



# CHDP HIGHLIGHTS

Ventura County Public Health  
Child Health and Disability Prevention Program

August 2018 | Quarterly Newsletter

## CHDP Training Calendar

**August 15 — Weighing, Measuring & BMI Workshop**

Register online at: <https://bit.ly/2Kj6VPR>

**September 19 — Lead Updates & Finger Stick Certification**

Register online at: <https://bit.ly/2O5j7pX>

**October TBD — Vision Screening Workshop**

## CHDP Outreach Events Calendar

Share these upcoming resource opportunities with your families:

**August 11, 10 am - 1 pm**

3rd Annual K—12 Resource Fair  
Oxnard PAL Gym  
350 S. K Street, Oxnard

**Every 2nd Tuesday, 4 pm - 7 pm**

**Every 4th Tuesday, 4 pm - 7 pm**  
Pop-up Community Resource Shop  
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 Lead Poisoning Prevention Program (CLPPP)
- Breastfeeding Resources for CHDP
- Childhood Oral Health & Dental Care
- Health Care Program for Children in Foster Care (HCPCFC)
- Developmental Screening

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## World Breastfeeding Week



The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organizations concerned with the protection, promotion, and support of breastfeeding. WABA coordinates World Breastfeeding Week (WBW), a celebration every year from August 1 to 7 all over the globe to encourage breastfeeding and improve the health of babies around the world. “#Breastfeeding is a universal solution that levels the playing field, giving everyone a fair start in life. It improves the #health, #wellbeing and #survival of women and children around the world. This #WBW2018, let us join hands

to protect, promote and support #breastfeeding as the #FoundationOfLife!” To participate in the World Breastfeeding Week celebration and to get ideas for future celebrations, join the WABA World Breastfeeding Week [Facebook Page \(https://www.facebook.com/WABA.WBW/\)](https://www.facebook.com/WABA.WBW/).

Health care providers play an important role in breastfeeding initiation and continuation. Many women report that receiving this support and encouragement is the most important intervention in helping them breastfeed. If you are looking to promote and support breastfeeding in your clinic, please read “[The 9 Steps to Breastfeeding Friendly: Guidelines for Community Health Centers and Outpatient Care Settings](http://calwic.org/focus-areas/wic-public-health-a-health-care-reform)” (<http://calwic.org/focus-areas/wic-public-health-a-health-care-reform>).

The guidelines were developed to:

- Assist clinic staff, including providers, to implement practices that protect, promote and support breastfeeding.
- Provide a framework to assist community clinics and outpatient settings in creating opportunities and sustaining a community-based, universally accessible, quality care and support system, which is important for breastfeeding mothers and their families at critical junctures during an infant’s first 12 months and beyond.
- Provide guidance on ways to deliver high quality, culturally competent breastfeeding promotion, support and care services to breastfeeding mothers and their families within clinics.

If you are interested in learning more, please contact Amy Avelar, Certified Lactation Counselor, Regional Breastfeeding Liaison for the Women, Infants, & Children (WIC) Program at: [Amy.Avelar@ventura.org](mailto:Amy.Avelar@ventura.org) or 805-981-5274.

## Ventura County Public Health Immunization Program: Vaccine Tips

It’s summer... and it’s getting hot. Is your clinic ready? Summer brings more power outages. As the heat rises, we put more demand on the power grid. Power outages can pose risks for **vaccines**. Be prepared in case your clinic loses power. Review and update, if necessary, your clinics’ [Vaccine Management Plan \(http://eziz.org/assets/docs/IMM-1122.pdf\)](http://eziz.org/assets/docs/IMM-1122.pdf).

Along with your backup plan for your vaccines, we encourage you to keep in contact with a clinic at a neighboring city in case the power is out in multiple cities. If your clinic does not have a generator, and/or your vaccine storage unit fails, it might be necessary to transport vaccines to an alternate storage location (e.g., a local hospital or another clinic). Before transporting, call the back-up location site to ensure that their generator is working and they have room for the vaccine stock. Identify at least one location with a generator below:

1. Location & Contact’s Name: \_\_\_\_\_ Telephone #: \_\_\_\_\_
2. Location & Contact’s Name: \_\_\_\_\_ Telephone #: \_\_\_\_\_



For more information on vaccine management, visit <http://eziz.org/vaccine-management/>.

## National Childhood Lead Poisoning Prevention Week

The 2018 National Childhood Lead Poisoning Prevention Week is October 21-27.

The Ventura County Childhood Lead Poisoning Prevention Program (CLPPP) is looking forward to promoting this year's theme: "Dust and dirt with lead can hurt. Keep kids away from lead where they play." Our CLPPP/CHDP staff will be raising awareness for lead poisoning prevention at outreach events to families and at visits to community and health care partners. Plan to attend the noontime Childhood Lead Poisoning Prevention in-service on September 19, 2018.

Learn more and earn credit by taking a free CME activity online, [The Prevention of Childhood Lead Poisoning - Why Physicians Should Counsel on Lead and Screen for Lead Exposure](https://www.cmecalifornia.com/Activity/3606868/Detail.aspx) (<https://www.cmecalifornia.com/Activity/3606868/Detail.aspx>). This course, providing 1 AMA PRA Category 1 credit, is authored by Jean Woo, MD, MPH, MBA, of the California Childhood Lead Poisoning Prevention Branch. Continuing education credit may be acceptable for other health care professionals.

Please contact us at (805) 981-5291 with questions about lead poisoning prevention in childhood or to request health education materials or trainings.



## California Attorney General Files Suit Over Dangerous Levels of Lead in Toddler Formula

Two toddler formulas were recently named in a lawsuit by the California Department of Justice (DOJ). These are not California WIC authorized formulas. On June 7, the DOJ announced that it is pursuing a lawsuit against two companies, Nutraceutical Corp. and Graceleigh Inc. DOJ testing on Peaceful Planet Toddler Supreme and Sammy's Milk Free-Range Goat Milk Toddler Formula found dangerous levels of lead.

Please advise parents/caregivers to:

- Not purchase or use these formulas
- Drain and rinse opened cans and save any cans in case there is a recall or refund offered
- Contact their child's doctor, if the child has ingested these formulas

Lead poisoning is harmful, especially to children and pregnant women. Since the symptoms of lead poisoning may not be visible, the only way to find out if a person has lead poisoning is by a blood test.

For more information regarding the lawsuit, visit the DOJ website, at [State of California - Department of Justice - Office of the Attorney General](https://oag.ca.gov/news/press-releases/attorney-general-becerra-issues-cease-and-desist-letters-and-files-suit-over) (<https://oag.ca.gov/news/press-releases/attorney-general-becerra-issues-cease-and-desist-letters-and-files-suit-over>).

## Splash Safely

It's time to have some fun in the sun and take a plunge in the pool! Even though swimming is fun, water can still pose danger. According to the Centers for Disease Control and Prevention (CDC), drownings remain the leading cause of unintentional death for children ages 1 to 4.

Let's dive into tips to keep your little ones safe in the water!

- Watch kids when they are in or around water, without being distracted
- Secure your pool with appropriate barriers
- Enroll children in swimming lessons
- Apply life jacket for inexperienced swimmers
- Establish and enforce pool rules
  - No diving
  - Stay away from drain covers
  - Swim with a buddy
  - No running around pool
- Know the signs of drowning
  - Silence
  - Head tilted back
  - Arms moving downward
  - Floating face-down
  - Wall-crawling
  - Bobbing or treading water
- Ensure everyone knows how to respond to aquatic emergencies
  - First aid and CPR



Lorelyn Medina

More pool safety tips available at: <https://safekidsventuracounty.org/seasonal/>

Find a CPR and First Aid class near you at: <https://www.redcross.org>

For swimming lessons, check out your local YMCA or Aquatic Centers.

## Hydration Recommendation ... WATER!

As a reminder during these hot summer months, recommended is drinking water as a healthier, more affordable beverage. According to the Center for Science in the Public Interest, consumption of sugary drinks can lead to weight gain, greater risk of developing Type 2 Diabetes, tooth decay and heart disease.

Sugar sweetened beverages include fruit drinks, sports drinks, sweetened teas and energy drinks. How can you calculate how much sugar is in your beverage of choice? Locate the Nutrition Facts Label on your beverage and locate the amount of sugar (grams) per serving. For every 4 grams of sugar it equals to about 1 teaspoon of sugar, hence a beverage that contains 64 grams of sugar equals to 16 teaspoons of sugar. Did you know that a typical 20-ounce bottle of regular cola contains 16 teaspoons of added sugars!

The American Heart Association (AHA) recommends no more than 6 teaspoons (25 grams) of added sugar per day for women and 9 teaspoons (38 grams) from men. The AHA limits for children vary depending on their age and caloric needs, but range between 3-6 teaspoons (12-25 grams) per day. Therefore, during this summer, may we suggest a nice tall glass of water! Make it fun, add slices of fruits, vegetables or herbs, and create your own naturally flavored treat! It is also free from the tap!

Learn more about Rethink Your Drink at: <http://healthyventuracounty.org/healthy-eating/rethink-your-drink/>