

# PASADENA HEALTHY TIMES

## DIRECTOR'S CORNER



Fall has been an exciting time for us at the Pasadena Public Health Department. First, the City Council approved the

creation of a Health Policy and Promotion Division. This new division will host the tobacco control and REACH programs, and the nutrition programs, including WIC and nutrition education and obesity prevention. We hope to have this new structure assist us in building more chronic disease prevention programs for the community.

We also received awards for several new grant awards since the July 1, including a grant to benefit homeless individuals (GBHI); Operation Link II, which provides intervention and coordination for HIV care and treatment, housing and employment services; an oral health program; and Prop 47, in which the PPHD will collaborate with the Pasadena Police Department and Flintridge Center to provide mental health and substance abuse treatment services for persons exiting the criminal justice system.

I look forward to integrating these activities into the already excellent work we are doing to make Pasadena the healthiest City in the country. Check back for future updates on these programs and services!

## 2017 COMMUNITY FLU CLINICS

Winter is around the corner, which means the flu season is upon us. Everyone 6 months and older should get the flu vaccine each year. The Pasadena Public Health Department (PPHD) is offering influenza vaccine for FREE at several community clinics.

Oct. 18 10 a.m. – 12 p.m.	Oct. 25 2 p.m. – 4 p.m.
Jackie Robinson Center 1020 N. Fair Oaks Ave. Pasadena, CA 91103	Villa Parke Community Center 363 E. Villa St. Pasadena, CA 91103
Nov. 1 10 a.m. – 12 p.m.	Nov. 8 10 a.m. – 2 p.m.
Santa Catalina Library 999 E. Washington Blvd. Pasadena, CA 91103	Pasadena Senior Center 85 E. Holly St. <i>Registration required (626) 795-4331</i>
Nov. 6 10 a.m. – 12 p.m.	Nov. 15 10 a.m. – 12 p.m.
Allendale Library 1130 S. Marengo Ave. Pasadena, CA 91103	La Pintoresca Library 1355 N. Raymond Ave. Pasadena, CA 91103

Getting an annual flu vaccine is the best way to protect yourself and your family from the flu. Vaccination against influenza viruses can reduce flu illnesses, doctors' visits, and missed work and school due to flu, and may prevent flu-related hospitalizations.

It is especially important for those ages 65 years or older, young children, pregnant women, and people with certain chronic health conditions (asthma, diabetes, heart disease or lung disease) to get the flu vaccine to be protected from disease complications. For some people, getting the flu can be more serious and may lead to hospitalization or death.

Anyone who gets the flu can pass it to someone at high risk of severe illness, including infants younger than 6 months who are too young to get the vaccine. Stay healthy and get vaccinated! Call (626) 744-6121 for more information on the community clinics.



## OCTOBER IS SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. This investigation includes performing a complete autopsy, examining the death scene, and reviewing the clinical history. Each year, thousands of babies across the nation die suddenly and unexpectedly.

African American babies are at higher risk for SIDS, than are Hispanic American, Asian American, or white babies. The Black Infant Health (BIH) program aims to address poor birth outcomes and health disparities that affect African American women and their babies. Within a culturally affirming environment and honoring the unique history of African American women, the BIH program uses a group-based approach with complementary participant-centered case management to help pregnant and parenting women develop life skills, set and attain health goals, learn strategies for managing stress and build social support.

The BIH intervention was designed to increase health knowledge and changes relative to baseline knowledge about infant sleep practices, shaken baby syndrome, appropriate timing of delivery and breastfeeding initiation and duration to help women create healthier lives for themselves and their children. On September 8<sup>th</sup>, the BIH program hosted an educational and wellness event, *Baby Buggy A Walk in the Park*, to honor those impacted by infant mortality and bring awareness of infant mortality. For more information on the BIH program, contact (626) 744-6155.



Even though the exact cause of SIDS is unknown, research shows that there are several ways to reduce the risk of SIDS and other sleep-related causes of infant death:



Always place a baby on their back to sleep (for naps and at night).



Use a firm and flat surface, such as a mattress in a safety-approved crib, covered by a fitted sheet with no other bedding or soft items in the sleep area. A crib, bassinet, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC, <http://www.cpsc.gov>) is recommended.



Keep the baby in your room close to your bed, but on a separate surface designed for infants, for the first year of age. Having a separate sleep surface reduces the risk of suffocation and strangulation.



Breastfeed your baby. Breastfeeding has many health benefits for the mom and baby. The longer a baby is breastfed, the lower the risk of SIDS.



Follow guidance from your healthcare provider and get regular check-ups. There are several vaccines recommended for infants that can protect the baby's health and lower the risk of SIDS.

For additional tips on SIDS prevention, visit the Safe to Sleep campaign at <https://www.nichd.nih.gov/sts/>.

## THE GREAT AMERICAN SMOKEOUT

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout event. This year, we celebrate on November 16<sup>th</sup> to encourage everyone to make a plan to quit, or plan in advance and then quit smoking that day. By quitting, smokers will be taking an important step toward a healthier life and reducing their cancer risk.

About 36.5 million Americans still smoke cigarettes, and tobacco use continues to be a leading cause of preventable disease and premature death in the world.

According to the American Cancer Society, U.S. cigarette smoking rates have dropped from 42% in 1965 to 15.1% in 2015. However, cigar, pipe, hookah, and electronic cigarettes, which are other dangerous and addictive ways to smoke tobacco, are on the rise.

The Tobacco Control Program at the Pasadena Public Health Department will be celebrating the one-year anniversary of the REACH media campaign that was unveiled during last year's Great American Smokeout.

Three ads were created to combat the use of mentholated cigarettes, electronic cigarettes, and flavored tobacco products among Hispanics/Latinos, African Americans, and youth in the city.

The REACH ads were posted and shared on social media, and placed inside local transit buses, on bus shelters, in movie theaters, and at point-of-sale tobacco retail locations. Several Pasadena tobacco retailers have supported the campaign by voluntarily placing the REACH ads inside of their stores.

For more information about the REACH campaign, call (626) 744-6014, or download the media ads at <http://ww5.cityofpasadena.net/public-health/live-well-pasadena/tobacco-control/>.

The REACH campaign was funded by the Centers for Disease Control (CDC) Prevention Racial and Ethnic Approaches to Community Health.

Quitting smoking has immediate and long-term health benefits at any age. Here is a timeline on how the body can recover after quitting.

**20 minutes**



The heart rate and blood pressure drop.

**12 hours**



The carbon monoxide level in blood drops to normal.

**2 weeks to 3 months**



Circulation improves, and lung function increases.

**1-9 months**



Coughing and shortness of breath decrease; cilia regain normal function in lungs, reducing risk of infection.

**1 year**



The excess risk of coronary heart disease is half that of someone who continues to smoke.

**5 years**



The risk of cancer of the mouth, throat, bladder, and esophagus is cut in half.

**10 years**



The risk of dying from lung cancer is about half that of a person who is still smoking.

**15 years**



The risk of coronary heart disease is that of a non-smoker's.

Adapted from <https://www.cancer.org/>.

For more resources to help quit, go to the American Cancer Society's *Guide for Quitting Smoking* at <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>. To get FREE telephone counseling, call the California Smokers' Helpline for at 1-800-NO-BUTTS.

The American Cancer Society reminds everyone that smoking kills people – there's no "safe" way to smoke tobacco.

## MORE VECTOR CONTROL SERVICES

Since 2016, the San Gabriel Valley Mosquito & Vector Control District (SGVMVCD) and the Pasadena Public Health Department (PPHD) have been working to join forces to better protect the residents of Pasadena from diseases that can be transmitted by vectors. Vectors are disease-harboring animals, such as mosquitoes.

Mosquitoes can carry viruses that can transmit diseases to humans, including West Nile, dengue, Zika, and chikungunya. Mosquito-borne diseases can be acquired locally throughout Los Angeles County if mosquito control actions are not taken.

Vector control responsibilities are currently being transferred to the SGVMVCD in a process known as annexation, and the District will be able to provide the following mosquito prevention services to Pasadena residents following annexation:

- Conduct mosquito surveillance by trapping and testing them for diseases
- Target mosquito-breeding areas (such as unmaintained swimming pools)
- Treat storm drains and gutters
- Deliver mosquito fish to residents upon request
- Use specialized equipment to combat mosquito populations

It's important to take measures around the home to prevent mosquito breeding. Here are two quick and easy steps:



*Remove items from yard that hold water.*



*Dump out water, scrub clean and turn over containers.*

Rainfall may create pockets of water (even as little as a bottle cap) around homes which serve as ideal environments for mosquitoes to lay eggs. These eggs can lay dormant for up to a year, and will hatch the next time it rains. For more tips on protecting yourself and your home from mosquito-borne diseases visit <https://www.sgvmosquito.org/>.

## WORLD AIDS DAY AND HIV AWARENESS

World AIDS Day is held on December 1<sup>st</sup> of each year, and is an opportunity for people to unite in the fight against HIV, show their support for people living with HIV, and commemorate people who have died.

According to the Centers for Disease Control and Prevention (CDC), overall new HIV diagnoses in the U.S. have decreased 19% between 2005 and 2014. However, in 2015 the prevalence of HIV disproportionately affected certain demographic groups:

- Gay and bisexual men account for 82% of new HIV diagnoses among men.
- Black/African American gay and bisexual men accounted for the largest number of new HIV diagnoses (32%) among men.
- Hispanics/Latinos represented about 18% of the U.S. population, but accounted for 24% of new HIV diagnoses.
- Heterosexual contact accounted for 24% of new HIV diagnoses.
- Persons who inject drugs accounted for 9% of new HIV diagnoses.

The AIDS Drug Assistance Program (ADAP) is a State prescription drug assistance program funded by Ryan White CARE legislation and State funds. ADAP recipients may be provided medications to treat HIV disease or prevent related serious deterioration of health, including preventive and psychiatric medications.

The PPHD's HIV/STD Education and Prevention Services provides a wide range of education and prevention services related to HIV and sexually transmitted diseases (STDs), including linkage to pre-exposure prophylaxis (PrEP) services and partner services.

Services are available Monday through Thursday and every other Friday from 8 am – 4:30 pm, or call (626) 744-6339 to make an appointment. Additional statistics on AIDS/HIV can be accessed by visiting <https://www.cdc.gov/hiv/>.

## CAUGHT IN A HEALTHY ACT

The Pasadena Public Health Department (PPHD) fielded a softball team to play in the Inaugural Pasadena Employee Softball Tourney!

In the hot August sun, 13 teams battled in dust, dirt, and chalk in an attempt to claim the right to the City Softball Champions Trophy.

PPHD Program Coordinator, Elizabeth Taylor said, “It was so much fun! We improved a lot between our first practice and the tournament, and had some close and exciting games. We are looking forward to making this an annual tradition – it was great getting to know each other better, we made a great team!”

The Be Batter team members included:

- Angelo Reyes
- David Raya
- Elizabeth Taylor
- Esmeralda Garcia
- Freddy Cantero
- Judith Dunaway
- Lani Hashimoto-Raju
- Manuel Carmona
- Mary Urtecho-Garcia
- Patricia Forgione
- Romesh Anketell (Team Captain)
- Veronica Sepulveda
- Yvette Nero-Scott



*Pictured (from top left): Manuel Carmona, Patricia Forgione, Elizabeth Taylor, Freddy Cantero, Yvette Nero-Scott, Romesh Anketell, Angelo Reyes, and Judith Dunaway*

## PPHD STAFF SPOTLIGHT: MANUEL CARMONA

This quarter’s spotlight shines on Manuel Carmona. For over three years, he has served as the PPHD Administration and Finance Manager, overseeing many functions including accounting, budgeting, and human resources.

This year, Manuel was one of 18 fellows across the nation selected to participate in the Health Equity Awakened Leadership Institute. This program develops capacity to advance strategies to achieve health equity, and builds a national leadership network.

The fellows meet once a month to discuss a different topic, which is co-facilitated by leaders in public health, leadership development, racial justice, and community organizing. For example, one session led by the Racial Equity Institute focused on data collection and how to create a narrative that explains health equity in an impactful way.

The goals of the Health Equity Awakened Institute are to:

1. Increase the success of emerging leaders in advancing equity;
2. Increase innovation and risk taking in public health; and
3. Increase these leaders’ ability to mentor other practitioners.

A resident of the Greater Pasadena area, Manuel hopes this fellowship will give him the tools to increase health equity in Pasadena by addressing historical causes of inequality and influencing future policy goals.

For more about the program, visit <http://www.humanimpact.org/capacity-building/health-equity-awakened-a-leadership-institute/>.

Fun fact about Manuel  
He maintains a 110-gal fish tank and even had a baby shark in college (roomie was a vet major).

# UPCOMING EVENTS

## National Coming Out Day Celebration Wednesday, October 11, 6PM – 8PM

Location: City Hall, 100 N. Garfield Ave.

Description: Pasadena's 2<sup>nd</sup> Annual National Coming Out Day Celebration provides the opportunity to celebrate the LGBT community while raising public awareness about equal rights issues.

This free event is hosted by the Pasadena Public Health and Public Library departments. There will be fun for the entire family including games, food trucks, raffles, a photo booth, free HIV testing, and more.

Contact (626) 744-6325 for more information.



## Latino Heritage Parade & Jamaica Saturday, October 14, 11AM – 4PM

Location: Villa-Parke, 363 E. Villa St.

Description: Come celebrate and experience the cultural richness and warm community found at the Latino Heritage Parade and Jamaica Festival with live entertainment, great food, cultural arts, community resources, educational opportunities and more! The parade begins at Washington Park and travels south on Los Robles to Villa-Parke followed by a celebration at Villa-Parke until 4 p.m.

For more information, call Villa-Parke Community Center at (626) 744-6530.

## Great ShakeOut Thursday, October 19, 10:19AM

Location: Wherever you are

Description: Take part in the world's largest earthquake drill! Millions of people throughout the world will practice their drop, cover, and hold on. Join in and make preparations before an emergency strikes. Visit <https://www.shakeout.org/california/> for more information.



PASADENA  
PUBLIC HEALTH DEPARTMENT



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