor families, students, unemployed or homeless people often stealthily forage in supermarket bins at night to feed themselves, able to survive on edible products which had been thrown out just as their best-before dates approached.

But some supermarkets doused binned food in bleach to prevent potential food-poisoning by eating food from bins. Other supermarkets deliberately binned food in locked warehouses for collection by refuse trucks to stop scavengers.

The practice of foraging in supermarket bins is not without risk - some people picking through rotten fruit and rubbish to reach yoghurts, cheese platters or readymade pizzas

have been stopped by police and faced criminal action for theft. In 2011, a 59-year-old father of six working for the minimum wage at a Monoprix supermarket in Marseille almost lost his job after a colleague called security when they saw him pick six melons and two lettuces out of a bin.

Pressure groups, recycling commandos and direct action foraging movements have been highlighting the issue of waste in France. Members of the Gars'pilleurs, an action group founded in Lyon, don gardening gloves to remove food from supermarket bins at night and redistribute it on the streets the next morning to raise awareness about waste, poverty and food distribution.

The group and four others issued a statement earlier this year warning that simply obliging supermarket giants to pass unsold food to charities could give a "false and dangerous idea of a magic solution" to food waste. They said it would create an illusion that supermarkets had done their bit, while failing to address the wider issue of overproduction in the food industry as well as the wastage in food distribution chains.

The law will also introduce an education programme about food waste in schools and businesses. It follows a measure in February to remove the best-before dates on fresh foods.

The measures are part of wider drive to halve the amount of food waste in France by 2025. According to official estimates, the average French person throws out 20kg-30kg of food a year - 7kg of which is still in its wrapping. The combined national cost of this is up to €20bn.

Of the 7.1m tonnes of food wasted in France each year, 67% is binned by consumers, 15% by restaurants and 11% by shops. Each year 1.3bn tonnes of food are wasted worldwide.

The Fédération du Commerce et de la Distribution, which represents big supermarkets, criticised the plan. "The law is wrong in both target and intent, given the big stores represent only 5% of food waste but have these new obligations," said Jacques Creyssel, head of the organisation. "They are already the pre-eminent food donors, with more than 4,500 stores having signed agreements with aid groups."

The logistics of the law must also not put an unfair burden on charities, with the unsold food given to them in a way that is ready to use, a parliamentary report has stipulated. It must not be up to charities to have to sift through the waste to set aside squashed fruit or food that had gone off. Supermarkets have said that charities must now also be properly equipped with fridges and trucks to be able to handle the food donations.

The French law goes further than the UK, where the government has a voluntary agreement with the grocery and retail sector to cut both food and packaging waste in the supply chain, but does not believe in mandatory targets.

A report earlier this year showed that in the UK, households threw away 7m tonnes of food in 2012, enough to fill London's Wembley stadium nine times over. Avoidable household food waste in the UK is associated with 17m tonnes of CO2 emissions annually.

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STRESS ON THE STREETS (SOS)

RACE, POLICING, HEALTH, AND
INCREASING TRUST NOT TRAUMA

Executive Summary





December 2015 | www.humanimpact.org

STRESS ON THE STREETS (SOS)

Race, Policing, Health, and Increasing Trust not Trauma

Executive Summary

ABOUT THIS STUDY

This report draws upon existing research throughout the nation, as well as data from a survey of 470 Ohioans and information from eight focus groups held as part of the report. It explores the relationship between police-community relations and health, and identifies specific actions state and local-level decision makers can take to improve public health and public safety. The report looks at physical and psychological health, such as stress and anxiety; factors like trust and fear that shape health; and interactions such as stops, arrests, and use of force, as well as policing models and practices. Police and black people are the main focus populations of the report, amid highly publicized deaths of black people during interactions with police, and disproportionately large numbers nationally of black people who are arrested, experience use of force, and are incarcerated compared to other racial and ethnic groups.

The tension and distrust between people of color and police in the United States is an underestimated public health crisis. Shocking cases of mistreatment, injury, and death grab headlines and go viral on social media, but the mental, emotional, and behavioral impacts of this fraught relationship affect communities of color and police officers in ways less often discussed.

This report shows that for many black people in the United States the perceived color of their skin means more uneasy interactions with police than others in

our society, and stress and anxiety that in turn result in poorer physical and mental health. The report also shows that for police, heightened stress and anxiety put officers at greater risk of cardiovascular disease, substance abuse, depression, and suicide. **The good news is the report finds that changes in policing models and practices can build trust between police and black communities, improving public health and public safety.**

The anxiety and stress from interactions with police shape the daily experiences of black people – where they go, how they get there, and their sense of safety and security in their communities and the wider society. One study referred to black peoples' experiences of police interaction as “mundane extreme environmental stressors.” Constant background stress can profoundly influence the emotional and physical development of youth, changing how youth interact with each other, adults, and institutions like schools. Prolonged and deep stress can change a child's brain structure, and affect how well they do in school or work.

Anxiety and stress are also constants in police work. They stem not only from the inherent dangers of the job but from workplace factors such as long hours, excessive paperwork, court appearances, inadequate administrative support, and disciplinary procedures. Today's police are called on for public service duties they may have little or no training for, such as dealing with people who have mental health conditions. These factors lead not only to increased risk of disease, but alcohol abuse, marital and family problems, and emotional withdrawal – what one Cincinnati officer described in a focus group as building *“a wall around your skull to handle what you're going to see.”*

Beyond mental health and well-being, interactions between police and the public, especially people of color, carry the risk of injury or death. Compared to other people in the United States, black people are disproportionately injured from what are called “legal interventions”. Differing sets of data indicate that in Ohio in 2015 (as of November 1), 40 to 45 percent of people shot and killed by police were black – in a state where the total black population is about 12 percent. Nationwide in 2014, an estimated 13,400 police officers were injured by assaults in the line of duty, and 51 were killed.^{1,2}

The evidence is clear: by failing to also understand mental and emotional health harms, the nation’s current approach to policing is failing black people and police officers. Change will not come easily or quickly, and will require a continuing commitment to building mutual trust.

STARK DISPARITIES IN TRUST

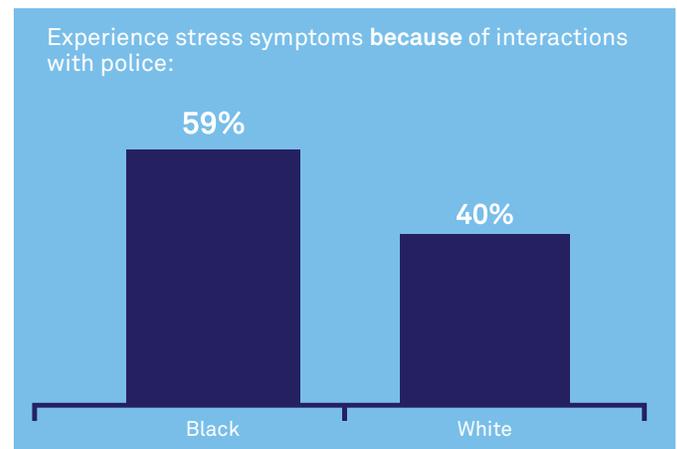
This report focuses on the state of Ohio and its third- and fifth-largest cities, Cincinnati and Akron. (The Cincinnati Police Department participated in the report; the Akron Police Department declined.) The report shines a light on how current policing practices affect health and well-being, and points toward better practices that will help restore trust and respect, improve public health, and build safer environments for all. It is particularly aimed at helping shape the standards and practices under development by the Ohio Collaborative Community-Police Advisory Board, and practices in Cincinnati and Akron; the report can also inform other cities nationwide that are working to reform policing practices.

For this report, researchers reviewed a large body of literature about policing models and practices. We led eight focus groups of community members and police and interviewed people with a variety of perspectives. We also coordinated an in-person survey of 470 residents in select neighborhoods of Cincinnati and Akron. The survey results show stark disparities between how samples of black and white people in these cities experience and feel about police and policing practices (note: total survey responses varied for each question):

1. The Guardian.com. The Counted: People killed by police in the US. <http://www.theguardian.com/us-news/ng-interactive/2015/jun/01/the-counted-police-killings-us-database>. Published 2015.
2. The Officer Down Memorial Page, Inc. ODMP Remembers... <https://www.odmp.org/officer/22273-police-officer-justin-winebrenner>. Published 2015.

- Among white respondents, almost 70 percent (n=67) said they trust the police in their community either “somewhat” or “a lot” compared to about 40 percent (n=135) of black respondents.
- About one in seven black respondents (n=45) reported being stopped by police one or two times a day, and almost one in five (n=58) reported being stopped one or two times a week. Only three percent (n=3) of white respondents being stopped once or twice daily, and just another two percent (n=2) said they were stopped once or twice weekly.
- More than 40 percent of black respondents (n=131) said they were “very afraid” or “somewhat afraid” of police in their community, compared to only 15 percent of white respondents (n=14).
- Nearly two-thirds of black respondents (n=209) said they had feared police would injure or kill them, or had those fears for someone else in an incident they witnessed. The response from white respondents was almost the exact opposite – nearly two-thirds (n=62) said they never had those fears.

These disparities demonstrate that many black people live daily with the belief that the police are not there to serve and protect them. One black focus group participant in Cincinnati said: *“I get a little queasy when a cop pulls up behind me.”* In Akron, another said: *“How can I feel safe in my own body if I don’t feel protected [by the police]?”*



*Includes samples in Akron and Cincinnati (n=184 for black respondents, n=36 for white respondents)

Little research exists on police trust of the public in the United States. However, some studies find that police culture leads to social isolation, cynicism toward their own agency or the public, and an us versus them

mentality of “warriors” and “civilians.” In one focus group, a Cincinnati officer said: “*Everyone else is normal because they trust easier than we do. But the majority of people lie to us, so we have to believe that everyone is lying. And they lie really well to us.*”

EFFECTIVENESS OF POLICING MODELS AND ACTIVITIES

Stress on the Streets (SOS): Race, Policing, Health, and Increasing Trust not Trauma looked at four widely accepted models of policing:

- *Community-oriented policing*, described by a White House task force as police working “with neighborhood residents to coproduce public safety.”
- *Problem-solving policing*, in which police seek to proactively identify and address the root causes of crime.
- *Focused policing*, including cracking down on a specific crime or offense, stepping up police presence in hot spots, and focusing on repeat offenders.
- *Standard policing*, which targets all crimes across an entire jurisdiction and aims to improve public safety by increasing the number of police, random patrolling, or responding more rapidly to calls.

The assessment found Akron’s approach is similar to the standard model, with some indication of community policing, while Cincinnati’s approach combines the community-oriented and problem-solving models. Assessing the effectiveness of the models is difficult because a model may contain a shifting set of practices governed by an overarching philosophy. Nonetheless, available evidence suggests the problem-solving approach is most effective, particularly in combination with community policing in reducing crime, building trust, and addressing inequities. By contrast, evidence suggests the standard model is least effective for these outcomes.

This report also looked at four specific activities many police departments have implemented to reduce inequities and misconduct, and to instead build trust between the public and police. We selected these four activities for analysis based on the availability of evidence to evaluate them and the frequency with which these activities have been proposed as solutions to the crisis in trust in the United States between the public and police:

- Attachment 5
- *Civilian review boards*. These independently appointed or elected bodies oversee police practices and handle complaints from the public against police officers. About 80 percent of large US cities have civilian review boards. Studies show civilian review boards can increase public trust in police, particularly if using mediation or face-to-face discussions between the public with a complaint and the police supervisors.
 - *Department-level performance measures*. Many police departments measure and report their effectiveness using only crime statistics. Some policing experts and practitioners are developing an expanded set of measures that consider community relations, bias-free policing, and appropriate use of force. Expanding performance measures and assessing them over time through multiple methods can reduce the use of force.
 - *Training, supervision, and evaluation*. Officer training starts at the police academy and continues through on-the-job officer training; supervision includes the type, frequency, and level of supervision in the department; and evaluation involves how and when officers are evaluated. Training in communications, de-escalation and implicit bias are examples of courses found to increase trust. Using an early warning system to evaluate officer behaviors decreases use of force.
 - *Body-worn cameras*. There is increased attention to use of body-worn cameras by police officers to record interactions with the public. Of the limited evidence available, it shows body cameras reduce the use of force and citizen complaints, and suggests they may decrease the number of stops. There is mixed evidence but some suggestion that body-worn cameras can increase public trust of police. More research is needed to better understand body-worn cameras.



RECOMMENDATIONS

This report makes five recommendations to improve public health and public safety, not only in Akron and Cincinnati but other cities in Ohio and that can be used nationwide. The full report details both how the recommendations overlap with those already released at the state level, federal level, and by grassroots organizations, as well as who can implement the recommendations.

We urge the Ohio Collaborative Community-Police Advisory Board, Ohio Department of Health, Ohio Attorney General's Office, local police departments and local health departments, and researchers to consider the following recommendations. By considering the impacts on physical and psychosocial health of the public and police, high-profile bodies can produce and implement the highest priority reforms in the most effective way. (Specific actions to implement the recommendations are in the full report.)

- **Publicly recognize the historical contexts that have shaped current relationships between the public and police, using methods such as facilitated dialogues to understand each other's experiences.** This includes recognizing: police as a key factor – but only one factor among several such as poverty and unemployment – that can influence public safety; historic inequities in over-policing black people; the health impacts of policing practices; and possibility in systems thinking approaches to help resolve systemic issues. *(Implementation roles for: Ohio Collaborative, public, police departments, research entities such as the Kirwan Institute for the Study of Race and Ethnicity at The Ohio State University, public health departments, and researchers in public health, criminology, and psychology.)*
- **Implement community-oriented and problem-oriented policing according to promising practices, with primary aims of improving public safety and building trust.** See table 1 in the report for promising practices. *(Implementation roles for: police departments and community organizations.)*
- **Fully implement the four specific actions described in this report – body cameras; civilian review boards or mediation; ongoing training, supervision, and evaluation of officers; and expanded department-wide performance measures.** They are not the only activities available to police departments, but are the practices researched in this report and that it can comment on. *(Implementation roles for: police departments, Ohio Peace Officer Training Commission)*
- **Issue an annual statewide State of Police report that identifies, regularly collects, and publicly reports department-level measures that include and go beyond crime statistics, and report these statistics by race or ethnicity.** This regular collection can enhance transparency and support the *State of Police* report card. *(Implementation roles for: Office of the Ohio Attorney General, police departments, Ohio Department of Health, Ohio Collaborative)*
- **Match police department resources – including staff skill sets – to the responsibilities necessary to serve all communities and create memoranda of understanding (MOUs) with community-based organizations to fill gaps beyond the skill sets of police.** *(Implementation roles for: police departments, Ohio Collaborative)*

If these recommendations are implemented by using promising practices and including the suggested actions in the full report, we expect that outcomes in Akron would include increased public-police trust over time, and decreased fear of police, use of force incidents, and associated stress and anxiety. Key to these outcomes is full implementation as described in the report; evidence suggests that partial implementation may have the opposite effect. Through its civilian review board and improved training, supervision, and evaluation, Cincinnati has made progress in decreasing the use of force, and should continue these approaches. Full implementation of the recommendations about body cameras could further reduce use of force. Using mediation as an alternative to investigations by the civilian review board, and more complete use of department-wide performance measures as described in the report would increase community trust.

Article Link: http://www.webmd.com/smoking-cessation/news/20151208/e-cigarettes-may-contain-chemicals-linked-to-lung-disease?ecd=soc_fb_121015_news_popcornlungecig

Smoking Cessation Health Center

E-Cigs May Contain Chemicals Tied to Lung Disease

Flavoring compounds have been tied to a serious illness known as 'popcorn lung'

WebMD News from HealthDay

By Robert Preidt

HealthDay Reporter

TUESDAY, Dec. 8, 2015 (HealthDay News) -- Many [electronic cigarettes](#) contain flavoring chemicals that may cause [lung disease](#), researchers say.

A team from Harvard School of Public Health in Boston tested 51 types of flavored e-cigarettes and liquid. The investigators found that 47 (more than 75 percent) of them contained diacetyl.

The chemical has been linked to a severe lung disease called bronchiolitis obliterans, also known as "popcorn lung" because it was first diagnosed in workers who inhaled artificial-butter flavoring in factories making microwave popcorn.

Two other related flavoring chemicals that may pose a lung hazard were also found in many of the flavored e-cigarettes and liquids tested, according to researchers led by Joseph Allen, an assistant professor of exposure assessment science at the school.

One such flavoring chemical, acetoin, was detected in 46 of the flavors while another, called 2,3-pentanedione, was found in 23 of the flavors, the findings showed.

The study was published online Dec. 8 in the journal *Environmental Health Perspectives*.

"Recognition of the hazards associated with inhaling flavoring chemicals started with 'popcorn lung' over a decade ago," Allen said in a Harvard news release. "However, diacetyl and other related flavoring chemicals are used in many other flavors beyond butter-flavored popcorn, including fruit flavors, [alcohol](#) flavors and, we learned in our study, candy-flavored e-cigarettes."

Study co-author David Christiani, a professor of environmental genetics at the school, added, "Since most of the health concerns about e-cigarettes have focused on nicotine, there is still much we do not know about e-cigarettes. In addition to containing varying levels of the addictive substance nicotine, they also contain other cancer-causing chemicals, such as [formaldehyde](#), and as our study shows, flavoring chemicals that cause lung damage."

There are currently more than 7,000 varieties of flavored e-cigarettes and liquid, the researchers said, but there's a lack of information on their potential health effects.

Attempts by *HealthDay* to reach the American Vaping Association, which represents the industry, were unsuccessful.

SOURCE: Harvard T.H. Chan School of Public Health, news release, Dec. 8, 2015



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My Notes:

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Community Health Commission
2016 Subcommittee Roster

District	Last	First	Subcommittees				
			Health Equity	Public Education & Marketing	Electronic Controlled Weapon	Tobacco Minimum Age	Healthy Childrens Meal Beverages
1	Engelman	Alina					X
1	Vacant						
2	Smith	Kad	X				
2	Speich	Pamela				X	
3	Kwanele	Babalwa	X				
3	Thornton	David	X				
4	Stein	Antoinette	X		X		
4	Wong	Marilyn	X	X			
5	Soichet	Emma				X	
5	Wertman	Holly					
6	Franklin	Linda		X			X
6	Vacant						
7	Nathan	Neal	X			X	X
7	Wong	Andrew	X			X	
8	Chen	Leona				X	
8	Namkung	Poki					
M	Rosales	Ces	X	X			
M	Shaw	Mia					