

Spring 2014

## PASADENA HEALTHY TIMES

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

## **Message from the Director**

In this Spring edition of the *Pasadena Healthy Times* the Pasadena Public Health Department (PPHD) is focusing on change. We in the public health world and in the health care sector in general have seen great change happen over the past year and a half. We have been closely following the rollout and implementation of the Patient Protection & Affordable Care Act (ACA). Many have had to rethink how best to accomplish goals and how to reach populations with new opportunities for accessing health services, especially for populations that previously did not have access to care and those who may continue to lack access.

We have also seen shifts in funding as public health is constantly threatened with decreased funding availability from Federal and State sources. With these challenges, the Department embraces change and remains optimistic in seeking new opportunities for growth. Our goal is to take the changes that are presented to us as the initiating factor to become more effective, more efficient, and more impactful in our community.

The ACA will continue to evolve and enhance the public health system, and PPHD will continue to support our community as they may face incredible challenges that are coming in health care. In this special edition of *Pasadena Healthy Times*, the PPHD 2014 National Public Health Week Planning Committee has provided excerpts on pages 2-4 of the successful local changes that were made possible by PPHD and our community partners. All are invited to join us for a week of special daily events on April 7-11.

Please enjoy the beautiful weather of the Spring. This is a good time to make personal changes to better our health and our future.

Sincerely, Dr. Walsh

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on this or previous editions of Pasadena Healthy Times, contact Adrienne Kung at (626) 744-6151.



www.nphw.org

#### **Celebrate Public Health**

The Pasadena Public Health Department (PPHD) is hosting week-long events in celebration of National Public Health Week (NPHW). Residents, community members, and community partners are welcome to join the festivities. See the calendar below for the complete list of events, a description, and click on the address to be linked to a map of each location.

For more information about NPHW in Pasadena or to download the flyer of events (also available in Spanish), visit <a href="http://cityofpasadena.net/publichealth">http://cityofpasadena.net/publichealth</a>.



Monday, April 7, 6:30 pm City Council Chambers 100 N. Garfield Street, Pasadena	City Proclamation  Dr. Walsh will accept a special proclamation from Mayor  Bogaard to kick off National Public Health Week!
Wednesday, April 9, 11 am – 2 pm Pasadena Public Health Department 1845 N Fair Oaks Avenue, Pasadena	"Spring Into Health!" Fair PPHD program resources, free screenings, and raffle prizes will be provided.
<b>Thursday, April 10, 9 am – Noon</b> Pasadena Public Health Department (Front Patio)	Farmers' Corner Purchase fresh, locally-grown produce at the Health Department's very own weekly farm stand!
Friday, April 11, 1 pm – 3 pm Central Library, Donald R. Wright Auditorium 285 E. Walnut Street, Pasadena	National Youth HIV & AIDS Awareness Day (NYHAAD) Panel Discussion See description on facing page. Complimentary refreshments and giveaways will be provided.
All throughout the month of April on KPAS Charter, Channel 3 The Arroyo, Channel 32 and ATT UVerse, Channel 99	Watch a screening of PPHD's short documentary, "We are Public Health"  Narrated by Mayor Bogaard and Dr. Walsh, this documentary highlights PPHD's key programs and services as told by the professionals who deliver them – the PPHD staff themselves. The documentary will give a brief overview of PPHD's rich history, important community partnerships, and the future of public health in Pasadena as it relates to the Affordable Care Act.

National Public Health Week (NPHW) brings together communities across the nation to recognize the vital role that public health plays in each of our lives, and to highlight important health issues that impact our communities. This year's theme of "Public Health: Start Here" echoes the commitment of public health professionals in guiding people through the evolving public health system, which has shifted from a focus on treatment of the sick to one that is committed to disease prevention.

In this edition of *Pasadena Healthy Times*, the 2014 NPHW Planning Committee at PPHD has put together special excerpts on pages 3 and 4 in honor of this event.

#### **Public Health Impacts Everyone Every Day**

Did you know that...?

- The Centers for Disease Control & Prevention (CDC) estimates that each year, 1 in 6 people get sick from foodborne illnesses. The Environmental Health Division at PPHD conducts over 1,000 food facility inspections per year to keep you and your family safe and healthy when dining out.
- The cells, hormones, and antibodies in breast milk protect babies from illnesses. Breastfeeding also lowers the risk of breast cancer, type 2 diabetes, and postpartum depression in mothers. The PPHD Women, Infants, and Children (WIC) Program offers support with breastfeeding materials, including manual or electric breast pumps, help with latching, and aid in understanding your baby's sleep, cues and crying.
- According to the California Department of Public Health, secondhand smoke causes approximately 3,000 lung cancer deaths annually. PPHD's Tobacco Control Program has succeeded in reducing the public's exposure to secondhand smoke, especially among youth. In 2011, Pasadena City Council unanimously approved amendments to the City's Tobacco Use Prevention Ordinance to prohibit smoking in apartments and condominiums (see "Top of the Class" article below).
- Also in 2011, Pasadena City Council adopted the Healthy Snack and Beverage Vending and Procurement Policy, making Pasadena a Healthy Eating Active Living "Fit HEAL" City. Under this policy, all vending machines located in City-operated facilities including parks and community centers must comply with specified nutritional standards.

These are just a handful of examples that demonstrate how public health overcomes challenges and pushes for healthier lifestyles and better quality lives. The passage of the Patient Protection & Affordable Care Act offers opportunities for public health efforts to reach more people. As the health care system continues to undergo changes, PPHD will focus on increasing awareness of how to access the services made possible by public health.

#### National Youth HIV/AIDS Awareness Day (NYHAAD)

Every month 1,000 youth across the nation are diagnosed with HIV. In the 2012 Annual HIV Surveillance Report issued by the Los Angeles County Department of Public Health, for years 2007-2012, there were over 410 newly diagnosed HIV and AIDS cases in youth below the age of 19. As a result of the growing need for specialized HIV services in the San Gabriel Valley, the PPHD began providing HIV/AIDS medical outpatient services to HIV+ individuals at what is now known as the Andrew Escajeda Comprehensive Care Services (AECCS). AECCS is committed to providing innovative, culturally competent, compassionate and high-quality comprehensive HIV medical treatment, mental health, risk reeducation, and HIV education prevention services that are free of charge to clients. Services are available to low-income, uninsured, and Medi-Cal and Medicare-insured individuals living in Pasadena and Los Angeles County. For more information on AECCS, call (626) 744-6140.

Please join PPHD on Friday, April 11<sup>th</sup> at the Pasadena Central Library for a stimulating discussion about the impact of HIV and AIDS on young people today and the importance of HIV prevention and early screening in youth. For more information on NYHAAD, visit http://amplifyyourvoice.org/nyhaad.

Access the 2012 Report at http://publichealth.lacounty.gov/wwwfiles/ph/hae/hiv/2012AnnualHIVSurveillanceReport.pdf.

#### Pasadena is "Top of the Class"

Congratulations to the City of Pasadena for receiving an "A" grade in Tobacco Control efforts! The American Lung Association in California issued its report, *State of Tobacco Control 2014—California Local Grades.* This report assessed local tobacco control policies' efforts to protect public health based on smoke-free outdoor air, smoke-free multi-unit housing, and reduction in tobacco sales. This year, only 18 cities or counties throughout California received an overall grade of A, out of 539 communities evaluated. Each city and county represent a diverse population and geographical mixture in many aspects, demonstrating that support for tobacco control policies exists in all communities. To view the full publication, go to <a href="http://www.lung.org/associations/states/california/assets/pdfs/sotc-2014/sotc-2014-california-local.pdf">http://www.lung.org/associations/states/california/assets/pdfs/sotc-2014/sotc-2014-california-local.pdf</a>. For more information on the City's Tobacco Use Prevention Ordinance, contact PPHD's Tobacco Control Program at (626) 744-6014.

## **PPHD Program Spotlight**

For over 20 years, the Black Infant Health (BIH) Program in Pasadena has served a vital role in the African American community. The Summer 2012 edition of *Pasadena Healthy Times* featured a client's perspective receiving BIH Services and the result of healthy birth outcomes during her three pregnancies between 2000 and 2012. Now, learn about the Pasadena BIH Program from the staff's perspective and how the program has maintained praises from the community!



#### What is the role of the Black Infant Health (BIH) Program?

To combat the high rates of infant mortality, low birth weight, and premature births in the African American community, the State of California established the BIH Program in 1989. Pasadena has been a local part of the State program since its creation. BIH aims to empower pregnant and mothering African American women to make healthy choices for themselves, their families, and their communities. The BIH Program provides health education, health promotion, social support, and service coordination to pregnant and parenting African American adult women in the Greater Pasadena Area. Currently, the program is funded by the California Department of Public Health and First 5 LA.

#### What are high priority areas for the BIH Program?

The high priority areas of the BIH Program are to provide empowerment-focused group interventions alongside complementary case management. This is performed in a culturally-affirming environment to help improve birth outcomes and prevent African American infant mortality. The program honors the unique history of African American women to effectively help clients develop life skills, learn strategies for reducing stress, and build social support.

The Pasadena BIH Program seeks to improve African American birth outcomes and eliminate health disparities that exist within the community. This is accomplished by BIH clients participating in weekly group sessions designed to help them access their own strengths and set health-promoting goals for themselves and their babies. Additionally, one-on-one case management services are provided to ensure that clients are connected with the appropriate community and social services to meet their needs. This approach is supported by the latest research.

#### What programmatic changes will be implemented in the near future that will enhance the services?

A standardized model is being implemented across the State of California. This model builds upon a non-clinical framework and recognizes the need for social support among African American mothers. Having a standardized, statewide model will allow for the collection of data that can be used for program evaluation and future programming to ensure the greatest impact in improving low birth weights and infant mortality.

Although the Pasadena BIH Program currently involves fathers in client services, staff hopes to expand its work with all fathers in the community. There is also a great need to provide training and educational tools to fathers to empower them to be a better social support system for the African American women in their lives and their children. This will positively impact the community in which they live. Healthy families mean healthy communities.

#### **Pasadena Office of Vital Records**

The Pasadena Office of Vital Records has preserved birth records since 1893 and death records since 1897. The management of these records has evolved greatly over time. Most recently, the State of California Health and Safety Code that govern these records passed legislation to provide increased security at the time of issuance. Due to increased use of technology and electronic filing systems, the new legislation provides added protection against identity theft. Pasadena maintains close communication with the State Office to stay up-to-date about changes in the filing, fees, and maintenance of birth and death records. As the State undergoes further enhancements to vital records management, the community will also be informed since Pasadena assists clients in obtaining these legal documents as they are often requested by schools, insurance companies, and a multitude of other agencies in our daily lives. For more information on the Pasadena Office of Vital Records, please call (626) 744-6052.

## **Covered CA Open Enrollment Ending Soon**

Covered California, the State's one-stop shop to find affordable health insurance, will end the open enrollment period on March 31, 2014. For many, the path to select the right health insurance was not easy since the first day of launching Covered CA's website on October 1, 2013. However, the Pasadena Public Health Department (PPHD) has been available to assist the community navigate all aspects of the changing health care climate. Our staff of Covered CA Certified Enrollment Counselors (CEC) will continue to provide education on the Patient Protection and Affordable Care Act (ACA), assist in application submission for Medi-Cal or insurance plans offered by Covered CA, troubleshoot or provide technical assistance, and support client needs in accessing health services.

As the open enrollment season winds down, there are some key points that PPHD would like every consumer to know about Covered CA and the ACA. For questions or to schedule an appointment, call a PPHD CEC at (626) 744-6055 or call (626) 744-6068 for a bilingual Spanish-speaking CEC.

- Medi-Cal enrollment will continue throughout the year.
- Special "qualifying life events" may allow consumers to adjust their health insurance plan to fit their changing needs to ensure affordability is maximized. In the case of such an event, you will be eligible to enroll within 60 days of that qualifying event. These events include:
  - o Birth of a new child or loss of a family member
  - o Change in immigration or citizenship status
  - o Change in income or employment
  - Relocation to a new state or county
  - o Marriage or divorce
  - Call PPHD for additional examples
- Most U.S. citizens, U.S. Nationals, and Resident Aliens must be enrolled in a health insurance plan that meets minimum essential coverage in 2014.
- A penalty will be owed when filing 2014 taxes if an individual or family does not have health insurance. To read more about tax penalties, go to <a href="https://www.coveredca.com/faqs/Tax-Penalty">https://www.coveredca.com/faqs/Tax-Penalty</a>.
- If a health plan is selected by March 31<sup>st</sup>, health coverage will begin May 1<sup>st</sup> and the first payment to the insurance company must be paid by April 25<sup>th</sup>.
- The next open enrollment period will begin October 1, 2014. At this time, a different insurance plan or metal tier can be chosen and an individual who did not enroll by March 31<sup>st</sup> can newly enroll through Covered CA.

If a health plan has been selected and technical assistance for the Covered CA insurer is needed, the following numbers may be useful:

- Anthem Blue Cross (855) 634-3381
- Blue Shield (855) 836-9705
- Health Net (877) 200-9260
- Kaiser Permanente (866) 450-5648
- L.A. Care (855) 270-2327
- Molina Healthcare Inc. (855) 858-2150



#### **More Oral Health Resources**

In addition to providing dental care to HIV+ and immunocompromised individuals, the City of Pasadena Michael D. Antonovich Dental Clinic now provides dental care to seniors who are 55 years and older. Dental services to seniors were made possible by a grant from the California Wellness Foundation. The clinic will now provide basic dental services at no cost and specialty services based on a sliding fee scale. Basic services include examinations, general and deep cleanings, extractions, x-rays, and white and silver fillings to treat cavities. Specialty services include root canals, crowns, bridges, partial dentures, and complete dentures.

The expansion in dental services also coincides with the return of adult Denti-Cal-covered services in May 2014. Californians will have more oral health coverage and greater access to dental care. To find out if you qualify for Denti-Cal, call our clinic at (626) 744-6350.

#### **National Infant Immunization Week 2014**

This year is the 20<sup>th</sup> anniversary of National Infant Immunization Week (NIIW), which was started to highlight the importance of protecting newborns from vaccine-preventable diseases and to celebrate the achievements of immunization programs and services in the community. The week-long celebration begins on April 26 through May 3.

2014 is also the 20<sup>th</sup> anniversary of the Vaccines for Children (VFC) program, which provides vaccines to children whose families may not be able to afford them and helps these children to receive vaccines according to the recommendations set by the Advisory Committee on Immunization Practices (ACIP). The VFC program has significantly contributed to reducing the disparities in vaccination rates among children.

Vaccines are the most successful and cost-effective public health effort to protect individuals and entire communities from infectious diseases. Administering the recommended vaccines to babies by age 2 is the best protection they can get against 14 communicable diseases. See the chart below for the 2014 ACIP recommended child immunizations from birth to age 6 years. Parents and caregivers can call 1-800-CDC-INFO (1-800-232-4636) for free to locate a facility that offers VFC immunizations at no cost. Go to <a href="http://www.cdc.gov/vaccines/events/niiw/index.html">http://www.cdc.gov/vaccines/events/niiw/index.html</a> for more information on NIIW.

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Birth	1 month	2 months	4 months	6 months		5 18 months	19-23 months	<b>2-3</b> years	4-6 years
Hepatitis B Hep B (Hep B) 1st Shot		ep B Shot		<b>Hep B</b> 3 <sup>rd</sup> Shot					
Rotavirus (RV)		<b>RV</b> 1 <sup>st</sup> Shot	<b>RV</b> 2 <sup>nd</sup> Shot	<b>RV</b> 3 <sup>rd</sup> Shot					
DTaP (Diphtheria Tetanus & Pertussis)		<b>DTaP</b> 1 <sup>st</sup> Shot	<b>DTaP</b> 2 <sup>nd</sup> Shot	<b>DTaP</b> 3 <sup>rd</sup> Shot	<b>DtaP</b> 4 <sup>th</sup> Shot				<b>DTaP</b> 5 <sup>th</sup> Shot
<b>Hib</b> (Haemophilus Influenzae type b)		Hib 1 <sup>st</sup> Shot	<b>Hib</b> 2 <sup>nd</sup> Shot	<b>Hib</b> 3 <sup>rd</sup> Shot	Hib 4 <sup>th</sup> Shot	74 75 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7			
PCV (Pneumococcal)		PCV 1 <sup>st</sup> Shot	PCV 2 <sup>nd</sup> Shot	PCV 3 <sup>rd</sup> Shot	PCV 4 <sup>th</sup> Shot				
IPV (Inactivated Polio Vaccine)	ti.	IPV 1 <sup>st</sup> Shot	IPV 2 <sup>nd</sup> Shot		IPV 3 <sup>rd</sup> Shot			<b>IPV</b> 4 <sup>th</sup> Shot	
Influenza				Annually, two influenza shots are recommended 4 weeks apart					
MMR (Measles, Mumps, Rubella)					MMR 1 <sup>st</sup> Shot				MMR 2 <sup>nd</sup> Shot
Varicella					Varicella 1 <sup>st</sup> Shot				<b>Varicella</b> 2 <sup>nd</sup> Shot
Hepatitis A (Hep A)				<b>Hep A</b> 1 <sup>st</sup> Shot*					

Shaded areas indicate that vaccine can be administered during the shown age range.

<sup>\*</sup>Two doses of Hepatitis A vaccine are recommended for protection. The 2<sup>nd</sup> dose should be given 6-18 months after the first dose.

## Prevent the Spread of Measles by Vaccinating

Measles is a highly contagious viral disease that can be prevented through vaccination. It is spread through the air when someone with the disease coughs or sneezes. Symptoms typically begin with a fever, followed by a cough, runny nose, watery eyes, and a rash. The rash will usually first appear on the face along the hairline and behind the ears, and then spread to the rest of the body. Individuals who are infected with measles are usually contagious for about eight days, which allows time for the disease to be transmitted among those who are not vaccinated. Infants, pregnant women, and immunocompromised individuals are more susceptible to complications from measles.

Measles outbreaks may occur in many parts of the world outside of North and South America, such as India and the Philippines. Travelers visiting these countries may become ill with this vaccine-preventable disease and transmit it to others when returning home. In California, high immunization rates of the Measles-Mumps-Rubella (MMR) vaccine have kept the disease at record lows for the past 20 years. However, CA has received a high number of cases starting in 2014.

The Pasadena Public Health Department (PPHD) would like to remind the community to get immunized against the measles virus. Children should receive their first dose of MMR between 12-15 months old, and their second dose at age 4-6 years. Adults do not need booster doses, but if unvaccinated individuals travel outside of the U.S., it is recommended to receive the MMR vaccine prior to leaving. To find more information about recommended vaccines if traveling abroad, go to <a href="http://wwwnc.cdc.gov/travel/destinations/list">http://wwwnc.cdc.gov/travel/destinations/list</a>.

PPHD would also like to remind health care providers to report cases of measles, including suspected cases, to the Communicable Disease Reporting Line at (626) 744-6043.

## **New Pediatric Obesity Outreach Program for CHDP Providers**

The Child Health & Disability Prevention (CHDP) Program in Pasadena has been reviewing health conditions of concern since the program began. A prevalent health problem within the CHDP population is childhood obesity. It can lead to diabetes, high blood pressure, high cholesterol as well as many other serious health issues. Proper screenings and referrals are necessary to help combat this public health crisis.

CHDP-approved providers and facilities will now be able to receive FREE childhood obesity consultations. Family physician Dr. Heather Readhead and Jennifer Torres, MSW, MPH will personally meet with CHDP providers and staff to provide helpful screening, education, and community resources that have been developed to benefit overweight and obese children in Pasadena. Each consultation will be uniquely tailored to each clinic's specific needs. Staff will learn how to apply the National Pediatric Obesity Guidelines in their clinical practice. Body weight assessment and motivational interviewing for goal setting can also be discussed upon staff request.

The Pasadena CHDP office encourages all providers to take advantage of this new, innovative, and personalized learning opportunity. These activities are supported by an award from First 5 LA to the Los Angeles County Department of Public Health. Ms. Torres will contact each provider within the next month. To schedule a visit, email jennifer.torres@ph.lacounty.gov or call (213) 427-4407.

Additionally, CHDP Provider Nurse Liaisons will soon be conducting clinic site visits to discuss how to get reimbursed for blood glucose and cholesterol screening. These screenings are integral in combating childhood obesity in Pasadena. For questions or concerns regarding CHDP please contact Kelly Kaufman (626) 744-6168 or Margaret Gochez (626) 744-6016.



#### Save the Dates!

Find us throughout the city! We partner with community agencies to bring health education and services to the Greater Pasadena Area.

- 03/29 Young African American Women's Conference, 8:00 am to 3:00 pm at <u>Pasadena City College</u>, 1570 E. Colorado Blvd
- 04/03 Impact and Empowerment Campus Yard Sale & Community Fair, 8:00 am to 3:00 pm at the Empowerment Campus, 1646 N. Fair Oaks Ave
- 04/07 National Public Health Week City Proclamation, 6:30 pm at <u>City Council Chambers</u>, 100 N. <u>Garfield Street</u>
- 04/09 NPHW Spring into Health Fair, 11:00 am to 2:00 pm at PPHD, 1845 N. Fair Oaks Ave
- 04/11 NPHW National Youth HIV/AIDS Awareness Day Discussion Panel, 1:00 pm to 3:00 pm, <u>Pasadena</u> Central Library, 285 E. Walnut St
- 05/03 Pasadena Mental Health Day, 10:00 am to 3:00 pm at <u>Pasadena Senior Center, 85 E. Holly St</u>
- 05/10 Golden Future Senior Expo, 9:00 am to 3:00 pm at Rose Bowl Stadium, 1001 Rose Bowl Dr
- 05/17 Adelante Mujer Latina, 7:00 am to 3:00 pm at Pasadena City College, 1570 E. Colorado Blvd

# **Be Informed on Cosmetic Ingredients**

As a consumer of shampoos, lotions, makeup, and other products, have you ever been curious about the product ingredients and how they compare to other brands? In 2005, the State enacted a law known as the California Safe Cosmetics Act, requiring companies to report products that may contain ingredients known or suspected to cause cancer, birth defects, or other harm to the reproductive system. Products that fall under this law are those that are applied to the body for the purposes of cleansing, beautifying, altering appearance, moisturizing, or deodorizing.

To find out more about the cosmetics that you typically use and how they compare to other brands, visit the California Safe Cosmetics Program Product Database at <a href="https://www.safecosmeticsact.org/search/">https://www.safecosmeticsact.org/search/</a>. Products can be searched by type, name, or brand name.

## **Mercury in Beauty Products**

The California Department of Public Health (CDPH) issued a warning not to use certain brands of imported skin-lightening creams due to high levels of mercury. Although there have been no illnesses reported with the products displayed below, similar creams were previously known to cause illnesses in the U.S.

Mercury is a toxic chemical, and regular or prolonged exposure may result in poisoning. Symptoms of mercury poisoning include irritability, depression, nervousness, difficulty concentrating or remembering, fatigue, tremors, and tingling or numbness in hands, feet or around the mouth. See a health care provider if you think you may have these symptoms.

Products that contain mercury, mercurio, mercurous chloride, cinnabar, or calomel in the listed ingredients should be discontinued immediately. Products packaged without a label or no ingredients listed should also be discarded. The following products were most recently identified to contain mercury:



Monsepa Bleaching Express Peeling Cream



Jiaoli Miraculous Cream

For more information on mercury in skincare products, visit <a href="http://www.ehib.org/paper\_isp?paper\_key=MSKC">http://www.ehib.org/paper\_isp?paper\_key=MSKC</a>.