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The Shotzy Challenge Newsletter



A VACCINE UPDATE FOR PARENTS

FALL 2014

OUR NEWSLETTER'S AIM:

- Inform parents on back to school immunizations
- Share how your child can achieve academic success!
- National Immunization Awareness Month
- World Breastfeeding Week
- National Childhood Obesity Awareness Month

UPCOMING CAMPAIGNS

August 1-31: National
Immunization Month

September 28: World Rabies
Day

September 29: World Heart
Day

"Immunize by Two"

Shotzy Challenge:

Submit a copy of your two year olds up to date shot record to showcase him/her on the next Newsletter!

Getting Ready to go Back to School?

As you are getting prepared to send your child back to school, it is important to not only remember all of the school supplies, but also to make sure your child receives their recommended vaccinations. Getting your child vaccinated provides an important role a parent can do to protect their child's life. When children are NOT vaccinated, this proposes a health risk to developing disease. Schools are more susceptible to outbreaks of infectious diseases as a result of improper hand washing and coughing with uncovered mouths. If you are unsure what vaccinations your child needs, below is a list of scheduled vaccinations for the appropriate ages:

Children age 4 to 6

- ◆ DTaP (diphtheria, tetanus, pertussis)
- ◆ Chickenpox
- ◆ MMR (measles, mumps, rubella)
- ◆ Polio

Preteens and teens ages 11 to 12

- ◆ Tdap (tetanus, diphtheria, pertussis)
- ◆ MCV4 (meningococcal conjugate vaccine)
- ◆ HPV (human papilloma virus)

Check with you child's doctor, school or local health department to make sure their vaccinations are up to date. All children ages 6 months and older are recommended to receive their yearly vaccine.

School Success Begins with Your Child's Health

According to the Centers for Disease Control and Prevention (CDC), school success is strongly connected with a child's health. Negative health related factors such as mental, physical, and emotional abuse can result in poor test scores and grades. Being successful in school is a positive way of determining a child's well-being and direction towards a healthier future. To give your child the opportunity to become successful in school, always remember to have them vaccinated, get 8 hours of sleep,

eat a healthy breakfast in the morning and gets the appropriate amount of physical activity in.





**World Breastfeeding Week
August 1-7**

**BREASTFEEDING:
A Winning Goal– For Life!**

The importance of this week is to protect, promote, and support breastfeeding.

Benefits from Breastfeeding:

- ⇒ Easy for baby to digest
- ⇒ Breast milk contains antibodies to protect the baby from infections
- ⇒ Reduces the mother’s chances of developing uterine, breast, and ovarian cancer
- ⇒ Assists mothers with weight lost gained during pregnancy



To check your child’s health, go to the following website to measure their Body Mass Index (BMI) <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>



National Immunization Awareness Month

August is the National Immunization Awareness Month, which focuses on the importance of immunizations and how it has helped in reducing the rates of infectious diseases. Although, the amount of people getting immunized has increased over the years, there still needs to be an awareness that immunizations are for a lifetime, and not just for children. The National Public Health Information Coalition (NPHIC) and collaboration with the Centers for Disease Control (CDC) National Center for Immunization and Respiratory Disease, are working towards educating and promoting on immunizations for this month. According to the NPHIC, the three following main messages are central to National Immunization Awareness Month:

1. Vaccines are important for protecting yourself against serious and deadly disease.
2. Vaccines are recommended all through our childhood and adulthood.
3. Having a good healthcare provider is best when ensuring you receive the appropriate vaccination needed.

National Childhood Obesity Awareness Month

According to the CDC, childhood obesity has become a growing issue over the past 30 years. A child that is obese is most likely to experience health risks associated with cardiovascular disease. The health effects of childhood obesity can be immediate and long-term depending upon health and well-being. Immediate health effects can put a risk on a child's bones and joints, develop sleep apnea, and face social and psychological issues based on one's low self-esteem. Long-term health effects are more severe, considering that obese children are most likely to become obese as an adult. Below are some of the long-term health risks that can be developed in the future:

- ◇ Heart disease
- ◇ Type 2 diabetes
- ◇ Stroke
- ◇ Cancer

By developing a healthy lifestyle that includes, eating healthier and participating in physical activity both inside and outside of school, will help to reduce the risk of childhood obesity and heart disease. Schools play an important role in promoting children to make healthier decisions and support the student's health behavior change. It is never to late to prevent and start a new healthier lifestyle for your child.