



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

# Pasadena Healthy Times Summer 2015

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## Message from the Health Officer

We have the opportunity now, with increasing awareness and better tools, to take a closer look at how we identify and care for children who experience toxic stress. Toxic stress is the high level and sustained stress caused by extreme poverty, neglect, abuse, or severe maternal depression, in the absence of protective adult support.

Evidence shows that complex childhood trauma and adverse childhood experiences can have a lifelong impact on one's health. Adverse childhood experiences result in actual, physiological impacts on development of the brain, the endocrine system, and the immune system, as well as on how these systems interact. As a result, the capabilities necessary for navigating daily life—including executive function, memory, emotional regulation, attention, and stress reactivity—are negatively affected.

At the Pasadena Public Health Department, we are seeking ways to support our community providers in identifying and intervening on behalf of children in adverse situations, and to connect families to services that can improve a child's environment during the most critical and sensitive periods of development.

Our PPHD program staff who serve maternal, child and adolescent populations initiated a community-wide conversation on this topic with a call to action (read more about this on page 4).

As our work to address adverse childhood experiences continues, we seek your feedback and participation so that together, we can make a difference for our community.

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

*This issue would not be possible without the support from Judith Dunaway, Dr. Goh, Tyswaya Marin, Erika Redke, and Alex Tabish. For questions on this edition of Pasadena Healthy Times, contact Adrienne Kung at (626) 744-6151.*

## Medals For Promoting Healthy Weight Awarded to Pasadena



The National League of Cities (NLC) *Let's Move!* Cities, Towns and Counties (LMCTC) recognized the City of Pasadena for attainment of key health and wellness goals. LMCTC is a major component of First Lady Michelle Obama's comprehensive *Let's Move!* initiative to ensure that kids can grow up healthy. This campaign works closely with cities nationwide to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents.

"We congratulate Pasadena for your dedication to building a healthier community for children and families," said NLC President Ralph Becker, mayor, Salt Lake City, Utah. "Through the tireless leadership and action of local elected officials in cities, towns and counties across the country, we hope to see continued progress in reversing America's epidemic of childhood obesity."

10 medals (3 gold) were awarded to Pasadena for action taken to improve access to healthy, affordable food and to increase opportunities for physical activity. Collaboration between the Pasadena Public Health and Human Services & Recreation Departments, and the Pasadena Unified School District was integral in achieving success in the City's efforts to combat obesity.

The medals were awarded based on meeting various benchmarks in each of the following five goal areas:

- I. *Start Early, Start Smart:* Promoting best practices for nutrition, physical activity, and screen time in early care and education settings.
- II. *My Plate, Your Place:* Prominently displaying MyPlate posters and flyers in all municipal or county venues where food is served.
- III. *Smart Servings for Students:* Expanding access to meal programs before, during and after the school day, and/or over summer months.
- IV. *Model Food Service:* Implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans*.
- V. *Active Kids at Play:* Increasing opportunities for physical activity.



For more information about LMCTC and Pasadena's accomplishments, please contact Judith Dunaway at [jdunaway@cityofpasadena.net](mailto:jdunaway@cityofpasadena.net) or [www.HealthyCommunitiesHealthyFuture.org](http://www.HealthyCommunitiesHealthyFuture.org).

## Fuel Up For Summer Fun

Fuel up your summer with FREE food, friends and fun! Kids and teens ages 1 through 18 can get a free lunch and an additional meal at over 25 locations in Pasadena starting June 8, until August 15, 2015. No application or proof of income is needed. You can just bring your child to one of the participating locations including City parks, Pasadena Unified School District sites, and Boys & Girls Club (view the entire list at <http://www.pusdfoodfun101.com/>).

The Nutrition and Physical Activity Program at the Pasadena Public Health Department is participating in this summer program. We invite you to stay healthy with us this summer! Find us at the following Fuel Up For Summer Fun sites:

Activity	Dates and Time
Villa-Parke Farmers' Market Treasure Hunt 363 E. Villa St., Pasadena CA 91101	Tuesdays July 7-August 11, 12 – 1 pm
Let's Move! Obstacle Course at Robinson Park 1081 N Fair Oaks Ave, Pasadena, CA 91103	Wednesdays, July 8, July 22, and August 5, 12 – 1 pm

To learn more about this program, please visit <http://cityofpasadena.net/humanservices/>.

## September is National Cholesterol Education Month

**DO YOU HAVE VERY HIGH CHOLESTEROL  
DO YOU HAVE A FAMILY HISTORY OF  
HEART ATTACKS OR EARLY HEART DISEASE  
MILLIONS OF PEOPLE IN THE U.S. HAVE  
NOT BEEN DIAGNOSED.**

This summer, take steps to be heart healthy! Familial hypercholesterolemia (FH) is the most common genetic cause of heart disease around the world. It is also rarely diagnosed. If left untreated, FH leads to early cardiovascular disease, the leading cause of death across the globe.

**Is familial hypercholesterolemia in your family?**

Familial hypercholesterolemia (FH) is a common genetic disorder that causes early heart disease. 1 in 200 people have FH, yet 90% are undiagnosed. If your LDL Cholesterol level is very high, ask your doctor about FH. ★

[www.theFHfoundation.org](http://www.theFHfoundation.org)



FH, or simply put, inherited high cholesterol, is a health concern that affects all racial and ethnic groups. A recent study suggested that people who have undiagnosed FH, may not be receiving the care they need.

The FH Foundation is a South Pasadena-based, patient-centered nonprofit organization dedicated to research, advocacy, and education of all forms of FH. Their mission is to raise awareness and save lives by increasing the rate of early diagnosis and encouraging proactive treatment. Partnering with patients and thought-leaders from around the world, the FH Foundation continues to be a global catalyst for the urgent changes necessary to save lives.

For more information about high cholesterol, healthy lifestyle tips, and FH, visit [www.theFHfoundation.org](http://www.theFHfoundation.org) and follow the FH Foundation on Facebook and Twitter.

★ According to the *European Heart Journal*

<http://eurheartj.oxfordjournals.org/content/ehj/early/2013/08/15/eurheartj.eht273.full.pdf>



## Maternal, Child & Adolescent Health Updates

Join the Pasadena Public Health Department in recognizing the importance of breastfeeding for babies and mothers. August 1-7 is World Breastfeeding Week, with the theme *Breastfeeding and Work: Let's Make It Work!*, and the entire month of August is celebrated as National Breastfeeding Awareness Month. Breastfeeding is one of the first protective factors for changing the lifelong health of a baby during the first year of life.

According to the U.S. Department of Health & Human Services (DHHS), breastfeeding babies for the first six months of life helps reduce childhood illnesses and diseases such as diarrhea, ear infections and pneumonia, and reduces the risk of Sudden Infant Death Syndrome (SIDS). For mothers, there is a reduced risk of breast and ovarian cancer.

Data collected by DHSS reported that in the United States, 75% of women initiate breastfeeding. At the end of six months, breastfeeding rates drop to 43%. One identified obstacle that mothers face when breastfeeding is the lack of accommodation to breastfeed or express milk at the workplace.

The work environment of women differs greatly, from formal to non-formal sectors. The World Alliance for Breastfeeding Action (WABA) developed a framework of factors needed to advocate for a breastfeeding-friendly workplace for mothers—Time, Space, Support. For more information and breastfeeding advocacy tools, visit <http://worldbreastfeedingweek.org/>.

Refer breastfeeding mothers and families to the Pasadena Maternal, Child, Adolescent Health Outreach Liaison at (626) 744-6097 for a list of local breastfeeding resources.

### Impact of Trauma and Adverse Childhood Experiences on Children and Lifelong Health

On March 26, 2015 the Pasadena Public Health Department (PPHD) hosted Call-to-Action: The Impact of Adverse Childhood Experiences, Trauma, and Toxic Stress on Lifelong Health sponsored by the Black Infant Health Program, First 5 LA, Huntington Hospital, and Maternal, Child, Adolescent Health Outreach Program. The event featured speakers from various medical and mental health disciplines in order to confirm the impact of adverse childhood experiences on health. Speakers also provided information on working with individuals and communities from a trauma-informed perspective.

From 1995-1997, the initial Adverse Childhood Experiences (ACE) Study was conducted by the Centers for Disease Control & Prevention (CDC) and Kaiser Permanente to study the prevalence of adverse childhood experiences among 17,000 adult Kaiser members. The researchers found that more trauma and stress (measured in ACE score) experienced as a child, the more likely an individual was to have cancer, heart disease, and diabetes as an adult. In addition, there was a higher chance of suffering from chronic depression and addiction to drugs and alcohol, and individuals were more likely to attempt suicide, drop out of school, and be incarcerated or chronically unemployed. The ACE Study has major implications for health professions and our community as a whole.

As a result of the Call-to-Action and continuous efforts to increase awareness of ACEs on children and families, the PPHD plans to collaborate with community stakeholders to develop a strategic plan that will address the impact of ACEs and become a Trauma-Informed Care city. To collaborate in this effort, please contact [gperry-williams@cityofpasadena.net](mailto:gperry-williams@cityofpasadena.net) or (626) 744-6092.

Currently, Fuller Psychological & Family Services offers low-cost mental health care for individuals, couples, and families experiencing ongoing psychological symptoms for up to 12 consecutive weeks. For more information contact Fuller Seminary Outreach Assistants at (626) 204-2048 (for English), (626) 204-2071 (for Spanish), or [therapyrelief@fuller.edu](mailto:therapyrelief@fuller.edu).



Click photo for video on ACE Study

## Prevent the Spread of West Nile Virus

West Nile Virus (WNV) is transmitted through the bite of an infected mosquito and can cause illness of the central nervous system. Although about 80 percent of people infected have no apparent symptoms and can go undiagnosed, some individuals may develop fever, body aches, rash, nausea, vomiting, and headache. Severe cases, while rare, can include brain inflammation, paralysis or death.

The Pasadena Public Health Department (PPHD) is anticipating an early emergence of mosquito activity this year. Current drought and warm weather conditions may contribute to more stagnant water sources and higher numbers of mosquitoes, which increases the risk of West Nile Virus infection. The dry winter can increase mosquito activity because small pockets of water are trapped by debris in storm drains and gutters, creating an ideal environment for mosquitoes to lay eggs.

The PPHD is urging residents to be diligent in eliminating standing water and to routinely inspect home conditions:

- Dump and **drain** all standing water in containers left outside
- Keep swimming pool water clear, sanitized and with all circulation and filtration equipment operational
- Drain water from swimming pool covers
- Be vigilant of pools with green water, which can be mosquito breeding grounds
- Check for mosquito larvae in still water sources such as rain barrels, bird baths and ponds

The following precautions can also be taken to prevent being bitten by a mosquito:

- Wear insect repellants containing **DEET**
- Avoid areas likely to be inhabited by mosquitoes at **dawn and dusk**
- Wear long sleeved shirts and long pants when outdoors
- Check window and door screens for holes
- Report dead birds and squirrels to the West Nile Virus and Dead Bird Hotline online at <http://westnile.ca.gov>



**Remember the D's!**

**DRAIN**

**DEFEND WITH DEET**

**DAWN & DUSK**

For more information on mosquito control efforts in the City of Pasadena, contact the Environmental Health Division, (626) 744-6004 or [http://cityofpasadena.net/publichealth/environmental\\_health\\_services/](http://cityofpasadena.net/publichealth/environmental_health_services/).

For additional resources on other vector-borne diseases, visit our partners at the San Gabriel Valley Mosquito & Vector Control District, <http://www.sgvmosquito.org/>.

## Medi-Cal Enrollment and Assistance All Year Long

Individuals with Deferred Action for Childhood Arrivals (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.

For those who have DACA status and need help enrolling into Medi-Cal, the Pasadena Public Health Department may provide application assistance for FREE. Medi-Cal enrollment can happen any time of the year. Call (626) 744-6086 for more information and questions, or to make an appointment.



Pasadena's 5<sup>th</sup> Annual Food Day celebration will take place at Muir Ranch (John Muir High School) on Saturday, October 24, 2015. The theme of Pasadena's Food Day is *Toward a Greener Diet*. Mark your calendars; you don't want to miss it!

For more information about the Nutrition and Physical Activity Program's calendar of events, including Food Day 2015, please contact Erika Redke at [redke@cityofpasadena.net](mailto:redke@cityofpasadena.net).



## Free Health Screenings

Registered nurses from Huntington Hospital provide free blood pressure and blood sugar screenings, referrals, and health education.

Location	Dates and Time
<a href="#">Pasadena Central Library</a> 285 E. Walnut St · Pasadena, CA 91101	Wednesdays, July 1 and August 5, 2:30 – 4:30 pm
<a href="#">Hastings Branch Library</a> 3325 E. Orange Grove Blvd · Pasadena, CA 91107	Tuesdays, July 21 and August 18, 2:30 – 4:30 pm