

Fall 2013

PASADENA HEALTHY TIMES

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

Message from the Director

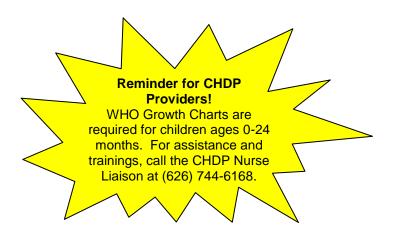
Fall is my favorite time of the year. I grew up in New England where every year, nature puts on a dazzling display of beautiful colors on trees. Fall reminds us that change happens and in fact, change is necessary. Even as I write this, we are gearing up for the Affordable Care Act (also dubbed, "Obamacare"). There are a lot of strong opinions on health care reform, but we at the Pasadena Public Health Department are using the law to help get more of our residents insured. We have been working with community partners to organize speaking engagements for stakeholders and residents, coordinate outreach and enrollment opportunities for those who are currently uninsured, and establish other activities to raise awareness of this nationwide change. After we help people get health coverage, we will also work together to educate the public on the importance of accessing routine care.

Fall also represents a time when children go back to school. We greatly enjoy our partnership with the Pasadena Unified School District (PUSD) and commend their leadership for surviving in difficult times while advancing many great programs. Literature has shown that a child's physical fitness and overall health correlates with how well they do in school. We encourage families to take time to read with their children, as well as get outside and play. Lastly, an important part of the learning process actually happens as a child sleeps, so we encourage setting regular bedtime hours and being sure that every child is getting enough sleep.

This is traditionally a time of harvest and giving thanks. Take time to enjoy what your labors have produced so far this year. Although we're winding down 2013, it's not too late in the year to start something that you may have listed as a priority back in January. I wish all a healthy and prosperous fall season.

Sincerely, Dr. Walsh

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Serving the Greater Pasadena Area since 1892 Protect. Promote. Live Well.

This issue would not be possible without support from Margarita Aguilar, Kelly Kaufman, Leticia Saenz, and Dr. Walsh. For questions on this or previous editions of Pasadena Healthy Times, contact Adrienne Kung at (626) 744-6151.

Pasadena & Health Care Reform

The Pasadena Public Health Department (PPHD) has been working closely with community partners so that all residents understand and are aware of changes to healthcare as a result of the Patient Protection and Affordable Care Act (ACA). The community is invited to attend a panel discussion entitled, "Affordable Care Act: Triumphs, Challenges, and the Local Response." The event will be held at the City of Pasadena Central Library, Donald R. Wright Auditorium (285 E. Walnut St) on Thursday, October 24, 2013 at 7:00 p.m. The panel will include representatives from community organizations including PPHD, CHAPCare, Bill Moore Community Health Clinic, and Young & Healthy.

If you are unable to join the discussion, KPAS, the City's government cable access TV station has recorded the event from September 19th with the same panelists. The program can be accessed from the "media" page of the City's website, www.cityofpasadena.net/media, and on the KPAS website at www.pasadenamedia.tv/kpas. You can also click on the calendar to view the broadcast on Channel 3 for Cox subscribers and Channel 99 for AT&T U-Verse subscribers. Here are some pictures from the event on September 19th:

Panelists on September 19th, pictured from left to right, Steven Abramson, Marketing Manager of CHAPCare; Dr. Walsh, Director of PPHD and Health Officer; and Mary Donnelly-Crocker, Executive Director of Young & Healthy.

Together, the trio discussed the need for health care reform, challenges and gaps that the law creates, expansion to the State Medicaid Program (Medi-Cal), introduction to the State insurance marketplace (Covered California), actions that various community organizations are taking to implement reform, and resources that are available in Pasadena for those who qualify for Medi-Cal and Covered California as well as the residually uninsured. For presentations on the ACA, contact Young & Healthy at (626) 795-5166.



CHDP Success Story

Many children living in Pasadena have unmet health needs. Thanks to the Child Health and Disability Prevention (CHDP) Program, many children are able to receive and access the quality healthcare they need. Medi-Cal recipients are able to receive preventive care from birth up to the age of 21 years, and uninsured children can receive care from birth to age 19 years. In addition, during these preventive health screenings, providers may find other health concerns and they are then able to refer these patients to specialists who can treat more complex health issues.

For example, over the summer the Pasadena CHDP office received a call from a concerned mother of a CHDP patient. Her child had been diagnosed with autism and she was struggling to find a dental provider who works with children with special needs. Since there was a delay in receiving routine dental care and the child's teeth were in need of attention, the child's nutritional status was negatively affected. Through the help of CHDP, our Provider Nurse Liaisons were able to find a skilled dentist with expertise in caring for children in this particular patient population. The child was able to receive quality dental care and the family was very grateful for the help received from the CHDP office.

The Pasadena CHDP Nurses are committed to assisting families without insurance, and providing support in navigating Medi-Cal benefits. Our nurses work closely with CHDP providers to ensure each child receives quality care, and are actively involved in community coalitions to develop a strong network of resources for Pasadena children. For more information on the CHDP program, please call (626) 744-6168 or visit https://cityofpasadena.net/publichealth/chdp/.

Child Health & Disability Prevention

Gateway To Health Coverage

Health Care Reform Summary

If you haven't been following the Affordable Care Act (ACA) since it was enacted in 2010, and if you are not sure how the law affects Californians and our local community, do not worry. We have searched through many credible sources and put together a condensed list of the ACA changes. Here are some highlights:

What has already changed since 2010?

- Health insurance must include check-ups and preventive care for free
- Young adults can stay on their parents' health insurance plan until 26 years old
- Insurance companies cannot cancel current health insurance if an individual is sick
- Insurance companies cannot deny care for children because they are sick now or have been sick in the past
- Insurance companies must spend 80% of your money on health care or give you money back

What will change January 1, 2014?

- There will be new ways to get free or low-cost health insurance (including Medi-Cal expansion and premium assistance subsidies through Covered California)
- If an individual does not have health insurance, they will have to pay a fine
- Insurance companies cannot deny anyone health care because they are sick or have a pre-existing condition
- Insurance companies cannot charge an individual more money or limit how much they'll pay because you are sick
- Former youth in foster care who had Medi-Cal at age 18 will be eligible for Medi-Cal until age 26

What is Covered California?

Covered CA is the State's new health insurance marketplace, or "Exchange". Covered CA has two separate markets, one for individuals and families, and another for small businesses (also known as SHOP, Small business Health Options Program). This new health insurance marketplace will provide educational tools, price calculators, and other comparative information that will help individuals make informed decisions when purchasing health insurance plans. Covered CA insurance plans will cover the following 10 essential health benefits:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health and substance use disorder services
- Prescription drugs

- Rehabilitative/habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease support/management
- Pediatric services, including oral and vision care (note: oral and vision care are not included for adults)

Only U.S. citizens and legal permanent residents can purchase health insurance through Covered CA. Those with incomes between 100% - 400% of FPL may be eligible for federal subsidies. Enrollment into Covered CA is available between October 1, 2013 and March 31, 2014. To speak with someone regarding Covered CA, call our partner, Young & Healthy at (626) 795-5166.

For frequently asked questions on health care reform, various State and County insurance options for adults and children, and options for undocumented individuals, visit http://cityofpasadena.net/publichealth/health_care_reform/. If you need assistance with insurance enrollment, PPHD and Young & Healthy may be able to help. We will be out in the community, at events or fairs, at parks and recreation centers, schools, and the libraries. Look for us and the yellow umbrellas, or call (626) 795-5166 or (626) 744-6068.



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 due to increased risk for severe complications from influenza:

- 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
- Travelers and people living abroad

The 2013-2014 influenza vaccine contains a different formulation than last year's vaccine. Due to flu viruses constantly changing, a person needs a flu vaccine every year. Getting vaccinated is the best protection from the flu, for you and your loved ones. 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 22, 2013

9:00 a.m. – 1:00 p.m. Villa Parke Community Center 363 E. Villa Street, Pasadena, CA 91101

Tuesday, October 29, 2013

10:00 a.m. – 12:00 p.m. <u>Jackie Robinson Center</u> 1020 N. Fair Oaks Avenue, Pasadena, CA 91103

2:00 p.m. – 4:00 p.m. <u>Santa Catalina Library</u> 999 E. Washington Boulevard, Pasadena, CA 91104

Tuesday, November 5, 2013

10:00 a.m. – 12:00 p.m. <u>La Pintoresca Library</u> 1355 N. Raymond Ave, Pasadena, CA 91103

Wednesday, November 6, 2013*

10:00 a.m. – 2:00 p.m. <u>Pasadena Senior Center</u> 85 E. Holly Street, Pasadena, CA 91103

Tuesday, November 12, 2013

10:00 a.m. – 12:00 p.m. <u>Allendale Library</u> 1130 S. Marengo Avenue, Pasadena, CA 91106

For more information on the 2013-2014 flu season, visit http://www.flu.gov/. For more information about the Pasadena Public Health Department flu vaccination campaign, call (626) 744-6012.

Extra Precaution At Pettings Zoos!

You and your family may enjoy visiting fairs and petting zoos around this time of year. However, the CDC warns that the flu virus, H3N2v, can spread from pigs to humans (similar to the way the flu is spread from person to person). As a reminder, always wash your hands with soap and water before and after being around animals; if soap and water are not available, use an alcoholbased hand sanitizer. Here are other CDC recommendations to prevent sickness around pigs and other animals:



- . Do not take food and drinks, or toys, pacifiers, strollers and other infant items into pig barns
- Do not get near pigs that look or act sick
- Avoid pig areas if you already exhibit flu-like symptoms
- Avoid pig areas if you have a weakened immune system, a long-term health condition (such as asthma
 or diabetes), or are pregnant, younger than 5 years old or older than 65 years of age

More information is available at http://www.cdc.gov/flu/swineflu/h3n2v-factsheet.htm, including recommendations on what to do if you think you have flu-like symptoms. Consult your health care provider if you are unsure.

^{*}Pre-registration is required at the Pasadena Senior Center. Call (626) 795-4331 to register.

Flu Shots for Kids with Special Needs

The importance of getting children vaccinated against the flu every year cannot be understated. One population that is often under vaccinated is children with neurologic or neurodevelopmental disorders (NND), such as those with intellectual/cognitive disabilities, muscular dystrophy, and epilepsy. Children with NND conditions often have problems with muscle or lung function which can cause difficulty in coughing, swallowing, or clearing fluids from their airways. Therefore these children are at greater risk of experiencing complications (such as hospitalization and death) if they become ill with the flu virus.

A recent study published in the *Morbidity and Mortality Weekly Report* (MMWR) by the Centers for Disease Control and Prevention (CDC) in collaboration with Family Voices and the American Academy of Pediatrics analyzed immunization practices amongst children with NND conditions during the 2011-2012 influenza season. The main findings are as follows:

- Only about 50% of NND children were vaccinated for the flu
- The parents of these children rely on their pediatricians for information about the flu shot
- Out of the identified NND conditions, physicians were less aware that intellectual disability and epilepsy
 can put a child at higher risk for complications from the flu

This makes the role of health care providers crucial in disseminating flu shot information to parents of NND children. These children should only get the flu shot, not the nasal spray formulation. Talk to your health care provider if you have concerns about vaccinating your child against the flu. Go to http://www.cdc.gov/mmwr/pdf/wk/mm6236.pdf (pages 744-746) to read the entire study.

Free Nutrition & Physical Activity Promotion Classes

Childhood obesity is a major health concern in Pasadena, resulting from unhealthy food choices and lack of physical activity. According to the California Medical Association, if childhood obesity trends continue, today's children will become the first generation to live shorter lifespans than their parents. Research has shown that regular physical activity and proper nutrition can decrease obesity, as well as other chronic diseases.

To help with this major health concern, the City of Pasadena Public Health Department Nutrition and Physical Activity Program is now offering free nutrition classes. The classes are fun and interactive for adults and caregivers, taught in English or Spanish, and offered in either the mornings or early evenings. Topics included in the 4-class series are food groups, benefits of physical activity, a grocery store tour and learning how to read nutrition food labels, as well as tips about making healthier food and beverage choices. For more information about the Nutrition and Physical Activity Program and how to sign up for these free classes, please contact Margarita Aguilar at (626) 744-6134.

The Nutrition and Physical Activity Program is funded through a grant provided by the Network for a Healthy California (Network). The mission of the Network is to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet-related chronic diseases.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer.

In the month of October, the free English classes will be offered on Tuesday mornings; the Spanish classes will be offered on Thursdays in the early evening. Call (626) 744-6134 to register.

For further resources please visit the following sites:

- http://cityofpasadena.net/publichealth/npa/
- http://www.choosemyplate.gov/
- http://www.cachampionsforchange.cdph.ca.gov/
- http://www.notmykids.net/

Pertussis Prevention in Infants

In 2013 thus far, over 1,000 cases of pertussis (or whooping cough) have been reported in California. Although the reported number may not appear to be significant compared to the outbreak in 2010, pertussis continues to be a threat to infants, resulting in either hospitalization or death. The Pasadena Public Health Department would like to remind you of the following to protect all newborns from this disease:

- At every pregnancy, women should receive the tetanus, diphtheria and pertussis (Tdap) vaccine during the third trimester (between 27 and 36 weeks' gestation). Infants can be protected by maternal antibodies that are transferred through the placenta.
- If Tdap was not administered during pregnancy, it should be given immediately postpartum. Additionally, all who will have close contact with the infant should receive Tdap vaccination (including parents, siblings, grandparents, care takers, etc.).
- Symptoms of pertussis should be recognized so that infants can receive treatment in a timely manner.
 Parents have reported instances where the infant has gagged or gasped, stopped breathing (apnea),
 turned blue, red or purple in face, or vomited after coughing. If unsure, the infant should see a
 healthcare provider immediately.

Keep in mind that pertussis in adolescents and adults may have symptoms similar to bronchitis and asthma. Therefore there is often misdiagnosis, a delay in seeking treatment, and a greater chance of transmitting the disease to infants. Adolescents and adults should seek attention from a healthcare professional if you think you have pertussis. For more information on protecting infants from pertussis, go to http://www.cdph.ca.gov/programs/immunize/Documents/Flyer-PertussisisPeaking.pdf.

Halloween Safety Tips

For many kids, Halloween is an exciting time of year. Like all holidays, we want to make sure you and your children celebrate safely. The following tips from the American Academy of Pediatrics (AAP) will help you to reduce risk of injury during Halloween time:

- Choose costumes that are bright and reflective to increase visibility at night. Reflective tape or striping can be added to Halloween costumes and trick-or-treat bags.
- Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement, or contact with flame
- Do not allow small children to carve pumpkins. Children can draw their designs on the pumpkins, and then adults can do the carving.
- Have a parent or responsible adult accompany young children when they are trick or treating.
- Double check treats when children return home. Though tampering is rare, closely examine all treats and throw away any spoiled, unwrapped, torn, or suspicious items.
- Remember, pedestrian injuries are the most common injuries to children on Halloween so stay on sidewalks, carry a cell phone, use cross walks, and do not assume cars see you or your kids.

Have a happy and safe Halloween! For more tips, please visit the American Academy of Pediatrics website at: http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Halloween-Safety-Tips.aspx.



Lead Recalls

The Pasadena Childhood Lead Poisoning Prevention Program (CLPPP) constantly seeks a lead-free environment for newborns and young children. This holiday season, make sure the most recent lead recalls are not found in your home.

Far East Broker – Ladybug-themed Outdoor Furniture Series (Recalled on 07/31/13)

The red surface paint on the furniture contains lead exceeding appropriate levels. The furniture includes a camp chair, folding chair, moon chair, double-seat swing chair, and a patio set that includes two chairs, a table and an umbrella. See the pictures for more detail.



Sleepharmony - Pink Youth Beds (Recalled 08/06/13)

The pink surface paint on the youth beds (twin-sized beds) contains levels of lead that exceed standards. There are three (3) pink heart-shaped designs on both the footboard and the headboard. The model number, which can be found on the box, is MB-YPT-R1. The black and white models and the mattresses are not included in this recall. View the picture to the right.

Santos – Rewadi Sugar Candy (Recalled 09/13/13)

Santos Rewadi Sugar Candy, batch 12/030, imported from India, was found to contain as much as 0.22 parts per million (ppm) of lead, which exceeds the State contamination standards of 0.10 ppm lead. The product



is sold in a 7 ounce (200 g) clear package, with a picture of an elephant. The brand "Santos", is name. written in yellow text with red background. Pregnant women and children who have consumed the candies should consult their health care provider immediately. View the picture to the left.



You are invited!

The Pasadena CLPP Program is holding the Quarterly Collaborative Meeting on Thursday, September 26th, from 1:30 to 2:30 pm. The meeting will be held at the Public Health Department, located at 1845 N. Fair Oaks Avenue, (cross street Tremont Ave), in Room 1120. Community organizations, clinic managers, and health care staff are all invited to join in the discussion on updates from the State lead poisoning prevention program, local lead case management, and more. Reserve your spot by calling us at (626) 744-6171.

Lead-Free Kids for a Healthy Future!

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 availabe at PPHD (click on the address, which contains a hyperlink to a map of the event).

- 09/29 Alpha Kappa Alpha Sorority, Inc. Community Health & Resource Fair, 10:00 am to 2:00 pm at Jackie Robinson Park and Community Center, 1020 N. Fair Oaks Ave
- 10/18 Passageways Homess Connect Day, 10:00 am to 2:00 pm at the Salvation Army, 960 E. Walnut St
- 10/19 15th Annual Latino Heritage Parage and Jamaica, 11:00 am to 4:00 pm at La Pintoresca Park, 45 E. Washington Blvd
- 10/26 NATHA Lincoln Village Festival, 12:00 to 4:00 pm at John Muir High School, 1905 Lincoln Ave
- 11/01 Women's Health Conference & Green Expo, 7:30 am to 3:00 pm at the Pasadena Convention Center, 300 E. Green St
- 11/09 Adelante Young Men, 7:00 am to 3:00 pm at Pasadena City College, 1570 E. Colorado Blvd
- 11/16 Latinos Mejor Salud/Mejor Vida (Latinos Better Health/Better Life), 8:00 am to 3:00 pm at Villa-Parke Community Center, 363 E. Villa St

Every month, you can also find our Operation Street Team at the same spot, same time to receive a free and confidential HIV test. You can't miss the mobile unit; just drop in (click on the address, containing a hyperlink of a map to find Operation Street Team).

- 1st Monday of the month, 4:30 to 8:00 pm, Corner of Walnut Ave & Garfield Ave, 91101
- **3rd Thursday** of the month, 12:30 to 2:30 pm, 500 E. Villa Ave, 91103
- 4th Monday of the month, 10:00 am to 2:00 pm, 9900 Baldwin Place, El Monte, CA 91731
- 4th Thursday of the month, 5:00 to 9:00 pm, Corner of Hammond St & Morton Ave, 91103
- **4th Friday** of the month, 5:00 to 9:00 pm, Corner of Orange Grove Ave & Marengo Ave, 91101

Pet Dog Licensing

In order to improve Pasadena animal services, dog licensing must now be purchased and/or annually renewed at the Pasadena Humane Society & SPCA (PHS), effective July 1, 2013. California law requires proof of licensure and proof of current rabies vaccination. Applications can be brought directly to PHS at 361 S. Raymond Avenue during the following business hours:

- Monday CLOSED
- Tuesday through Friday 9 am to 6 pm
- Saturday 9 am to 5 pm
- Sunday 11 am to 5 pm

Applications can also be placed in a drop-box at Pasadena City Hall, Municipal Services Payment Center, on 100 N. Garfield Avenue Room N106. The box will be checked weekly by PHS licensing officers. For more information on licensing, please call the Pasadena Humane Society & SPCA at (626) 792-7151, ext. 115 or visit http://www.pasadenahumane.org/licensing.

The Great ShakeOut

This year, the Great ShakeOut, California's annual drill to practice earthquake preparedness will occur on October 17th at 10:17 am. We may already be accustomed to "drop, cover, and hold on," but for those with limited mobility, additional precautions must be set in place. Here are some considerations:

- Always protect the head and neck; use your arms, a pillow, or a book
- If it is difficult to get safely to the floor, get as low as possible, away from windows or other areas where items can fall on you
- If using a wheelchair, lock the wheels, protect your head and neck, and remain seated until shaking stops
- If in a recliner or bed, protect your head and neck, and remain there until shaking stops

For more tips on creating an emergency preparedness plan and assisting others with disabilities during an earthquake (including visually and hearing impaired), visit http://www.earthquakecountry.org/downloads/ShakeOutEarthquake_Guide_Disabilities_AFN.pdf.

