



Publication from Child Health and Disability Prevention Program  
 Santa Cruz County  
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Fall 2017

# CHDP Newsletter

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## Free Car Seat Inspections During Child Passenger Safety Week

As part of *Child Passenger Safety Week*, parents and caregivers can have their children's car seats inspected by Certified Child Passenger Safety Technicians who can teach them how to install their car seats properly.

Call 831-768-3209 for an appointment. No-cost seats will be available for low-income families.

Saturday, September 23<sup>rd</sup>, 10am-2pm  
 Watsonville Fire Department,  
 372 Airport Blvd.

### ***During This Year's Child Passenger Safety Week, Help Ensure Every Child is Buckled Up and in the Right Seat***

As children grow and transition from one type of car seat to another, parents sometimes become less vigilant about ensuring that their child is properly buckled and in the right seat for their age and size. The latest data from NHTSA shows that when it comes to restraint use, more than one-third of the children who died in car crashes in 2015 were not buckled up at all, with the majority of them being children between 8 and 12.

Of particular concern in Santa Cruz is the number of elementary age children improperly restrained in cars. A health department survey at five area schools indicates that over 40% of children are either unrestrained or in need of a booster seat for proper seatbelt fit. Many parents believe that at age 8 their child can stop using a booster, but unless that child is 4 feet, 9 inches tall, they most likely need to stay in a booster.

Here is a simple quiz for parents to determine if their child is ready to ride on the seat:

- When your child sits with his/hers hips against the back of the seat...
1. Do your child's knees bend comfortably over the front of the seat?
  2. Does the shoulder belt cross the center of the shoulder?
  3. Is the lap belt low, touching the tops of the legs?

If you answered "no" to any of these questions, your child still needs a booster.

For more information or event flyers to post, contact Lynn Lauridsen at [lynn.lauridsen@santacruzcounty.us](mailto:lynn.lauridsen@santacruzcounty.us) or 831-454-5477.

Additional resources can be found at: <http://www.santacruzhealth.org/HSAHome/HSA Divisions/PublicHealth/CommunityHealthEducation/ChildPassengerSafetySeatEducation.aspx>

## Second Harvest Food Bank Santa Cruz County Offers Nutrition Education Classes

Across Santa Cruz County, *Second Harvest* delivers food and nutrition education (<http://www.thefoodbank.org/our-impact/nutrition-programs/>) directly through two innovative nutrition programs.

- *Passion for Produce* provides nutrition education and peer support for a healthy lifestyle in a farmers' market setting
- *Food for Children* offers basic nutrition tips and food tastings in a fast-paced food distribution setting



CHDP

Child Health and Disability Prevention Program  
 County of Santa Cruz - Health Services Agency

## CHDP Vision Screening Training Highlights Changes in Guidelines

The CHDP Vision Screening Health Assessment Guidelines have recently been updated (<http://www.dhcs.ca.gov/services/chdp/Documents/HAG/Chapter27.pdf>).

### Key Points to Remember

- Screen right eye; Then left eye — There is no longer any need to screen both eyes together!
- Referral Guidelines
  - 3 yo: 20/63 or worse in either eye
  - 4 yo: 20/50 or worse in either eye
  - 5+ yo: 20/40 or worse in either eye
  - All ages: refer if there is a 2 line difference between the eyes
- New Occluder Requirements — Occlusive patches now recommended for best practice  
CHDP will also accept occluder glasses for children less than 10 years and a flip paddle occluder for children 10 years and up



- Tips to Remember
  - If the child wears glasses, screen with glasses on
  - Line up the heels on the testing line (refer to chart for testing distance)
  - Make sure the child is not peeking or squinting
  - Use flash cards to prepare the younger child
  - For the shy child, let the child point to a response panel so they don't have to speak
  - Give one direction at a time
  - Give positive reinforcement like "great!" after each response, even if it's wrong
  - If the child needs to be retested or referred, don't use the words "fail" or "failed the test"
  - You may use the HOTV or LEA chart for patients who do not know all their letters
- Refer children who cannot be tested in clinic due to developmental delay or autism

## CHDP and Dientes Community Dental Successfully Offer New Oral Health Training

Dental caries, commonly referred to as "tooth decay" or "cavities," is the most prevalent chronic health problem of children in California, and the largest single unmet health need afflicting children in the United States. Child Health Disability and Prevention (CHDP) Program children are classified as low socioeconomic status and are likely at high risk for caries. (*Oral Health and Anticipatory Guidance Health Assessment Guidelines* found here: <http://www.dhcs.ca.gov/services/chdp/Documents/HAG/18OralHealth.pdf>.)

The CHDP oral health/fluoride varnish training has recently been offered to the *Santa Cruz Community Health Centers* as they expand this vital preventative service to their patients. The training featured the support and expertise of Dr. Sepideh Walthard of *Dientes Community Dental Care*.

Please contact the CHDP office directly (831-763-8100) to bring this training to your office.

# Public Health Offers Free Health Education Tool To Promote Healthy Beverages

As a health care provider, you are aware of the high rate of overweight and obese children in Santa Cruz County, and you know about the relationship of obesity to type 2 diabetes and other conditions. However, educating patients about healthy lifestyle changes can be frustrating. A new tool focusing on decreasing consumption of sugary beverages can be helpful to your patients in making healthy beverage choices.

The UCLA Center for Health Policy Research's October 2013 Health Policy Brief, *Still Bubbling Over: California Adolescents Drinking More Soda and Other Sugar-Sweetened Beverages*, reviewed multiple dietary and health surveys and identified consumption of sodas and sugared-sweetened beverages as an important contributing factor in pediatric obesity. According to the policy brief, 62 percent of California adolescents ages 12-17 and 41 percent of children ages 2-11 drink at least one soda or other sweetened beverage every day. In addition, children who daily drank one or more sugary beverages were shown to have a 55% increased chance of being overweight or obese.

To promote a decreased consumption of sugar-sweetened beverages the Santa Cruz County Health Service Agency's Department of Public Health has been educating the community on how to identify sugar-sweetened beverages and promoting water consumption and other healthy alternatives. The agency would like to partner with health care providers to help them educate patients on the relationship of sugary beverages and obesity by providing them copies of a new poster developed by the Nutrition Education Obesity Prevention Branch at the California Department of Public Health. To receive a poster to put up in your office or to learn more about the Rethink Your Drink Campaign, please contact Corinne Hyland at [corinne.hyland@santacruzcounty.us](mailto:corinne.hyland@santacruzcounty.us) or 831-454-7558.

**How much sugar is in your drink?**

**rethink YOUR DRINK**

**Sugar Grams ÷ 4 = Teaspoons of Sugar**

Sugars 60g ÷ 4 = 15 teaspoons

**15**  
teaspoons of sugar

**Choose health. Drink water.**

**¿Cuánto azúcar tiene su bebida?**

**rethink YOUR DRINK**

**Gramos de azúcar ÷ 4 = Cucharaditas de azúcar**

60 Gramos de azúcar ÷ 4 = 15 Cucharaditas de azúcar

**15**  
Cucharaditas de azúcar

**Elija la salud. Tome agua.**

## Santa Cruz County Embarks on Strategic Plan

Santa Cruz County has begun its "first-ever" strategic plan now known as *Vision Santa Cruz County*. Per the website (<http://www.co.santa-cruz.ca.us/VisionSantaCruz.aspx>) the County plans to engage residents, businesses, nonprofits, youth groups, churches, local governments, parks officials, libraries, schools and more to help establish a common vision and set of goals for the future of Santa Cruz County. Visit the website to enter your e-mail address and receive updates.

## Selected CHDP Provider Information Notices (PINs)

- (PIN) 17-03 CHDP Health Assessment Guidelines Additional Revisions
- (PIN) 17-02 Revision of The Food Screening Form "What Does Your Child Eat? Birth To 8 Years" And "What Do You Eat? Ages 8-19 Years"

For a complete view of CHDP Program Letters and Provider Information Notices, go to the CHDP website at <http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx>

## DACA Renewal Clinics

Led by local immigration attorneys and legal service providers (email questions to [equity@cabrillo.edu](mailto:equity@cabrillo.edu) or call 831-477-3548):

Wednesday, 09/20 04:30 PM—07:00 PM Santa Cruz County Immigration Project  
406 Main St.  
Watsonville

Friday, 09/22 05:00 PM—08:00 PM Cabrillo College, Rm 317  
6500 Soquel Dr.  
Aptos

Saturday, 09/30 09:00 AM—05:00 PM Cabrillo Watsonville Center  
318 Union St.  
Watsonville

### Medi-Cal Subscription Service (MCSS)

The Medi-Cal Subscription Service (MCSS) is a **free** service that keeps you up-to-date on the latest Medi-Cal news. Subscribers receive subject-specific emails for urgent announcements and other updates shortly after they post to the Medi-Cal website.

Subscribing is simple and free: <http://files.medi-cal.ca.gov/pubsdoco/mcss/mcss.asp>

CHDP e-news is not intended to take the place of the CHDP Provider Manual, Provider Information Notices (PINs), or any other official correspondence from the California Department of Health Care Services. If you feel you have received this e-news in error or would like to be removed from the mailing list please contact Alaciel Jauregui at 831-763-8415; [Alaciel.Jauregui@santacruzcounty.us](mailto:Alaciel.Jauregui@santacruzcounty.us).

## County Health Alerts & Advisories

<http://www.santacruzhealth.org/HSAHome/HealthAlerts.aspx>

### September 9, 2017

Possible Exposure to Hepatitis A (Boulder Creek)

### August 30, 2017

Expanded Recommendation for Preventive Vaccination against Hepatitis A Virus (HAV)

### August 2, 2017

Order for Licensed Healthcare Facilities to Implement a Mandatory Influenza Prevention Program for Health Care Workers, 2017-2018

## CHDP TEAM

Santa Cruz County Health Officer/CHDP Medical Director  
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CHDP Care Coordinator  
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CHDP Health Care Program for Children in Foster Care  
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