

Spring 2013

PASADENA HEALTHY TIMES

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

Message from the Director

With the spring season now upon us, we are excited to move forward with all the 2013 happenings that have begun thus far. The Pasadena Public Health Department (PPHD) has undergone several facility renovations to improve accessibility, increase safety and create a more aesthetic environment. Construction for the dental clinic is complete and our staff is ready to begin seeing patients. The grand opening to celebrate this muchneeded service will be on Wednesday, April 24, 2013.

As we progress deeper into the year, many of our programs and services will focus on strengthening our partnerships and collaborative activities. We began the premier endeavor to conduct a city-wide community health improvement plan (CHIP), in which key community stakeholders were given the opportunity to assess every facet of the city's health, assure priority issues that impede optimal health are addressed, and identify strategies and resources to tackle those concerns. The CHIP is a multi-year process designed to continuously engage and coordinate community members that will create an environment conducive to health equity.

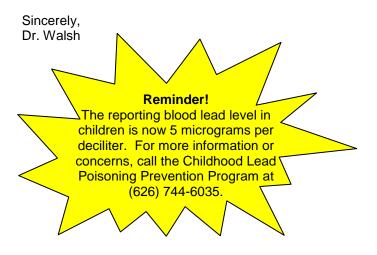
INSIDE THIS ISSUE

Message from the Director 1
Changes to Children's Health Insurance 2
Pasadena WIC
Immunizations for Infants/Toddlers
CHDP Updates 3
Pasadena Blood Drives 4
PPHD Substance Abuse & Prevention
National Public Health Week 5

This issue would not be possible without support from Christine Barron, Anuj Bhatia, Charlene Chen, Ron Hillary, Kelly Kaufman, Leticia Saenz, and Dr. Eric Walsh Other PPHD partnerships are advancing the work around substance abuse prevention and treatment, violence prevention, urban agriculture and access to health. By 2014, Pasadena will be living the realities of the Affordable Care Act and our partners at community clinics and advocacy organizations will help the City enroll more individuals and families to have access to health care.

Staffing at PPHD continues to grow to actively combat obesity, and to support the needs of the dental clinic and those impacted by HIV and substance abuse. Throughout the year, PPHD programs will expand and enhance these and other services.

Stay tuned to future editions of the *Pasadena Healthy Times* to keep in touch. In the meantime, get outside and enjoy the spring weather in beautiful Southern California.





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Changes to Children's Health Insurance Programs

On March 1, 2013, many Los Angeles County and Pasadena residents began the transition to receive health insurance benefits from the Healthy Families program into Medi-Cal. Continue to assure families that this change will not interrupt the child's coverage. Furthermore, during this transition, the family should continue to pay premiums and respond to letters regarding annual eligibility review. These changes will also affect the eligibility for the Women Infants and Children (WIC) Program (see below). Call the Pasadena Children's Health Insurance Outreach Program at (626) 744-6086 for more information or assistance on the change in health insurance program. Answers to Frequently Asked Questions can also be found at http://www.dhcs.ca.gov/services/hf/Pages/HFPFAQ.aspx.

At the end of February, the Healthy Kids Program for children ages 6-18 was terminated. Healthy Kids will continue to serve and enroll ages 0-5 years old. The Pasadena Public Health Department Certified Application Assistants may be able to find alternative coverage for former Healthy Kids 6-18 members, such as Healthy Way LA Kids or Kaiser Permanente Child Health Plan. Please contact our office at (626) 744-6086 for assistance in finding health insurance for your children.

Pasadena Women, Infants and Children (WIC)

The Pasadena Public Health Department WIC website has been updated to clearly describe the services available to all eligible women and children ages 0 to 5 years. For more information or to determine eligibility, please visit Pasadena WIC online at http://cityofpasadena.net/PublicHealth/WIC/ or directly call the office at (626) 744-6520.

With the transition of Healthy Families Program to Medi-Cal, participants between 0 to 5 years old who were previously receiving insurance under Healthy Families may now be eligible to receive WIC benefits. Call the Pasadena WIC office for eligibility and questions on WIC services.



April 20 to 27 is National Infant Immunization Week (NIIW) and May is Toddler Immunization Month. With these two campaigns, we can protect babies from 14 vaccine-preventable diseases by making sure they are immunized on time. This year's theme, Immunization. Power to Protect, reminds parents and caregivers that children need a series of vaccinations to be fully protected from potentially deadly diseases. these immunizations or delays in receiving the vaccines make infants more vulnerable to sickness and poor health. Immunizations are among the most successful and cost-effective public health strategies to lower the levels of disease in the community. When parents choose to avoid or delay immunizations for their children, there may be a rise in disease, such as the increase in Whooping Cough seen in 2010.

Although children may appear to be healthy now, they may be susceptible to vaccine-preventable diseases without certain immunizations, such as Hepatitis A and B, Rotavirus, Diphtheria, Tetanus, Pertussis, and many more. To access the ACIP (Advisory Committee on Immunization Practices) recommendations for infants to age 6 years, visit http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf. By Spring 2013, the Centers for Disease Control and Prevention (CDC) will have developed a mobile-friendly version of immunization schedules to help determine the age-appropriate vaccine for each child.

Each day, almost 12,000 babies are born in the U.S. who will need to be immunized before age two against 14 vaccine-preventable diseases. For more information on childhood vaccinations or to join these campaigns, visit http://www.cdc.gov/vaccines/events/niiw/index.html.



Reminder!

CHDP Providers should engage in clear communication with parents when referring additional sources of care. This will ensure optimal continuity of care for the child.

Facility and Medical Record Review Tools

At the end of 2012, the CHDP Executive Committee and State Children's Medical Services (CMS) completed the process to issue revisions to both the Facility Review Tool and the Medical Record Review Tool. The implemented changes will increase quality and standards in the delivery of patient care.

Each Pasadena CHDP Provider will continue to receive advanced notice prior to the designated date of the site visit, and should review the new guidelines and specifications at http://www.dhcs.ca.gov/services/chdp/Pages/default.aspx. For questions on the updated Facility and Medical Record Review Tools, please contact the Pasadena CHDP office at (626) 744-6016.

Below highlight several of the changes to the tools (please note that the items listed are not comprehensive. Each CHDP-approved facility is responsible for meeting all criteria outlined on DHCS Forms 4492, 4493 and 4494):

- Optional Line Items may be instituted in the Medical Record Review. Pass/Fail may be recorded for criteria such as documentation instructions for follow-up, completion of full health assessment is consistent with documentation of the billing form, and age-appropriate growth measurements are taken and plotted sequentially at each visit. Failure to indicate this documentation will place the facility on Conditional Status, regardless of the total numerical score. At this time, the Pasadena CHDP office will not implement the Pass/Fail Line Items and will continue to utilize the current system of numerical scoring.
- The Compliance Threshold for the Facility Review has become more stringent. The numerical score to meet Full Approval Status is between 88% through 100% compliance in criteria elements (in the 2008 revision, Full Approval Status was 85% to 100%).
- There are additional standards in written policies and procedures and proof of annual staff training for these
 policies for each facility. Each facility must provide copies of procedures for bloodborne pathogen/exposure
 prevention, biohazardous waste management, disaster preparedness for emergency non-medical events, and
 domestic abuse reporting.
- The Vaccines for Children (VFC) requirement has added criteria for various sized syringes and disposable needles (syringes- 3 cc and tb; needles- 5/8" and 1").

Updated Vaccine Information Statements (VIS)

The update to the Pneumococcal Conjugate Vaccine (PCV13) was released on 02/27/2013. A Supplementary Provider Information document will also be developed and released to serve as a resource for providers, including links to recommendations by the Advisory Committee on Immunization Practices (ACIP) and answers to patients' commonly asked questions.

Continue to be on the look-out for the next VIS revisions of the Tetanus Diphtheria (Td) and Tetanus, Diphtheria and Pertussis (Tdap). Changes include the updated risks to children ages 7-9 years old, pregnant women, and adults aged 65 and older. Separate Td and Tdap VIS's will likely be issued.

Visit http://www.cdc.gov/vaccines/pubs/vis/ to view the most updated VIS's and get news before the VIS is released.

PPHD Blood Drives

The Pasadena Public Health Department (PPHD) has been the lead for the last two blood drives supported by the City. In August of 2012, PPHD partnered with the Police Department, Fire Department and Department of Public Works (DWP), as well as external City partners including the American Red Cross and Muslims for Life to host, "City of Pasadena Blood Challenge 2012." This 3-day blood drive was held at various locations throughout the city, including the facilities of PPHD, DWP and the Police Department. A total of 62 units of blood were collected during this event.

On Valentine's Day, PPHD partnered with LifeStream, Time Warner Cable, KOST 103.5 FM radio and the Fire Department to host a Blood Drive and Marrow Screening at the Ralphs Grocery Store on Lake Avenue. As a promotion for the event, Dr. Eric Walsh and Chief Calvin Wells, the Directors of the Public Health Department and Fire Department, respectively, each recorded commercials with Time Warner Cable which were aired regionally. Pasadena's generous donations totaled to 165 units of blood.

According to figures provided by the American Red Cross, approximately 32,000 pints of blood are used every day in the United States. Other figures state that although 60% of adults are eligible to donate blood, only 5% do regularly.

A child with cancer, an individual having emergency surgery, a female giving birth or a man injured in a car accident are examples of lives that have been saved by blood donations. Between March 19 – 21, PPHD will again lead the "City of Pasadena Blood Challenge 2013" in collaboration with City Departments and the American Red Cross. We encourage you, your family, and your friends to donate blood at the upcoming City Blood Drives. For more information or to take part in a blood drive, please contact the Pasadena Public Health Department at (626) 744-6165.

Targeted Populations for Substance Abuse Prevention

At the beginning of 2013, the Alcohol and Drug Prevention Programs began implementation of multiple substance abuse prevention services in the community, each targeted to various groups. Here are some highlights on Pasadena Public Health Department's (PPHD's) work against substance abuse on target groups:

- Project Alert An evidence-based drug prevention program for all 6th graders in Washington Middle School, which is reaching approximately 130 students per semester. Project Alert consists of 14 interactive lessons, covering the abuse and impact of various substances (including tobacco, marijuana, alcohol, inhalants and illicit drug use). A major focus of the program is to educate and equip students with tools to recognize and resist pressures to use drugs and alcohol. The curriculum is taught once a week by PPHD staff and a Master of Social Work Intern.
- Drugs: True Stories An evidence-based program for parents of middle school-aged children in the Pasadena Unified School District (PUSD). This intervention features a 30-minute video, which includes two vignettes of teenagers telling their personal stories and harm they encountered with drug use, how teenagers and their families can work together to help teenagers abstain from drug use, the possibilities to recover from drug dependence, and how making smart choices can save lives.
- RAD (Rethink Alcohol and Drugs) A coalition with partners in the San Gabriel Valley Service Planning Area (SPA 3) to reduce the ill-effects of alcohol and drug abuse through education, advocacy and policy change in the area.

For more information on the PPHD Alcohol and Drug Prevention Programs, please call (626) 744-6042.

Public Health is ROI. Save Lives, Save Money

April 1-7 is National Public Health Week, with the theme, return on investment (ROI). The more we invest on early detection and injury prevention, the less we will need to spend on chronic disease management. Every program and service at the Pasadena Public Health Department aims to sustain and improve the quality of life for all residents and visitors to the city--from adopting smoking bans in multi-unit housing and eating areas to flu vaccination campaigns to comprehensive prenatal care. Current declines in public health funding threaten the health of the Pasadena community and the services we provide. With your help, you can join PPHD to build a more robust public health infrastructure to protect and enhance the well-being of today and future generations.

Even baby steps will go a long way to put prevention into all aspects of our lives, including the home, school, work and other areas of the community. You can start small or go big; National Public Health Week has daily themes to help you take action:

- Ensuring a safe, healthy home for your family
- Providing a safe environment for children at school
- Creating a healthy workplace
- Protecting you while you're on the move
- Empowering a healthy community

Still not sure where to start? Here are a few tips:

- Remember this number: 1-800-222-1222. It will connect you to the regional poison control center to offer life-saving information.
- Practice fire safety drills and prepare your workplace for an unexpected emergency.
- Create a local health movement, such as a healthy food co-op, a walking group or a volunteer program to increase safe access to areas for physical activity.
- Support violence prevention initiatives and take action against bullying in schools.

For more information on the impacts of public health, statistics on the numbers of disease and injury that could have been prevented with appropriate measures, and what you can do in the community, visit http://www.nphw.org/. We are all examples of the public health return on investment. Join us starting April 1st and all throughout the year to get involved in supporting our distinguished community.



Download the 2012 Pasadena/Altadena Quality of Life Index to gain an understanding of the social determinants of health that affect our City. This publication has selected 20 indicators that affect the mental, physical, and social well-being of the residents of Pasadena and Altadena.

In addition to genetics, an individual's quality of life is strongly influenced by their environment, including but not limited to access to quality health care, clean air and water, open community recreational spaces, and housing security. These social determinants of health allow healthcare advocates to look upstream at the root causes of disease.

The findings within the *Quality of Life Index* can serve as a guide to outline efforts to address health issues that affect our community. For more information or to view and download a copy of the *2012 Quality of Life Index*, go to http://cityofpasadena.net/qualityoflifeindex.