

PASADENA HEALTHY TIMES

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

Message from the Director

As we enter the heat of summer, this is a good time to reassess health practices, get involved with calorie-burning activities, and eat fresh, seasonal fruits and vegetables. However, the role of public health is so much greater than this. In fact, we at the Pasadena Public Health Department, believe in a philosophy that encourages health in all aspects and policies in order to impact what is called, the social determinants of health.

We want to be sure that individuals have access to affordable fresh fruits and vegetables and safe parks and neighborhoods to play in, as well as to ensure an availability of jobs that pay and treat employees with respect. We believe that a good education is one of the most important things we can give a young person to protect their health, not just now, but throughout their life. We are also very interested in eliminating violence from our City and its surrounding areas. Therefore, we are working with numerous community partners to continue to move forward in affecting health upstream from disease. In other words, we strive to prevent disease before it ever happens.

First, PPHD is working to collaborate with community gardens, including the farm at John Muir High School, to support farm-to-table projects throughout the City. Gardens and farms have the capacity to produce plenty of fruits and vegetables. Increasing the consumption of fruits and vegetables is a great way to decrease risk of

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disease. Ideally, the growing and harvesting of fruits and vegetables will increase access and affordability, and be a part of a bigger social norm change.

We will continue to be an innovative support to the Pasadena Unified School District (PUSD) and their mission to educate children. At the same time, we will continue to work with the Flintridge Center and other community partners around the elimination of violence, especially as it pertains to youth and young adults.

In future editions of the *Pasadena Healthy Times*, we will look at other local efforts that impact the social determinants of health. Stay tuned and cheers to a safe and healthy summer!

-Dr. Walsh
Director of Public Health/Health Officer

2012 Quality of Life Index

Coming this summer, the City of Pasadena Public Health Department is proud to present the *2012 Quality of Life (QOL) Index* for the city of Pasadena and its neighbor, unincorporated Altadena. This year celebrates the 20-year anniversary since the first Quality of Life was published. In 1989, Pasadena became a charter city of the California Healthy Cities Project. Their mission to achieve the highest quality of life in Pasadena manifested in 1992 into one of the nation's first comprehensive community health assessments, *The Pasadena Quality of Life Index*.

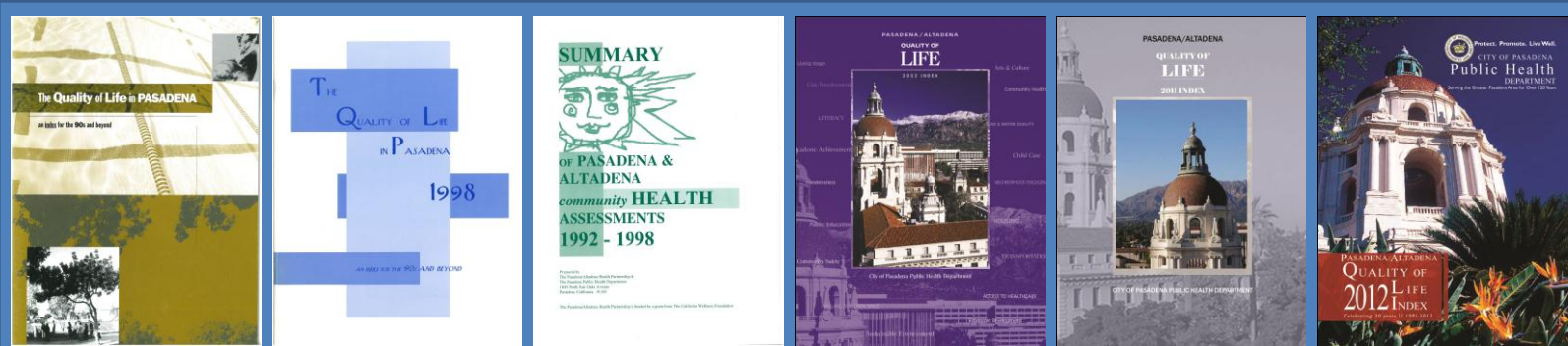
In its inception, the *Quality of Life Index* had 10 broad categories with 55 indicators that were defined by a citizen steering committee. In 1999, the Healthy Cities Steering Committee began a process to determine which of the 55 indicators were still relevant. This was the beginning of a three-year period during which the focus of the *Index* substantially changed, and its possible audience of readers broadened to include the general public.

Now, as a major shift is occurring in the world of public health in terms of how we define risk factors and population health status, we have enhanced our focus to the social determinants of health. These factors are varied and include focus areas, such as one's ability to earn a livable wage, have equal access to health care, obtain affordable housing, breathe clean air and have quality water,

and to have opportunities to use open space to play and to be physically active. Quality of life is influenced by a complex mix of economic, social, individual, and environmental factors that affect the health of the individual and the community. Whether a person is healthy or not is not solely defined by their behaviors or genetics, but also incorporates factors defined by the community in which they live, work, worship, and play. The *Quality of Life Index* exists to identify these factors that are influencing the wellness of the community, to root out gaps in services, to distinguish issues in health delivery and access, and to describe inequity in the attainment of health and well-being.

We hope that the *Quality of Life Index* serves as a tool for partnerships with public and private health care providers and institutions, community-based organizations, etc. in engaging services that affect health to collectively identify, alleviate, and act on sources of public health problems. It is the responsibility of academia, community-based organizations, policy makers, and individuals to use this document as a resource to guide planning, to develop policy, and to procure or allocate resources for the betterment of our communities.

To download a copy of the 2002 and 2011 versions of the *Pasadena/Altadena Quality of Life Index*, go to <http://cityofpasadena.net/qualityoflifeindex>.



Updated School Tuberculosis (TB) Screening Policy

Effective July 1st, the current universal *testing* policy will be replaced with a universal *screening*, in which students entering kindergarten through 12th grade will be screened for TB. Healthcare providers will perform testing if students are determined to be at elevated risk for TB. This policy is a result of the most current public health and medical guidelines, and reviews of trends in the pediatric TB incidence.

This updated policy will avoid potential false positive results, lower the childhood exposure to unnecessary chest x-rays, and prevent treatment regimens that may have harmful side effects.

Please note that this policy change does not affect preschool children, teachers, or volunteers. For more information regarding the policy, contact the PPHD Public Health Nursing Unit at (626) 744-6012 or <http://cityofpasadena.net/publichealth/TBclinic/>.

Immunization News

The Centers for Disease Control and Prevention has released new vaccine storage and handling guidelines.

- Varicella should be stored at -58 to +5° Fahrenheit (or -50 to -15° Celsius). Do not store below -58° F, as the potency of the vaccine may be damaged below that temperature.
- Uncovered storage bins with solid sides can now be used to store vaccine.

For complete storage and handling guidelines, visit www.cdc.gov/vaccines/recs/storage/guide/default.htm

WIC & Farmer's Market

June kicked off the Farmer's 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 Farmer's Markets. The booklets are distributed on a first-come, first-serve basis, and vouchers expire on November 30th. Since only 1500 booklets were sent to the Pasadena WIC office this year (500 less than the amount received in 2011), quantities are limited and going quickly.

California operates the largest WIC Farmer's Market Nutrition Program in the nation. In 2010, 149,200 WIC families, 1100 certified farmers, and 430 farmer's markets participated in the program. Participants can call (626) 744-6520 for more information and current availability.



Don't Let Vectors Creep Up!

Planning a BBQ? Prevent *Salmonella*!

Camping or Hiking? Watch out for Lyme Disease!

Infectious diseases, such as salmonellosis, Lyme disease, endemic typhus fever, and rabies, can be higher during the summer months. For more information and tips to protect your family and yourself from vectors, visit the PPHD Environmental Health Division webpage at <http://cityofpasadena.net/publichealth/>.



CHDP Corner

New Child Health and Disability Prevention (CHDP) Provider Information Notice (PIN)

PIN 12-05, released on June 7, 2012, served as a reminder regarding the age recommendations to receive the meningococcal conjugate vaccine (MCV4) and the MCV4 booster dose. According to the Advisory Committee on Immunization Practices (ACIP), recommendations include:

- Receive an MCV4 vaccine as young as 9 months of age if at high-risk
- Routine immunization at 11-12 years
- A booster dose at 16 years if received a dose at 11-12 years
- A one-time booster dose at 16-18 years if vaccinated at 13-15 years

In addition, the ACIP does not recommend routine vaccination of non-high risk individuals after the age of 21 years. View this PIN at <http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin1205.pdf>. All PIN's are always available to view at <http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx>.

CHDP Success Story

In March, a 7-year old boy received his physical examination at a local Pasadena CHDP Provider. The provider detected an abnormal heart sound and immediately initiated a referral to visit a local pediatric cardiologist. The Pasadena CHDP Office contacted the boy's mother to conduct follow-up. She explained to us that news of the heart murmur was quite unexpected. She spoke apprehensively when she raised concerns that the wait time to see the specialist appeared to be lengthy. Our staff was able to calm the mother by assuring that her son's condition would be checked by a trusted pediatric specialist in the community, and we provided education and information on the possible causes of the extra heart sounds.

In time, the pediatric cardiologist performed the necessary tests and explained that the functional murmur was nothing to worry about since the heart did not have structural defects. As we spoke to the mother, her worrisome demeanor faded into a happy disposition as she said, "my son's heart makes extra noises, but for him, it is normal." Although word of the heart murmur initially caused her to have many sleepless nights, she was thankful CHDP services were available to ensure that those extra noises would not be detrimental to his childhood or development.

As such, it is imperative for all CHDP Providers to submit PM 160 documentation to the Pasadena CHDP Office within 30 days of each clinic visit. The sooner we receive information regarding a child who needs additional care, the sooner we can conduct follow-up to ensure a healthy child. If your office has any concerns regarding PM 160 submission, please contact our office at (626) 744-6168.



Margaret, CHDP Team Member, conducting community outreach at Jackie Robinson Center

Healthy Eating for Healthier Living Throughout the Summer

The Healthy Eating Active Living (HEAL) Cities Campaign has united cities and counties throughout California in the movement towards policy changes that improve physical activity and food environments. Pasadena was recently recognized as the 6th Fit HEAL City in the State by the efforts of the PPHD Nutrition & Physical Activity Program. City Council unanimously adopted the Pasadena Healthy Food & Beverage Vending and Procurement Policy, which sets standards of snacks and drinks offered in City vending machines and at City-funded meetings.

For more information on this policy and the standards set forth, visit http://cityofpasadena.net/publichealth/Nutrition_and_Physical_Activity_Program/.

With increasing rates of obesity in children, both policy change and raising awareness of the epidemic is critical. Children identified as obese are at early risk for type 2 diabetes, high blood pressure, and heart disease. In order to increase attention to this epidemic, September has been designated as National Childhood Obesity Awareness Month.

Help our children eat healthier, and increase physical activity, and fruits and vegetables in their diet.

Make your kids a healthy eating champion by visiting <http://www.foodchamps.org/>.



Remember, starting July 1st, grocery stores will be charging 10 cents for each paper bag they provide. Don't forget to bring your own reusable grocery bags!

FROM THE KITCHEN OF:

Vegetarian Chili with Spinach

Ingredients:

- 2 Cloves garlic, chopped
- 2 Teaspoons oil
- 1 15-ounce can chili-style beans
- 1 15-ounce pinto beans, rinsed & drained
- 1 14.5-ounce can unsalted stewed tomatoes
- 4 ounce frozen spinach (or more)
- 3 Cups brown rice, cooked

Directions:

1. Sauté chopped garlic in oil.
2. Add remaining ingredients except rice and bring to boil.
3. Simmer until heated through (10-15 minutes).
4. Adjust seasoning if necessary.
5. Serve over brown rice.



For winning, quick and easy, kid-approved recipes such as this, visit <http://www.fruitsandveggiesmoreatters.org/>.

Black Infant Health Client Spotlight

Interviewer: Deshia Douglas, Community Services Representative II/Family Health Advocate (pictured far left)

Client: ReAtte, 31-year old BIH client since 2000 with 3 children, ages 12, 10, and 1 (pictured on the right with her youngest, Beverly)

D: So, you've been in the program since 2000. Tell us in your own words how the program has changed since that time. (In 2011, BIH Program moved to an evidenced-based model).

R: When I first enrolled in 2000, the classes offered were somewhat the same except back then the classes were called, "Social Support and Empowerment." The only difference is in the information and how it was taught. And every class gave facts about our history as African-Americans, just like now. One major change I noticed is it's a lot more structured than it was back then. You guys have a process for case management now, whereas before, we'd just come in and the case worker would ask questions but be all over the place. Now it's better to me because if there is another client meeting with a case worker, we all get the attention we need and can feel confident that we have your full attention verses the advocate having to deal with like 1,000 people at one time. It's structured in a way that you guys can accommodate each client a lot more.

D: ReAtte, did you have a healthy birth outcome with Beverly?

R: I did a lot better than I thought (laughing)! I was scared that I would need a Cesarean section or induced labor, but thank God for you guys. When I was going crazy thinking the worst of the pregnancy, BIH was there. I delivered naturally and she was ready to go before I even got to the hospital! My water broke at 4:30 p.m.; we made it to the hospital by 6. I thought I was going to have her at home (laughing)! At 10, and she came right on out. Healthy and happy!



D: How did BIH contribute to your overall prenatal and postpartum experience?

R: When I was going through the pregnancy, you know the hormones are all over the place. The classes were helpful and having someone to call and talk to when you're going through hormonal changes made it easier. You reminded me of my scheduled doctor's appointments and you were always reminding me to ask the doctor questions. I was able to see a specialist I needed to make sure that my baby was growing correctly because we were afraid that she wasn't growing at one point. All of that was really a big help. And then after Beverly was born, my hormones went crazy. I wouldn't call it postpartum depression because I wasn't depressed; it was just dealing with three kids, and my surroundings was a task to make sure everybody is happy. So being able to have someone listen while I was venting (laughing) was very helpful.

D: And, your biggest accomplishment since joining the BIH Program?

R: Just knowing that my thoughts about being a parent are being reinforced, which for me is that life is no longer about us as parents, it's about the babies and making them productive citizens in this world. Healthy and happy. I'm doing that.

For information about BIH, call (626)744-6155.

Summer Safety Tips

Now that it is summer, we begin to take part in more activities related to the season, including barbequing, hanging out by the pool, or going to the beach. There are a number of safety tips to keep in mind as we increase our exposure to the related weather and environmental conditions.

Barbeques:

- When grilling, use a meat thermometer to ensure that meat and poultry are fully cooked according to the following temperatures:
 - Hamburgers: 160 °F
 - Large cuts of beef, such as roasts and steaks: 145 °F for medium rare or to 160 °F for medium
 - Poultry: 165 °F
 - Fish should be opaque and flake easily
- Put cooked meat on a new, clean platter, rather than back on the one that held the raw meat to avoid cross-contamination.
- Always marinate food in the refrigerator. Do not use sauce that was used to marinate raw meat or poultry on cooked food. Save unused marinade to be used as sauce.

For tips on food safety throughout summer and all year long, visit <http://www.fightbac.org/safe-food-handling/safety-in-all-seasons>.



Recreational Water Activities:

- Do not drink pool water and do not get pool water in your mouth.
- Do not change diapers at poolside. Germs can spread in and around the pool. Look for a bathroom or designated diaper-changing areas.

For more tips to promote healthy swimming, go to <http://www.cdc.gov/healthywater/swimming/pools/six-steps-healthy-swimming.html>

Sun and Heat:

- Apply a minimum of SPF 15 sunscreen to all parts of the body, including ears, nose, lips, and the tops of feet.
- Minimize sun exposure by seeking shade, and wearing a cover-up, sunglasses, and a hat.
- Drink plenty of water.

Visit <http://www.cdc.gov/Features/KidsSafety/> for more information and tips to keep kids safe and healthy during these summer months. You can also contact the PPHD Public Health Emergency Preparedness Program at (626) 744-6165 for more information or additional tips.

To maintain fire safety, all fireworks are illegal in the City of Pasadena. For a fireworks spectacular, the Rose Bowl is hosting the 86th Annual AmericaFest on July 4th.



Save the Dates!

Find us throughout the city! We partner with community agencies to bring health education and services to residents and visitors of Pasadena and the surrounding area. Stop by one of the PPHD booths for more information on all the services available at PPHD (click on the hyperlink for a map to the event).

06/30 – Neighborhood Resource & Opportunity Fair, 10 am to 2 pm at [Metropolitan Baptist Church, 2283 N. Fair Oaks Ave in Altadena](#)

07/21 – City of Pasadena Human Services and Recreation Robinson Park Summer Festival, 11 am to 5 pm at [Robinson Park, 1081 N. Fair Oaks Ave](#)

08/04 – Chris Holden’s Annual Block Party, 11 am to 3 pm, [Jackson St \(between El Molino and Los Robles\)](#)

08/16 – Foothill Unity 14th Annual Back to School Distribution, 8 am to 5 pm at [Santa Anita Race Track, 285 W. Huntington Dr in Arcadia](#)

09/15 – City of Pasadena Human Services and Recreation Fiestas Patrias, 11:30 am to 5:00 pm at [Villa Parke Community Center, 363 E. Villa St](#)

10/06 – 14th Annual Latino Heritage Parade and Jamaica, 10 am to 5 pm at [La Pintaresca Park, 45 E. Washington Blvd](#)

CITY OF PASADENA
Public Health
DEPARTMENT

Serving the Greater Pasadena
Area for 120 Years

<http://cityofpasadena.net/publichealth/>

Protect.
Promote.
Live Well.

Kaiser Child Health Plan

Pasadena enrollment for the Kaiser Permanente Child Health Plan (KPCHP) begins on Monday, July 2nd. Call our Certified Application Assistants at (626) 744-6086 to schedule an appointment.

Qualified applicants are required to show proof of ineligibility to other health plans, such as Medi-Cal, Healthy Families, or employment-related insurance.

Enrollment for KPCHP is open for a limited time. Please call our CAA’s for more information.



Mollie presenting at A Celebration of Pregnancy event, “Promoting Healthy Beginnings for Healthy Lives”

More Robust Care for HIV

Andrew Escajeda Comprehensive Care Services has expanded supportive services to further meet the healthcare needs of the HIV/AIDS population. Services now include food pantry, home-based case management, benefits specialty, and more.

Call (626) 744-6140 for a list of all primary HIV health care and psychosocial services available at Andrew Escajeda Comprehensive Care Services.