

Director's Message

Dear OC Health Care Agency
(HCA) Team,

As you know by now, Governor Newsom has ended California's State of Emergency for COVID-19. While the state emergency has officially ended, COVID-19 and its variants have not disappeared. As we've done throughout the pandemic, we'll continue working with our partners at the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH) to serve our diverse communities in Orange County (OC). I've said many times before, and I'll say it again, I am thankful and proud of each of you for all you've done during the pandemic and

... continued on page 2

FEATURED ARTICLES

Advancing Your Career3

Measuring the Health of
Orange County6

Spring Into Renewal9

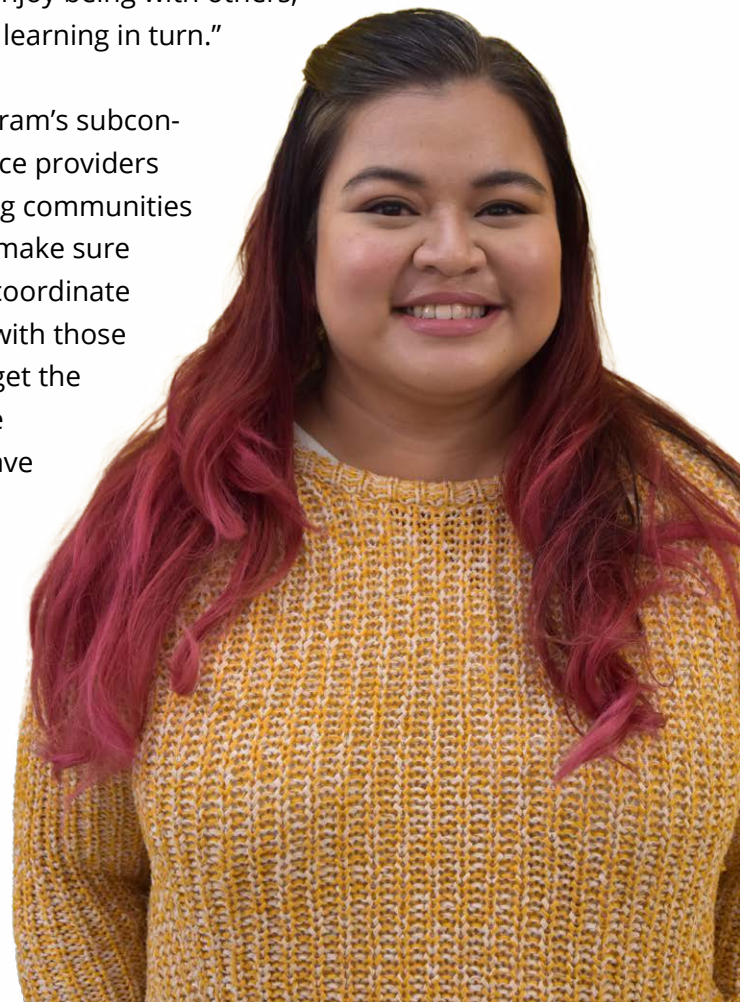
Peer-to-Peer

Nabila Bolisay

"I get so much joy out of the wide range of activities and diverse set of people I interact with in my work." Peer-to-Peer recipient **Nabila Bolisay**, Staff Specialist, Tobacco Use Prevention Program (TUPP) said she has enjoyed all the experiences she's had during her four years with TUPP. "I've co-hosted online town halls for high school students, conducted trainings for my public health peers, interviewed elected officials, surveyed people in front of grocery stores, and entertained small children at health fairs," she said. As for what keeps her going, "Part of the reason why I volunteer so much to help my coworkers and subcontractors, especially at community events, is because I just enjoy being with others, sharing information, and learning in turn."

Nabila oversees the program's subcontracts with different service providers with the goal of protecting communities from tobacco. "Overall, I make sure that our subcontractors coordinate their activities smoothly with those of TUPP staff so that we get the most out of our collective resources," she said. "I have supported exciting work involving our subcontractors, including countywide data collection projects, community trainings, and ad campaigns."

... continued on page 3



Director's Message

continued from page 1

I say “thank you” in advance for all we’ll do together as we move forward. In addition to COVID-19, we’ve responded to Respiratory Syncytial Virus (RSV), encouraged flu vaccinations, provided information during a baby formula shortage, rolled out vaccines for Mpox, and that’s not to mention all of the other “regular” work we do in all our service areas.

I want to call your attention to programs that might be of service to you, your loved ones or those we serve. The CDC launched the Increasing Community Access to Testing (ICATT) program this year. It provides access to COVID-19 testing in communities at greater risk of being impacted by the pandemic, or for people without health insurance, and it allows for surge testing in local jurisdictions. You can find more about the ICATT program and COVID-19 testing locations here <https://www.cdc.gov/icatt/AboutICATT.html>.

On the subject of testing, I’m pleased to share the CDPH has expanded a tool in the ongoing effort to end the HIV epidemic. The CDPH Office of AIDS has launched the OraQuick HIV self-testing program statewide. This program offers an effective, no-cost HIV screening tool for Californians 17 and older. Our 17th Street Testing, Treatment and Care Clinic offers support in OC. For information on the testing kits please visit <https://take-mehome.org/>.

I would also like to take a moment and say “thank you” to all the social workers at the HCA! We commemorate Social Work Month in March and the theme this year is “Social Work Breaks Barriers.” I have no doubt that social workers at the HCA are here because of your strong desire to help others and make OC a better place. I encourage everyone to learn more about the amazing profession of social work and help support all of our social workers. You can visit the National Association of Social Workers for more <https://www.socialworkers.org/>.

March brings with it significant cultural and health matters including:

[Baby Sleep Day](#) – March 1

[National Nutrition Month](#)

[Dental Assistants Recognition Week](#) – March 5-11

[Holi Festival](#) – March 7-8

[International Women’s Day](#) – March 8

Daylight Saving Time - Spring Forward – March 12

[Cherry Blossom Festival](#) – March 15

[St. Patrick’s Day](#) – March 17

[National Poison Prevention Week](#) – March 19-25

[Ramadan](#) – March 22 – April 21

[World Tuberculosis Day](#) – March 24

[National Doctors’ Day](#) – March 30

Stay Well,



A stylized, handwritten signature in white ink that reads "Clayton Chau MD". The signature is fluid and cursive, with a long horizontal line extending from the end.

Dr. Clayton Chau

MD, PhD, MASL

HCA Director

She joined the County of Orange (County) eight years ago starting at the Orange County Employees Retirement System, then to the Community Investment Division under Orange County Community Resources. Prior to the County, Nabila worked at Disneyland (Haunted Mansion, Winnie-the-Pooh and crowd control for parades and Fantasmic). As for what led her to the OC Health Care Agency (HCA), "Most of my past work experience prior to the HCA was working on projects independently. I wanted more opportunities to work collaboratively, and certainly public health fit that bill. Accomplishing tobacco control goals involves so many stakeholders and no one does anything alone. I relished the opportunity to engage with different kinds of people and learn more about working as a team."

Nabila also challenges herself. She graduated with a Masters of Business Administration (MBA) from California State University – Fullerton last May. "As a

recently minted MBA, I'm very proud of being able to bring business perspectives to our public health work. There is a lot to draw from the business world that can help augment the good we want to do for Orange County," said Nabila. "Honestly, getting my MBA was a huge personal milestone. I've become a much more strategic thinker. I'm not fazed to learn new, complicated concepts anymore. If I can understand the mechanics of different types of artificial intelligence, the sky's the limit to learning."

Nabila was born and raised in Manila, Philippines before immigrating to Anaheim in 1995. "I love and appreciate both cultures I have had the privilege to grow up in and I proudly identify as Filipino American," she said.

When she's not at work, Nabila said she is, "all over the board with hobbies. This year one of my personal goals is to run a half-marathon. I'm also looking to get better at hiking."

Advancing Your Career

The County of Orange (County) and the OC Health Care Agency (HCA) support and encourage employee career advancement within both the HCA and the County.

As a first step, we suggest you visit the County's Human Resources (HR) website at <https://hrs.ocgov.com/>. On the website you will find Career Path Tips, information on applying for jobs, current job opportunities and guidance on pursuing those opportunities.

Promotional Opportunities

The County posts jobs that are internal promotional opportunities open only to current County employees. You can find the County's promotional opportunities at: <https://www.governmentjobs.com/careers/oc/promotionaljobs>

Open to the Public

Other County opportunities are open to the public. You can find these opportunities at: <https://www.governmentjobs.com/careers/oc>

To get you started, here are some helpful direct links to the County's HR website:

- [Career Path Tips](#)
- [FAQs](#)
- [Contacts Information](#)



Correctional Health Services *and* Research *on* Suicides *and* Self-harm

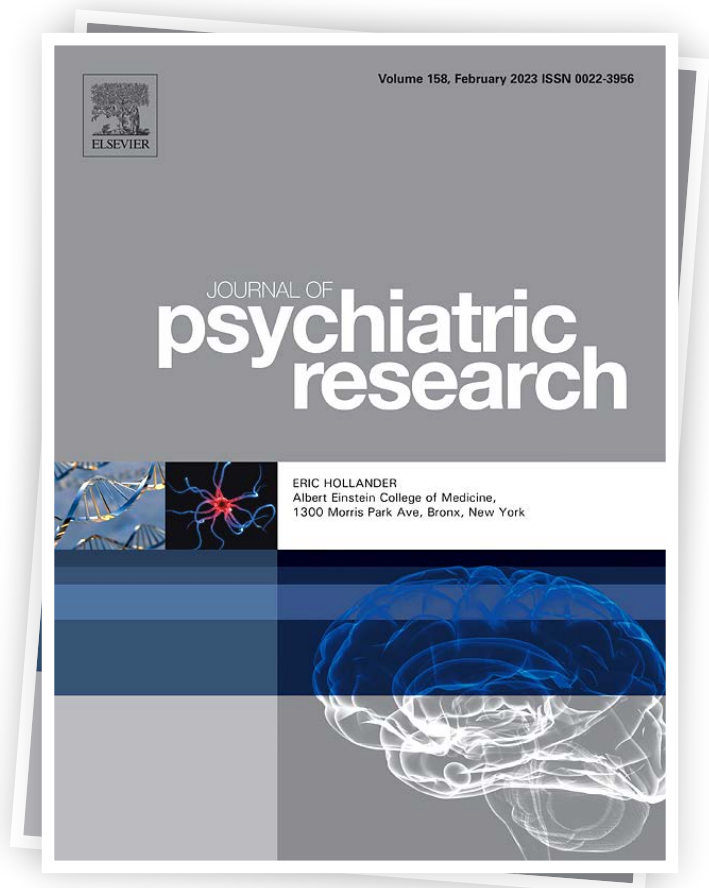


Dr. Chun Chiang, Medical Director – Correctional Health Services

Congratulations to Correctional Health Services (CHS) for the publication of a research article in the Journal of Psychiatric Research. Entitled “Predicting suicidal and self-injurious events in a correctional setting using Artificial Intelligence algorithms on unstructured medical notes and structured data,” the article has been available for review since the end of January. You can read it [here](#).

Dr. Chun Chiang, CHS Medical Director, conducted the study with researchers from Chapman University. “Not only is there the human toll in these events but suicide and self-harm in correctional settings also impact resources and services,” said Dr. Chiang. “By examining the data we hope to better understand what to look for in order to reduce the number of these events.”

“CHS is pleased to have this detailed research presented and we’re proud of the work done by Dr. Chiang and the team he worked with on this,” said **Erin Winger**, Chief of CHS. “We expect the information and findings to be of great assistance to correctional health settings not only in Orange County but across the country.”





HOSTED BY



Dr. Clayton Chau
HCA Director



Dr. Regina Chinsio-Kwong
County Health Officer/
Chief Medical Officer

"Twenty-five percent of the people in Orange County (OC) are food insecure, in the wealthiest county, in the richest state, in the most prosperous country in the world." If you missed it, that comment was made during the *Your Health Matters OC* live stream show this past January. The problem of food insecurity in OC will be discussed on the next *Your Health Matters OC* on Tuesday, March 21 at 6 pm. Join experts from the OC Health Care Agency (HCA) and guests for an in-depth discussion on this topic.

You can watch the program and all previous episodes of *Your Health*

Matters OC on the HCA's YouTube page at: <https://www.youtube.com/c/OrangeCountyHealthCareAgency> or on the HCA Facebook page at: <https://www.facebook.com/ochealthinfo>.

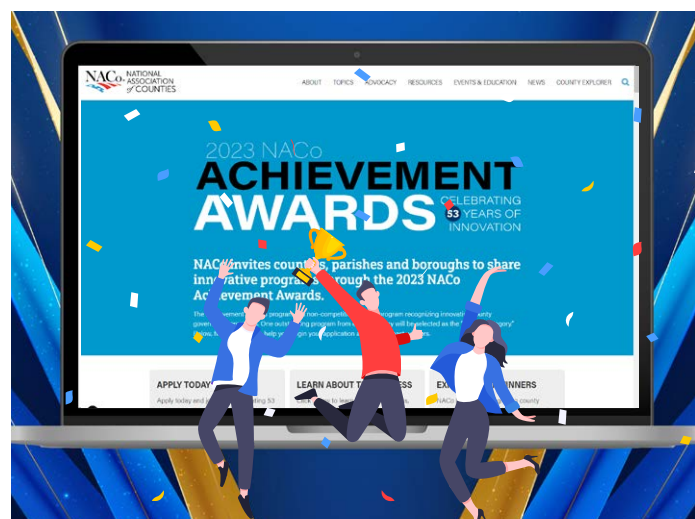
Viewers are invited to submit questions on the show's topics before and during each show at yourhealthmatters@ochca.com. You can also submit topics for consideration on future shows.

Your Health Matters OC features experts from the HCA, and the community, who discuss a variety of topics that affect us all. Previous episodes include discussions on the opioid crisis and using naloxone, suicide prevention awareness, nursing, colorectal cancer, sexually transmitted disease awareness, and much more. *Topics subject to change.

DEADLINE FOR NATIONAL ASSOCIATION OF COUNTIES AWARDS

The deadline is this month to submit a nomination for the National Association of Counties (NACo) Achievement Awards. The NACo Achievement Awards is a non-competitive awards program that recognizes innovative county government programs. For more on the categories and the award process click [here](#).

The OC Health Care Agency (HCA) Office of Communications would like all NACo nominations submitted by Tuesday, **March 21, 2023**, in order to review and submit in a timely manner. The submission deadline is **April 7, 2023**. HCA Communications can provide the questions and guidance for the NACo Awards. To request the questions and to submit a nomination please email hcacomm@ochca.com.



MEASURING the *Health* of ORANGE COUNTY

Researchers with the National Health and Nutrition Examination Survey (NHANES) are completing the medical screenings and exams of Orange County (OC) residents who were invited to take part in the unique survey. Once the information from OC is gathered, it will be analyzed over the next few months and combined with information gathered from across the country. The data will be used to answer important health questions that can impact everyone in the United States. You can learn more about the accomplishments of previous NHANES surveys [here](#).

The OC Health Care Agency (HCA) worked in partnership with County of Orange (County) Agencies and the Centers for Disease Control and Prevention (CDC) to promote the survey and encourage OC residents to take part in the examination. "This was truly a team effort and I'm proud of the work HCA staff did to promote this important survey," said **Dr. Clayton Chau**, HCA Director. "To everyone who worked to make this event happen, and to everyone who took part in the screening, I say "Thank you." I want you to know we will all benefit from the findings of this survey."



The OC Health Care Agency (HCA) is excited to partner with NHANES in its effort to assess the health of our nation. Committed to equitable health care access for all, the HCA looks forward to the ongoing collaborative efforts with our nation's health leaders.

– **LaRisha Baker**,
Deputy Chief, Public Health Services



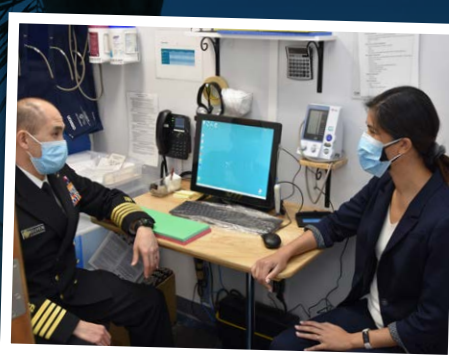
HCA staff, along with County and CDC teams, held a media availability and screening opportunity of the NHANES procedure, to increase awareness and participation in the NHANES survey. Reporters from the [OC Register](#), Epoch Times, Telemundo, Univision, as well as Vietnamese and Chinese media outlets turned out. Broadcast outlets including [Spectrum News](#) and KFI also did reports on NHANES. You can watch a video of the NHANES press conference created by County Executive Office staff [here](#).



Dr. Regina Chinsio-Kwong, County Health Officer, answering questions from Chinese language media.



LaRisha Baker, Deputy Chief, Public Health Services (Center) inside pediatric exam area.



Dr. Tony Nguyen, CDC Chief Medical Officer explains screening process of NHANES participants to **Dr. Regina Chinsio-Kwong**, County Health Officer.



(L-to-R): **Dr. Almaas Shaikh**, Deputy County Health Officer; **Dr. Regina Chinsio-Kwong**, County Health Officer; **April Orozco**, Deputy Chief Public Health Services and **LaRisha Baker**, Deputy Chief, Public Health Services at NHANES awareness event.



It was great to see the design and flow of how these comprehensive assessments that contribute to informing our nation's health and outcomes take place. OC Public Health is glad to be a partner in this effort, which is so important to our communities.

– **Dr. Almaas Shaikh**,
Deputy County Health Officer



(L-to-R): **Julie MacDonald**, Director of Communications; Mercy Alvarenga, CDC; **Jenny Qian**, Chief, Strategy and Special Projects/Public Guardian and NHANES researcher in welcome area of NHANES examination trailers.

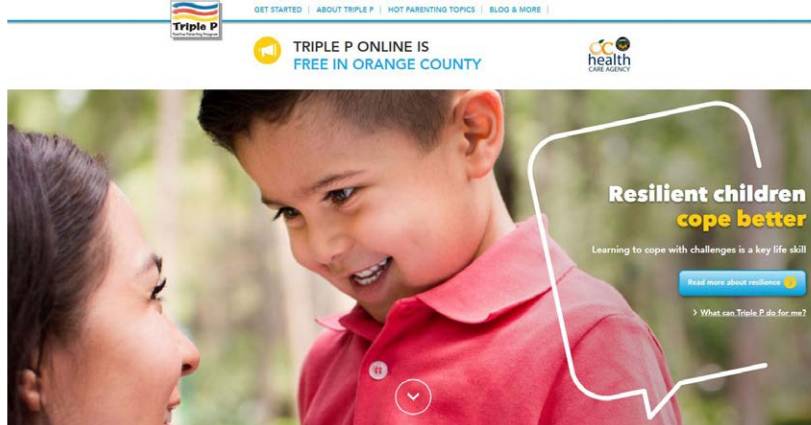


Turnout for the NHANES kick-off event was well-attended and enthusiastic.



"Triple P helps parents take a step back, reflect, and get in touch with their own emotions and their children's emotions."

Triple P - Positive Parenting Program



REALISTIC EXPECTATIONS



Nobody's perfect – parents, children, or partners. It's okay to make mistakes!



HCA FUNDED ONLINE LEARNING COURSE PROVES POPULAR WITH PARENTS

Contributor: **Lisa Niino**, Service Chief II, Children, Youth and Prevention

Triple P is an effective, evidence-based, parent education curriculum that is world-renowned in promoting resiliency in children and supporting parents in learning how to feel more confident and competent, develop positive relationships with their children, and make family life easier and more enjoyable. In response to the COVID-19 Pandemic and the disruptions families have continued to face in their daily lives, the OC Health Care Agency (HCA) dedicated Coronavirus Aid, Relief, and Economic Security Act (CARES Act) funds to offer this parenting curriculum, in an online format, at no-cost, to any parent/caregiver in Orange County (OC) including County of Orange/HCA employees. Individuals may work through the modules at their own pace for up to 12 months, with each module offering an interactive mix of activities, helpful tips to practice positive parenting skills, and videos.

HCA Parent Liaisons are also available if additional

support with a particular module is confidentially requested through the Triple P Online system. One parent recently shared "I am so happy it (Triple P Online) is free. I have learned so much already and I am only on Module 3. I cannot wait to finish all 8 Modules!"



Another parent wrote, "What an interesting and beautiful course. Thank you!" From another parent, "This is a very beautiful program if you want to help your children." Providers who work with families have also shared, "It is great to have a convenient, user-friendly resource for families in need of additional support."

Registration is easy, just visit www.triplep-parenting.com. Several versions are available depending on a family's specific

and unique needs: Child 0-12 (English, Spanish and Farsi); Teen (English and Spanish); and Fear-Less (English), with each version also including a COVID-19 Module. Should you have any questions, please contact **Lisa Niino**, Service Chief II at (714) 480-4653 or LNiino@ochca.com.

SPRING INTO RENEWAL & GROWTH BY QUITTING SMOKING

Spring is the season of renewal and growth. The warmer weather and blooming flowers bring a fresh sense of hope, power, and energy after a long winter. The moment is now to take charge of your health and stop smoking. Here are five reasons why people should kick the habit during the Spring.

1. **Improved Health/Fitness:** There are several health benefits to quitting smoking. Your lung health will improve, and you'll have more energy. You will reduce your long-term risk of cancer, heart disease, and stroke.
2. **Better Breathing:** The air is fresher and less polluted in the spring, which makes it easier to breathe. You won't have the harsh, lingering cough that is often associated with smoking, so you'll be able to appreciate the fresh air of the season.
3. **Improved Smell and Taste:** Smoking dulls your sense of smell and taste. Quitting will allow you to completely enjoy the tastes and smells of the wonderful Spring produce and blossoming flowers.
4. **Better Appearance:** Smoking ages the skin and makes teeth yellow. You can look better and feel more confident if you stop smoking.
5. **More Money:** Giving up smoking would free up additional funds for springtime activities and events. Smoking is an expensive habit. Think about the things you could buy with the money you would have spent on cigarettes!

Make the decision to stop smoking now and take advantage of the fresh start that springtime provides. Your health, mind, and wallet will appreciate it.

Quit smoking and vaping services can be received via the County's free cessation helpline, 1-866-NEW-LUNG (1-866-639-5864). All participants over 18 years old will receive a free supply of nicotine patches. Counseling sessions can be received virtually or in-person. NEW-LUNG offers these services in English, Spanish, Vietnamese, Korean, and Farsi. Call today to reserve your spot! More information and tools can be found in this link: <https://www.1866newlung.com/>

February 4, 2023

1.866.newlung  



1-866-NEW-LUNG (639-5864)



www.1866newlung@gmail.com



ENDING THE COVID-19 EMERGENCY



The end of California's COVID-19 State of Emergency (SOE) does not mean COVID-19 is over nor that Orange County (OC) residents and OC Health Care Agency (HCA) staff should stop following reasonable and proven preventive measures to mitigate the spread of the virus or its variants. "The virus has not gone away and remains a problem," said **Dr. Regina Chinsio-Kwong (Dr. CK)**, County Health Officer/Chief Medical Officer, "We need to reassure and reiterate the importance of vaccination and other prevention measures, testing and treatment among HCA staff and the OC community we serve."



California rolled out the SMARTER Plan [i.e. Shots, Masks, Awareness, Readiness, Testing, Education, Rx (prescriptions)] for future COVID-19 surges or variants. The plan includes how the state will move forward and how it measures success. You can learn more about the plan [here](#).



Even though California declared an end to the SOE, the federal government is not expected to end the two federal emergencies - the national emergency and the public health emergency - until May 11. The ending of the emergencies raises many questions including who will cover the costs for COVID-19 testing, treatments and vaccinations - which have been available at no-cost; and if there are costs or cost-sharing, when might those begin?



US Department of Health and Human Services created a Fact Sheet Transition Roadmap for the end of the COVID-19 Public Health Emergency which can be accessed [here](#). As for when testing, treatments and vaccinations might become commercialized, the Kaiser Family Foundation put together a detailed analysis you can read [here](#).



Staying up to date on vaccinations/boosters remains key according to the Centers for Disease Control and Prevention (CDC) which provides guidance for vaccinations/boosters on its website [here](#). HCA staff are strongly recommended to complete their primary COVID-19 vaccination series and receive a bivalent booster. You can access more information on current CDC and CDPH guidelines and FAQs [here](#).

ZEST For Health

Contributor: **Kelsy Escalante**, Public Health Nutritionist II

March is National Nutrition Month®

Nutrition Services invites you to celebrate this year's theme, **Fuel for the Future** during National Nutrition Month. Our eating habits are key for our well-being and good nutrition can help ensure a healthy future. During the month of March, and always, we are encouraged to:



- Eat with the environment in mind: Grow some of your food at home, add more [plant-based meals](#), buy seasonal food.
- Schedule an appointment with a registered dietitian nutritionist (RDN): Learn personalized information to meet your health needs.
- Save money: Do so by [meal planning](#) and creating a [shopping list](#). Check your pantry and refrigerator to see if there are any more meals you can cook-up.
- Eat a variety of foods from all food groups: Avoid fad diets. Try cultural foods and eat foods in different forms (canned, steamed, baked, frozen, dried). Keep adding color to your plate, by adding a variety of [fruits and vegetables](#) to your meals.
- Make tasty foods at home: Try to have more meals at home with [family](#) and friends.

For more information on National Nutrition Month® visit [here](#).

Zucchini and Leeks with Walnuts

Serving Size: 6

Ready in: 20 minutes

[Recipe link](#)

Ingredients

- 2/3 cup Walnuts chopped
- 2 cloves Garlic minced
- 2 tablespoons Lemon Juice
- 2 tablespoons Olive Oil divided
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 stalks Leeks white and pale-green parts only, cut into half-moons
- 2 Zucchini cut into half-moons
- 1/2 cup fresh Parsley chopped

Directions

1. In a dry skillet, toast walnuts over medium heat. Stir often and cook until fragrant, about 5 minutes. Transfer nuts to a large bowl.
2. Add garlic, lemon juice and half the olive oil to the walnuts. Stir well, seasoning with salt and pepper.
3. In the same skillet, heat second half of the oil. Add vegetables and cook until tender, for 8–10 minutes. Stir occasionally.
4. Transfer vegetables to the bowl of dressed walnuts. Add parsley and toss gently to combine.

VISION

Quality health for all.



MISSION

In partnership with the community, deliver sustainable and responsive services that promote population health and equity.

GOALS

Promote quality, equity, and value.
Ensure the HCA's sustainability.
Offer relevant services to the community.



CONNECT WITH US

The **What's Up newsletter** is created and distributed monthly by HCA Communications. We welcome your ideas, input and/or insight into HCA people and programs. To contribute, comment or connect please email us at hcacomm@ochca.com or call (714) 834-2178. You can follow us on social media by clicking below.



@ochealthinfo



@ochealth



@ochealthinfo



@oc_hca