

San Joaquin County Public Health Services

Child Health & Disability Prevention



Gateway To Health Coverage

Fall 2012 Newsletter

Provider Survey Update

In our Summer 2012 Newsletter, CHDP provider offices were invited to complete a short survey to provide feedback on their interests and preferences for future newsletters. We only received three completed surveys. We urge you to take a few moments to complete the attached survey which will help us improve the newsletter in order to tailor it to your needs and provide the most relevant, useful information for you and your staff. Completed surveys can be faxed to 468-2185. Thank you!

Current Trends in Teen Smoking

Each day in the United States, approximately 3,800 young people under 18 years of age smoke their first cigarette, and an estimated 1,000 youth in that age group become daily cigarette smokers. More than 80% of adult smokers begin smoking before age 18. In 2009, 19.5% of high school students reported smoking at least one cigarette in the past month—this rate is more than two times higher for white, non-Hispanic high school students (22.5%) compared to black, non-Hispanic high school students (9.5%).

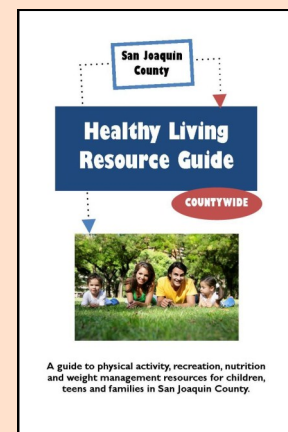
Some of the factors associated with youth tobacco use include low socioeconomic status, exposure to smoking in movies, accessibility, availability and price of tobacco products, low self-esteem, a lack of skills to resist influences of tobacco use, high-risk sexual behavior, and alcohol and other drug use. The Centers for Disease Control and Prevention (CDC) recommend that national, state and local programs reduce and prevent youth tobacco use through counter advertising, comprehensive school-based policies and programs, community interventions, and increased excise taxes.¹

In San Joaquin County, the Public Health Services Smoking and Tobacco Outreach/Prevention Program (STOPP) promotes local policies and practices that will reduce or eliminate exposure to secondhand smoke, and restrict youth access to tobacco products. In addition, STOPP sponsors and supports the Community Tobacco Coalition, maintains a listing of free and low cost smoking cessation programs, and supports overall public health efforts to identify and eliminate health disparities that contribute to unhealthy habits and lifestyles, including tobacco use. For more information, please contact Ina Collins at 468-2411 or icollins@sjcphs.org.

¹Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health (2012). *Youth and Tobacco Use*. Retrieved 11/20/12 from www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

Healthy Living Resource Guide

A new resource guide has been developed and published for health care providers and community advocates to use in addressing obesity.



This guide provides information about physical activity, recreation, nutrition and weight management resources in San Joaquin County. CHDP providers are encouraged to utilize this guide in promoting healthy habits among patients and their families.

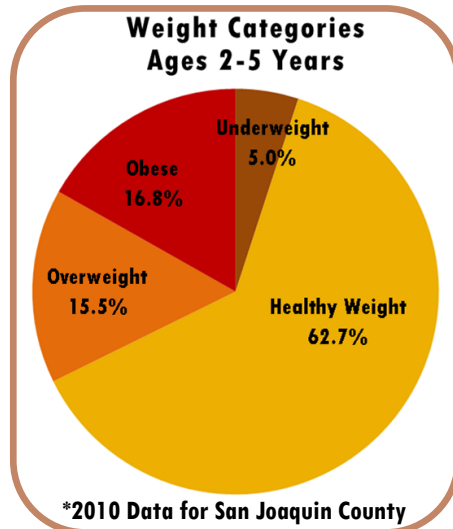
For more information as well as free copies of the Healthy Living Resource Guide, please contact Krysta Titel at 468-8918 or ktitel@sjcphs.org.

Pediatric Nutrition Surveillance System: A Snapshot of San Joaquin County



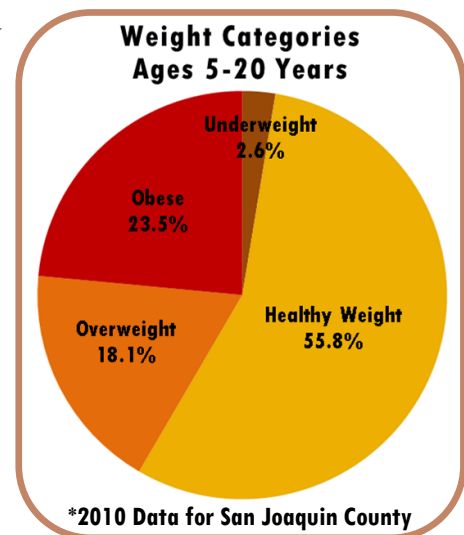
“New data suggest that obesity is now responsible for more disability and activity limitations than smoking.”

-California Obesity Prevention Plan



These pie charts show the breakdown of weight categories for children ages two to five and five to twenty in San Joaquin County. **Thirty-two percent of children ages two to five and 41.6% of children ages five to twenty are overweight or obese.** Among the 60 counties and cities with adequate data to report, San Joaquin County ranks 30th in regards to combined overweight and obesity prevalence for children ages five to twenty. This prevalence rate is slightly lower than the California prevalence rate (42.0%), but still far exceeds the 2000 CDC reference of 15%.³

CHDP utilizes these local data to track obesity trends in San Joaquin County, aligning with the California Obesity Prevention Plan⁴ and California state CHDP performance measures. Additionally, these data are shared with community partners to garner support for obesity prevention efforts. (continued on page 3)



Recommended CHDP Provider Role

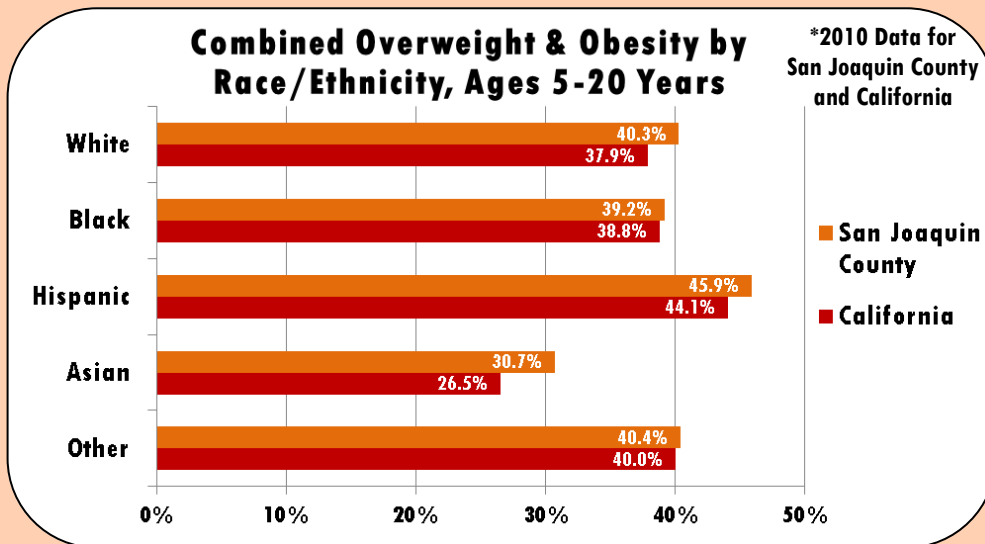
- Screen weight status starting in infancy (using BMI Percentile starting at age two)
- Share weight status with family and recommend health habits
- Refer family to community resources and/or recommend medical follow-up

²Department of Health Care Services, Child Health and Disability Prevention Program (2010). *Pediatric Nutrition Surveillance System (PedNSS) 2010 Data Tables*. Retrieved 6/19/2012 from www.dhcs.ca.gov/services/chdp/pages/PedNSS2010.aspx

³Kuczmarski RJ, Ogden CL, Guo SS, et al. *2000 CDC growth charts for the United States: Methods and development*. National Center for Health Statistics. Vital Health Stat 11(246). 2002

⁴California Department of Public Health (2010). *California Obesity Prevention Plan: A Vision for Tomorrow, Strategic Actions for Today*. Retrieved 11/28/2012 from www.cdph.ca.gov/programs/COPP/Pages/CaliforniaObesityPreventionPlan.aspx

Pediatric Nutrition Surveillance System: A Snapshot of San Joaquin County (Cont.)



“Where people live, work and play impacts obesity.”
-California Obesity Prevention Plan

The above bar graph portrays the racial/ethnic disparities in San Joaquin County and California among children ages five to twenty years. Overweight and obesity prevalence rates are higher for all races/ethnicities in San Joaquin County compared to California, with marked differences among Whites, Hispanics and Asians. Hispanics have the highest prevalence rates with 49.5% of children ages five to twenty who are overweight or obese. Furthermore, among Hispanic children, over half of those ages 12-14 years are overweight or obese.



Steps to Prevention: Health Messages for All Children

Early intervention is an important first step towards prevention for childhood obesity. Overweight and obesity in children typically occurs when children **eat/drink** excess calories and do not get sufficient **physical activity**. All children can benefit from counseling on the following health habits regardless of weight status.⁵

Eat Smart

- Aim for 5-9 servings of fruits and vegetables a day
- Fuel up with breakfast every morning

Drink Well

- Choose water or non-fat milk for children 2 years of age and older
- Limit soda, sports drinks, juice and sweetened drinks

Pull the Plug

- Limit the screen time (TV, computer and video games) to 1 to 2 hours/day
- Move the TV out of the bedroom

Get Moving

- Aim for at least 60 minutes of physical activity a day
- Escape the pull of the couch—get up and get moving

CHDP healthy weight posters with the above message are available at no cost to CHDP provider offices. Contact Krysta Titel at 468-8918 or ktitel@sjephs.org for more information.

⁵American Medical Association (2007). *Expert Committee Recommendations*. Retrieved 11/20/2012 from www.dhcs.ca.gov/services/chdp/documents/letters/chdppin0713.pdf

Announcements

MI Baby/MI Bebe



Mothers Invested in Baby/ Madres Invertidas en Bebe (MI Baby/MI Bebe) is a program funded by First 5 San Joaquin that offers **FREE nutrition and physical activity** support group sessions to new mothers and mothers of young children (ages 0-5 years). Participants learn how to eat healthy and be active with a growing family. Groups are available in **English and Spanish** in Stockton, Lodi, and French Camp. For additional information contact Esther Postiglione at 468-8620 or epostiglione@sjcphs.org.

San Joaquin County Network for a Healthy California Programs

Rethink Your Drink Campaign

Rethink Your Drink is an educational campaign providing information and practice to help participants decrease consumption of sugar sweetened drinks and increase water consumption.

Community Engagement

Local residents are invited to join San Joaquin County Public Health Services *Network* Program in developing strategies to increase access and consumption of healthy food and beverages.

Harvest of the Month

Harvest of the Month provides schools with educational materials and taste testing opportunities to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables.

Nutrition Classes

Nutrition education classes are designed to increase consumption of healthy foods and promote daily physical activity. Classes are available for low-income adults, children and families.

For more information, contact Daniel Kim at 468-3842 or dkim@sjcphs.org

The Secrets of Baby Behavior Course

Presented by The UC Davis Human Lactation Center

Lodi Memorial Hospital

Friday, January 25, 2013, 8:00 AM—12:00 PM

For physicians: 12:30 PM—1:30 PM

San Joaquin General Hospital

Thursday, February 7, 2013, 1:30 PM—5:30 PM

For residents: 8:00 AM—9:00 AM

For physicians: 12:00 PM—1:00 PM

Sutter Tracy Community Hospital

Friday, February 15, 2013, 9:00 AM—1:00 PM and 2:00 PM—6:00 PM

St. Joseph's Medical Center

Monday, March 25, 2013, 7:45 AM—11:45 AM

For physicians: 12:15 PM—1:30 PM

Continuing education available for RNs and IBCLCs.
Open to everyone. No charge. For more information, contact
Mary Woelfel at 468-3267 or mwoelfel@sjcphs.org

New iPhone App

The Health Care
Provider's Guide to
Breastfeeding



Includes guidance on
lactation assessment, drug
interactions and treatment
of common maternal and
infant conditions. For more
information, visit

<http://texastenstep.org/guide>

Provider Newsletter Survey

How often do you read the CHDP Newsletter? *(Circle one)*

Always/Almost Always Most of the time About half of the time Some of the time Rarely/Never

In your office, who reads the CHDP Newsletter? *(Circle all that apply)*

Physicians Nurse Practitioners Physician Assistants Medical Assistants
 Registered Nurses Licensed Vocational Nurses Clerical Staff
 Other (please specify) _____

How much do you agree with the following statements? *(Mark one box per row)*

	Strongly Agree	Somewhat Agree	Neither Agree Nor Disagree	Somewhat Disagree	Strongly Disagree
I find the CHDP Newsletter useful in my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The CHDP Newsletter is helpful in staying up-to-date on information from the California Department of Health Care Services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The CHDP Newsletter is helpful in staying up-to-date on resources and events in San Joaquin County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The CHDP Newsletter is helpful in staying up-to-date on current child health topics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often would you like to receive the CHDP Newsletter? *(Circle one)*

More than four times a year Four times a year Three times a year
 Twice a year Once a year Less than once a year

What would be your preferred method for receiving the CHDP Newsletter? *(Circle one)*

Mail Fax Email – with a PDF attachment Email – with the newsletter in the body of the email
 Other (please specify) _____

What topics would you like to see addressed in the CHDP Newsletter?

Any other comments or suggestions for improving the newsletter:

Contact Person _____

Phone Number _____

Email Address _____

Preferred Method of Contact _____

Note: All contact information will be separated from the survey information before the survey results are recorded and analyzed.
 Feel free to be completely honest in your responses.