

# PASADENA HEALTHY TIMES

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

## Message from the Director

As we head into the summer months, the Pasadena Public Health Department (PPHD) is excited for what lies ahead. We had the privilege of engaging in meaningful dialogue with our community partners to develop the City of Pasadena Community Health Improvement Plan (CHIP). The CHIP will help guide our public health system to tackle four focus areas (see page 5 of this newsletter to read more on the CHIP and the prioritized focus areas).

A growing concern identified in the CHIP process was the accessibility of health services, including health care coverage, geographic availability of health care provider, the individual's social and cultural acceptability, and much more. PPHD and partners will continue to work closely as California implements the Affordable Care Act, and we assist the community in navigating the new law and providing equitable access to high-quality health services. The CHIP will be released later this summer.

In the first half of 2013, PPHD expanded partnerships to bring more services to the community aimed at youth. First, the PPHD Alcohol and Drug Prevention Programs began the evidence-based program, "Project Alert" (see our Spring 2013 newsletter for more info). Washington Middle School students took part in this pilot program; in the coming fall semester, we plan to roll out the program at other schools within the Pasadena Unified School District (PUSD). Next, our Maternal, Child Adolescent Health Outreach (MCAHO) Program launched "A Fresh Start" at Learning Works Charter School to bring health clinic services to pregnant and parenting teenagers. Lastly, I was honored to deliver the commencement address, "Good is the Enemy of Great," to wish the graduating class a prosperous future. Check back next quarter to see our progress in expanding collaborations and services to our youth.

Sincerely,  
 Dr. Walsh

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CITY OF PASADENA  
**Public Health**  
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*This issue would not be possible without support from Christine Barron, Charlene Cheng, Janelle Cobian, Erika Davies, Matthew Feaster, Evan Finlay, Kelly Kaufman, Katie Kim, Leticia Saenz, and Dr. Eric Walsh. For questions on this or previous editions of Pasadena Healthy Times, please contact Adrienne Kung at (626) 744-6151.*

## Changes to the Healthy Kids Program

On June 1, 2013, the Healthy Kids Program expanded coverage for children ages 0 to 5 years old. The expansion aims to enroll families at 400% of the Federal Poverty Level (FPL). The premium for families at 400% FPL is \$6 per child per month, the same premium for families at 300% FPL. In addition to FPL and age, a child must meet all of the following requirements to be eligible for the Healthy Kids program:

- A resident of Los Angeles County
- Not eligible for full-scope Medi-Cal, Access for Infants and Mothers (AIM), and not covered by the Kaiser Permanente Child Health Plan
- Not covered by an employer-sponsored health insurance plan in the previous three months

Healthy Kids children between the ages of 6 to 18 years old are still eligible to receive health insurance. Healthy Way LA (HWLA) Kids is a program developed by the Los Angeles County Department of Health Services to target the Healthy Kids 6-18 population. Two months before a child turns 6, the Healthy Kids Program will send a notice to enroll the child into HWLA Kids.

For questions or more information on health insurance options, enrollment assistance, or utilizing benefits for your child, contact the Pasadena Public Health Department at (626) 744-6086.

## Farmers' Market Program for Women, Infants & Children

Once again, June kicked off the WIC Farmers' Market Nutrition Program! Eligible families can receive an additional \$20 booklet containing vouchers to purchase fresh fruits, vegetables, and herbs at WIC-approved CA Certified Farmers' Markets. The booklets are distributed on a first-come, first-serve basis, and vouchers expire on November 30, 2013. Quantities are limited and going quickly. WIC participants can call (626) 744-6520 for more information and current availability of the booklets.

## Covered California



In the coming months, the State of California will be implementing changes in healthcare through the Patient Protection and Affordable Care Act, in which all Californians are required to have health insurance starting January 1, 2014. The State's mechanism for purchasing health coverage is known as, "Covered California." Legal residents of CA who do not have health insurance from their employer or another government program can purchase health insurance through Covered CA. On October 1, 2013, Covered CA will begin the enrollment application process. Visit <http://www.coveredca.com/> for updates.

## National Immunization Awareness Month

August is National Immunization Awareness Month. Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious illness and diseases. Talk to your doctor or nurse about which shots you and your loved ones need. Everyone age 6 months and older needs a seasonal flu shot every year. Find recommended vaccines for you and your family at <http://www.cdc.gov/vaccines/>. Here are some shots people need at different ages:

### Young children:

- Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis

### Pre-teens and teens:

- Pre-teens need shots at age 11 or 12 to help protect them from tetanus, diphtheria, whooping cough, meningitis, and HPV (human papillomavirus)
- Teens need a booster shot at age 16 to help protect them from meningitis

### Adults:

- All adults need a booster shot every 10 years to protect against tetanus and diphtheria
- People age 65 or older need a one-time pneumonia shot



# Child Health & Disability Prevention (CHDP) Corner



## Provider Information Notice (PIN)

On May 8, 2013, the California Department of Health Care Services released PIN 12-08, regarding use of the World Health Organization (WHO) growth standards for health assessments on children between the age of 0-24 months. The WHO growth charts were adopted by the Women, Infants and Children (WIC) Program in October 2012. Using these standards will allow more accurate identification as underweight, overweight or with low stature, as compared to the Centers for Disease Control and Prevention (CDC) growth standards. Training material to assist in the transition of growth assessment can be downloaded at <http://www.dhcs.ca.gov/services/chdp/Pages/WHOTrain.aspx>. PIN 12-08 can be viewed at <http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin1208.pdf>. WHO growth charts for this age group are required by CHDP by September 2013. Call (626) 744-6168 for training needs.

## Updated Vaccine Information Statements (VIS)

The Centers for Disease Control and Prevention (CDC) continues to review and release updates to VIS for several vaccines. Visit <http://www.cdc.gov/vaccines/pubs/vis/> for news and the most recent vaccine statements. Since the Spring 2013 edition of *Pasadena Healthy Times*, the following VIS have changed:

- Human Papillomavirus (HPV) – the Gardasil VIS has been modified to reflect manufacturer termination of the pregnancy registry
- Tetanus Diphtheria and Pertussis (Tdap) – a new VIS was created for Tdap to incorporate recommendations for pregnant women; for those receiving the Tetanus Diphtheria (Td) vaccine, the Td/Tdap VIS can still be distributed until Td VIS is available

## Importance of WIC Referrals for CHDP Kids

Women, Infants and Children (WIC) Program is a federally-funded supplemental food, nutrition education, and breastfeeding support program. WIC helps families who are at nutritional risk by providing nutrition education along with monthly food coupons and referrals to other services as needed. The goal of WIC is to prevent health problems and improve overall health of participants during critical times of growth and development.

WIC is a beneficial nutrition program for families with children five years and under as well as pregnant, postpartum or breastfeeding women in the community. It is a requirement for CHDP providers to refer eligible families to the WIC program at each CDPH exam. Please ensure that your staff has sufficient supply of WIC outreach pamphlets that includes the address and phone number to the local Pasadena WIC offices; there are two WIC locations in the City of Pasadena, one at the Villa Parke Community Center and the other at the Pasadena Public Health Department. You can also refer to <http://cityofpasadena.net/PublicHealth/WIC/>. Families applying for WIC need to know that current height and weight will be inquired twice yearly and a hemoglobin/hematocrit result annually for children; for pregnant and postpartum women, the requirements will be different.

Below is a portion of a PM 160 Billing Report, under the Tobacco Screening. For children ages five years and under, the following must be completed:

- If the patient is already enrolled in WIC, enter “X” in Box 1, “Enrolled in WIC”
- If the you are making a referral to WIC, enter “X” in Box 2, “Referred to WIC”

1	Enrolled in WIC	2	Referred to WIC
NOTE: WIC requires Ht., Wt., and Hemoglobin/Hematocrit			

Schedule a workshop on completing PM 160 Billing Reports, by calling the Pasadena CHDP office at (626) 744-6168.

## Keep Your Reusable Bags Fresh and Clean

In July 2012, Pasadena joined many other California cities in placing a ban on receiving plastic carry-out bags at major grocery stores, food marts, drugstores, convenience stores, farmers' markets and other local businesses. Residents and local shoppers may now be accustomed to bringing their own bags to shop. Though there are economic and environmental benefits to reusable bags, these bags can result in cross-contamination. Cross-contamination is when bacteria from one food item are transferred to another food item. An example of this is when fruits or vegetables are placed in a reusable bag after it has been used for uncooked meats. To avoid cross contamination, here are some suggestions to keep food safe for consumption:

**Wash Reusable Bags:** Reusable bags should frequently be machine- or hand-washed, and can even be cleaned using a disinfecting wipe or spray. When machine-washing bags, flip the bags inside out and wash on the gentle cycle. Then allow to air dry.

If you notice food residue on or inside the bag, be sure to clean it thoroughly before storing and reusing it.



**Label Bags:** Have more than one bag and label them as, "Meat, Produce, Dairy and Cleaning Supplies, etc." Cross-contamination is less likely to occur if this is done. Use these labeled bags for carrying only food, and not for other purposes such as gym bags, diaper bags, etc.

**Store Bags:** Store your bags in a dry, cool, clean place to prevent bacteria growth. Do not leave the bags inside of the car, since bacteria growth is more prevalent in a warm environment.

## Summer Heat Safety

The temperatures are starting to heat up in Pasadena. That means we have to take extra precautions to protect our health and safety. A California heatwave may cause excess emergency room visits due to heat-related illnesses, such as heat stroke and heat exhaustion.

- Heat exhaustion is when the body loses a too much water and salt. Warning signs of heat exhaustion may vary and can include heavy sweating, muscle cramps, weakness, headache, tiredness and dizziness. If symptoms are ignored, heat exhaustion can lead to heat stroke.
- Heat stroke occurs when the body is exposed to high temperatures and becomes dehydrated, resulting in disability or even death. Warning signs of heat stroke include dizziness, red, hot and dry skin with no sweating, a rapid and strong pulse and a throbbing headache.

Follow these tips to prevent heat-related illness for you and for your loved ones:

- Never leave infants, children, the frail elderly, immune compromised individuals or pets unattended in a parked car, even if the windows are cracked open
- Drink plenty of fluids; do not wait until you feel thirsty
- Wear a hat and sunscreen
- At home, open windows to allow fresh air to circulate
- Avoid doing physical activities or outdoor work during the hottest parts of the day
- Know the symptoms of heat exhaustion and stroke to pace your body when doing activities in hot weather

Don't forget that your pets need to be protected from the summer heat; keep your pets safe with these tips:

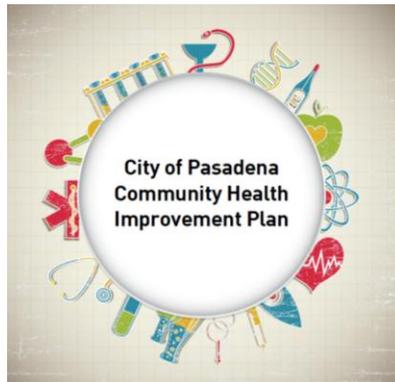
- Asphalt and concrete can get hot enough to burn the pads of your pet's feet, so be sure to provide shelter for your pet when spending time outdoors
- Do not shave off all of your pet's hair; their natural coat protects from sunburns and acts as cooling insulation
- Replenish the pet's bowl with fresh, cool water
- Make sure coolant is not leaking from your car; pets may be tempted to ingest the sweet taste of the poisonous antifreeze

Additional tips to prevent and treat heat-related illnesses for you, your family, seniors and pets are available at <http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat/>.

## City of Pasadena Community Health Improvement Plan (CHIP)

At the beginning of the year, the Pasadena Public Health Department (PPHD) announced the premier endeavor to conduct a Community Health Improvement Plan (CHIP). PPHD and community partners gathered to assess and outline the process to improve the overall health and well-being of the City. Over the course of five years, the City of Pasadena CHIP will serve as a comprehensive record of joint efforts undertaken to redress Pasadena's most immediate health concerns, and promote partnerships and coordinated efforts to improve the health of our residents.

Over 50 community partners from a myriad of organizations gathered to prioritize health issues for the City of Pasadena. Representatives in attendance included City Council Field Representatives, City of Pasadena Department Directors, local community groups, other government entities, and health-related organizations. This task force analyzed and categorized several topics from among the outstanding issues confronting Pasadena, drawing from various sources such as the *Pasadena/Altadena 2012 Quality of Life Index* and Huntington Hospital's data resource, HealthyPasadena.org.



Four topic areas were identified at the initial meeting, creating the following work groups:

- Access to Health Services
- Teen Pregnancy Prevention
- Obesity and Obesity-Related Disease Prevention
- Mental Health and Substance Abuse Prevention.

As we implement the CHIP over the next five years, the workgroups and their respective organizations will better align efforts to create a healthier Pasadena. The document will conclude with a tracking sheet that will be updated and monitored as the CHIP workgroups accomplish the outlined objectives over the next five years. The City of Pasadena CHIP will exist as a living document and will be updated as the workgroups meet periodically.

To download the *Pasadena/Altadena 2012 Quality of Life Index*, go to <http://cityofpasadena.net/qualityoflifeindex>. The City of Pasadena CHIP will also be available at [http://cityofpasadena.net/PublicHealth/Records\\_Reports/](http://cityofpasadena.net/PublicHealth/Records_Reports/).

## No More Bites

Remember to take extra precautions to prevent mosquito bites and to eliminate mosquito breeding areas. Here are tips from [http://westnile.ca.gov/mosquito\\_control.htm](http://westnile.ca.gov/mosquito_control.htm):

### Bite Prevention

- When outdoors, wear long-sleeve shirts, long pants, and socks
- Use insect repellents, such as DEET or natural oils (i.e. lemon eucalyptus); when helping apply repellent on children, be sure repellent is not on their hands and wash hands with soap and water

### Mosquito-Proof House

- Empty standing water on a regular basis, such as water from roof gutters, pool covers, discarded tires, and birdbaths
- Install or repair mesh screens on windows and doors
- Stock ponds with mosquito-eating fish

## Free Classes!

Promote healthier nutrition and increased physical activity with your family in a series of fun and interactive classes. Topics range from understanding food groups and portion sizes from <http://choosemyplate.gov/>, reading nutrition labels, shopping healthier on a budget, rethinking your drink, and much more!

Classes are 90 minutes long, held over the course of four weeks, and available in Spanish. Call the Nutrition and Physical Activity Program at (626) 744-6134 for class date, time and location. Take advantage of this one-of-a-kind opportunity!



Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. Funded by the United States Department of Agriculture Supplemental Nutrition Assistance Program (USDA SNAP).

## Have Diabetes? Can Travel!

This summer, don't let diabetes prevent you from having fun, leaving town and enjoying your vacation. Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. With careful planning, easy steps can be taken to control diabetes and lower the risk of complications while you're away from home. Start here and talk to your healthcare provider for any concerns regarding your upcoming trip:

- Make sure you're up-to-date with all routine immunizations. Depending on where you're visiting, extra vaccinations might be needed. Just visit <http://wwwnc.cdc.gov/travel/destinations/list> and select the area you will be staying.
- Manage your ABC's: A1C, Blood pressure, and cholesterol. See your healthcare provider 4-6 weeks before you leave to check up on A1C (blood glucose level), blood pressure, and cholesterol levels (both low- and high-density lipoproteins, LDL and HDL respectively). Read more at <http://ndep.nih.gov/i-have-diabetes/KnowYourABCs.aspx>.
- Pack all your diabetes supplies in your carry-on luggage and make sure all pre-printed pharmacy labels clearly identify the medication. Also, pack twice the amount of medication and supplies that you would normally need.
- If you're taking a road trip, don't store your medication in the trunk, glove compartment or near a window because it might overheat. Carry a cooler or insulated bag in the car to keep medicine cool.
- Lower your risk for blood clots by moving around every hour or two.
- Read more about staying safe and managing diabetes while you're having fun away from home at [http://ndep.nih.gov/media/have\\_diabetes\\_will\\_travel-508.doc](http://ndep.nih.gov/media/have_diabetes_will_travel-508.doc).

If you haven't been diagnosed with diabetes, summer vacation doesn't mean you should forget your healthy eating habits and stop physical activity. If you're at risk for type 2 diabetes, you can take easy steps to maintaining a healthy lifestyle when you're on the go. Here are a few tips:

- When dining out, don't be afraid to ask to have your dish prepared with less salt or sauce/dressing "on the side" and request the calorie content of a meal.
- Try to pack a small cooler of healthy snacks, such as vegetables and fruit, fat-free or low-fat yogurt, nuts and water. This will prevent you from stopping at gas stations or fast food restaurants.
- Each and every day, remember 5-2-1-0: A fun and exciting way for you and your family to stay healthy! **5** or more fruits & vegetables, **2** hours or less of recreational screen time, **1** hour or more of physical activity and **0** sugary drinks, more water and low-fat milk. Ways to stay active on your trip: rent a bike to tour the area rather than a hailing a taxi, use the hotel gym, or go for a swim at the beach.
- If you want more tips on how to make healthy food choices while you're on the go or away from home, visit [http://ndep.nih.gov/media/preventing\\_when\\_youre\\_on-the-go-508.doc](http://ndep.nih.gov/media/preventing_when_youre_on-the-go-508.doc).

Check out these trusted resources for more information about diabetes education, prevention, and staying healthy all year long, as recommended by the PACE Program at the Pasadena Public Health Department:

- 5-2-1-0 Let's Go! - <http://www.letsgo.org/>
- American Diabetes Association - <http://www.diabetes.org/>
- Centers for Disease Control and Prevention - <http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm>
- National Diabetes Education Program - <http://ndep.nih.gov/>
- National Institute of Diabetes and Digestive and Kidney Diseases - <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>



*Participants PACE for health*

## PACE Program Success Story

**Meet Mr. Charles:** Active in care management for 10.5 months (enrolled in PACE on July 26, 2012)

Baseline A1C Level\* = 9.3

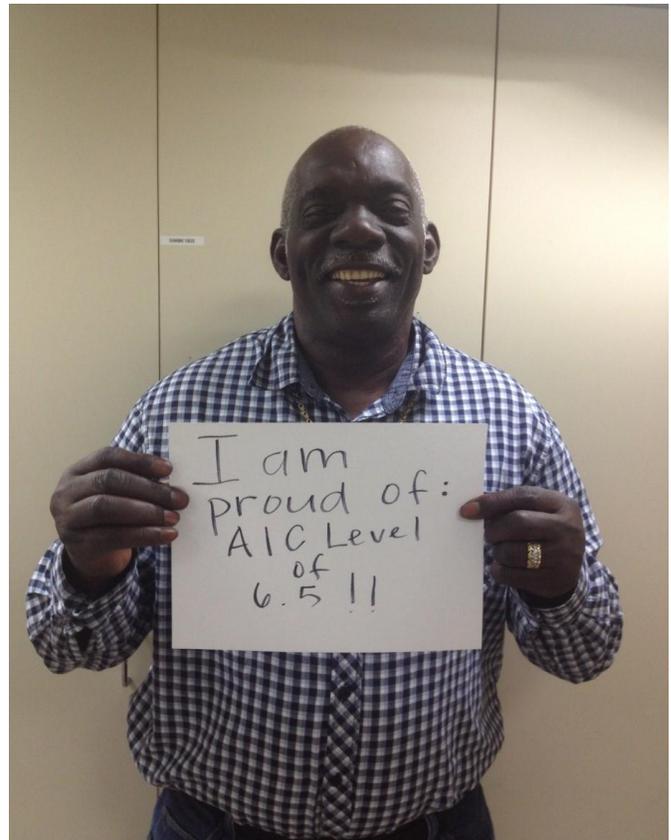
73<sup>rd</sup> day A1C Level\* = 6.5

Reported A1C Level\* in 2013 = "close to 6.0"

*A1C level is a measurement of average blood glucose for the past 2-3 months*

For Mr. Charles, it was difficult trying to engage in healthy eating habits because his "family is big and they eat big...lots of fried foods and lots of bread and rice". With the help of the PACE Program and his dedication to becoming healthier, he was able to reduce his A1C level from 9.3 to 6.5. Despite being surrounded by a "fried foods environment" that is resistant to change, Mr. Charles has been able to increase his physical activity level and include healthier foods in his diet directly from his neighbor's garden. Mr. Charles and his family will continue to receive support in achieving his goals conducive to good health.

The PACE (Prevention, Adherence, Collaboration, Education) Program at the Pasadena Public Health Department is dedicated to helping individuals with type II diabetes improve their health. Patients enrolled in PACE's care management program work with a nurse to create lifestyle goals to help manage their diabetes. Go to <http://cityofpasadena.net/publichealth/PACE/> for more on PACE.



## Do you know your risk?

You may be at greater risk for type 2 diabetes if you:

- Experience impaired glucose tolerance and/or impaired fasting glucose
- Are over age 45
- Have a family history of diabetes
- Are overweight (to find out if you may be overweight based on body mass index, visit <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>)
- Do not exercise regularly
- Have low HDL cholesterol or high triglycerides
- Have high blood pressure
- Are of certain racial and ethnic background (i.e. non-Hispanic Black, Hispanic/Latino American, Asian American and Pacific Islanders, and American Indians and Alaska Native)
- Are a woman who had gestational diabetes

To find out if you are at risk, take the test online at <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>.

**Diabetes Risk Test**

<p><b>1 How old are you?</b>                  Less than 40 years (0 points)                  40—49 years (1 point)                  50—59 years (2 points)                  60 years or older (3 points)</p>	<p style="text-align: center;">Write your score in the box.</p> <div style="text-align: center;">↓</div> <input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>2 Are you a man or a woman?</b>                  Man (1 point)    Woman (0 points)</p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>3 If you are a woman, have you ever been diagnosed with gestational diabetes?</b>                  Yes (1 point)    No (0 points)</p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>4 Do you have a mother, father, sister, or brother with diabetes?</b>                  Yes (1 point)    No (0 points)</p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>5 Have you ever been diagnosed with high blood pressure?</b>                  Yes (1 point)    No (0 points)</p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>6 Are you physically active?</b>                  Yes (0 points)    No (1 point)</p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>7 What is your weight status? (see chart at right)</b></p>	<input style="width: 100%; height: 20px; border: 1px solid #ccc;" type="text"/>
<p><b>If you scored 5 or higher:</b>                  You are at increased risk for having type 2 diabetes.</p>	

Add up your score.

↓

## City of Pasadena Michael D. Antonovich Dental Clinic

On April 24, 2013, Pasadena Public Health Department (PPHD) held an open house event to officially unveil its new state-of-the-art dental clinic, City of Pasadena Michael D. Antonovich Dental Clinic. The dental clinic is the result of a unique collaboration between City departments, Los Angeles County, and local community organizations. PPHD received more than \$795,000 to establish the clinic, including \$365,387 from Supervisor Antonovich's Office; \$358,625 for operating costs from the Los Angeles County Department of Public Health Division of HIV/STD Programs (DHSP); \$40,000 from the Pasadena Community Foundation Center; \$30,000 from the Patron Saints Foundation, and \$1,500 from Pastor Eisenlord with Good Shepherd Church in Pasadena.

The open house was an opportunity for PPHD to acknowledge and thank all those whose contributions led to the completion of this clinic. After many hours of intense planning and labor, PPHD is now able to provide much-needed oral health services to the underserved populations in Pasadena and throughout Los Angeles County.

This day also marked the dedication of two other areas within PPHD's main facility on Fair Oaks Avenue. The waiting room for the Andrew Escajeda Comprehensive Care Services was officially named the Bradley G. Land Room, in honor of the Fifth District HIV Commissioner who has dedicated much of his life to advocate for HIV programs. PPHD's food pantry was named in honor of a beloved colleague, William "Bill" Kimura, former PPHD Environmental Health Division Manager who recently passed away due to illness. Bill's input and advice were critical in order for PPHD to open and begin services in the food pantry.

Currently, the City of Pasadena Michael D. Antonovich Dental Clinic is only serving HIV-positive individuals, with future plans to expand oral health services to other populations. For more information and for hours of operation, please call (626) 744-6350 or visit us online at [http://cityofpasadena.net/publichealth/michaeldantonovich\\_dental\\_clinic/](http://cityofpasadena.net/publichealth/michaeldantonovich_dental_clinic/).



*From left to right: Los Angeles County Supervisor Michael D. Antonovich; Public Health Dentist, Dr. Melanie Washington; Director of Public Health, Dr. Eric Walsh; Vice Mayor Jacque Robinson; City Clerk, Mark Jomsky; Assistant City Manager, Steve Mermell; Director of Housing, William Huang*