

Fall 2012

# PASADENA HEALTHY TIMES

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

### Greetings from our Public Health Nursing Program Manager

As we enter the 2012 holiday season, let's plan for a healthy one. Take an active role in your and your family's health and well-being during these coming months. If you need a jump start to the holidays, the Pasadena Public Health Department (PPHD) can be by your side!

- Choose to protect yourself against the influenza this season with the vaccine. PPHD values the community's health and is making free to low-cost flu shots available at several community centers and libraries throughout the city in October and November. Everyone older than six months of age are recommended to receive the vaccine.
- Oral health should not be neglected this holiday As you enjoy delicious foods and a moderate amount of sweets, take the extra steps to exercise good hygiene and regular dental visits, since an estimated 46% of U.S. adults have some form of periodontal disease, and it is one of the leading health indicators of the nation. PPHD is focused on bringing the dental needs of the community to the forefront by increasing dental accessibility. We are scheduled to open our dental clinic located at our main building, as soon as November of this year to meet the dental needs of those who are at high risk for inadequate dental care.

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- As you plan your holiday menus and attend festivities, consider the greatness that variety brings. Indulge yourself by taking advantage of the various seasonal foods, such as kale, Brussels sprouts, squashes, chards, oranges, pears, parsnips and turnips. Choose healthy options, maintain portion control, and keep treats in moderation.
- Don't let the decreased sunlight during these months reduce your physical activity. You can continue to involve the whole family by playing ball, walking along the Rose Bowl, or ice skating. PPHD continues to fight obesity with prevention education and intervention, and hosted two callsto-action in September. Community members were able to view and discuss HBO's acclaimed documentary, The Weight of the Nation, and hear from expert panelists at A Forum to Address Obesity and Its Impact on Maternal, Infant and Child Health, a collaboration with Huntington Hospital. Future events will be held to further bring awareness and action to you and the community.

We encourage you to take some time out of the hustle and bustle that this holiday season may bring and focus on some easy steps that can maintain the health and well-being of you and your family.

On behalf of PPHD, may you have a safe and healthy holiday season,

Leticia Saenz, RN, PHN



Save the Date! Celebrate World AIDS Day with PPHD on Saturday, December 1<sup>st</sup>! Andrew Escajeda Comprehensive Care Services will be hosting an event in partnership with the Good Shepherd Church and Pasadena Pride Center at Messiah Lutheran Church (570 E. Orange Grove Blvd). For additional information, visit www.WeRemember.us.com .

This issue would not be possible without support from Christine Barron, Dr. Ying-Ying Goh, Leticia Saenz, and Dr. Eric Walsh

## Keeping your family healthy: Start with 5210



You can make simple choices that will improve the health of your family.

- fruits and vegetables per day Try a variety of colors of vegetables including dark green (broccoli, spinach, Brussels sprouts) and orange (carrots, sweet potatoes, squash). For an adult, a serving is about a ½ cup of chopped fruit or vegetables and for a child, the palm of his or her hand. Emerging science suggests that fruit and vegetable consumption may help prevent weight gain and be a critical aid to achieving and sustaining weight loss.
- 2 hours or less of recreational screen time Keep the TV/computer out of the bedroom. Watching too much television is associated with an increased prevalence of obesity, lower reading scores, and attention problems.
- 1 hour or more of physical activity Try adding more activity to your daily routine. Take the stairs, park farther from the store, and take a walk with your whole family instead of watching TV. Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer and osteoporosis. Please consult with your doctor before starting any exercise program.
- ugary drinks Skip the sugar! Instead, drink low fat milk and water. Sugar-sweetened beverage consumption among children is associated with obesity and dental cavities. There are 16 ½ teaspoons of sugar in one regular soda (20 ounces)!

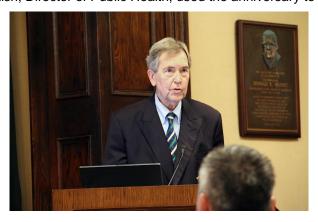
November is National Diabetes Awareness Month. Research studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes. The American Diabetes Association and the Centers for Disease Control and Prevention (CDC) recommend that in order to prevent diabetes, adults should stay active (150 minutes of moderate physical activity per week), quit smoking, and achieve a healthy weight as recommended by your doctor.

The Pasadena Public Health Department is working to create healthy environments in our city to help Pasadena residents choose nutritious foods and stay active. Our programs support higher quality diabetes care and help people make healthier choices to prevent diabetes and heart disease.

This message was adapted from the Let's Go! campaign. For more information, please visit the following websites: www.letsgo.org www.choosehealthla.com www.cdc.gov/diabetes www.diabetes.org

### **Public Health Department Celebrates 120 Years!**

On August 27, 2012, the City of Pasadena Public Health Department celebrated 120 years of protecting the health and wellness of Pasadena-area residents. Mayor Bogaard opened the ceremony, and Jan Sanders, Director of Libraries and Information Services hosted the event at the Pasadena Central Library Donald R. Wright Auditorium. Dr. Eric Walsh, Director of Public Health, used the anniversary to unveil the 2012 Pasadena/Altadena Quality of Life Index.





### What's in a Drink?



It is common for most adults in the United States to consume alcoholic beverages. It is also common for adults to be uncertain as to what actually constitutes a "drink." The alcohol content of drinks can vary widely between liquors, beers, and wines, and from different countries. A standard drink in the U.S. contains about 14 grams (or 0.6 oz) of pure alcohol. This amount is generally found in:

- 12 oz can/bottle of beer or wine cooler
- 8 oz can/bottle of malt liquor
- 5 oz glass of wine
- 1.5 oz (or a shot) of hard liquor

News reports have suggested that alcohol consumption may have health benefits. However, more research is needed to support these benefits, as unsafe amounts of drinking have been identified as a public health concern. Alcohol affects everyone differently, based on a variety of factors such as age, gender, race or ethnicity, physical condition, diet, family history, and medication. Remember that moderation is the key—more than four (4) drinks in one occasion for men, and more than three (3) drinks for women is considered binge drinking according to the Centers for Disease Control and Prevention (CDC). Excessive drinking is responsible for more than 79,000 deaths per year in the U.S., and raises the risk of the following harmful health conditions:

- Unintentional injuries (car accidents, drowning)
- Violence
- Risky sexual behaviors
- Liver disease (alcoholic hepatitis, cirrhosis)
- Cancer (mouth, throat, liver, colon)
- Psychiatric problems (depression, anxiety)

For more on the health risks from excessive alcohol, information on the effects of underage drinking and pregnancy complications due to alcohol, and the CDC's Alcohol Program, visit <a href="http://www.cdc.gov/alcohol/">http://www.cdc.gov/alcohol/</a>.

## Lead Recall - Red Vines® Black Licorice



On September 7, 2012, the State of California Department of Public Health (CDPH) issued a recall on Red Vines<sup>®</sup> Black Licorice candies due to levels of lead which exceed the State's standards. Various Red Vines<sup>®</sup> Black Licorice products are subject to recall including Black Licorice Bar (2.5 oz), Jumbo Black Licorice Hanging Bag (8 oz), Black Licorice Tray (5 oz), Black Licorice Laydown Bag (both 7 oz and 16 oz), Mixed Bites Bag (8 oz and 16 oz), Snaps variety sizes, and many more. For a full listing with pictures of all affected Red Vines<sup>®</sup> licorice products, visit <a href="http://www.cdph.ca.gov/pubsforms/Documents/fdbFrAME2p.pdf">http://www.cdph.ca.gov/pubsforms/Documents/fdbFrAME2p.pdf</a>. Red Vines<sup>®</sup> Red Flavor Licorice and Sugar Free Black Licorice products are not affected by this recall.

The CDPH recommends that pregnant women and children who have eaten the candies should consult a physician to determine if medical testing is required.

Join the Pasadena Public Health Department Childhood Lead Poisoning Prevention Program on Friday, September 28 for our quarterly meeting. Receive updates from the CDPH, and join us for our special topic, "Back to School." The meeting will take place at 1845 N. Fair Oaks Avenue, Room 1120, from 10:00 to 11:00 a.m. For additional information, please email eestevez@cityofpasadena.net.



### **CHDP Corner**

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

PIN 12-02: the quadrivalent Human Papillomavirus Vaccine (HPV4), CHDP code 76, has been changed to "routine use in females and males," as recommended by the Advisory Committee on Immunization Practices (ACIP). If HPV4 has been administered to a male between the ages of 9 and 19 years on or after October 21, 2009 and prior to issuance of PIN 12-02, CHDP providers are entitled to reimbursement for vaccine administration. Submit the corresponding PM 160 if there was no previous reimbursement for this vaccine. The ACIP recommendations for HPV4 administration in the male population are as follows:

- Immunization with HPV4 in males may be started as early as 9 years; the 3-dose series is recommended to begin at age 11 or 12 years old
- Males aged 13 through 21 years should still begin the HPV4 series with the catch-up vaccination schedule

PIN 12-03: the Injury Health Assessment Guideline (HAG), Section 56, regarding child car seat and booster seat requirements was expanded, as recommended by the National Highway Traffic Safety Administration (NHTSA). Some recommendations include:

- All car seat manufacturers' instructions (height and weight limits) and the vehicle owner's manual (proper seat installation) should be read thoroughly for important information
- All children under the age of 13 should ride in the back seat
- Children in rear-facing seats should never ride in front of an active passenger air bag

PIN 12-04: *Pneumococcus pneumonia* is a leading cause of bacterial illness in children. The pneumococcal conjugate vaccine 7 valent (PCV7) was replaced by PCV7. The ACIP recommends a supplemental dose of PCV13 to the following groups:

- All children through the age of 59 months who have completed a PCV7 series
- High-risk children through the age of 71 months who have completed the PCV7 series (this dose may be given through the age of 18 years)

PIN 12-05: According to the ACIP, the age recommendations to receive the meningococcal conjugate vaccine (MCV4) and the MCV4 booster dose 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

All CHDP Provider Information Notices are always available for download and to be viewed at the State website, <a href="http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx">http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx</a>. For questions or concerns on these notices, please contact the Pasadena CHDP office at (626) 744-6016.

The 2012-2013 seasonal flu vaccination campaign has begun. Remember to visit the State Vaccines for Children (VFC) Program at <a href="http://eziz.org/">http://eziz.org/</a> for updates on vaccine supply, ordering, processing, and shipments.

### Fight the Flu!

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu vaccine. It is especially important that the following people be vaccinated against the flu:

- · People with certain medical conditions including asthma, diabetes, and chronic lung disease
- Pregnant women
- People 65 years and older
- Caretakers of those who are at risk for serious illness if they develop the flu

Each year, the flu vaccine is formulated by experts. The 2012-2013 influenza vaccine contains the following three virus strains:

- A/California/7/2009 (H1N1)-like, derived from a 2009 pandemic (H1N1) influenza virus
- A/Victoria/361/2011 (H3N2)-like
- B/Wisconsin/1/2010-like (Yamagata lineage)

Due to flu viruses constantly changing, a person needs a flu vaccine every year. Getting vaccinated is the best protection from the flu. Be Wise and Immunize.

This year, the Pasadena Public Health Department will be hosting several opportunities for the community to receive the influenza vaccine. The following flu clinic dates and locations have been confirmed (click the hyperlink for map):

Tuesday, October 23, 2012

9:00 a.m. – 1:00 p.m. Villa Parke Community Center

363 E. Villa Street Pasadena, CA 91101

2:00 p.m. – 4:00 p.m. Santa Catalina Library

999 E. Washington Boulevard

Pasadena, CA 91104

Wednesday, October 31, 2012

10:00 a.m. – 2:00 p.m. Jackie Robinson Center

1020 N. Fair Oaks Avenue Pasadena, CA 91103 Wednesday, November 7, 2012

10:00 a.m. – 2:00 p.m. <u>Pasadena Senior Center</u> 85 E. Holly Street

Pasadena, CA 91103

Tuesday, November 13, 2012

10:00 a.m. – 12:00 p.m. Allendale Library

1130 S. Marengo Avenue Pasadena, CA 91106

2:00 p.m. - 4:00 p.m. La Pintoresca Library

1355 N. Raymond Ave Pasadena, CA 91103

For more on the 2012-2013 influenza season, visit <a href="http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm">http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm</a>.

In addition to receiving the flu vaccine, there are daily precautions that should be taken to protect the spread of the flu and other germs:



- Do not touch or rub your eyes, nose, and mouth.
- Wash hands often with mild soap and warm water, or use an alcohol-based hand rub.
- Avoid close contact with sick people.
- Drink plenty of fluids, exercise, eat healthy foods, and get plenty of rest.
- Do not sneeze or cough into your hands.
- Throw away tissues after use.

For additional information about the flu vaccination campaign at the Pasadena Public Health Department, visit our website or call (626) 744-6012.





The October through December holidays promote festivities and gatherings around food. Take into consideration the following food handling practices and the recommended cooking temperatures to prevent foodborne illnesses during your holiday celebrations:

#### Clean and Prepare

- Before and after handling food, wash hands with warm water and soap for 20 seconds (sing "Twinkle Twinkle Little Star" in your head).
- Use hot, soapy water to wash items (such as cutting boards, counter tops, and utensils) that have or will come into contact with food.
- Avoid rinsing raw meat and poultry before cooking since it may spread bacteria to areas around the sink and countertops.

### Safe Fruits and Vegetables

- Make sure fresh fruits and vegetables are separated from household chemicals and raw meat/seafood when shopping and when storing in the refrigerator.
- Always refrigerate cut, peeled, or cooked fresh fruits and vegetables within two (2) hours. If they are cut and packaged at the store, make sure the items remain refrigerated.
- Rinse fresh fruits and vegetables under cool water. Never use bleach or detergent to wash fruits and vegetables.

#### Safe Turkeys

- Avoid purchasing fresh, pre-stuffed turkeys—if not handled properly, bacteria in the stuffing can multiply rapidly.
- Thawing a turkey in the refrigerator is the safest defrosting method; make sure to keep the original wrapper on and place it in a pan to catch juices.
- Cook the turkey at an oven temperature no less than 325° F and to an internal temperature of 165° F.

#### Leftovers

- Discard all perishable foods that have been left in room temperature for two hours or longer. If the temperatures are above 90° F, throw away foods that have been out for over an hour.
- Eat leftovers within 3-4 days, and heat to 165° F
  before eating; foods stored longer than 3-4 days
  may be unsafe to eat and cause foodborne
  illnesses. Bacteria that cause illnesses may smell
  and look the same as safe food.

#### **Safe Cooking Temperatures**

The following temperatures serve as a guideline to cook meat, poultry, eggs, seafood, and leftovers.

Ground Meat & Meat Mixtu Beef, Veal, Pork, Lamb Turkey, Chicken	ures 160º F 165º F
Fresh Beef, Veal, Lamb Medium Rare Medium Well Done	145° F 160° F 170° F
Poultry Whole Chicken, Turkey Poultry Parts Duck, Goose Stuffing (cooked alone o	165° F 165° F 165° F r in a bird) 165° F
Fresh Pork Medium Well Done	160° F 170° F
Ham Fresh/Raw Pre-cooked (to reheat)	160° F 140° F
Eggs Eggs Egg Dishes	Until yolk and white are firm 160° F
Seafood Fin Fish Shrimp, Lobster, Crab Clam, Oyster, Mussel Scallop	145° F (opaque flesh) Pearly and opaque flesh Shell opens during cooking Milky white or opaque & firm
Leftovers & Casseroles	165º F

For toolkits and tips on safe food handling practices, visit:

http://www.fightbac.org/ http://www.befoodsafe.org/ http://holidayfoodsafety.org/

### Drop, Cover, and Hold On

On October 18 at 10:18 a.m., Californians will engage in an earthquake drill known as the Great ShakeOut. This state-wide drill began in 2008, as an opportunity to raise awareness of earthquake preparedness, review and update response planning and supplies, and secure the home and work environments to prevent injury and potential damage. This year, the Great ShakeOut is a practice that will take place, not only nationwide (including Nevada, Alaska, and the central and southeast states of the U.S.), but also worldwide in countries such as Italy, Japan, and New Zealand. Each year, the Public Health Emergency Preparedness (PHEP) Program leads the clients and staff at the Pasadena Public Health Department to exercise "Drop, Cover, and Hold On."

Don't wait for the big earthquake to start your planning. The PHEP Program has provided several resources below to assist your needs. In addition to a 3-day supply of clothes, water, small denominations of cash, non-perishable food, and an emergency kit, special considerations need to be accounted for when planning for the elderly, pregnant women, and those living with HIV. Here are some tips to help these populations prepare for a disaster:

#### **Elderly**

- Maintain a supply of medical device equipment, such as wheelchair batteries, oxygen, catheters, and medication
- Ensure the medications requiring refrigeration have appropriate provisions
- Keep a list of the type and model numbers of medical devices that are used

#### **HIV/AIDS**

- Always have a 10 to 14-day supply of medications
- Pack sanitation and hygiene supplies to help prevent waterborne infections and illnesses

#### **Pregnant or Postpartum Women**

- Prepare for emergency birth by talking with your healthcare provider to recognize signs of early labor, and take childbirth education classes that cover emergency birth procedures and infant life support
- Make a kit of supplies that will assist in birthing, such as clean towels, sheets, clean scissors, sterile gloves, sanitary pads, diapers, and instructions for infant-rescue breathing
- Breastfeed your baby since it is the cleanest and safest source of nutrition; even infants over 6 months can survive exclusively on breast milk during an emergency

Last year, 8.6 million Californians participated in the Great ShakeOut. To join us and the rest of the nation, sign your organization and community group up in this effort, visit http://www.shakeout.org/california/.

#### **Emergency Preparedness Resources:**

CDC: <a href="http://emergency.cdc.gov/hazards-all.asp">http://emergency.cdc.gov/hazards-all.asp</a>
State of California: <a href="http://calema.ca.gov">http://calema.ca.gov</a>

American Red Cross: http://www.redcross.org/take-a-

class

### **Check Your Stocks**

Sunday, November 4<sup>th</sup> is daylight saving time. Join the American Public Health Association (APHA) in this annual time change and refresh your emergency stockpiles in the campaign, *Set Your Clocks, Check Your Stocks*. APHA is making it easy for you to prepare for an emergency. Several toolkits, tips, and fact sheets are available to assist in the process and can be easily downloaded at <a href="http://www.getreadyforflu.org/clocksstocks/">http://www.getreadyforflu.org/clocksstocks/</a>.

If you have not yet gathered supplies or unsure of the items you will need in a disaster, start with the stockpiling fact sheet and checklist, and the grocery shopping list. If you think it is too expensive to gather supplies, APHA has developed a fact sheet on stockpiling with a budget. And remember, your pets need their own emergency considerations. Find tips on quick evacuation of fish, creating a substitute for a kitty litter box, and more on the fact sheet for pets stockpiling.

If you have your kit in place and need information on how to shelter-in-place at home, school, work, or in your car, APHA has also provided tips at <a href="http://www.getreadyforflu.org/new\_pg\_advice.htm">http://www.getreadyforflu.org/new\_pg\_advice.htm</a>. Or if you want to protect your kids from certain infectious diseases that emerge during an emergency, APHA has offered information on the advice page.

### 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 the PPHD booths at one of the following events for more information on all the services available at PPHD (click on the hyperlink for a map to the event).

- 10/06 14<sup>th</sup> Annual Latino Heritage Parade and Jamaica, 10:00 a.m. to 5:00 p.m. at <u>Villa Parke Community</u> <u>Center, 363 E. Villa St</u>
- 11/02 Southern California Women's Health Conference and Expo, 7:30 am to 3:00 pm at the <a href="Pasadena">Pasadena</a>
  <a href="Convention Center">Convention Center</a>, 300 E. Green St
- 11/10 Adelante Young Men, 7:00 a.m. to 3:00 p.m. at Pasadena City College, 1570 E. Colorado Blvd
- 11/10 NATHA Lincoln Village Festival, 12:00 p.m. to 4:00 pm at Lincoln Ave and Montana St
- 11/17 Latinos Mejor Salud/Mejor Vida (Latinos Better Health/Better Life), 8:00 a.m. to 3:00 p.m. at Villa Parke Community Center, 363 E. Villa St

#### 2013

02/16 – Black History Month 31<sup>st</sup> Annual Parade & Festival, 10:00 a.m. to 4:00 p.m. at Robinson Park, 1081 N. Fair Oaks Ave

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### **Child Health Insurance**

Pasadena Public Health Department Certified Application Assistants (CAA's) are available to help enroll children into a health insurance program, including Healthy Kids, Healthy Families, Kaiser Permanente Child Health Plan (KPCHP), Medi-Cal, and more. Call us at (626) 744-6086 to schedule an appointment or for more information on child eligibility into a health plan.

Keep in mind that KPCHP open enrollment is only for a limited time, so call us immediately!

### **Back-to-School Event**







The PPHD ASC Back-to-School event was fun-filled for all the kids. They received items to prepare for the new school year including backpacks, school supplies and haircuts, and kids completed arts and crafts with staff.