San Joaquin County Public Health Services



Spring 2014 Newsletter

E-Cigarettes: Gateway Drug for Youth?

Over the past 50 years, great strides have been made in the fight against smoking and tobacco use. Unfortunately, emerging technologies, such as ecigarettes, could reverse these positive trends, especially among youth.

Electronic cigarettes (e-cigarettes) are battery-operated devices that allow the user to inhale a vaporized liquid nicotine solution and simulates the act of smoking. Since e-cigarettes do not contain tobacco, they are not regulated like tobacco products, including the advertisement and sale to minors. They are widely sold online and there are a number of shops in Stockton that specialize in e-cigarettes and related accessories.

Data from the National Youth Tobacco Survey (NYTS) show marked increases in e-cigarette and conventional cigarette use between 2011 and 2012.¹ This is especially concerning due to the potential negative impact of nicotine on adolescent brain development, as well as the risk for nicotine addiction and initiation of the use of conventional cigarettes or other tobacco products. Additionally, the long-term effects of e-cigarette use remain to be researched. CHDP providers should inquire about e-cigarette use and warn of their potential harm alongside questions and anticipatory guidance for tobacco use. For more information, visit <u>www.trdrp.org</u>. To contact the Smoking & Tobacco Outreach/Prevention Program in San Joaquin County, call (209) 468-2415.

Preventing Tooth Decay with Fluoride

Substantial research has been conducted on the relationship between fluoride and the prevention of dental caries.² It is highly effective in preventing the onset of dental caries as well as arresting incipient decay. Although fluoride can act systemically, the primary mode of action in preventing caries is topical.

One especially effective method of topical fluoride in children and infants is fluoride varnish application. Evidence shows that fluoride varnish prevents 33-46% of dental caries with an even higher efficacy of 58% in high risk children.² When prescribed, fluoride varnish can be applied to teeth in medical offices, clinics, and community settings by medical staff trained in fluoride varnish application. It does not require a dental setting or specialized dental equipment or supplies.

An excellent training on the application of fluoride varnish has been developed by the CHDP Oral Health Subcommittee and is available on the state CHDP website (www.dhcs.ca.gov/services/chdp), free of charge. This training can be conducted by CHDP staff or as a provider self-training module. If you have any questions about fluoride varnish, these training materials or would like to schedule a training, please contact Krysta Titel at 468-8918 or <u>ktitel@sjcphs.org</u>.

Health Exam for School Entry

Thank you to our CHDP providers, principals, health administrators, school nurses and clerks for making sure students start school healthy and ready to learn. The Health Examination for School Entry includes a well-child check-up and necessary immunizations before first grade entry, demonstrating the importance of health to learning.

This school year, 85.7% of students entering first grade (in districts who submitted an annual report) received a health exam, and 99.1% of students entering first grade submitted a report of health exam or waiver. Special recognition goes to Escalon, Manteca, New Hope and Oak View school districts where 100% of students entering first grade submitted a report of health exam or waiver.

CHDP providers continue to be a valuable resource in administering health exams and immunizations for children entering school. For more information about the School Health Examination Annual Report, please contact Krysta Titel at 468-8918 or ktitel@sjcphs.org.

¹Centers for Disease Control and Prevention. Notes from the Field: Electronic Cigarette Use Among Middle and High School Students — United States, 2011–2012. Accessed 4/3/14 at <u>http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm s_cid=mm6235a6 w</u> ²Fluoride and dental caries prevention in children. Pediatrics in Review. Accessed 2/26/14 at <u>http://www.cdp.ca.gov/programs</u> MCAHOralHealth/Documents/MO-OHP-FluorideandDentalCariesPreventioninChildren-PediatricsinReview.pdf

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"Breastfeeding is the one thing we can do to equalize the effects of poverty."

-James Brown



Breastfeeding Support at Public Health Services (PHS) WIC

Did you know that the San Joaquin County PHS WIC Program has International Board Certified Lactation Consultants (IBCLC) on staff offering a variety of lactation services to mothers and their babies? PHS WIC is committed to the promotion, protection and support of breastfeeding as we believe that it is the best feeding method for our babies.

We encourage all prenatal mothers to breastfeed their infants by providing evidence -based breastfeeding education and postpartum lactation support. We also have a Breastfeeding Peer Counselor Program that offers mother-to-mother support. As a clinician, you play a key role in promoting and supporting breastfeeding and we are here to help! WIC can serve as a convenient referral resource for patients who need help and support with breastfeeding. For more information about the PHS WIC Program, please contact our WIC office at 209-468-3280.

*Article provided by Priti Rane, Public Health Services WIC Coordinator

Safe Sleep Environment: Addressing Infant Mortality Caused by SIDS and Suffocation

In a 2011 policy statement, the American Academy of Pediatrics (AAP), stated that "despite a major decrease in the incidence of sudden infant death syndrome (SIDS) since [the early 1990s],...other causes of sudden unexpected infant death that occur during sleep (sleep-related deaths), including suffocation, asphyxia, and entrapment, and ill-defined or unspecified causes of death have increased." Additionally, research has demonstrated that many of the modifiable and nonmodifiable risk factors for SIDS and suffocation are strikingly similar. As such, the AAP released an expanded set of recommendations focusing on the subset of sudden unexpected deaths in infancy that occur during sleep. The following recommendations should be discussed with all expecting and delivered parents. For more information on these recommendations, visit www.cdph.ca.gov/programs/SIDS.

Share These Recommendations with ALL Families:

- 1. Back to sleep for every sleep by every caregiver until 1 year of life
- 2. Use a firm sleep surface (i.e. a firm mattress, covered by a fitted sheet)—Infants should not be placed for sleep on beds because of the risk of entrapment and suffocation
- 3. Room-sharing without bed-sharing is recommended—because of the extremely high risk of SIDS and suffocation on couches and armchairs, infants should not be fed on a couch or armchair when there is a high risk that the parent might fall asleep
- 4. Keep soft objects and loose bedding out of the crib to reduce the risk of SIDS, suffocation, entrapment, and strangulation
- 5. Pregnant women should receive regular prenatal care
- 6. Avoid smoke exposure during pregnancy and after birth
- 7. Avoid alcohol and illicit drug use
- 8. Breastfeeding is recommended—the protective effect of breastfeeding increases with exclusivity, however any breastfeeding has been show to be more protection against SIDS than no breastfeeding
- 9. Consider offering a pacifier at nap time and bedtime—for breastfed infants, delay pacifier introduction until breastfeeding has been firmly established, usually by 3 to 4 weeks of age
- 10. Avoid overheating—parents should evaluate the infant for signs of overheating, such as sweating

Vaccines Protect Everyone

Vaccines are one of the greatest public health success stories in history. Serious outbreaks of disease can occur in communities when the people, including CHDP patients and families, are not protected against contagious diseases. Vaccines can protect everyone. As many as 16 serious diseases, such as polio, whooping cough (Pertussis), tetanus, chickenpox and measles, can be prevented by recommended, routine immunizations.

Immunizations have a long, safe, history and have increased the lifespan about 30 years for residents of the United States. Immunizations begin as early as birth to protect infants from disease as soon as possible. Long lasting protection may require many immunizations over several months or years and a booster may be necessary to give long term protection.

Avoiding, spreading out, or not following the recommended immunization schedule can result in serious illness or disease, or worse, death. Encourage all CHDP patients and families to be vaccinated according to the CDCs recommended schedule which can be viewed at:

- For birth—6 years: <u>http://www.cdc.govvaccines/schedules/easy-to-read/child.html</u>
- For ages 7-18 years: <u>http://www.cdc/gov/vaccines/schedules/easy-to-read/</u> preteen.html
- For ages 19 years and older: <u>http://www.cdc.gov/vaccines/schedules/easy-to-read/</u> adult.html

*Article Provided by Kelly Austin, Public Health Services Immunization Program Coordinator

The Toll of the Anti-Vaccination Movement

The Global Health Program at the Council on Foreign Relations created the graphic at the right from data collected since 2008 on vaccine-preventable outbreaks. The red, brown and blue dots represent Measles, Mumps, and Rubella, respectively. The green dots, that cover most of the United States, represent Whooping Cough. To access this interactive map, click on the graphic or visit http:// www.cfr.org/interactives/ GH Vaccine Map/#map.



As of January 1, 2014, with the passing of Assembly Bill (AB) 2109, parents in California who wish to receive a personal belief exemption from immunizations for their children must complete specific documentation. A health care practitioner must sign the documentation indicating that they have informed the parents of the benefits and risks of immunization, as well as the health risks to the child and the community of the communicable disease for the which the immunization is required. For more information about the Personal Beliefs Exemption and copies of the form, visit www.shotsforschool.org. The form is also included as *Attachment A*.

"Make sure your family and students are protected." -California Department of Public Health



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Friendly Reminders about the PM160

CHDP Hearing Screens: Tips & Techniques

Hearing loss seriously affects a child's ability to learn the appropriate language, speech, and social skills needed to function in their environment. A child with undiagnosed hearing loss may feel isolated from their environment and be at risk for learning and behavioral problems. A CHDP hearing screen is important in diagnosing hearing loss and is required on every well child check-up.

Start CHDP hearing screenings at age three in a quiet, "child- friendly" area to reduce the number of "uncooperative" screening attempts. Several useful screening techniques to keep in mind are:

- Smile. Talk to the child. Remember, any child may be anxious and crying.
- Avoid words like "test". With young children, choose phrases like "Let's play a listening game".
- Demonstrate how to wear the headset, how to push the button, and what the beep sounds like before you put the head set on children.
- Keep facial expressions pleasant during screening and avoid saying, "Did you hear that?" Simply record the results while reassuring that child is doing "great". This is a screening only.
- Use 25dB for testing at 1000, 2000, 3000, and 4000 Hz in both left and right ears. Use the pulsating tone only.
- A recheck, can be scheduled in 4-6 weeks if the child does not pass the screening. If the child does not pass the second screening, the physician should refer the child to an audiologist for diagnostic testing.
- Record results on a screening chart, not a diagnostic chart (*Attachment B*)
- Practice gripping the ear muffs, stretching and sliding them over the temple area to cover the ears. This action simultaneously brushes the hair away from the face and makes the head set easier to remove. Remove the headset by placing thumbs in the head set brackets, stretching the headset straight out, and lifting up to prevent pulling the hair.

Don't forget to ask parents if they are exposing small children to loud music in cars or homes and discuss with teens the relationship of hearing loss to loud music.

Refer to *Attachment C* for a sample PM 160 with the results of a hearing screen recorded. For additional questions, contact Donna Skidgel, PHN, at 468-8922 or <u>dskidgel@sjcphs.org</u>.

Connecting the Community for a Healthier Tomorrow

FREE Community Health Forum

Saturday, May 17, 2014 10AM—2PM Stockton Memorial Civic Auditorium

FREE food demonstrations, health screenings, information booths and smoothie tasting!

See attached flyer for details

CHDP Newsletter Team

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Coordination	Lois Wooledge, PHN II

Charlene Devera PHN I

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CHDP Outreach & Support

For article contributions, topic suggestions and mailing list updates, please contact Krysta Titel at 468-8918 or ktitel@sicphs.org.

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The California Department of Public Health places strict controls on the gathering and use of personally identifiable data. Personal information is not disclosed, made available, or otherwise used for purposes other than those specified at the time of collection, except with consent or as authorized by law or regulation. The Department's information management practices are consistent with the Information Practices Act (Civil Code Section 1798 et seq.), the Public Records Act (Government Code Section 6250 et seq.), Government Code Sections 11015.5 and 11019.9, and with other applicable laws pertaining to information privacy.

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FREE - Community Health Forum Connecting the Community for a Healthier Tomorrow Saturday, May 17, 2014

Stockton Memorial Civic Auditorium 525 N. Center St, Stockton CA 95202 10 AM – 2 PM Registration Required by May 2, 2014

Be Inspired by These Dynamic Speakers:



Manuel V. Scott, Original Freedom Writer!

Hear an inspiring story from an original "Freedom Writer" about how he changed his environment to improve his wellbeing. His story is included in the feature film, *Freedom Writers!*



Michael Marks, Your Produce Man!

As seen on *Good Day Sacramento*! Learn tips on how to pick the best produce, store it, and get tasty recipe ideas.



Nikki Shaw, The Sensible Chef and Radio Host of *Today's Flavor!*

See a healthy cooking demonstration and hear advice on how to make smart food choices and stay physically active.

REGISTRATION REQUIRED AT: http://bit.ly/chforum OR CALL: 209-468-8637



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.



FREE Food Demonstrations! FREE Health Screenings! FREE Information Booths! FREE Smoothie Tasting!



FREE Lunch for those who register by May 2, 2014!



SAN JOAQUIN COUNTY Public Health Services Healthy Future