



### From the Director:

Happy May everyone! Last Saturday, the Health and Human Services Department was all over Long Beach. We had a number of programs, including WIC, Medi-Cal Outreach, Tobacco, public health nursing and others at the Festival of the Early Child which was co-hosted by our Early Childhood Education team; our Cannabis program and Walk n Roll Long Beach were set up at Beach Streets, and during all that fun, we had a measles suspect case (which was later ruled out) so our Epi and Surveillance teams were meeting at Main Health to begin the work of identifying contacts, in the possibility it was measles. In the meantime, Environmental Health team was ensuring the food served along the way at the Beach Streets event was safe. Just a typical day of our diverse and talented Departmental team!

On another note, we had our first Measles case in the beginning of May. This person visited many sites in Long Beach, unaware they were infected. Our Epi, Surveillance, and Nursing teams are working to identify and notify people who may have visited the same locations to determine immunity. Each measles case takes a significant amount of work, dedication, and long hours. Our team is small but mighty! If you are unsure if you have had your immunizations, we encourage you to follow up with your doctor. Additional information can be found at: [www.longbeach.gov/measles](http://www.longbeach.gov/measles)

### Employee of the Month:



May's employee of the month is Thanayu Nuntametha. Thanayu, or as he is known in the Homeless Services Division, Terry, is one of those employees who quietly approaches awesome as he goes about his daily duties. Terry is a Program Analyst who has worked for the Division for over ten years and in that time, he has demonstrated those qualities that we all aspire to as City employees; dedication, perseverance, quality and kindness. Terry is found with comforting regularity at his desk each morning elbow deep in invoices and contracts but always stops long enough to greet you with a smile despite the cascading reams of paper surrounding him. He does not know the meaning of "can't" and he does not use it as he good naturedly accepts tasks and assignments. He is a master at providing information and knowledge on complex regulations or budgeting to people who do not have his knack for numbers. He is genuinely invested in the Homeless Services Division's success and he

shows that by being an integral part of the team each day, week after week. He has a really dry sense of humor that's a delight and surprise to those who don't know him. Terry recently took on a really important task that was critical to the credibility of Homeless Services--he was captain of our dodge ball team and he guided us to victory over our opponent with something approaching awesomeness.

### Highlights:

- On May 6<sup>th</sup>, the Health Department, in partnership with the Long Beach Comprehensive HIV Planning Group (HPG), launched the Long Beach HIV/STD Strategy 2019-2022. The strategy addresses HIV and the rising rates of STDs in the City and identifies tactics and sets goals to reverse the high rates. The HPG has identified five goals for reducing HIV and STD infections and improving the health of those living with HIV and treating STDs:
  1. Reduce HIV and STD infections in Long Beach.
  2. Strengthen capacity to address HIV and STDs in Long Beach.
  3. Educate communities throughout Long Beach on HIV/STD prevention, testing and treatment.
  4. Increase access and engagement in care for HIV and STD treatment in Long Beach.
  5. Expand PReP and PEP access in Long Beach.



“Our STD and HIV infection rates need to be taken seriously and approached with care and support from our Long Beach community,” said Mayor Robert Garcia. “Our goals to reduce HIV infections by 50% and STD infections by 20% are possible, and we will ensure that we have the resources in place to support these efforts.”

The full Strategy report can be viewed at [http://bit.ly/HIV\\_STD\\_Strategy](http://bit.ly/HIV_STD_Strategy).

- On Monday April 8th, the Department of Health & Human Services, Community Impact Division, hosted 11 delegates from Africa. The visit was requested by the International Visitors Council of Los Angeles (IVCLA), a non-profit organization that implements the U.S. Department of State’s International Visitor Leadership Program for professional and cultural exchanges. The purpose of this visit was to foster a learning exchange between delegates from various African countries and the City of Long Beach to explore the topic of “Empowering Youth to Strengthen Communities and Prevent Violence”.



The Delegation traveled to several cities in the United States, including Los Angeles and Long Beach. During their visits, they met with their counterparts, learned about different prevention programs for at-risk youth, and gained an understanding of support services for gang-involved youth and their families. The DHHS coordinated an interdepartmental panel that included Safe Long Beach staff, LBPd and the City Prosecutor’s office. The panel provided an overview of the community’s gang violence history, and discuss steps taken to reduce gang violence through partnerships with community-based organizations and government.

- Currently, California WIC is in the process of converting from paper benefits/checks to an Electronic Benefit Transfer (EBT) system. The EBT card used by WIC will be called the WIC Card. This includes replacing CA WIC’s current computer system with a new system called WIC WISE. On May 6<sup>th</sup> the pilot agencies in Solano and Napa County went live. We are hopeful that all the bugs will be resolved during the early stages of implementation.



The City of Long Beach WIC Program has been assigned to Wave 5 with the Go Live date of November 12, 2019. Although the Long Beach WIC Go Live date is months away, we are preparing to accommodate the various trainings and required computer system updates. The WIC Team is excited and embraces this upcoming change. We anticipate that the WIC Card will increase our caseload, as has been reported by other states. Our participants have expressed joy with this less complicated system to purchase their WIC foods. The WIC card is guaranteed to provide an easy and simple shopping experience for our participant families, giving them more flexibility and freedom to purchase food items at their own discretion.

- In 2009, WIC rolled out several changes to the food package to meet the Institute of Medicine's nutrition recommendations. These changes encouraged consumption of fruits and vegetables, emphasized whole grains, lower saturated fat and food packaged that appealed to diverse populations. Two studies analyzing the outcomes of these changes found positive results. The first study looked at WIC participating children ages 2-4 years old from 2000-2014 across all states. Prior to 2009, obesity prevalence among WIC participating children ages 2-4 was increasing by 0.23% points annually. After 2009, the obesity prevalence trend was reversed by 0.34% points per year<sup>2</sup>. This study concluded that the 2009 WIC food package change may have helped to reverse the rapid increase in obesity prevalence among WIC participants. The second study analyzed purchasing behaviors of 5,352 WIC participating families from 2008-2014. Results of this study found a 11% decrease in the purchase of total calories as well as a 12% decrease in sodium, 10% decrease in total fat, and a 15% decrease in sugar after the 2009 changes. There were also decreases in purchases of refined grains, grain-based desserts, higher-fat milks and sugar-sweetened beverages. After the 2009 changes, WIC families purchased more fruits and vegetables with no added sugar, fats or salt. Overall, the 2009 WIC food package changes were found to be associated with a reversal of the increasing trend in obesity among children as well as improvements in overall diet quality. By changing the purchasing guidelines, the WIC Program was able to help participants purchase healthy foods for their families and thus improve overall health.

**"Purchased more fruits & vegetables with no added sugar, fats or salt"**

**"After package revisions in 2009, there was a decline in childhood obesity by 0.34% per year"**

- The Long Beach Black Infant Health (BIH) Program was honored on Saturday, April 20, 2019 by the Delta Sigma Theta Sorority, Inc., Long Beach Alumnae Chapter. BIH received the prestigious "Visions of H.O.P.E. Service Award in recognition of the work BIH does in the field of physical and mental health. Pictured receiving the award is Angela Dixon-Hamlett, BIH Mental Health Professional.



- Thank you to all the staff who supported the Annual Social Work Donation Breakfast. We collected many items as well as monetary donations which were split among the programs, so they could purchase additional needed items. There was food, fun and fellowship in the form of the infamous social work questions with prizes, a post it note board related to this year's theme..."Elevate Social Work" which honors the important contributions of social workers in a variety of settings as well as address their salaries that tend to lag behind others. The question posed was who or what do you elevate in your life? Here are some of the responses...Helping others, my parents, women and children, peace, more diversity, equal pay, veterans and seniors. We also put a basket of chocolates in each





LONG BEACH  
DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

# Monthly Newsletter

## May 2019

staff lounge to say thank you for all that you do to keep the community elevated. Your thoughtfulness and generosity will assist others who could use a hand up. Your giving spirit is appreciated. Hope to see you next year!

- And finally, on Friday, April 5<sup>th</sup>, as part of the celebration of Public Health Week, the Department held its Funky Fresh Potluck event at Main Health, where staff were encouraged to bring a healthy dish. A contest was held to determine the best recipes under the categories of healthiest dessert, most creative use of fruit and most creative use of vegetables. The winning recipes are included at the end of this newsletter.





# AVOCADO ICE CREAM CUPS

## DIRECTIONS

Grease a muffin tin or mini muffin tin, and set aside. Whisk together the first three ingredients in a bowl. In a separate bowl, stir together all remaining ingredients. Combine the bowls, stirring until evenly mixed. Portion the batter into the muffin cups, pressing up the sides. It may look a little crumbly, but that will be remedied by the next step. Put the muffin tray in the fridge for at least an hour. Then preheat the oven to 330 F. Take the muffin tin out and press the sides very firmly again. Bake granola cups 12 minutes, take out and press the sides into the muffin tins again with a spoon. To prevent crumbling, let sit 20 minutes before attempting to remove from the tins. These can also be frozen and thawed, if desired.

## INGREDIENTS

### Granola Cups

1/4 cup applesauce or mashed banana  
1/4 cup agave or honey (vegans: use agave)  
1/2 tsp pure vanilla extract  
1/2 tsp cinnamon  
1/4 tsp salt  
1 1/4 cup rolled oats

### Ice Cream

12 ounces avocado flesh, about 3 medium specimens-worth  
1 tablespoon lemon juice, freshly squeezed  
1 1/2 cups whole milk  
1/2 cup sugar  
1 cup heavy cream

### Ice Cream

Halve the avocados, remove pits and use a large spoon to scoop out the flesh.

Place avocado, lemon juice, milk and sugar in blender carafe and puree until smooth.\*

Reduce blender speed to low and slowly add the cream.

Chill the mixture in an air-tight container until it reaches 40 degrees F or below, 4 to 6 hours.

Process the mixture in an ice cream maker according to the manufacturer's directions. This mixture sets up very fast, so count on it only 5 to 10 minutes to process to soft-serve consistency.

Serve immediately or harden in freezer for 3 to 4 hours for a firmer texture.

### Notes

\*Yes, you can use a food processor in a pinch, but you'll have to scrape down the sides a lot and it will take longer. Just sayin'.



# Vegan Pad Thai

## Ingredients

- 4 Oz. brown rice noodles
- 4 zucchini
- 1 red pepper
- half a purple onion
- 2 carrots
- 2 tablespoons oil
- 1/2 cup peanuts, chopped
- 1/2 cup fresh herbs like cilantro, green onions, and thai basil, chopped
- Lime for serving
- For the Sauce:
  - 3 tablespoons mushroom soy sauce or fish sauce
  - 3 tablespoons brown sugar
  - 3 tablespoons Not chick'n Broth or vegetable broth
  - 2 tablespoons white vinegar
  - 1 tablespoon soy sauce
  - 1 teaspoon chili paste (sambal oelek)

## Directions

1. Place the uncooked noodles in a bowl of warm water to soak.
2. Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces (or spiralize them, too, if they're big enough).
3. Shake up the sauce ingredients in a jar.
4. Heat a tablespoon of oil over medium high heat. Add the veggies – stir fry with tongs for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer). Be careful not to overcook them – they'll get soggy and heavy. Transfer to a dish and set aside.
5. Add another tablespoon of oil to the pan. Drain the noodles – they should be softened by now. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Toss everything around with the tongs.
6. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately with lime slices.





# COCONUT CHIA PUDDING

By: Laura Carey, RDN

## Ingredients

- 2 cans coconut milk
- 3/4 cup chia seeds
- 4 Tbsp. maple syrup
- 2 tsp. vanilla extract
- pinch of salt

## Directions

1. Mix all ingredients together in a bowl. Cover and Refrigerate 4 hours or overnight.

## Fruit topping

### Ingredients

- 3 cups fruit of choice
- 1 Tbsp honey
- 1/4 tsp of orange zest
- 2 Tbsp orange juice
- 2 Tbsp. mint leaves, chopped

### Directions

1. Mix all ingredients together and let sit for 10 minutes.
2. Put on top of chia pudding and enjoy!