

PASADENA HEALTHY TIMES

HEALTH OFFICER'S WELCOME

During the summer, friends, family and community often gather for fun, recreation and relaxation. This issue of the *Pasadena Healthy Times* provides information on many ways that we can prevent illness and injury as we enjoy the summer months. Basic safety measures can prevent the spread of disease-causing viruses and bacteria, and the occurrence of foodborne or heat-related illness.

In addition, this issue announces the release of the 2016 Community Health Needs Assessment (CHNA) of Greater Pasadena, which we hope will be a useful tool to improve health in our community. We welcome feedback and further discussion on the findings in the CHNA.



COMMUNITY HEALTH NEEDS ASSESSMENT

The 2016 “Community Health Needs Assessment of Greater Pasadena” (CHNA) is now available online for use as a valuable data resource tool for residents, decision makers, health care providers and other stakeholders when examining the overall health of the Pasadena area. The report is available online at <http://www.healthypasadena.org/2016chna>.

The Pasadena Public Health Department (PPHD) and Huntington Hospital collaboratively completed a joint, systematic analysis of health indicators to provide insight into the current health status and needs of residents in the Greater Pasadena, including Pasadena, Altadena, South Pasadena and San Marino.

“The new, joint CHNA represents months of important collaboration between the City and Huntington Hospital along with significant community engagement and input. We hope everyone will go to the CHNA website and use the data as the framework for positive change in our local health delivery and care systems,” PPHD Director Michael Johnson said.

Jane Haderlein, Senior Vice President of External Affairs for Huntington Hospital, said it is the community that benefits the most from the comprehensive 2016 CHNA.

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“When long-standing partners come together to address the health needs of the community, everyone benefits,” Ms. Haderlein said. “The collaboration between Huntington Hospital, the Pasadena Public Health Department and leaders of local organizations that are providing (health) services to Pasadena-area residents clearly demonstrates that we all have a role in improving the community’s well-being.”

Now that the report is published, PPHD later this year will announce details on a community-wide effort to evaluate, prioritize and plan for health improvements based on the report’s findings, Johnson said.

Some highlights from the report include:

- In total, 15.7% of the Pasadena population does not have health insurance. This is down from almost 20% in 2010. The increase of around 6,000 newly insured people is due in large part to the implementation of the Affordable Care Act.
- In 2014, 83.9% of residents in San Gabriel Valley reported having a usual source of ongoing health care. This is lower than the Healthy People 2020 target (95.0%).
- The teen birth rate is the lowest it has been in at least two decades at 13.6 births per 1,000 females ages 15-19.
- The death rate due to stroke and coronary heart for Pasadena adults was higher in 2015 than for California adults statewide.



Adults need
vaccines, too!



VACCINES
are not just for kids.

Recommended vaccines can protect adults from the following diseases:

- Seasonal influenza (flu)
- Pertussis (whooping cough)
- Shingles (for adults 60 years and older)
- Pneumococcal disease
- Hepatitis

Ask your healthcare provider for a list of vaccines and which are right for you and your family.

August is National Immunization Awareness Month!

Immunization is one of the safest ways for you to protect your health.

Vaccines are NOT just for kids! Your need for immunization doesn't end when you become an adult. Regardless of age, we can benefit from immunizations to protect against serious, and sometimes deadly, diseases. Protection from vaccines you received as a child can wear off over time, and you may be at risk for different diseases.

The specific vaccines you need as an adult are determined by your age, job, lifestyle, health conditions, where you travel, and which vaccines you have had in the past.

Vaccines are also an important part of a healthy pregnancy for you and your developing baby. Getting vaccines during your pregnancy can provide your newborn with some early disease protection. Pregnant women should get vaccinated against the influenza virus and whooping cough.

Visit <http://eziz.org/> for more information.

FOOD SAFETY IN THE SUMMER

Summer is the season of outdoor BBQs and picnics! In warmer temperatures foodborne illness is more likely, so stay healthy with these food safety tips:

Bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs to store food that needs to be kept cold, including:
 - Raw meat, poultry and seafood
 - Deli and lunch meats or sandwiches
 - Salad (seafood, chicken, egg or pasta)
 - Vegetables and fruits
 - Dairy products (yogurt and cheese)
- Pack drinks in one cooler and perishable foods in another. If separated, the beverage cooler is likely to be opened more often as picnickers replenish their drinks, and the food will not be as exposed to the warmer temperatures.
- Keep the cooler out of direct sun by placing it in shade or shelter. Avoid repeated opening so that food stays colder longer.

Cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like bread or vegetables.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food after it has been cooked.
- Keep perishable food cold (in the cooler) until it is ready to cook.
- Use a thermometer to make sure grilled foods are cooked thoroughly to the safe minimum internal temperature listed below:

Safe Food Temperature Chart

| Food | Temperature |
|--------------------------------------|------------------------------|
| Steak and roast | 145°F |
| Fish and pork | 145°F |
| Ground beef, | 160°F |
| Chicken breast, whole poultry | 165°F |
| Shrimp, lobster, crab | Cook until pearly and opaque |
| Clam, oyster, mussel | Cook until shells open |

For more on food safety, visit the U.S. Food & Drug Administration (FDA) at <http://bit.ly/2nn3XDr>.

BEAT THE HEAT

Temperatures can soar in Pasadena starting in June. Prevent heat-related illnesses, such as heat exhaustion and heat stroke, and stay cool with some of these safety tips:

Water

- Stay hydrated by drinking plenty of fluids.
- Avoid drinks with caffeine or alcohol because they can dehydrate you.

Clothing

- Wear clothing that is loose-fitting, lightweight, and light-colored. Avoid dark colors, which absorb the sun's rays.
- Protect your eyes from ultraviolet (UV) rays by wearing sunglasses. Choose sunglasses that block 90 to 100 percent of UV rays.
- Wear hats to prevent UV rays from hitting the sensitive spots on your face.

Skincare

- Apply sunscreen when spending time outdoors. Use higher-rated, waterproof sunscreen when hanging by the pool or out on the beach. Make sure to cover areas that burn easily, including nose, ears, shoulders and the back of the neck.
- Apply a lip balm with SPF protection to block out the sun and keep moisture on the lips.

Cars

- Never leave children or pets in the vehicle. The inside temperature of the car can quickly reach 120°F.



Also keep the following in mind to keep your pets safe, comfortable, and healthy when temperatures rise:

- On hot days, limit exercise to early morning or evening hours. Asphalt can get very hot and harm the paws.
- Do not rely on a fan, which does not cool off pets as effectively as people. Dogs sweat primarily through their feet.
- Provide ample shade and water. When away from home, carry water to prevent dehydration.
- Monitor for signs of heat stroke, such as heavy panting, rapid heartbeat, difficulty breathing, or profuse salivating. Move pets into shade or air conditioned areas, and talk to your vet to see if additional evaluation is needed.

FIGHT THE BITE!

The Pasadena Public Health Department is urging the community to take a stand against mosquitoes and fight the bite! Mosquitoes may be more prevalent in the warm summer weather. Increased rainfall in the past few months may have created pockets of water around homes and work places that can serve as attractive environments for mosquitoes to lay eggs. These eggs can lay dormant for up to a year, and will hatch the next time it rains.

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



Remove items from yard that hold water.



Dump out water, scrub clean and turn over containers.

The winter and spring rainfall may increase local mosquito activity. Here are some simple tips to help control mosquito activity around the home, and tips to prevent from being bitten by a mosquito:

- Check the yard for water-filled objects that may have mosquito larvae, including rain barrels, buckets, flower pots, pet dishes, old tires, ponds and bird baths.
- Dump and drain all standing water sources, which create breeding grounds for mosquitoes to lay eggs.
- Scrub to remove mosquito eggs (that may appear like specks of dirt) from containers that held standing water.
- Check window screens for holes or install screens to prevent mosquitoes from entering the home.
- Use repellants that are approved by the U.S. Environmental Protection Agency (EPA) such as DEET, and wear long-sleeve shirts and pants if spending time outdoors.

When traveling, you can protect yourself from mosquito bites and the diseases that can be carried by mosquitoes. Plan ahead and review the following tips before packing:

- Check for travel notices or advisories at <https://www.cdc.gov/features/StopMosquitoes/> for mosquito activity. Pregnant women should avoid travel to known areas where there is ongoing Zika transmission.
- Select lodging that has air conditioning and/or window screens to prevent mosquitoes from entering rooms.
- Use EPA-approved repellants, such as DEET, on clothes or exposed skin. Check the label for considerations when using on infants, children and pregnant women.
- Wear long-sleeved shirts and pants if the weather permits.
- See a healthcare provider if you return with symptoms of illness, such as fever, rash or joint pain.

For more information on mosquitoes, visit the California Department of Public Health (CDPH) <https://archive.cdpn.ca.gov/HealthInfo/discond/Pages/Aedes-albopictus-and-Aedes-egypti-Mosquitoes.aspx>. To remain updated on West Nile Virus activity, visit <http://www.westnile.ca.gov/>.

NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month, which serves as a reminder to take action and prepare for different types of emergencies that may happen at home, work, school, businesses, and when traveling abroad. This year's theme is "*Disasters Don't Plan Ahead, You Can. Don't Wait. Communicate.*"

Having first aid and emergency supply kits are not enough to be prepared for a disaster. Develop a communication plan to get in touch with loved ones if separated. A basic plan includes:

- **Out-of-town/state contact** – this contact may not be affected by the disaster and may be easier to reach
- **Neighborhood and out-of-town meeting spot** – designate a location that is local and away from home so all members can meet if phone lines are down
- **Children and schools** – make sure kids and their schools are included in the plan
- **Text** – send text messages, which may have an easier time getting through than phone calls
- **Review and drill** – take time at least once a year to make sure all phone numbers and meeting locations are current and safe, and practice making phone calls to all of the contacts that are listed in the plan

Take time to understand local threats that can affect Pasadena. The city is unique and may be susceptible to many different disasters including disease outbreaks, earthquake, drought, wildfire and extreme heat. Learn more on how to prepare and what to do during different situations by visiting <https://www.ready.gov/prepare-for-emergencies>.

Lastly, get involved in the Pasadena community. Call the Public Health Emergency Preparedness Program at (626) 744-6164, which may provide presentations related to public health threats. Or speak with the Fire Department for information on training to be a part of the Pasadena Community Emergency Response Team (CERT) by visiting <http://ww5.cityofpasadena.net/fire/community-emergency-response-team/>.

Banana Berry Pancakes

(makes 4 servings, 2 pancakes per serving)



Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- Nonstick cooking spray
- Topping:
 - 1 cup unsweetened frozen strawberries thawed and sliced
 - 2 tablespoons orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook for about 2 minutes per side until fully cooked.
5. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat. Cook berries and juice for 3 minutes or until soft.
6. Spoon topping over pancakes and serve.

Nutrition Information (per serving)

Calories 109, Carbohydrate 24g, Dietary Fiber 2g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 3 mg, Sodium 182 mg

Visit <http://cachampionsforchange.cdph.ca.gov/> for more on this recipe and other healthy dishes.

UPCOMING EVENTS

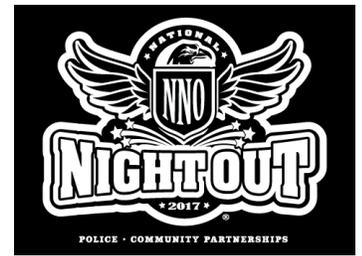
National Night Out Tuesday, August 1, 5PM – 8PM

Location: Various, throughout Pasadena

Description: This annual event is held from coast to coast aimed at building strong partnerships between the police and community, and to promote crime awareness programs, such as Neighborhood Watch.

This event is free, and will feature safety and information booths from the Pasadena Police, Fire and Public Health departments, and other community partners.

Visit <http://www.cityofpasadena.net/Police/> for more information.



41st ASSEMBLY DISTRICT COMMUNITY RESOURCE FAIR AND BLOCK PARTY Saturday, August 5, 11AM – 3PM

Location: 500 block of Jackson St. between El Molino and Los Robles

Description: This annual event is designed to inform the community about local services, featuring over 60 resource tables, activities for children, and free food and drinks. This event is free and open to all ages.

BABY BUGGY WALK IN THE PARK Friday, September 8, 11AM – 3PM

Location: McDonald Park, 1000 Mountain Ave.

Description: In honor of Infant Mortality Awareness Month, this event aims to empower women of reproductive age and new mother to take charge of their health and the health of their children through an engaging, fun-filled theme. Walk in Park is free, open to all ages, and funded by First 5 LA, a leading public grantmaking and child advocacy organization, and the Los Angeles County Department of Public Health.



Call (626) 744-6155 for more information and to register.



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