



Child Health and Disability Prevention Program

Winter 2020 Newsletter

CHDP Updates

CHDP Provider Manual Discontinued

CHDP program information is currently incorporated into the EPSDT/CHDP sections of several different Medi-Cal provider manuals. For specifics, please see <http://files.medi-cal.ca.gov/pubsdoco/bulletins/artfull/chdp201911.asp> as the CHDP Provider Manual is discontinued.

Providers are encouraged to update their settings on the Medi-Cal Subscription Service (MSS) in order to continue receiving CHDP content. Information on how to subscribe can be found at http://files.medi-cal.ca.gov/pubsdoco/mcss/mcss_help.asp. Providers can also call the Telephone Service Center (TSC) at 1-800-541-5555 during regular business hours for questions regarding these changes.

Dental Care Coordination

Beginning January 1, 2020, CHDP will offer care coordination services to Medi-Cal dental (Denti-Cal) providers for fee-for-service children who are lost to care. The goals of these new services are to:

- Minimize the number of Medi-Cal members ages 0-6 years of age who have been referred or scheduled for a dental appointment who have not had dental follow-up/care.
- Minimize the number of Medi-Cal members under 21 years of age with an urgent/emergent dental condition who have not had dental follow-up/care.
- Educate and assist Medi-Cal members whose care is being followed by CHDP to establish a dental home.



These care coordination services are not intended to supplant Dental Transformation Initiative (DTI) efforts (SJTEETH in San Joaquin County). Medi-Cal dental providers participating in SJTEETH activities may not refer to the CHDP program as a mechanism to substitute their efforts or to enhance DTI incentive payments.

More information about CHDP's new role will be forthcoming. For all currently available information please see https://www.denti-cal.ca.gov/DC_documents/providers/provider_bulletins/Volume_35_Number_34.pdf.

Let's Celebrate Fluoride Varnish!

Every February is National Children's Dental Health Month and this year we would like to celebrate by encouraging families to make sure that kids are receiving fluoride varnish at both the doctor and dentist offices. Children with Medi-Cal up to the age of 6 years can receive fluoride varnish:

- **Three times a year at the pediatrician's office AND**
- **Three times a year at the dentist's office.**

It is important to protect baby teeth because they allow a child to eat, speak, and smile with confidence. Children should be referred to a dentist by the first tooth or first birthday, whichever comes first.

CHDP has an informational brochure for families about fluoride varnish that can be given to families after application. Parents can read about what fluoride varnish is, why baby teeth are important, what foods the child should avoid after application, and simple steps to take care of their child's teeth. The brochure is available online here: http://www.sjcphs.org/familyhealth/documents/20180522_%20CHDP_Provider%20Resource_FluorideVarnish%20Brochure.pdf. It is also included as **Attachments C and D**.

For more information about fluoride varnish, please visit <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx>.



Old Habit, New Methods, Still Risky

E-cigarette, or vaping, product use-associated lung injury (EVALI) is a dangerous new condition that has dominated the news cycle after hospitalizing over 2,000 people nationwide for the past several months. Researchers are unsure of the exact cause, only that most cases seem to occur after the patient used tetrahydrocannabinol (THC)-containing products in a vaping device.

E-cigarettes (e-cigs) are the most commonly used tobacco product among youth and have been since 2014. In 2018, the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) found that 1 in 5 high schoolers and 1 in 20 middle schoolers had vaped in the last 30 days. During 2017 and 2018, their use among youth rose so quickly that the U.S. Surgeon General called it "an epidemic".

As always, it is important to remind kids and youth that e-cigs are harmful and that the aerosol from vaping is not just water vapor. It can contain:

- Nicotine
- Cancer-causing chemicals
- Volatile organic compounds (VOCs)
- Ultrafine particles
- Flavorings that have been linked to lung disease
- Heavy metals such as nickel, tin, and lead



For more information from the CDC as well as examples of different vaping devices see **Attachments A and B**. Visit https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/healthcare-providers/index.html for more updates on EVALI.

News and Resources

Medical Marijuana on Campus

A new California law (SB 223) will allow school boards to decide whether students with severe needs will be able to have their prescribed medical marijuana administered on school grounds, provided it is not smoked or vaped.

Previously, medical marijuana was allowed, but caregivers had to take the student off-site to administer it. The law goes into effect January 1, 2020.

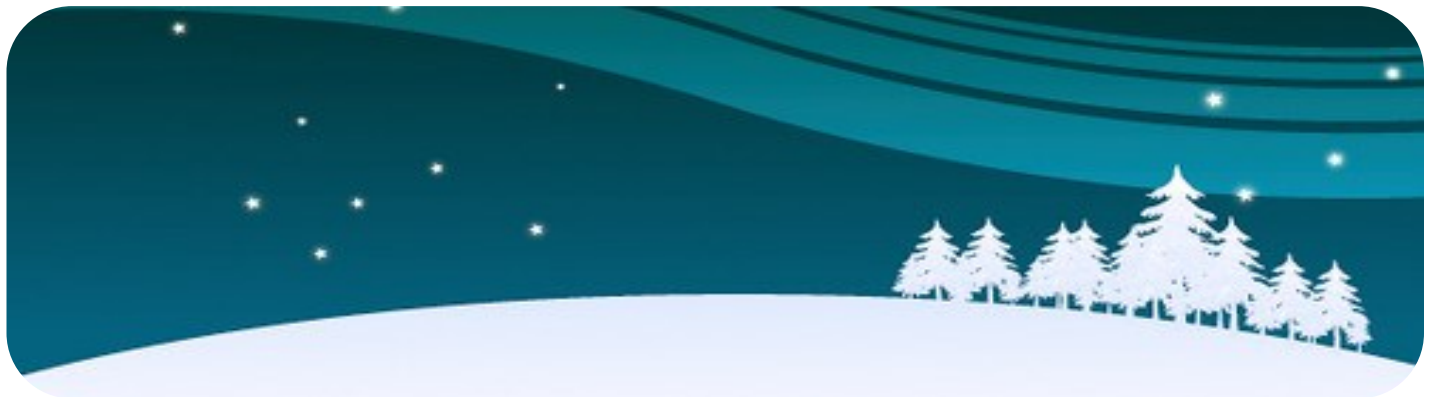
For more information, please see: https://leginfo.ca.gov/faces/billTextClient.xhtml?bill_id=201920200SB223.

Heavy Metals in Baby Food

A new nationwide study found heavy metals, including lead and arsenic, in most of the 168 baby foods that were tested. Rice-based products contained the highest levels of toxic materials. Only nine foods had zero heavy metals. The full report can be accessed here: <https://www.healthybabyfood.org/>.

Lead Prevention Materials

Providers can order educational materials, including information on proper nutrition, from the Childhood Lead Poisoning Prevention Program (CLPPP). Please call or email Ursula Fung at 209-468-2593 or ufung@sjcphs.org. More information on lead can be found at <http://clppp.sjcphs.org/>.



Required CHDP Vision Training

Date: Wednesday, January 15, 2020

Time: 9:00am - 12pm

Location: Conference Room, 2233 Grand Canal Blvd. Suite 214, Stockton, 95207

The registration deadline is Wednesday, January 8th. See **Attachment C** to register.

All staff who conduct vision screenings for CHDP children are required to attend this training every 4 years. For questions, call or email Gwen Callaway at 209-468-8918 or gcallaway@sjcphs.org.

CHDP Team

CMS Medical Director	Maggie Park, MD
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CHDP quarterly newsletters are not intended to take the place of the Medi-Cal Provider Manual, Provider Information Notices (PINs), or any other official correspondence from the California Department of Health Care Services. For article contributions, topic suggestions, and mailing list updates, please contact Gwen Callaway at 468-8918 or gcallaway@sjcphs.org.

E-cigarettes and Youth: What Educators and Coaches Need to Know

WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.
- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.

WHAT ARE THE RISKS FOR YOUTH?

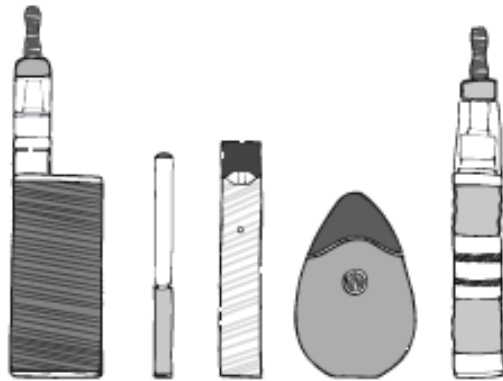
- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:

» Nicotine	» Ultrafine particles
» Cancer-causing chemicals	» Flavorings that have been linked to lung disease
» Volatile organic compounds	» Heavy metals such as nickel, tin, and lead



WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



WHAT CAN YOU DO AS AN EDUCATOR OR COACH?

As an educator or coach, you have an important role in protecting students from e-cigarettes.

- Engage your students in discussions about the dangers of e-cigarette use.
- Take advantage of free resources.
 - » CDC offers educators and coaches a free downloadable presentation about the risks of using e-cigarettes among youth at www.CDC.gov/e-cigarettes.
 - » FDA provides high school teachers lesson plans and classroom activities at www.scholastic.com/youthvapingrisks.
- Develop, implement, and enforce tobacco-free school policies and prevention programs that are free from tobacco industry influence, and that address all types of tobacco products, including e-cigarettes.
- Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at www.CDC.gov/e-cigarettes.

www.CDC.gov/e-cigarettes

ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

As an educator or coach, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL’s nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

SAN JOAQUIN COUNTY
PUBLIC HEALTH SERVICES
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM (CHDP)

Fluoride Varnish



**HELPING
SMILES STAY
STRONG**

If you need help finding a dentist or pediatrician for your child call CHDP at 209-468-8335.

Dentist Name: _____

Phone Number: _____

Next Appointment: _____

SAN JOAQUIN COUNTY
PUBLIC HEALTH SERVICES
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM (CHDP)

P.O. Box 2009 Stockton, CA 95201
Phone: 209-468-8335
Fax: 209-953-3632



Dental Health Tips for Parents

- Wipe your infant's gums every day with a damp, clean cloth.
- Take your child to a dentist by first tooth or first birthday—whichever comes first.
- Get fluoride varnish from the doctor and dentist.
- Avoid giving milk, juice, or soda at bedtime.
- Limit sugary snacks, drinks, and juices. Water is best!
- Check your child's teeth often for white, black, or brown spots.
- Brush your child's first teeth with a rice grain-sized amount of fluoride toothpaste then a pea-sized amount when they can spit, around 3 years old.



0-3 years

3 and up

Fluoride Varnish Is:

A thick liquid that is painted on teeth to prevent tooth decay



Benefits of Fluoride:

- Helps strengthen teeth
- Can reverse early decay
- Quick
- Easy
- Painless



Why Should We Protect Baby Teeth Using Fluoride ?

- Baby teeth help a child eat, speak, and smile.
- Baby teeth hold space in the jaw for adult teeth to grow in.
- Tooth decay pain can make it hard for a child to learn in school.
- Strong and healthy teeth makes a visit to the dentist easy and painless.



Where Can My Child Get Fluoride Varnish?

- Pediatrician's office*
- Dentist's office
- School
- Health fairs

*Your child can get fluoride varnish at the pediatrician's office 3 times a year up to the age of 6!

Fluoride Varnish Tips for Parents

- Drinking water is ok.
- No crunchy, sticky, hard, or hot foods for the rest of the day.
- Don't brush or floss for at least 4-6 hours or until the next day.
- Any yellow color will go away.



Child Health and Disability Prevention Program

Vision Screening Training Registration Form

January 15, 2020

9:00am – 12:00pm

Conference Room

Children’s Medical Services

2233 Grand Canal Blvd.,

Ste. 214, Stockton 95207

***Lunch will not be
provided**

- o Bring your office’s vision charts
- o Fill out one form per participant—please write legibly.
- o The training will include instruction on vision screening background and techniques as well as requirements for screening CHDP children.
- o There will be a presentation and hands-on practice.
- o Any staff from a San Joaquin County CHDP provider office may attend.
- o Staff must be certified by CHDP every 4 years.

Registration Deadline: January 8, 2020 (register early—seating is limited)

*****Participants MUST bring the vision charts used for screening in their offices*****

Name: _____ Phone: _____ Email: _____

Office Name: _____ City: _____ Zip: _____

Fax form to: (209) 953-3632

OR

Mail form to: P.O. Box 2009, Stockton, CA 95201-2009

For more information, contact Gwen Callaway, CHDP Health Educator, at 209-468-8918 or gcallaway@sjcphs.org