

Remind Parents: Drowning is Preventable

Drowning is the second most common cause of injury death among children under age 14 nationwide. Indicative of their propensity for risk taking, nearly 80 percent of drowning victims are male. To date in SJC this year, three drowning deaths have occurred among children and teens.

Here are the key talking points to promote drowning prevention with CHDP families:

- Teach children to swim, preferably at age 3 or 4. But, never let them swim alone.
- Supervise children closely in and around water. Supervisor must be a strong swimmer who avoids intoxicants while on duty.
- Take children to pools or safe natural waters where a certified lifeguard is on duty.
- Fence and secure private pools; keep rescue equipment poolside; place depth markers.
- Never swim alone— always have a buddy and swim only in supervised areas.
- Inexperienced swimmers should wear life jackets in the water and not depend on air-filled swimming aids that can deflate at any time and float away.

School Shots & 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, patients entering Kindergarten need immunizations and documentation of same. Patients entering 1st grade need well-child exams and certifications. All adolescents entering grades 7 through 12 need Tdap vaccine and its documentation. Call Donna Skidgel, PHN at CHDP at 468-8922 if you need “yellow cards” or CHDP exam certification forms.

Meet Our Medical Director and Deputy Director

Judy A. Cook, M.D. joined San Joaquin County Public Health Services as Assistant Health Officer and Medical Director of Children’s Medical Services (CMS) in February of this year. Dr. Cook is eminently qualified for this position as her background includes over 20 years as a primary care pediatrician in the Roseville area, followed by 16 years as a Medical Consultant and Public Health Medical Officer for several State Programs, including the Children’s Medical Services Branch and California Children’s Services in Sacramento. She is a Board Certified Pediatrician who also served in the U.S. Public Health Service and U.S. Indian Health Services in New Mexico.

In addition to her duties as Medical Director for CMS, Dr. Cook provides consultation for the Medical Therapy Program and the CHDP Program, including Foster Care. She is also available to consult in other pediatric health areas, and may be reached at (209) 468-3900.

On July 5th, supervision of the CHDP Program became the responsibility of **Surbhi Jayant, PHN, MSN**. She is a Public Health Nurse (PHN) and her official title is CHDP Deputy Director. Ms. Jayant previously served for five years as a Nurse Case Manager with SJC’s California Children’s Services (CCS), including one year as Senior PHN. She also practiced clinical nursing at San Joaquin General Hospital and St. Joseph’s Medical Center for five years prior to joining Public Health Services.

Ms. Jayant’s interest in preventive medicine and public health began during her studies at California State University at Sacramento where she received her MSN degree this Spring. Most pertinent to CHDP was her master’s research project: *Reducing Teenage Consumption of Sugar Sweetened Beverages*. She is eager to work with all CHDP providers, partners, colleagues and the community in finding ways to improve the overall health status of children countywide.

Protocol for Audiology Screening Referrals

The sooner hearing loss is diagnosed and treated, the better it is for the patient. It is important to make all referrals of patients with suspected or known hearing loss to the appropriate audiology provider according to the **age of the patient**. This will avoid duplicative services, wasted time for both parents and providers, and wasted funds.

The CCS program certifies audiologists according to their training and available technology for specific aged children. In SJC there is only one provider certified for children under five years of age: San Joaquin General Hospital.

Please post the following guide for audiology referrals.

Patient Age:

0-21 years w/suspected or known hearing defect

5-21 years w/suspected or known hearing defect

CCS Paneled Audiology Providers:

San Joaquin General Hospital
Audiology Department
500 W. Hospital Road, French Camp, 95231
209-468-6210

Anthony Tsappis, MA, PhD
Stockton Hearing & Speech
4623 Quail Lakes Drive, Stockton, 95207
209-951-6491

Healthy Beverages for Children

To clarify the beverages recommended and demonstrated to Head Start parents for post breastfeeding children in the Spring issue of the CHDP Newsletter, CHDP wishes to point out the following:

For hydration purposes, workshops promote tap water. Because so many children are accustomed to — and even addicted to — drinking sweetened beverages such as sodas or Kool-Aid, we demonstrate healthy ways to flavor water without the use of sugar. This includes infusing tap water with a squeeze and slices of citrus or crushed and fresh spearmint leaves. Both ingredients grow wild or abundantly in SJC and are thus readily available to all. In winter, warm herbal teas (tisanes) can be made with dried or fresh mint, chamomile, orange rind, etc. Whether these healthy beverages serve to wean children off sugar drinks or to simply replace those drinks, they are healthy hydration agents.

For nutrition purposes, workshops promote fresh milk and nutritious foods for meals and snacks. Meal displays feature the following: a glass of milk; a lunch-sized plate of food comprised of fresh vegetables on one-half the plate, whole grains on one-quarter, and legumes on one-quarter; plus, a small bowl of raw or cooked fresh fruit. For tastings, raw and cooked vegetables are served on small plates along with a glass of milk for children and a glass of tap water, infused water or a tisane for parents.



Keeping BPA Out of Food and Reducing BPA Exposure

Bisphenol A, commonly known as BPA, is a chemical used to make hard plastic containers and the lining of metal food and beverage cans. Some scientific studies have linked the hormone-disrupting chemical to reproductive abnormalities and a heightened risk of breast and prostate cancers, diabetes, heart disease and other serious health problems. BPA is so ubiquitous — found even on cash register receipts — that more than 90 percent of Americans have traces of it in their urine, according to the Centers for Disease Control and Prevention. [www.cdc.gov/bpa].



While scientists continue to study the health effects of BPA and debate what is a safe level to ingest, there are steps to cut exposure to the chemical in our kitchens by opting for safe alternatives. In fact, a recent study published in the journal *Environmental Health Perspectives* found that it is possible to significantly reduce exposure to BPA and other synthetic chemicals by limiting packaged foods from the diet and storing food in glass or stainless steel containers. Researchers provided five Bay Area families with freshly prepared organic meals and asked them to avoid contact with BPA-containing food packaging, plastic utensils and non-stick coated cookware, and to store foods in glass or stainless steel. In just three days, the BPA levels of the adults and children dropped by an average of 60 percent. [www.ewg.org].

In May 2009, Minnesota became the first state in the U.S. to ban BPA from plastic baby bottles and sippy cups beginning in 2011. More than 20 states, including California, are considering legislation to curb BPA exposure.

The chart below highlights talking points to use when educating and motivating families to reduce BPA exposure. The complete list is available at www.hhs.gov/safety/bpa.

- ◆ **Babies and toddlers should never be fed from bottles, sippy cups, or regular cups containing BPA. Plastic containers with the recycling label No. 3 and No. 7 may contain BPA. Those marked with recycle codes 1, 2, 4 & 5 have little or no BPA. Most baby bottles and cups sold at the local flea markets and some discount stores contain BPA.**
- ◆ **Children and pregnant women must limit their consumption of canned foods and beverages as the epoxy lining contains BPA. If canned foods cannot be avoided, note that BPA is most likely to leach from metal and plastic containers into foods that are acidic, salty or fatty.**
- ◆ **Choose fresh foods whenever possible rather than food packaged in plastic or cans.**
- ◆ **BPA is found in rigid plastic food containers. Store food in glass or stainless steel containers. Use un-lined stainless steel water bottles. Avoid multi-gallon polycarbonate water coolers typically found in offices. If a plastic container is hard and clear and doesn't say "BPA-free," assume it's made with BPA and don't buy it.**
- ◆ **BPA levels rise when food comes into contact with plastic containers that are heated, particularly in the microwave. Use glass, ceramic, or paper containers when heating food in microwave ovens. Avoid putting very hot or boiling liquid that you intend to consume into plastic containers.**
- ◆ **Children's water canteens should be made of unlined stainless steel. Avoid plastic water bottles and canteens.**

Stockton Farmers' Market Wins Sunset Citation, Again!

For three years in a row, *Sunset* magazine has named San Joaquin Certified Farmers' Market in Stockton as one of the top ten markets in the Western United States worth taking a trip to visit. (sjcfarmersmarket.com). *Sunset* praises this market as a "cultural adventure . . . like a refreshing trip overseas, jostling with old ladies who arrive early with pink plastic bags . . . There are Asian vendors selling produce unrecognizable to many Western shoppers and chefs who've road-tripped for inspiration." The magazine went on to say, "Shoppers don't arrive in Porsches — peaches are not \$5 a pound — and there are exotics like lotus root, Chinese bitter melon, a zillion types of eggplant and Southeast Asian herbs." Three markets in California won *Sunset's* distinction in the Top Ten. (*Sunset*, July 2011, pp. 38-41)

SJC has 15 farmers' markets and 56 mobile farm market sites, all of which are listed in the June edition of the "PRR," CHDP's *Pediatric Referral Resources to Prevent and Treat Child/Adolescent Overweight*. Statewide, California has 580 farmers' markets, while the nation has 6,132. [USDA].

SJC also has an increasing number of school and community gardens, the newest under development being **Puentes**, a

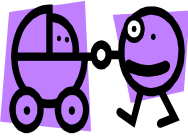
three acre plot in Boggs Tract with plans for vegetables, herbs, fruit trees, vines, cooking school, food cooperative, and retail produce stand.



Container gardens, kitchen gardens, community gardens and farmers' markets are the best ways to involve families in the process of growing and eating fiber and nutrient-rich foods that are low on the Glycemic Index. (G-I). The very best way to assure children are getting sufficient nutrition is by having them consume five servings of fresh vegetables a day, while simultaneously giving up on sodas and sugar-sweetened drinks and drinking milk and water. And, it's the best preventive against our major childhood diseases: child obesity and Type 2 diabetes.

Fresh produce benefits consumers health-wise and small farmers economically. The farmers pocket 54% of every dollar spent at farmers' markets, versus 30% of every dollar spent at grocery stores. [USDA; California Farmers' Market Association].

F R E E



Baby, Birth & Bonding Fair

August 6 - 10 a.m. to 3 p.m.

De Rosa Center on the UOP Campus

www.bfcsj.org/aug6.html 468-3267

COME DISCOVER LOCAL RESOURCES

JULY Water Safety Month

AUG. World Breastfeeding Week (1-7)

Immunization Awareness Month

SEPT. Diabetes Awareness Month

Secondhand Smoke Prevention Month

CHDP NEWSLETTER TEAM

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