



CITY OF PASADENA PUBLIC HEALTH DEPARTMENT (PPHD)
1845 N. Fair Oaks Avenue, Pasadena, CA 91103

Pasadena Healthy Times Winter 2015

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Message from the Health Officer

Welcome to the winter edition of Pasadena Healthy Times! The start of a new year often inspires resolutions to take better care of one's health. From a public health perspective, we know that better health is best achieved through a combination of individual actions, coupled with community and policy change. At the Public Health Department, we approach health status improvement on multiple levels, creating healthier environments and empowering an entire community of individuals to make healthier choices.

The new year also brought with it an outbreak of measles. In collaboration with other local, state, and federal public health agencies, we have been actively working to reduce the spread and impact of the disease. It is a stark reminder of the necessity for

high levels of immunization in our community in order to keep our families healthy. We have safe, effective vaccines that can prevent unnecessary illness. Please help spread the word among your communities and check with your doctor to make sure that you are up-to-date on immunizations. Protect yourself, and protect our most vulnerable community members, including infants who are too young to be vaccinated.

As always, we welcome your input and look forward to hearing from you.

Sincerely,

Dr. Ying-Ying Goh, MD, MSHS

This issue would not be possible without the support from Romesh Anketell, Dr. Goh, and Erika Redke. For questions on this edition of Pasadena Healthy Times, contact Kelly Kaufman at (626) 744-6168.

www.cityofpasadena.net/publichealth

Open Enrollment for Covered CA Ends Soon

Open enrollment to get health coverage through Covered California ends on February 15, 2015. If you are already enrolled in Covered CA and want to make changes to your plan you must do so before this deadline. If you do not have health insurance, a tax penalty will be owed when filing taxes. The Pasadena Public Health Department (PPHD) would like you to keep the following in mind:

For Covered CA:

- The next open enrollment will begin October 15, 2015 to December 7, 2015 for coverage for 2016.
- If you experience a qualifying life event such as you get married, enter a domestic partnership, give birth to a child or adopt, or lose a job, you can sign up for health insurance through Covered California outside of the open enrollment period. Report these changes within 60 days from the date of the qualifying event.

For Medi-Cal:

- You can enroll in Medi-Cal anytime throughout the year.
- Eligibility is based on income, family size, and immigration status.

There are NO FEES when applying for health coverage and when seeking help. For questions about Covered CA or Medi-Cal or to schedule an appointment, call PPHD at (626) 744-6086.

Importance of Timely Vaccinations

Vaccines are the best defense we have against many serious, preventable, and sometimes deadly diseases. From infants to senior citizens, timely immunizations are one of the most important ways to protect yourself and others from the threat of serious diseases.

Measles is an example of a highly contagious and sometimes deadly disease that can be prevented through timely vaccination. Symptoms include fever, cough, runny nose, red eyes, and a rash, and measles can even cause severe complications (pneumonia, damage to the brain, and death). The measles, mumps, and rubella (MMR) vaccine is recommended in 2 doses, the first at age 12-15 months, and the second at 4-6 years of age. Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and State Health Officer stated, "The best way to prevent measles and its spread is to get vaccinated."

It is important to get vaccines on schedule for optimal protection and effectiveness. Make sure you and your family are immunized on time, every time. Take time to look over your vaccine record card and make sure that you have received the recommended vaccines from age 0-18 years. A catch-up schedule is available by visiting <http://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-schedule.pdf>.

Healthy Eating On a Budget

Eating healthy doesn't have to be expensive. Use these tips to make healthy choices while staying within your budget! Visit MyPlate at <http://choosemyplate.gov/budget/> for great resources for creating a grocery game plan and preparing low-cost, healthy meals, and get sample 2-week menus, recipes and more.

10 tips
Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



3 compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 16
December 2011
USDA is an equal opportunity
provider and employer.

To view in Spanish, visit <http://www.choosemyplate.gov/downloads/DGTipsheet16EatingBetterOnABudget-sp.pdf>

New Year, New You!

FREE NUTRITION CLASSES STARTING IN JANUARY 2015

The Nutrition and Physical Activity Program invites participants to sign up for our free nutrition education series offered year-round at various locations in Pasadena. The series includes 5 weekly, fun and interactive classes that focus on various topics in healthy eating and fitness. Each class provides a healthy recipe food tasting. By the end of the fifth class, participants will have a basic understanding of how to live a healthy, balanced lifestyle and will have the tools to make lasting changes at home. Classes are offered in English and Spanish.

CLASS TOPICS INCLUDE:



Lesson 1: MyPlate, the Healthy Way
LEARN ABOUT THE FIVE FOOD GROUPS
Recipe: Awesome Green Salad



Lesson 2: Rediscover Fruits & Vegetables
LEARN ABOUT THE BENEFITS OF FRUITS AND VEGETABLES
Recipe: Flavorful Fruit & Veggie Wrap



Lesson 3: Read It Before You Eat It
LEARN HOW TO READ A NUTRITION LABEL
Recipe: Fantastic Quinoa Salad



Lesson 4: Rethink Your Drink
LEARN TO CALCULATE THE SUGAR IN YOUR DRINK
Recipe: Delicious Smoothie



Lesson 5: The Real Cost of Eating Out
LEARN HEALTHY TIPS WHEN EATING OUT
Recipe: Surprising Ceviche

Pasadena Public Health Department
 1845 N. Fair Oaks Avenue, Room 2407
 Pasadena, CA 91103

Every Thursday from 5:30 p.m. – 7:00 p.m.
 January 8 – February 5

La Pintesca Branch Library
 1355 N. Raymond Avenue, Community Room
 Pasadena, CA 91103

Every Thursday from 6:00 p.m. – 7:30 p.m.
 February 5 – March 5

Villa Parke Community Center
 363 E. Villa Street, Room 131A
 Pasadena, CA 91101

Every Thursday from 6:00 p.m. – 7:30 p.m.

Series 1: March 12 – April 9
 Series 2: April 16 – May 14
 Series 3: May 21 – June 18
 Series 4: June 25 – July 23

For more information and to register, contact Margarita Aguilar (maquilar@cityofpasadena.net), Esme Garcia (egarcia@cityofpasadena.net) or 626-744-6136. Visit the Nutrition Education page at www.cityofpasadena.net/publichealth/npa/classes.

February is National Children's Dental Health Month!

This month-long national health observance helps raise awareness about the importance of oral health for children. Developing good habits at a young age along with regular dental visits will help children to have lifelong healthy teeth and gums. According to the Centers for Disease Control and Prevention (CDC), tooth decay (cavities) affects children in the U.S. more than any other chronic infection. Tooth decay can cause difficulty with eating, sleeping, and speaking.

Remember, in the Child Health and Disability Prevention (CHDP) Program, a dental screening/oral assessment is required at every CHDP health assessment regardless of age. Additionally, dental referrals are recommended beginning at age 1 and are mandatory beginning at age 3. As a CHDP provider, you can help to influence good dental health practices among parents and children. Below are a few helpful tips you can remind your patients at their periodic well-child exam to help prevent the spread of tooth decay. If you need help finding a Medi-Cal dentist, contact your local CHDP Nurse Liaison at (626) 744-6168 for a list of local providers.

Oral Health Recommendations for Babies:

- Brush teeth twice a day with an infant sized toothbrush
- Put only breast milk or formula in a bottle
- Schedule the first dental visit by the child's first birthday

Oral Health Recommendations for Children and Adolescents:

- Brush teeth with a child-sized toothbrush at least twice a day-preferably after breakfast and before bedtime
- Begin daily flossing as soon as teeth touch each other (parents must help until age 8)
- Continue regular dental visits every 6 months or as directed by your child's dentist

Young & Healthy Kids Mobile Dental Clinic Coming Soon!

Young & Healthy is proud to sponsor their clinic from February 27 to March 6. Space is limited, call (626) 795-5166. Children who are eligible include those who have NO dental insurance and:

- Are between the ages 6-18 with cavities
- Live in Altadena, Pasadena, Sierra Madre, or South Pasadena
- Have a parent/guardian who will commit to several appointments during the week of the clinic

Choose Health LA Kids

Choose Health LA Kids is a new program within the City of Pasadena Public Health Department (PPHD). Funded by First 5 LA, this program brings together a broad range of partners to implement community-based public education, skills-building and advocacy trainings, and environmental changes that promote physical activity and healthy eating. PPHD is partnering with El Monte City School District to provide Choose Health LA Kids programs and services in Pasadena, Altadena, Monrovia, El Monte, South El Monte, North El Monte, San Gabriel, and Avocado Heights.

The community is invited to participate in the following activities, which are all free and open to anyone with children 5 years of age and under:

- **Grocery Store Tours and Healthy Cooking Demonstrations:** In this interactive grocery store tour, parents learn how to make healthier food choices, read food labels, try new ingredients, and get answers to their questions about food and nutrition. Healthy cooking demonstrations will showcase healthy, fresh, and easy recipes that anyone can make.
- **Parent Collaborative:** Parents in this group are working towards policy change that will make their community a healthier place to live. Parents will participate in a Photovoice project, in which their photos will be displayed in a gallery opening.
- **Nutrition Education and Physical Activity Classes for Parents:** These interactive education sessions will teach parents skills in basic nutrition and making healthy food choices, and give them resources they can use to start making healthy lifestyle changes for their families.
- **Choose Health LA Restaurant Program:** Restaurants are recruited to offer customers smaller portion sizes and healthier children's meals.

For the dates and times for any of the above activities, please contact Romesh Anketell at ranketell@cityofpasadena.net or go to http://www.cityofpasadena.net/publichealth/CHLA_Kids/.

