

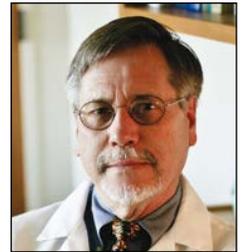
DIRECTOR'S REPORT

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2014 Flu Season

Flu season is hitting hard this year with five deaths of younger and middle-aged adults reported thus far in Contra Costa, most due to the H1N1 strain. In 2009, we had a worldwide outbreak of H1N1, and at that time it was novel—very few had immunity to this particular strain of flu virus and no vaccines were available. Consequently, about 284,000 people died worldwide, including 657 in California and 11 in Contra Costa. The difference is that this year we have an ample supply of flu vaccine that protects against H1N1 as well as other flu strains. Because H1N1 does seem to cause more severe illness in people under 65 years of age, we are particularly urging young, healthy people to get vaccinated against the flu to protect themselves and those around them. It is not too late to get vaccinated.



William B. Walker, MD
CCHS Director

H1N1 Outbreak in 2009

You may recall that in 2009, Contra Costa Health Services (CCHS) responded to the outbreak with what measures we had available. We coordinated with other Bay Area health departments with policies on school closures, the possibility of limiting big public events such as concerts, and public advisories on preventative measures—particularly handwashing and self-isolation for those who were sick. We also worked with the local hospital community on availability of intensive care beds, ventilators, and access to emergency departments. Some hospitals, including our Contra Costa Regional Medical Center, set up tents to respond to the high volume of patients at their facilities as they received and treated many patients presenting with flu symptoms. When a limited supply of a vaccine first became available, our Public Health Division was involved in priority setting and distribution of the vaccine.

Get Immunized

The Centers for Disease Control and Prevention (CDC) recommends that everyone over 6 months of age should be vaccinated annually. People with chronic medical conditions, such as asthma or diabetes, and pregnant women are particularly vulnerable to complications from the flu such as pneumonia. We are working with hospitals, pharmacies, health plans and health clinics to encourage the use of flu vaccine. We have not yet had an acute shortage of intensive care beds or ventilators, and we will continue to monitor availability by staying in close communication with our hospital community.

Those working in hospitals and clinics and other healthcare facilities know that I declared a county-wide policy mandating workers be vaccinated or wear a mask while in patient care areas. We are in the second year of this policy and it has increased immunization rates in all of our facilities. We have been in close contact with the CDC, the California Department of Public Health and neighboring health departments to coordinate our prevention efforts.



Integrated Public Health System

This is one example of how CCHS assumes responsibility for the health of our entire community and not just those accessing care in our health system. It is the integrated structure of our department including Contra Costa Regional Medical Center and Health Centers, Contra Costa Health Plan, Environmental Health, Emergency Medical Services, Public

Health and Behavioral Health that allows us to respond effectively to disease outbreaks.

Take Care of Yourself and Others

Flu is unpredictable. We typically think of deaths from influenza as being mostly among those over 65 years of age, but I want to emphasize again that H1N1 deaths have occurred in young and middle-aged adults. I encourage you all to get immunized, if you haven't already, and help spread the word that H1N1 is serious and preventable since a personal message is often what motivates people to get their flu vaccine. Wash your hands. Stay home if you are sick (although you can spread the flu to others the day before you have symptoms). People with severe coughs, breathing difficulties and fevers over 101 degrees should seek immediate medical attention to determine if treatment with antivirals is appropriate.

Help spread the word, not the flu.

Sincerely,

William Walker, M.D

For more information on prevention tips and where to get vaccinated, visit our website: cchealth.org/flu

Our Patients Talk About Why They Got Their Flu Vaccine on New CCHS Video

Given the severity of this flu season, it's more important than ever that everyone get their vaccine. Public Health and the Community Education & Information Unit teamed up with patients at our public health clinics to produce a short video about why they decided to get vaccinated. Check out what they had to say at cchealth.org/video.



A college student outside the Pittsburg Health Center told us she got her flu shot to protect herself and her classmates from the virus.

The next Director's Report will be the March issue. Publicize your upcoming events and successes by sending information by February 26 to Kate Fowlie at 597 Center Avenue, Suite 255, Martinez 94553, call 925-313-6636, or email kate.fowlie@hsd.cccounty.us. The Director's Report is available online at <http://cchealth.org/topics/publications/> and on iSITE at <http://cchs/>

San Pablo Police Add AEDs to Patrol Cars

Every police car in San Pablo now carries an automated external defibrillator (AED)—and officers have been trained to save lives with them—thanks to a new partnership between fire, police and health officials. Contra Costa County Fire Protection District donated 22 AEDs to the police department in December after receiving a federal grant to buy new devices for its engines. The defibrillators came straight off the fire engines and into San Pablo police cars, except for one kept in the police department lobby. Our Emergency Medical Services Division helped coordinate the donation, and also helped train San Pablo officers in the use of the devices. The new capability could help save lives in San Pablo, as police often arrive at the scene of medical emergencies ahead of fire engines or ambulances. “Early access to the patient, defibrillation and CPR are critical to the chain of survival for cardiac arrest patients,” said Brian Henricksen, pre-hospital care coordinator for Contra Costa EMS.



San Pablo Police Officer Frank Perino holds one of the new life-saving AEDs now contained in all of the city’s patrol cars.

To learn more about Contra Costa’s public-access defibrillation program, visit cchealth.org/ems/aed.php

New Glove Requirement for Food Workers Handling Ready-to-Eat Products

Our Environmental Health Division is educating local retail food facilities about a new state law prohibiting workers from touching “ready-to-eat” foods with their bare hands. The law provides additional protection against the spread of diseases from food-service workers to consumers. Two-thirds of foodborne illness outbreaks in the United States are from foods contaminated by sick food-service employees. Under the new rules, food-service workers must use food-grade disposable gloves, tongs, scoops or other means to avoid direct hand contact with ready-to-eat foods that are not cooked or reheated before serving. Examples of ready-to-eat foods include baked goods, salads, sandwiches and sushi. Environmental Health Director Marilyn Underwood said health inspectors will inform business operators about the new rules during their first site visits in 2014 to help them come into compliance with the new law. Environmental Health has also posted answers to frequently asked questions (FAQs) on its main webpage.



Food workers now must use gloves, tongs or other means to avoid direct contact with ready-to-eat foods like doughnuts.

To learn more about the new food-handling rules, you can read the FAQs at cchealth.org/eh

Collaborative Aims to Assure Coordinated Care for Young Children

California Children's Services (CCS), a program in our Public Health Division, is spearheading an innovative effort to improve care coordination in Contra Costa for young children with special health care needs. Dubbed the Contra Costa California Community Care Coordination Collaborative or "Seven Cs," the effort includes stakeholders and service providers from around the county. CCS Administrator Barbara Sheehy said the Seven Cs planning group is holding monthly meetings to design and pilot an updated system of care coordination for children under the age of 5 with or at risk for physical, developmental, behavioral or emotional conditions requiring special services. The system will include a care coordinator to provide ongoing support to assure families are connected to available services, as well as identify gaps or trends in services. The group expects to have the new system of care launched by September 2014. The Seven Cs project is being funded by a grant from the Packard Foundation for Children's Health.



The Seven Cs project aims to have a new system of care in place for young children with special health needs by September 2014.

For more information about the Seven Cs project, contact Barbara Sheehy at barbara.sheehy@hsd.cccounty.us or (925) 313-6141. To learn more about CCS, visit cchealth.org/fmch/ccs.php

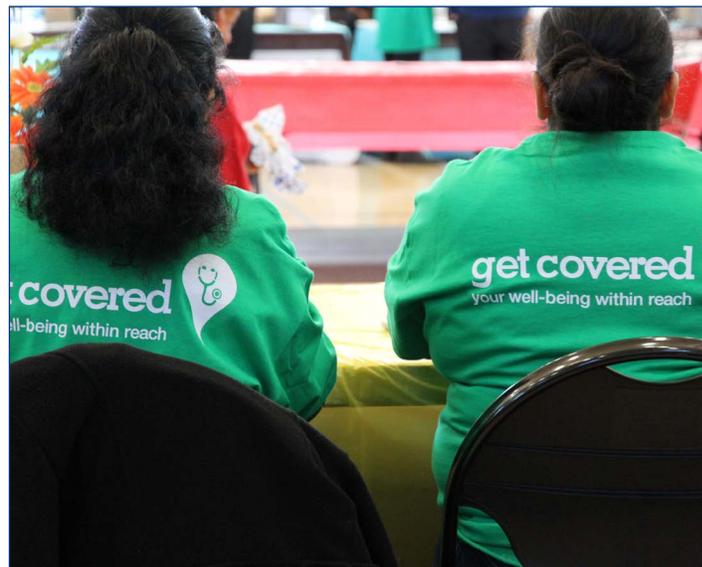
Board of Supervisors Updates Environmental Health Permit Fee Structure

Environmental Health this month updated the fee schedules for many annual permits in Contra Costa to reflect the cost of regulating businesses and government agencies to ensure public safety. The changes, which include some increases and affect many food retailers, swimming pools operators, tattoo and body art businesses, and small drinking water systems, also bring Contra Costa County's fee schedules in line with state and federal regulatory requirements and fees charged by neighboring agencies. For the first time, the agency will also charge school districts and other local government agencies for inspections and other services. The Board of Supervisors unanimously approved the adjustments, the first significant change to Environmental Health permit fees since 2007. Director Marilyn Underwood and her staff researched three years of time-accounting data to develop the new fee structure, which now takes into account factors such as size of facility and perishability of products sold. Environmental Health's programs are exclusively funded by permit fees, and the new fees more accurately reflect the associated time and labor costs.

To see the updated fee schedules for different programs, visit Environmental Health's website at cchealth.org/eh

CCHS Co-Sponsoring Health Insurance Education and Enrollment Events

Contra Costa Health Services is teaming up with the Community Clinic Consortium and the Employment & Human Services Department to host upcoming health-insurance education and enrollment events in Concord and Antioch. Counselors will be on hand to educate consumers about health coverage options and, depending on their income levels, enroll them in Medi-Cal or plans available through Covered California, the state's insurance exchange. The events are part of a broader effort in the region to help people obtain health coverage under the Affordable Care Act, also known as Obamacare. The Concord event will take place on February 22; the Antioch event will happen on March 8. More information on the location will be available soon on our website.



Upcoming enrollment events in Concord and Antioch will help people get health coverage.

For more information on these and other local ACA events, visit cchealth.org/aca

Monitoring Screen Time Helps Combat Childhood Obesity

Most parents are surprised by the influence of marketing on their children. As adults, we're immersed in a world of television, print ads, and logos, but we've learned to ignore a lot of it. Children, however, are prime targets, writes Dr. Diane Dooley in a recent Healthy Outlook column. The food and beverage industry in the United States spends nearly \$2 billion each year on advertising high-fat, high-sugar foods to young children. It's no surprise that research links our exploding childhood obesity rates with the amount of marketing our children are exposed to every day. The marketing comes in many forms, but often it's a result of lots of screen time, from television to mobile devices, computers to phones. A good way to keep your kids healthy is to control that screen time.



Dr. Diane Dooley

To read Dr. Dooley's column and other Healthy Outlook columns, visit cchealth.org/column

List of Health Education Services at Health Centers Now Available

Our providers can now go to iSITE or our public website to see a list of available health education services we offer patients at county health centers. These educational services—which including everything from private sessions on diabetes management to group tobacco cessation classes—help patients manage their health and any health conditions they may have. Providers can refer patients to these services through cLink, our electronic health record system. To find the list, visit iSITE and search for “patient education services list” (use quotation marks to get better search results) or visit cchealth.org/centers/education.

For more information about health education services at our health centers, contact Health Education Specialist Sana.Mazhar@hsd.cccounty.us

Service Excellence

You are a GEM for Going the Extra Mile



Mike Nguyen

Database Administrator

Shirley Sianghio

Contract Employee
Information Technology

For going above and beyond to ensure that the Exchange IT process was functional on January 1, 2014 to accommodate incoming Contra Costa Health Plan members.

◆nominated by Luke Lim

Wendy Mailer

Health Plan Sales/Outreach Manager

Patricia Tanquary

Chief Executive Officer
Contra Costa Health Plan

For development of the Covered California-Standard Benefit Plan chart. This readable, useful tool has been extremely valuable as I help to educate my clients.

◆nominated by John Sturr

Nyasha Jones

Student Worker

Debra Wagner

Student Worker—Deep Class
Information Technology

For quickly diagnosing and replacing my computer and for their teamwork and problem solving skills.

◆nominated by Jeanne Kerr



DO YOU KNOW SOMEONE Going the Extra Mile?

To recognize a CCHS employee, vendor or volunteer for outstanding Service Excellence performance, submit the commendation form by email to wanda.session@hsd.cccounty.us or fax to 925-957-5401. Forms are on our website (cchealth.org on the About Us page) or iSITE, our intranet, at <http://cchs/> Nominations are subject to approval by Division Directors.

FEBRUARY MILESTONES

Congratulations to these employees who have given us long years of service: Lloyd E. Cline, Clarence H. Fearn Jr., Joseph D. Gordon, Stephen T. Hahn-Smith, Donna L. Kimmel, Jose V.A.M. Leiva, Sara K. Levin, Carmen I. Nagatani, Gypsy J. O'Day, Jacquelyn C.Z. Peterson, Linnea D. Snyder, Janice D. Travis (10 years); Jorge O. Barbaste, Josephine R. Belleza, Rosario Caballero, Anna M. De La Cruz, Richard D. Fredericks, Alma Y. Garcia, Sandra Gutierrez, Kimberly A. Hauer, John C. Lindquist, Gale Matthews, Svetlana S. Sandeno, Elizabeth O. Villanueva, Daphne M. Wakefield, Diana T. Ysmael (15 years); Janet L. Brown, Cristina Co-Fernandez, Beth L. Hornbeck, John M. Johnson, Anita L. Ko, Angelique M. Parker (20 years); and Susanne M. Madsen (25 years).