Pasadena Healthy Times

Spring 2012

Message from the Director of Public Health, Dr. Eric Walsh

This year commemorates 120 years of the City of Pasadena Public Health Department (PPHD) providing access to care and health services to the community. In a city as distinguished as Pasadena, it is important to have a comprehensive public health approach to ensure wellness and absence of disease in the City. With over 30 clinics and special programs, PPHD has been on the forefront of protecting the health by providing focused care management and culturally sensitive services.

I am grateful for our community partnership and your commitment to ensure opportunities for optimal health for present and future generations. Together, we are leaders in the city, forging toward healthier lifestyles for all. As we strive to reach as many people as possible to make positive lifestyle changes, it is my hope that PPHD will be able to help better serve you and the community at large.

With changes in the economic health climate, it is important that we maintain communication lines and strengthen our community partnership. Quarterly, you will receive updates to programs offered at PPHD, success stories from clients, changes to guidelines at the local, state, and federal levels, and much more. I acknowledge your contributions to the community that help raise quality of life for our residents.

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CITY OF PASADENA
Public Health
DEPARTMENT

Serving the Greater Pasadena Area for 120 Years

Protect.
Promote.
Live Well.

http://cityofpasadena.net/publichealth/

World Tuberculosis Day

More than 9 million people around the world become ill with tuberculosis each year. In order to build public awareness that TB continues to remain an epidemic in many parts of the world and causing death to several million people each year, March 24th has been designated World TB Day. Now available to the Pasadena Public Health Department is Quanti-FERON TB Gold, a more accurate and reliable TB diagnostic tool, in comparison to the Mantoux Test (Tuberculin Skin Test).

Quanti-FERON Gold	Mantoux Test
• In vitro, controlled laboratory test with minimal inter-reader variability • *Mycobacterium tuberculosis* specific antigens used • No boosting; 2 step testing is not needed • 1 patient visit possible • Unaffected by BCG vaccine and most environmental mycobacteria • Simple positive/negative result	• *In vivo*, subject to errors during implantation and interpretation • Less specific PPD antigen used • Boosting with repeated testing • 2 patient visit minimum • False-positive results can occur after BCG vaccine and environmental mycobacteria exposure • Interpretation based on patient's risk of TB exposure or development of disease

For more information and collection times on Quanti-FERON Gold, call the Pasadena Public Health Department Laboratory at (626) 744-6011.

Lead may be found in soil, paint, water, cooking spices, and candy. Lead poisoning can cause irritability, loss of appetite, weight loss, fatigue, abdominal pain, vomiting, constipation, and learning difficulties. The Childhood Lead Poisoning Prevention Program (CLPPP) was created to eliminate childhood lead poisoning in the community. The program works to identify lead sources in the community and remove/control them. Education is also a key concept when preventing lead poisoning. The CLPPP conducts outreach and presentations to the residents of Pasadena, with an emphasis on environmental lead sources, prevention, and interventions in decreasing lead levels in the body. Head Start, Mother's Club, and John Muir High School are just a few places where the CLPPP has presented. Case management is conducted by a Public Health Nurse and a Registered Environmental Health Specialist, and is geared towards children with elevated and low elevated lead levels. The team conducts home assessments and works closely with Pasadena residents to eliminate the lead source in their home. For more information, visit http://cityofpasadena.net/publichealth/childhood_lead_poisoning/

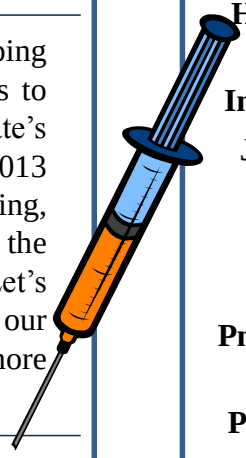
LEAD FREE KIDS

Child Lead Poisoning Prevention Outreach

Immunization News

National Infant Immunization Week (NIIW) is April 21 – 28. This annual observance is a great opportunity to remind parents that immunizations are safe and effective in preventing serious diseases. Healthcare providers should use this week to focus on the positive impact of vaccination on the lives of infants and children in our community. The Advisory Committee on Immunization Practices (ACIP) has updated the Child and Adolescent Vaccination Schedules for 2012. To review these age-specific schedules and take note of any changes, please visit http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm.

Young infants are the most vulnerable to pertussis (or whooping cough) complications. However, whooping cough continues to affect California residents of all ages, as shown in the State's expansion of vaccination recommendations. For the 2012-2013 school year and all future school years, all students entering, advancing, or transferring into Grade 7 will need proof of the tetanus, diphtheria, and pertussis (Tdap) vaccine booster. Let's use NIIW as a celebration to extend our reach and ensure our school-aged patients meet the Tdap requirements. For more information on this mandate, visit http://shotsforschool.org/.



California's Vaccines For Children (VFC) Program has developed updated Vaccine Administration Job Aids, including Preparing Liquid Vaccines and Preparing Reconstituted Vaccines for medical assistants and vaccinators. For more resources and job tools, visit http://eziz.org/resources/vaccine-admin-job-aids/.

Vaccine Information Sheets (VIS)

Are your VIS up to date? To download and print VIS and VIS News, go to http://www.cdc.gov/vaccines/pubs/vis/.

Dtap 05/17/07

Hepatitis A 10/25/11

Hepatitis B 02/02/12

Human Papillomavirus 02/22/12

Influenza Virus 07/26/11

Japanese Encephalitis 12/07/11

MMR 03/13/08

MMRV 05/21/10

Pneumococcal Conjugate (PCV 13) 04/16/10

Pneumo Polysaccharide (PPSV 23) 10/06/09

Polio 11/08/11

Rotavirus 12/06/10

Td or Tdap 01/24/12

Varicella (Chicken Pox) 03/13/08

Child Health & Disability Prevention Provider Notices

Provider Information Notice	Release Date	Title
11-13	01-20-12	CHDP Health Assessment Guidelines (HAG) Revisions: Section 56 – Injury Prevention and Anticipatory Guide
11-12	01-05-12	CHDP Health Assessment Guidelines (HAG) Revisions: Section 21 – Periodicity Schedule for Health Assessment
11-11	11-15-11	CHDP Health Assessment Guidelines (HAG) Revisions: Section 61 – Vision Screening

When CMS Branch letters release Provider Information Notices, they are mailed to each facility. To view these and other updates, go to http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx.

Get Your Plate in Shape!

The Academy of Nutrition and Dietetics is leading the movement to advancing science-based food and nutrition information. March has been designated as the National Nutrition Month® to celebrate their commitment and developments. With increasing rates of obesity, we focus on making informed food choices, and developing sound eating and physical activity habits. To the right are a few tips from the Academy of Nutrition and Dietetics to celebrate the theme, "Get Your Plate in Shape".

For additional education material and tips on getting your plate in shape, reading food nutrition labels, healthier snacking, and eating on the go, or for more information on National Nutrition Month® visit the Academy of Nutrition and Dietetics website at http://www.eatright.org/NNM/.

Tips:

- Fill half your plate with fruits and vegetables, including fresh, frozen, or canned. Be sure to choose options with no added salts or sugars.
- Include 100% whole grains in your diet, such as breads, cereals, crackers, pasta, and brown rice.
- Consume protein from a variety of food groups, such as seafood, nuts and beans, lean meat, eggs, and poultry. Try to keep meat and poultry options small and lean.
- Know your personal daily calorie limit to enjoy your food but eat less. You can monitor your diet and physical activity at http://www.choosemyplate.gov/.

Inaugural Fatherhood Conference

A City-wide Fatherhood Conference is in the works! Through this event, we aim to provide insight into the importance of fatherhood and its foundation for creating a healthy future for families. The conference will establish relationships between community leaders, fathers, and available resources. This conference will be a first of its kind in Pasadena and has already garnered support from a many local agencies.

The Fatherhood Conference is tentatively scheduled for June 2012 with the official date and location to be announced soon. This will be a collaborative effort between the Pasadena Black Infant Health (BIH) Program, other programs within the Pasadena Public Health Department, and First5LA.

A sneak-peek into the venue includes learning pillars designed to support the statement and theme of the Conference, *"Pillars of Fatherhood: Support and Resources Toward Exceptional Parenting."*

There will be over a dozen workshops, speakers, entertainment, and a ceremony to acknowledge dads of the BIH Program and minority-owned businesses in the area.

This conference was the mastermind of Dr. Walsh and is being organized by Yvette Nero-Scott, BIH Program Coordinator and Sean Clark. Sean is a volunteer and a recent grad of Morehouse College where he received his Bachelor of Science in Biology, with a concentration in Public Health and African-American Studies. Please contact Yvette at (626) 744-6034 for more information.

CHDP Success Story

A very soft spoken woman contacted the Pasadena CHDP office to request information on available health coverage for her 5 year old son. She had been employed as an Administrative Assistant up until the middle of 2011. Thankfully, her husband was able to provide health benefits for the family until two weeks prior to her call, as he had also lost employment. After a thorough assessment, we informed that her child qualified for CHDP services. The mother was quickly given a referral to the closest CHDP provider who would perform the school entrance physical for her son. She was also referred to the Pasadena Public Health Department to be screened for Medi-Cal eligibility.

When following up with the mother, she informed us that her son received abnormal results during his physical. A referral had been issued for a urologist at Children's Hospital Los Angeles. The diagnosis had taken her by surprise, as she continued to see her son act healthy without complaints of pain. The mother expressed gratitude for finding care for her son and was happy to understand the benefits of public health preventive measures. Through CHDP, this family received health insurance access and was able to implement prevention to improve the child's future.

BIH Program Changes

Since 1989, the Black Infant Health (BIH) Program has served local health jurisdictions where over 75% of African American infant births and deaths occur. Staff works diligently to reduce health disparities experienced by this population by providing information and health education to help women and teens to make positive choices in their lives for themselves, their families, and their communities.

The Pasadena BIH Program has proposed a new work plan of outreach activities, health education classes, and care coordination for the next fiscal year which will begin July 1, 2012. The plan will accommodate the newly revised State's program model, which calls for a more evidenced-based model. The scope of work will be standardized across BIH sites state-wide to include a 20-week pre- and postpartum curriculum in the form of group intervention sessions, outreach, and care coordination including birth plans, individualized care plans, and life plans.

In order to remain in the program, clients enrolling in the BIH will now be required to participate in the group intervention sessions. There will be 60 sessions planned for the fiscal year, and staff will engage in more opportunities for outreach to ensure that the program is reaching as many pregnant and parenting women as possible. As a result, the BIH team is expanding to include a social worker and additional case workers to support care coordination and case conferencing, and we also hope to fill a need for clinical staff to address clients in need of mental health counseling.

For more information on BIH enrollment, call (626) 744-6155.

Breastfeeding Updates

Pasadena WIC celebrates 1 year of breastfeeding peer counseling

Breastfeeding is known to provide a number of health benefits to both infants and their mothers. Unfortunately, many mothers, particularly in the low-income community, face barriers to reaching their breastfeeding goals and do not reach the recommended duration of exclusive breastfeeding. To address these barriers, including unaccommodating workplaces, lack of family support, and limited access to professional help when concerns arise, the Pasadena Women, Infants, and Children (WIC) Program launched a breastfeeding peer counseling program last spring.

With a staff of two breastfeeding peer counselors and one Lactation Consultant (IBCLC), participants get personalized breastfeeding counseling throughout pregnancy and up to the first 6 months of breastfeeding. The program aims to create an empowering and supportive environment by developing relationships between clients and counselors and instilling confidence in breastfeeding even before the birth. When concerns arise, mothers receive hands-on professional breastfeeding assistance.

The program has made a difference. Pasadena WIC breastfeeding rates for infants in the first year of life have increased to record high levels as participants breastfeed longer.

For more information on the WIC Breastfeeding Peer Counseling Program or WIC Breastfeeding Services, please call WIC at 626-744-6520.

American Academy of Pediatrics (AAP) new breastfeeding policy statement

On Feb 27, 2012, the AAP released a new policy statement on breastfeeding, strengthening its recommendations for breastfeeding. Some key points:

- The statement reviews numerous studies demonstrating the health outcomes of infant feeding methods. "Given the documented short- and long-term medical and neurodevelopmental advantages of breastfeeding, infant nutrition should be considered a public health issue and not only a lifestyle choice."
- The AAP "reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant."
- The AAP cites LactMed, an Internet-accessed source published by the National Library of Medicine/National Institutes of Health as "the most comprehensive, up-to-date source of information regarding the safety of maternal medications when the mother is breastfeeding."
- The statement calls for a change in hospital medical routines to allow breastfeeding to begin within the first hour and for infants to have continuous access to the mother through rooming-in.

For the full text, see http://pediatrics.aappublications.org/content/early/2012/02/22/peds.2011-3552.full.pdf. Further information and other related news available at American Academy of Breastfeeding Medicine at www.bfmed.org.

Save the Dates!

Find us around town! We partner with many local organizations to bring health education and promotion to Pasadena residents and visitors. Stop by the PPHD booth for more information on all our clinics and health prevention programs (click on hyperlink for map).

3/31 – Pride Center Health Fair, 10am-3pm
570 E. Orange Grove Blvd (Messiah Lutheran Church)

4/13 – *2012 Conference on Aging*, 8am-1:30pm
3700 E. Sierra Madre (First Church of Nazarene)

4/14 – Pasadena *Earth & Arts Fair 2012*, 11am-5pm
Memorial Park, Walnut and Raymond Ave

4/21 – Pasadena Youth Center *Adelante Mujer Latina*, 7am-4pm
1570 E. Colorado Blvd (PCC Campus)

4/28 – Aim High Learning *Children's Safety First*, 10am-2pm
960 E. Walnut St (Salvation Army Campus)

5/12 – *Mental Health Day Pasadena 2012*, 10am-3pm
85 E. Holly St (Pasadena Senior Center)

5/19 – Pasadena First AME *Health Fair*, 10am-6pm
1700 N. Raymond Ave, (Pasadena AME Campus)

6/09 – Pasadena *A Celebration of Pregnancy*, 10am-2pm
1020 N. Fair Oaks Ave (Jackie Robinson Center)

National Public Health Week

Raise awareness of prevention and wellness for a healthier Pasadena. April 2 – 8 is National Public Health Week. We can work together to encourage our community to take preventive measures to improve their lives, and help prevent diseases and health problems before they arise. This year, every day is a different theme to bring together a healthier community with:

- Active living and healthy eating (Monday)
- Living tobacco- and drug-free and preventing alcohol abuse (Tuesday)
- Preventing communicable diseases (Wednesday)
- Reproductive and sexual health (Thursday)
- Mental and emotional well-being (Friday)

This publication is brought to you by the City of Pasadena Public Health Department. For questions or concerns, please call (626) 744-6151, or visit us at 1845 North Fair Oaks Avenue (1.5 miles north of the 210 Freeway, at Tremont).

Families interested in receiving free to low-cost health insurance for children may be eligible through the Healthy Families Program. Call our friendly, knowledgeable, and experienced staff at (626) 744-6086 for enrollment.

Healthy Families