



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

Pasadena Healthy Times Spring 2015

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Message from the Health Officer

Every year, we kick off Spring by celebrating National Public Health Week. With this year's theme of *Healthiest Nation 2030*, the public health community will focus on the goal of creating the healthiest nation in one generation—by 2030.

One critical step toward this goal is to reaffirm, strengthen, and broaden our community partnerships. The Pasadena Public Health Department works to protect the health of residents in collaboration with community organizations, healthcare and social service providers, educational institutions, businesses, and other City departments. Together, we develop and implement public health interventions to reduce disease and improve health in Pasadena.

For example, community collaboration was essential for development of the City of Pasadena Community Health Improvement Plan (CHIP). This five-year strategic plan set

collaborative goals for the entire community: improving access to health care, increasing awareness and strategies to address mental healthcare needs, reducing obesity and obesity-related disease, and preventing teen pregnancy. Together with our partners, significant accomplishments have been achieved over the past two years. We have been able to enroll over 8,500 newly eligible individuals in health insurance plans, offer trainings and seminars to raise mental health awareness, work with a local business to increase access to fresh produce and healthier food options, and empower teens to engage in dialogue with peers about reproductive health.

The Pasadena Public Health Department is committed to new and continued partnerships to work toward the shared goal of a healthier city.

Wishing you and your family a happy and healthful Spring!

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

This issue would not be possible without the support from Christine Barron, Dr. Goh, Veronica Nava-Reinhardt, Erika Redke, and Karin Robinson-Smith. For questions on this edition of Pasadena Healthy Times, contact Kelly Kaufman at (626) 744-6168.

SPRING INTO HEALTH!

Join the Nutrition and Physical Activity Program in a series of five weekly nutrition classes, focusing on building a healthier lifestyle with food and fitness. There will be a healthy recipe food tasting at every class!

CLASSES ARE FREE! For more information and to register, please contact Esme Garcia at egarcia@cityofpasadena.net or 626-744-6136. Se habla español.



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

SPRING/SUMMER 2015 CALENDAR:

Every Thursday from 6:00 – 7:30 p.m.

Villa Parke Community Center

Room 131A
363 E. Villa St.
Pasadena, CA 91101

Session 1: March 19 – April 16
Session 2: April 23 – May 21
Session 3: May 28 – June 24
Session 4: July 9 – August 6

Rio Meat Market & Restaurant First Local Business to Adopt Healthy Retail Program



Rio Meat Market & Restaurant located at 2029 N. Fair Oaks Avenue is Pasadena's first neighborhood store to adopt the California Department of Public Health's *Healthy Retail Program*. This change will provide the community with more affordable and nutritious food options. The Nutrition and Physical Activity Program provided technical assistance on purchasing, storing, displaying and promoting fruits and vegetables, merchandising and nutrition outreach.

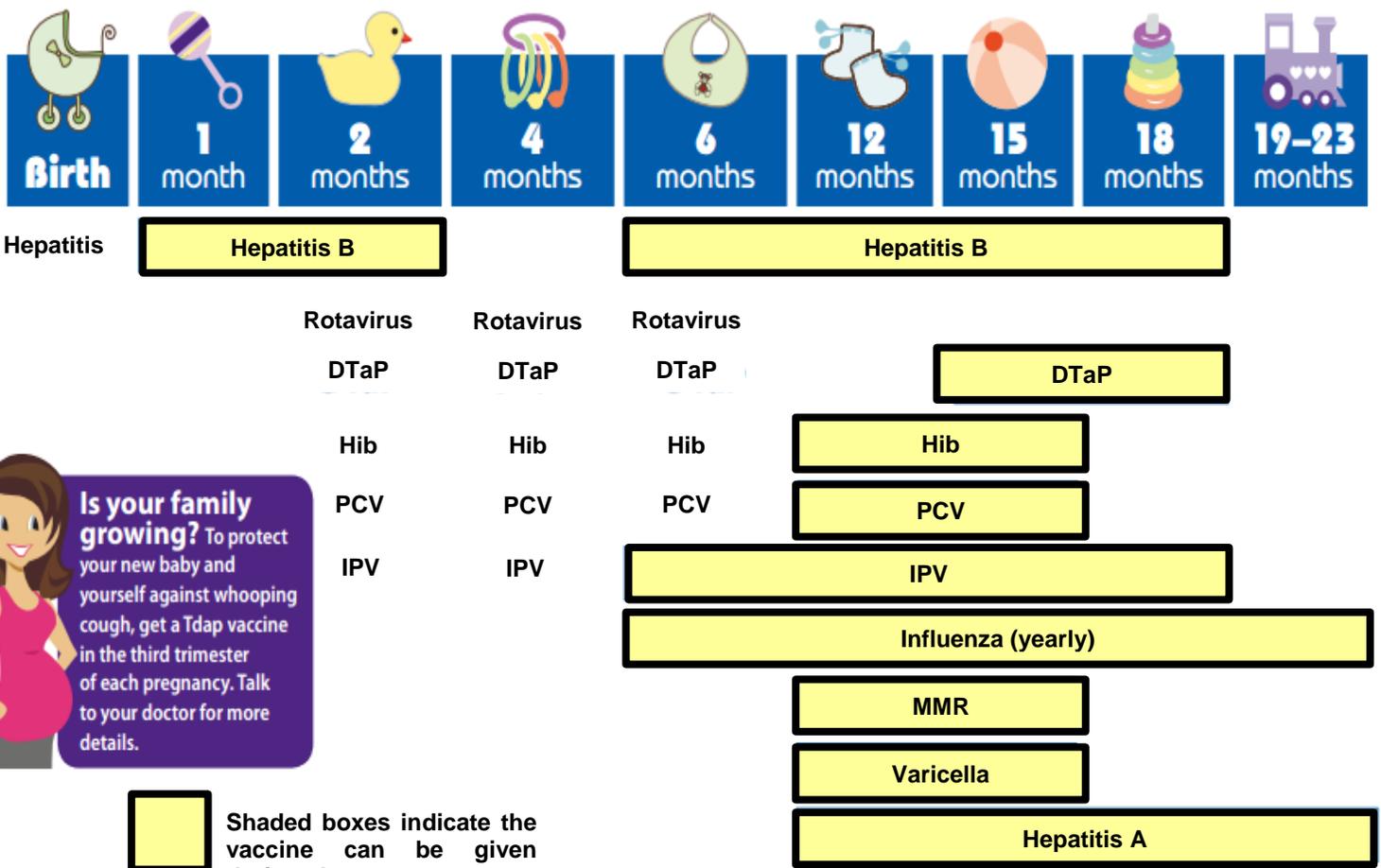
Rio Meat Market & Restaurant also worked in conjunction with Choose Health LA Kids Program and Choose Health LA Restaurant Program, a countywide public recognition program for restaurants. Local businesses interested in receiving free technical assistance as part of the *Healthy Retail Program* should contact Mary Urtecho-Garcia at mugarcia@cityofpasadena.net.

National Infant Immunization Week 2015

National Infant Immunization Week (NIIW) is an annual observance to recognize the importance of protecting infants from vaccine-preventable diseases and to celebrate the achievements of immunization programs throughout the community. This year, NIIW will take place from April 18- April 25, 2015.

Vaccines are among the most successful and cost-effective public health tools for preventing infectious diseases and death. Not only do vaccines protect the individual who is getting the vaccine, but they also protect entire communities, especially infants who are too young to get certain vaccines.

Among children born during 1994-2013, vaccination will prevent an estimated 322 million illnesses, 21 million hospitalizations, and 732,000 deaths over the course of their lifetimes according to the Centers for Disease Control and Prevention (CDC). Talk to your pediatrician about the necessary vaccines for your infant.



Shaded boxes indicate the vaccine can be given during shown age range.

Visit CDC for more information and recommended immunization schedules for infants and all age groups: <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>.

New CHDP Provider Information Notice (PIN) Posted

CHDP PIN # 15-01 regarding the CHDP Program transition to the use of the CMS (Children's Medical Services) 1500, the ACS X12N 837P Electronic Transaction, and the use of National CPT-4 Codes was released on February 25, 2015.

The purpose of PIN # 15-01 is to inform providers that claims for CHDP services will transition to align in full compliance with the national standard health care electronic transactions and code sets required by the Health Insurance Portability and Accountability Act (HIPAA) for CHDP. The CHDP proprietary local procedure codes will be replaced by the national standard Common Procedural Terminology (CPT)-4 Codes.

CHDP providers will also be provided with online real-time functionality for submission and correction of CHDP claims, the ability to retrieve patient eligibility status and billing information, and online accessibility to assistance through the Medi-Cal internet portal.

The projected implementation date for this transition is June 30, 2015. CHDP providers should continue submitting the PM 160 and PM 160 Information-Only Confidential Screening and Billing Reports until further notices. If you have any questions regarding this please contact your Pasadena CHDP Nurse Liaisons, Kelly Kaufman (626) 744-6168 or Margaret Gochez (626) 744-6016.

You are encouraged to view the PIN on the CHDP website at:

<http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin1501.pdf>.



Additional CHDP Reminders

For Pasadena CHDP resources, visit http://cityofpasadena.net/publichealth/chdp_provider/.

SUPPLIES – If your office is in need of PM 160s, request order forms that are received by fax will be accepted. Please make sure to include the provider's NPI number on the form or your order cannot be processed.

TRAINING – View a list of [free](#) trainings offered by CHDP Nurse Liaisons.

If you have further questions, or if you are a new to the Pasadena area and would like to be a CHDP provider, please call (626) 744-6016.

Childhood Lead Poisoning and Nutrition

Iron deficiency can occur when iron production is suppressed or when there is poor nutritional intake of iron. It is one of the most common nutritional insufficiencies in children. It is frequently diagnosed in children who have elevated blood lead levels.

A good diet can help prevent lead from getting into your child's body. Eating foods high in calcium and iron help keep lead from being absorbed in the body. Foods high in calcium include cheese, milk, canned salmon, yogurt, cooked spinach, tofu, and dark leafy greens. Foods high in iron include lean red meat, chicken or turkey without the skin, raisins, beans, oatmeal, and split peas. Additionally, eating foods with high Vitamin C can help your child's body to absorb the iron. Vitamin C foods include fruit juice, orange, grapefruit, tomato, broccoli, kiwi, and strawberry. Eating several small meals and healthy snacks is also recommended because lead is less likely to be absorbed on a full stomach.

Common sources of lead exposure for young children include peeling lead-based paint, soil that is contaminated with lead dust, and eating from or cooking with lead-based dishes and pottery. In addition, some consumer products made outside of the USA, such as medicines, candy, jewelry, spices and toys may contain lead and pose potential health hazards. It is important to read the labels on all products.

Symptoms of increased lead level in the blood may include:

- Mild lead poisoning can have symptoms such as hyperactivity, irritability, sleeplessness, lack of concentration, behavioral problems, and learning disabilities.
- More severe lead poisoning may include hearing problems, headaches, nausea, vomiting, abdominal pain, loss of appetite, constipation, muscle soreness, anemia, neurological impairments such as stumbling or loss of concentration, seizures, encephalopathy and coma.
- Often, children exposed to lead poisoning have no symptoms. Symptoms may be subtle and varies from child to child.

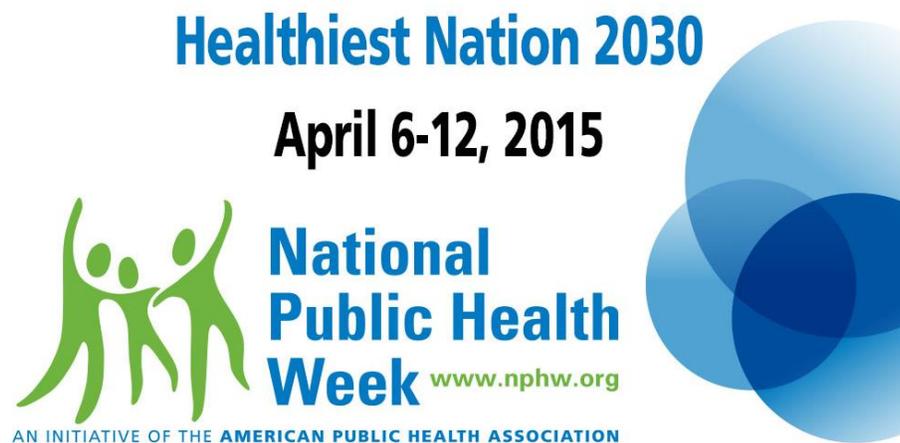
There is no *safe* amount of lead in the body. As a reminder, your child's blood lead levels should be tested at 12 months and 24 months of age and/or whenever lead contamination is suspected. Check with your healthcare provider about testing or if you have any questions or concerns. You may also call the Pasadena Public Health Department Childhood Lead Poisoning Prevention Program for more information and referrals at (626) 744-6171.



National Public Health Week

Every year, the American Public Health Association (APHA) celebrates National Public Health Week as an observance that brings together communities across the United States to highlight public health successes and contributions. This celebration is also used to highlight areas that are important for improving the health of our communities. This year's theme is *Healthiest Nation 2030* and includes focus areas in achieving health equity across communities, policy change, and the importance of building multisectoral partnerships to create the healthiest nation in this generation.

This year, National Public Health Week will take place from April 6-12, 2015. Be on the look-out for social media messages by the Pasadena Public Health Department as we join the movement and #LiveWellPasadena.



Medi-Cal Eligibility for Deferred Action for Childhood Arrivals (DACA)

Individuals with DACA status may be eligible for State-funded, full scope Medi-Cal if they meet all eligibility requirements. Deferred action status is listed among the existing Permanently Residing in the United States Under Color of Law (PRUCOL) categories that are eligible for full scope Medi-Cal.

DACA-eligible individuals are not eligible for Covered California (Obamacare) Health Plans, however they may apply for health insurance through the Covered California CalHEERS online portal system. CalHEERS will screen for Medi-Cal eligibility to determine health benefits.

If you have DACA status and need help enrolling into Medi-Cal the Pasadena Public Health Department may provide application assistance for FREE. Call (626) 744-6086 or (626) 744-6068 for more information and questions, or to make an appointment.