

NATIONAL PUBLIC HEALTH WEEK

HEALTH MATTERS: SPECIAL EDITION



Santa Barbara County
PUBLIC Health
DEPARTMENT



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**National Public Health Week**
www.nphw.org
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

APRIL 2019

NATIONAL PUBLIC HEALTH WEEK IN SANTA BARBARA COUNTY

AN OVERVIEW

During the first full week of April each year, the American Public Health Association brings together communities across the United States to observe National Public Health Week (NPHW) as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health. (Source: NPHW Website)

This year's theme for NPHW is "Creating the Healthiest Nation: For science. For action. For health." Along with this overall theme for the week, daily topics are planned to bring additional awareness to pressing issues facing the health of our community. Learn more in the next few pages!

The Santa Barbara County Public Health Department (PHD) has planned a series of events for community members and County employees during the month of April to celebrate the work of public health and bring a timely spotlight to the ways this field impacts the various facets of life.

LOCAL NPHW EVENTS CALENDAR

APRIL 1 - WALK A SHELTER DOG (OPEN TO THE PUBLIC)

APRIL 2 - NPHW CELEBRATION/HEALTH FAIR (OPEN TO THE PUBLIC)

APRIL 4 - TECH TALK (FOR PHD EMPLOYEES)

APRIL 16 - CLIMATE CHANGE AND HEALTH SYMPOSIUM (FOR COUNTY EMPLOYEES)



HEALTHY EVENTS FOR A HEALTHY COMMUNITY

MONDAY: HEALTHY COMMUNITIES

People's health, longevity and well-being are connected to their communities — the places we live, learn, work, worship, and play.

MONDAY, APRIL 1

Walk a Shelter Dog during Public Health Week!

Animal Services is an integral part of the Santa Barbara Public Health Department. Healthy animals and interactions benefit the health of our communities.

The Santa Maria Animal Center and the Santa Barbara Animal Shelter will be open for volunteer dog walkers. All community members are welcome to join!

For more information, see our [Walk a Shelter Dog Flyer](#).

TUESDAY, APRIL 2

The NPHW Celebration and Health Fair is hosted in collaboration with People's Self-Help Housing and is open to the public!

Learn about the different Public Health programs available in the County. Meet the friendly PHD faces serving the community. Come with questions and join in on the fun!

Come and Enjoy:

- Bunny Yoga
- Rethink Your Drink Taste Testing
- Hands-Only CPR
- And much more!



5 p.m. - 7 p.m. at
Jardin de las Rosas
510 N. Salsipuedes
Santa Barbara, CA



(From left to right)
Van Do-Reynoso, PHD Director
Dr. Nadine Burke Harris, CA's Surgeon General & ACEs Champion
Ed Tran, Interim Assistant Deputy Director for Community Health

(From left to right)
Maria Gonzalez, Carp Children's Project (CCP) Family Resource Center Program Director
Angelica Ornelas, CCP Family Liaison
Maria Chesley, CCP Executive Director
Dr. Peggy Dodds, Pediatrician at the Carpinteria Health Care Center

LET'S TALK ACEs

TUESDAY: VIOLENCE PREVENTION

Understanding Adverse Childhood Experiences (ACEs)

Exposure to Adverse Childhood Experiences (ACEs) including abuse, neglect, parental incarceration and divorce can meaningfully affect life-long health outcomes of children from all walks of life. A 1998 study started the movement of attention to the risks on health associated with adverse childhood experiences. The more ACEs are accumulated, the more likely she is to have challenges in health, learning, and behavior. Screening and intervening by teaching children and their parents about ACEs, toxic stress, the hope of resilience, and the range of wellness practices that increase resilience is promising (National Pediatric Practice Community).

Every demographic in our community is affected: approximately 44% of adults in Santa Barbara County experienced one to three ACEs and 13% experienced 4 or more (www.kidsdata.org).

Local Spotlight: Carpinteria ACEs & Resilience Project

The Carpinteria Adverse Childhood Experiences (ACEs) and Resilience Project (CARP) began screening for ACEs in February, 2019, and marks a significantly expanded integration of formal care across organizations. The visiting nurses of Maternal Child Adolescent Health (MCAH) and pediatricians at the Carpinteria Health Care Clinic (CHCC) will screen parents and infants up to age 24 months for ACEs with tools adapted from the Center for Youth Wellness, founded by California's newly named Surgeon General Dr. Nadine Burke Harris. If screening reveals that a parent has two or more ACEs or an infant has one or more, the parent will be given the opportunity to engage in interventions provided by a local nonprofit, the Carpinteria Children's Project – specifically it's Family Resource Center – and partner agencies including CALM and Family Service Agency.

OVERCOMING BARRIERS TO HEALTH

WEDNESDAY: RURAL HEALTH

Rural communities face a range of health disparities, from higher burdens of chronic disease to limited access to primary care and prevention services. Rural residents are often more likely to face social determinants that negatively impact health, such as poverty, transportation barriers and lack of jobs that pay well.

Did you know...

The Public Health Department Health Care Centers (HCC) can assist patients who have no means of transportation and are also unable to pay for public transport when they need to get to and from:

- medical appointments, or
- appointments facilitating access to and from medical care

When the patient's condition warrants non-emergent transportation to the nearest medical facility, the HCCs may also authorize transport services. When making an HCC appointment, let the operator know your transportation needs and they will assist.

*Visit the HCC page for more transport options

*Smooth HCC shuttle info

PUBLIC HEALTH IN THE TECH AGE

THURSDAY: TECHNOLOGY AND PUBLIC HEALTH

New technologies are quickly transforming the public health landscape. Evidence is also beginning to emerge on the potential of health- and activity-tracking mobile apps in encouraging healthy behavior changes. However, ethical concerns remain on how to balance the benefits of new technologies and the massive amounts of data they generate with people's right to keep their health information private.

THURSDAY, APRIL 4

The Information Technology Director for the PHD will be leading a lunch-time Tech Talk for PHD staff to attend in person or via skype to learn about:

- the current projects of the IT department,
- the challenges facing technology in the public health realm
- the future direction and advances of IT and predicted impacts to public health.

This interactive session will give employees a chance to learn and address questions/concerns directly with the IT Director.

Tapped as one of the greatest threats to public health, climate change is expected to have — and is already producing — serious impacts on people’s health and well-being. Make sure equity is a centerpiece of climate and health actions because climate impacts are not evenly distributed across communities and will likely worsen existing inequities.



Dr. Linda Rudolph, Director of the Center for Climate Change and Health at PHI

CLIMATE CHANGE IMPACTS HEALTH FRIDAY: CLIMATE CHANGE

What do we know about climate change?

Climate change is linked to more frequent and extreme natural disasters, such as hurricanes, flooding and drought. It is expected to negatively impact food security, water and air quality; and exacerbate the risks of vector-borne diseases, such as West Nile virus and Lyme disease.

Like so many health threats, climate change is also expected to disproportionately impact already-vulnerable populations, such as the elderly, young children, families living in poverty, and people with chronic diseases. On a more global scale, researchers warn that climate change will likely result in forced migration and civil conflict.

Spotlight: Dr. Linda Rudolph and the Center for Climate Change and Health

Dr. Linda Rudolph leads the Center for Climate Change and Health at the Public Health Institute (PHI) based in Oakland, CA. The Center supports efforts that reduce long-term climate change, promote climate resilient communities, protect all people from the health impacts of climate change, and optimize health and health equity outcomes and co-benefits.

At the same time, because the implications of climate change for health are so far-reaching, climate change work also takes place within PHI programs focused on respiratory health; chronic disease prevention; healthy food systems; land use and transportation; regional collaboration among local health departments; environmental health surveillance; sexual and reproductive health rights; global health; and more.

GLOBAL HEALTH IS COMMUNITY HEALTH

SATURDAY & SUNDAY: GLOBAL HEALTH

America's health and the world's health are fundamentally connected. Support continued funding for U.S. global public health efforts, such as USAID's global health programs in maternal and child health, family planning, nutrition, HIV/AIDS, malaria, tuberculosis, neglected tropical diseases and health systems strengthening, and CDC's work to advance the Global Health Security Agenda.

Our health in the U.S is fundamentally connected to the health of the world. Sometimes it takes a global effort to track a disease and contain it so that we can be safe locally. Santa Barbara County is lucky to be home to Direct Relief (DR), a humanitarian organization, active in more than 90 countries and all 50 U.S. states, that improves the health and lives of people affected by poverty or emergencies.

DR responds to the need for good health by delivering medicines and medical supplies to local healthcare facilities in resource-poor communities worldwide. By strengthening healthcare infrastructure at the local level, DR helps communities care for their most vulnerable people. They provide assistance to communities without regard to politics, religion, or ethnic identities. DR's assistance programs focus on maternal and child health, the prevention and treatment of disease, and emergency preparedness and response, and are tailored to the particular circumstances and needs of the world's most vulnerable and at-risk populations.

[HTTPS://WWW.DIRECTRELIEF.ORG/PLACE/](https://www.directrelief.org/place/)



SOURCES

- National Public Health Week
- Direct Relief
- Transportation Assistance
- Center for Climate Change and Health
- Maria Chesley, Carpinteria Children's Project

THANK YOU

Many thanks to our public health partners in the community as well as to our departmental planning committee!

Collaborating Community Partners

CenCal Health

Carpinteria Children's Project

People's Self-Help Housing

NPHW Planning Committee

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