BMI and Lead Reminders

Many offices refer children for high Body Mass Index (BMI) once they reach the 95th percentile. However, according to the Health Assessment Guidelines, a referral should be made beginning at the 85th percentile. All children over two years of age with a BMI below the 5th percentile or the 85th percentile and greater should receive counseling and a referral to a registered dietitian. The Comments section of the PM 160 should indicate the diagnosis (see Attachment A).

Children on public programs like Medi-Cal and WIC should be tested for lead at 12 and 24 months old. When this test is ordered the routine blood lead referral box must be checked on the PM 160 (see Attachment B). Other indicators for a blood lead test are suspected lead exposure, parental request, recent immigration from a country with high levels of lead in the environment, or any change in living situation that puts the child at risk for lead exposure. For more information please see: http://www.cdph.ca.gov/programs/CLPPB/Pages/ScreenRegs-CLPPB.aspx.

PM 160 Transition

The Department of Health Care Services (DHCS) will begin transitioning away from the PM 160 in 2017. The transition will include switching to new Health Insurance Portability and Accountability Act (HIPAA) compliant, patient-friendly forms. These new hardcopy forms will summarize the appointment and be given to families before they leave the office. Providers should continue submitting standard (green) and info-only (brown) PM 160s until DHCS announces the official transition date.

Providers are strongly encouraged to sign up for the Medi-Cal Subscription Service (MCSS) in order to receive notices about the transition. To sign up go to the following link, enter your information, and check the box labeled CHDP Gateway to Health Coverage: http://files.medi-cal.ca.gov/publsdoco/mcss/mcss.asp.

Audiometric Training

The next CHDP Audiometric Screening Training will be held on March 29th, 2017 at Public Health Services located at 1601 E. Hazelton Ave, Stockton 95205. Stay tuned for registration information.

It is mandated that all staff who do hearing screenings for CHDP children complete this training and receive a certificate. Certification is good for four years. However, if you do not perform a screening within one year then you must repeat the training before screening any children.

For any questions please call 209-468-8918 or email gcalla-way@sjcphs.org.
Breastfeeding Improvements

California WIC and the University of California Davis Human Lactation Center have released their annual report on breastfeeding rates across the state. Their hospital data shows that the exclusive breastfeeding rate in San Joaquin County (SJC) has risen 17.4% since 2010 compared to 12% statewide. This huge improvement is comparable to some of the largest, most populous counties in California. This chart highlights a few of the counties that have shown the most progress in exclusive breastfeeding across the state.

2016 Safe Sleep Recommendations

The American Academy of Pediatrics (AAP) recently released new guidelines aimed at reducing Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths in very young children. These new recommendations take into account recent research that shows having infants sleep in the same room as their parents, but in a separate crib or bassinet, can reduce the risk of SIDS by as much as 50%.

For more resources on Safe Sleep and SIDS Prevention visit the SJC Public Health Services Injury Prevention Program at: http://www.sjcphs.org/healthed/health_education_community_resources.aspx#Injury

Child Maltreatment

As health professionals, the welfare and safety of our county’s children is our highest priority. CHDP providers are on the front line in detecting and reporting child abuse cases. To that end, please remember that all physical exams must be unclothed as mandated by CHDP.

If you suspect that a pediatric patient is being abused, call the Child Abuse Line at 209-468-1333. The line is staffed 24 hours a day, 7 days a week. The accompanying report must be filed within 36 hours of the call.

Norovirus: The Winter Vomiting Bug

Norovirus is the leading cause of foodborne illnesses and outbreaks in the United States. Each year, this infection leads to over 400,000 emergency department visits, primarily among young children. Norovirus is a very contagious virus that causes diarrhea, nausea, vomiting, and stomach pain. These symptoms also commonly lead to dehydration and typically last for 1-3 days.

Anyone can become infected with norovirus by eating or drinking contaminated food or beverages, touching contaminated surfaces or objects then touching the mouth, or coming into contact with someone who is infected with norovirus. In the U.S., most outbreaks occur from November to April.

There is no vaccine to prevent norovirus, however the Centers for Disease Control and Prevention (CDC) has several recommendations to avoid it:

◊ Wash your hands with soap and water. Alcohol-based hand sanitizers can be used too, but not as a substitute.

◊ Make sure to wash produce thoroughly before eating and avoid quick steaming when cooking foods such as shellfish.

Please see Attachment C for more information for patients on how to prevent norovirus at home.

Heart Health is Good Health

February is American Heart Month and it comes not a moment too soon. Wintertime can be stressful on the heart as colder weather often leads to increased blood pressure and makes it more difficult for the body to maintain a constant internal temperature. Luckily, there are steps you can take year round to keep your heart healthy.

⇒ Avoid trans fats and look for unsaturated fats instead.
⇒ Practice good dental hygiene by brushing and flossing every day.
⇒ Try to get enough sleep every night—about 6 to 8 hours.
⇒ Don’t sit for too long at one time, get up and move throughout the day.
⇒ No amount of smoking is safe and even secondhand smoke can increase your risk of heart disease.

Regular blood pressure screenings are recommended beginning at age 3. St. Joseph’s CareVan offers free clinical services including blood pressure screenings (see page 4). For more heart healthy tips visit the American Heart Association’s website at: [http://www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/).
**Resources**

**Lenny the Lion**

This fun, kid-friendly app uses games and cartoons to teach carb counting to those managing diabetes.

The food guide helps kids learn how many carbs are in common foods and there are four different games that make it fun to learn about the role of carbs and insulin in diabetes.

Search “Lenny the Lion” in the App Store for both iPhone and Android.

**Free Clinic Services!**

St. Joseph’s Medical Center CareVan will be offering a free health clinic for low-income or uninsured families. Blood pressure and diabetes checks are included.

**Tuesdays**

8:30am—4pm

**Dollar General**

310 W. Martin Luther King Dr.

Stockton, CA 95206

Call **209-461-3471** or visit [www.StJosephsCares.org/Carvan](http://www.StJosephsCares.org/Carvan) for the most up to date information.

**Winter Weather Tips**

Take a look at some of these wintertime tips for keeping your child happy and healthy during their time outside:

- **Think layers**: for babies and toddlers, use one more layer than an adult would wear.
- **Be aware of clothing hazards**: make sure scarves and hood strings are loose enough to avoid strangulation.
- **Stay toasty**: check in with kids to make sure they are dry and warm enough.
- **Hydration**: we lose more moisture when breathing in cold weather. Make sure kids get enough to drink.
- **Car seat safety**: take off your child’s winter coat when in the car seat so the straps fit snugly.

More information can be found at [healthychildren.org](http://healthychildren.org) from the American Academy of Pediatrics.

**San Joaquin 2-1-1**

Don’t know how to connect a patient to extra resources? Just tell them to call 211! 211 is an information and referral line that connects callers to the San Joaquin County resources they need. All the information is also available online at [www.211SJ.org](http://www.211SJ.org).

See **Attachment D** for the program flyer.

**CHDP Newsletter Team**

- **CMS Medical Director**: Maggie Park, MD
- **CMS Administrator**: Marianne Hernandez, MSN
- **CHDP Deputy Director**: Renee Sunseri, SPHN
- **CHDP Public Health Educator**: Gwen Callaway, MPH
- **CHDP Provider Relations**: Jay Chevalier, PHN
- **Annette Vegas, PHN**
- **CHDP Foster Care Coordination**: Pam Lam, Sr. PHN
- **Jamie Crenshaw, PHN**
- **Charlene Devera, PHN**
- **Christine Merin, PHN**
- **Annelie Steele, PHN**
- **Xia Lo**

*CHDP quarterly newsletters are 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. For article contributions, topic suggestions and mailing list updates, please contact Gwen Callaway at 468-8918 or gcallaway@sjcphs.org.*
BMI Example

03: Overweight (5)

Dietician

03: Overweight (5)

Routine, refereral (y) Patient is a foster child (Y)
Stop Norovirus!

Norovirus causes diarrhea and vomiting. It spreads easily from an infected person to others, especially in long-term care facilities. Elderly residents are more likely to become very sick or die from norovirus.

**Protect yourself and elderly residents from norovirus.**

**WASH YOUR HANDS**
Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth.

**CLEAN SURFACES**
Use a bleach-based cleaner or other approved product* to disinfect surfaces and objects that are frequently touched.

**WASH LAUNDRY**
Remove and wash soiled clothes and linens immediately, then tumble dry.

**USE GOWN AND GLOVES**
Use gown and gloves when touching or caring for patients to reduce exposure to vomit or fecal matter.

**STAY HOME WHEN SICK**
If you’re sick, stay home and don’t take care of or visit people in long-term care facilities for at least 2 days after your symptoms stop.

For more information, visit [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus)

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*Use a chlorine bleach solution with a concentration of 1000-5000 ppm (5-25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA) at [http://www.epa.gov/oppscrime/](http://www.epa.gov/oppscrime/) [list_g_norovirus.pdf](http://www.epa.gov/oppscrime/)[list_g_norovirus.pdf]
Looking For Local Help?

Call 2-1-1
IT’S THAT SIMPLE.

FREE SERVICES

We’ll help you find the services you need.
We have someone who can speak your language.
A friendly voice will answer your call and help you sort things out - OR - Search the cloud for an answer: www.211sj.org

My kids are hungry. I have no cash. Where can I get food?
Let us help you find a Food Pantry, Food Bank or a Free Meal Program in your area.

I just lost my job. Now what?
We can introduce you to the local Employment Development office.

Flu season again?
How about looking for a flu clinic nearby? While we’re at it, should we also look into signing you up for affordable health care coverage?

I just found out I have prediabetes.
Where can I go to get help?
There are classes to help you navigate a change in lifestyle. Let’s get you the help you need.

Time to file taxes. Where do I start?
Have you heard of VITA? We can connect you.

I feel so down lately.
Let me call the Warm-Line for you. There is always someone to talk to.

But what can I do?
If you have a life-threatening emergency, call 9-1-1. Otherwise, let us try to help you.

The local 2-1-1 Service Provider is
Family Resource and Referral Center,
a member of 2-1-1 California,
909 W. Weber Ave., Suite 101
Stockton CA 95203
209-949-1553
www.fracsj.org

San Joaquin
2-1-1
Get Connected. Get Answers.

This material was produced with funding from Centers for Disease Control and Prevention (CDC) Grant Number DR00540 through the California Department of Public Health. The contents are solely the responsibility of the author and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services.