

Child Passenger Safety: Fact Sheet

- Motor vehicle injuries are the leading cause of death among children in the United States.
- In San Joaquin County, motor vehicle transport accounts for the greatest number of unintentional injury-related deaths for children 5-14 years of age.
- Child restraint systems are often used incorrectly.
- Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddlers ages 1 to 4 years.
- Restraint use among young children often depends upon the driver's seat belt use. Almost 40% of children riding with unbelted drivers are themselves unrestrained.
- Child passengers should never be seated in front of an airbag. Airbags can injure or kill children in a crash that might otherwise have been survivable.
- Placing children in age- and size-appropriate car seats and booster seats reduces serious and fatal injuries by more than half.

Resource: Center for Disease Control and prevention (2011)
http://www.cdc.gov/MotorVehicleSafety/Child_Passenger_Safety/CPS-Factsheet.html
San Joaquin County Health Status report (2011).

New Child Passenger Safety Law in California

Effective January 1st 2012, California law requires:

- ◆ Children must be properly secured in an appropriate child passenger restraint (safety seat or booster seat) in the back seat of the vehicle until they are at least 8 years of age or 4' 9" tall.
- ◆ Everyone in the car must be properly buckled up. For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than \$475 and get a point on their driving record.

The San Joaquin County Public Health Services Child Passenger Safety Program

The San Joaquin County Public Health Services offers a program to educate parents and caregivers about the law as well as proper installation and use of child safety seats and booster seats through its Car Seat Safety Classes and its Car Seat Fitting Station. Car seats are available at reduced cost to the community; however, completion of a class or presentation from Public Health Services is required to purchase a reduced-cost car seat. There is no charge for the class or car seat inspection.

Car Safety Classes are offered in English and Spanish. Classes are offered in English on every Wednesday at 11:00am and 01:30pm, and Spanish classes are offered on second Thursday at 02:30 pm of each month.



For more information

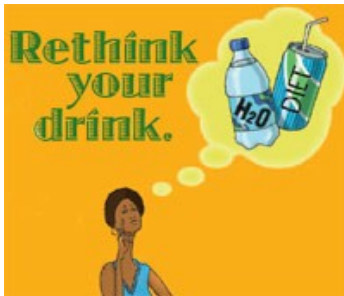
Contact:

Charles Hughes
(209) 468-8914

KEEP CHILDREN SAFE.

IT'S THE LAW!

SAN JOAQUIN COUNTY'S ADOLESCENTS CONSUMING HIGHEST AMOUNT OF SODA !!!



Obesity has become a global epidemic. There are multi-factorial reasons which contribute to obesity; however, recent research focuses on the role of the Sugar Sweetened Beverages (SSBs) contributing to the epidemic of obesity. SSBs include but not limited to soft drinks (soda or pop), fruit drinks, sports drinks, tea and coffee drinks, and energy drinks. The highest consumers of SSBs are adolescents aged 12 to 19 years. In California, 41% of children ages 2 to 11 and 62% of teens drink soda daily. According to the 2009 “Bubbling Over” report released by the California Center for Public Health Advocacy (CCPHA), the consumption of one or more sodas for San Joaquin County (SJC) teens aged 12-17 is the highest when compared to other California counties. In SJC, 77.8% of youth consumes one or more sodas per day.

Sweetened beverages offer little or no nutritional value but massive quantities of added sugars. Increasingly major organizations such as the Center for Disease Control and Prevention (CDC) are identifying decreasing consumption of SSBs as one of the target areas for prevention and control of obesity. There has been a nationwide effort to decrease consumption of SSBs. Most of the programs adopted by several states nationwide recommend zero sugary beverages consumption to decrease overall rates of obesity among children and adolescents. The state of California adopted the model of B-B-2-1-0 (breastfeeding, Body Mass Index measurement, two hours screen time, one hours vigorous exercise and zero sweetened beverages) recommended by The National Initiative to Improve Child Healthcare Quality (NIICHQ) to fight against the epidemic of obesity.

Experts are reaching a consensus that water should be a key ingredient in any anti-obesity strategy. The CDC recommends consumption of water as a strategy to reduce obesity rates among children and adolescents. Substituting water for one 20-ounce sugar-sweetened soda can save about 240 calories. The “ReThink Your Drink” campaign was initiated by CDC to encourage consumers to avoid sugary drinks in their everyday diets. This weight-loss assistance program provides guidance on cutting calories by opting for water or fewer sugary coffee and tea drinks during and between meals. It also recommends carrying a water bottle to refill as necessary throughout the day for a quick and inexpensive thirst quencher.

SJC Public Health Services is a participant in the “ReThink Your Drink” campaign that will be launched statewide this summer. The campaign will be informing Californians of the amount of added sugar in many of the beverages we drink every day via print advertisements, television commercials, and possibly some radio advertisements. Please stay tuned for our next newsletter to find out what steps are being taken on a regional level to encourage healthier beverage choices.

Resources: California Center for Public Health Advocacy (2011). California campaign for healthy beverages. Retrieved from http://www.publichealthadvocacy.org/healthy_bev.html

Center for disease control and prevention (2011). Water meeting your daily fluid needs. Retrieved from <http://www.cdc.gov/nutrition/everyone/basics/water.html>

California Center for Public Health Advocacy (2009). Bubbling over: soda consumption and its link to obesity in California. Retrieved from <http://www.publichealthadvocacy.org/bubblingover.html>

**CHOOSE WATER OVER SWEETENED
BEVERAGES!!!**

Current Candy Recalls Due to Unsafe Lead Levels

Certain Laxmi and HB Brand Candies imported from India have been recalled due to unsafe level of Lead found in the candy. Please inform your clients and families to call the California Department of Public Health (CDPH) Complaint Hotline at 1-800-495-3232, if they find these candies for sale in San Joaquin County. Some of the candies which have been recalled are shown below. If you would like more information or the complete list of recalled candies, please contact: Gale Heinrich, Senior Public Health Nurse, Childhood Lead Poisoning Prevention Program Coordinator at (209) 468 -2593.



FREE! FREE! FREE!

**BIRTH, BABY AND
BONDING FAIR**

AUG 5th, 2012(Sunday)

**University Plaza Waterfront
Hotel**

1pm-5pm



CHDP NEWSLETTER TEAM

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