

Central District Board of Health Meeting | Agenda

707 N. Armstrong Pl, Boise, ID 83704

Friday, August 14, 2026 | 8:30 A.M.

The meeting will also be live on YouTube (see below) and available on our website for later viewing. Public comment will be accepted as noted on the agenda. People wishing to speak will have a maximum of three (3) minutes and must sign in before the meeting starts.

A = Board Action Required		I = Information Item
8:30	I Call board meeting to order and roll call	Dr. Greg Ferch, Chair
8:32	A Call for changes to the agenda; vote to approve agenda	Dr. Greg Ferch, Chair
8:34	A Discuss and vote on May 08, 2026, Board of Health minutes	Dr. Greg Ferch, Chair
8:35	I Public Comment. Limited to three (3) minutes. Additional time at the discretion of the chair	Dr. Greg Ferch, Chair
8:45	I Provide and review FY-2027 Financial Report	Laurel Gearhart, Staff
9:00	I Provide and review FY-2026 Year-End Financial Reports	Laurel Gearhart, Staff
9:15	A Discuss and vote on Cash Carryover Designations	Laurel Gearhart, Staff
9:30	I Kratom Information and Education	Becca Jenkins, Staff
10:00	I Nutrition Education Program at CDH	Sierra Rodriguez, Staff
10:30	A Discuss and vote on the vacant Trustee and Executive Council Member position.	Dr. Greg Ferch, Chair
10:45	A Review and vote on whether to advance one resolution for consideration at the Idaho Association of Local Boards of Health annual meeting	Kristin Ryan, District Director
11:00	I Director's Report	Kristin Ryan, District Director
11:45	I Public Health News Open Discussion	Dr. Greg Ferch, Chair
12:00	I Adjournment	Dr. Greg Ferch, Chair

Next Meeting: Friday, October 16, 2026

Public Comments and Viewing

Submit Written Comments: If your comments are in response to an agenda item for a specific meeting date, please note that comments must be received 24-hours in advance of the applicable meeting to allow for routing and board member review. All messages will be shared with the Board and included in public record. Email: boh@cdh.idaho.gov; or Mail to: CDH Board of Health, Attn: Kristin Ryan, 707 N. Armstrong Place, Boise, ID 83704. **View meetings live at:** <https://www.youtube.com/channel/UC4LJ1BM5Jv3zczecnYkXarw/>

Ada & Boise County

707 N. Armstrong Pl. Boise, ID 83704
208-375-5211

Elmore County

520 E. 8th N. Mountain Home, ID 83647
208-587-4407

Valley County

703 1st St. McCall, ID 83638
208-634-7194

CENTRAL DISTRICT HEALTH BOARD OF HEALTH REGULAR MEETING | MINUTES

707 N. Armstrong Place, Boise, ID 83704 | Syringa Conference Room

Friday, May 8, 2026, | 10:00 A.M.

View meetings live at youtube.com/channel/UC4LJ1BM5Jv3zczeCnYkXarw/

Call board meeting to order and roll call – Dr. Greg Ferch, Chair

Dr. Greg Ferch, Board Chair, called the Central District Health (CDH) Board of Health meeting to order at 10:27 A.M. The board members were identified by roll call: Dr. Jane Young, Ada County; Betty Ann Nettleton, Elmore County; Dr. Greg Ferch, Ada County; Comr. Crystal Rodgers, Elmore County; Comr. Katlin Caldwell, Valley County;

Guests and Staff in attendance were Russ Duke, District Director; Cory Kennedy, Recorder; Laurel Gearhart, Support Services Division Administrator; Curtis Loveless, Community & Environmental Health Division Administrator; Beth Bolen, Family & Clinic Services Division Administrator; Stephanie Geanopulos, Communications & Marketing Manager; Courtney Boyce, Staff; Becca Jenkins, HPP Program Manager; Natasha Ferney, EH Facilities Program Manager; Jaime Butler-Dawson, CDC Program Manager;

Call for changes to agenda; vote to approve agenda – Dr. Greg Ferch, Chair

Chair Greg Ferch called for any changes to the agenda as presented; no changes were brought up, and the agenda was approved.

Discuss and vote on April 10, 2026, Board of Health minutes – Dr. Greg Ferch, Chair

Chair Greg Ferch called for any changes to the April 10, 2026, Board of Health minutes; no changes were brought up, and the April 10, 2026, Board of Health minutes were approved.

Public Comment – Dr. Greg Ferch, Chair

No public comments were brought before the Board.

Provide and review FY-2026 financial report – Laurel Gearhart, Staff

Laurel provided an overview of the current FY-2026 Budget to Actual report. We are approximately 83.33% through FY-2026. The FY-2026 Cash Balance Statement reflected a total cash balance of \$11,417,904, comprised of \$6,700,507 in total reserve fund designations, \$3,489,480 in total restricted funds, and \$1,227,916 in cash balance undesignated/unrestricted.

Opioid Settlement Funds Update – Courtney Boyce, Staff

Courtney provided the Board with an update on how Opioid Settlement Funds are being spent and an overview of the various projects those funds have supported.

District Pool Plan – Curtis Loveless, Natasha Ferney, Staff

Curtis and Natasha provided the Board with their District Pool Plan. This plan includes various technical assistance tiers and rates based on the facility's total water volume. The Board requested that they stay updated on facility participation in the program and that a list of participating facilities be posted publicly.

Ada & Boise County

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208-634-7194

Aw Rats! Discuss Planning and Public Health Implications – Jaime Butler-Dawson, Staff

Jaime provided the Board with an update on reported cases of rat infestation in Region IV and their potential consequences.

Review and vote on the FY-2027 Fee Schedule – Laurel Gearhart, Staff

Laurel provided the Board with the FY-2027 Community & Environmental Health and Family & Clinic Services Fee Schedules for their approval.

Motion: Comr. Crystal Rodgers motioned to approve the FY-2027 Fee Schedules as presented, seconded by Comr. Katlin Caldwell; the motion was put to a vote and was carried unanimously.

Vote to enter Executive Session per Idaho Code 74-206(1)(a) – Dr. Greg Ferch, Chair

Motion: Comr. Katlin Caldwell motioned to enter Executive Session under Idaho Code 74-206(1)(a) "To consider hiring a public officer, employee, staff member, or individual agent, wherein the respective qualities of individuals are to be evaluated in order to fill a particular vacancy or need." Seconded by Comr. Crystal Rodgers. By roll Call: Dr. Jane Young, Ada County, aye; Betty Ann Nettleton, Elmore County, aye; Comr. Crystal Rodgers, Elmore County, aye; Dr. Greg Ferch, Ada County, aye; Comr. Katlin Caldwell, Valley County, aye; Motion carried with unanimous approval.

The Board entered Executive Session at 11:45 A.M.

The Board resumed the Regular Business Meeting at 1:21 P.M.

Motion: No action taken during Executive Session

District's Report – Russ Duke, District Director

Russ expressed his appreciation for Betty Ann Nettleton's twenty-three years of service on the Central District Board of Health, representing Elmore County.

Public Health News Open Discussion – Dr. Greg Ferch, Board Chair

The Board had an open discussion on current public health news topics.

Adjournment – Dr. Greg Ferch, Chair

The next Board of Health meeting will be on Friday, August 14, 2026, at 8:30 A.M. at our Boise Office. The Board adjourned at 1:29 P.M.

Attest:

Dr. Greg Ferch
Board Chair

Kristin Ryan, District Director
Secretary to the Board of Health

Date approved: _____

FY-2026 Budget to Actual Report
July 2025 - June 2026
Fiscal Year % Elapsed 100.00%

REVENUES:	FEES			CONTRACTS			OTHER			TOTAL REVENUE		% to	
	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	Budget	
Administration	0	0	0%	98,300	452,258	460%	0	0	0%	98,300	452,258	460%	
Support Services	0	0	0%	113,600	0	0%	47,900	63,286	132%	161,500	63,286	39%	
Community & Environmental Health	1,410,500	1,464,710	104%	2,983,700	2,527,964	85%	1,062,200	617,908	58%	5,456,400	4,610,583	84%	
Family & Clinic Services	980,500	921,998	94%	2,658,200	2,261,980	85%	416,400	258,389	62%	4,055,100	3,442,367	85%	
DISTRICT TOTAL	2,391,000	2,386,708	100%	5,853,800	5,242,203	90%	1,526,500	939,584	62%	9,771,300	8,568,494	88%	
										County Contributions	5,677,200	5,700,547	100%
										Interest Revenue	480,600	455,018	95%
										Restrict/Reserve	590,500	0	0%
										REVENUE:	16,519,600	14,724,059	89%
										TOTAL FUNDING:	16,519,600	14,724,059	89%

EXPENDITURES:	PERSONNEL			OPERATING			CAPITAL			TRUSTEE & BENEFITS			TOTAL EXPENDITURES		% to Budget
	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	
Administration	523,000	576,728	110%	135,400	122,862	91%	0	0	0%	0	0	0%	658,400	699,590	106%
Support Services	1,979,900	1,980,724	100%	795,600	593,974	75%	145,000	95,840	66%	0	0	0%	2,920,500	2,670,538	91%
Community & Environmental Health	4,517,100	4,321,240	96%	980,000	831,816	85%	11,100	11,084	100%	1,341,000	987,171	74%	6,849,200	6,151,311	90%
Family & Clinic Services	5,405,700	4,925,110	91%	685,800	747,135	109%	0	0	0%	0	15,673	0%	6,091,500	5,687,918	93%
DISTRICT TOTAL	12,425,700	11,803,802	95%	2,596,800	2,295,787	88%	156,100	106,924	68%	1,341,000	1,002,844	75%	16,519,600	15,209,358	92%

FY-2026 Revenue & Expenditure Report

July 2025 - June 2026

Fiscal Year % Elapsed 100.00%

2

NOTES

REVENUES:

<u>Fees:</u>	FY-2024	July - June FY-2025	FY-2026
Community & Environmental Health			
Sewage Disposal	521,315	519,545	567,508
Land Programs - Other	68,744	86,377	122,209
Food Programs (<i>updated</i>)	654,728	656,199	680,818
Child Care Licensing	34,305	39,325	60,775
Other (incl. Vital Stat's)	50,821	47,075	33,400
Subtotal:	1,329,913	1,348,520	1,464,710
Family & Clinic Services			
Central Care	123,174	129,845	212,386
Immunizations	82,486	78,255	100,028
Reproductive Health	150,640	97,417	106,695
Child Dental Clinic	50,600	48,565	26,939
Home Visitation	136,315	198,666	475,912
Other	1,200	1,112	39
Subtotal:	544,416	553,861	921,998
TOTAL FEES:	1,874,329	1,902,381	2,386,708

Contracts:

Administration	330,538	437,045	452,258
Support Services	13,276	1,586	-
Community & Environmental Health	5,301,738	3,791,859	2,527,964
Family & Clinic Services	3,180,507	3,612,581	2,261,980
TOTAL CONTRACTS:	8,826,058	7,843,070	5,242,203

REVENUES	Budget Total	Budget to Date	Actual to Date	% Over / -Under
Fees	2,391,000	2,391,000	2,386,708	-0.2%
Contracts	5,853,800	5,853,800	5,242,203	-10.4%

EXPENDITURES:Personnel Costs:

Completed payperiods:	26/26	100.0%
Current spending:		95.0%

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
12,425,700	12,425,700	11,803,802	-621,898	-5.0%

Operating Costs:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
2,596,800	2,596,800	2,295,787	-301,013	-11.6%

Trustee and Benefit Costs:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
1,341,000	1,341,000	1,002,844	-338,156	-25.2%

Capital Outlay:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
156,100	156,100	106,924	-49,176	-31.5%

FY-2026 Cash Balance Statement

For Month Ending: June 2026

Cash Balances

<u>Fund #</u>	<u>Name</u>	<u>Location</u>	<u>Beginning Balance</u>	<u>Change</u>	<u>Ending Balance</u>
N/A	Cash on Hand	CDH	2,510	-	2,510
29000	Operating	State Treasurer - General	273,489	390,949	664,439
62500	LGIP - Operating	State Treasurer - LGIP	10,162,034	(1,950,982)	8,211,052
62500	LGIP - Capital	State Treasurer - LGIP	1,000,000	-	1,000,000

Total Cash Balances at Month End

\$ 9,878,000

Reserve Fund Designations

<u>Special Projects/Carryover Designation</u>	<u>Approved Request</u>	<u>Expenditure to Date</u>	<u>Balance</u>
Capital Improvement-Office Expansion	\$ 307,000	\$ -	\$ 307,000
IT Equipment Support	\$ 357,800	\$ 315,005	\$ 42,795
Marketing	\$ 95,000	\$ 89,735	\$ 5,265
Program Support	\$ 303,000	\$ 232,117	\$ 70,883
CDH Staff	\$ 196,100	\$ 165,228	\$ 30,872
Training and Development	\$ 25,000	\$ 23,475	\$ 1,525
Vehicles	\$ 85,700	\$ 85,645	\$ 55
Retention Incentives	\$ 150,000	\$ 264,680	\$ -
Capital Improve-Continue (McCall Facility & Armstrong Bathroom)	\$ 345,000	\$ 154,143	\$ 190,857
Accela-Continuation (EHS System)	\$ 140,000	\$ 285,292	\$ -
	\$ 2,004,600	\$ 1,615,323	\$ 649,250

Personnel Reserve Fund 27th Pay Period

496,300

Operational Reserve Funds

\$3,987,100 designated (3-month cash flow target = \$3,987,100)

3,987,100

Capital Reserve Fund for Building/Capital

1,000,000

Total Reserve Fund Designations

\$ 6,132,649

Total Restricted Funds

\$ 3,208,932

Cash Balance Undesignated/Unrestricted

\$ 536,418

FY-2027 Budget to Actual Report
July 2026 - July 2026
Fiscal Year % Elapsed 8.33%

REVENUES:	FEES			CONTRACTS			OTHER			TOTAL REVENUE		% to
	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	Budget
Administration	0	0	0%	104,500	17,229	16%	0	0	0%	104,500	17,229	16%
Support Services	0	0	0%	39,800	0	0%	10,900	9,314	85%	50,700	9,314	18%
Community & Environmental Health	1,628,400	85,346	5%	2,622,000	247,389	9%	1,108,000	0	0%	5,358,400	332,735	6%
Family & Clinic Services	905,900	48,755	5%	2,557,700	63,294	2%	609,000	0	0%	4,072,600	112,049	3%
DISTRICT TOTAL	2,534,300	134,101	5%	5,324,000	327,911	6%	1,727,900	9,314	1%	9,586,200	471,326	5%
							County Contributions			5,847,500	0	0%
							Interest Revenue			453,000	31,087	7%
							Restrict/Reserve			278,900	0	0%
							REVENUE:			16,165,600	502,413	3%
							TOTAL FUNDING:			16,165,600	502,413	3%

EXPENDITURES:	PERSONNEL			OPERATING			CAPITAL			TRUSTEE & BENEFITS			TOTAL EXPENDITURES		% to Budget
	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	%	Budget	Actual	
Administration	561,900	117,481	21%	131,900	19,496	15%	0	0	0%	0	0	0%	693,800	136,977	20%
Support Services	2,030,600	229,170	11%	762,800	70,234	9%	80,000	5,775	7%	0	0	0%	2,873,400	305,179	11%
Community & Environmental Health	4,490,300	491,581	11%	1,030,500	30,142	3%	0	0	0%	1,103,600	65,676	6%	6,624,400	587,398	9%
Family & Clinic Services	5,256,600	539,868	10%	717,400	37,612	5%	0	0	0%	0	0	0%	5,974,000	577,480	10%
DISTRICT TOTAL	12,339,400	1,378,100	11%	2,642,600	157,483	6%	80,000	5,775	7%	1,103,600	65,676	6%	16,165,600	1,607,034	10%

FY-2027 Revenue & Expenditure Report
July 2026 - July 2026
Fiscal Year % Elapsed 8.33%

NOTES

REVENUES:

Fees:

	FY-2025	July - July FY-2026	FY-2027
Community & Environmental Health			
Sewage Disposal	61,491	54,230	66,471
Land Programs - Other	6,268	6,545	5,220
Food Programs	16,152	13,444	12,305
Child Care Licensing	4,250	5,425	3,800
Other (incl. Vital Stat's)	(506)	3,985	(2,450)
Subtotal:	87,655	83,629	85,346
Family & Clinic Services			
Central Care	18,353	-	16,825
Immunizations	8,570	-	9,879
Reproductive Health	13,626	-	9,451
Child Dental Clinic	1,784	193	114
Home Visitation	20,260	-	12,486
Other	1,135	-	-
Subtotal:	63,729	193	48,755
TOTAL FEES:	151,384	83,822	134,101

Contracts:

Administration	28,179	-	17,229
Support Services	-	-	-
Community & Environmental Health	720,826	217,472	247,389
Family & Clinic Services	460,136	49,581	63,294
TOTAL CONTRACTS:	1,209,141	267,053	327,911

REVENUES	Budget Total	Budget to Date	Actual to Date	% Over / -Under
Fees	2,534,300	211,192	134,101	-36.5%
Contracts	5,324,000	443,667	327,911	-26.1%

EXPENDITURES:

Personnel Costs:

Completed payperiods:	3/26	11.5%
Current spending:		11.2%

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
12,339,400	1,423,777	1,378,100	-45,677	-3.2%

Operating Costs:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
2,642,600	220,217	157,483	-62,733	-28.5%

Trustee and Benefit Costs:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
1,103,600	91,967	65,676	-26,291	-28.6%

Capital Outlay:

Budget Total	Budget to Date	Actual to Date	-Under / Over	% -Under / Over
80,000	6,667	5,775	-892	-13.4%

FY-2027 Cash Balance Statement

For Month Ending: July 2026

Cash Balances

<u>Fund #</u>	<u>Name</u>	<u>Location</u>	<u>Beginning Balance</u>	<u>Change</u>	<u>Ending Balance</u>
N/A	Cash on Hand	CDH	2,510	-	2,510
29000	Operating	State Treasurer - General	664,439	(308,488)	355,951
62500	LGIP - Operating	State Treasurer - LGIP	8,211,052	(708,913)	7,502,138
62500	LGIP - Capital	State Treasurer - LGIP	1,000,000	-	1,000,000

Total Cash Balances at Month End **\$ 8,860,599**

Reserve Fund Designations

<u>Special Projects/Carryover Designation</u>	<u>Approved Request</u>	<u>Expenditure to Date</u>	<u>Balance</u>
Capital Improvement-Office Expansion	\$ -	\$ -	\$ -
Retention Incentives	\$ -	\$ -	\$ -
Capital Improvement-Armstrong Bathroom Completion	\$ -	\$ -	\$ -
Accela Implementation Completion	\$ -	\$ -	\$ -
Armstrong Roof	\$ -	\$ -	\$ -
Staff Development	\$ -	\$ -	\$ -
FCS Marketing	\$ -	\$ -	\$ -
Rodent Abatement and Treatment	\$ -	\$ -	\$ -
Storage Container Removal and Replacement	\$ -	\$ -	\$ -
	\$ -	\$ -	\$ -

Personnel Reserve Fund 27th Pay Period 496,300

Operational Reserve Funds
\$4,041,400 designated (3-month cash flow target = \$4,041,400) 4,041,400

Capital Reserve Fund for Building/Capital 1,000,000

Total Reserve Fund Designations **\$ 5,537,700**

Total Restricted Funds **\$ 2,948,346**

Cash Balance Undesignated/Unrestricted **\$ 374,554**

FY-2026 CARRYOVER AND RESERVE FUND PROPOSAL

TOTAL CASH BALANCE -- 06/30/26		\$ 9,878,000
LESS: Cash on hand		2,510
LESS: Restricted/Committed Cash		
Millennium Fund	11,959	
Opioid Settlement	2,929,316	
State Home Visitation	82,838	
Citizen Review Panel (CRP)	3,583	
HV Medicaid	89,434	
FY-2026 Encumbrances	17,709	
		3,134,839
TOTAL AVAILABLE CASH BALANCE -- 06/30/26		\$ 6,740,651

PROPOSED SPECIAL PROJECTS/CARRYOVER DESIGNATIONS

Capital Improvement-Office Expansion	150,000	
Retention Incentives	185,000	
Capital Improvement-Armstrong Bathroom Completion	100,000	
Accela Implementation Completion	100,000	
Armstrong Roof	250,000	
Staff Development	25,000	
FCS Marketing	30,000	
Rodent Abatement and Prevention	250,000	
Storage Container Removal and Replacement	15,000	
		1,105,000
Total Special Projects/Carryover Designations		1,105,000

PROPOSED FY-2027 RESERVE FUND DESIGNATIONS

Personnel Reserve Fund (27th Pay Period)	496,300	*
Operational Reserve Fund	4,041,400	**
Capital Reserve Fund	1,000,000	***
		5,537,700
Total Reserve Fund Designations		5,537,700

UNDESIGNATED AVAILABLE CASH BALANCE	\$ 97,951
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* Personnel Reserve Fund is the designation for the 27th pay period, which occurs every 11 years. The next 27th pay period will occur in FY-2028. The estimated amount needed will be \$496,300.

** Operational Reserve Fund: Current three-month cash flow target is approximately \$4.0 million.

*** Capital Reserve Fund: Proposed designation of \$1,000,000 for future capital needs.



Kratom Information & Education

Becca Jenkins, MPH
Program Manager II, Health Policy & Promotion



1

Introduction



- Tropical plant native to Southeast Asia
- Traditionally chewed but is now most commonly served in powder, capsules, pills or extracts
- Can act as a stimulant or sedative depending on the dose
- Can provide temporary energy, pain relief, or relaxation
- Used to self-treat pain, coughing, diarrhea, anxiety and depression, opioid use disorder, and opioid withdrawal
- Sold in gas stations, vape shops, and online

2

Effects of Use

- Nausea
- Vomiting
- Itching
- Sweating
- Dry mouth
- Constipation
- Increased urination
- Elevated heart rate
- Weight loss
- Insomnia
- Hepatotoxicity
- Seizures
- Hallucinations
- Drowsiness
- Loss of appetite
- Increased cravings*
- Low energy*
- Irritability*
- Fatigue*
- Anxiety*
- Restlessness*
- Difficulty sleeping*
- Negative mood symptoms*

*Common effects among whole-leaf kratom products



3

Effects of Use

- Produces mitragynine and 7-OH, both of which have opioid-like effects
- 7-OH has greater opioid receptor potency; 10x more potent than mitragynine
- Regular kratom users self-report using less than 6g of botanical kratom per use
 - Low dose (1-5g) = stimulant-like, increased alertness, physical energy, talkativeness
 - Moderate to high dose (6 - 15g) = pain relief, sedation, euphoria and reduced anxiety
 - Very high (>15 g) = extreme sedation, dizziness, respiratory depression



4

Misuse, Overdose & Treatment



- Use Narcan/naloxone for opioid overdose reversal, although research is limited about effectiveness
- Using kratom with alcohol, opioids, benzodiazepines, or over-the-counter medicines increases the risk of opioid overdose and death
- Effective treatment includes MOUD and medications used to treat opioid withdrawal

5

National Data



- An estimated 1.7 million Americans aged 12 and older used kratom in 2021, according to the SAMHSA's National Survey on Drug Use and Health
- The 2019 National Survey on Drug Use and Health indicates an association with 12-month past kratom use and cigarette and cannabis use (2.5 times as likely)
- National Poison Data System between 2011 and 2017 included exposure data among adolescents and reported that the majority of adolescent exposures (84.7%) were among 17- to 19-year-olds

6

Idaho Data



- >75,000 UDT specimens collected in Idaho between 2016 and February 2026; 1,544 were kratom positive (2%)
- Kratom exposures reported to Poison Control Centers increased 52-fold between 2011 - 2017. Data from PCCs found that Idaho had the highest Kratom exposure rate in the U.S.
- From 2022–2025, there were 506 kratom/7-OH ED visits in Idaho
- Annual kratom/7-OH ED visits have increased since 2022 and doubled from 110 visits in 2024 to 219 visits in 2025
- Average of 18 kratom/7-OH ED visits per month in 2025
- Most patients were ages 25–44, and 71% were male

7

Current Regulations

- Not banned in U.S. sports
- FDA recommended to have 7-OH as a controlled substance
- Not lawfully marketed in the U.S. as a drug product, a dietary supplement, or a food additive in conventional food
- Banned in seven states, including Alabama, Arkansas, Indiana, Rhode Island, Vermont, Wisconsin, and Louisiana (effective August 1, 2025)



8

Idaho lawmakers debate kratom regulations as grieving mother shares story of daughter's overdose death



Photo by: Christian Clark / Idaho News 8

LATEST NEWS

GOVERNMENT

Idaho Lawmakers Advance SB 1282 to Regulate Kratom Product Safety

Kratom buyers in Kootenai County moved closer to state safety rules after Idaho lawmakers advanced Senate Bill S1282, which would ban adulterated or synthetic kratom and impose labeling and testing standards.

Marcus Williams • 2/26/2026 • 2 min read

Published 6:02 PM

Kratom warning issued by Panhandle Health, Idaho legislature eyes regulations



Kratom (Mitragyna speciosa) is advertised in addition to CBD products outside a Colour of Home gas station. CAROLYN BOSTICK/APPHS

Kratom products sold widely in Idaho despite addiction concerns and lack of regulation

While the FDA has classified synthetic kratom as a public health threat and dozens of states have enacted regulations or bans, Idaho has taken no action.



Author: Morgan Bennett
Published: 10:18 PM PST November 23, 2025
Updated: 10:18 PM PST November 23, 2025

Kratom directly linked to overdose deaths in Idaho, Coroner raises serious concerns

by CBS2 News Staff | Tue, December 30, 2025 at 11:39 AM



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Thank You!

Questions?



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10



Nutrition Education Program at CDH

Sierra Rodriguez, Risk Reduction Program Manager



1



Nutrition is foundational to health.

Investing in nutrition education and food security allows CDH to:

- advance our vision of health people in healthy communities
- prevent disease before it starts
- strengthen our role as a trusted source of reliable health information within the communities we serve



2

Food Rescue

in partnership with Rolling Tomato

Falcons Landing

- 22 Weekly deliveries (3/9 - 8/3)
- 47 families served
- 609 individuals served

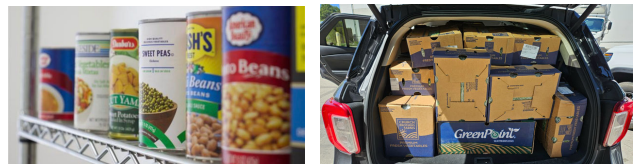
Serves over 50% of residents and continuing to grow each week!

EI ADA

- 13 Weekly deliveries
- ~100 individuals served per week

Sunday Distro

Boise Kitchen Collective



3

Community Garden Support

Horseshoe Bend School District

- Revitalized school garden space
 - School shop class building raised garden beds
- Implement gardening club (26-27 school year)

Idaho City

- Organized a coalition (Parks & Rec, Historical Society, ISU Master Gardener, City Council)
- Site identified. Planning to build in 2027

Mountain Home Community Garden

- Revitalized signage
- Partnering with Veterans Nonprofit



4

Nutrition Education

- **Cooking Matters**

- 15 Classes
- Ada, Elmore, & Boise Counties

- **Youth Garden Activity Kits**

- 60 Kits

- **West Bench Farmers Market**

- Community Cookbook Development

- **Nutrition Education Presentations**

- CDH Family Night
- Fit & Fall Proof Exercise Leaders

- **HUB 365 Youth Nutrition Activities**

- Rethink your Drink, Grains, Fruits & Veggies



5

On the Horizon

- Bridge Bag Program at CDH
- Expand Cooking Matters to all counties
- Make materials available on the CDH storefront
- Host an open house at the Mountain Home Community Garden
- Partner with Parents as Teachers to provide education to clients



6

THANK YOU!



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Resolution #XX-X

RESOLUTION TO REQUEST CLARIFICATION OF IDAHO CODE TITLE 56-203 SO THAT VERIFICATION OF LAWFUL PRESENCE IS NOT REQUIRED FOR PERMITS ISSUED BY HEALTH DISTRICTS.

WHEREAS, in 2025, the Idaho Legislature amended Idaho Code 56-203 through H135 clarifying when lawful presence must be verified, which includes any adult applying for public benefits. Public benefits are not defined in Idaho law, and

WHEREAS, federal law considers public benefits as something that is a common good and beneficial for all or most members of a community. Therefore, any public process providing a permit or approval to operate is considered a public benefit requiring lawful presence verification, and

WHEREAS, health districts issue permits to food service providers which can be considered a public health benefit under the federal definition of public benefit. and

WHEREAS, health districts issue land use permits for septic system installations which can be considered a public health benefit under the federal definition of public benefit, and

WHEREAS, Idaho Code 56-203 lists exceptions to verification of lawful presence which does not include permits for food service establishments or land use applications, and

WHEREAS, it is burdensome to landowners and food service establishments to provide verification of lawful presence when they have already obtained approval from other government agencies to rent or own space or land, and

WHEREAS, the legislative intent of H135 was to restrict access to public assistance and government resources to only citizens and not restrict restaurant cleanliness or land use approvals, and

THEREFORE, BE IT RESOLVED that the Idaho Association of Local Boards of Health seeks the addition of applications for permits and approvals be included in the list of exemptions in 67-7903 so that verification of lawful presence is not necessary in those situations.