



YOLO COUNTY HEALTH STATUS REPORT

2010—2011 CALENDAR

Yolo County Health Department
Investing in Our Community's Future





2010

2011

	Letter from Dr. Iser	2
<i>January</i>	Healthy Weight.....	3
<i>February</i>	Healthy People 2010	5
<i>March</i>	Health Access.....	7
<i>April</i>	Prenatal Care	9
<i>May</i>	Mental Health.....	11
<i>June</i>	Vector-Borne Disease	13
<i>July</i>	Unintentional Injuries (Accidents).....	15
<i>August</i>	Breastfeeding & Children’s Oral Health	17
<i>September</i>	Children’s Medical Services (CMS)	19
<i>October</i>	Influenza	21
<i>November</i>	Premature Death.....	23
<i>December</i>	Flood Preparedness	25
<i>January</i>	Nutrition	27
<i>February</i>	Birth Outcomes and Fetal/Infant Mortality	29
<i>March</i>	Environmental Health Division	31
<i>April</i>	Communicable Disease	33
<i>May</i>	Women’s Health: The Reproductive Years.....	35
<i>June</i>	Central Valley Summers and Health.....	37
<i>July</i>	Violence	39
<i>August</i>	Bats, Humans, and Rabies	41
<i>September</i>	Childhood Immunizations.....	43
<i>October</i>	Healthy Aging.....	45
<i>November</i>	Cancer Prevention	47
<i>December</i>	Safe Holidays	49
	References	51

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Cover Photos
Front: Yolo Bypass Wildlife Area, © Dave Feliz; breastfeeding mother/Sonoma County Positive Images of Breastfeeding Contest; sunflower/Rita Cital; grandmother and child/Megan Richmond; tomatoes, melons/A Taste of Yolo; farmer/Yolo Natural Heritage Program; blossoms/Capay Valley Vision; child/Yolo County WIC Program; Camp Putah campers/Yolo County
Inside Front/Back: Sunflower field 2009 near C.R. 102, courtesy Rita Cital.
Back: Ireland Ranch, courtesy Andrew Fulks.



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December 2009

Dear Residents of Yolo County,

Black's Law Dictionary defines health as a “state of being hale, sound or whole in body, mind, or soul, well-being. Freedom from pain or sickness.” However, the World Health Organization defines “health” as a state of complete physical, mental, and social well-being—not simply the absence of disease or infirmity.

There are many factors that contribute to the health of Yolo County residents, including those related to the BEINGS model of health: Behavior (smoking, diet), Environment (air pollution, clean water, safe food, sewage sanitation), Immunity (healthy immune system, immunizations), Nutrition (wholesome foods, low in calories and fats), Genetics (many diseases are genetically associated, such as diabetes, heart disease, breast cancer, and many others), and Services (are services that are needed actually available?). Key indicators presented in this Yolo County Health Status Report reflect these factors. Our ability to access true preventive health services is integral to our own health status.

By tracking key indicators of health, the Yolo County Health Department is able to identify threats to the public’s health and determine areas where we are making progress - and where more progress is essential. Improvements in public health occur as a result of changes implemented at every level of society. While public health and medical professionals may lead certain efforts to promote health in Yolo County, all of us - parents, teachers, elected officials, businesses, community leaders, and individual citizens - play an essential role in improving the health of our community.

For example, strategies for confronting our obesity epidemic must address the broad array of forces that contribute to this dangerous trend. While doctors counsel their patients about the risks of being overweight and individuals attempt to eat better and be more physically active, schools can improve access to more nutritious food for students, businesses can allow and encourage employees to engage in physical activity, and local governments and citizens can partner to build more walkable cities, towns, and rural areas. We can all ride our bicycles more.

Yolo County is a growing community with a diversity of ethnicities, income levels, educational levels, professions, and geography. With the strength and commitment of all of us, we can together reshape our communities so that all have the opportunity to maximize their health and well-being.

Sincerely,

Joseph P. Iser, MD, DrPH, MSc
Public Health Officer and Director

2010

January

Healthy Weight

Over half of all Yolo County adults are at an unhealthy weight.

During the past decade there has been a dramatic rise in the number of people who are overweight or obese. Increased health care costs, decreased productivity and diminished quality of life are the unfortunate outcome for many people who are at an unhealthy weight. In Yolo County we can expect to see increased incidence of chronic diseases such as diabetes, heart disease and cancer, and a decreased life expectancy if this trend is not reversed.

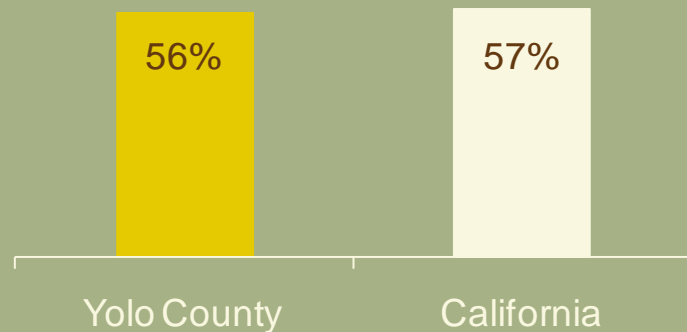
While 56% of all adults in Yolo County are overweight or obese, some groups are impacted more than others.⁴⁰ Hispanic youth and adults have higher rates of unhealthy weight than other race/ethnic groups.^{17,20,40} High rates are also evident among low income children with 33% of low-income children age 2 to 4 years and 43% of low-income children age 5 to 19 years being obese or overweight.²¹

Solutions to this public health problem are not simple. Experts recommend community-wide changes that promote a lifestyle of increased physical activity and improved nutrition for all community members.



Yolo County hikers (Bobcat Ranch). Courtesy Andrew Fulks.

Percent Adults Who Are Obese or Overweight, 2007⁴⁰



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 County Holiday New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 County Holiday Martin Luther King, Jr. Day	19	20	21	22	23
24 31	25	26	27	28	29	30

Modest Routine Exercise

Few lifestyle choices have as large an impact on your health as physical activity. You don't have to do lots of exercise or intense exercise to reduce your risk of chronic disease and premature death associated with unhealthy weight. No matter what your weight loss goal is, even modest weight loss, such as 5% of your total body weight, can produce significant health benefits with improvements in blood pressure, cholesterol, and blood sugar. New eating and physical activity habits will help you live a healthier lifestyle, which will help you maintain your weight loss over time.

Yolo County by the Numbers...

Adults at a Healthy Weight

U.S. Goal = 60% or More

- Yolo Co. 41%⁴⁰
- California 41%⁴⁰

Obese Adults

U.S. Goal = 15% or Less

- Yolo County 24%⁴⁰
- California 23%⁴⁰

Obese/Overweight Teens

U.S. Goal = 5% or Less

- Yolo County 30%²¹
- California 31%²¹



Yolo County Walking Clubs

The Yolo County Health Department began the Men & Women Who Walk program in 2007 to encourage more Yolo County residents to experience the benefits of the most convenient form of physical activity: walking. Walking is not only healthy and enjoyable, it's also economical, social, good for the environment, and safe. Walking groups help to build a sense of community, making our neighborhoods better places to live.

The program links interested Yolo County residents with existing walking clubs or helps to start new clubs. The program provides mapped walks (½ to 2 miles), bright and attractive safety t-shirts, and pedometers. Mapped walks are available throughout Yolo County. The program has proved popular, growing from about 100 participants in 2007 to over 600 walkers in 2009.

To locate a walking club in your area, or to start a new one, call the Yolo County Men & Women Who Walk program at (530) 666-8749.

- Know your BMI (body mass index)
- Tailor your own daily exercise routine
- Map your walking/biking/jogging route
- Explore Yolo County hiking trails

www.cdc.gov/healthyweight/assessing/bmi
www.cdc.gov/healthyweight
www.mapmywalk.com & www.gmap-pedometer.com
www.yolohiker.org

2010

February

Healthy People 2010

Public Health National Goals

- Increase Quality & Years of Healthy Life
- Eliminate Health Disparities



Egrets rising at sunrise, Yolo Bypass Wildlife Area. © Dave Feliz.

Every 10 years, the U.S. Department of Health and Human Services (HHS) revises its science-based national Healthy People objectives for promoting health and preventing disease. Healthy People 2010 (HP2010) provides a framework for communities in the U.S. to identify, evaluate, and address unmet health needs and expand achievements in public health and disease prevention.

The primary goals of HP2010 are to:

- 1) Increase quality and years of healthy life and
- 2) Eliminate health disparities.

Leading health priority areas defined by HP2010 are: physical activity, overweight and obesity, tobacco use, substance abuse, responsible sexual behavior, mental health, injury and violence, environmental quality, immunization, and access to health care.

New Healthy People 2020 objectives are anticipated this year and, according to HHS, will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to public health preparedness and disease prevention.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
14 Valentine’s Day Chinese New Year (Tiger)	15 <i>County Holiday</i> President’s Day	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6

Measuring Public Health

Progress towards Healthy People 2010 objectives is measured through assessment of a variety of health indicators. Infant death rates, sexually-transmitted disease rates, and childhood immunization rates are all examples of the types of health indicators used to measure the health of a community and to identify health disparities.

The Yolo County Health Department measures public health progress in our community through analysis of health data by socioeconomic status, geography, age group, gender, and race/ethnicity. Not all communities in our county experience the same levels of progress toward national Healthy People objectives. A key goal of public health is to identify and eliminate such health disparities between communities.



Winters, Courtesy Yolo County Visitors Bureau

Yolo County Progress

Yolo County has met several of the established objectives for HP 2010. Achieved objectives include: higher breastfeeding initiation rate,^{22,77} reduced coronary heart disease death rate,³⁶ reduced infant death rate,⁷⁸ reduced low birth weight rate,⁷⁹ and reduced teen birth rate,⁷⁹ among others.

Yolo County has not attained HP2010 objectives for reducing rates for the following health indicators: motor vehicle accident death rate,³⁶ lung cancer death rate,³⁶ colorectal cancer death rate,³⁶ stroke death rate,³⁶ and liver disease/cirrhosis death rate³⁶. The county has also not met goals related to improving timeliness and adequacy of prenatal care.⁷⁹

Progress has been measured in most or all of these indicators over the past decade in Yolo County, with the notable exception of indicators having to do with obesity and overweight.³⁸ Should obesity/overweight trends continue, chronic disease mortality health indicators (e.g., diabetes, coronary heart disease) may well begin to worsen in the coming decade.

- Learn more about HP2010
- Learn about HP2020
- California County Health Status Profiles

www.healthypeople.gov
www.healthypeople.gov/hp2020
www.cdph.ca.gov/programs/ohir/Pages/CHSP.aspx

2010

March

Health Access



Western Yolo County. Courtesy Andrew Fulks.

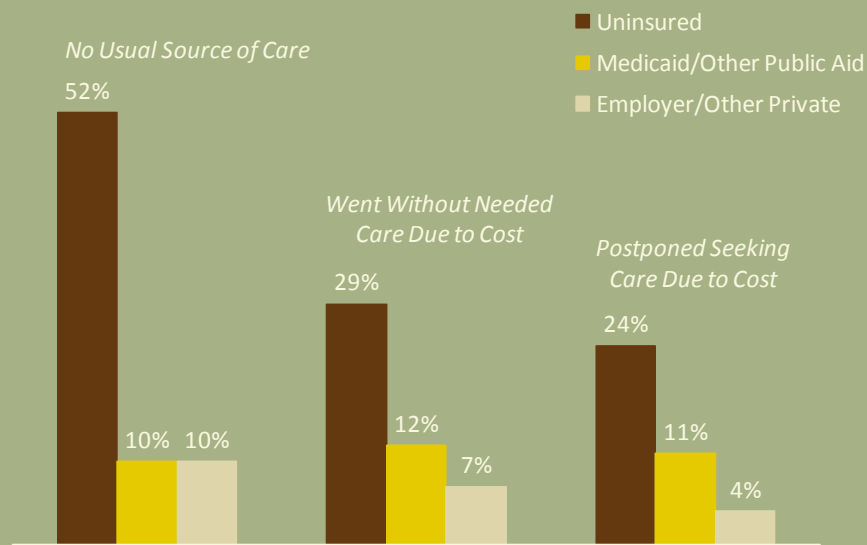
Uninsured middle-age Americans are at higher risk of death until age 65.

Politics aside, the fact that 45 million people in America are uninsured⁵⁸ and unable to access consistent preventive health care is a pressing public health problem. Uninsured people are at increased risk of illness and death. A recent study estimates that 44,789 U.S. deaths per year are attributable to being uninsured, with uninsured middle-age Americans at higher risk of death.⁶⁵

Uninsured Californians are less likely to:⁵⁷

- 1) Have a usual source of care (a “medical home”)
- 2) See a doctor regularly or have a well-child visit
- 3) Take medications for diabetes and high blood pressure
- 4) Receive a variety of preventive health services, including flu shots, mammograms, pap tests, and colonoscopies.

Barriers to Health Care among Adults 18-64 by Insurance Status, U.S. , 2008.⁴³



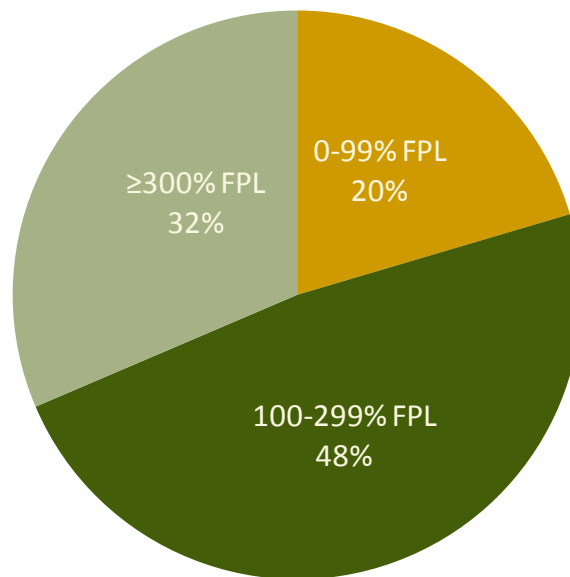
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Daylight Savings Begins</i>	15	16	17 <i>St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>
21	22	23	24 <i>World TB Day</i>	25	26	27
28	29	30	31	1	2	3

Meet the Uninsured in Our Region

The U.S. Census Bureau estimates that 13% of Yolo County adults age 18-64 were uninsured in 2008.⁵⁸ The California Health Interview Survey gives further detail about the uninsured in the Sacramento Region, which includes Yolo County. Among our uninsured:⁴⁰

- 86% are U.S. citizens (77% are born in the U.S. , 9% are naturalized U.S. citizens)
- 85% have at least a high school education (35% high school degree, 31% some college, 19% college degree)
- 57% have household incomes \$20K to \$80K, 22% have household incomes greater than \$80K
- 53% are White, 25% are Hispanic, 11% are Asian, 7% are African American, and 5% Other
- 52% are employed full time
- 48% live between 100-300% federal poverty level (FPL)

Uninsured in Past Year by Federal Poverty Level Sacramento Region, 2007⁴⁰



The Cost of the Uninsured⁵⁶

Extending health insurance coverage not only improves health, it is also cost effective. Routine health care that identifies problems early, or prevents them altogether, results in less illness, fewer hospitalizations, fewer premature deaths, higher productivity and greater quality of life.

Most uninsured people do eventually access medical care, often in emergency care settings and often with illnesses that might have been prevented or better managed with consistent preventive health care. The burden of these costs is placed on our medical systems, community centers, insurers (public and private), local government and citizens in the form of higher insurance premiums, higher co-pays, and diversion of government funds.

- Health Insurance Coverage Statistics (U.S.)
- Health Insurance in California
- California HealthCare Foundation
- Medi-Cal Eligibility: Uninsured Pregnant Women

www.cdc.gov/nchs/FASTATS/hinsure.htm

www.healthpolicy.ucla.edu/pubs/Publication.aspx?pubID=374

www.chcf.org

www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE.aspx

2010

April

Prenatal Care

Timely prenatal care is crucial for the health of both mother and infant.



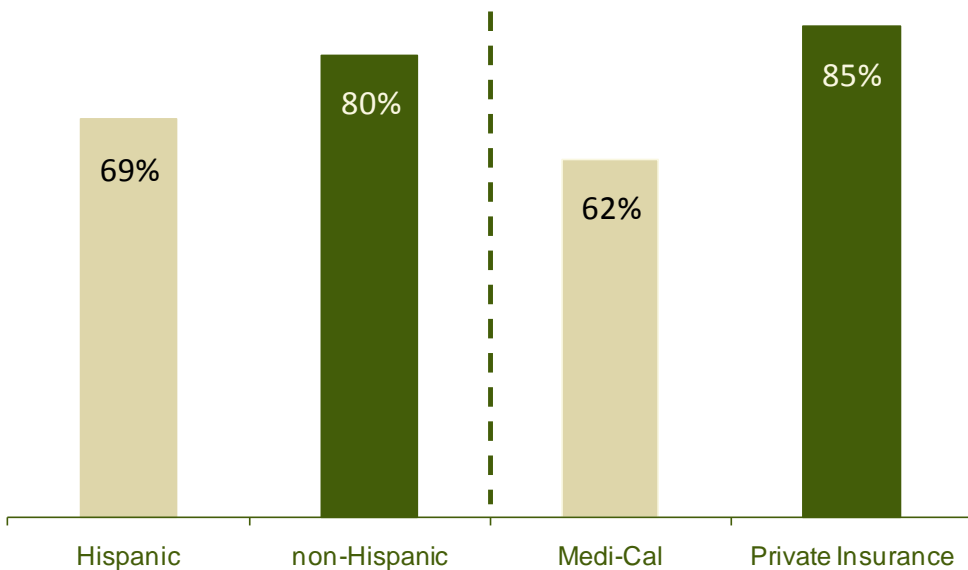
Black-necked stilt on nest, Yolo Bypass Wildlife Area. © Dave Feliz.

Prenatal care is important for a healthy pregnancy and healthy babies. The first visit with a prenatal care provider should take place during the first trimester. A timely first prenatal appointment presents an opportunity for expectant mothers to discuss the importance of healthy diet, exercise, folic acid supplementation, and eliminating substance use—all important factors for a developing fetus. It also means that existing illnesses can be treated earlier and any chronic conditions such as seizure disorder or pre-existing diabetes can be managed in a way that will have the best outcome for mother and child.

The percentage of women obtaining first trimester prenatal care in Yolo County is 76%, which is well below both the state average (85%) and national Healthy People 2010 objective (90%).⁸⁰ However, this statistic is trending upward with significant improvement over the past ten years.⁷⁹

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 April Fools' Day	2	3
4 Public Health Week	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 World Malaria Day	26	27	28	29	30	1

Percent Prenatal Care in First Trimester⁸⁰
Yolo County, 2008
National Healthy People 2010 Goal = 90%



Disparity

Access to prenatal care is more likely to be delayed for some women in Yolo County compared to others. Research has shown that women who are uninsured during the first trimester are less likely to receive early prenatal care.⁴² In Yolo County, women who obtain Medi-Cal to pay for their prenatal care have later entry to prenatal care than those who are privately insured. In addition, Yolo County Hispanic women have lower rates of early prenatal care compared to non-Hispanic women (69% vs. 80%). Women who are geographically located in the unincorporated areas of Yolo County also tend to have later entry to care than those who live in one of our cities.⁸⁰

Disparity in accessing prenatal care may be due to a variety of factors. Families may not be aware that early prenatal care is important to their baby's health. Uninsured women may



not be aware that they can enroll in presumptive eligibility MediCal at the time of their first prenatal appointment at no cost. Language barriers may also play a part in the disparity observed between Hispanic and non-Hispanic women. For low income women, transportation is also a barrier to prenatal care, particularly in rural Yolo County.

- Prenatal Diet, Exercise, and Vitamin Guidance
- The Developing Fetus
- Medi-Cal Eligibility for Uninsured Pregnant Women
- Help Finding a Prenatal Care Provider

www.womenshealth.gov/faq/prenatal-care.cfm

www.babycenter.com

www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE.aspx

Call Yolo County MCAH at 1-800-794-6517 or (530) 666-8645 or (916) 375-6380

2010

May

Mental Health

Health is a state of complete physical, mental, and social well-being.



Yolo County sunflower and bee. Courtesy Rita Cital.

Mental Health

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. WHO further defines mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Numerous studies document the link between one's mental well-being and stress with measurable health outcomes, including the primary public health goals of increasing quality and years of healthy life.

Substance Use

Substance use in adolescence can lead to accidental injury or death, unintended pregnancy, violence, and risk of addiction. It is associated with depression and other mental health disorders and can lead to school failure or expulsion. Among Yolo County 11th graders, 23% reported binge drinking in the previous 30 days, 13% reported smoking in the previous 30 days, and 34% reported ever having been high from using drugs.¹⁹ While none of these statistics are significantly different from statewide rates, they underscore the intransigent nature of this problem in our community.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9 Women's Health Week Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 County Holiday Memorial Day					

Evolution of the Mental Health Services Act in Yolo County ⁸¹

When the Mental Health Services Act (MHSA) was passed in 2004, no one could have imagined its impact on community mental health in California. MHSA funds are comprised of five components: 1) Community Services and Supports (direct services for the mentally ill); 2) Prevention and Early Intervention; 3) Workforce Education and Training; 4) Capital Facilities and Information Technology; and 5) Innovation.

Community Services and Supports, the largest component of MHSA, has funneled billions of dollars into California counties for direct mental health services to un-served and underserved individuals with serious mental illnesses. Since its initial plan was approved in 2006, Yolo County Department of Alcohol, Drug and Mental Health (ADMH) has used CSS dollars to begin the intended transformation of the public mental health system into one that better promotes recovery and independence among adults with serious mental illnesses and enhances resiliency among children with emotional problems. With these funds, ADMH has opened an Adult Wellness Center and a Transition-Age Youth Center (both in Woodland), and a Drop-In Center for clients in West Sacramento; ADMH has also increased client housing, enhanced services to children in rural areas, expanded services to older adults throughout the county, and provided benefits assistance to those in need.

Yolo County's plan for Prevention and Early Intervention (PEI) offers resiliency-building programs for both urban and rural children, lead counselors for the Older Adult Senior Peer Counselor Volunteer program, community outreach teams to offer mental health education, and a Mental Health Crisis Intervention Training Program for law enforcement and other first responders. Still to be implemented are the MHSA components on Workforce Education and Training, Capital Facilities and Information Technology, and finally, Innovation. Look for other transformative MHSA programs to roll out in the coming months.

Cool Beans Offers Cool Opportunities ⁸¹

Upon entering the Herbert Bauer MD Health and Alcohol, Drug & Mental Health Building, one cannot help but notice *Cool Beans Coffee + Eats*, where folks can get everything from specialty coffees to sandwiches, healthy snacks and exotic teas. Plus, everything served at *Cool Beans Coffee + Eats* comes with a big helping of customer service.

Cool Beans Coffee + Eats is a consumer-operated business overseen by Turning Point Community Programs, a local non-profit agency serving individuals with serious mental illnesses. Under contract to ADMH, Turning Point promotes wellness, recovery and independent living by providing housing supports and vocational opportunities to mental health clients. With start-up funds from MHSA, Turning Point opened *Cool Beans Coffee + Eats* in August 2008, to offer clients opportunities to learn and practice specific transferrable skills such as making specialty coffees, cashiering and customer service, while earning an hourly wage.

Whether you're craving a steaming latte or a tall iced tea, be sure to visit them soon—they promise you a cool experience.

- California Department of Alcohol and Drug Programs
- National Alliance on Mental Illness, Yolo Chapter
- National Center for Post-Traumatic Stress Syndrome
- Suicide Prevention Crisis Lines (24/7)

www.adp.ca.gov
www.namiyolo.org
www.ptsd.va.gov

Call Davis (530) 756.5000 Woodland (530) 666-7778 West Sacramento (916) 372-6565

2010
June

Vector-Borne Disease

Eliminate standing water
on your property
to control mosquitoes.



Aedes aegypti. Courtesy Sacramento-Yolo Mosquito & Vector Control District.

Vector-borne diseases are bacterial and viral diseases that require insects (*e.g.*, mosquitoes) or arthropods (*e.g.*, ticks) to be transmitted to humans or animals. Worldwide, vector-borne diseases like malaria and yellow fever exact a high toll in human suffering, disability and death.^{63,64} West Nile virus and Lyme disease are both vector-borne diseases of concern in Yolo County.

Mosquito control in Yolo County is a full-time, year-round job amidst our canals, sloughs, rice fields, and ponds. The Sacramento-Yolo Mosquito & Vector Control District (SYMVCD) is the lead agency for vector control in our area. SYMVCD conducts an extensive mosquito control outreach campaign in addition to other activities. Mosquito control is also a community responsibility. Be sure you and your neighbors eliminate all sources of standing water on your property, including flower pots, old car tires, rain gutters, and pet bowls – mosquitoes breed and lay eggs in standing water. One 5 gallon bucket of water can produce up to 1,000 mosquitoes in one week, and one neglected pool can produce over a million mosquitoes throughout the entire summer.

SYMVC District Mosquito Control Activities, Yolo County, 2008 ⁵²	Number
Acres of rice field treated	373,000
Catch basin mosquito treatments	28,676
Cemeteries with active vase water control	9
Mosquito pools tested for West Nile virus	1,923
Mosquitofish placed in mosquito breeding sites	1,000,000
Ornamental ponds/neglected pools treated	430
Permanent mosquito surveillance traps	28
Sentinel chicken flocks	7
Sentinel chicken tests for West Nile virus	1,164

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20 Father's Day	21 First Day of Summer	22	23	24	25	26
27 National HIV Testing Day	28	29	30	1	2	3

West Nile Virus (WNV)

West Nile virus is spread by infected mosquitoes, and may cause serious, life-altering, and even fatal disease. Starting in 2004, West Nile virus has been active in Yolo County and most of California and North America (43 human cases between 2005 through 2009 in Yolo County).⁷⁶ Humans, certain birds (e.g., crows and magpies), and horses are most susceptible to West Nile virus.

Protect yourself and your family from West Nile virus:

- DRAIN any standing water
- DAWN and DUSK are times to avoid being outdoors
- DRESS appropriately by wearing long sleeves and pants
- DEFEND yourself from mosquitoes by using repellent
- DOOR and window screens should be working

Confirmed West Nile Cases, Yolo County ⁷⁶	2005	2006	2007	2008
Human	11	27	2	1
Bird	17	52	25	9
Horse	14	0	0	1



Lyme Disease

Lyme disease is caused by a spirochete (a corkscrew-shaped bacteria) called *Borrelia burgdorferi* and is transmitted by the western black-legged tick (*Ixodes pacificus*). This disease has been reported in humans and animals from most California counties. Only four confirmed cases of Lyme disease have been reported among Yolo County residents from 2005 through 2008, however ticks carrying *B. burgdorferi* have been identified in the Cache Creek area of Yolo County and throughout other popular hiking and camping destinations in Northern California^{27,76}

Malaria—It Could Be You!

Every year a few Yolo County residents return from traveling in areas where vector-borne diseases, like malaria, are common. Since 2005, four Yolo County residents have been diagnosed with malaria and one with dengue fever.⁷⁶ All of these cases occurred after travel outside of the U.S. Be sure to consult with your physician before traveling to discuss suggested vaccinations and precautions prior to your trip. Refer also to specific CDC travel recommendations at: www.cdc.gov/travel

- California West Nile Virus Web Site
- Sacramento-Yolo Mosquito & Vector Control
- CA Dept. of Public Health Vector-borne Disease
- CDC Travel Recommendations

www.westnile.ca.gov
www.fightthebite.net or call 1-800-429-1022
www.cdph.ca.gov/programs/vbds/Pages/default.aspx
www.cdc.gov/travel

2010
July

Unintentional Injuries (Accidents)

Unintentional injuries cause about 60 deaths among Yolo County residents each year.



Yolo County kayaker shoots Mad Mike rapid, Cache Creek. Courtesy Andrew Fulks.

Unintentional injuries are a significant cause of emergency room visits, hospitalizations and deaths in Yolo County. These injuries are often preventable and are costly in terms of medical bills and human suffering. The most common causes of unintentional injuries in Yolo County are falls, motor vehicle accidents, and accidental drug overdoses (both prescription and non-prescription).^{28, 33}

As demonstrated by the kayaker above, appropriate safety devices—helmets, flotation devices, child car seats, seat belts—when used correctly, can prevent injury and save lives. Enjoy life, but be safe and make sure those with you stay safe.

Prevent poisoning by using medications as directed. Most importantly, keep all medications and cleaning products out of reach of children.

Average Annual Deaths and Non-Fatal Hospitalizations due to Leading Causes of Unintentional Injury, Yolo County Residents ²⁸	Non-Fatal Hospitalization	Death
Fall (refer to page 46)	367	14
Motor vehicle occupant	143	24
Pedestrian	14	3
Bicyclist	36	1
Motorcyclist	26	3
Poisoning (mostly prescription or illicit drug overdose)	46	10

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4 Independence Day	5 <i>County Holiday</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Motor Vehicle Accidents (MVA)

Compliance with seat belt laws and child car seat laws, crackdowns on drunk driving, and advances in automobile safety technology, are credited with notable declines in MVA deaths and injuries, especially among children. Gas prices and the economy may also play a role the recent decrease in MVA deaths simply because Americans are logging fewer miles on the road.⁴⁴ However, in Yolo County and the U.S., car crashes remain the leading cause of death for children and young adults.^{14,28} Alcohol-related car crashes account for almost one third (32%) of all car crashes in the U.S.¹⁴

In California, all babies and young children must ride in the back seat, properly buckled up, in a safety seat or booster until they are at least 6 years old or weigh 60 pounds.⁵³ Nationwide, over 98% of child safety seats are installed incorrectly. The Yolo County Health Department offers car seat safety inspections to all Yolo County residents. Of 122 child safety seats inspected in 2009, only one was installed correctly! Car seats are inspected on an appointment only basis by calling (530) 666-8645.⁶⁹

Unintentional Injury Age-Adjusted Death Rate

U.S. Goal = 17 per 100,000 or lower

- Yolo Co. 36 per 100,000³⁶
- California 35 per 100,000³⁶

Motor Vehicle Accident Age-Adjusted Death Rate

U.S. Goal = 8 per 100,000 or lower

- Yolo Co. 12 per 100,000³⁶
- California 11 per 100,000³⁶

Lead Poisoning⁷⁰

From January of 2007 through July of 2009, 108 Yolo County children had elevated lead levels and 6 cases of lead poisoning occurred. Even low levels of lead can cause harm to a child's brain development. Lead can be found in paint and imported candies. Children should have a lead blood screening test at 12 and 24 months.

Water Safety

Drowning is a leading cause of injury-related death for children under 6 years of age in the U.S.¹³ About 70 children under age 6 drown in California each year.²⁸ Between 2000 and 2007, 3 Yolo County children under age 6 drowned.²⁸ Prevent children from drowning by ensuring adult supervision at all times when around water and have a safety barrier that surrounds pools and spas. Children should always wear approved flotation devices when swimming or boating. Adults can set a good example for children by wearing approved flotation devices, especially in rivers and lakes, and by avoiding alcohol when swimming.

- Water Safety
- Fall Prevention
- California Office of Traffic Safety
- California Buckle-Up Laws for Parents

- www.safekids.org and www.ndpa.org
- www.stopfalls.org
- www.ots.ca.gov
- www.carseat.org

2010

August

Breastfeeding & Oral Health

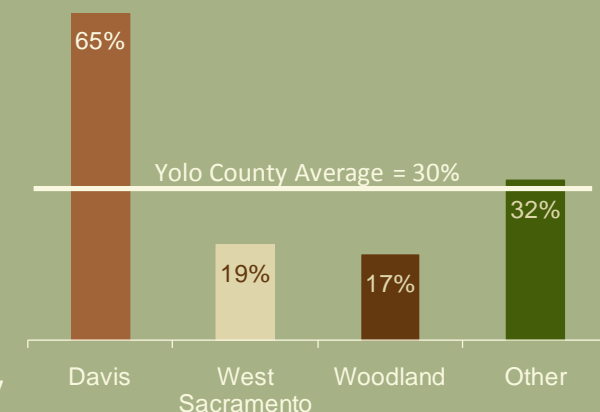
Breastfeeding gives
mom and baby
a great start.



The health benefits of breastfeeding are significant. Breast milk protects the baby from infections, certain chronic diseases like diabetes and obesity, and decreases the risk of sudden infant death syndrome (SIDS). Experts recommend that babies be fully breastfed (no formula or other milk) for the first 6 months and continue breastfeeding for at least a year. Nearly 91% of Yolo County mothers begin breastfeeding their children in the hospital, but breastfeeding rates decline dramatically thereafter.²² A study conducted by the Yolo County Health Department Maternal, Child, and Adolescent Health program found that 56% of Yolo County mothers fed at least some breast milk to their infant 6 months after birth while 30% were fully breastfeeding.⁷⁷

Certain demographic groups in Yolo County are less likely to be able to maintain breastfeeding for the recommended time. In Yolo County, significantly lower breastfeeding duration is found among Hispanic mothers, mothers residing in West Sacramento and Woodland, and lower income mothers.⁷⁷ Reasons for ending breastfeeding include early formula supplementation, maternal concerns about the quality and quantity of breast milk, cultural practices, and lack of support during the establishment of breastfeeding and upon return to work or school. The Community Breastfeeding Coalition of Yolo County meets regularly to collaborate on community-wide solutions that will support breastfeeding families.

Percent Women Fully Breastfeeding 6 Months After Birth by City, Yolo Co., 2006.⁷⁷



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 World Breastfeeding Week	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Children’s Oral Health ²

Baby teeth are important! Untreated tooth decay affects the development of the underlying permanent teeth and often leads to blocked eruption, drifting and crowding of permanent teeth. Cavities are the most common chronic condition in early childhood. Prevent cavities with these tips:

- Did you know that a parent’s oral health affects their child’s oral health? Get regular dental checkups and avoid sharing food that has been in your mouth.
- Fluoride is the most effective way to prevent tooth decay. If your local water supply does not contain fluoride, ask your dentist or pediatrician for their recommendations for you and your child.
- After each feeding, wipe the baby's gums with a clean gauze pad. Begin brushing your child's teeth when the first tooth erupts.
- Schedule your child’s first dental visit by age 1.



Fluoridation Facts

Fluoridation is a public health measure that benefits everyone regardless of age or socioeconomic status—not just those with access to dental care.

Fluoridation has been studied for over 50 years and is known to be a safe, effective and inexpensive way to prevent cavities.⁸ In fact, the Centers for Disease Control and Prevention (CDC) hails fluoridation as one of the top ten community health achievements of the past century.⁷ The CDC further estimates that every \$1 spent on fluoridation saves \$80 in treatment costs for cavities in children.⁸

Approximately 67% of the U.S. population is served by fluoridated community water systems.⁸ In California, a diverse range of cities now have fluoridated community water, including Arcata, Eureka, Fresno, Los Angeles, Roseville, Sacramento, San Diego, San Francisco, and Vacaville.²⁵ West Sacramento is currently the only Yolo County community that has implemented fluoridation.

Get the facts about fluoridation at www.cdc.gov/FLUORIDATION.

- Yolo County Breastfeeding Support Warmline
- Yolo County MAMA Infant Feeding Assessment
- First Smiles: Fight Early Childhood Caries
- Community Water Fluoridation

Call 1-800-663-8685

www.yolohealth.org (click on ‘Heath Statistics’, ‘Reports & Publications’ on left toolbar)

www.first5oralhealth.org

www.cdc.gov/FLUORIDATION & www.ada.org/public/topics/fluoride/index.asp

2010

September

Children's Medical Services (CMS)

CMS programs ensure a comprehensive system of health care for children at high risk.



Sunset, Yolo Bypass Wildlife Area. © Dave Feliz.

Child Health and Disability Program

The Child Health and Disability Prevention (CHDP) provides funding for well child visits for low-income children in Yolo County. Visits include a full physical exam, including monitoring growth, checking oral health, and screening hearing, vision, anemia, and tobacco exposure. Childhood vaccines are provided free of charge at these visits. In 2008, 11,978 CHDP health visits were provided to low income Yolo County children. Approximately 20 Yolo County health care providers participate in the CHDP program by providing health screening to all low income children.⁷⁵

Health Care Program for Children in Foster Care

The Health Care Program for Children in Foster Care (HCPCFC) ensures that children in foster care receive timely preventive health care and that all medical, dental, mental, and developmental problems are addressed properly while in foster care. This program is coordinated by a public health nurse who works closely with foster parents, health care providers, and social workers to achieve this goal. In fiscal year 2009, the Yolo County foster care program coordinated care for 372 children. Of these children, 84% (313) had well child exams and 57% (211) had dental exams.⁷⁵

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6 <i>County Holiday</i> Labor Day	7	8	9	10	11
12	13	14	15	16	17	18
19 Talk Like a Pirate Day	20	21	22	23 <i>First Day of Autumn</i>	24	25
26	27	28 World Rabies Day	29	30	1	2

California Children’s Services (CCS) ⁷⁵

The CCS program provides access to high quality specialty medical care for children ages 0 to 21 years with complex chronic illnesses and physically disabling conditions. CCS provides authorization and funding for specialist care, case management services for families, and assists with transportation to specialist appointments. CCS also provides direct care, including physical and occupational therapy for children with cerebral palsy, and similar conditions.

The CCS program was first established in California as “Crippled Children’s Services” in 1927 to serve children with polio and cerebral palsy. As children’s medical treatment has dramatically improved and as California has grown over the past 80 years, the program has expanded to provide children with access to improved treatments. As of July 2009, the CCS program served almost 175,000 children statewide.

The Yolo County Health Department opened its first “Crippled Children’s Clinic” in 1937 and has had a CCS program continuously since then. Yolo County’s CCS caseload has grown approximately 8% in the past 3 years. In 2009, the Yolo

County CCS program served almost 600 children every month. The Medical Therapy Program (providing physical and occupational therapy) serves 90 children a month.

The 5 most common diagnoses of children in the Yolo County CCS program as of July 2009 are: congenital heart disease, hearing loss, cerebral palsy, diabetes, and cleft palate. Yolo County children with many other diagnoses are also served, including children with:

- hypothyroidism
- all types of cancer
- muscular dystrophy
- cystic fibrosis
- kidney failure
- spinal cord injury
- sickle cell anemia
- phenylketonuria (PKU).



Courtesy California CCS Program.

- Children’s Medical Services (CMS)
- Child Health & Disability Prevention Program (CHDP)
- Health Care Program for Children in Foster Care
- California Children’s Services (CCS)

- www.dhcs.ca.gov/services/Pages/CMS.aspx
- www.dhcs.ca.gov/services/chdp/Pages/default.aspx
- www.dhcs.ca.gov/services/hcpcfc/Pages/default.aspx
- www.dhcs.ca.gov/services/ccs/Pages/default.aspx

2010

October

Influenza

Don't forget to
get your flu shot
every year.



Fall leaves, Knights Landing. Courtesy Rita Cital.

Flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can lead to death, particularly among the very young, the elderly, and persons with chronic medical conditions. Circulating strains of flu virus change every flu season. Each year, the flu vaccine is tailored to keep up with these changes. With few exceptions, the best way to prevent the flu is by getting a flu vaccination each year.

Another important reason to get vaccinated is that by protecting yourself from the flu you also reduce the ability of the flu to circulate in our community—an especially important consideration given that more than 200,000 Americans are hospitalized and 36,000 die from flu complications and flu-related pneumonia each year.¹⁵

Yolo County residents experience a significantly higher age-adjusted death rate due to pneumonia/influenza (36 deaths per 100,000) when compared to California (21 deaths per 100,000).³⁶ Only 29% of Yolo County seniors—a group at particular risk for flu complications, such as pneumonia and death—get a flu shot every year.⁴⁰

What else can you do to prevent the spread of flu?

- Stay home from work or school if you get sick.
- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17 Lead Poisoning Prevention Week	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						

Who Should Get Seasonal Flu Vaccine Every Year

While seasonal flu vaccine is recommended for everyone, people in the groups listed below are most vulnerable to complications from flu (or are around people who are) and, should be vaccinated against flu annually:

1. Children age 6 months up to their 19th birthday
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated.)



Pandemic Influenza ⁶⁷

The Emergency Preparedness Division of the Yolo County Health Department collaborates with healthcare partners, law enforcement, community-based organizations, businesses, and schools to prepare for public health emergencies, like pandemics. As our experience with H1N1 (swine) flu has shown, flu pandemics can result in significant and widespread illness, death, and disruption of services.

Preparing for an emergency of any kind starts at home. Reinforcing good hygiene (e.g., handwashing) and stocking supplies for an extended stay at home remain core principles in any public health emergency. Refer to pandemicflu.gov/individualfamily/checklist.html.

- Find a Flu Clinic Near You
- Learn about Flu, Flu Vaccines and Pandemic Flu
- Pandemic Planning for Individuals and Families
- Continuity of Operations Planning for Businesses

www.flucliniclocator.org
www.flu.gov
www.pandemicflu.gov/individualfamily
www.flu.gov/professional/business/index.html

2010

November

Premature Death

Forty-two percent of Yolo County residents do not live to age 75.



Most of us expect to live a long and healthy life. However, in 2007, 42% of all Yolo County resident deaths occurred before attaining the age of 75.³³ Analysis of deaths that occur before the age of 75 (a standard cut-off in public health) offers insight into potentially preventable events (e.g., motor vehicle accidents, homicides, suicides) and some diseases (e.g., coronary heart disease, diabetes, lung cancer) that may be prevented with a healthy lifestyle (routine exercise, eating healthy, stopping smoking) and better controlled through early diagnosis and treatment. Attention to these causes of death now may improve our lifespan and overall quality of life well into the 70s, 80s, 90s and beyond.

Rank	Leading Causes of Premature Death, 2005-07, Yolo County ³³
1	Coronary Heart Disease
2	Motor Vehicle Accidents
3	Suicide
4	Lung Cancer
5	Chronic Liver Disease
6	Stroke
7	Emphysema/COPD
8	Drug Overdose
9	Diabetes
10	Breast Cancer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7 <i>Daylight Savings Ends</i>	8	9	10	11 <i>County Holiday</i> Veterans Day	12	13
14 World Diabetes Day	15	16	17	18	19	20 Great American Smokeout
21	22	23	24	25 <i>County Holiday</i> Thanksgiving Day	26 <i>County Holiday</i>	27
28	29	30	1		3	

Leading Causes of Death by Gender, 2005-07, Yolo County³³

Rank	FEMALE: Leading Causes of Premature Death	Rank	MALE: Leading Causes of Premature Death
1	Coronary Heart Disease	1	Coronary Heart Disease
2	Motor Vehicle Accidents	2	Motor Vehicle Accidents
3	Lung Cancer	3	Suicide
4	Breast Cancer	4	Lung Cancer
5	Stroke	5	Chronic Liver Disease
6	Emphysema/COPD	6	Drug Overdose
7	Chronic Liver Disease	7	Diabetes
8	Suicide	8	Emphysema/COPD
9	Colorectal Cancer	9	Stroke
10	Drug Overdose	10	Infectious Viral Hepatitis



Knights Landing Cemetery - Courtesy Rita Chab

Leading Causes of Death by Ethnicity, 2005-07, Yolo County³³

Rank	HISPANIC: Leading Causes of Premature Death	Rank	NON-HISPANIC: Leading Causes of Premature Death
1	Motor Vehicle Accidents	1	Coronary Heart Disease
2	Coronary Heart Disease	2	Motor Vehicle Accidents
3	Chronic Liver Disease	3	Suicide
4	Homicide	4	Lung Cancer
5	Stroke	5	Emphysema/COPD
6	Suicide	6	Chronic Liver Disease
7	Colorectal Cancer	7	Drug Overdose
8	Diabetes	8	Stroke
9	Influenza/Pneumonia	9	Diabetes
10	Drug Overdose	10	Breast Cancer

- American Cancer Society
- American Heart Association
- American Lung Association
- California Department of Alcohol and Drug Programs

www.cancer.org
www.americanheart.org
www.lungusa.org
www.adp.ca.gov

2010

December

Flood Preparedness

Flooding is the most common natural disaster in Yolo County.



Pierce Canyon Falls. Courtesy Andrew Fulks.

The average American home has a 26% chance of being damaged by a flood during the course of a 30-year mortgage, compared to a 9% chance of fire. Approximately 30% of all flood insurance claims are from homes with minimal flood risk.⁵⁹

The natural cycle of the Sacramento Valley has long included seasonal flooding of large expanses of land due to excessive rainfall and snowmelt in winter and early spring. A comprehensive series of levees, dams, weirs, and bypasses has evolved over the past 150 years to create and protect the terrain we are familiar with today. However, flooding remains the most common natural disaster for all of us living in and around Yolo County.^{51,84}

Flooding can occur quickly and without warning—take these steps to make sure you and your family stay safe:

- Do not walk through a flooded area—just six inches of moving water can knock you down.
- Do not drive through a flooded area—two feet of water can lift and move even a large SUV. More people drown in cars than anywhere else during a flood.
- Keep away from downed power lines and other electrical wires. Electrocution is a common cause of death during and after flooding.

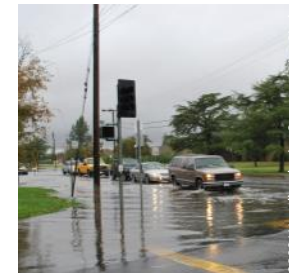
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 World AIDS Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 <i>First Day of Winter</i>	22	23	24 <i>County Holiday</i>	25
26	27	28	29	30	31 <i>County Holiday</i> New Year's Eve	

Be Prepared for Any Emergency

To learn more about getting your home, family, business, or community prepared, call 1-800-BE-READY or visit www.ready.gov. In addition to general disaster preparedness tips, this website has information specific to different groups, such as children and the disabled, with links to local resources. There are also downloadable brochures and booklets available that can provide you with more tips on disaster preparedness for families and businesses.

Set Aside a Weekend to Stock Your Disaster Kit⁶⁰

- Water (1 gallon per person per day for at least 3 days)
- Food (min. 3-day supply of non-perishable food), paper plates, cups, utensils, napkins, can opener, infant formula (unless breastfeeding), pet food, and extra water for pets
- Prescription medications, glasses, toiletries (inc. feminine hygiene, towelettes, diapers)
- Battery-powered or hand crank radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers
- Copies of important documents in a waterproof, portable container
- Cash and change
- Emergency references (first aid book, information from www.ready.gov)
- Sleeping bag or warm blanket for each person.
- Complete change of clothing (inc. long sleeved shirt, long pants, sturdy shoes)
- Household chlorine bleach and medicine dropper
- Fire extinguisher
- Matches in a waterproof container
- Paper and pencil, books, games, puzzles, activities for children



Safe Drinking Water

The health department may issue bottled water/boil water alerts after flooding until water supplies are safe. In such cases, bottled water or boiled water (water brought to a rolling boil for 1 full minute and cooled) should be used for cooking and drinking until further notice. Residents who do not have gas or electricity available may use liquid household bleach (16 drops or ½ teaspoon per gallon, mix thoroughly, and allow to stand for 30 minutes) or water purification tablets according to manufacturer's instructions.⁶⁸

- Be Prepared for an Emergency
- Red Cross, Yolo County
- Yolo Co. Flood Control & Water Conservation District

www.ready.gov or call 1-800-BE-READY
www.yc-arc.org
www.ycfcwcd.org

2011

January

Nutrition

Make good nutrition
a habit for you
and your family.



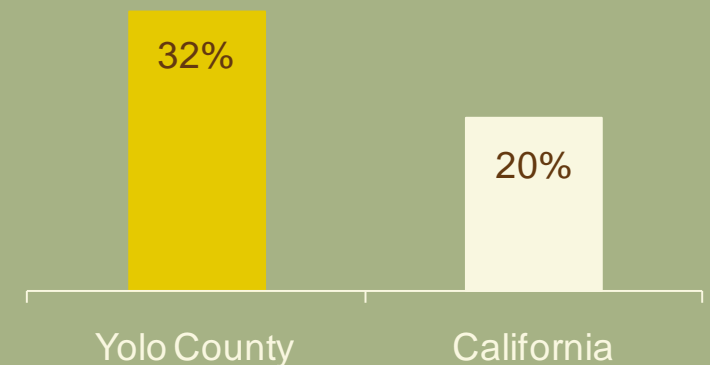
Yolo County. Courtesy Yolo County Visitors' Bureau.

It's no secret that good nutrition plays an essential role in our health. Eating a healthy diet is important for maintaining a healthy weight, and preventing or managing chronic conditions like diabetes, hypertension, heart disease, and certain types of cancer. In general, a healthy diet is one that:

- Focuses on fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products.
- Includes healthy protein sources (lean meats, poultry, fish, eggs, beans, peas, nuts).
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Provides your daily calorie needs with appropriate portion size.

The Yolo County Health Department encourages you to start the New Year off right by evaluating your diet and looking for ways to improve your lifestyle to include healthy long-term changes in daily eating and exercise habits. Check out some of the links below and *bon appétit!*

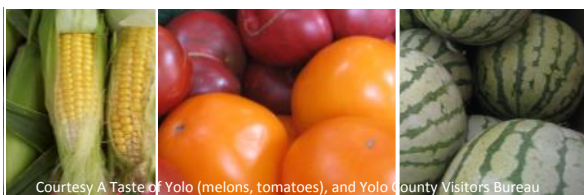
Percent Children Eating 5+ Fruits or Vegetables Daily, 2007⁴⁰



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>County Holiday</i> Martin Luther King, Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Fresh Fruits and Veggies in Abundance

As Californians, we enjoy a rich agricultural legacy that includes easy access to a variety of fresh fruits and vegetables unparalleled by few other regions in the U.S. both in our local grocery stores and at the local Farmers' Market. Eating healthy is not only good for you, it supports local business and agriculture.



Courtesy A Taste of Yolo (melons, tomatoes), and Yolo County Visitors Bureau

Women, Infants, and Children (WIC) ⁷³

WIC is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing vouchers for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services. Participants must meet income guidelines and be pregnant, new mothers, infants, or children under age five. In California, 82 WIC agencies provide services locally to over 1.4 million women, infants, and children each month at over 600 sites throughout California.

The Yolo County WIC Program provides vouchers for nutritious foods, to approximately 5,275 participants each month, serving the communities of Woodland, West Sacramento, Davis, Winters, and Knights Landing. Yolo County's participants include 10% prenatal women, 10% breastfeeding women, 5% non-breastfeeding women, 25% infants, and 50% children under age 5.

Average monthly redemption of WIC vouchers in local grocery stores is approximately \$300,000. Therefore, WIC contributes not only to the health of families, but also to the local economy.

Research shows WIC saves money and improves the health of families. WIC is one of the most successful preventive health programs in the nation. The WIC program has been documented in government and university research to save lives and save health care dollars. Learn more at www.yolohealth.org (WIC link on left toolbar).

- Assess your Diet
- Find Recipes & Budget Tips
- A Taste of Yolo
- Find a Farmers' Market

www.mypyramidtracker.gov
www.fruitsandveggiesmatter.gov
www.atasteofyolo.com
cafarmersmarkets.com, davisfarmersmarket.org, wintersfarmersmarket.com, woodlandfarmersmarket.com

2011

February

Birth Outcomes & Fetal/Infant Mortality

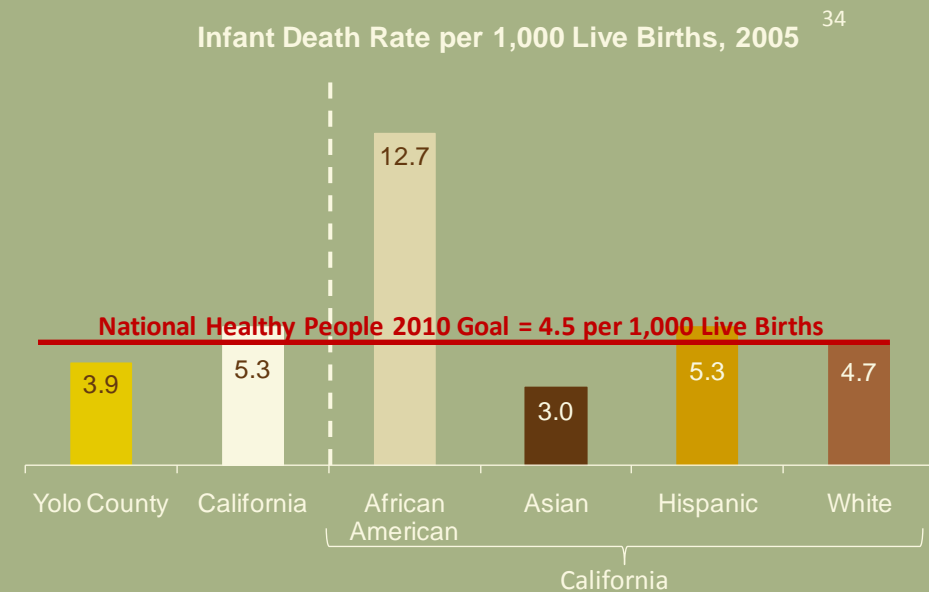
The health of a community is reflected in the health of its infants.



Snow geese, Tule Ranch. © Dave Feliz.

Healthy birth and infancy are important measures of our community's overall health. Measures of fetal and infant mortality and other birth outcomes such as prematurity rates and birth weight are often used to compare the health status of nations, states, and communities and play an important role in identifying disparity.

Fortunately, in Yolo County, fetal and infant deaths remain relatively rare events and rates have continued to trend downward over the past 20 years. Yolo County's fetal death rate and infant death rate both compare favorably to the statewide rate and to national objectives.⁷⁸ Significant disparity is evident statewide when comparing infant death rates by race, with African Americans experiencing significantly higher infant death rates than other groups.³⁴



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2 Groundhog Day	3 Chinese New Year (Rabbit)	4	5
6	7	8	9	10	11	12
13	14 Valentine’s Day	15	16	17	18	19
20	21 <i>County Holiday</i> President’s Day	22	23	24	25	26
27	28	1	2	3	4	5

Low Birth Weight & Prematurity

Low birth weight (infants born weighing less than 5.5 pounds) and preterm infants (infants born before the 37th week of gestation) are at increased risk of significant health problems. Perinatal tobacco and substance use and late entry into prenatal care are associated with low birth weight and prematurity . Often the cause of premature labor is unknown. In 2008 about 8% of all babies born to Yolo County residents were born prematurely and 5% of all births were low birth weight.⁸⁰

Statewide, African Americans, American Indians, and Pacific Islanders experience higher preterm rates and African Americans experience significantly higher low birth weight rates than other groups.³⁴ In Yolo County, these populations are relatively small and disparity may not be apparent locally due to small numbers.

High Birth Weight

High birth weight (infants born weighing more than 8.8 pounds) is also recognized as an important birth outcome. Large infants are at increased risk for health problems during and immediately after delivery. In addition, these infants appear to be at higher risk of obesity and diabetes later on in life.⁷⁹ In Yolo County, 15% of non-Hispanic infants and 10% of Hispanic infants are born high birth weight.⁷⁹ Major contributing factors to high birth weight are maternal obesity and gestational and type 2 diabetes.⁷⁹

Yolo County by the Numbers...

Low Birth Weight Rate

U.S. Goal = 5% or Lower

- *Yolo Co. 5%*⁸⁰
- *California 7%*³⁴

Preterm Birth Rate

U.S. Goal = 7.6% or Lower

- *Yolo Co. 8%*⁸⁰
- *California 11%*³⁴

High Birth Weight Rate

U.S. Goal = no goal

- *Yolo Co. 12%*⁸⁰
- *California 8%*⁷⁹

Fetal and Infant Mortality Review (FIMR)

The Yolo County Health Department has maintained a FIMR Program since 1998. The purpose of FIMR is to understand how a wide array of social, economic, health, environmental, and safety issues relate to infant death on a local level and to use that information to improve community resources and systems of care. Infant sleeping position and co-sleeping, maternal chronic health problems, substance use and limited or no prenatal care are some of the contributing factors noted in a large proportion of these deaths. The FIMR Team coordinates efforts to develop community-wide interventions that work to eliminate preventable infant and fetal death in our community.

- Yolo County Birth and Death Statistics
- Birth Weight & Gestation
- Infant Mortality
- Yolo County Health Department FIMR Program

www.yolohealth.org (click on ‘Health Statistics’ on left toolbar)
www.cdc.gov/nchs/FASTATS/birthwt.htm
www.cdc.gov/omhd/amh/factsheets/infant.htm
 Call (530) 666-8645 or 1-800-794-6517

2011

March

Environmental Health Division

The Environmental Health Division works closely with partner agencies, businesses, and residents to protect the public's health.

The Yolo County Health Department Environmental Health Division plays an integral role in public health from maintaining safe drinking water and food to protecting the public's safety through the control and cleanup of hazardous materials. The Environmental Health Division works closely with other health department divisions, county agencies, businesses, and residents to protect and promote public health.

The mission of the Yolo County Environmental Health Division is to protect and enhance the quality of life of Yolo County residents by identifying, assessing, mitigating, and preventing environmental hazards. The division is comprised of the Hazardous Materials Unit and the Consumer Protection Unit.



Blue oak, Ireland Ranch. Courtesy Andrew Fulks.

Environmental Health Division Annual Activities, 2009 ⁶⁸	Number
Animal Bite Investigations (bats, dogs, cats, etc.)	521
Foodborne Illness Complaints	10
Hazardous Material Incident Responses	89
Infestation Investigations (bats, rodents, roaches)	21
Land Use Project Reviews	640
Review/Oversight of Hazardous Waste/Leaky UST Sites	253
Solid Waste Nuisance Investigations	7
Water Samples Collected for Testing	1,384

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13 <i>Daylight Savings Begins</i>	14	15	16	17 St. Patrick's Day	18	19
20 <i>First Day of Spring</i>	21	22	23	24 World TB Day	25	26
27	28	29	30	31	1	

Consumer Protection

The Consumer Protection Unit responsibilities include regulation of retail food facilities (e.g., restaurants), public water systems, water production wells, sewage disposal systems, public swimming pools and spas, tattoo, and body art facilities. This unit also responds to complaints related to any of the above facilities.

Additionally, the Consumer Protection Unit also provides environmental review of land use development, rabies and vector-borne disease prevention.

Sites Regulated by the Environmental Health Division, 2009 ⁶⁸	Number
Above-Ground Storage Tank Facilities (farm and non-farm)	222
Certified Farmer's Market Locations	5
CalARP Facilities (high hazard materials)	13
Hazardous Materials Storage, Handling, and Use Facilities	1,164
Hazardous Waste Generator Facilities (farm and non-farm)	831
Hazardous Waste Treatment Facilities	5
Liquid Waste/Septic Systems	77
Public Pools and Spas	358
Retail Food Establishments (fixed and mobile)	1,059
Retail Tobacco Facilities	50
Solid Waste Disposal Sites	16
Tattoo and Body Piercing Facilities	4
Underground Storage Tank Facilities	105
Waste Tire Generators	246
Waste Transport Vehicles (refuse and septic)	112
Water Wells/Monitor Wells & Borings	593

Hazardous Materials Unit

The Hazardous Materials Unit responds to hazardous material emergency incidents as part of the Yolo County Hazmat Response Team. The unit provides oversight of environmental cleanup after an emergency, regulates solid waste disposal and recycling facilities, and permits and inspects all wells, tests wells, soil borings, or soil penetrations encountering groundwater. As a Certified Unified Program Agency (CUPA), this unit also regulates facilities involved in storing, handling, generating, recycling and/or treating hazardous materials and waste, including underground and above-ground storage tanks.

- Environmental Health Division
- Restaurant inspection results online
- Report an animal bite, food poisoning

www.yolohealth.org (click on 'Environmental Health' on left toolbar)
www.yolohealth.org (click on 'Restaurant Search' on left toolbar)
www.yolohealth.org (select 'I Want To...' then select 'Report...')

2011
April

Communicable Disease

Communicable disease control is a core public health function.



Waterfowl, Yolo Bypass Wildlife Area. © Dave Feliz.

Public health efforts to control communicable, or infectious, diseases have a long history in Yolo County as this excerpt from the County Board of Health's Annual Report from 1905 demonstrates:⁸²

"General health throughout the County has been rather above the average. Diphtheria appeared at different times at Knights Landing, Clarksburg, Washington [now West Sacramento], Yolo and Woodland. Though the disease was very persistent, especially in Woodland, the type was milder and much less fatal. People generally submitted more promptly to quarantine and are generally more intelligent and careful about sanitary matters. Antitoxin has been more efficiently used. The liberality of your honorable body in providing the serum to all who were not able to pay for it is highly and thankfully appreciated. Scarlet fever in mild form appeared sporadically in Esparto and Woodland, but caused no deaths. Typhoid fever prevailed at different times within the year in every section of the County; but was, for the most part, of only moderate severity. It caused, however, a few deaths. There have been about the usual number of cases of malaria..."

Communicable disease control, comprised of prevention, surveillance, and response activities for more than 80 infectious diseases, remains a core function of the Yolo County Health Department.

Confirmed Cases of Selected Reportable Diseases, Yolo County ⁷⁶	2005	2006	2007	2008
Campylobacter	52	58	40	38
Chlamydia	519	489	503	531
<i>E. coli</i> O157:H7	3	0	3	0
Giardia	9	12	5	6
Gonorrhea	72	61	70	65
Lyme Disease	1	2	1	0
Salmonella	16	25	20	23
Shigella	10	9	2	3
Tuberculosis (active)	9	3	9	8
Syphilis (acute)	2	0	0	5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28		30		1 April Fools' Day	2
3 Public Health Week	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 World Malaria Day	26	27	28	29	30

Tuberculosis

Tuberculosis (TB) is an airborne bacterial disease. Each year, about 7-10 cases of active TB and 300 cases of latent TB are diagnosed in Yolo County.⁷⁶ The Health Department plays an active role in supervising treatment of TB. Treatment for TB often lasts 6 months or longer and requires intensive public health case management.

Sexually Transmitted Diseases (STDs)

It is estimated that medical costs for STDs among teens and young adults exceed \$1 billion/year in California and \$2.8 million/year in Yolo County. Each treated STD case represents many more untreated cases in the community.⁵⁰

Chlamydial infection (531 new Yolo County cases in 2008) is the most common STD reported in Yolo County followed by gonorrhea (65 new Yolo County cases in 2008).⁷⁶ Countywide, infection rates for these STDs are below statewide rates, but rates for Yolo County teens and young adults continue to rise.⁷⁶ Statewide increases in syphilis were reflected in 2008 in Yolo County with 5 acute cases, the highest number of cases since 1996.⁷⁶

The CDC estimates that 1 million people in the U.S. are living with HIV and 25% of these people do not know that they are infected.¹¹ In Yolo County, about 20 HIV cases are reported per year.⁷¹ In 2009, state HIV Prevention funding was cut dramatically. Thankfully, local testing and education funding was restored by the Yolo County Board of Supervisors. HIV prevention activities also prevent other STDs and hepatitis C, especially among those at highest risk.

Hepatitis C & Syringe Exchange

Hepatitis C is a chronic liver disease caused by hepatitis C virus through contact with blood of an infected person. Infection often becomes a chronic condition leading to cirrhosis and liver cancer many years after infection has occurred. In 2008, 392 previously unreported hepatitis C cases were identified in Yolo County.⁷⁶ About 24 county residents die each year with chronic hepatitis C.³³

In 2007, Yolo County implemented a syringe exchange program to combat the prevalence of bloodborne diseases such as hepatitis B, hepatitis C and HIV. A number of studies have shown that injection drug users will use sterile syringes if they can obtain them.¹⁶ This means less needle sharing, proper disposal of infected needles, and less disease. Syringe exchange is an effective way to link drug users to substance abuse treatment without encouraging drug use.¹⁶ Syringe exchange programs are also cost effective: prevention of even a single case of HIV through syringe exchange results in a net medical cost savings of \$266,000.⁵⁴

- Diseases & Conditions A-Z
- Yolo County Communicable Disease Statistics
- Tuberculosis
- Needle Exchange Facts

www.cdc.gov/DiseasesConditions
www.yolohealth.org (click on 'Health Statistics' on left toolbar)
www.yolohealth.org (click on 'Communicable Disease' on left toolbar)
www.cdc.gov/idu/facts/aed_idu_syr.pdf

2011
May

Women's Health: The Reproductive Years

Maintaining good health prior to pregnancy ensures the success and well-being of future generations.

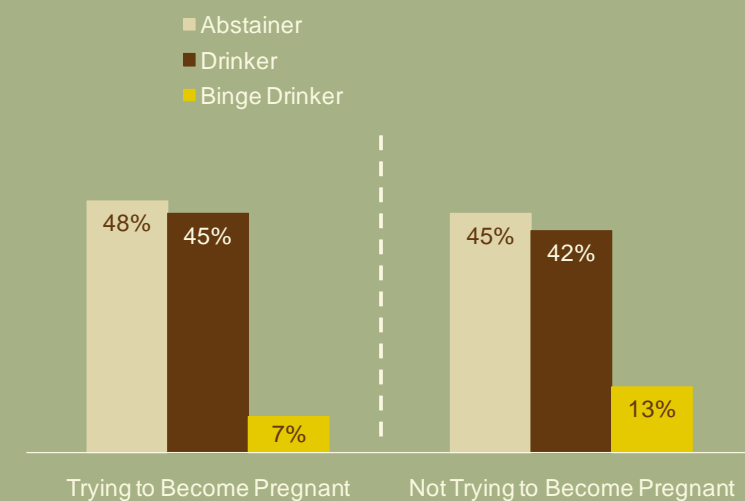
Preconception health refers to the health of women during their reproductive years. Being healthy during your reproductive years prevents chronic diseases, such as heart disease and diabetes, and is key to ensuring health throughout your life. Should you choose to become pregnant, your preconception health is crucial as your baby's health is strongly linked to your good health.

In the United States, 85% of all women give birth.²⁴ In California, over half (57%) of pregnancies among women age 18-24 are unintended.²³ This is significant because women with unintended pregnancies are more likely to have risk factors, such as smoking and alcohol use, that are associated with poor pregnancy outcomes. Nearly half (44%) of women living at or below 100% federal poverty level do not have a routine health care provider at the time of conception, which may also affect their preconception health.³¹ Although you and your family may not be thinking about having a baby now, it is recommended that you have a reproductive life plan.



Egret landing in silhouette. Yolo Bypass Wildlife Area . © Dave Feliz.

Alcohol Consumption among ³⁷
Women Age 18-44, California, 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Women's Health Week Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 County Holiday Memorial Day	31	1		3	

Specific Steps You Can Take to Ensure Your Health Through Future Pregnancies

- Avoid smoking, alcohol, and drugs for your own health and to prevent serious risks if you do become pregnant.
- Get at least 400 micrograms (µg) of folic acid every day from a multivitamin or fortified cereal. This will help prevent birth defects if you become pregnant.
- Achieve a healthy weight by eating plenty of vegetables, fruits, and whole grains and by exercising for at least 30 minutes every day.
- Visit your doctor once a year for health screenings, to treat medical conditions, and to receive recommended immunizations.
- Develop healthy relationships with your partner, family, and friends.
- Get help for feelings of sadness or depression to achieve mental wellness.
- Avoid hazardous materials at home and at work.
- Cook all meat thoroughly and avoid raw, unpasteurized milk and cheeses to prevent infections. Limit intake of certain fish to prevent mercury exposure.



Teen Birth

The majority (69%) of teen pregnancies are unintended.³¹ Teen birth is associated with substantial social and economic costs through immediate and long-term impacts on teen parents, their children, and society.¹⁰

In Yolo County, teen births account for approximately 215 births per year (20 births/1,000 women age 15-19 years).⁸⁰ While the overall teen birth rate in Yolo County has declined dramatically over the past decade and compares favorably to state rates, there are notable “hot spots” of higher teen birth rate based on ethnicity and geography. Yolo County’s Hispanic teen birth rate is significantly higher than the teen birth rate of white non-Hispanic teens, a finding consistent with state and national trends.⁸⁰ The Yolo County Hispanic teen birth rate is considerably lower than the statewide Hispanic teen birth rate.^{34,80}

- Preconception Health
- Planned Parenthood
- CommuniCare Health Centers Teen Clinic
- Women, Infants, and Children (WIC)

www.everywomancalifornia.org
www.plannedparenthood.org Woodland (530) 662-4646, Sacramento (916) 444-7966
www.communicarehc.org
www.yolohealth.org (click on ‘Women Infant & Children’ on left toolbar)

2011

June

Violence

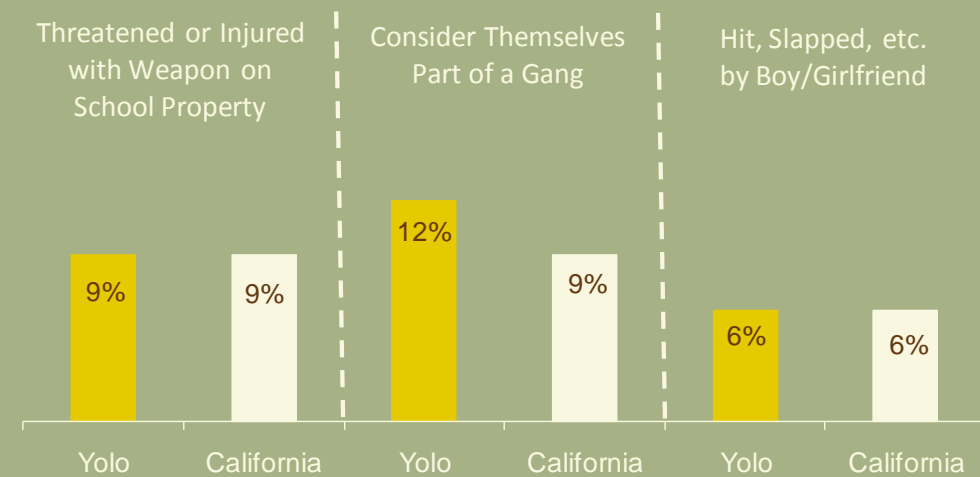
Violence erodes communities.



Yolo County. © Michal Venera/Yolo Natural Heritage Program.

Violence is a serious public health problem affecting all ages and socioeconomic groups. Crime statistics only tell part of the story about violence. Violence – including gang violence, intimate partner violence, sexual violence, child abuse, and elder abuse – often goes unreported. Violence is more than a traumatic experience. Research has found that adverse experiences such as sexual abuse lead to a range of emotional and health consequences for victims. Victims of adverse childhood experiences are more likely to suffer chronic diseases, experience emotional and functional disability, engage in harmful behaviors, and have difficulties in their intimate relationships.^{29,30} Violence also impacts our communities and neighborhoods, taking a toll on our collective sense of security and our immediate and long-term health and welfare.

Indicators of Violence among 9th Graders, 2007/08 School Year ¹⁹



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30		1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day	20	21 First Day of Summer	22	23	24	25
26 National HIV Testing Day	27	28	29	30	1	2

Child Abuse

Nationally, 794,000 children in 2007 were found to be victims of child abuse. Most were victims of neglect (59%), 11% were physically abused, and 8% were sexually abused. Some of these children were victims of multiple types of abuse.

In California, it is estimated that nearly 500 children are hospitalized yearly for severe maltreatment and 130-140 children die each year of child maltreatment.⁶²

In Yolo County in 2008, 420 cases (8.8 per 1,000 children) of child maltreatment were substantiated. The statewide rate was 9.7 substantiations per 1,000 children.⁴

Intimate Partner Violence

Intimate partner violence, or domestic violence, is abuse that occurs between two people in a close relationship. This includes physical abuse, sexual abuse (*e.g.*, rape), threats, and emotional abuse (*e.g.*, stalking, intimidation).

The CDC estimates that each year in the U.S., 4.8 million women and 2.9 million men experience intimate partner violence with destructive and lasting effects on individuals, children, and communities.¹²

From July 2008 through June 2009, the Sexual Assault and Domestic Violence Center (SADVC) provided crisis line intervention to over 2,890 Yolo County residents⁸³

Self-Harm/Suicide

From 2005 through 2007, 44 Yolo County residents took their lives (about 15 per year). Of these suicides, the average age of death was 42 years, 80% were White non-Hispanic, and 77% were male.³³ In addition to suicides, over 50 Yolo County residents are hospitalized each year due to injuries induced through intentional self harm and/or attempted suicide.²⁸

Homicide

From 2005 through 2007, 6 Yolo County residents were murdered.³³

Elder Maltreatment¹²

Elder maltreatment is a problem in our society. Maltreatment may be physical, sexual, emotional, neglect, or financial. Caregivers with high levels of stress, depression, substance abuse, lack of social support, lack of training, and with high emotional or financial dependence on the elder are more likely to maltreat elders at some time.

If you are a caregiver, take care of yourself. Seek help beyond yourself through family, friends, adult day care, and faith-based organizations. Seek care and counseling for yourself if you are depressed or if you are having a problem with drug or alcohol abuse.

- Suicide Prevention Crisis Lines (24/7)
- Sexual Assault & Domestic Violence Center (24/7)
- Yolo Co. Gang Task Force (District Attorney)
- Report Violence and Abuse

Call Davis (530) 756-5000 West Sacramento (916) 372-6565 Woodland (530) 666-7778
 Call (530) 662-1133 or (916) 371-1907
 Call (530) 666-8180
 Call 9-1-1

2011
July

Central Valley
Summers and Health

Excessive summer heat can result in life-threatening heat stroke.

At its best, a Yolo County summer is hard to beat with its golden sunshine, blue skies, spectacular sunsets, and summer evenings bathed in cool delta breezes. We typically experience 22 days at or above 100° F each year.⁴⁶ While you are outdoors working or playing, be mindful of extreme heat, UV rays, mosquitoes, and air quality. Take appropriate precautions for yourself, your family, your pets, and your neighbors.



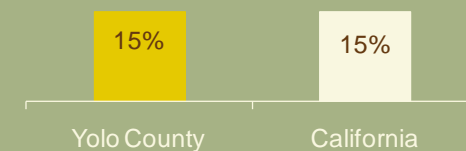
Yolo sunflower field. © Dave Feliz.

Summer heat is accompanied by increases in ground-level ozone and particulate matter (dust, smoke, soot). People most susceptible to severe health problems from air pollution include individuals with heart disease or lung disease (asthma, emphysema), pregnant women, outdoor workers, children under age 14, and athletes who exercise vigorously outdoors.



Courtesy CDC.

Percent Children (<18 yrs) Ever⁴⁰
Diagnosed with Asthma, 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29		1	2
3	4 <i>County Holiday Independence Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Stay Safe This Summer

In July 2006, California suffered a severe heat wave lasting two weeks. Heat-related illness during this heat wave caused 655 deaths and 16,166 hospitalizations.³⁴ Here are some tips to stay safe this summer:

1. Never leave infants, children, elderly, or pets unattended in a parked car – it can take as little as 10 minutes for the temperature inside a car to rise to levels that can kill.
2. When working outside, drink plenty of water or juice even if you are not thirsty, and take rest breaks in the shade.
3. Reduce exposure to the sun from 10 a.m. to 4 p.m. when UV rays are strongest, and keep physical activities to a minimum during that time.
4. Dress appropriately. Wear a wide-brimmed hat to cover the face and neck and wear loose-fitting clothing.
5. Wear sunscreen. Liberally apply sunscreen (at least SPF 15) 15 minutes before venturing outdoors and re-apply at least every two hours – sunscreen prevents sunburn, skin cancer, and premature aging.
6. Stay cool indoors. Once the temperature reaches the high 90s, fans alone will not be effective. Spend the heat of the day in an air-conditioned home, public building, or cooling center.
7. Check on family, friends, and neighbors at risk. Those at higher risk of heat injury include people who do not have access to air conditioning, especially the elderly and young children, and people who work outdoors.
8. Adjust to the environment. When heat temperatures increase suddenly, your body needs time to adjust to the changes. Pace yourself. Start activity slowly and increase to a level you can handle. If you have shortness of breath or other symptoms get in the shade and rest.
9. If you or someone has a rapid, strong pulse, feels delirious, becomes unconscious, or has a body temperature above 102°F, call 911 immediately. These are symptoms of heat exhaustion or heat stroke.

- Sacramento Region Air Quality
- Workplace Heat Illness Prevention
- Extreme Heat Emergencies
- Hot Weather Tips for Pets

- www.sparetheair.com
- www.dir.ca.gov/DOSH/HeatIllnessInfo.html
- www.bt.cdc.gov/disasters/extremeheat
- www.aspca.org/pet-care/pet-care-tips/hot-weather-tips.html

2011

August

Bats, Humans, & Rabies

Keep bats and humans away from each other to protect the health of both.



Mexican free-tailed bats, Yolo Bypass Wildlife Area. © Dave Feliz.

Healthy bats are a vital part of our ecosystem and play an important role in the control of mosquitoes and insect populations that are harmful to agriculture. Bats are wild animals and, like all mammals, they are susceptible to rabies. Every year, a number of Yolo County residents undergo costly rabies prevention therapy after handling bats.

Yolo County residents are strongly advised to avoid direct contact with bats, especially bats that appear to be sick or are showing abnormal behaviors, such as lying on the ground or being out during the daytime. Any bats, healthy, sick, or dead, that have come in contact with people, pets, or livestock, should be isolated and contained for testing whenever possible. All bats found inside the home, regardless of contact, should be reported immediately to Environmental Health at (530) 666-8646 or to Yolo County Animal Services at (530) 668-5287.

Bats by the Numbers...^{48,49,74}

- Bats may attain speeds of 40-60 miles per hour when hunting insects.
- A small bat can eat 1,200 mosquitoes per hour.
- Some insects can hear bats up to 100 feet away and will avoid areas occupied by bats.
- On average, 1 in 5 bats tested for rabies at the Yolo County Public Health Lab are found to be positive for rabies. These bats are typically found sick or dead on the ground and have often been handled by a child or pet. In 2008, 21 bats found in Yolo County tested positive for rabies.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 World Breastfeeding Week	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Mexican Free-Tailed Bats

There are several Mexican free-tailed bat colonies in Yolo County, including one of the largest colonies in California in the Yolo Bypass Wildlife Area.⁴⁷ Large colonies of Mexican free-tails are nursery colonies where bats congregate to bear and raise their pups. A single pup is born each year from June to mid-July. The young take their first flight at about five weeks of age, usually in August.⁴⁸



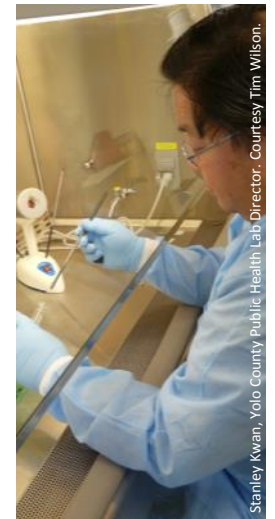
Mexican free-tailed bats, Yolo Causeway. © Dave Feliz.

Yolo County Public Health Laboratory⁷⁴

The Yolo County Public Health Laboratory plays a crucial role in the control of infectious disease in Yolo County. The lab provides local testing to ensure timely and accurate laboratory results and reports. Lab services include: bacteriology (isolation and identification of bacteria that cause diarrheal illness, sexually transmitted infections, tuberculosis, respiratory illness, and certain bioterrorism organisms), mycology (fungal organisms), parasitology (intestinal parasites and malaria), West Nile virus serology, and rabies testing in animals. In 2008, the Public Health Lab performed 2,600 lab tests (1,888 water bacteriology, 242 rabies, 234 tuberculosis, 236 other tests).

In conjunction with other local public health laboratories and the California state laboratories, the laboratory also offers nitrite/nitrate testing in water, virology (serology and isolation), HIV and syphilis serology, and other communicable disease tests.

In the near future, the Yolo County Public Health Laboratory hopes to offer PCR testing (a molecular test procedure) to our local health care providers. Conducting PCR locally will allow for rapid diagnosis and detection of unusual diseases, like H1N1 influenza. We will start with influenza testing and then expand to other infectious organisms, such as norovirus, *Bordetella pertussis*, etc.



Stanley Kwan, Yolo County Public Health Lab Director. Courtesy: Tim Wilson.

- Yolo Co. Animal Services
- Yolo Co. Health Dept., Environmental Health Division
- NorCalBats (bat rehabilitation and rescue)
- Yolo Basin Foundation (bat colony seasonal program)

Call (530) 668-5287
 Call (530) 666-8646
www.norcalbats.org
www.yolobasin.org

2011

September

Childhood Immunizations

Vaccination is one of public health's most effective disease prevention tools.



Yolo County. © Michal Venera/Yolo Natural Heritage Program.

In the U.S., widespread use of vaccines has resulted in significant declines in death and illness associated with several infectious diseases, including smallpox, diphtheria, tetanus, pertussis (whooping cough), *Haemophilus influenzae* type B (Hib), polio, measles, mumps, rubella, hepatitis A, hepatitis B, and varicella (chickenpox), influenza, rotavirus, HPV, pneumococcal disease, and meningococcal disease.⁷ From a cost-benefit perspective, it is estimated that every \$1 invested in vaccination programs saves communities more than \$5 in direct medical costs and \$11 in indirect costs.⁸⁵

When you and your children are up to date on all recommended immunizations, you are giving your family the best protection against vaccine-preventable diseases. Being immunized also protects those around you. When more people in your community are immunized there is less disease transmission to those who are unvaccinated, especially to those who may be too young to get immunized against certain diseases. In 2008, 91.4% of Yolo County kindergarteners started school with all required immunizations. This is comparable to the State rate of 91.7%, but below the Healthy People 2010 objective of 95%.²⁶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29		31	1	2	3
4	5 <i>County Holiday</i> Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Talk Like a Pirate Day	20	21	22	23 <i>First Day of Autumn</i>	24
25	26	27	28 World Rabies Day	29	30	1



Questions about Childhood Immunizations?

There has been no link found between childhood immunizations and autism.⁵

If you have concerns about vaccinating your child, get all the facts first. Talk to a trusted doctor or nurse, visit whychoose.org, or call and talk to the Yolo County Immunization Coordinator directly at (530) 666-8645 to learn more and to get your questions answered.

Confirmed Vaccine-Preventable Diseases, Yolo County ⁷⁶	2005	2006	2007	2008
Hepatitis A (acute)	3	4	8	6
Hepatitis B (acute)	7	7	1	6
<i>Neisseria meningitidis</i>	1	1	2	1
Pertussis	14	53	5	6
Varicella (Chickenpox) Outbreaks	0	0	1	1

California Immunization Registry⁵⁵

A Sacramento regional immunization registry began in 1994 in response to a statewide measles outbreak (1988-1991) that claimed the lives of 50 California children under age 5 and an appallingly low childhood immunization rate (58.4%) in our region. The regional registry grew as a public/private partnership of over 200 healthcare providers and community-based organizations and has now connected with other regions through a statewide registry.

The goal of the registry is to achieve a 90% immunization rate for all infants and toddlers in California by coordinating immunization efforts and service delivery through a comprehensive immunization record database.

- Why Should You Choose to Immunize?
- Vaccine Safety
- California Immunization Information

www.whychoose.org
www.cdc.gov/vaccinesafety/index.html
www.cdph.ca.gov/programs/immunize/Pages/default.aspx

2011 October

Healthy Aging

Live long and prosper.

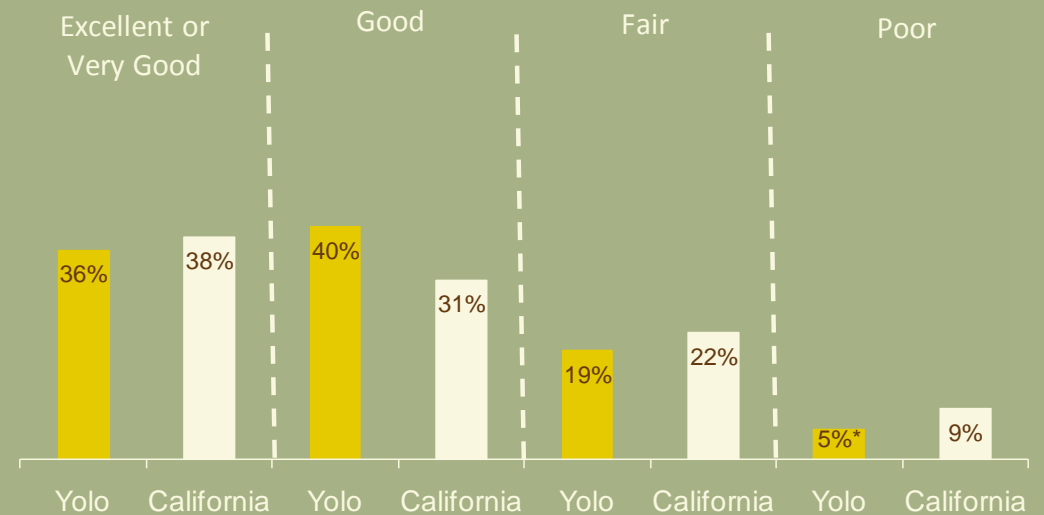


Yolo County hiker, Eric Brazil. Courtesy Andrew Fulks.

By 2050, 20% of Yolo County’s population will be age 65 or older. Between 2010 and 2050, this age group will experience the fastest rate of growth relative to all other age groups.³

As we age, a healthy lifestyle remains key to living a long, active life, and maintaining a high quality of life. Routine exercise, healthy diet, and avoiding or ending substance use (tobacco, alcohol) are beneficial at any age. If you’re already doing these things—keep it up. If these things are new to you, consult your health care provider before making dramatic changes. Resolve to maintain a healthy mind and spirit as well—read, travel, learn new skills, and consider giving to the community by taking advantage of opportunities to volunteer, mentor, and teach.

Self-Reported Health Status of Seniors Age 65+, 2007⁴⁰



* Rate may be unreliable due to small numbers.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14	15
16 Lead Poisoning Prevention Week	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					

Vaccinations: Flu, Pneumococcal, Shingles ⁴⁵

- **Flu** vaccine is important for everyone, but seniors are at high risk of complications of seasonal flu. The virus that causes flu changes from year to year, so be sure to get the flu shot every year.
- **Pneumococcal** disease is a serious infection spread from person to person by droplets in the air. People 65 and older should get a pneumococcal shot. It is safe and can be given at the same time as the flu shot. Most people only need a single shot.
- **Shingles**. If you had chickenpox when you were young, the virus is still in your body. When you are older, the virus may become active and you can develop shingles. Shingles causes a rash of blisters on the body or face. It can be a very painful disease even after the rash disappears. Ask your health care provider about the shingles vaccine.

Yolo County Senior Centers

Find resources, classes, and volunteer opportunities at your senior center:

- Davis Senior Center
(530) 757-5696
www.cityofdavis.org/cs/seniors
- West Sacramento Senior Center
(916) 373-5819
www.cityofwestsacramento.org
- Woodland Senior Center
(530) 661-5890
www.cityofwoodland.org

Osteoporosis ⁴⁵

Millions of Americans, mostly women, have osteoporosis. The risk of osteoporosis grows as you get older. At the time of menopause, women may lose bone mass quickly for several years. After that, the loss slows down but continues. In men, the loss of bone mass is slower. The best way to keep your bones strong and healthy is by eating foods rich in calcium and vitamin D, and including regular weight-bearing exercise in your lifestyle. Consult your health care provider about osteoporosis during your annual checkup and before taking supplements to combat osteoporosis.

Falls

Injuries resulting from falls are a leading cause of hospitalization among seniors.⁴⁵ Each year, about 292 Yolo County seniors and 80,000 seniors statewide are hospitalized for non-fatal injuries resulting from falls.²⁸ For older people, a fall and broken bones can be the start of more serious medical problems. There are several things you can do to avoid falling. The National Institute on Aging web site at www.nia.nih.gov gives several tips, including ways to stay active without falling, and ways to ‘fall proof’ your home.

- Yolo Co. Senior Resource Guide
- Health & Wellness Information for Seniors
- National Institute on Aging
- Healthy Aging

- www.cityofdavis.org/cs/seniors/pdfs/resourceguide-2009.pdf
- www.nihseniorhealth.gov/index.html
- www.nia.nih.gov
- www.mayoclinic.com/health/healthy-aging/MY00374

2011

November

Cancer Prevention

Cancer causes nearly one-quarter (23%) of all Yolo County deaths.

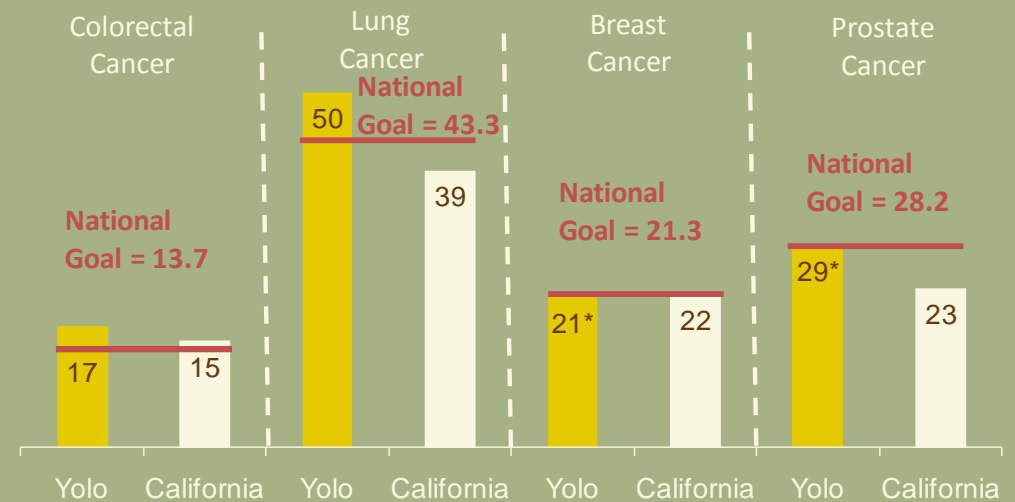


Ireland Ranch. Courtesy Andrew Fulks.

Cancer is the second leading cause of death in Yolo County with nearly one quarter (23%) of all deaths attributable to some form of cancer. The most common form of cancer that results in death is lung cancer.³³

There are important prevention measures we can take to reduce our risk for developing some forms of cancer. Eating a healthy diet, exercising regularly, protecting your skin with sunscreen, and not smoking or quitting smoking are all ways to reduce cancer risk. Routine cancer screenings, as recommended by your health care provider, are key to diagnosing and treating certain types of cancer, like colorectal cancer, breast cancer, skin cancer, prostate cancer, and cervical cancer.

Age-Adjusted Cancer Death Rates per 100,000, 2005-07³⁶



* Rate may be unreliable due to small numbers.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6 <i>Daylight Savings Ends</i>	7	8	9	10	11 <i>County Holiday</i> Veterans Day	12
13	14 World Diabetes Day	15	16	17	18	19
20 Great American Smokeout	21	22	23	24 <i>County Holiday</i> Thanksgiving Day	25 <i>County Holiday</i>	26
27	28	29	30		2	

Lung Cancer

Smoking causes 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women, resulting in 438,000 deaths and \$193 billion in direct health-care costs and productivity losses each year.⁹ Lung cancer remains the most common preventable cause of cancer death in Yolo County.³³ The Yolo County lung cancer death rate (50 deaths per 100,000) is above the California rate (39 deaths per 100,000) and the national objective (43 deaths per 100,000).³⁶

The Yolo County Tobacco Education Program is dedicated to creating a healthy and smoke-free community through (1) reducing public exposure to secondhand smoke; (2) preventing youth access to tobacco products; (3) countering tobacco promotion/advertising; and (4) helping people quit smoking and break their addiction to nicotine. These priorities are addressed by working with the community and elected officials to create policies restricting tobacco access and secondhand smoke exposure, including the smoke-free fair, parks, and college campuses.⁷²

The best way to prevent lung cancer is to quit smoking and to avoid secondhand smoke. Quitting smoking is beneficial at any age, but it is not easy. Research has shown that while 75% of all California smokers would like to quit,³⁵ it may take 12-14 attempts to quit before being successful.⁸⁶ Contact the Yolo County Health Department Tobacco Cessation program at (530) 666-8645 or 1-800-NO BUTTS for support to break the addiction.

Cancer Screening by the Numbers...

Women 18+ who have had a Pap test in preceding 3 years.

- U.S. Goal = 90% or More*
- Yolo Co. 83%⁴⁰*
- California 84%⁴⁰*

Parental interest in HPV vaccine to prevent cervical cancer for daughters

- U.S. Goal = no goal*
- Yolo Co. 78%⁴⁰*
- California 63%⁴⁰*

Women 40+ who have had a mammogram in preceding 2 years

- U.S. Goal = 70% or More*
- Yolo Co. 84%⁴⁰*
- California 78%⁴⁰*

Adults 18+ who use sunscreen SPF 15+

- U.S. Goal = no goal*
- Yolo Co. 62%³⁹*
- California 59%³⁹*

Adults 50+ who have ever had a sigmoidoscopy

- U.S. Goal = 50% or More*
- Yolo Co. 28%⁴⁰*
- California 14%⁴⁰*

<ul style="list-style-type: none"> • Stop Smoking • Yolo County Anti-Tobacco Youth Coalition (YUFASTAR) • National Cancer Screening Guidelines • California Cancer Registry 	<p>www.tobaccofreeca.com or Call 1-800-NO BUTTS (Smoker Helpline) or (530) 666-8645</p> <p>www.yolohealth.org (click on 'Public Health Education', 'Tobacco Prevention' on left toolbar)</p> <p>www.cancer.gov/cancertopics/screening</p> <p>www.ccrca.org</p>
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2011 December

Safe Holidays

Have a happy and safe holiday season!

In the U.S., fires during the holiday season kill 400 people, injure 1,650 more, and cause over \$990 million in damage annually.⁶¹ Follow these steps to ensure safe holidays:

- Install smoke alarms on every level of your home, test them monthly, and replace batteries regularly.
- Keep children away from fireplaces. Use child gates to keep children from fire.
- Keep indoor candles in stable holders where they cannot be easily knocked down. Never leave the house with candles burning and never put lit candles on a tree.
- When selecting a tree, needles should be green and hard to pull back from the branches, needles should not fall off easily, and the trunk should be sticky to the touch. Do not place a tree near heat sources (e.g., a fireplace or vent). Do not leave your tree up for longer than two weeks. Keep the tree stand filled with water at all times.
- Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Do not overload electrical outlets.
- Have fireplaces inspected annually to check for cracks, obstructions, and creosote buildup.



Cache Creek Park. Courtesy Jerry Wright/Yolo Co. Parks & Resources Dept.

Take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Do not let a friend drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver, always offer alcohol-free beverages, and make sure all of your guests leave with a sober driver.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 World AIDS Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <i>First Day of Winter</i>	22	23	24
25	26 <i>County Holiday</i>	27	28	29	30	31 New Year's Eve

Recognize a Heart Attack ¹

Studies suggest that heart attacks peak around the holidays in the U.S. Both men and women may experience the most common heart attack signal, which is chest pain or discomfort. Women are somewhat more likely than men to experience some of the other warning signals listed below, particularly shortness of breath, nausea/vomiting, and back or jaw pain. There are probably several reasons for this, including stress and delay in seeking care in the midst of holiday plans.

- Persistent chest pain/pressure lasting more than 3-5 minutes or goes away and comes back
- Chest pain spreading to the shoulders, neck, jaw, stomach, or arms
- Shortness of breath or trouble breathing
- Nausea or vomiting
- Dizziness, light-headedness, or fainting
- Pale, ashen (grayish) or bluish skin, sweating
- Denial of symptoms, despite obvious signs of distress

Recognize a Stroke F.A.S.T. ¹

Early recognition of a stroke may save someone's life. Look for signs of stroke:

- Face—Weakness on one side of the face. Ask person to smile.
- Arm—Weakness or numbness in one arm. Ask person to raise both arms.
- Speech—Slurred speech or trouble getting words out. Ask person to say a simple sentence.
- Time—Note time that stroke symptoms were first observed and CALL 9-1-1.

Care for a Heart Attack ¹

- Call 9-1-1 (ALWAYS DO THIS FIRST)
- Have person stop what they are doing and rest comfortably
- Loosen any tight or uncomfortable clothing
- Comfort the person, obtain information about their condition, note changes in appearance or behavior
- Assist with medication, if prescribed
- Be prepared to give CPR and use an automated external defibrillator (AED)
- You may be able to help a conscious person who is showing early signals of a heart attack by offering an appropriate dose of aspirin:
 1. Always call 9-1-1 before giving aspirin (never delay the 9-1-1 call)
 2. Ask person if he/she is...
 - Allergic to aspirin
 - Has a stomach ulcer or stomach disease
 - Taking any blood thinners
 - Has ever been told by a doctor not to take aspirin
 3. If the person says NO to all of these, then you may offer 2 chewable (162mg) baby aspirins or one adult (325mg) aspirin with a small amount of water. Be sure you only give aspirin—not acetaminophen (Tylenol®) or ibuprofen.

- Get CPR and AED certified/Red Cross
- Holiday Safety & Toy Safety
- Suicide Prevention Crisis Lines (24/7)
- Report Drunk Drivers

www.yc-arc.org

www.cdc.gov/family/holiday, www.safetoys.com

Call Davis (530) 756.5000 Woodland (530) 666-7778 West Sacramento (916) 372-6565

Call 9-1-1

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CDC = Centers for Disease Control and Prevention
 CDE = California Department of Education
 CDHCS = California Department of Health Care Services
 CDPH = California Department of Public Health
 WHO = World Health Organization
 YCHD = Yolo County Health Department

Important Numbers

EMERGENCY—Police / Ambulance / Fire

CALL 9-1-1

Sexual Assault & Domestic Violence Center

(530) 662-1133 or (916) 371-1907

Suicide/Crisis 24 Hour Hotline

Davis (530) 756-5000

West Sacramento (916) 372-6565

Woodland (530) 666-7778

Yolo Bus

(530) 666-2877

Yolo County Health Department (530) 666-8645/(916) 375-6380

Breastfeeding Warmline (800) 663-8685

Environmental Health (530) 666-8646

Maternal, Child, & Adolescent Health (800) 794-6517

Public Health Laboratory (530) 666-8644

2012

January	February	March	April
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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NOTES: _____



Yolo County Health Department
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www.yolohealth.org



Yolo County Board of Supervisors
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Jim Provenza, *Fourth District*
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