

# NEWS FROM SUTTER COUNTY CHDP

## CHILD HEALTH & DISABILITY PREVENTION PROGRAM

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SPRING 2015

1445 VETERANS MEMORIAL CIRCLE  
YUBA CITY, CA 95993 530-822-7215

### All About CHDP Care Coordinator Usha Gaji, RN, PHN

As the Care Coordinator in the Child Health & Disability Prevention Program (CHDP), Usha visits or calls all Sutter County mothers (on Medi-Cal or uninsured) who have given birth at the local hospital. She gives them a New Mom handbook and important resources including:

- ◆ how to obtain new baby's birth certificate
- ◆ how to apply for Medi-Cal for the baby
- ◆ CHDP brochure and the importance health checkups for babies, children & youth
- ◆ Immunization schedule for children
- ◆ A list of available local doctors & dentists that accept Medi-Cal
- ◆ Women Infants & Children (WIC) Program
- ◆ Family planning information

If the new mother needs breastfeeding assistance, Usha refers her to the Lactation Consultant in WIC.

Usha completes the PM 357 (CHDP referral form) and follows up on the newborn baby's two week health assessment by a local CHDP Provider by calling the parents and /or the provider's offices to check if the baby was seen.

She also responds to referrals on Sutter County patients received from a variety of sources, such as medical providers, school nurses and hospital discharge planners. Most referrals are managed by telephone contact. Sometimes, depending on the issue and/or a recommendation from the health care provider, she makes a home visit to the client, to observe the family's care of the infant or child and ensure any medical issues are being properly managed. Providers can make referrals for



home visits through a telephone call to the Health Department. Infants and children are eligible for field nursing services regardless of their eligibility for Medi-Cal.

Usha also receives referrals from the Northern California Hearing Coordination Center for follow up on those cases when the parents fail to complete a re-check of the hearing screening for the new babies or the young children living in Sutter County.

When local providers submit the PM 160 (CHDP Health Assessment Form), Usha provides medical case management, including maintaining records, providing follow up and tracking clients through screening and resolutions of problems. She initiates follow up on complex medical conditions found during health assessments.

Usha says: "The greatest pleasure I get is when I congratulate these new moms and their bundle of joy. It is like visiting a family member who just had a new baby. This is the best part of my job."

At CHDP we often hear how much Usha has helped a family with questions or concerns regarding a new baby in the house. Usha often goes "above and beyond" in assisting families, and we appreciate her efforts.

Alice Williams-Root, Deputy Director  
Sutter County CHDP



Questions? Contact Usha Gaji, RN, PHN at [ugaji@co.sutter.ca.us](mailto:ugaji@co.sutter.ca.us) or call 530.822.7215

**FitQuest: Student and Family Nutrition, Fitness and Mental Wellness**

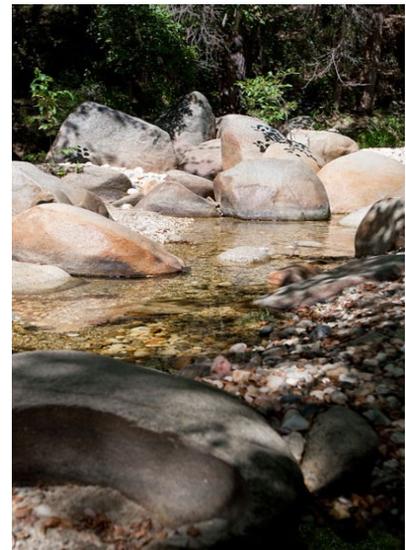
Shady Creek Outdoor Education Foundation, in collaboration with Sutter Medical Foundation, is sponsoring a **FREE** family weekend camp aimed at promoting healthy behaviors like eating better and being more active. To be eligible, families must include a child who participated in the Shady Creek Outdoor School program with his or her class during the 2014-15 school year. Participants in the Family Weekend Camp include children ages 6—17 and at least one parent.



The goal of the June 12 to June 14 weekend is to educate the family unit on the benefits of:

- ◆ Healthy meals and snacks as a choice
- ◆ Family fun and fitness (through physical activity)
- ◆ Self-confidence and positive body image

This program is aimed at helping whole families develop better habits, rather than just focusing on one child or adult who may be already showing the effects of being overweight or obese. Activities include garden classes, cooking classes, and hikes and games. Participants from last year’s family camp were very happy with the program and many asked if they could return this year!



The Family Camp is just the final piece of the FitQuest program, which provides nutrition and physical activity lessons to students during the school year and during their weeklong Shady Creek experience. Shady Creek Outdoor Education Foundation Executive Director, Daria Ali reports that more families applied for camp than there are spaces for 2015. Hopefully the camp will continue for years to come.

For more information about FitQuest and Shady Creek Family Camp, go to: <http://www.suttermedicalfoundation.org/snmg/fitquest/> or call Daria Ali at (530) 933-0907.

**CHDP Program Income Eligibility Guidelines Update**

Effective April 1, 2015, Child Health and Disability Prevention (CHDP) Program providers are to use the following income guidelines when determining patient eligibility for CHDP services.

Number of Persons in the Household	Monthly Income	Annual Income
1	\$2,610	\$31,309
2	\$3,532	\$42,374
3	\$4,454	\$53,440
4	\$5,376	\$64,505

For more information, go [here](#).

### IS IT A SNACK OR DESSERT?

This spring, members of the Sutter *County Nutrition Action Plan (CNAP)* team worked together to create a one-page healthy snack handout, “Healthy Snacks for Kids on the Go”, for parents and coaches of youth sports.

CNAP Team members include County nutrition educators, a registered dietician (RD), volunteers from local food pantries, school nutrition staff from the Yuba City Unified School District, students from the Yuba College Nursing program, and other community leaders. Team members have all observed that far too often, children participating in sports activities are given ultra-sweet and fatty “treats” after practices and games, regardless of how much or how little energy has been expended. It is very common for parents to supply popular brand-name prepackaged treats and high-volume, colorful, sugary beverages to children as young as 4 years old.

However, the goal of providing a snack after physical activity is to help the child replace fluids and nutrients used. Typical snacks provide far too many extra calories for a child. As stated in the “Healthy Snacks for Kids on the Go” flyer:

***“Many times the extra calories come from sugary beverages and snacks that contain high amounts of salt, fat, or added sugar. These kinds of foods do not nourish a child’s body. They do not provide the nutrients needed for proper energy, growth and repair.”***

The colorful handout will be distributed by CNAP Team members to coaches and parents at local youth sports activities. The handout includes the photos below of both healthier and unhealthy snack choices, and offers suggestions for what types of snacks to pack. Bottles of water, fresh fruit or veggie sticks, and whole grain pretzels in small baggies are all reasonable snacks. These snacks would be good ideas for adults, too!

If you would like some CNAP Team “Healthy Snacks for Kids on the Go” flyers for your office to offer to parents, please call Sutter County Health Education at 822-7215 ext. 250.



Network for a Healthy California

Mix dried fruit and nuts for homemade “trail mix”



Snack foods should be full of the nutrients a child needs, **NOT** processed sugars and fats.



Cut and bag veggies or fruit to just “grab ‘n go”

**SUTTER COUNTY CHDP**

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**Referrals to CHDP (Form PM 357) from:****Jan—March 2015**

<b>CalWORKS</b>	<b>8</b>
<b>Medi-Cal Eligibility</b>	<b>552</b>
<b>Foster Care</b>	<b>22</b>

**Please keep those referrals coming! Your efforts help get CHDP information to clients and help children access health care! We follow up on every “357” received.**

**REMINDER: Vision and Hearing Screenings**

Vision screenings must begin at age 3. For children ages 3-5 years, LEA Symbols and HOTV charts are recommended. For children ages 6 years and older, Sloan Letters chart is recommended.

Hearing screenings must begin at age 3. “Play Audiometry” is a good technique that improves cooperation by the child. If your office wants training on Play Audiometry, call the Sutter County CHDP office at 822-7215. For more information, go [here](#).

**CHDP Provider Information Notice No.: 15-01 released**

Claims for CHDP services will transition to provide full compliance with the national standard health care electronic transactions and code sets required by the Health Insurance Portability and Accountability Act (HIPAA) for CHDP. The CHDP proprietary local procedure codes will be replaced by the national standard Common Procedural Terminology (CPT) 4 procedure codes.

CHDP provider claims for reimbursement will transition to the paper CMS 1500 Health Insurance Claim form and the current version of the HIPAA standard electronic claim for health care professionals and suppliers, the ASC X12N 837P (Professional), version 5010A1.

The projected implementation date for this transition is **June 30, 2015**. CHDP providers should continue submitting the PM-160 and PM-160 Information-Only Confidential Screening and Billing Reports until further notice.

Updates regarding this transition and provider training information will be provided in future Medi-Cal notifications. For more information, see the PIN [here](#).

Please call Sutter County CHDP Deputy Director Alice Williams-Root at 530-822-7215 ext 227 with questions.