HEALTH MATTERS NEWSLETTER

OCTOBER 2019

TAKE ACTION TO PREVENT FLU.

CLEAN AIR DAY

2019-2020 Flu Season

INTERMITTENT FASTING

SANTA BARBARA COUNTY PUBLIC HEALTH

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EMERGING PUBLIC HEALTH ISSUES

COMMUNICABLE DISEASE PREVENTION: 2019-2020 FLU SEASON RECOMMENDATIONS

On August 23, 2019, the Advisory Committee on Immunization Practices (ACIP) published recommendations for the 2019-2020 influenza season. For details, visit https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm. Routine annual influenza continues to be recommended for all persons aged 6 months and older who do not have contraindications.

Vaccine Strains

For 2019-2020, trivalent (three-component) vaccines are recommended to contain:

- A/Brisbane/02/2018 (H1N1) pdm09-like virus (updated)
- A/Kansas/14/2017 (H3N2)-like virus (updated)
- B/Colorado/06/2017-like (Victoria lineage) virus

Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain:

- The three recommended viruses above, plus
- B/Phuket/3073/2013-like (Yamagata lineage) virus.

Vaccine Products

Various influenza vaccines are licensed for the 2019–2020 season. For many vaccine recipients, more than one type or brand of vaccine might be appropriate within approved indications and ACIP recommendations. The 2019-2020 Influenza Vaccine Identification Guide is available at: http://eziz.org/assets/docs/IMM-859.pdf.

Health Care Workers Vaccination and Masking Order

On September 18, 2019, the Santa Barbara County Public Health Department (SBCPHD) issued a Health Officer order mandating influenza vaccinations for all Health Care Workers (HCWs) by November 1, 2019. HCWs must either have documentation of a flu vaccine or wear a mask.

For additional flu resources, visit https://www.countyofsb.org/phd/news/seasonal-flu.sbc.

FREE FLU SHOT CLINIC - OCTOBER 23RD

FREE Flu shots in Goleta to anyone 2 years of age and older. No appointment or insurance necessary.

WHERE: Goleta Valley Community Center
5679 Hollister Ave.
WHEN: Wednesday, October 23rd from 3:00-7:00 pm

For more information call (805) 346-8420 or go to www.sbcphd.org.
Intermittent Fasting (IF) can be an effective tool for weight loss for patients and research surrounding IF is intriguing; however, more research is needed in humans to determine long term benefits and sustainability of IF. IF is being used as a tool for weight loss, but other health benefits are also being promoted.

IF reduces calorie intake by restricting consumption to certain hours of the day. Many methods exist. One form of IF is eating 500-600 kcal/day (or ~25% of daily calorie needs) on two days of the week and eating however you choose without restrictions on the other days. Another IF method is the 16:8 diet, sometimes referred to as time-restricted eating, where people restrict food intake for 16 hours a day and allot an 8 hour window for eating. One recent study (July 2019) published in *Obesity* showed an early eating time window, from 8 AM to 2 PM, is beneficial with regards to weight loss by helping to reduce appetite and possibly increase fat oxidation, compared with a control group who ate from 8 AM to 8 PM (1).

IF is used mainly for weight loss. A recent meta-analysis showed that intermittent energy restriction was more effective for weight loss than no treatment; however, studies comparing IF to continuous energy restriction showed no significant difference in weight loss (2). A 2011 study found similar results: weight loss was comparable between a group of women following the 5:2 form of IF (5 days of normal eating and 2 days of restricted calorie intake) and a group adhering to general calorie restriction (25% below calorie needs) (3). However, this study also found that the percentage of body weight lost was higher in the IF group over the general calorie restriction group (3).

Many animal studies have shown benefits in health beyond weight loss. These benefits include improved insulin resistance, as well as improvements in symptoms for cardiovascular disease (4). In humans, IF has been shown to reduce inflammation (5) and improve cholesterol (6). Additionally, in a study conducted in men with pre-diabetes, those assigned to a 6 hour feeding period for five weeks, had improved insulin sensitivity, beta-cell responsiveness, blood pressure, oxidative stress, and appetite over the controled feeding schedule of eating over a 12 hour period (7).

Any sustainable diet can produce results for patients (8). A healthy diet of less processed foods such as fruits and vegetables, whole grains, nuts and seeds, fish, legumes, and healthy fats is important to follow regardless of when meals are consumed. IF may not be appropriate for some patients, including patients with diabetes, patients who are pregnant or breastfeeding, children, patients with eating disorders, and patients with certain medical conditions (8).

Please discuss with your doctor or ask for a referral to a registered dietitian for more information. Registered dietitians are available at the Santa Barbara HCC, Santa Maria HCC, Lompoc HCC, Franklin HCC, and Carpinteria HCC. The registered dietitians are available to help patients who want to make lifestyle changes that lead to improved health and quality of life.

For internal PHD HCC referrals: Enter an order via EPIC
For referrals from external providers: Contact the PHD HCC nearest you
OCTOBER HAPPENINGS

October is Breast Cancer Awareness Month!

Every Woman Counts will be providing local classes and events throughout Santa Barbara County to raise awareness about the importance of breast cancer screening and early detection.

To find your local event, visit the SBCPHD's Community Outreach Calendar.

CLEAN AIR DAY - OCTOBER 2

California Clean Air Day is happening on October 2, 2019 and is a project launched by the Coalition for Clean Air. This year the SBCPHD, along with other local agencies, were invited to participate in a Central Coast planning collaborative to focus on the importance of keeping the air healthy on this special awareness day. Nearly 50% of serious health issues in the U.S. related to air pollution occur in California and seven of the 10 most ozone-polluted U.S. cities reside in this state (10) The need for this awareness and action-oriented campaign in California is clear.

Wondering how you can participate? Take the Pledge! Last year, the Clean Air Day attracted 100,000 participants via the Clean Air Pledge online. The Pledge can be done as an individual or as an organization and provides simple, inexpensive ways to keep our air healthy. The Pledge not only makes you consider an action for Clean Air Day, but also encourages you to keep the practice up year round. Keeping the air clean is everyone’s responsibility and Clean Air Day is one small step towards achieving it.
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/PHDQuiz

LOCAL DATA

Newsletter survey results
Do you remember the Health Matters Newsletter Reader Survey that was posted in the August newsletter? Well, the survey was conducted to obtain a better understanding of what you, the readers, would like to see in upcoming newsletters and your feedback has been utilized to enhance upcoming editions. There were 62 survey respondents, of which a majority rated the Health Matters Newsletter as “Good” (37%) and “Very good” (42%). Popular topics respondents would like to see in future newsletters were: emerging public health issues, public health events calendar, public health department success stories, and public health data. So, keep an eye out for more articles that align with those areas of interest! Thanks for your participation in the reader survey!

Epidemiology Corner
Visit the Epidemiology Reports webpage to review the updated Sexually Transmitted Infections Annual Report and PowerPoint!

- Although the infection rate for chlamydia has been steady over the years, the volume of cases is still alarming. Chlamydia is the most common infectious disease reported in SBC.
- Gonorrhea and early syphilis continue to increase between 2014-2018.
  - Gonorrhea infection rate increased ~ 140% from 2014-2018.
  - Early syphilis infection rate increased ~ 233% from 2014-2018.
- Newly diagnosed HIV cases in SBC residents have remained steady at approximately 6 cases per 100,000 population annually.

  Keep an eye out for the upcoming HIV Annual Report on that website!
REFERENCES


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