



# CHDP HIGHLIGHTS

Ventura County Public Health  
Child Health and Disability Prevention Program

November 2018 | Quarterly Newsletter

## A Note of Gratitude

The Child Health & Disability Prevention Program (CHDP) would like to thank all the Provider Sites and Examiners for their hard work year round. The kindness and exceptional care that is provided to Ventura County children is much appreciated.

## Upcoming Outreach Activities

Share these upcoming resource opportunities with your patients and families:

**November 14, 5:30 pm - 8 pm**

VC Annual Fall Transition Fair  
VCOE Conference & Educational  
Services Center

5100 Adolfo Road, Camarillo

**November 17, 9 am - 12 pm**

Family Health Fair  
Our Lady of Guadalupe Church  
427 N. Oak Street, Santa Paula

Do you have a program or event you would like a CHDP representative to attend?  
Please contact Jennifer Palomino at [jennifer.palomino@ventura.org](mailto:jennifer.palomino@ventura.org)

## Provider Resources

[CHDP Provider Resources \(www.vcchdp.org/forms-for-providers\)](http://www.vcchdp.org/forms-for-providers)

offers printable educational materials about the following:

- Child Health & Disability Prevention (CHDP)
- Childhood Oral Health & Dental Care
- Childhood Lead Poisoning Prevention Program (CLPPP)
- Health Care Program for Children in Foster Care (HCPCFC)
- Breastfeeding Resources for CHDP
- Developmental Screening

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### Smile, California Website is Live!

The *Smile, California* campaign, which launched in early October, is a new statewide awareness and utilization campaign aimed at helping Medi-Cal members make the most of their dental benefits.

The Medi-Cal Dental Program provides free or low-cost dental services to children and adults who receive Medi-Cal. According to the California Department of Health Care Services, the Medi-Cal Dental Program covers routine, preventive and restorative care for more than 13.5 million members in California, but less than half of child members and only about 20 percent of adults use these services each year.

*Smile, California* aims to educate eligible members about the free and low-cost services available to maintain a healthy smile. In addition, the campaign launched a new, mobile-enabled member website. At [SmileCalifornia.org](http://SmileCalifornia.org) and [SonrieCalifornia.org](http://SonrieCalifornia.org) members can learn more about their dental benefits, the services covered, and how to find a dentist.



Here are a few reminders to share with parents:

- **New Medi-Cal Dental Program website in English and Spanish.** Visit [SmileCalifornia.org](http://SmileCalifornia.org) and/ or [SonrieCalifornia.org](http://SonrieCalifornia.org), both user-friendly websites made to help you take full advantage of your dental benefits.
- **First tooth, first birthday, first visit.** Your baby should visit the dentist as soon as their first tooth comes in or by their first birthday.
- **Seal today to prevent decay.** Talk to your child’s dentist about molar sealants. Sealants are protective coatings that help prevent cavities.
- **Regular dental visits.** Practicing good daily oral care and seeing your dentist regularly can reduce your risk of serious health problems.
- **Adult dental benefits have been fully restored.** As of January 1, 2018, adult dental benefits for members ages 21 and older with full-scope dental coverage have been restored.

For more information about the Medi-Cal Dental Program, visit [SmileCalifornia.org](http://SmileCalifornia.org) and/ or [SonrieCalifornia.org](http://SonrieCalifornia.org).

### Rust-Oleum Recalls Countertop Coating Due to Violation of Federal Lead Paint Ban



**Recall Date: September 5, 2018**

The Consumer Products Safety Commission (CPSC) has issued a recall for Rust-Oleum Black Satin Countertop Coating for violation of the Federal Lead Paint Ban. The current Federal standards allow up to 90 parts per million (ppm) lead in paint. This product exceeds that amount. Dry paint, in the form of chips or dust, ingested by a child could lead to elevated blood lead levels. Lead has no place in human physiology and is especially hazardous to children, even in minuscule amounts.

For more information, visit <http://www.cpsc.gov/Recalls/2018/Rust-Oleum-Recalls-Countertop-Coating-Due-to-Violation-of-Federal-Lead-Paint-Ban>.

Recalled can of black satin countertop coating  
U.S. CPSC, 2018

## Making Healthy Choices during the Holidays

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment.

Parents and families can make healthy choices by simply following these tips:

**1. Make foods look festive**

- Add a few eye-catching fruits to a favorite dish or a new recipe. For older children, add a sprinkle of almonds or green onions to make the dish pop. Decorate foods with nuts or seeds or use new shapes for vegetables.

**2. Offer thirst quenches that please**

- Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

**3. Savor the flavor**

- Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

**4. Make moving part of every event**

- Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

**5. Try out some healthier recipes**

- Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes.

**6. Shop smart to eat smart**

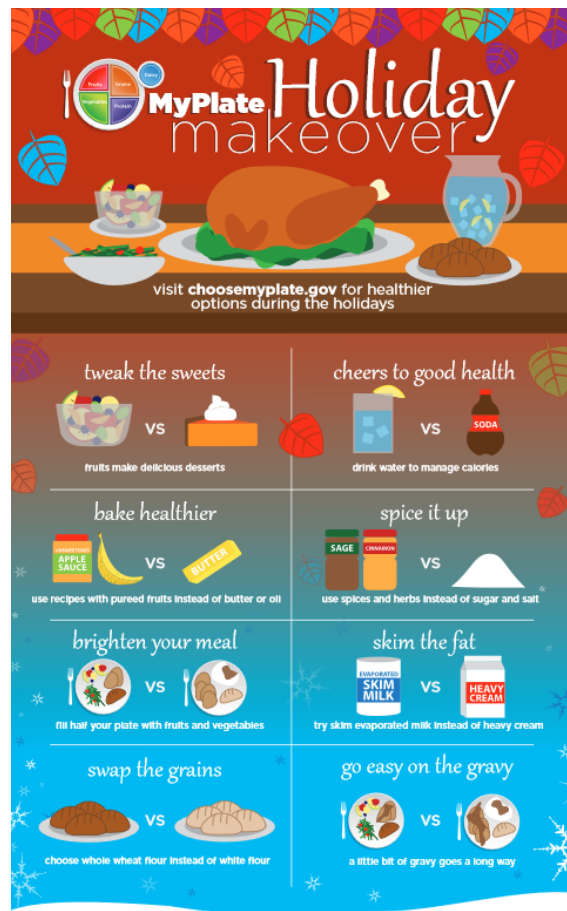
- Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better.

**7. Be a cheerleader for healthy habits**

- It is never too early for adults to set an example. Keep in mind that children follow what the adults around them do — even at parties.

Additional parent and provider resources available:

- Make Celebrations Fun, Healthy, and Active (<https://bit.ly/2hehMwH>)
- Top 10 Nutrition Tips (<https://bit.ly/2PYzxSn>)



USDA, 2013

## Kitchen Safety Checklist

Holidays include many family gatherings and great food, but there are many hazards in the kitchen. Before you begin cooking, we would like to remind you that cooking fires and kitchen injuries increase significantly during the holidays.

Here are a few tips to share with parents:

### 1. Prevent scalds & burns

- Keep children away from cooking areas by enforcing a “kid-free zone”
- Use the back burners when possible and turn the pot handles away from the stove’s edge
- Make sure to use oven mitts or potholders when handling hot pots and pans

### 2. Watch what you’re cooking

- Stay in the kitchen when you are cooking
- Unattended food may catch fire or children can grab things from the stove very quickly

### 3. Choose the right equipment & use it properly

- Always follow the manufacturers’ instructions when using cooking equipment
- Plug cooking appliances directly into an outlet, an overloaded circuit may cause a fire
- Keep electric appliances in use away from the sink or water

### 4. Avoid using deep fat turkey fryers

- Turkey fryers are dangerous and should be used cautiously
- If you decided to use one, make sure it is away from the house or items that may catch fire
- DO NOT use fryer on wooden decks or in a garage

### 5. Keep things that can catch fire & heat sources apart

- Make sure to keep anything that can catch fire (potholders, oven mitts, paper/plastic bags, towels, etc.) away from the stove or any open flame



NYSanda, 2015

Additional parent and provider resources available:

- Holiday Cooking Safety (<https://bit.ly/2AoYsGq>)
- Deep Fat Frying & Food Safety (<https://bit.ly/2x0lmIW>)

## Halloween Candy Donations

Halloween can be a fun time to enjoy treats you wouldn't normally indulge in throughout the year. However, many tend to gain weight during this season. Researchers from the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases found that the average person gains about one pound a year during the holidays. The study also concluded that this weight accumulates over the years and may be a contributor to obesity later in life. Donating Halloween candy may be an effective strategy to prevent holiday weight gain.

Ventura County has several locations to donate Halloween candy. Some options include candy buybacks at local dental offices and donating to troops overseas with collection boxes at local schools. For more information on where to donate Halloween candy, visit Operation Gratitude (<https://bit.ly/2PazG7O>) and/or Halloween Candy Buyback (<https://bit.ly/1ByRtFZ>) for the nearest location.