

HEALTH MATTERS NEWSLETTER

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COVID-19 BLUEPRINT FOR A SAFER ECONOMY

California introduced the **Blueprint for a Safer Economy** framework on August 28, 2020 for loosening and tightening restrictions on activities. <https://covid19.ca.gov/safer-economy/>

The four tiers contained in the framework are based on testing positivity and a 7-day average of new cases per 100,000 with a 7-day lag. The State calculates new cases by first date of symptoms, and testing positivity by when the test was taken.

As of 9/29/2020, [Santa Barbara County](#) is currently in **Substantial or Red**.

County risk level	New cases	Positive tests
<p>WIDESPREAD</p> <p>Many non-essential indoor business operations are closed</p>	<p>More than 7</p> <p>daily new cases (per 100k)</p>	<p>More than 8%</p> <p>Positive tests</p>
<p>SUBSTANTIAL</p> <p>Some non-essential indoor business operations are closed</p>	<p>4 - 7</p> <p>daily new cases (per 100k)</p>	<p>5 - 8%</p> <p>Positive tests</p>
<p>MODERATE</p> <p>Some indoor business operations are open with modifications</p>	<p>1 - 3.9</p> <p>daily new cases (per 100k)</p>	<p>2 - 4.9%</p> <p>Positive tests</p>
<p>MINIMAL</p> <p>Most indoor business operations are open with modifications</p>	<p>Less than 1</p> <p>daily new cases (per 100k)</p>	<p>Less than 2%</p> <p>Positive tests</p>

EPIDEMIOLOGY CORNER

October is the beginning of the influenza season in Santa Barbara. Each year, the epidemiology unit initiates a sentinel influenza program. Data is pulled weekly from providers, emergency departments, and laboratories across the county to gauge the level of flu activity throughout the season that unofficially ends in mid-May.

Reports are posted every two weeks during the season and found on the [Epidemiology webpage](#). Keep an eye out for the first report that will be posted by the 3rd week of October.

RAISING AWARENESS IN SIDS AND INFANT SLEEP

Maternal Child & Adolescent Health

October is SIDS awareness month. According to the Centers for Disease Control and Prevention ([CDC](#)), there were 3,600 cases of sudden unexpected infant death (SUID) in the United States in 2017. Most SUID cases are reported as Sudden Infant Death Syndrome (SIDS), an accidental suffocation and strangulation in bed, or an unknown cause. Of the 3,600 cases, **1,400 infants died of SIDS in 2017 nationwide.**

SIDS remains the leading cause of death for infants one month to 1 year of age in the United States. SIDS is defined as the sudden death of an infant less than one year of age that cannot be explained after a thorough investigation is conducted, including a complete autopsy, examination of the death scene, and a review of the clinical history.

The American Academy of Pediatrics (AAP) updated their recommendation on safe infant sleep in 2016 to reduce SIDS and other sleep related deaths. The AAP recommendations can be found [here](#).

As a reminder, in alignment with COVID-19 health recommendations, the CDC does **not** support the use of masks or face shields for infants and children under the age of 2. [A face mask or shield may potentially increase the risk for SIDS or accidental suffocation and strangulation.](#)

Education materials for infant safe sleep are available on the Safe to Sleep® campaign website. The Safe to Sleep® campaign (formerly known as the Back to Sleep campaign) began in 1994 to bring public attention to SIDS and to educate caregivers on ways to reduce SIDS risk.

Visit the [California Department of Public Health](#) website for more information and resources for SIDS.

Some recommendations for SIDS risk reduction include:

- Always place babies fully on their backs for sleep and naps.
- Use a firm sleep surface, such as a mattress in a [safety-approved crib](#), covered by a fitted sheet.
- Infants should sleep in the same room with parents, close to parents' bed, but on a separate surface designed for infants. Infants should NOT sleep in an adult bed, on a couch, or on a chair alone or with anyone else.
- Keep soft objects and loose bedding out of baby's sleep area.
- [No smoke exposure during pregnancy or after birth.](#) Encourage a smoke-free environment. The risk of SIDS is greater when a baby shares a bed with a smoker. For help to quit smoking, call 1-800-NO-BUTTS (1-800-663-8887) or visit [NOBUTTS.ORG](#).
- Avoid overheating and head covering in infants.
- Breastfeeding. [Breastfeeding can lower the risk of SIDS.](#)
- Offering a pacifier at bedtime and naptime.
- Supervised tummy time.
- Encouraging all prenatal and well-child appointments

WATER QUALITY REPORTS

Environmental Health

Did you know? Public water systems (community and non-transient non-community water systems) are required to distribute an annual water quality report to water customers by July 1st. Maybe you have seen them and wondered why.

The Consumer Confidence Report (CCR) provides information on local drinking water quality and must contain certain elements. Information in the CCR includes regulated contaminants found in local drinking water along with potential health effects of any contaminant detected in violation of a health standard and additional sources of information. Systems under 200 connections are permitted with the Santa Barbara County Public Health, Environmental Health Services Division (EHS), larger systems are permitted with the State Water Resources Control Board's Division of Drinking Water (DDW).

People who get their water from a private ground water well do not receive CCRs. Unlike public water systems, private wells are not regulated beyond construction, so there is no requirement for a CCR. To learn more about safe water, maintaining private wells, and well testing, please visit the Centers for Disease Control and Prevention (CDC) Private Water Wells webpage: <https://www.cdc.gov/healthywater/drinking/private/wells/index.html>

Have questions or concerns about the content of your CCR? Contact EHS at 805-681-4944 or visit the California Water Resources Control Board webpage: https://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/CCR.html

CHILDHOOD OBESITY

Nutrition Services

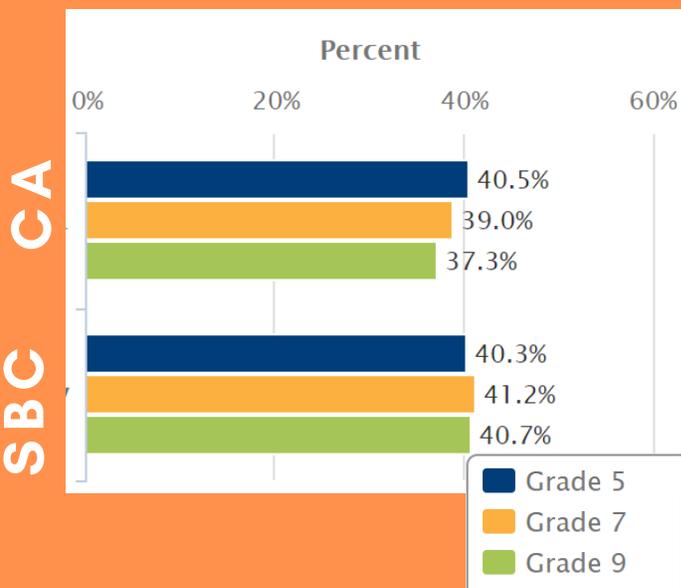
September was National Childhood Obesity Awareness Month and provides a chance to reflect on and learn more about this major Public Health issue.

Children with obesity are at a higher risk of having other chronic conditions and diseases, being bullied, and having obesity as an adult. Students in Santa Barbara County were more likely to be overweight or obese than overall CA from the 2018 data. (see left)(1)

Childhood obesity is influenced by many factors, but it takes parents, health care providers, and the community to support a healthy and active lifestyle to reduce childhood obesity.(2)

If you are worried about your child's weight please talk to their pediatrician or visit [CDC](https://www.cdc.gov) for helpful tips.

Students who are Overweight or Obese, by grade level



DRIVE-UP FLU SHOT CLINIC

*Available to anyone over the age of 2, no
appointment, and no insurance necessary*

**WHERE: LOMPOC HIGH SCHOOL
515 WEST COLLEGE, LOMPOC**
**WHEN: OCTOBER 6TH & OCTOBER 7TH
2:00PM-6:00PM**

**WHERE: SAN MARCOS HIGH
4750 HOLLISTER AVE, SANTA BARBARA
(PARKING LOT OFF HOLLISTER)**
**WHEN: OCTOBER 6TH & OCTOBER 7TH
2:00PM-6:00PM**

**WHERE: ALLAN HANCOCK COLLEGE
800 S COLLEGE DR, SANTA MARIA
(PARKING LOT 2)**
**WHEN: OCTOBER 13TH & OCTOBER 15TH
10:00AM-1:00PM**



BREAST CANCER AWARENESS MONTH

Every Women Counts (EWC)

October is Breast Cancer Awareness Month, and is a great time to remind those who can, to schedule regular screenings with their health care provider.

Breast and cervical cancer have not taken a break during COVID-19. EWC is providing free classes via Zoom about the signs/symptoms of breast cancer, screening recommendations and how EWC can cover screenings and diagnostic services to those who qualify.

Classes are available in English, Spanish, or Mixteco.

For more information or to inquire about scheduling please email:
june.english@sbcphd.org or timothy.watts@sbcphd.org

TO FIND YOUR POLLING PLACE



TEXT VOTE TO GOVOTE

(468683)

Election Dates

Presidential Primary Election
March 3, 2020

Register to vote by
February 18, 2020

General Election
November 3, 2020

Register to vote by
October 19, 2020



REFERENCES

1. Kids Data (2018). Students Who Are Overweight or Obese, by Grade Level. Retrieved 2020, from <https://www.kidsdata.org/region/273/santa-barbara-county/summary#44/physical-health>
2. Center for Disease Control and Prevention. September is National Childhood Obesity Month. Retrieved 2020, from <https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html#:~:text=Learn%20ways%20to%20promote%20healthy,the%20United%20States%20has%20obesity.>

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