

# PASADENA HEALTHY TIMES

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

## Message from the Health Officer

Welcome to the fall issue of the Pasadena Healthy Times. As I begin my work as Acting Health Officer for the City of Pasadena, it is a good time to reexamine the responsibilities and opportunities associated with this role.

What is the purpose of public health? We work to prevent epidemics and spread of disease, promote healthy behaviors, protect against environmental hazards, respond to disasters and assist in recovery, prevent injuries, and assure the quality and accessibility of services.

In California, the local Health Officer is authorized by statute to provide public health leadership for the entire community. This includes enforcement of local, state, and federal health laws, orders and policies, and in some instances exercising police powers for quarantine. The Health Officer is also responsible for overseeing the assessment and monitoring of community health status, and for directing health programs that span the human lifespan and disease course (from prenatal to senior health services, from prevention to chronic disease management).

The range of important topics in this newsletter demonstrate the breadth, impact, and challenges of providing these essential public health functions.

Your thoughtful feedback and comments are welcome, so that together we can develop a dialogue and partnership for protecting and promoting the health of all in our community.

Sincerely,  
Dr. Ying-Ying Goh, MD, MSHS

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## Fight the Bite!

The Pasadena Public Health Department (PPHD) would like to remind all residents to stay vigilant against the threat of West Nile Virus (WNV), a disease carried by infected mosquitoes that can be spread to humans through mosquito bites. The PPHD staff helps to control the presence of mosquitoes by traveling throughout the City to treat free-standing water sources, which serve as prime breeding grounds for mosquitoes.

You can also help to prevent exposure to mosquito bites! The California Department of Public Health recommends practicing the "Three Ds":

**DRAIN** – Drain all sources of standing water including flower pots, old car tires, fountains, birdbaths, buckets, and your swimming pool if it is not being properly maintained.

**DUSK & DAWN** – Limit outdoor activities from dusk until dawn, which are the times when mosquitoes are most active. If you are outdoors during these hours, wear long pants and long-sleeved shirts.

**DEET** – Repellents keep mosquitoes from biting. Apply insect repellent that contains DEET, picaradin, or lemon eucalyptus oil. Make sure to read the label when applying repellent on infants and young children.

For more tips to prevent the spread of mosquitoes and for the latest information on WNV activity in California, visit <http://www.westnile.ca.gov/>.



Join PPHD for a nationwide celebration and a movement for healthy, affordable, and sustainable food. Mayor Bogaard will help kick off the festivities! Read more on page 6.

*This issue would not be possible without support from Liza Frias, Dr. Goh, Kelly Kaufman, Teresa Mendenhall, Erika Redke, Karin Robinson-Smith, and Leticia Saenz. For questions on this or previous editions of Pasadena Healthy Times, contact Adrienne Kung at (626) 744-6151.*

## Pasadena & Health Care Reform

Since early 2013, the Pasadena Public Health Department (PPHD) has been working closely with community partners so that all residents understand and are aware of changes to healthcare as a result of the Patient Protection and Affordable Care Act (ACA). This partnership to provide outreach and education, enrollment assistance, and navigation of health care benefits is called, "Covered Pasadena."



On November 15, 2014 Covered California, the State's marketplace to purchase health insurance, will enter its second open enrollment phase. Open enrollment is the timeframe whereby individuals and families eligible to purchase health insurance through Covered CA can make changes to current insurance plans, or sign up for new coverage. This open enrollment period ends on February 15, 2015. Here are some other items to know about Covered CA for this fall:

**When do the health benefits start?** If enrolled on or before the 15<sup>th</sup> day of the month, health coverage will start the following month; if enrolled after the 15<sup>th</sup> day of the month, benefits will begin two months after the enrollment month. Monthly premium must be submitted to the insurance plan prior to the start of health benefits. See the example below:

- To have Covered CA benefits start on January 1, 2014, select a plan and pay premium by December 15, 2014
- To have Covered CA benefits start on February 1, 2015, select a plan and pay premium between December 16-31, 2014

**What if an individual or family never signed up to receive health insurance?** The individual or family will receive a penalty upon filing taxes. Keep the following in mind:

- For each individual who does not have health insurance, there will be a penalty of \$95 per person without insurance or 1% of income in 2014
- The penalties will increase each year
- Paying the penalty does not mean a family or an individual has health insurance

**What happens if the application is completed outside the Covered CA open enrollment period?** There are exceptions to applying for Covered CA, known as the special enrollment period.

- Qualifying life events include loss or change in employment, marriage, divorce, moving (changing state or county), birth or adoption of a child, and changes in income
- There will be 60 days after the qualifying life event to enroll in a Covered CA plan

**Covered CA health plans are cheaper than plans offered by employer-sponsored benefits. Is it possible to leave employer's coverage?** Yes, it is possible to leave the employer's plan to purchase through Covered CA.

- However, an individual or family may not be able to receive federal financial assistance or subsidies
- If an employer does not offer coverage for the entire family, a plan may be purchased through Covered CA with the possibility of receiving financial assistance

**Are there any changes from Covered CA plan rates from last enrollment period?** Yes, for the 2015 plan year, Covered CA estimates that once premium subsidies are factored in:

- 16% of consumers will see the premium of their current plan stay the same or decrease
- 35% will see their premium increase less than 5%
- 35% will see their premium increase between 5-8%
- 13% will see their premium increase greater than 8%

**What are the application fees for Covered CA?** If seeking enrollment assistance with Certified Enrollment Counselors (CECs) or Certified Navigators, there are NO FEES associated with Covered CA applications. For free enrollment help, call one of the following agencies:

- ChapCare (626) 486-9729
- Pasadena Public Health Department (626) 744-6086
- Young & Healthy (626) 795-5166
- Also call one of the numbers above for assistance in Medi-Cal enrollment

## Other Health Insurance Options

If you and your family are not eligible to receive financial assistance for Covered California health plans, the Pasadena Public Health Department can also provide application assistance for Medi-Cal. Medi-Cal enrollment is available all year long. Adults and children may be eligible, based on family size, income, and immigration status.

Children under 18 years old who are not eligible for Medi-Cal or Covered CA due to immigration status may be eligible for Healthy Kids or Kaiser Permanente Child Health Program (KPCHP). For questions and more information on these health insurance options, call (626) 744-6086.

## CHDP Corner



### Advanced Notice for CHDP Quarterly Site Visits

Over the summer, the Pasadena CHDP Nurse Liaisons began conducting quarterly site visits at our provider's offices. We will continue this throughout the year and be bringing important program updates and referral resources, as well as answering any questions you may have. We look forward to seeing you! If you have any CHDP questions or concerns call us at (626) 744-6168 or (626) 744-6016. As always, thank you for your dedication to improving the health of all children in Pasadena!

### New CHDP Provider Information Notice (PIN)

PIN 14-02 was released on June 16, 2014 regarding updated recommendations about Pre-participation Physical Evaluation (PPE) for CHDP Providers. The purpose of the PPE is to detect potentially life threatening or disabling conditions, conditions that may pose potential injury, as well as meeting legal and administrative requirements of schools. Additionally, the American Academy of Pediatrics (AAP) states that use of PPE forms is an important step in the prevention of sudden cardiac arrest in youth and recommends the use of PPE for every child that participates in strenuous extracurricular activities.

This information has also been added to the Additional Assessment Components section of the CHDP Health Assessment Guide (HAG), section 508. This includes a CHDP Pre-participation Physical Evaluation History Form and a CHDP Physical Examination Form for Pre-Participation. The revised section and forms can be found at: <http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin1402.pdf>

### Affordable Care Act (ACA) Increased Medicaid Payment for Primary Care Physicians for Specified Services

In accordance with the ACA, primary care physicians with a specialty designation of family medicine, general internal medicine or pediatric medicine, AND at least one of the following qualifications will receive increased reimbursement for specific services, such as vaccine administration:

1. Board certified in a specialty or subspecialty that is recognized by the American Board of Medical Specialty (ABMS), American Board of Physician Specialties (ABPS) or American Osteopathic Association (AOA); OR
2. At least 60% of total claim volume for the most recently completed calendar year or, for newly eligible physicians, the prior month fall within Evaluation and Management (E&M) and Vaccine Administration Codes.



Payments will be made retroactively to all eligible providers. Physicians must complete the online ACA Self-Attestation Form, accessible at <https://www.medi-cal.ca.gov/acaattest/acaattestmenu.aspx> in order to self-attest their eligibility for increased payments.

Visit [http://files.medi-cal.ca.gov/pubsdoco/Publications/masters-other/ACA/aca\\_attestation\\_form\\_instructions.pdf](http://files.medi-cal.ca.gov/pubsdoco/Publications/masters-other/ACA/aca_attestation_form_instructions.pdf) for detailed instructions.

Providers should note that services provided at Federally Qualified Health Centers (FQHCs) or are NOT eligible to receive increased reimbursement. The last day to submit the Self-Attestation Form is December 31, 2014.

## It's Worth A Shot!

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu vaccine. It is especially important that the following people be vaccinated against the flu due to increased risk for severe complications from influenza:

- People with certain medical conditions including asthma, diabetes, and chronic lung disease
- Pregnant women
- People 65 years and older
- Caretakers of those who are at risk for serious illness if they develop the flu
- Travelers and people living abroad

The 2014-2015 influenza vaccine contains a different formulation than last year's vaccine. Flu viruses are constantly changing and flu activity varies in different parts of the world. Therefore, it's best to get the flu vaccine early, at least two weeks before you leave for your holiday travels.

Here are some other CDC recommendations to stay healthy before, during, and after your trip:

- Before you leave home, check the CDC's guidelines and flu activity in the region you're visiting at <http://www.cdc.gov/flu/international/activity.htm>
- Do not travel if you are experiencing flu-like symptoms, including fever, cough, sore throat, runny nose, vomiting, and/or diarrhea
- Wash your hands often with soap and running water, or use alcohol-based hand sanitizer containing at least 60% alcohol, especially after coughing and sneezing
- If you don't have tissue, cough or sneeze into your upper sleeve, not in your hands

For more information on the 2014-2015 flu season, visit <http://www.cdc.gov/flu/> and <http://www.flu.gov/>.

This year, the Pasadena Public Health Department will be hosting several opportunities for the community to receive the influenza vaccine. The following flu clinic dates and locations have been confirmed (click the hyperlink for map):

### **Tuesday, October 21, 2014**

10:00 a.m. – 2:00 p.m. [Villa Parke Community Center](#)  
363 E. Villa Street, Pasadena, CA 91101

### **Tuesday, October 28, 2014**

10:00 a.m. – 2:00 p.m. [Jackie Robinson Center](#)  
1020 N. Fair Oaks Avenue, Pasadena, CA 91103

### **Wednesday, November 5, 2014\***

10:00 a.m. – 2:00 p.m. [Pasadena Senior Center](#)  
85 E. Holly Street, Pasadena, CA 91103

### **Tuesday, November 11, 2014**

10:00 a.m. – 12:00 p.m. [Allendale Library](#)  
1130 S. Marengo Avenue, Pasadena, CA 91106

### **Tuesday, November 18, 2014**

10:00 a.m. – 12:00 p.m. [Santa Catalina Library](#)  
999 E. Washington Boulevard, Pasadena, CA 91104

### **Tuesday, November 25, 2014**

10:00 a.m. – 12:00 p.m. [La Pintoresca Library](#)  
1355 N. Raymond Ave, Pasadena, CA 91103

*\*Pre-registration is required at the Pasadena Senior Center. Call (626) 795-4331 to register.*

For more information about the Pasadena Public Health Department flu vaccination campaign, call (626) 744-6012.

**Huntington Hospital Public Flu Shot Clinics** – Our friends at Huntington Hospital will also be hosting opportunities to receive the flu vaccine at no cost. To view dates and locations of the clinics, visit <http://www.huntingtonhospital.com/>. On the right hand column under "Quick Links", click on the link "Free Flu Shot Clinics" or call the hotline at (626) 397-3333.



## Childproof Your Home Improvements

The Pasadena Childhood Lead Poisoning Prevention Program (CLPPP) constantly seeks a lead-free environment for newborns, young children, and the entire family. Remember to use a lead-safe certified contractor when making home improvements in homes and apartments built before 1978.

Take extra precautions in projects small and big; lead paint dust can cause:

- Learning and behavior problems in children
- Harm to developing babies in pregnant women
- High blood pressure and affect the kidneys and nervous system in adults

To find a contractor who is lead-safe certified near you, visit <http://www2.epa.gov/lead/renovation-repair-and-painting-program> or call 1-800-424-LEAD.

This year, Lead Poisoning Prevention Week is from October 19-25. Check the Pasadena Public Health Department's Facebook page for tips on creating a lead-free environment so that our kids can have a healthier future.

The Pasadena CLPP Program is holding the Quarterly Collaborative Meeting on Thursday, September 25<sup>th</sup>, from 10:00 to 11:00 a.m. The meeting will be held at the PPHD, located at 1845 N. Fair Oaks Ave, (cross street Tremont Ave), Room 1120. Community organizations, clinic managers, and health care staff are all invited to join in the discussion on updates from the State lead poisoning prevention program, local lead case management, education and outreach strategies, and more. Reserve your spot by calling (626) 744-6171.



## Children's Sunglasses Recalled Due to High Lead Levels

Various styles of children's sunglasses that display Disney and Marvel characters have been recalled due to lead levels that exceed federal standards. These glasses were sold at CVS, K-mart, Rite-Aid, Walgreens, and other retailers across the nation. A sample photo of the recalled glasses is shown below.



Characters that are displayed on the glasses include Cars, Mickey Mouse Club, Jake and the Never Land Pirates, Doc McStuffins, and Spider-Man.

To view the style numbers in the recall, go to <http://www.cpsc.gov/en/Recalls/2014/FGX-International-Recalls-Childrens-Sunglasses/>. Style numbers can be found printed on the left temple arm of the sunglasses. Do not let children wear them and return them to FGX International for a free replacement or refund.

## Find Us Throughout Pasadena! New Restaurant Placards

We partner with community agencies to bring health education and services to the Great Pasadena Area.

09/27 – Alpha Kappa Alpha Sorority, Inc. Community Health & Resource Fair, 10:00 am to 2:00 pm at [Jackie Robinson Park and Community Center, 1020 N. Fair Oaks Ave](#)

10/02 – 8<sup>th</sup> Annual San Gabriel Valley HIV/AIDS Action Summit, 8:30 am to 12:30 pm [City Of Hope Cooper Auditorium, 1500 E. Duarte Rd \(in Duarte\)](#)

10/14 – Passageways Homess Connect Day, 10:00 am to 2:00 pm at [the Salvation Army, 960 E. Walnut St](#)

10/24 – 2014 Food Day Pasadena Fall Festival, 12:00 pm to 4:00 pm at [the Pasadena Public Health Department, 1845 N. Fair Oaks Ave](#)

*The PPHD Nutrition & Physical Activity Program invites all ages to this FREE outdoor event. At noon, Mayor Bill Bogaard will kick off Food Day Pasadena! We will also have live music, exhibitors, activities for kids, cooking demonstrations, and more!*

*The mission of Food Day Pasadena is to encourage increased access to healthy, affordable, safe, and sustainable food for all. A forum will be held to discuss how food disparities are impacting the health of the Northwest Pasadena area, introduce results of a neighborhood assessment called “Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention (CX<sup>3</sup>)”, and strategize how we can create healthier neighborhoods to improve food access and the quality of life.*

10/25 – NATHA Lincoln Village Festival, 12:00 to 4:00 pm at [John Muir High School, 1905 Lincoln Ave](#)

10/25 – 16<sup>th</sup> Annual Latino Heritage Parade and Jamaica, 12:00 pm to 4:00 pm at [La Pintesca Park, 1415 Raymond Ave](#)

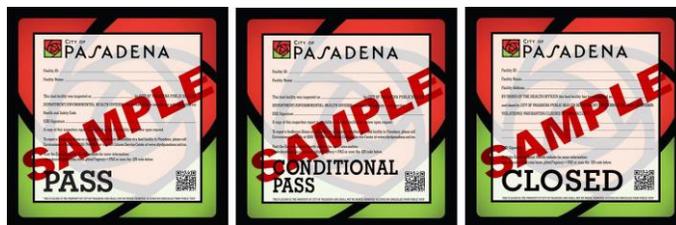
10-31 – Women’s Health Conference & Green Expo, 7:30 am to 2:30 pm at [the Pasadena Convention Center, 300 E. Green St](#)

11/15 – Adelante Young Men, 7:00 am to 3:00 pm at [Pasadena City College, 1570 E. Colorado Blvd](#)

11/22 – Latinos Mejor Salud, Mejor Vida (Latinos Better Health, Better Life), 8:00 am to 3:00 pm at [Villa-Parke Community Center, 363 E. Villa St](#)

On July 1, 2014, the Environmental Health Division of the Pasadena Public Health Department (PPHD) began to issue new inspection placards for public display in Pasadena’s restaurants and other permanent food facilities. The placards clearly show a facility’s status of “Pass”, “Conditional Pass”, or “Closed” at the time of the inspection.

The placards with “Pass” or “Conditional Pass” status will have numeric scores displayed as part of the inspections. Placards showing a “Closed” status means an inspection revealed there was an imminent health hazard that required closure or that the permit was suspended due to non-compliance. “Closed” placards will indicate the reason for closure instead of a numerical score.



All placards will include a “QR” code that can be scanned with a smart phone app for additional information about the food facility linked to a new inspection database on the City’s website. The database can be accessed at <http://decadeonline.com/main.phtml?agency=PAS>. This database will only display inspections that were conducted after January 1, 2014.

Initial inspections by the PPHD resulting in scores of 85 to 100 will receive a “Pass” placard. “Conditional Pass” placards with scores of 75 to 84 mean minimal code compliance was achieved and a follow-up inspection must be done. “Conditional Pass” scores of 74 and below mean minimal compliance also was achieved, but violations that were found require a mandatory Permit Suspension Hearing plus a follow-up inspection.

The Environmental Health Division seeks to ensure that the food sold and served in the City of Pasadena is safe, wholesome, properly labeled, and produced under sanitary conditions. The new placards, online database, and QR code are the most recent steps taken by the Environmental Health Division to improve its service to the public.

For more information on the new restaurant placards, online database, and other related services, please visit [http://cityofpasadena.net/publichealth/environmental\\_health\\_services/](http://cityofpasadena.net/publichealth/environmental_health_services/).