

PASADENA HEALTHY TIMES

City of Pasadena Public Health Department (PPHD)
1845 N. Fair Oaks Avenue, Pasadena CA 91103

Message from the Director

As we come to the end of another year and enter into a new one, I would like to reflect on what a great year 2012 was. We began and will soon complete construction on a new dental clinic that will serve our HIV/AIDS clients and help to provide affordable dental care to the community. We have seen great growth in our Andrew Escajeda Comprehensive Care Services Program, adding a food pantry, mental health services, and expanding the wrap around services to our HIV+ clients. Furthermore, our Substance Abuse Counseling and Treatment Program has been revitalized by the addition of new substance abuse counselors.

Earlier this year, we released the *2012 Pasadena/Altadena Quality of Life (QOL) Index* which has been well-received by the community and our partners. As the next step, we will begin work in the coming year on our Community Health Improvement Plan (CHIP), using the *QOL Index* as a foundation for identifying key areas of improvement, such as violence prevention. This is a part of the process to become an accredited public health agency and will also help to align our efforts with the needs of those we serve. We look forward to working with all our community partners in this new endeavor.

We also plan to involve many of our partners and programs as we launch our *Live Well Pasadena* campaign in 2013. Our collaborative efforts in this campaign will help make the people of Pasadena more informed on various health concerns and conditions.

The ban on smoking in multi-unit housing goes into effect this year and will help to protect those who are ill affected by drifting tobacco smoke. We also hope to expand on our food procurement policy by having more input into snack and drink options in all vending machines around the city. Those who would like to receive more information on either of these policies may visit our website.

In summary, 2012 was a year full of many great accomplishments, the most important being our great staff who give excellent and compassionate care and service to all of our clients and patients. However, we are looking forward to making 2013 an even better year. We thank you all for your support and want to encourage you to make a plan to improve your health and the health of your family in this New Year.

Sincerely,
Dr. Walsh

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Prevent the Flu!

It is not too late to still get vaccinated against the seasonal influenza. The flu season usually peaks in January or February, but it can also occur as late as May. Stop by your local pharmacy, the Immunization Clinic at PPHD, or use the Flu Vaccine Finder at <http://flushot.healthmap.org/?address=> to find the nearest flu clinic near you.

To find out more about this season's flu vaccine strains, visit <http://www.flu.gov/#> or read our 2012 Fall Edition newsletter, which is available on our website under the Disease Prevention page.

This issue would not be possible without support from Katherine Bernabe, Erika Davies, Jocelyne De Castro, Leticia Saenz, Teresa Smith, Mary Urtecho-Garcia, and Dr. Eric Walsh

Changes to the Healthy Families Program

Starting no sooner than January 1, 2013, the Healthy Families Program will begin the transition to Medi-Cal, the Medicaid Program in California. Children who currently receive insurance through the Healthy Families Program (HFP) will continue to receive health benefits through Medi-Cal (including medical, dental, mental health, alcohol and drug use treatment, and vision care). The phase of transition is dependent on the residing county and the current HFP health plan (i.e. Medi-Cal vs non-Medi-Cal managed care plan). For most Pasadena residents, the transition date will occur no sooner than March 1, 2013.

Families will receive a notification letter from the State, indicating the transition date child's transition date, and any action the family may have to take to confirm enrollment status. There will not be a break in coverage and the child will continue to receive benefits through HFP, as long as monthly HFP premiums are paid.

Below are Frequently Asked Questions (FAQ's) regarding the transition to Medi-Cal. To get your eligibility, health plan, coverage, and other questions answered, visit <http://www.dhcs.ca.gov/services/Pages/HealthyFamiliesTransition.aspx> and click on the FAQ Resource Link.

Why is HFP transitioning to Medi-Cal? A new law in California says that Children in HFP will move to Medi-Cal.

When will HFP stop accepting applications? HFP will stop accepting applications once the transition to Medi-Cal begins which will be no sooner than January 1, 2013, except applications for babies who are on Access for Infants and Mothers (AIM) Program.

Does my child need to reapply for HFP under Medi-Cal for Coverage? No, your child does not need to reapply, if he/she is already enrolled in HFP.

Will my child receive the same benefits under Medi-Cal as he/she did under HFP? You can find a comparison table that shows benefits covered by HFP and Medi-Cal at: <http://www.dhcs.ca.gov/services/Documents/HFP%20Transition%20to%20Medi-Cal%20Benefit%20Comparison.pdf>.

Will my child's annual review date change after HFP moves to Medi-Cal? No, the annual review date for your child will not change. When it is time for your child's annual review, you will receive forms from Medi-Cal to review, sign, and send them back by a specific date.

What will happen to my premium? If you now make a premium payment to HFP, under Medi-Cal your premium may stay the same, decrease, or go away after your child moves to Medi-Cal. You must keep paying your premiums now. The premium amounts in Medi-Cal are different from the current premium amounts in HFP.

Will my child continue in the same vision plan? No, your child will not be in the same vision plan, but will have vision coverage. Medi-Cal provides vision services through Medi-Cal managed care health plans or Medi-Cal Fee-for-service (FFS).

Other information:

- For dental benefits, children will choose between Denti-Cal and a dental managed care plan.
- The child can change primary care physician once transitioned to Medi-Cal.
- Once moving to Medi-Cal, the child can enroll into a different Medi-Cal managed care health plan by speaking to a Health Care Options (HCO) Representative at (800) 430-4263.
- Contact the HFP Call Center for additional questions:
 - HFP members call (866) 484-9166
 - Non-HFP members call (800) 880-5305
 - Email dhcshealthyfamiliestransition@dhcs.ca.gov
- Contact the State's Ombudsman Help Desk at (888) 452-8609 for Medi-Cal questions.
- To speak to a Pasadena Public Health Department Certified Application Assistant, call (626) 744-6086.

All information was provided by the State of California Managed Risk Medical Insurance Board (MRMIB) website at http://www.mrmib.ca.gov/MRMIB/HFPTransition/HFP_Transition_ALL_FAQ_11-27-12.pdf published on November 27, 2012.



Child Health & Disability Prevention (CHDP) Corner

Updated Vaccine Information Statements (VIS)

The Centers for Disease Control and Prevention (CDC) have updated the English VIS for Multi-Vaccine (for the six vaccinations a newborn should receive). Please be sure to discard any revisions prior to 11/19/12. The VIS for Pneumococcal Conjugate (PCV 13) and Tetanus/Diphtheria/Pertussis (Td/Tdap) are currently being revised and will be released in early 2013.

WIC Growth Charts Adoption

On October 1, 2012, the California Women, Infants and Children (WIC) Program adopted and implemented the CDC's recommendation to use the World Health Organization (WHO) growth standards for infants and children, ages 0-24 months. CHDP trainings that adhere to the nutrition risk criteria will be available in 2013.

Provider Information Notice (PIN)

CHDP has not issued a new PIN since June 27, 2012. Continue to check the website, or view and download previous PINs at, <http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx>. For questions or concerns on all notices, please call the Pasadena CHDP office at (626) 744-6016.

text4baby Program

Do you have parents who often forget when their baby is due for immunizations? Sign them up for free, custom text messages through the text4baby Program. For more information, see page 6 of this newsletter.

Blood Lead Level Reminder

The Childhood Lead Poisoning Prevention Program (CLPPP) at the Pasadena Public Health Department would like to remind providers of the new recommendation to report 5 micrograms per deciliter of lead in blood for ages 1-5 years (rather than 10 micrograms per deciliter). This recommended value will allow early identification of lead exposure earlier, and parents, doctors and CLPPP will be able to take action earlier. To report lead levels less than 10 micrograms per deciliter, please call CLPPP at (626) 744-6035.

Success Story

In August of this year, a 13-year old student visited the Pasadena Unified School District (PUSD) Primary Health Clinic. Upon evaluation, she was referred for a check-up with the dentist and the optometrist. The CHDP Public Health Nurse spoke to the mother, who expressed thanks for the CHDP services provided. Her daughter has improved in school and grades since she can now see better and follow along with the classes and her teachers.

New Provider Open Invitation

Want to make your own success story a reality? If you are a pediatric provider or licensed primary care clinic in the city of Pasadena and would like to participate as a CHDP provider, visit the California Department of Health Care Services website at <http://www.dhcs.ca.gov/services/chdp/Pages/BecomingaCHDPProvider.aspx> or contact the Pasadena CHDP office at (626) 744-6016.

Resolve to Get Healthier in 2013!

During this time of the year, most people resolve to lose excessive weight, especially after the holiday months. People start off by making extreme changes in their diets and/or workout routines, which seldom become sustainable. Ever notice the changes in a gym's membership and usage? Most gyms are packed during the months of January and February, but by March, the gym is used by the "regulars."

The Nutrition and Physical Activity Program at the Pasadena Public Health Department would like to encourage you to resolve to get healthier. Preventing health problems matters! You can stay in good health by choosing a healthy lifestyle. It is never too early or too late to begin living in a way that will better your health today and in the years ahead. Use these seven tips and resolve to get healthier in the new year:

1. **Eat a healthy diet:** Diets rich in fruits and vegetables and low in saturated fats can reduce the risks of heart diseases, cancer, diabetes and other chronic diseases. Drink plenty of water and go easy on the salt, sugar, and alcohol. Find healthy eating tips on the table to the right (page 5).
2. **Maintain a healthy weight:** Being overweight or obese can increase your chances of acquiring diseases. Eat more foods that are low in saturated fat and give yourself smaller portions. If you are overweight, talk to a professional about starting a weight loss fitness program.
3. **Get moving:** Regular physical activity helps you control weight, improve coordination and balance, relieve arthritis pain, reduce doctor visits, lower blood pressure, and even lower anxiety and depression. You can benefit from just 30 minutes of activity, five or more times a week. Activities can include simple things like a brisk walk or even yard work.
4. **Be smoke-free:** Smoking is a leading risk factor for many diseases. Quitting is one of the best things you can do for your health, and your loved ones and pets will not be exposed to secondhand smoke.
5. **Manage stress:** Stress plays a role in your health. Make sure to take time for yourself and do things you enjoy. Go for a walk, do a craft, listen to music, read a book. Don't allow issues to get into your tissues and cause havoc on your health.
6. **Know your risks and family history:** Be aware of diseases that affect your entire/extended family. You can have many shared traits with these relatives such as genes, living environments and lifestyles, and therefore common risk factors for disease.
7. **Get regular check-ups and screenings:** Finding any health problem at an early stage can often give you more and better treatment options. Talk to your doctor to understand the health factors below, the target number you should be at to stay health, and know your numbers:

Health Factors	Target Number	Your Number
Total Cholesterol*	Less than 200	
LDL "Bad" Cholesterol*	Less than 100	
HDL "Good" Cholesterol*	More than 50	
Triglycerides*	Less than 150	
Blood Pressure (mm Hg)	Less than 120/180	
Fasting Glucose*	Less than 100	
Body Mass Index (kg/m ²)	Between 18.5 and 24.9	

*units are in milligrams per deciliter (mg/dL)

Choose low-cholesterol, heart-healthy foods! Below are some tips from the different food groups to eat healthier foods. Take this with you when you shop for groceries, or keep it in your kitchen as a helpful reminder.

Food Groups	Choose	Go Easy On	Avoid
<ul style="list-style-type: none"> • Meat • Poultry • Fish • Dry Beans • Eggs • Nuts <i>(up to 5 ounces of meat, poultry, or fish per day)</i>	<ul style="list-style-type: none"> • Lean cuts of meat • Chicken and turkey without skin • Fish • Egg whites • Beans/tofu 	<ul style="list-style-type: none"> • Shellfish • Duck • Egg yolks • Nuts 	<ul style="list-style-type: none"> • Processed meats, such as bacon and bologna • Hot dogs
<ul style="list-style-type: none"> • Milk • Yogurt • Cheese <i>(2 or more servings/day; 3-4 servings per day for pregnant or breastfeeding women)</i>	<ul style="list-style-type: none"> • Fat-free or low-fat dairy products; skim or 1% fat milk • Cheeses with no more than 3 grams of fat per ounce • Low-fat yogurt 	<ul style="list-style-type: none"> • 2% fat milk • Sour cream 	<ul style="list-style-type: none"> • Whole milk • Swiss, American, Cheddar cheese • Cream cheese
<ul style="list-style-type: none"> • Fats • Oils <i>(approximately 5-8 teaspoons/day)</i>	<ul style="list-style-type: none"> • Corn oil • Olive oil • Canola oil • Sunflower/safflower oils 	<ul style="list-style-type: none"> • Avocados • Olives • Peanut oils 	<ul style="list-style-type: none"> • Butter • Lard • Bacon fat • Coconut oil • Solid shortening
<ul style="list-style-type: none"> • Breads • Cereal • Pasta • Rice <i>(6-11 servings per day)</i>	<ul style="list-style-type: none"> • Whole-grain breads • Whole-wheat pasta • Whole-grain rice • Plain baked potato 	<ul style="list-style-type: none"> • Granola • Biscuits • Muffins • Cornbread 	<ul style="list-style-type: none"> • Croissants • Pastries • Egg noodles • Doughnuts
<ul style="list-style-type: none"> • Fruits • Vegetables <i>(3-5 servings per day)</i>	<ul style="list-style-type: none"> • Fresh • Frozen • Dried fruits 	<ul style="list-style-type: none"> • Canned fruit in syrup 	<ul style="list-style-type: none"> • Coconut • Vegetables prepared in butter or cream
<ul style="list-style-type: none"> • Snacks <i>(in limited amounts)</i>	<ul style="list-style-type: none"> • Sorbet • Low-fat frozen yogurt • Plain popcorn • Pretzels • Fruits/Vegetables 	<ul style="list-style-type: none"> • Homemade cakes, cookies and pies prepared with unsaturated oils • Baked chips 	<ul style="list-style-type: none"> • Ice cream • Chocolate • Potato chips • Buttered popcorn

For more on healthy eating and healthy weight for the new year, contact the PPHD Nutrition and Physical Activity Program at (626) 744-6163.

text4baby



Prenatal care and a baby's first year of life are integral to both the health of the parents and the newborn. Support may be difficult to find during these times, but now new and soon-to-be moms and dads can find help via text messages. In February 2013, the California Department of Public Health Immunization Branch is scheduled to launch the 6-month pilot program, text4baby, in which parents can receive timely text messages tailored to their baby's birth date at no cost.

For instance, this free service will remind parents when shots are due for the infants via text message reminders two (2) weeks before the vaccine(s) are due. A few days later, parents will be asked to confirm whether or not the baby received the immunization. Parents can sign up for this cost-free service by texting "BABY" to the number 511411, or for Spanish texts, "BEBE" to 511411.

SmokefreeTXT

The National Cancer Institute (NCI) has been working on several smoking cessation tools, including smartphone applications and a text messaging service. SmokefreeTXT is a nationwide mobile service designed to provide 24/7 encouragement, advice, and tips to help smokers quit for good. To get the help and support you need, start by texting the word, "QUIT", to 47848 from any mobile phone. You will be asked to answer a few questions, such as specified quit date, smoking frequency, age, and gender, to ensure the messages you receive are personalized to your experience. This information will not be used for any other purposes.

Although there are no fees for this program, the service may be dependent on the message and data plan of the mobile phone provider. Please be sure to call your provider to ensure costs will not be incurred to receive messages. For more information on this service, go to <http://smokefree.gov/smokefreetxt/> and click on the hyperlink, TXT FAQ.

There are over 250 messages with the most critical information that experts want pregnant women and parents with infants under one (1) year of age to know. Parents can receive tips regarding prenatal care, safe sleeping, immunizations, breastfeeding, nutrition, oral health, developmental milestones, car seat safety and more. Many federal, state, county, and local agencies were involved in the development of these messages to ensure medical accuracy. This nationwide free service is continuously reviewed and updated to further the comprehensiveness of the messages.

Participating carriers include AT&T, Boost Mobile, Cricket, Metro PCS, Sprint Nextel, T-Mobile, Verizon Wireless, Virgin Mobile, and many more. For more information, visit <https://text4baby.org/>. The Pasadena Public Health Department would like to encourage all Pasadena providers to inform prenatal clients and new parents of this free service and join us in promoting healthy moms and healthy babies.



If you are looking for even more support through the smoking cessation process, NCI has developed three smartphone apps, including NCI QuitPal, Smokefree Teen (SFT) QuitSTART, and QuitGuide. The apps were designed for different needs, such as setting goals and monitoring progress, tracking cravings, habits and moods, connecting with others who are trying to quit, and receiving motivational reminders. Get started and visit <http://smokefree.gov/apps/> to learn more on how each app can help you successfully become smoke free.



Make Testing a Part of Your Resolution!

As 2012 came to an end, the Andrew Escajeda Comprehensive Care Services (AECCS) at the City of Pasadena Public Health Department (PPHD) hosted two holiday parties for clients and their families. In addition to delicious food and wonderful gifts, children enjoyed a visit from the one and only Santa Claus! AECCS thanks AIDS Service Center, the Art Center College of Design, Bristol Farms, Café Linda's, El Cholo Café, El Pollo Loco, El Portal, Mattel, Pandora on Green, and Brian Stark for their generous donations of food and toys, as well as all of the volunteers who helped to make these events possible. These organizations and individuals truly gave selflessly and the joy on the clients' faces embodied the true spirit of the season. A wonderful time was had by all.

With a new year comes new resolutions and we want to help make 2013 your healthiest year yet. In addition to adhering to new resolutions, AECCS encourages you to know your status. The Centers for Disease Control and Prevention (CDC) recommends being tested for HIV at least once, even if you have not taken part in activities that may transmit HIV infection. If you do take part in activities that potentially could transmit HIV, the CDC recommends being tested at least once a year.



New and exciting advances have been made in the field of HIV testing, such as at-home HIV testing kits available over-the-counter. However, because these kits may not be accurate and have potential for user error, AECCS reminds everyone that free HIV testing is available at PPHD. In 2013, AECCS will also be able to provide an HIV test with results ready in just one minute. All AECCS services are 100% confidential and supportive and understanding staff are always at hand to answer any of your questions. People living with HIV/AIDS are able to have active, fulfilling lives with proper treatment and care. Knowing your HIV status is an important part of ensuring your overall health. For more information on our free HIV testing, including hours of availability, visit us at www.cityofpasadena.net/publichealth/hiv_std_prevention_and_education_services.

Please stay tuned via our website and our Facebook page for information as we continue to expand our HIV/AIDS services, including care for homeless HIV-positive people and oral health services. On behalf of PPHD, we thank you for your support and wish you a wonderful start to the new year!



Staying Connected with Your Partner

On December 7th, the Black Infant Health (BIH) Program hosted the event, “Staying Connected with Your Partner”. Clients and their newborns, children, and partners were in attendance to celebrate the healthy outcomes of mom and baby, recognize the importance of partners in the relationship, use dance as a way to demonstrate effective communication, and much more. Here are a few pictures to recap the night.



Top left: BIH client providing an open acknowledgement to her baby's father.

Bottom left: Terance Jones of the Los Angeles Steppers Connection (LASC) Dance Studio demonstrating communication through dance.

Above: Mrs. Flowers, Relationship Educator, also discussing the importance of clear communication.



Starting January, BIH Group Sessions are back!

Contact a BIH Family Health Advocate (FHA) to participate in prenatal and postpartum group intervention sessions, which are pivotal to the child's development before and after the baby is born. The sessions offered cover a wide spectrum of topics to assist in achieving healthy birth outcomes for both mom and baby. For more information on the sessions, call one of the BIH FHA's:

- Deshia (626) 744-6091
- Monette (626) 744-6060
- Teresa (626) 744-6155

CITY OF PASADENA
Public Health
DEPARTMENT

Serving the Greater Pasadena
Area since 1892

<http://cityofpasadena.net/publichealth/>

Protect.
Promote.
Live Well.