



CHDP HIGHLIGHTS

Ventura County Public Health
Child Health and Disability Prevention Program

February 2019 | Quarterly Newsletter

Save the Dates

February 20 — Childhood Oral Health In-Service

Register online at: <https://bit.ly/2suj2mU>

March 20 — Weighing, Measuring and BMI % In-Service

Register online at: <https://bit.ly/2RoyuLt>

Our CHDP website has MOVED!

Check out our new website at

www.vchca.org/chdp

where you can learn about our programs!



Find additional resources about the following:

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

We value your feedback!



Scan above or search: <http://bit.ly/CHDPfeedback>

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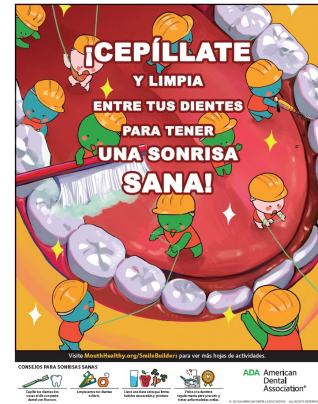
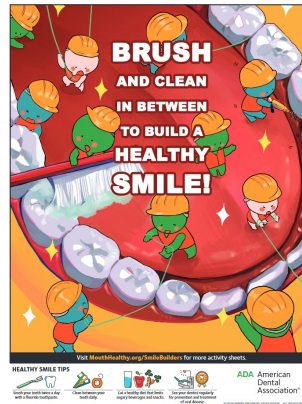
National Children’s Dental Health Month

CHDP joins the American Dental Association (ADA) in observing February as National Children’s Dental Health Month (NCDHM) in a national effort to raise awareness on the importance of children’s oral health and dental disease prevention. Dental cavities are largely preventable, but they remain one of the most common chronic diseases affecting children. By participating in NCDHM activities in February, CHDP providers, staff and parents can help build a lifetime of healthy dental habits and good oral health.

The 2019 NCDHM poster is brought to you by the ADA. Join the "Smile Builders" in promoting oral health with their message, "Brush and clean in between to build a healthy smile". The 2019 NCDHM campaign offers posters and fun activity sheets for children and can be found on the [ADA website \(https://www.ada.org/en/public-programs/national-childrens-dental-health-month\)](https://www.ada.org/en/public-programs/national-childrens-dental-health-month).

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

1. Brush twice a day for two minutes.
2. Clean between your teeth daily with floss.
3. Get fluoride protection.
4. Eat healthy meals and limit snacking.
5. Visit your dentist regularly by age 1.



VCPH names new CMS Medical Director



CHDP, 2019

Ventura County Public Health is pleased to announce that Lina Shah, MD has been appointed Deputy Health Officer/Medical Director of Children’s Medical Services. Dr. Lina as she prefers to be called, was inspired to become a physician at a young age. She remembers always wanting to specialize in pediatrics. Working with children with special needs and chronic illnesses is her passion.

Dr. Lina grew up in New Jersey and attended Carnegie Mellon University for her undergraduate studies. After receiving a B.S. in Biological Sciences and a minor in Health Care Management, she attended medical school at St. George’s University, where she met her husband. She moved to Cleveland in 2012 and completed her pediatric residency at the Cleveland Clinic Children’s Hospital. At the end of her third year she married her husband and went on to do a

pediatric hospitalist fellowship at Mattel Children’s Hospital at UCLA in 2015. She has worked at CHLA at Tarzana Medical Center and she currently works as a hospitalist for Kaiser Panorama City in Los Angeles.

Dr. Lina lives in Los Angeles with her husband. Her hobbies include traveling, bicycling and baking. She enjoys staying active and healthy. Dr. Lina is excited to be part of the Ventura County Health Care Agency and we are honored to have such a dedicated physician.

Dental Flossing and More

According to the American Dental Association (ADA), cleaning between your teeth once a day helps to prevent cavities and gum disease. Using an interdental cleaner such as floss helps clean between your teeth and remove the sticky film known as plaque. Plaque containing bacteria left on teeth will eventually eat away at the outer surface of your teeth and cause cavities. If plaque is not removed, it will ultimately harden onto your teeth as a substance called tartar. Tartar builds up along the gum line causing gum disease and can only be removed by your dentist and dental hygienist.

Preventing plaque buildup on teeth can be accomplished by daily flossing. Brushing teeth alone does not remove plaque. The daily maintenance of flossing is recommended to remove foods imbedded between the teeth. In the event something gets stuck between your teeth don't be tempted to use materials such as your fingernail, folded paper or cards, sharp objects such as pins, or strands of hair to remove food from teeth instead, use interdental cleaners (string floss), water flossers, or dental picks.

Keep in mind children need their teeth flossed as well. Children under the age of ten do not have the dexterity to floss their own teeth. Be prepared to assist younger children with daily flossing and begin this regime as soon as the child has two teeth together.

Develop daily habits! Choose a daily time to floss, it does not matter the time of day or if flossing was done before or after brushing. To attain a healthy smile, dedicate a few extra minutes to the care of your teeth by flossing.

Share the following ADA instructions with your patients on how to floss:

Break off about 18 inches of floss and wrap around your middle fingers.

Hold the floss tightly between your thumbs and forefingers.



Slide floss between your teeth until it reaches the gum.



When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth. Before moving on to the next tooth, wrap used dirty floss to middle finger and move to a clean area of the floss.



Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions. Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth.

ADA, 2012

Discard floss after each use. Do not reuse floss, it may contain bacteria and lose its effectiveness by being frayed. Contact your dentist if you have questions about the care of your teeth with flossing, floss brands or types, and any pain or sensitivity in your teeth when brushing or flossing.

For additional information, visit the [Mouth Healthy™ website](https://www.mouthhealthy.org/en/az-topics/f/flossing) brought to you by the ADA (<https://www.mouthhealthy.org/en/az-topics/f/flossing>).

Nutrition Impact on Oral Health

It has long been known that nutrition has a large impact on oral health. Children and adolescents are the population most at risk of dental caries. A low sugar, high-fiber diet, which includes whole grains, nuts, beans, lean protein, fresh fruit and vegetables, and dairy are important for dental health and overall health.

Share the following guidelines with your patients to ensure a healthy smile.

1. Make healthy snacking choices and avoid excess sugar in the forms of juice, soda, sweetened beverages and candy. The U.S. Dietary Guidelines recommend limiting added sugar to 10% of total calories per day. The American Academy of Pediatrics (AAP) no longer recommends juice for children under the age of one year. Ideas for healthy snacks are raw fruit and vegetables, popcorn, plain yogurt, cheese and nuts. Water and milk should be the primary beverages for children and adolescents.
2. Consume whole fresh fruits rather than juice for dental health. Chewing stimulates salivary flow which protects against demineralization of tooth substance.
3. Eat fruits and vegetables rich in Vitamin C to promote gum health. Good sources include citrus fruits, spinach, peppers, tomatoes and potatoes.
4. Calcium rich foods, such as unsweetened dairy, green leafy vegetables, almonds, calcium-fortified tofu and unsweetened soymilk promote strong bones and teeth.
5. Phosphorus rich foods, such as beans, nuts, lean proteins, dairy, whole grains and eggs are also important for strong teeth.
6. AAP recommends not bottle-feeding children past the age of 18 months. Feeding from a bottle bathes the teeth and gums in liquid, which increases risk of dental caries.



Matthews, 2009

Additional resources are available at:

- [CHDP's Childhood Oral Health Program](http://vchca.org/childhood-oral-health-program) (<http://vchca.org/childhood-oral-health-program>)
- [VC Oral Health Program](http://www.vchca.org/ventura-county-oral-health-program-vcohp) (<http://www.vchca.org/ventura-county-oral-health-program-vcohp>)

National Nutrition Month® 2019



The month of March is promoted as National Nutrition Month® by the Academy of Nutrition and Dietetics each year. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, Registered Dietitian Nutritionist (RDN) Day is celebrated on the second Wednesday in March. More information including activity handouts and nutrition tips sheets for adults and kids can be found on the [Academy of Nutrition and Dietetics website](https://www.eatright.org/food/resources/national-nutrition-month/) (<https://www.eatright.org/food/resources/national-nutrition-month/>).

For additional nutrition resources, visit Ventura County Public Health programs websites shown below.

- [Child Health and Disability Prevention \(CHDP\)](http://vchca.org/chdp) (<http://vchca.org/chdp>)
- [California Children's Services \(CCS\)](http://www.vchca.org/ccs-california-children-s-services) (<http://www.vchca.org/ccs-california-children-s-services>)
- [Women Infants and Children \(WIC\)](http://www.vchca.org/women-infants-and-children-wic) (<http://www.vchca.org/women-infants-and-children-wic>)
- [Chronic Disease Prevention Program \(CDPP\)](http://vchca.org/chronic-disease-prevention-program) (<http://vchca.org/chronic-disease-prevention-program>)
- [Nutrition Education and Obesity Prevention Program \(NEOP\)](http://www.vchca.org/health-promotion-education) (<http://www.vchca.org/health-promotion-education>)

Help Me Grow Ventura County

Help Me Grow is a systems-change model that leverages existing community resources to identify young children with developmental and behavioral needs. Help Me Grow builds collaboration across sectors such as child health care, early care and education, family support and social services. Ventura County became a Help Me Grow affiliate in 2013 and is funded and supported by First 5 Ventura County. Currently, leadership and strategic direction is provided by First 5 Ventura County, the Landon Pediatric Foundation and Ventura County Public Health- Children’s Health Promotion. Their mission is to ensure children’s optimal development by strengthening the systems connecting families to early identification and intervention services.



This is accomplished by:

- Creating a network of local partners dedicated to developmental monitoring and early intervention
- Educating and training local medical providers and early childhood educators on best practices around developmental screening and referral
- Providing tools and resources to support developmental screening and referral
- Collecting and reporting data around developmental screening outcomes

For early childhood educators:

The **Developmental Screening Tool Kit** was developed to provide best practices in the developmental screening process focused in the early care and educational settings. The kit also gives access to information about the ASQ-3, communicating with parents, and community referrals and resources.

For pediatric providers:

The **Early Identification Guide** was developed to provide information about implementing developmental screening in the medical practice. The guide provides information on the American Academy of Pediatrics practice parameters, choosing a well-validated screening tool, a sample practice workflow, billing information, and community referrals and resources.

For more information, visit [Help Me Grow Ventura County](http://www.helpmegrowvc.org) (www.helpmegrowvc.org) or contact Sharon Elmsdorp, PH.D, BCBA-D at (805) 303 1084 or info@helpmegrowvc.org.

Childhood Lead Poisoning Prevention Legislative SB 1041



CLPPB, 2018

Existing law requires a child who is determined to be at risk for lead poisoning be blood lead tested. Existing regulations require every health care provider who performs a periodic health assessment of a child to order a blood lead test for a child who receives services from a publicly funded program for low-income children. SB 1041, by State Senator Connie Leyva, requires the CA Department of Public Health to publicly report the rates of blood lead testing among children enrolled, and not enrolled, in Medi-Cal. Health care providers must also inform parents about child blood lead testing standards. SB1041 requires health care providers to inform parents and guardians about all of the following:

1. The risk and effects of childhood lead exposure
2. The requirement that children enrolled in Medi-Cal receive blood lead screening tests
3. The requirement that children not enrolled in Medi-Cal who are at high risk of lead exposure receive blood lead screening tests

For more information about SB 1041, visit the [California Legislative website \(https://bit.ly/2H0QJ9U\)](https://bit.ly/2H0QJ9U). For complete California health care provider regulations and blood lead testing guidance, refer to the ["CLPPB Blood Lead Testing flyer" \(https://bit.ly/2SB7mtW\)](https://bit.ly/2SB7mtW). Be sure to refer to the specimen labeling section of the fact sheet. For each test performed, include the following:

- Draw/sample type on the label (C for capillary, V for venous)
- Patient demographics (name, address, phone number, gender, date of birth)
- Ordering physician (name, address, phone number)
- Date of collection

H.I.S. Recalls Girls' Clothing Sets Due to Violation of Federal Lead Content Ban

Date: November 8, 2018

H.I.S. recalled the products shown to the right, sold at Burlington, Shopko, Meijer's, and AAFES (Army and Air Force Exchange Services) stores nationwide from February 2018 through November 2018.

Consumer Product Safety Commission [Latest Recalls](#) lists recent product recalls at <https://www.cpsc.gov/Recalls>. Search with the keyword "lead" or call 1-800-638-2772 for more information.



Girls' clothing set with necklace
U.S. CPSC, 2018



Necklace sold with clothing set
U.S. CPSC, 2018