



**POPULATION
HEALTH TRUST**
ADVISORY COMMITTEE

Skagit County Board of Health

Peter Browning, Chair
Ron Wesen, Commissioner
Joe Burns, Commissioner

PHT Meeting Minutes
April 2, 2026, 8:30-10:30 am

Chinook Meeting Room

Members: Thomas Boucher, Kelli Baker, Patty Codd, Andrew Gill, Keren Gott, Bill Henkel, Linden Jordan, Maddy MacKenzie, Julie Merriam, Maureen Pettitt, Lyndie Simmonds, John Sternlicht, Anneliese Vance-Sherman

Community Stakeholders: Kas Church, Neil Panlasigui

Ex-Officio: Peter Browning, Howard Leibrand

Guests: Peter Miterko

Welcome/Steering and Board of Health Update

Members heard updates from recent Steering and Board of Health (BOH) meetings. During the BOH meeting, the commissioners were supportive of Trust plans to pursue a Community Health Improvement Plan (CHIP) on youth wellness. Prevention and upstream efforts were noted as being important to the health of our community.

There was also discussion regarding older adults, especially as health care and other costs of living continue to rise at a time when people are living longer. Many older adults do not have the financial resources to pay for unexpected costs. The Trust is hoping to gather available data on this population as a step towards providing a clearer picture of current challenges.

The BOH, while supportive, cautioned members against spreading themselves too thin, noting it was important to have some wins to keep members engaged in the work.

CHA Youth Wellness Data

Members reviewed a series of data sets relating to youth wellness as part of the CHIP process. For the Community Health Assessment (CHA), the Trust analyzed both quantitative and qualitative data to better understand the needs of youth in Skagit.

Given the data analysis occurred over a year ago, this review was intended as a refresh, though it also yielded new and updated data. Due to time constraints, a thorough analysis was not possible. The data sets will be shared with members for review after the meeting with plans for the conversation to continue in May.

Initial thoughts on the data,

- A desire for more Medicaid data, especially relating to infants and young children

- A call out on the importance of care giver needs as part of the CHIP on youth wellness. Qualitative data revealed that many parents and care givers are feeling overwhelmed and unable to meet their child's needs
- The need for additional data on sexually and gender diverse (SGD) youth. It was not part of the data shared during the meeting. There are concerns about the mental health needs of SGD youth, especially in the current political climate.
- There are gaps in our data on youth. We have the least amount of data for youth ages 5-11 and the most data for ages 13-18 (due to the Healthy Youth Survey). We also lack data for infants and early childhood.
- There was concern that many of the areas on the PHT Scorecard where we are not seeing positive trends are related to infants and childhood needs.

Members also discussed challenges related to access to care. Specifically noting that BIPOC community members continue to experience many barriers to care such as being uninsured and not having a primary care physician (PCP), along with work and childcare demands. Patient education was a topic of conversation with members from the medical field, noting that while information is often provided as part of office visits (articles, information sent to MyChart), it isn't always recognized as such. More work could be done to determine what types of education would be meaningful to patients.

Regarding the CHIP, members discussed what type of report would be most useful to the community. There was mention of including information about the most impactful practices and interventions to support youth in the final report.

Review of Current Work to Support Youth

Due to time limitations, the group will revisit this activity during the May meeting.

Adjourn

The next PHT meeting is on Thursday, May 7th.