



February 2017

CHDP Highlights

Ventura County Public Health Child Health and Disability Prevention Program

New Deputy Director for CHDP and Children’s Health Programs



Ventura County Public Health is pleased to announce that Linda Bays has been appointed CHDP Deputy Director and Manager of Children’s Health Programs. Linda comes to the position with over 14 years of public health experience and with great love for children. She holds a master’s degree in Public Health and is also a Master Certified Health Education Specialist (MCHES). Linda is very passionate about promoting children’s well-being through access to preventive and health care services. Her goal is to collaborate, streamline and integrate Health Care Agency services to facilitate processes and promote access for all. Over the years, Linda has played an integral role in writing, developing and implementing a number of grants to create a more efficient and comprehensive way to fund staff and provide services more effectively in the Ventura County community.

Linda joined with Landon Pediatric Foundation and Tri-Counties Regional Center Early Start Services to found the County’s Developmental Screening Collaborative (DSC). This group supports improving linkages between community agencies interested in providing effective and efficient screening, referral and early intervention services. Through this work, Linda promoted the Developmental Screening Collaborative to become an affiliate of Help Me Grow National and now sits as a member of the Executive Committee.

Linda’s life work and true passion are her two beautiful daughters. Each one is very active and keeps her on her toes, motivating Linda toward reaching her goal of ensuring that all children have access to excellent preventive health services! Linda is excited to be a part of the CHDP Children’s Health Programs!

Toys recalled due to lead violations

Recall Date: January 10, 2017



U.S. CPSC, 2017

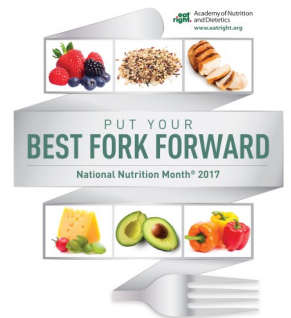


U.S. CPSC, 2017

Active Kyds recently recalled the products shown above, sold exclusively online at Amazon.com from August 2016 through October 2016. Consumers should immediately take the recalled toy shovels and garden tool sets away from children and contact Active Kyds for a refund. Consumers can contact Active Kyds toll-free at (855) 736-6255 from 9 a.m. to 5 p.m. Central Time Monday through Friday.

Consumer Product Safety Commission [Latest Recalls](http://www.cpsc.gov/Recalls) reports recent product recalls at: <https://www.cpsc.gov/Recalls>.

Search with the keyword “lead” or call 1-800-638-2772 for more information.

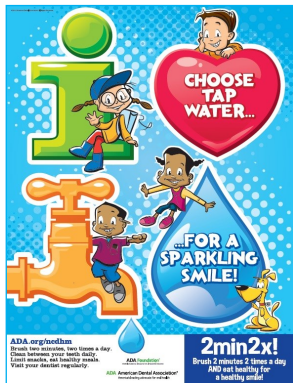


Look for activity [Handouts and Tipsheets](#) on healthy snacking for families and communities at: www.eatright.org/nnm





Choose tap water for a sparkling smile



CHDP joins the American Dental Association (ADA) in observing February as National Children’s Dental Health Month (NCDHM). Following the campaign theme, we encourage families to “Choose Tap Water for a Sparkling Smile”. “Children’s teeth are meant to last a lifetime, and a healthy smile is important to a child’s self-esteem. With proper care, a balanced diet, fluoride protection and regular dental visits, children’s teeth can remain healthy and strong,” said Patty Auchard, MD, Medical Director of CHDP and other Ventura County Public Health programs.

Drinking water with fluoride helps prevent tooth decay. If your family drinks bottled water, you may be missing out on those benefits. That’s because many bottled waters do not contain fluoride. If you want to know if the bottled water you drink contains fluoride, be sure to check the label. Also, if you use a home water filter for your drinking water, you may be removing the fluoride from your tap water.

[“ADA Seal” Products](http://www.mouthhealthy.org/en/ada-seal-products/category-display?category=Water+Filters) lists water filters that do not remove fluoride from tap water at: <http://www.mouthhealthy.org/en/ada-seal-products/category-display?category=Water+Filters>.

The [2017 NCDHM Campaign](http://www.ada.org/en/public-programs/national-childrens-dental-health-month) offers posters and fun activity sheets for children at: <http://www.ada.org/en/public-programs/national-childrens-dental-health-month>.

Encourage families to “love tap water” and 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.

Sign up online to attend the February 15 [Childhood Oral Health In-service](http://www.vcchdp.org/training-calendar/48) at: <http://www.vcchdp.org/training-calendar/48>.

The CHDP Oral Health and Dental Care Program will announce the annual recognition awards 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 fluoride varnish medical clinic).

SAVE THE DATES! CHDP Noontime Training Calendar

February 15	March 15	April 19
Childhood Oral Health	Healthy Eating Active Living Obesity Prevention	Weighing, Measuring & Body Mass Index (BMI)

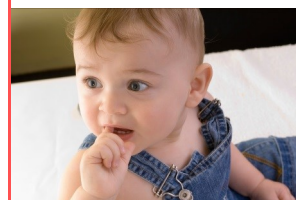
PM 160 TIPS

Routine Referrals

Blood Lead

Enter a check mark (✓) in this box when:

- referring children for blood lead level (BLL) testing at 12 and 24 months
- referring for BLL testing at any age if there is no prior testing or if there is suspected lead exposure



Sandra Drogojlovic/Dreamstime

Dental

Enter a check mark (✓) in this box only when:

- no dental problem is suspected, but you have referred the child for annual preventive care
- **Annual referrals are now required at age beginning at age one**

WIC Status

- Enter an “X” in the *Enrolled in WIC* box if the child under 5 is already enrolled in the WIC Program
- Enter an “X” in the *Referred to WIC* box if you are making a referral to WIC
- WIC referrals require height, weight and hemoglobin/hematocrit information



Does breastfeeding promote oral health?

It is well documented that breastfeeding has many benefits for children including a lowered risk of asthma, ear infections, SIDS and obesity. *Did you know that breastfeeding can also have a positive effect on a child's primary teeth?*



- 1) Breastfeeding seems to have a protective effect on the development of posterior cross-bite in deciduous dentition. The sucking mechanism used during breastfeeding differs from that used during-bottle feeding. One study found that **because of the different sucking mechanisms, bottle-fed infants may be predisposed to malocclusion.**
- 2) Breastfeeding may decrease the risk of Early Childhood Caries (ECC). ECC occur when bacteria in the mouth is exposed to sugar, resulting in demineralization of the enamel. ECC may occur due to excessive bacteria (due to exposure from parents and/or lack of hygiene), excessive exposure to sugar and/or susceptible teeth/environment of the infant. **Although breastfed children can get cavities, breastmilk alone does not appear to be a cause.** Foods other than breastmilk are more likely to be the source, both when consumed alone and when combined with breastmilk. **The mechanism of breastfeeding also protects the teeth from prolonged exposure to the milk.** Bottle-fed infants are more likely to have the milk or formula pool in their mouths, thereby increasing exposure of teeth and gums to sugar numerous times over the course of a day. With bottle use, the milk or formula can enter the infant's mouth even when suckling has stopped. This excessive exposure doesn't occur with breastfeeding, as milk does not flow into the infant's mouth unless he is actively suckling, and furthermore, it enters the mouth behind the teeth.

The United States Breastfeeding Committee (USBC) recommends exclusive breastfeeding for six months, and to continue to breastfeed for the first year, and as long afterwards as mutually desired by mother and child.

Breastfeeding and Oral Health Resources:

- [Breastfeeding and Oral Health](http://www.cdph.ca.gov/programs/MCAHOraHealth/Documents/MO-OHP-BreastfeedingandOralHealth2007.pdf)
<http://www.cdph.ca.gov/programs/MCAHOraHealth/Documents/MO-OHP-BreastfeedingandOralHealth2007.pdf>
- [Is Breastfeeding Linked to Tooth Decay?](http://kellymom.com/health/baby-health/tooth-decay/)
<http://kellymom.com/health/baby-health/tooth-decay/>

Healthcare providers like you play a critical role in educating parents about oral health and breastfeeding. WIC can help too! Not only does WIC encourage participants to have a dental home for their children where they can receive dental exams twice a year, we also educate, support and promote breastfeeding. Data gathered by the Ventura County Public Health Children's Oral Health and Dental Care Program showed that WIC participants in Ventura County are 88% more likely to make a dental visit than a non-WIC participant and 77% reported being referred to a dentist by a WIC counselor.

To learn more about [Ventura County WIC Services](#) and how we can support you in promoting breastfeeding, contact the WIC Breastfeeding Liaison, Amy Avelar at Amy.Avelar@ventura.org.



California’s new car seat law: rear facing until age 2

As of January 1, 2017, all children **under age two** riding in a motor vehicle must be seated facing the rear of the vehicle. The only exception is a child under two years old that weighs more than 40 pounds or is taller than 40 inches. According to the findings published by BMJ Injury Prevention, sitting in a rear-facing car seat is five times safer for children who are between the ages of one and two.



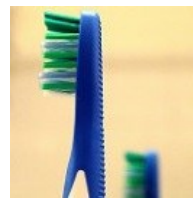
If a child is sitting in a rear-facing car seat during a motor vehicle accident, the head and spine are supported by the car seat instead of the child’s head being thrust forward. This support reduces the amount of pressure put on the undeveloped spine. For this reason, keep children in rear-facing car seats until age two and or until they reach the highest weight or height recommended by the car seat manufacturer. Many car seats on the market today can now safely keep children facing the rear of the vehicle up to a weight of 35 to 45 pounds and height of about 40 to 45 inches.

In addition to the new California law, remember that children under the age of 8 must be secured in a car seat or booster seat in a back seat of the vehicle. Children age 8 or older, or who are 4’ 9” (57 inches) or taller, may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If a child is not tall enough for the proper belt fit, he or she must ride in a booster or safety seat.

For more information, email safekidsvc@gmail.com or visit [Safe Kids Ventura County Facebook](https://www.facebook.com/SafeKidsVenturaCounty/) page at: <https://www.facebook.com/SafeKidsVenturaCounty/>.

How can parents help children prevent cavities?

- After each feeding, wipe your baby’s gums with a clean, wet gauze pad or washcloth to remove plaque, particularly before naptime and bedtime.
- When your baby’s teeth begin to break through the gums, brush them gently with a soft, child-sized toothbrush and water.
- Once your child’s teeth are in, brush for 2 minutes 2 times daily. Use a “smear” of fluoride toothpaste for children under 3.
- Encourage your child to drink from a cup by her first birthday.
- Do not allow your toddler to carry a sippy cup or bottle around or eat continuously.
- Offer regular meals and snacks of healthy foods including veggies, fruits and whole grains.
- Have your child drink sips of water after eating to help wash food particles away.
- Offer water if your child is thirsty between meals.
- If 100 % juice is given, follow American Academy of Pediatrics recommendations:
 - ◊ For children ages one to six years old, give no more than 4 to 6 ounces daily.
 - ◊ For children and teens 7 to 18 years old, offer no more than 8 to 12 ounces daily.
- Save sweetened fruit drinks, sports drinks, sodas and teas for special occasions.
- Find a dental home for your child where he can receive dental exams every six months **beginning at age one**. Look for the [Ventura County Denti-Cal Provider List](#) at [Ventura County CHDP > Family Resources > Childhood Oral Health and Dental Care](#) or copy and paste the following address in your browser: <http://www.vcchdp.org/oral-health-family-resources>.



[Child Health and Disability Prevention \(CHDP\) Program](#)



2240 E Gonzales Rd, Ste 270
Oxnard, CA 93036

Phone: 805-981-5291
FAX: 805-658-4505

On the web:
www.vcchdp.org

Editor:
Marilyn Whitford, MPH, RD
Public Health Nutritionist III

Email:
marilyn.whitford@ventura.org

