



# CHDP HIGHLIGHTS

Ventura County Public Health  
Child Health and Disability Prevention Program

May 2021 | Quarterly Newsletter

## CHDP Provider Updates

### March 2021 Bright Futures' Periodicity Updates

The updated March 2021 AAP is available on-line. Download the latest recommendations for preventive pediatric health care! [Periodicity Schedule PDF. \(https://bit.ly/2R9wv3h\)](https://bit.ly/2R9wv3h) Screening for hepatitis C virus infection has been added to occur at least once between the ages of 18 and 79 years (to be consistent with recommendations of the US Preventive Services Task Force and Centers for Disease Control and Prevention). For additional guidance, please read the details of the current and previous year's [summary of changes. \(https://bit.ly/3bj5X6N\)](https://bit.ly/3bj5X6N)



### Get The Lead Out: Are Your Patients Missing Mandated Blood Lead Testing Due To COVID-19?

The Medical Board of California, Winter 2021, published an update from the California Department of Public Health, Childhood Lead Poisoning Prevention Branch urging physicians to remind at-risk pediatric patients about their required blood lead tests. Statewide, there has been a significant decrease in blood lead testing due to COVID-19. The Medical Board Newsletter is available at the following link: <https://bit.ly/3bjGudc>

## Upcoming Virtual Noontime In-Service



May 19, 2021

### VC COVID Vaccine & Community Updates: What's Happening Now?

Register online at: <https://bit.ly/3anIGkv>

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## Brush, Book, Bed

The Brush, Book, Bed message and program was designed by the American Academy of Pediatrics (AAP) linking three important messages for a healthy nighttime routine:

1. Brushing the Teeth
2. Reading a book or 2 together
3. Setting a regular bedtime

It is intended for children 6 months to 6 years of age. The program aims to improve oral health services and fluoride varnish application while linking it to early literacy and a healthy sleeping pattern behavior. The BBB Guide (<https://bit.ly/33yS2Fs>) has steps to implementation, sample clinical workflow, provider trainings and resources and provider talking points. Printable Educational Materials (<https://bit.ly/2RFegKC>) such as posters, handouts, stickers and bookmarks are also available. You can contact your clinic's CHDP Program Nurse Consultant for implementation guidance or email [chdpadministration@ventura.org](mailto:chdpadministration@ventura.org).



## Save-the-Date: Bridges to Resilience Virtual Conference An ACEs Aware Provider Engagement Opportunity June 9, 2021 8:00 am—3:00 pm

As we noted in recent *CHDP Highlights* articles, the Department of Health Care Services and the Office of the Surgeon General, rolled out a state-wide ACEs Aware initiative to provide information and training to healthcare providers on implementing ACE screening. Qualified Medi-Cal providers are eligible for a \$29 payment for the completion of an ACE screening for members enrolled in Medi-Cal. For details and restrictions, please visit [www.acesaware.org](http://www.acesaware.org).

Educational opportunities have been developed across the state to share lessons learned and best practices to inform and educate providers about the importance of screening for ACEs and responding with trauma-informed care. The annual *Bridges to Resilience* conference is the most recognized conference in California's coastal tri-counties, focused on educating and increasing awareness about the widespread impacts of Adverse Childhood Experiences (ACEs), and providing hopeful strategies to build resilience within our communities and systems of care. Join physicians, healthcare providers and community partners for an interactive and dynamic day of education, resources and collaborative learning. With the support of California's ACEs Aware Initiative, this conference is designed to strengthen multidisciplinary Networks of Care throughout the tri-counties. Registration opens May 3. To register and for more information visit [www.bridgestoresilience.com](http://www.bridgestoresilience.com).

First 5 Ventura County (Help Me Grow) is proud to be a planning team partner for the *Bridges to Resilience* conference. Weaving a stronger network of care throughout San Luis Obispo, Santa Barbara, and Ventura Counties.

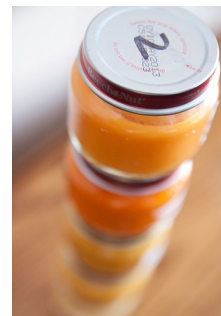
**For additional information, please contact:**  
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**AMA PRA Category 1 Credit™ has been approved for this activity. The SB County Consortium for CME is accredited by the CMA to provide continuing medical education for physicians.**



## Recent News About Heavy Metals In Baby Food By Childhood Lead Poisoning Prevention Program (CLPPP)

The U.S. House of Representatives Committee on Oversight and Reform recently released a staff report titled, “Baby Foods Are Tainted with Dangerous Levels of Arsenic, Lead, Cadmium, and Mercury.”<sup>1</sup> This news about heavy metals found in baby food can leave parents with a lot of questions. The American Academy of Pediatrics recently published information about the risk of toxic metal exposure to children, and how to help minimize it<sup>2</sup> and the FDA published the action plan for reducing exposure to toxic elements from foods for babies and young children.<sup>3</sup>



There is [baby food safety information](https://www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/BabyFoodSafety.aspx) (https://www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/BabyFoodSafety.aspx) available on the California Childhood Lead Poisoning Prevention Branch (CLPPB) website and CLPPB will be developing additional baby food educational information and resources for health care providers and families.<sup>4</sup> For more information about preventing childhood lead poisoning, visit the Childhood Lead Poisoning Prevention Branch<sup>5</sup> and the Ventura County Childhood Lead Poisoning Prevention Program.<sup>6</sup>

<sup>1</sup><https://oversight.house.gov/sites/democrats.oversight.house.gov/files/2021-02-04%20ECP%20Baby%20Food%20Staff%20Report.pdf>

<sup>2</sup><https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Metals-in-Baby-Food.aspx>

<sup>3</sup>[https://www.fda.gov/food/cfsan-constituent-updates/fda-shares-action-plan-reducing-exposure-toxic-elements-foods-babies-and-young-children?utm\\_medium=email&utm\\_source=govdelivery](https://www.fda.gov/food/cfsan-constituent-updates/fda-shares-action-plan-reducing-exposure-toxic-elements-foods-babies-and-young-children?utm_medium=email&utm_source=govdelivery)

<sup>4</sup><https://www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/BabyFoodSafety.aspx#>

<sup>5</sup><https://www.cdph.ca.gov/programs/ccdphp/deodc/clppb/pages/clppbhome.aspx>

<sup>6</sup><http://www.vchca.org/childhood-lead-poisoning-prevention-program>

## Healthy Homes Ventura County (HHVC)



Lead paint is the primary source of childhood lead poisoning and the primary goal of Healthy Homes Ventura County (HHVC) is to remediate or remove lead hazards from the interior of privately-owned residential properties built before 1951 at no cost to the homeowner. HHVC integrates health and safety interventions, lead hazards control, and housing rehabilitation for property owners by coordinating resources in an efficient manner to produce healthy homes. The program’s approach will improve housing for current and future occupants across Ventura County. The services that are available to qualified homeowners include:

- Inspections and plans for lead and home safety hazard removal
- Limited financial assistance to remediate hazards
- Lead hazard and healthy homes education

### HHVC is NOW accepting referrals from providers!

Please email the completed form to [HealthyHomesVC@ventura.org](mailto:HealthyHomesVC@ventura.org) or fax it to (805) 658-4505. For more information about the program, please visit [www.vchca.org/hhvc](http://www.vchca.org/hhvc) or call (805) 981-5228

Additional Resources:

[Healthy Homes Ventura County Referral Form \(https://bit.ly/3tEhbZJ\)](https://bit.ly/3tEhbZJ)

[No Cost Lead Abatement Flyer \(https://bit.ly/3y45dfp\)](https://bit.ly/3y45dfp)

[Fixing Up Your Home During COVID-19 \(https://bit.ly/2SKGjBp\)](https://bit.ly/2SKGjBp)

New Dietary Guidelines for Americans for 2020-2025

“Make Every Bite Count”

Every 5 years the U.S. Departments of Agriculture and of Health and Human Services publish the *Dietary Guidelines for Americans*. This resource offers evidence-based nutrition guidance and support for health professionals in helping Americans to meet their nutrition the health goals. The *Dietary Guidelines for Americans* is written for a professional audience and translated into actionable consumer messages and resources such as MyPlate.gov. This new version of the guidelines is the first to provide recommendations by life stage, including infants and toddlers, and pregnant and lactating women.



The overarching theme of this new version is “make every bite count” which emphasizes the importance consuming healthy, nutrient rich foods and beverages by following these four steps:

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. Limit food and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

For more information and consumer resources, please visit <https://www.dietaryguidelines.gov/>.

More information on the most current guidelines for infants at high risk of peanut allergy is available at the *Addendum Guidelines for the Prevention of Peanut Allergy in the United States* at <https://bit.ly/3yeww70> .

Ventura County Oral Health (VCOH): Kindergarten! ... here I come!



For parents of kindergarteners, it is that time of year to schedule a physical and update their child’s immunization’s as they work to complete the registration process for their child to begin school in the Fall. But did you know that part of the kindergarten registration is an oral health assessment requirement? Signed into law in 2005, *AB 1433 Oral Health Assessment* “requires that children entering public school for the first time (at kindergarten or first grade) have an oral health assessment”. This law was established to “help schools identify children suffering from untreated dental disease and helps parents establish a dental home for their children”. Lack of access to dental care is a problem for many California children. Dental disease is one of the most common reasons for school absences and makes it hard for children to concentrate and learn.

- What is required? Either a complete examination and treatment plan performed by a dentist, or it can be a more basic oral health evaluation, such as a screening done by a certified dental provider.
- What can you do? You can play an important role in encouraging parents to schedule routine dental checkups and practice good oral hygiene habits at home!

For oral health information and resources, you can contact **JoAnn Torres with Ventura County Public Health Oral Health at [joann.torres@ventura.org](mailto:joann.torres@ventura.org) or 805-981-5312.**

Gold Coast Health Plan: Health Education Department and Resources

Chronic Disease Self-Management Program (CDSMP)

GCHP offers free Chronic Disease Self-Management Program(CDSMP) workshops to members over the age of 18 with a chronic health condition. These free CDSMP workshops are designed to help individuals gain self confidence in their ability to control their symptoms and learn how health problems affect their lives.

Click here to download flyer (https://bit.ly/3hgqjB) in English or Spanish.

Free Workshop for Gold Coast Health Plan Members Chronic Disease Self-Management Program

Gold Coast Health Plan (GCHP) offers free Chronic Disease Self-Management Program (CDSMP) workshops to members over the age of 18 with a chronic health condition. A chronic health condition is one that lasts for a long time, such as arthritis, diabetes, heart disease, depression, obesity, pain and more. The workshop can teach you how to control and manage your symptoms.

Workshops will be held once a week for six weeks. Members can choose between a virtual or telephonic workshop. The virtual workshop is 2.5 hours each week, and the telephonic workshop is 30 minutes each week.

- In the workshop, you will learn about: Making a weekly action plan, Healthy eating, Physical activity and exercise, Medication usage. Participants will get: "Living a Healthy Life with Chronic Conditions" book, Class handouts, Relaxation CD, Reusable water bottle, Backpack, Lunch bag.

Sign up now for CDSMP workshops to gain the self-confidence to take charge of your health.



Call the Health Education Department at 1-805-437-5718 or email HealthEducation@goldchp.org. If you use a TTY, call 1-888-310-7347. Members may also visit the GCHP website: www.goldcoasthealthplan.org.



Asthma Management Academy

GCHP will be hosting a free Asthma Management Academy (AsMA) training course for Health Educators and Community Health Workers. This course will build participants' skills and improve their ability to help the clinic care team and families better manage asthma in patients with uncontrolled persistent asthma. Contact GCHP Health Education Department if you are interested in training at 1-805-437-5718.



The California Smoker's Helpline

The California Smokers' Helpline has free resources to help quit smoking and vaping, and other tobacco product users quit. The GCHP Health Education Department will provide resources for members.

Free Help to Quit Smoking or Vaping. The California Smokers' Helpline has free resources to help smokers and other tobacco users quit. Includes phone counseling, self-help materials, online support, and other tools. Call 1-800-NO-BUTTS (1-800-662-8887) today!

Ayuda Gratis para Dejar de Fumar o Vapear. La línea de Ayuda para Fumadores de California tiene recursos gratuitos para ayudar a los fumadores y otros consumidores de tabaco a dejar de fumar con: Asesoría telefónica, Materiales de autoayuda, Ayuda en línea, Y otras herramientas. Lláme hoy al 1-800-45-NO-FUME (1-800-456-4386).

For more information on programs and resources, please email to HealthEducation@goldchp.org or contact the Health Education Department at 1-805-437-5718 Monday through Friday, from 8 a.m. to 5 p.m. Providers may download any materials from GCHP Health Education (https://bit.ly/3f6LRgZ) webpage.



## Language Assistance Services

Gold Coast Health Plan (GCHP) offers the following language assistance services to members free of cost with advanced notice:

- Sign language interpreting services: 5-7 days' notice is needed.
- In-person interpreting services: 5-7 days' notice is needed.
- Telephone interpreting services: available 24 hours a day, 7 days a week.
- Translation services (written materials): 5 days' notice is needed.
- Alternative formats: Braille, text, font size, audio.



If you need interpreting or translation services, please email GCHP's Cultural and Linguistics Services at [CulturalLinguistics@goldchp.org](mailto:CulturalLinguistics@goldchp.org) or call 1-805-437-5603 Monday through Friday, from 8 a.m. to 5 p.m.

## Communicating with the use of People First Language

The use of positive terminology is important when communicating with people with disabilities and their families. Many terms that were once considered inoffensive have over time developed negative connotations. Using respectful language is an important topic to address with all clinic and medical personnel as it is ever changing. People-first language is now recognized by advocates in the disability community as a respectful and positive way to refer to individuals with disabilities. Trainings and tutorials can be accessed on the IRIS Center Peabody College Vanderbilt University website <https://iris.peabody.vanderbilt.edu/module/da/#content>

Word order is key with placing the individual before the disability. Examples include:

- A person with a disability should be used rather than a disabled person.
- A student who receives special education services should be used rather than special ed kids, sped kids, or IEP kids.

Current terms should be used rather than outdated or derogatory terms. Examples include:

- Current terms: intellectual disability, cognitive disability, intellectual and developmental disabilities
- Outdated term: mental retardation
- Outdated terms for someone with a disability: handicapped and crippled

Positive or neutral descriptions of a person should be used rather than descriptions that bear negative assumptions or judgements. Examples include:

- A person who uses a wheelchair should be used instead of non-preferred terms like a person who is confined to a wheelchair or a person who is wheelchair bound.
- A person who has a medical condition should be used rather than the non-preferred term a person who suffers from a medical condition.



**Nurse's Week 2021: May 6-12**

Each year, the American Nurses Association promotes National Nurses Week. This year for National Nurses Week, we would like to highlight the incredible work our public health nurses have done responding to the COVID-19 pandemic and extend a special thanks to all the nurses, as you continue to provide the highest level of quality care to your patients. You deserve special recognition for your vast contributions and the positive impact you make every day!



## California Initiative to Advance and Innovate Medi-cal (Cal-AIM)

The Department of Health Care Services (DHCS) has developed a framework that encompasses broad-based delivery system, program and payment reform across the Medi-Cal program, called CalAIM: California Advancing and Innovating Medi-Cal. CalAIM advances several key priorities of the Administration by leveraging Medicaid as a tool to help address many of the complex challenges facing California’s most vulnerable residents, such as homelessness, behavioral health care access, children with complex medical conditions, the growing number of justice-involved populations who have significant clinical needs, and the growing aging population.

This proposal recognizes the opportunity to provide for non-clinical interventions focused on a whole-person care approach via Medi-Cal that target social determinants of health and reduces health disparities and inequities. Furthermore, the broader system, program, and payment reforms included in CalAIM allow the state to take a population health, person-centered approach to providing services and puts the focus on improving outcomes for all Californians. Attaining such goals will have significant impact on individuals’ health and quality of life, and through iterative system transformation, will ultimately reduce per-capita costs over time. DHCS intends to work with the Administration, Legislature and other partners on these proposals and recognizes the important need to discuss these issues and their prioritization within the state budget process. These are updated proposals based on extensive stakeholder feedback. Implementation will ultimately depend on the availability of funding and the requisite federal approvals.

CalAIM implementation was originally scheduled to begin in January 2021, but was delayed due the impact of the COVID-19 public health emergency. As a result, DHCS is proposing a new CalAIM start date of January 1, 2022.

More information can be found at: <https://bit.ly/3vYiCnn>



## Checkout the CHDP Website!

Visit [www.vchca.org/chdp](http://www.vchca.org/chdp) where you can find additional resources and learn about the following programs:

- Child Health & Disability Prevention (CHDP)
- Childhood Oral Health Program
- Healthy Homes Ventura County (HHVC)
- Childhood Lead Poisoning Prevention Program (CLPPP)
- Health Care Program for Children in Foster Care (HPCFCF)
- Developmental Screening Resources
- Breastfeeding Resources



**We value your feedback!** Scan the QR code or search: <http://bit.ly/CHDPfeedback>



For local information on COVID-19, visit [www.venturaountyrecovers.org](http://www.venturaountyrecovers.org).

## Thank you to our Contributors

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