

San Joaquin County Public Health Services

Child Health & Disability Prevention



Gateway To Health Coverage

Summer 2012 Newsletter

School Immunizations & Exams Now Due

School entry is right around the corner, so please make sure your patients are up-to-date with immunizations and well-child exams. Specifically, children entering Kindergarten need immunizations with accompanying documentation and children entering 1st grade need well-child exams and certifications. All adolescents entering 7th through 12th grade need Tdap vaccine and documentation. You can contact CHDP at 468-8335, if you need “yellow cards.”

Thank you Dr. Norton & Dr. Wilson!

A sincere “**Thank You**” to Dr. Kenneth Norton, a clinical audiologist who is a fellow of three professional audiology academies and owner of the Better Hearing Centers in Stockton and Modesto. For the past five years, Dr. Norton has conducted trainings at San Joaquin County Public Health Services for pediatric and family practice medical staff who have come to learn and perfect the techniques of audiometric screening. He promotes a better understanding of the anatomy of the ear and the hearing process, and emphasizes that early hearing problems can delay the developmental learning milestones and lead to learning and behavioral problems in school and throughout life. Dr. Norton is also a firm believer in community service. CHDP is fortunate to have partnered with Dr. Norton and commends his spirit of volunteerism.

Also, a sincere “**Thank You**” to Dr. G. Barnard Wilson, optometrist and owner of the All Family Optometric Vision Care, with offices in Stockton and Modesto. He has been the San Joaquin Optometric Society President three times and served on the Symposium Board of the San Joaquin Optometric Society from 2000 to 2007. For the past ten years, Dr. Wilson has volunteered to train medical staff during a morning in-service dedicated to vision screening which is currently held at St. Gertrude’s Head Start. He discusses the anatomy of the eye, vision acuity, and how to screen with the Snellen chart. He particularly enjoys working with children from the Head Start program and emphasizes how good vision is critical to interpreting the world around us. CHDP is grateful for Dr. Wilson’s commitment to providing such an important screening.

Thank you once again Dr. Norton and Dr. Wilson for your expertise and service!

Vaccine Storage & Handling

Proper storage and handling of vaccines maintains the integrity and stability of vaccines administered to patients, prevents inadvertent administration of improperly stored vaccines, and avoids unnecessary vaccine wastage. The California Vaccines for Children Program recommends that you:

- Encourage staff to review vaccine management practices
- Ensure all staff involved in providing immunizations and managing vaccines have taken the EZIZ lessons
- Designate a vaccine coordinator and assign a back-up coordinator
- Conduct a routine inventory of vaccines at least monthly
- Make sure you have a certified thermometer in both your refrigerator and freezer
- Review consequences of vaccine waste with staff

For more information, visit

EZIZ.org.



Breastfeeding for nine months reduces a baby's odds of becoming overweight by more than 30%.



Photos courtesy of Breastfeeding Coalition of San Joaquin 2011 Photography Contest.

Preventing Obesity Begins with Breastfeeding

The American Academy of Pediatrics recommends babies be fed nothing but breast milk for the first 6 months and continue breastfeeding for at least one year. Babies who are fed formula and stop breastfeeding early have higher risks of obesity, diabetes, respiratory and ear infections, and sudden infant death syndrome (SIDS), and tend to require more doctor visits, hospitalizations, and prescriptions. In fact, breastfeeding for nine months reduces a baby's risk of becoming overweight by more than 30%. In the United States, most babies start breastfeeding but within the first week, half are given formula and by nine months, only 31% are still breastfeeding.

The Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding. As of May 2012, there were 143 Baby-Friendly Birth Facilities in the United States and 53 Baby-Friendly Birth Facilities in California. The St. Joseph's Medical Center in Stockton is the first hospital to receive the Baby-Friendly Hospital designation in the Central Valley.

The BFHI has created the Ten Steps to Successful Breastfeeding for hospitals and birthing centers to employ in their efforts to work towards the Baby-Friendly Hospital designation. When hospitals have more of the Ten Steps to Successful Breastfeeding in place, mothers breastfeed longer.

Health care professionals can support these breastfeeding efforts by learning how to counsel mothers on breastfeeding during prenatal visits, and support breastfeeding in the hospital and at each pediatric doctor's visit until breastfeeding stops. The Public Health Breastfeeding Initiative, funded by First 5 San Joaquin, has copies of "The Health Care Provider's Guide to Breastfeeding" for San Joaquin County physicians. To request a free copy of the resource, please contact Mary Woelfel at 468-3267 or mwoelfel@sjcphs.org. Also, an up-to-date breastfeeding resource guide for San Joaquin County is attached (Attachment 1A-1B) to this newsletter. More information on the benefits of breastfeeding and the BFHI can be found at cdc.gov/vitalsigns/breastfeeding and babyfriendlyusa.org.

The Baby-Friendly Ten Steps to Successful Breastfeeding:

1. **Have a written breastfeeding policy that is routinely communicated to all health care staff.**
2. **Train all health care staff in skills necessary to implement this policy.**
3. **Inform all pregnant women about the benefits and management of breastfeeding.**
4. **Help mothers initiate breastfeeding within one hour of birth.**
5. **Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.**
6. **Give newborn infants no food or drink other than breast milk, unless medically indicated.**
7. **Practice "rooming in" - allow mothers and infants to remain together 24 hours a day.**
8. **Encourage breastfeeding on demand.**
9. **Give no pacifiers or artificial nipples to breastfeeding infants.**
10. **Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.**

Reducing Children's Media Exposure

In June 2011, the American Academy of Pediatrics (AAP) released a policy statement titled, "Children, Adolescents, Obesity and the Media." The statement included numerous scientific studies that document the negative effects of high media exposure on children's weight status and physical activity levels. The following six recommendations were given to guide efforts in curbing the influence of screen time on pediatric health:

1. Ask two questions at every well-child visit: (1) How much screen time is being spent per day? and (2) Is there a TV set or internet connection in the child's bedroom?
2. Encourage parents to discuss food advertising with their children.
3. Counsel parents to limit total non-educational screen time to no more than two hours per day, avoid putting TV

sets or internet connections in children's bedrooms, limit nighttime screen media use to improve children's sleep, and try strongly to avoid screen exposure for infants under two years of age.

4. Work with community groups and schools to implement media education programs.
5. Work with state chapters, the AAP, parent and public health groups, and the White House to ask Congress to implement changes in advertising allowed during children's programming.
6. Be aware of the additional adverse effects of media on children, including higher stress levels leading to stress-related comorbidities.

More information, including the full policy statement, can be found at pediatrics.aappublications.org.

"Media clearly play an important role in the current epidemic of childhood and adolescent obesity."

-AAP Policy
Statement



"Level of Concern" for Lead Poisoning

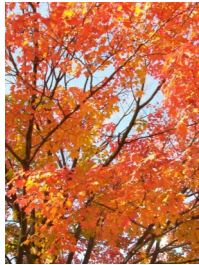
On May 16, 2012, the Centers for Disease Control and Prevention (CDC) announced its acceptance of its advisory committee's recommendation to redefine the level at which children are considered to have too much lead in their blood and to focus the nation's attention on preventing lead exposure. Since 1991, CDC's "level of concern" has been a blood lead level of 10 micrograms per deciliter. The new reference value focuses attention on children with blood lead levels above 5 micrograms per deciliter. This policy change comes after overwhelming evidence that even lower levels of lead exposure can adversely impact one's health. New findings suggest that adverse health effects of blood lead levels less than 10 micrograms per deciliter in children extend beyond cognitive function to include cardiovascular, immunological, and endocrine effects. CDC's full response may be found at cdc.gov/nceh/lead/acclpp/acclpp_main.htm.

In 2008, California's Childhood Lead Poisoning Prevention Branch in the Department of Public Health changed its recommendations for children with blood lead levels in the 5 – 9 mcg/dL range. One of the most important changes focused on retesting this group of children in six months rather than one year. This is especially important if the child is less than two years of age, is at high risk, or was tested at the start of warm weather. San Joaquin County's Childhood Lead Poisoning Prevention Program (CLPPP) mails letters with educational materials to families with children in the 5 – 9 mcg/dL range. Home visits and case management services are available for families with children with blood lead levels 10 mcg/dL and above. Providers may fax blood lead test results to (209) 468-2072.

In addition, the CLPPP provides lead poisoning trainings for providers and their staff. For more information on these trainings, CLPPP services, or to make a referral, please contact Gale Heinrich, San Joaquin County's CLPPP coordinator, at (209) 468-2593.

Announcements

Meet Our New Public Health Educator



Krysta Titel, MPH, joined San Joaquin County Public Health Services in June of this year as the CHDP Public Health Educator. She completed her graduate studies at Yale University focusing her work on family support factors that promote positive child health behaviors and outcomes. She worked extensively with the Community Alliance for Research and Engagement, a Yale-New Haven partnership, developing, and improving health programs in the New Haven public schools. Ms. Titel also served in AmeriCorps as well as spent two years volunteering in the Dominican Republic and New Caledonia.

Ms. Titel is excited to work with the CHDP providers and the community to improve the health of children throughout the county. If you have any questions regarding the recent Provider Information Notices or health education in general, feel free to contact her at 468-8918 or ktitel@sjcphs.org.

Free Vision Training

October 4th 2012, 8:30 AM—12:00 PM

St. Gertrude's Head Start

1710 East Main Street, Stockton

Call Jay Chevalier, PHN

at 468-3703 for more information

Free Audiology Training

October 24th 2012, 8:30 AM—3:00 PM

Public Health Services Multipurpose Room

1601 East Hazelton Avenue, Stockton

Call Donna Skidgel, PHN

at 468-8922 for more information

Recall: Epinephrine 1:1000

Epinephrine Injection, USP, 1:1000, 1 mL Ampules

NDC #0517-1071-25

Lot #1395, Expiration Date: July 2012

American Regent is undertaking this voluntary recall of Epinephrine Injection, USP, Lot #1395 because of discoloration and small visible particles found in some ampules of this lot. No other lot or sizes of Epinephrine Injection, USP are subject to this voluntary recall. Consumers/Retailers/Distributors that have the product which is being recalled should stop use.

Provider Newsletter Survey

Please complete the attached survey (Attachment 2A) to help us improve future newsletters and tailor it to the needs of our readers. Completed surveys can be **faxed to 468-2185, mailed to P.O. Box 2009, Stockton CA 95201** OR **emailed to ktitel@sjcphs.org**.

Thanks!

Guide to Breastfeeding Support Services



We're Here to Help!

*Breastfeeding is a special gift
only you can give your baby.*

Information and support make learning to breastfeed easier. All of the San Joaquin County organizations listed here are eager to help you and your baby have a wonderful breastfeeding experience. Call today!

BREASTFEEDING HELPLINES

Dameron Hospital
(209) 944-5550, ext. 3375 or 3792

Doctors Hospital of Manteca
209-239-8387

Kaiser Stockton
(209) 476-3513
(For Kaiser members only)

La Leche League
1-877-4-LALECHE
24 hr. toll free helpline service
(if unable to reach a local Leader)

**Lodi Memorial Hospital
Breastfeeding Support Warmline**
(209) 339-7872

San Joaquin General Hospital
(209) 468-6460

St. Joseph's Nurse Call Center
(209) 939-4525

**Sutter Tracy Community Hospital
Baby Bungalow**
(209) 833-2419

BREASTFEEDING SUPPORT GROUPS & MOMS' GROUPS

ALL EXPECTING & NEW MOMS WELCOME

HOSPITAL SUPPORT GROUPS

Dameron Hospital
*"Breastfeeding Support for Expectant and
Delivered Families"*
3rd Wednesday of each month– 1:00 pm
(209) 461-3136

Lodi Memorial Hospital
"TLC"- The Lactation Club
Tuesdays– 10:00 am
(209) 339-7520

St. Joseph's Medical Center
"Mother-Baby Breast Connection"
Wednesdays– 1:00 pm
(209) 467-6331

San Joaquin General Hospital
"Breastfeeding Support Group"
Thursdays– 10:00 am
(209) 468-6460

WIC SUPPORT GROUPS

Community Medical Centers
(209) 870-5000
"Breastfeeding Chat- English"
Stockton- Mondays 1:15 pm
Tracy– 3 Thursdays/month 10:15 am
Woodbridge– 1st and 3rd Wednesdays
1:30 pm
"Charlar Sobre Lactancia– en Español"
Stockton- Lunes 10:00 am
Tracy– Jueves 9:00 am
Woodbridge–1° y 3° miércoles- 10:00 am

Delta Health Care
(209) 477-0378 Stockton
(209) 370-6850 Lodi
"Moms Helping Moms"
Lodi– Wednesdays –11:00 am
Stockton- Wednesdays 1:30 pm
"Mommy Connection"
Stockton- Wednesdays 3:00 pm
"MAMAS Unidas– en Español"
Lodi– Miércoles– 2:00 pm
Stockton- Viernes- 1:30 pm

LA LECHE LEAGUE GROUPS

www.LLLnorcal.org

La Leche League of Lodi
3rd Tuesday of each month– 10:00 am
Erin (Erinawright@sbcglobal.net)

La Leche League of Mountain House
4th Monday of each month– 9:30 am
Katherine (209) 642–7001
Stacy (925) 413– 6328
Teri (408) 391-7797

La Leche League of Stockton
1st Thursday of each month– 9:30 am
Ann-Marie (209) 334-2326

Kirsten (209) 474-8084
Patricia (209) 479– 7537/(209) 625-5008
Rebecca (209) 931-4309
Rebecca también le puede atender en español
Tamara (TJ) (209) 923-4038



PROFESSIONAL LACTATION CONSULTATIONS (IBCLC)

PRIVATE PRACTICE IBCLCs

Ann-Marie Christian, IBCLC

Serves San Joaquin County
mamalactivist.blogspot.com
(310) 946-5758

Gail Dacayanan, RD, IBCLC

Serves Tracy area
www.gaildbreastfeedingservices.com
(209) 981-0050

Holly Newman, BSN, RN, IBCLC

Serves Lodi/Stockton area
www.lodilactation.com
(209) 712-7304

HOSPITAL LACTATION SERVICES

Doctors Hospital of Manteca

(209) 239-8387 for appointment
Insurance authorization required

**Sutter Tracy Community Hospital
Baby Bungalow**

Mon.– Fri. 11:30 am-1:30 pm
(209) 833-2419 for appointment

WIC IBCLC SERVICES

Community Medical Centers

(209) 870-5000

Delta Health Care

(209) 477-0378

S.J. County Public Health Services WIC

(209) 468-2204

WIC PROGRAMS

Community Medical Centers

2401 W. Turner Rd., #470 Lodi, CA 95242
(209) 370-1750

73 E. 10th Street Tracy, CA 95376
(209) 229-7800

425 N. California St., #7 Stockton, CA 95202
(209) 870-5000

Delta Health Care

318 S. Crescent Ave. Lodi, CA 95240
(209) 370-6850

4662 Precissi Ln. # 500 Stockton, CA 95207
(209) 444-8600

S.J. County Public Health Services

205 W. Ninth St. Tracy, CA 95376
(209) 831-5930

1145 N. Hunter St. Stockton, CA 95202
(209) 468-3280

124 Sycamore Lane Manteca, Ca 95336
(209) 823-7104

PRENATAL BREASTFEEDING CLASSES

Ann-Marie Christian, IBCLC

(310)946-5758

Dameron Hospital

(209) 461-3136

Doctors Hospital of Manteca

(800) 470-7229

Lodi Memorial Hospital

(209) 339-7520

St. Joseph's Medical Center

(209) 467-6331

Sutter Tracy Community Hospital

(209) 833-2321

BREAST PUMP RENTALS

Dameron Lincia Pharmacy

420 W. Acacia St., Stockton, CA 95203
(209) 466-2954

**Lodi Memorial Hospital Home Medical
Equipment/ Vital Enterprises**

1115 S Fairmont Ave. #1, Lodi, CA 95240
(209) 339-7610

**St. Joseph's Medical Center
Pharmacy- Home Support Services**

1800 N. California St., Stockton, CA 95204
(209) 461-5486

**Sutter Tracy Community Hospital
Baby Bungalow**

1420 N. Tracy Blvd., Tracy, CA 95376
(209) 833-2419

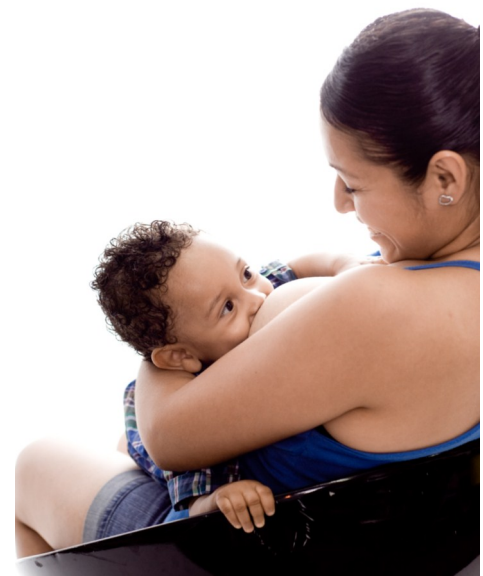
Kaiser Permanente**Health Education Department**

(Pump rentals for Kaiser members only)

1721 W. Yosemite Ave. Manteca, CA 95337
(209) 824-5070

7373 West Lane Stockton, CA 95210
(209) 476-3299

2185 W. Grant Line Rd. Tracy, CA 95377
(209) 839-6130



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.

Child Health and Disability Prevention Program

P.O. Box 2009 • Stockton, CA 95201-2009

Phone (209) 468-8335 • Fax (209) 468-2072

A Division of San Joaquin County Health Care Services