



San Mateo County CHDP Provider Newsletter

Spring 2013

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Introducing the New CHDP Provider Newsletter

Dear CHDP Providers,



We are delighted to send you the inaugural issue of our newsletter! As our name indicates, our goal is **to Improve Child Health by Preventing Disability**, and this issue focuses on two ways of preventing disability: being sure children are properly immunized and improving nutrition. Each issue will include information on training opportunities and resources for your practice, important issues in child health, and a spotlight on healthcare providers that participate in CHDP.

As always, thank you for your dedication to improving the health of all children in San Mateo County!

Dorothy Vura-Weis, MD, MPH, CHDP Medical Consultant

Celebrate Preteen Vaccine Week - February 10-16, 2013

Adolescent immunizations are safe, effective and the best way to protect preteens and their contacts from serious diseases. Preteen Vaccine Week is an opportunity to increase awareness of adolescent immunizations in your practice and implement strategies to improve immunization rates throughout the year. It is also a good opportunity to immunize your current 6th graders ahead of the late summer, back-to-school rush. For more information and resources, please visit www.smchealth.org/immunizations.



Adolescent Vaccination: Keep the Momentum Going!



Contributed by the CDPH Immunization Branch

Thanks to your efforts, California's adolescents are better immunized than ever. Continued improvement is needed to protect them from threats such as pertussis, meningococcal disease, and cervical cancer.

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Now Available:

2013 CDC Immunization Schedule

Access online at www.cdc.gov/vaccines/schedules

Save the Date for Upcoming Trainings:

IMMUNIZATION SKILLS INSTITUTE MARCH 21, 2013

Contact Marcy Spaulding, PHN, Immunization Program for more information or to register: (650) 573-2245 or mbspaulding@smcgov.org

AUDIOMETRIC HEARING SCREENING & PLAY AUDIOMETRY MAY 21, 2013

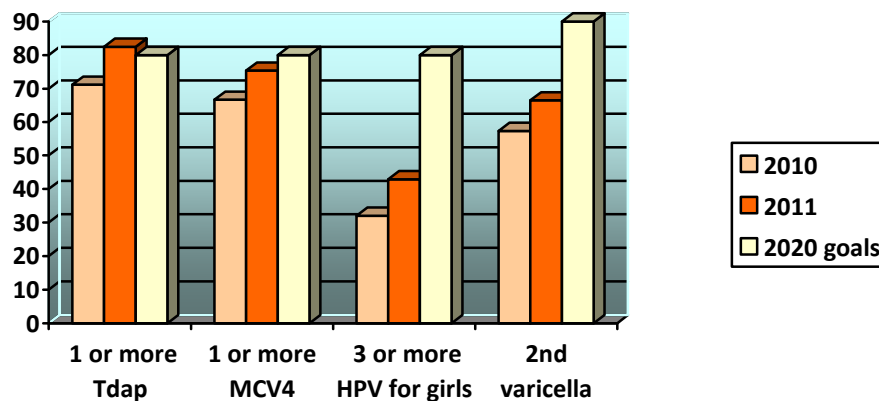
Positive Strides

According to the National Immunization Survey (NIS), between mid-2010 and mid-2011 (Figure 1), immunization rates of California youth ages 13-17 years increased against the following diseases:

- pertussis (from 71% → 83%; $p \leq 0.05$),
- meningococcal disease (from 67% → 75%; $p \leq 0.05$),
- human papillomavirus (≥ 3 doses for girls from 32% → 43%; $p \leq 0.05$)
- varicella (2nd dose in those without a history of chickenpox from 57% → 67%)

Rates of pertussis immunization have further increased, as Tdap immunizations have been documented for over 3.5 million California middle and high school students to comply with the state requirement effective since 2011. Tdap vaccination rates have already exceeded the national *Healthy People 2020* goal. High rates of Tdap immunization will help to limit transmission of pertussis in schools and the community in the aftermath of historic outbreaks in California during 2010 and, more recently, throughout the United States, including in California's neighbors.

Figure 1. Immunization rates for California 13- to 17-Year-Olds: 2010, 2011 and federal *Healthy People 2020* goals.



Source: CDC National Immunization Survey –Teens 2010 and 2011

More Work Needed

HPV vaccination has been recommended for all adolescent males since in 2011, but only 13% were estimated to have completed the three-dose series. Greater promotion from physicians should help to increase this rate over time.

Seasonal flu vaccination rates remain low for adolescents. The 2012 National Flu Survey (NFS) showed the national annual influenza vaccination for children 5-17 years was 47%. An annual influenza vaccine is recommended for all persons 6 months and older to prevent influenza and its complications.

Federal *Healthy People 2020* goals include increasing coverage among 13-15 year olds for one dose of meningococcal vaccine to 80%, three doses of HPV to 80%, and two doses of varicella vaccine to 90%. (Figure 1) Take steps now to protect your patients.

(Adolescent Vaccination, Continued on Page 3)

Other Available Trainings

USING THE WHO GROWTH CHARTS TO ASSESS CHILDREN FROM BIRTH TO 2 YEARS

Contact Yvette Rivas Bedrosian, CHDP Nutritionist (650) 573-3924 or ybedrosian@smcgov.org

ORAL HEALTH ASSESSMENT AND REFERRAL

Contact Rachelle Salvana, CHDP Dental Coordinator (650) 573-2248 or rsalvana@smcgov.org

CHDP staff can come to your office to provide these trainings. Contact the appropriate staff member for details.

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You Can Make a Difference

In addition to school sports and camp physicals, the 7th grade Tdap visit can play a pivotal role in providing needed immunizations. As patients come in for their required Tdap booster shot, you have an opportunity to catch patients up on immunizations, including a second dose of varicella vaccine if not yet received. As their children's physician, you remain a major influence on parents. Taking the time to provide information and answer questions will reinforce your relationships with patients and families.

Participating practices can use the California's Immunization Registry (CAIR) to remind patients to come in for needed immunizations and to quickly assess which immunizations are needed or overdue. To learn more about CAIR, and how to sign up, contact the CAIR help desk at: 800-578-7889 or CAIRHelpDesk@cdph.ca.gov.

Resources for your practice

These resources can be ordered for **FREE** from the San Mateo County Immunization Program by calling (650) 573-2877. They are also available online.

- Tips on Talking with Parents IMM-915** (provider tool)
- Vaccines for Your Preteen IMM-1054** (English/Spanish checklist for parents)
- Tdap Reminder postcards IMM-864ES** (English/Spanish)
- HPV vaccine fotonovela "An Ounce of Prevention" IMM-1049** (English/Spanish)
- One Shot Heroes DVD IMM-1048** (15 minute film for preteens)

Websites

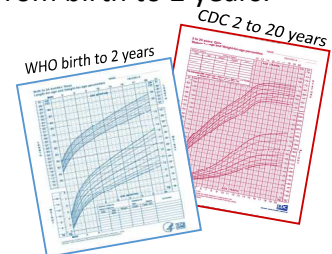
- **ShotbyShot.org** (video stories from those personally affected by vaccine-preventable diseases)
- **Preteens and Teens Still Need Vaccines** (CDC) and **MyBestShot.org** (website featuring information aimed at a preteen audience)

CHDP Providers to Begin Using World Health Organization (WHO) Growth Charts

Contributed by Yvette Rivas Bedrosian, MS, RD, CHDP San Mateo County

In September 2010, an expert panel comprised of the Centers for Disease Control (CDC), the National Institutes of Health (NIH), and the American Academy of Pediatrics (AAP) recommended that health care providers use the WHO growth standards rather than the CDC growth charts for assessment of growth of infants from birth to 2 years.

All CHDP providers are required to transition to the WHO growth charts for infants and children from birth to 24-months by October 2013



(WHO Growth Charts, Continued on Page 4)

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Dental Health

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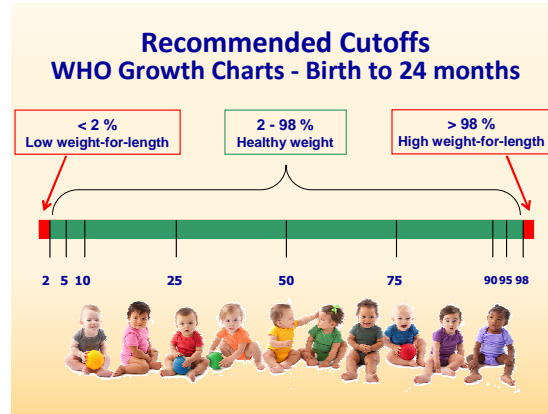
Lead Poisoning Prevention Program

- Veronica Alvarez-Javonillo, Sr PHN
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(WHO Growth Charts, Continued from Page 3)

Background

In 2006, WHO released new international growth standards for children, birth - 5 years. The standards are based on the growth of children raised in 6 different countries including the U.S. These children received recommended nutrition and health care, including exclusive breastfeeding to 6 months, standard pediatric care, and a non-smoking environment. The WHO growth charts describe how children **should grow** under optimal conditions. In contrast, the 2000 CDC growth charts reflect typical growth patterns of children in the US. No specific health behaviors were required for children to be included in the data sample. The CDC charts are *references* and describe how children grew in a particular environment at a point in time. These growth patterns may not have been ideal.



Why use WHO growth standards for infants and children ages 0-2 years?

- Based on high quality population data
- Provides a better description of physiological growth in infancy
- Establishes growth of the breastfed infant as the norm for growth of all infants
- Supports breastfeeding as optimal nourishment
- Aligns with AAP and WIC growth assessment tools and feeding recommendations

Why use CDC growth charts for children 2 – 20 years?

- The CDC growth charts can be used continuously from ages 2-20
- For children 2-5 years, the methods used to create the CDC and WHO charts are similar

Which WHO growth charts should providers use?

- Use the Birth to 24 month charts for boys and girls (2nd - 98th percentiles)
 - Length-for-age and Weight-for-age percentiles
 - Head Circumference-for-age and Weight-for-length percentiles
- The charts are downloadable at www.cdc.gov/growthcharts

Impact of WHO Growth Charts on the Interpretation of Growth

- Providers will now use the WHO growth chart cutoff points (<2nd and >98th percentiles) for the identification of underweight and high weight for length instead of the CDC growth chart cutoff points (<5th and >95th percentiles)
- Fewer infants aged < 12 months will be identified as having high weight for length
- Fewer infants, 6-23 months, will be identified as low weight for length or age. Growth begins to slow in the healthy breastfed infant from 3-12 months. On the CDC growth chart, when a breastfed infant presents with poor weight gain, a health care provider may recommend unnecessarily supplementing with formula or solids due to slowing weight gain. With the WHO growth charts, infants are less likely to be incorrectly assessed as underweight.

(WHO Growth Charts, Continued on Page 5)

(WHO Growth Charts, Continued from Page 4)

Age Group	Recommended Growth Chart
Birth – 24 months	WHO Growth Charts (2006)
2 - 20 years	CDC Growth Charts (2000)

Nutrition

- Yvette Rivas Bedrosian, MS, RD
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Action items to incorporate the WHO growth charts into your practice

- Transition to the WHO growth charts on or before **October 2013**
- Understand an infant will plot differently on the WHO growth chart than on the CDC chart
- Review growth at each health assessment and interpret carefully
- Review feeding with each health assessment to determine if foods are developmentally appropriate. Follow AAP Bright Futures and WIC guidelines for introduction of complementary foods
- Encourage breastfeeding and provide support and resources
- Reevaluate the methods used in your clinic for measuring, plotting and interpretation of growth charts. CHDP staff is available to provide training on proper measuring and weighing techniques.

References & Resources for your practice

- **WHO Growth Charts:** http://www.cdc.gov/growthcharts/who_charts.htm
- **WHO Fact Sheet:** www.cdc.gov/nccdphp/dnpao/growthcharts/who/downloads/Using_WHO_growth_charts.pdf
- **WHO Growth Chart Online Trainings:**
<http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm>
<http://www.who.int/childgrowth/training/en/>
- **CDC Morbidity and Mortality Weekly Report (MMWR) Recommendations and Reports:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5909a1.htm>

CHDP Provider Information Notices 2012

Revised Recommendation for Quadrivalent Human Papillomavirus Vaccine CHDP Code 76 for Males and Females (Notice # 12-02 06-27-2012)

CHDP Health Assessment Guidelines (HAG) Revision: Section 56, Injury Prevention and Anticipatory Guidance (Notice # 12-03 06-27-2012)

Administration of a Single Supplemental Dose of Pneumococcal Conjugate Vaccine 13 Valent (PCV13) for Children Who Have Received a Full Series of PCV7 (Notice # 12-04 06-27-2012)

Recommended Booster Dose of Meningococcal Conjugate Vaccine (MCV4), CHDP Code 69 (Notice # 12-05 06-11-2012)

If you have not received any of these notices, please contact the CHDP program at (650) 573-2877 or find them online at <http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx>

This Newsletter
is a Publication
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Child Health
and Disability
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Featured CHDP Provider – Welcome! North East Medical Services (NEMS), Eastmoor (Daly City)

Contributed by Lily Chan, RN Team Leader, NEMS Eastmoor



North East Medical Services (NEMS) is a community health center and primary care clinic located at 211 Eastmoor Avenue in Daly City. We offer primary health care services to patients of all ages, including children who are eligible for CHDP. Dr. Helen Wong, a family practitioner, is our lead physician at the Eastmoor Clinic. She speaks English, Cantonese, Mandarin, and Toisan (a Cantonese dialect).

NEMS Eastmoor Clinic opened in December 2011. The clinic offers primary care services, basic lab testing and blood drawing, and patient enrollment and eligibility assistance. We accept Medi-Cal, CareAdvantage (Medicare), Healthy Families, Healthy Kids, and ACE through the Health Plan of San Mateo. We also accept patients without health insurance. In 2013, NEMS' Eastmoor Clinic will open an on-site pharmacy and health education center so that we can better serve our patients.

NEMS operates nine clinics throughout the San Francisco Bay Area and has been serving the community for over 40 years. Our mission is to provide affordable, comprehensive, compassionate and quality health care services in a linguistically competent and culturally sensitive manner to improve the health and well-being of our community.

For appointments, call 650-550-3923 ext 8150. Let our staff know that you would like to make an appointment at the Eastmoor Clinic.



Dr. Helen Wong

Clinic Hours:
Monday – Friday
8:30 am to 12:00 pm
and 1:00 - 5:00 pm

ISI IMMUNIZATION SKILLS INSTITUTE

Thursday, March 21, 2013
4:00 pm – 8:00 pm

For: Medical Assistants, LVNs, and others wanting to improve their immunization skills

Where: 225 37th Avenue, Room 100, San Mateo

Fee: \$5.00 payable at the door

Register by: March 11, 2013 Space is limited!

**For more information or to register, contact:
Marcy Spaulding, PHN, Immunization Program at
(650) 573-2245 or mbspaulding@smcgov.org**



Topics covered include:

- Best practices
- Vaccine storage and handling
- Vaccine preparation and administration
- Needle selection
- Injection sites
- Routes of administration
- Immunization documentation
- Techniques to use with children, teens, and adults