A Billion steps challenge

MEDICAL PROVIDER GENERATOR TRAINING

PRETEEN VACCINE WEEK

www.sbcphd.org

Facebook: @SBCountyPublicHealth

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As of February 3, 2020:

Health care providers should notify Disease Control (24/7 phone line: 805-681-5280) immediately of suspected cases per Centers for Disease Control and Prevention (CDC) guidance (https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html).

Local and state public health staff will determine if the patient meets the criteria for a patient under investigation (PUI) for 2019 Novel Coronavirus (2019-nCoV).

As of February 3rd, diagnostic testing for 2019-nCoV can only be conducted at the CDC. The Santa Barbara Public Health Lab will coordinate testing if needed.

If you have symptoms and traveled to China between December 15, 2019 and now, call your health care provider and be sure to tell them about your travel history. There is no specific treatment for coronavirus infection. However, supportive care can be provided for more severe illness.

- As this situation continues to evolve rapidly, providers should consistently monitor CDC recommendations at https://www.cdc.gov/coronavirus/2019-ncov/index.html
- The current Santa Barbara County status of 2019-nCoV can be found on the Public Health Department website https://countyofsb.org/phd/dcp/novel-corona-virus.sbc or by calling the Information Line (805) 681-4373.

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Epidemiology Corner

Visit the Epidemiology Sentinel influenza webpage to review local 2019-2020 Influenza activity! The site is updated every 2 weeks. As of January 18, 2020 (Disease Week 3):

- The most common viruses circulating are B/Victoria followed and A(H1N1)pdm09.
- Elevated flu activity has been seen the last 4 weeks by sentinel providers.
- There have been 4 clusters of Upper Respiratory Illness reported in congregate settings.
- In Disease Week 3, 24.9% of inpatients tested for influenza at local hospitals were positive.
This year's Preteen Vaccine Week is March 1-7, 2020. Preteen Vaccine Week promotes the importance of immunizing preteens and highlights the preteen doctor visit as an opportunity for preteens to receive vaccines that can protect them from very serious, yet preventable diseases. By making sure vaccines are up-to-date, parents can protect children from dangerous diseases. Help remind parents about the vaccines needed at the preteen doctor visit, including:

**Human Papillomavirus (HPV)**
- HPV vaccine prevents cancer. HPV vaccine is safe, effective, and can protect against infection with the types of HPV that can cause certain cancers. Preteens need two HPV shots to be fully protected.
- See [CDC's tip sheet for talking to parents about HPV vaccine](https://www.cdc.gov/vaccines/hcp/feat/hpv-parents.html) (page 2).

**Pertussis**
- Whooping cough (pertussis) can cause severe coughing spells. Preteens suffering from whooping cough can be hospitalized and miss weeks of school. Protection from the childhood immunization against pertussis fades over time. Infants are most likely to catch whooping cough from an older sibling. Under state law, all incoming 7th grade students need proof of a Tdap booster shot and chickenpox vaccine (see below) before starting school. More information is available at [www.ShotsForSchool.org](http://www.shotsforschool.org).

**Chickenpox**
- California law requires students to have documentation of two doses of chickenpox vaccine before starting 7th grade or kindergarten. Make sure your patients have been protected with two doses, and catch up those who haven't yet.

**Meningococcal**
- Bacterial meningitis is a very serious infection that can cause brain damage, arm and leg amputations, kidney damage, and death. Preteens need one shot of quadrivalent meningococcal conjugate vaccine at 11 or 12 years of age and a booster at age 16.
- Serogroup B meningococcal (MenB) vaccine may be administered to adolescents and young adults 16-23 years of age to protect them against serogroup B meningococcal disease, the cause of recent outbreaks on college campuses. The preferred age for MenB vaccination is 16-18 years of age.

**Influenza**
- Influenza can be very dangerous. Last flu season 2018-19, 80,000 Americans died from flu. Everyone 6 months of age and older needs to be immunized against influenza each year. Influenza can circulate into the springtime – preteens should get immunized as soon as possible if they haven't already this season.

Please utilize every opportunity, including sports physicals, to provide immunizations to preteens.

*Thank you for raising awareness about life-saving vaccines and for supporting Preteen Vaccine Week!*
The American Public Health Association's Billion Steps Challenge supports broader health promotion efforts, including "Step it Up: The Surgeon General's Call to Action to Promote Walking and Walkable Communities." We hope you'll join in advocating for ways to make it easy for all people to be physically active in their community. It's always more fun when you exercise with others. Take family walks, schedule walking meetings at the office, walk your children to school – the more people who join, the quicker we'll reach 1 billion steps. Plus, the walking challenge will encourage healthy habits among family, friend, and co-workers!

Locally, Healthy People Healthy Trails (HPHT) is an innovative program designed to strengthen the connection between the use of local public parks, trails, and individual healthcare. The program offers a set of maps with easy local walking routes for the Carpinteria, Santa Barbara, Goleta, and Lompoc area. There is also a calendar of events for guided walks to learn more about the wonderful nature around us.

- Healthy People Healthy Trails Maps
- HPHT Calendar of Events

Join the walking challenge today by either creating your own group or joining the community challenge at [https://aphabillionsteps.walkertracker.com](https://aphabillionsteps.walkertracker.com) and using the Walker Tracker app, available in the App Store for iPhone or Google Play store for Android.
ARE THE INDIVIDUALS YOU SERVE READY FOR A POWER OUTAGE?

WHO: Medical providers, agencies, and others who support individuals who rely on electricity for medical reasons.

WHEN: FEBRUARY 20, 9AM TO 1PM
COME ANY TIME: 15 MINUTE PRESENTATIONS ON THE HOUR
Stations will demonstrate the use of equipment such as oxygen concentrators, ventilators, and low air loss mattresses

WHERE: PUBLIC HEALTH DEPARTMENT AUDITORIUM
300 SAN ANTONIO ROAD, BUILDING 1

WHAT: Learn how batteries and generators can support medical and other equipment needs during power outages
- What size battery or generator is needed for medical equipment?
- How long will the battery or generator last?
- How much will it cost?
- What are the pros and cons?
- How do I help my patients or clients prepare?

QUESTIONS?: Email the Public Health Emergency Preparedness Office: phdpreparedness@sbcphd.org

Healthcare providers are urged to prepare their patients for electrical outages by completing "My Power Outage Emergency Plan".

2018 IN-HOSPITAL BREASTFEEDING RATES

The 2018 in-hospital breastfeeding rates are now available on the California Department of Public Health website. This data is collected through the Newborn Screening (NBS) program by hospital staff that gather data on all infant feedings in the first 24-48 hours since birth. Santa Barbara County is ranked 38th in exclusively in-hospital breastfeeding rates when compared across the 58 California counties.

According to the California Women, Infants, and Children (WIC) Association and the University of California Davis Human Lactation Center, "Breastfeeding provides short- and long-term health benefits that reduce global health care cost," making breastfeeding a health equity priority.

For more information on breastfeeding resources available locally, visit the Santa Barbara County Public Health Department Breastfeeding Program: (https://www.countyofsb.org/phd/nutritional-services/breastfeeding/program.sbc).
Santa Barbara County In-Hospital Breastfeeding Rates, 2018

<table>
<thead>
<tr>
<th>Percentage of births</th>
<th>Any Breastfeeding</th>
<th>Exclusive Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTY-WIDE</td>
<td>96.6%</td>
<td>65.8%</td>
</tr>
<tr>
<td>LOMPOC VALLEY MEDICAL CENTER</td>
<td>90.0%</td>
<td>38.5%</td>
</tr>
<tr>
<td>MARIAN REGIONAL MEDICAL CENTER</td>
<td>96.1%</td>
<td>59.0%</td>
</tr>
<tr>
<td>SANTA BARBARA COTTAGE HOSPITAL</td>
<td>98.2%</td>
<td>79.8%</td>
</tr>
</tbody>
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PUBLIC HEALTH IN THE NEWS TRIVIA

Test your public health knowledge with this quick 4 question quiz based on recently published reports and events (Source: American Public Health Association).

https://www.surveymonkey.com/r/FebHealthMatters

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