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[STDs: New 2014 data and Concerning Truths about Congenital Syphilis](#)

The CDC's [Sexually Transmitted Disease Surveillance 2014 report](#) presents statistics and trends for sexually transmitted diseases (STDs) in the United States through 2014. The annual publication is intended as a reference document for policy makers, program managers, health planners, researchers, and others who are concerned with the public health implications of these diseases.

The report finds that the national incidence and prevalence estimates suggest the age group of 15-24 year olds acquire half of all new STD infections and that as many as 1 in 4 sexually active adolescent female have an STD (i.e. chlamydia or HPV). Other important points include:

- Compared with older adults, sexually active adolescents aged 15-19 years and young adults aged 20-24 years are at higher risk of acquiring STDs for a combination of behavioral, biological, and cultural reasons
- For some STDs, such as chlamydia, adolescent females may have increased susceptibility to infection because of cells on the surface of the cervix are more susceptible to infection
- Higher prevalence of STDs among adolescents may also reflect multiple barriers to accessing

quality STD prevention and management services, including cost, lack of transportation, long wait times, inconvenient clinic hours, embarrassment, method of specimen collection, and confidentiality concerns

California's Rankings and relevant data for reported rates and reported cases of STDs in 2014:

- *Chlamydia*: California is ranked 22nd in the Nation for reported rates with 176,308 cases at a rate of 459.9 per 100,000 population vs. a national rate of 456.1.
- *Gonorrhea*: California is ranked 15th with a rate of 118.5 per 100,000 population vs. a national rate of 110.7.
- *All Stages of Syphilis*: California's rate is 29.8 per 100,000 and the US has a total rate of 20.1 per 100,000.
 - In selected Metropolitan Statistical Areas (MSAs) : **the region of San Francisco, Oakland, Hayward has a staggering rate of 46.6 per 100,000, and the Los Angeles, Long Beach, and Anaheim area have a rate of 36.1** whereas other counties are as low as 15.8 (San Jose, Sunnyvale, Santa Clara) and 16.7 (Sacramento, Roseville, Arden-Arcade) per 100,000 population.
- *Primary and Secondary Syphilis*: California is ranked **4th in the Nation with 3,835 cases** and a rate of 10.0 per 100,000 population- the other states ranked worse had rates between 12.3-12.8. The national rate is 6.3
 - **Los Angeles County is ranked #1 with the highest number of reported cases (1,204) in 2014 out of all U.S. counties and independent cities, although it did not have the highest rate.**
 - **San Francisco County is ranked 4th and had a very high rate of 56.1 per 100,000 population.**

- *Early Latent Syphilis*: California's 2014 rate is 8.9 per 100,000 population and the US total was 6.2.
 - **There are large disparities in cases within California.** In selected MSAs: the region of San Francisco, Oakland, Hayward had a high rate of 18.6 per 100,000, and the Los Angeles, Long Beach, and Anaheim area have a rate of 12.3, whereas other CA counties are as low as 3.0 per (San Jose, Sunnyvale, Santa Clara) and 3.3 (Sacramento, Roseville, Arden-Arcade) per 100,000 population.

STD Data in California Relevant to MCH issues:

- Chlamydia rates in California's women have increased in the past four years from 102,654 cases and a rate of 547.8 cases per 100,000 population to 115,339 and a rate of 598.6.
- California is at least doing better than the national average for rates of Gonorrhea among women: 83.1 per 100,000 population vs. the U.S. rate of 101.3.
- Primary and Secondary Syphilis among women in California is at a very low rate of 1.7 per 100,000, **however the CA rate among men is significantly higher at 18.4 per 100,000 population.**
- ***Congenital Syphilis*: California unfortunately ranks very high in Congenital Syphilis, it is 4th in the nation with 99 cases in 2014 and a rate of 19.7 per every 100,000 live births compared to the US total reported as 11.6 per every 100,000 live births.**

The report states that untreated early syphilis in pregnant women can result in perinatal death of the infant in up to 40% of cases and, can lead to infection of the fetus in 80% of cases if acquired during the 4 years before pregnancy.

California has seen an increase in syphilis cases among women, pregnant women, and newborns over the past two years. The CDPH even released an [advisory](#) this past summer regarding the increasing rates of Syphilis among women in California and the threat that it

poses to our MCH populations. If you are looking for provider resources for your counties, check out the CDC's [recommendations for treating congenital syphilis](#).

Substance Abuse in the National News:

The [Washington Post](#) describes the ongoing "opioid overdose epidemic" that is becoming progressively worse in our Nation. According to federal health officials, a recent report shows that the number of deaths from heroin overdoses surged by 28 percent in 2014, and fatal overdoses from prescription painkillers climbed by 16.3 percent. Deaths due to both heroin and prescription opioids made up the majority of the 47,055 fatal drug overdoses last year.

The [CDC reports](#) that prescription painkiller overdoses are a growing epidemic among women especially, with deaths from prescription painkiller overdoses among women having increased more than 400% since 1999, compared to 265% among men. Sadly, 18 women die *every day* of a prescription painkiller overdose in the US. In your counties, you can work to inform providers of these issues. The CDC recommends that when prescribing painkillers, health care providers can do the following:

- Recognize that women are at risk of prescription painkiller overdose.
- Follow guidelines for responsible prescribing, including screening and monitoring for substance abuse and mental health problems.
- Use prescription drug monitoring programs to identify patients who may be improperly obtaining or using prescription painkillers and other drugs.

What else can you do in your LHJ's?

Participate in various learning experiences to become better equipped to serve the MCH population in relation to substance abuse issues by taking part in a free training such as [this one](#) that defines neonatal abstinence

and discusses incidence and signs of withdrawal associated with various drugs.

[News on California's Improved Rankings for Maternal and Child Health Care Measures:](#)

A recent Commonwealth Fund [report](#) on various healthcare measures compared states nationwide. This is how California fared on some MCH issues:

For access to health care, California ranked 30th. The report showed that in 2015:

- 17% of adults ages 19 to 64 were uninsured;
- Only 6% of children up to age 18 were uninsured.

California ranked 37th among prevention and treatment measures. The report found:

- 78% of children ages 19 to 35 months had received all recommended doses of seven key vaccines;
- 65% of children had a medical and dental preventive care visit in the last year.

The report also projected that if California improved its performance equal to that of the top performing state in each measure about:

- 388,387 fewer children up to age 18 would be uninsured

[Holiday News for First Time and Expectant Mothers from March of Dimes:](#)

The holidays can be a particularly difficult time for children with special health care needs (CSHCN), read [this guide](#) filled with tips and resources for the "NICU, visiting Santa, dinners & traveling" for CSHCN.

As we are right in the midst of flu season you might be getting lots of questions about flu shots and

pregnancy, click [HERE](#) to read about how a flu shot during pregnancy may protect babies.

Are you getting questions about the safety of consuming Eggnog while pregnant? If so ... click [HERE](#) to see what the March of Dimes advises.

[FHOP's Recommended Training Resources:](#)

We know that you are always looking for new ways to learn about MCH issues, here are a few we thought we'd share (and will soon be up on our website):

- 1) [The MCH Navigator](#): is a learning portal for maternal and child health professionals, students, and others working to improve the health of women, children, adolescents, and families.

- 2) [The March of Dimes list of CNEs](#): are meant to help perinatal nurses translate the latest scientific and clinical advances into the care of women and babies. Most are free to watch or read, but you'll need to pay if you want to take the test to get continuing education credits.

[Upcoming Webinars:](#)

Tuesday, January 19th 10:00am-11:00am -Maternal Mental Health Discussion Forum: Our topic will be maternal mental health, including substance use, from a trauma informed perspective. The format will be open and the schedule of future Discussion Forum calls is to be determined.

Please join us!

[MCAH Marketplace](#)

The FHOP MCAH Marketplace is currently undergoing some changes, please standby for a news about a new Marketplace as we are accommodating a need for extra space.

In the meantime, the [MCAH Marketplace](#) is still up for you to check out the resources that are currently posted.

Thank you!

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