health care agency
WHAT'S UP
keeping staff informed & current
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March is National Nutrition Month®

"Eat right, your way, and every day" is this years' National Nutrition Month® (NNM) key message. Created annually by the Academy of Nutrition and Dietetics, the national campaign encourages healthy eating styles using the 2010 Dietary Guidelines and MyPlate® messages.

The Dietary Guidelines help consumers make wise choices in their food selections, and MyPlate is a helpful tool in making every meal balanced with each food group. The NNM message also recognizes that food preferences, lifestyle, culture, ethnic traditions, and health concerns all impact how people make food choices. HCA's Nutrition Services/WIC program will celebrate NNM with the following activities:

- A display in Building 50's main hallway and the employee lunch room explaining the NNM key message and examples of MyPlate meals.
- A"Build-Your-Salad-Your-Way" salad bar at the WIC Full Staff Meeting to celebrate healthy eating.
- A presentation regarding NNM goals and message at the WIC Full Staff Meeting.
- A fun nutrition quiz for Building 50 employees.

HCA Nutrition Services has several registered dietitians who play a critical role in helping people eat right, their way, and every day. For more information on National Nutrition Month®, or a healthier you, visit the Academy of Nutrition and Dietetics website at www.eatright.org/nnm. To learn more about the 2010 Dietary Guidelines and MyPlate, visit www.choosemyplate.gov.

Join HCA Nutrition Services, as they celebrate National Nutrition Month® by eating right, your way, every day.

2013 Compliance Survey

Every other year, the Office of Compliance conducts a survey to help them understand the effectiveness of HCA's Compliance Program. The electronic survey is anonymous and contains several questions to help the Office of Compliance learn how it can improve its compliance program and better serve as a resource for all HCA employees.

This year, the survey will roll out on April 1, 2013 and employees will have the entire month to complete it. While the survey is voluntary, we ask that you please take a few moments out of your day to complete it. The feedback you provide is very important, as the results are utilized to make changes and improvements to the Compliance Program.

Stay tuned for an email from the Office of Compliance on April 1, and be sure to complete the survey by April 30, 2013. If you have any questions about the survey, please call (714) 568-5614 or (714) 834-4399. Thank you for your participation!

Update: Quarterly Safety Meeting

On January 31, the HCA Safety Program hosted the 1st Quarterly Departmental Safety Representative (DSR) meeting for 2013. More than 100 dedicated DSRs attended this informative meeting that provided discussions and trainings on DSR timelines, Cal/OSHA Log 300-A Summary review, Program Red Safety Binder, Vehicle Accident P&P III-4.02, and safety updates.

In addition, the HCA Safety Office recognized outstanding individuals who demonstrated timeliness in regards to submission of safety documents. Their continuous immediate attention to safety issues assists the Safety Program by ensuring that hazards, chemicals information, program plans, and injuries are reported in a timely manner compliant with Cal/OSHA regulations. The HCA Safety Office commends the following individuals for their exceptional effort in making safety a priority at their worksite.

Vuthy Yam . . . . . ADAS Drug and DUI Court
Melody Marler . . . . Patients' Rights and & Advocacy Services
James Devor . . . . . Prevention and Intervention Administration

The HCA Safety Program also took the opportunity at the DSR Quarterly Meeting to recognize interim ASR Coordinator JoAnn Bowland for her efforts and ongoing support to the Safety Program. Although JoAnn is temporarily assigned to the ASR Desk for Management Services, the HCA Safety Program and DSRs took the opportunity to thank JoAnn for her continued dedication and assistance to the Safety Program while she is handling her temporary assignment.

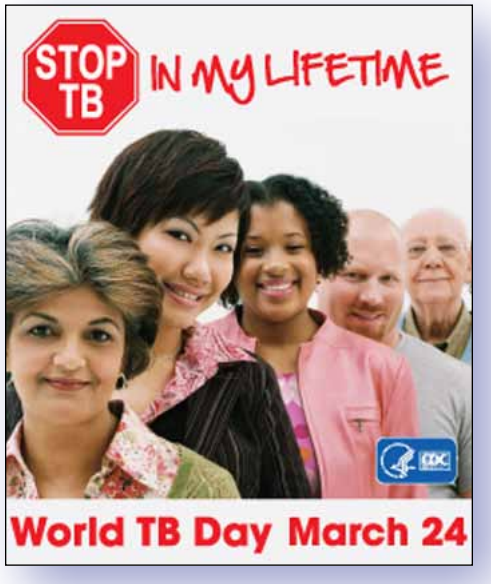
APRIL HEALTH OBSERVANCES

Alcohol Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
Occupational Therapy Month
STI Awareness Month

World Health Day 7
National Public Health Week 1-7
National Infant Immunization Week. 20-27
World Meningitis Day 24

World TB Day is March 24

The World Health Organization (WHO) and the Stop TB Partnership will observe World TB Day on March 24, 2013. This year's theme "Stop TB in My Lifetime," encourages people all over the world, from the youngest to the oldest, to make an individual call for the elimination of TB.



Tuberculosis remains a persistent public health concern, with an estimated one-third of the world's population infected with the TB bacteria, and nearly 9 million new TB cases and almost 1.5 million TB deaths annually. Additionally, multi-drug-resistant TB and extensively drug-resistant TB remains a threat. In the United States, California still has the highest number of TB cases in the nation. This year, more than 2,000 Californians will become sick with TB disease, and every other day a Californian dies with TB.

In 2012, 192 active TB cases were diagnosed in Orange County. In addition, thousands of people living in our County may be carrying the TB bacteria but have not become ill, which is known as latent TB infection. Infection may become disease when immune systems are weakened by conditions like diabetes, smoking, HIV, or simply the aging process.

The good news is that TB remains a preventable and treatable infectious disease. The Health Care Agency's Pulmonary Disease Services (TB Control) Program is doing its part to stop TB through efforts such as operating two full-service TB clinics (Santa Ana and Westminster), ensuring every TB case ingests the anti-TB medication (Directly Observed Therapy) and conducting expanded contact investigations in homes, schools and workplaces.

We can only reach the goal of a world free of TB through universal access to TB care, greater availability of rapid molecular diagnostics, an effective vaccine, development of new medications, and ensuring a reliable TB drug supply.

As you go about your daily tasks on March 24, think about how your life is or may be affected by TB and what you can do to stop the spread of this disease. For more information about World TB Day, visit the Stop TB Partnership website at www.stoptb.org or to learn more about HCA's Pulmonary Disease Services, visit the website http://ochealthinfo.com/phs/about/dcepi/tb.

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WHAT'S UP is a newsletter for employees of the County of Orange, CA, Health Care Agency.

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Blood donations needed

The American Red Cross has an urgent need for blood donations. Volunteer blood donors of all blood types are continuously needed to maintain a strong and stable blood supply. Donors with type O negative and B negative blood are especially needed now as hospital distributions of these blood types are outpacing donations causing an urgent need situation.

A blood drive is planned for April 17 and 18 from 9 a.m. to 3 p.m. at the County Hall of Administration, Civic Center Plaza – look for the Red Cross Bloodmobile. To schedule an appointment, visit the website www.redcrossblood.org and enter sponsor code OC1 when scheduling an appointment. The American Red Cross saves lives and you can too!

For more information, please contact Amber Alford in HCA Volunteer Services at (714) 834-4144.