



May/June Issue

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## Top Schools Based on the 2010 Physical Fitness Test

### 5th Grade:

Arroyo Elementary, Tustin Unified, 87%

### 7th Grade:

Oak Middle School, Los Alamitos Unified, 80%

### 9th Grade:

Foothill High, Tustin Unified, 79%

## *The Physical Fitness Test Results Are In!*

On March 24, 2011 The California Department of Education released the 2010 Physical Fitness Results, showing that only one in three students posts a healthy score in 6 of 6 categories, despite an improving trend from recent years. Approximately 1.32 million students in grades five, seven, and nine were given the **FITNESSGRAM®**, which tests each student in 6 major areas: aerobic capacity, body composition, abdominal strength, trunk extensor strength, upper body strength, and flexibility. The 2010 test scores revealed that 28.7% of students in grade five, 34.6% of students in grade seven, and 38.5% of students in grade nine achieved the Healthy Fitness Zone (HFZ) in all six fitness areas.

Compared to the 2009 fitness test results, the 2010 test scores represent a - 0.5% point decrease in grade five students' scores, a 0.4% point increase in grade seven students' scores, and a 0.6% point gain in grade nine students' scores. However, when compared to the scores from 2006, 2010's scores showed an improvement of 3.1%, 5%, and 11.11% for students in grades five,

seven, and nine.

With these new data, Superintendent of Public Instruction Tom Torlakson announced plans for a statewide campaign to improve the health and fitness of California's 6.2 million public school students. Torlakson stated, "Nothing is more important than the health of our children, and today's results show that many of them need a helping hand to get fit and stay in shape." He also said, "The Team of California for Healthy Kids campaign will help students adopt the healthy habits that will help them succeed in the classroom today." Torlakson hopes that Team California for Health Kids will link schools with community leaders and athletes to foster new partnerships and emphasis on students' fitness. Co-chairs for this campaign

include Dr. Toni Yancey and athletes Bubba Paris, Dean Karnazes, and Bill Walton.

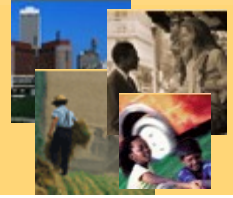
In Orange County, students posted scores that were higher than the state's average scores. The 2010 fitness scores showed that in Orange County, 34.9% of students in grade five, 43.7% of students in grade seven, and 45.7% of students in grade nine met the HFZ in all six categories of the test. Despite the improvements, these numbers still suggest that the majority of Orange County students are too heavy, weak, or inflexible to pass all six areas of the test.

To view a breakdown of the 2010 Physical Fitness Test Results, please visit the [California Department of Education](http://www.cde.ca.gov/ed/epi/phys/2010/) website.





## Association for Community Health Improvement™



### *Community Health Improvement Week June 5-11, 2011*

CHICAGO (May, 2011) – The Association for Community Health Improvement (ACHI) is announcing the first ever national Community Health Improvement Week, June 5-11. Community Health Improvement Week is a national recognition event to raise awareness and increase understanding of community health improvement activities and the people and organizations that lead them. The week's primary intent is to highlight the value that community health professionals contribute to improving health in their local towns, cities, and counties.

“Community health improvement programs and the professionals who run them are a vitally important part of our health system,” says ACHI Executive Director Michael Bilton. “Providing access to preventive and primary medical care for all, health promotion through education and social support, and ensuring the health and safety of the environment in which people live, work, and learn everyday are all key components of community health and creating healthy communities.” During this special week, hospitals and other care providers, public health, and health improvement coalitions

and across the country will engage their organizations and communities to raise awareness and understanding of community health, and demonstrate its benefits, by holding forums and educational events, and distributing communications about the community health programs they and their organizations run. For more information, and suggestions and tools for Community Health Improvement Week activities, please click [here](#).

The term “community health” refers to the health status of a defined group of people, or community, and the actions and conditions that protect and improve the health of the community. Community health activities generally include:

- Health Promotion;
- Health Protection; and,
- Health Service.



### *Pamela Austin Serves on the Advisory Council of Association for Community Health Improvement (ACHI)*

Pamela Austin, OCHNA CEO, has been accepted to serve on the Advisory Council of the Association for Community Health Improvement. This marks a progressive step for OCHNA because of ACHI's great role and influence in the community health sector. ACHI is a national association for community health, community benefit, and healthy communities professionals. ACHI has more than 800 members in hospitals, health system, public health,

community health centers, and healthy communities coalition from across the U.S.. ACHI makes it a mission to strengthen community health through education, peer networking, and practical tools. This mission can be achieved by addressing three main focus areas:

- Community Health—effective practices in community health assessment, prevention & wellness, chronic disease management, and access

to care.

- Community Benefit—tools, strategies, and practices that support non-profit hospitals' special accountability to their communities.
- Healthy Communities—collaborative, multi-sector strategies that create the conditions for health where people live, work, and play.

As a member of the Advisory Council, Ms. Austin will now utilize her background knowledge in needs assessment planning to help ACHI develop its professional education programs and tools on that and related topics. On March 28th-29th, 2011, she attended the National ACHI Conference held in Austin, Texas. There Ms. Austin headed a workshop, in which she laid out the steps on how to perform a community benefits needs assessment.



## Public Health Foundation Enterprises

### *PHFE and O CPRHIO Receive Grants for Health Information Exchange*

On Monday, March 7, 2011 Cal eConnect, the state of California's health information exchange entity, announced four grants designed to improve health information exchange activities in communities across California.

Among the recipients were the Orange County Partnership Regional Health Information Organization (OCPRHIO) and the Los Angeles Network for Enhanced Services (LANES), both of which Public Health Foundation Enterprises (PHFE) was fortunate enough to be involved with.

PHFE CEO Mark J Bertler noted, "PHFE is pleased and proud to be a partner in both of these innovative initiatives." "We believe that we have the right people and organizations involved in these projects to be successful in both Orange and Los Angeles

Counties."

"The Cal eConnect funding couldn't have come at a more opportune time. Grant awards like these reward the hard work of a talented and dedicated group of stakeholders" He noted.

These projects were part of the first round of funding provided by Cal eConnect. This funding is part of the HITECH portion of federal stimulus funding that California received.

These projects, in consort with efforts to promote meaningful use of electronic health records, recruit and train health information professionals, and expand tele-health initiatives, are intended to improve patient care and access to timely health-related information.

The \$795,000 will be used

to continue the development of health information exchange in Orange County through the OC Unites project. The OC Unites project will connect participating organizations using two different technical approaches and create a health event notification system to support improved coordination of care among its membership. The objectives of the OC Unites project are:

- Leverage existing Health Information Exchange (HIE) infrastructures— this project seeks to be the first to transfer continuity of care documents.
- Deploy a traditional Hybrid HI Architecture— this project provides traditional HIE services to IHHI (Integrated Healthcare Holdings, INC) Hospital System.

- Create a Health Event Notification System— this project will apply standards-based, business process rules management to the HIE environment in order to solve the current problems with security, authorization, and consent at the community-wide scale.



OCPRHIO is a community collaboration of health care providers in Orange County.

Click [here](#) to visit PHFE website.

Orange County Partnership Regional Health Information Organization (OCPRHIO) is a community collaboration of health care providers whose mission is to facilitate health information exchange in Orange County. OCPRHIO began meeting as a group of committed stakeholders in 2006 and formalized itself through bylaws and officers in 2007. OCPRHIO has an organizational based membership including the following participants: CalOptima Regional Extension Center (COREC), Hospital Association of Southern California, English Consulting, Monarch Medical Group, Memorial Health Care System, Orange County Medical Association, St. Joseph Health System, and UC Irvine Health Care Medical Center.

To learn more about OCPRHIO, please click on the following website: [www.OCPRHIO.com](http://www.OCPRHIO.com) or contact Bill Farry at [bfarry@mhealth.com](mailto:bfarry@mhealth.com).

Health information exchange offers real hope for improved healthcare delivery within a collaborative environment.

## *With a Stroke, Time Lost is Brain Lost*

*Knowing the warning signs, good nutrition and physical activity keys to fighting stroke.*

Stroke is the No. 3 killer and leading cause of disability in this country, yet many people don't know what a stroke is, and many don't see it as a medical emergency.

Strokes begin when a blood vessel in the brain becomes blocked or bursts. Blood flow is cut off, tissue is starved for oxygen, and parts of the brain die. If not treated quickly, abilities and productive life can be lost.

Every year more than 780,000 people suffer a stroke, of which about 150,000 die. Death and disability from stroke can be prevented, if caught early, according to the American



Stroke Association, a division of the American Heart Association.

Knowing the symptoms of stroke is crucial. At the first sign of symptoms, you must get to the hospital immediately for treatment to improve your chances of survival and avoid potential disabilities.

For more information, visit [www.strokeassociation.org](http://www.strokeassociation.org) or call your local American Heart Association/American Stroke Association at (949) 856-3555.

Article submitted by Kristine Kelly.



### Did you know...

1. Stroke is the third leading cause of death in the United States. About 137,000 Americans die of stroke every year?
2. In 2009, stroke will cost the United States \$68.9 billion. This total includes the cost of health care services, medications, and missed days of work?

The warning signs of stroke are:

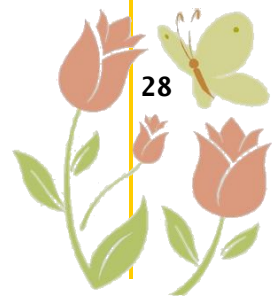
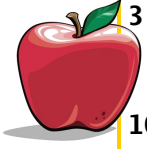
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Call 9-1-1 immediately if you have or see someone with one or more of these symptoms. Good nutrition and physical activity are keys to preventing stroke. Keep in mind these recommendations.

- Use up at least as many calories as you take in. Don't eat more calories than you know you can burn up everyday.
- Eat a variety of nutritious foods from all the food groups. Nutrient-rich foods like vegetables, fruits and whole grain products have vitamins, minerals, fiber and other nutrients but are lower in calories.
- Eat less of foods and beverages high in calories but low in nutrients and limit your consumption of saturated fat, trans fat, cholesterol and sodium.
- Don't smoke and stay away from tobacco smoke. Smokers have a higher stroke risk compared to nonsmokers.
- Physical inactivity is a major risk factor for stroke and other cardiovascular diseases. All healthy adults ages 18-65 should get at least 30 minutes of moderate intensity activity five days of the week.

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 National Teacher's Day	4	5 Cinco De Mayo	6	7
8 Mother's Day	9	10	11	12 Nurses' Day	13	14
15	16	17	18	19 World Hepatitis Day	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31 World No Tobacco Day				



## Chronic Disease Self-Management Program

The Orange County Office on Aging and Health Care Agency in partnership with several community partners are working together to offer the Chronic Disease Self-Management Program (also known as *Healthier Living*) at locations throughout Orange County. This Stanford-developed evidence-based program has been in Orange County senior centers and hospitals for several years. With a grant from the Administration on Aging, the program is now found in several new locations, such as senior apartments and assisted living facilities.

The Healthier Living workshop is a 6-week series for anyone with an

ongoing health problem, family members of someone with a chronic condition or anyone who wants to be more physically and socially active. Participants are expected to attend the 6 sessions, which are once a week for 2 ½ hours. The workshop is facilitated by two trained lay leaders who have taken the 6 week series.

This workshop has been shown to:

- increase energy;
- reduce pain, sleep loss and anxiety;
- help you communicate better with family, friends and doctors;
- increase physical activity; and,

- lower number of doctor's visits, hospitalizations and ER visits.

The workshop is very interactive with many opportunities for participants to share experiences and ideas with each other. Topics covered in the workshop include goal setting, problem solving, managing symptoms, relaxation techniques, tips for healthier eating and communicating with others.

Anyone interested in participating in a workshop can call the Office on Aging at 1-800-510-2020 for the schedule and location of upcoming classes.



Office on Aging

*Advocacy. Action. Answers on Aging.*

Submitted by  
Erin Ulibarri, MPH

**The Office of Aging is committed to helping older adults experience the highest possible quality of life by serving as the lead advocate, planner and facilitator relative to all aging issues on behalf of all older persons in Orange County.**



## Cinco de Mayo

The holiday of Cinco De Mayo, *The 5th Of May*, commemorates the victory of the Mexican militia over the French army at The Battle Of Puebla in 1862. It is primarily a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla, with some limited recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population. It is not, as many people think, Mexico's Independence Day, which is actually September 16.

## Hoag Neurosciences Institute (HNI) Launches the Orange County Vital Aging Program

Managing the rapidly growing threat of Alzheimer's Disease and Related Disorders (ADRD) is vital to the health of the nation's aging population and future generations. Like many communities around the world, Orange County is rapidly aging. From 2000 to 2009, the State of California, Department of Finance estimated that persons over 65 years old in Orange County increased by 22.7%. Between 2010 and 2020, this population is estimated to grow by more than 40%.

What's more, there is a lack of consumer education and awareness around ADRD particularly around the fact that early detection can

possibly help prolong the onset of the disease. There is also a gap in education among physicians; not all physicians are "experts" at detecting the onset of ADRD or at providing the right treatments for ADRD.

In response to this, Newport Beach-based Hoag Neurosciences Institute, along with a grant from UNIHHealth, launched the Orange County Vital Aging Program (OCVAP). Through the OCVAP, Orange County is the first county in the nation to implement the roadmap of a national initiative to "Prevent AD by 2020," and is offered free-of-charge.

The goal of OCVAP is to help

men and women maintain a healthy brain for life by encouraging risk factor management, facilitating early intervention against cognitive impairment, and generally improving standards of care for ADRD, as well as supporting the local medical community in their efforts to promote healthy aging.

At the heart of OCVAP is a free, online self-assessment tool that allows users to take control of their own cognitive health by evaluating their memory, learning about key risk factors for ADRD, identifying the earliest stages of memory loss due to underlying medical conditions, and evaluating for contributing factors of

cognitive decline caused by depression. The online tool, along with an in-person memory assessment at Hoag (free-of-charge) or with a participating physician, may even assist in early detection and possible prevention of the disease.

To access the free online assessment, please visit the [Orange County Vital Aging Program Website](#).

To view the full press release, please click on the following link: [Press Release](#).

This article was submitted by Jennifer Agnew. For any question, please contact her at [Jennifer.Agnew@porternovelli.com](mailto:Jennifer.Agnew@porternovelli.com).



Sun		Mon	Tue	Wed	Thu	Fri	Sat
5		6	7	8	9	10	11
World Environment Day			June 5-11 National Health Improvement Week				
12	13	14	15	16	17	18	
		Flag Day	June 13-18 Men's Health Week				
19	20	21	22	23	24	25	
Father's Day		1st Day of Summer					
26	27	28	29	30			
	National HIV Testing Day						

## Live Healthy, Be Happy

Many of us are familiar with that common saying “an apple a day keeps the doctor away.” Being healthy isn’t hard, that is, if we know how to take care of ourselves and stick to healthy habits. Being conscious of our daily habits can help us make corrections and improve our health. To celebrate National Health Improvement Week, here are some suggestions we found from [Prevention.com](http://Prevention.com) that you can apply each day to improve your life in a healthy way. It *can* be as simple as eating an apple!

### Drink Green Tea

This potent beverage contains several powerful antioxidants that reduce cholesterol and may even lower blood pressure. To make a day's supply, bring 20 ounces of water to a boil, drop in three decaffeinated green tea bags, cover, and steep for 10 minutes. Remove the tea bags, and refrigerate the tea. When cool, pour the tea into a container, add ice if you like, and sip throughout the day.

### Cook Like an Italian

Use MUFA-rich olive oil in your food prep whenever possible. The heart-healthy fat lowers “bad” LDL cholesterol and raises “good” HDL cholesterol. Bonus: Olive oil is also rich in antioxidants, which may help reduce the risk of cancer and other chronic diseases, like Alzheimer’s.

Substitute olive oil for butter or margarine at the dinner table, drizzle it on salads, and use it to replace vegetable oils in baking wherever possible. Buy only cold-pressed, extra-virgin oil; it retains more of the olive’s heart-healthy antioxidants than other forms.

“It is the month of June,  
The month of leaves and roses,  
When pleasant sights salute the eyes,  
And pleasant scents the noses.”  
-Nathaniel Parker Willis



## FUN IN THE SUMMER SUN: YOUR EYES NEED PROTECTION TOO

### Beyond Fashion – Sunglasses Are A Must for Healthy Eyes

Submitted by Scott Kelly



#### Prevent Blindness America

In addition to deciding which brand of sunscreen, which swimsuit and which beach toys you need to purchase this summer, one of the most important decisions you'll be making is how to protect your eyes from sun damage.

While most people associate the summer's intense sun with the need for skin protection, they often overlook what it can do to their eyes.

Ultraviolet or UV light, the same culprit that gives you that miserable sunburn, can also harm your eyes. In the short-term, it can cause searing pain within 24 hours of exposure. In the long-term, it can lead to vision loss, skin cancer of the eyelid, cancer of the conjunctiva, and other diseases.

A cousin of the X-ray, ultraviolet light (UV) is invisible, comes from the sun,

and is at its most intense in the summer between the hours of 10 a.m. to 3 p.m. Clouds or no clouds, UV penetrates through the atmosphere, so don't be fooled. Even in the shade, be aware of reflected light. No matter where you are, near a swimming pool or on a snowy ski slope, or just driving in your car, protect yourself against the UV radiation that comes with the sunlight's glare.

Sheltering your eyes from sun damage is easy. And, doing so can be fun and fashionable. When outdoors during daylight hours, remember to wear a hat that shades your face and wear sunglasses. It's best if your sunglasses are rated to protect you from 99% of both UVA and UVB rays, or up to 400 NA. (Be sure to check the tag attached to the sunglasses.)

If you're someone whose daily

environment includes glare, such as a lifeguard or fisherman, you may want to purchase sunglasses that also block infrared rays, to not only cut down on glare, but burning heat as well. In any event, don't be deceived into choosing the most fashionable color or style of sunglasses. You need to first ensure, by reading the label, that they meet UV protection criteria.

Sunglasses that wrap around your temples are a good choice as they provide the benefit of blocking UV rays that might otherwise sneak in through unprotected sides. By the way, a broad-brimmed hat is preferable to a baseball cap because it provides greater protection for your face and eyes, in addition to your ears and the back of your neck.

As with the skin, sun damage to the eyes is usually slow and cumulative. It results in an increased risk of cataracts, and other vision problems later in life. As people live longer, a higher percentage will suffer sun-aggravated eye disorders later in life, unless they take

simple steps to protect their eyes when they're younger.

Getting teens in the habit of wearing broad-brimmed hats and sunglasses can be difficult, especially when many young athletes do neither. If you follow golf or tennis, you'll notice that many "pros" wear hats or visors, but that's all. That's certainly a start, but professional and recreational athletes who are often in the sun when it's at its zenith, need to be educated that eye protection from the sun is a lifelong imperative.

So, don't forget to safeguard teens and younger children. Like adults who work outside, kids often spend many hours outdoors during daylight and they too need the same protections.

Sight is a treasured wonder that we often take for granted. Once it's gone, it's almost impossible to recover. Please be conscious about possible sun damage and make eye protection a top priority this summer and in the future.







## Vocational Visions Enchanted Evening Fundraiser Nets Over \$95,000

Submitted by Barbara Kimler

**Irvine, CA-** On April 16, 2011, Vocational Visions held its annual Enchanted Evening fundraiser, netting over \$95,000 in proceeds. The colorful and topical event “An Enchanted Evening...in Key West,” took place at the Irvine Marriot, with 350 guests attending. The event was also a chance for the organization to honor the City of Mission Viejo with their Employment of the Year Award.

Over 150 silent auction items were featured during the cocktail hour reception, among those included artwork by Vocational Visions clients. Vocational Visions supporter, Peter Neptune, served as both emcee and auctioneer. Co-chairs for the event were community leaders Donna Haskell, Nancy Livingston, and Linda Baird.

Mission Viejo Council Member, Trish Kelley, and City Manager, Dennis Wilberg, were on hand to receive the 2011 Employee of the Year Award, which was presented to the city of Mission Viejo for their longtime commitment of providing employment opportunities and other support to Vocational Visions and their participants.

The highlight of the evening included lively and heartwarming dance performances by Vocational Visions clients to “Barometer Soup” and “Day-O.” The ballroom was filled with tiki huts, surf boards, and several hand painted island themed art renditions. Live musical entertainment was provided throughout the evening by Joe Rathburn’s Island Band.



City of Mission Viejo presentation with (left to right) Councilwoman Trish Kelley, City Manager Dennis Wilberg, Nancy Livingston and Vocational Visions Executive Director Kathryn Hebel.

Live auction highlights included

- An at-home five course gourmet dinner for eight by Alex Neptune, with wine pairings from master sommelier Peter Neptune;

- A two-night stay at the Willard Hotel’s JFK “Oval” suite with tour of the U.S. Supreme Court; and,
- A Lakers suite at Staples Center.

In addition, there was an opportunity drawing featuring a two-night getaway to the Montage Resort & Spa, which was won by Darci Carlson.

Click [here](#) to learn more about Vocational Visions.

Left: Client Performance was the highlight of the evening!



Photography Credits: Marlon Machado

## OCHNA



*To maintain a process in which a vast range of community stakeholders plan, conduct, and analyze a comprehensive health assessment of Orange County, that embraces a broad definition of health, to facilitate coordination and collaboration of public and private sector policy development, implementation and resources allocation decisions, designed to improve the health of all Orange County residents.*

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## Live Healthy, Be Happy cont...

### Carve Out Time for Sleep

Every extra hour of sleep middle-aged adults can add to their nightly average reduces their risk of coronary artery calcification, a cause of heart disease, by 33%, according to a study reported in the [Journal of the American Medical Association](#). When you're even a little sleep deprived, your body releases stress hormones that constrict arteries and cause inflammation. If you routinely wake up feeling tired or need an afternoon nap, then you're probably sleep deprived. Most adults need 7 to 8 a night to function well.

### Start Your Morning with Juice

Orange juice contains folic acid that helps lower your level of homocysteine, an amino acid linked to a higher heart attack risk. Grape juice is loaded with flavonoids and resveratrol, both potent antioxidants that may discourage red blood cells from clumping together and forming an artery-blocking clot. Choose 100% fruit juices to limit excess sugar.

### Make Nuts Your Go-To Snack

Studies have found that those who eat more than 5 ounces of nuts a week are one-third less likely to have either heart disease or a heart attack. Just don't overdo it—nuts are high in fat and calories, which can pack on pounds if you inhale them by the fistful.

### Walk for 20 Minutes a Day

Just 2.5 hours of exercise a week (that's a little more than 20 minutes a day) could reduce heart attacks by one-third, prevent 285,000 deaths from heart disease in the United States alone, and practically eliminate type 2 diabetes.

More tips can be found on [Prevention](#) website.

