

of seizures. California law also allows family medical history to be taken into account.

The study in Pediatrics reported that most California county and city health officers and immunization staff reported few or no problems with medical exemptions. But other staffers did report problems, noting that some doctors were listing questionable conditions such as a family history of allergies, or charging fees in exchange for writing exemptions, or charging families for medical tests to establish family history and exemptions signed by doctors who do not usually treat children.

One local health officer, the study noted, cited the example of a physician charging families to watch a video before issuing a three-month exemption at a cost of \$300. Parents then would be required to return for a fresh exemption at additional cost.

This year's measles outbreak, which started predominantly among unvaccinated children, spread widely from a southwest Washington county bordering

About the article:

This is an edited version of a story produced for CALMatters.org, a nonprofit, nonpartisan media venture covering California policies and politics. The CN&R's Evan Tuchinsky contributed localized content.

Portland. By the CN&R's deadline, it had reached 10 states, including California, and surpassed 100 cases—though the Butte County Public Health Department reported no measles within its jurisdiction. According to the CDC, the vaccine for measles is 97 percent effective with two doses and 93 percent effective with one dose.

Still, lawmakers may be reluctant to invite a sequel to the turbulent Capitol fight four years ago over vaccinations exemptions; instead they may urge state regulators to more aggressively crack down on dubious medical exemptions. If a new law is proposed, Estep said, legislators should expect to see vocal parents and advocates who oppose tighter vaccine regulation flood their offices like they did last time. □

WEEKLY DOSE



Ultra-processed, ultra-unhealthy

Many probably can file this missive under, "Yeah, duh," but if you're a connoisseur of microwave popcorn, granola bars and frozen dinners, listen up. A major French study recently published in **JAMA Internal Medicine** has found a link between the consumption of ultra-processed foods and a higher risk of death. The study monitored the diets of tens of thousands of middle-age French people between 2009 and 2017, and found there's a 14 percent higher risk of dying an early death with every 10 percent increase in the consumption of ultra-processed foods. The relationship between diet and disease is complex, and more research is needed, but your body will thank you for checking nutrition labels for high fats, salt, sugars and things you can't pronounce. Make fresh, simple ingredients a focus. Chop some veggies, use the stove, learn how to braise. The kitchen is fun!

Source: JAMA Internal Medicine

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UNDERSTANDING AND MANAGING PTSD AND BRAIN INJURY

In Recognition of March being Brain Injury Awareness Month, Brain Injury Coalition in collaboration with Passages Caregiver Resource Center

Presents:

*Understanding and Managing
Post Traumatic Stress Disorder and Brain Injury*

Presented By: Dr. Blair Cano PsyD, MSCP licensed psychologist, practicing Neuropsychologist and Veteran of U.S. Navy. She will address symptoms, underlying causes, impact on the family unit, methods and resources of recovery.

Date: February 28, 2019

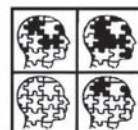
Time: 8:30 AM - 12:00 PM

REGISTRATION BEGINS AT 8AM

Location: Enloe Conference Center
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