



February 2016

CHDP Highlights

Ventura County Public Health Child Health and Disability Prevention Program

Recertify for VFC NOW!

[Vaccines For Children](#) recertification is open until **February 16, 2016**. To complete your online VFC recertification, visit [EZIZ](http://eziz.org/) or copy and paste the following link in your browser: <http://eziz.org/>.

Vaccine Reminder

With new vaccine recommendations, providers need to remember to **WAIT for the CHDP Provider Information Notice** about the specific vaccine to be released before billing. For example, billing information for the new *MenB* in its various forms is imminent, but has not been issued. What this means is that the electronic coding in the ACS billing software, has not yet been implemented, so if you bill now, you will not get paid. You will be notified electronically as soon as a vaccine is added to the billing system at the state, and at that point you can start billing for it using the designated code.

National Children's Dental Health Month

Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. By participating in National Children's Dental Health Month (NCDHM) activities in February, CHDP providers, staff and parents and others can help keep children's smiles beautiful now and for years to come. Please join Ventura County CHDP as we focus on oral health promotion and prevention of dental decay.

The American Dental Association (ADA) campaign theme "Sugar Wars" is depicted on individual posters for children and youth. The child poster shows the characters the Smileys, McGrinns and K-9 in a spaceship dubbed the "USS Sugar Swatter." Equipped with toothbrush swatters, this squad fights against the Sweet Tooth Invaders for good oral health. On the preteen and teen poster, young people demonstrate effective ways to defeat the effects of sugar and maintain good oral health by eating healthy foods, brushing, flossing, and rinsing.

Use the posters to reinforce the 5 easy steps to a healthy smile:

1. **Brush two minutes, two times a day.**
2. **Clean between your teeth daily with floss.**
3. **Limit snacks, eat healthy meals.**
4. **Visit the dentist regularly starting at age 1.**
5. **Get fluoride protection.**



The [ADA NCDHM web page](http://www.ada.org/en/public-programs/national-childrens-dental-health-month) offers posters to download in English and Spanish at: <http://www.ada.org/en/public-programs/national-childrens-dental-health-month>.

Join the CHDP Oral Health Education program at one of many activities planned in February including:

- Ventura County Board of Supervisors Proclamation on Children's Oral Health at 10:00 AM on February 2, 2016 in the BOS Hearing Room at the County Government Center Hall of Administration, 800 S. Victoria Avenue, Ventura.
- PHN visits to medical clinic with posters, dental classification review charts, *5 Easy Steps to Oral Health* handout, and a list of local and online resources.
- Visits to community partners
- Health fairs and educational outreach
- CHDP Noontime In-service February 17, 2016 on *Childhood Oral Health and Fluoride Varnish Application* (see attached registration flyer)
- Annual recognition for Fluoride Varnish Medical Clinic of the Year (1 awardee), Oral Health Fluoride Varnish Provider of the Year (1 awardee) and Clinic Oral Health Staff Person of the year (1 for each qualified FV medical clinic)
- Media campaign including public service announcements and discussion topics



PM 160 Tips: Identifying Dental Classes

During your oral assessment identify the class of dental condition as follows:

- I. **No visible decay, inflammation or oral problems**
Refer to dentist for routine dental care.
- II. **Mild dental problems** (small carious lesions and/or mild gingivitis)
Condition is not urgent but requires a dental referral.
- III. **Severe dental problems**
(large carious lesions, abscess, gingivitis, pain or severe malocclusion)
Need for dental care is urgent, refer and schedule dental appointment today.
- IV. **Emergency dental treatment required** (Acute injury, oral infection or pain)
See dentist immediately, within the next 24 hours.


On the PM 160, Document Class I as follows:

- Under CHDP Assessment 02 Dental Assessment/Referral, **check column A** (No Problem Suspected).
- Under Routine Referrals, **check the dental box** when you make an annual referral.
- **List the dentist's name and phone number** in the referral box.

On the PM 160, document Class II, III and IV as follows:

- Under CHDP Assessment 02 Dental Assessment/Referral, **enter follow-up code 5 in column C, if new problem, or in column D, if known problem.**
- **Describe the problem** in the comments section.
- **List the dentist's name and phone number** in the referral box.

SB 75
Full Scope Medi-Cal
for All Children



Flickr/Evie Mae David (CC-BY-NC-ND 2.0)

Under a new law that will be implemented no sooner than May 1, 2016, children under 19 years of age are eligible for full-scope Medi-Cal benefits regardless of immigration status, as long as they meet all other eligibility requirements.

The California Department of Health Care Services is working jointly with county agencies, Covered California, advocates, and other interested parties to identify children affected and to provide them with full Medi-Cal coverage benefits.

Have questions or looking for health coverage? Contact Health Care for All at 805-981-5212 for more information.





Healthy eating for beautiful smiles

Brushing, fluoride and flossing are essential to a healthy smile, but did you know nutrition has an effect on your oral and dental health as well? Eating a variety of nutrient-rich foods from all the food groups promotes healthy teeth and gums. A balanced diet of colorful fruits and vegetables, lean protein foods, low-fat dairy products and whole grains provides essential nutrients for optimum oral health as well as overall health. In additions, smart eating practices can help keep kids smiling. Here are some tips to share with parents:

Learn which foods increase the risk for tooth decay. Most people know to skip the sugary treats such as cookies, cakes and candy. Other foods that stick to the teeth and cause tooth decay aren't so obvious such as cereals, chips, crackers, granola or fruit bars and even dried fruit.

Limit between meal snacks. The more often you eat, especially in between meals, the more likely you are to have acid attacks on your teeth. Let at least two hours go by between snacks and meals. For snacks, give nutritious foods such as raw vegetables, fresh fruits, plain yogurt, cheese, milk and popcorn. Eating fresh fruits and vegetables may help protect teeth by stimulating the production of saliva, which cleanses the mouth and makes it less acidic.

Give high-sugar foods only at regular mealtimes. A sweet treat now and then is okay. By having your child eat it as a part of a regular meal, rather eating it alone as a snack, can reduce the risk of tooth decay.

Choose milk or water instead of juice or sweetened beverages. Juice and soda are loaded with natural or added sugars that keep sugar flowing across the teeth contributing to cavities. Give milk or water instead.

Caring for a baby? Avoid putting baby to sleep with a bottle of juice, formula or milk. This practice bathes the teeth and gums in sweet liquid that decay-causing bacteria love.



CDC/Amanda Mills



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

Academy of Nutrition and Dietetics
www.eatright.org

Each March, the Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthful eating and to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. "This year's National Nutrition Month® theme, *Savor the Flavor of Eating Right*, is a great reminder for all to develop a mindful eating pattern that includes nutritious and flavorful foods, while also taking the time to enjoy everything that a healthful and tasty meal brings with it," said registered dietitian nutritionist and Academy President Evelyn F. Crayton, EdD, RDN, LDN, FAND.

The Academy strives to communicate healthful eating messages that emphasize balancing food and beverages as well as a lifelong commitment to healthy eating and active living. The Academy offers [activity handouts and nutrition tip sheets for adults and kids at](http://www.nationalnutritionmonth.org/nm/handoutsandtipsheets/) <http://www.nationalnutritionmonth.org/nm/handoutsandtipsheets/>.

Child Health and Disability Prevention (CHDP) Program



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SAVE THE DATES! CHDP Noontime Training Calendar

February 17	March 16	April 20
Childhood Oral Health	GCHP and SB 75 Medi-Cal Expansion	Weighing, Measuring and Body Mass Index