



January 2013

## E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)  
510-204-0932 • [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)



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Do you have a question that you would like to ask other CCHCs

working in the field? Or do you have a comment to share with the group? To post your comments or questions on the CCHP-CCHC listserv [click here](#).



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The CCHP-CCHC eNews is a monthly newsletter that provides timely information about resources, reports, and research that inform the work of Child Care Health Consultants (CCHCs) working to improve the health and safety of children in early childhood education settings in California. Past issues are available at [www.ucsfchildcarehealth.org/html/pandr/eneews.htm](http://www.ucsfchildcarehealth.org/html/pandr/eneews.htm). To subscribe: [www.ucsfchildcarehealth.org/listserv/subscribe.html](http://www.ucsfchildcarehealth.org/listserv/subscribe.html).

## Announcements

Happy New Year! The California Childcare Health Program wishes you all the best in 2013 for happiness, health and renewed inspiration to serve children and families.

## Policy and Advocacy

### Alert: New Bleach Concentrations Affect Recommendations for Sanitizing and Disinfecting

The National Resource Center (NRC) has posted important information about the new, more concentrated bleach solutions available in many stores (8.25% sodium hypochlorite solution--higher than the bleach solution of 5.25%-6%) and how these new products impact Caring for Our Children recommendations for sanitizing and disinfecting: <http://cfoc.nrckids.org/Bleach/Bleach.cfm>.

## Resources

### Preventing Childhood Obesity: Los Angeles Universal Preschool (LAUP) Video

This inspirational 4 minute video from the Centers for Disease Control and Prevention (CDC) shows how LAUP teaches healthy habits by incorporating small changes that can be made in any preschool classroom.

English: [www.cdc.gov/CDCTV/ChildObese/index.html](http://www.cdc.gov/CDCTV/ChildObese/index.html)

Spanish: [www.cdc.gov/CDCTV/ChildObesity\\_SP/index.html](http://www.cdc.gov/CDCTV/ChildObesity_SP/index.html)

### Flu Prevention: It's not too late to vaccinate!

According to the Centers for Disease Control and Prevention (CDC), everyone over 6 months old should get the vaccine. Flu activity usually peaks in January and February, so it's a good time to get immunized if you have not already gotten the annual vaccine. For a flu prevention poster:

English:

[www.ucsfchildcarehealth.org/pdfs/posters/stop\\_disease/PreventingFlu\\_en0909.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/PreventingFlu_en0909.pdf)

Spanish:

[www.ucsfchildcarehealth.org/pdfs/posters/stop\\_disease/PreventingFlu\\_sp0909.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/PreventingFlu_sp0909.pdf)

### Facts about the Individualized Education Program (IEP)

The IEP is a written document that describes the special educational services for a child. It is developed by a team that includes the child's parents and school staff. All about the IEP from the National Dissemination Center for Children with Disabilities (NICHCY) includes an overview of the IEP, information about IEP teams, and what to expect at IEP meetings. <http://nichcy.org/schoolage/iep>

### Safe Disposal of Needles and Other Sharps

Child care programs may need to provide for safe disposal of sharps if they have a child with special needs such as diabetes or allergies. Examples of sharps are: needles,

syringes, lancets and auto-injectors (epi-pens). For a handout describing safe disposal of sharps from the Food and Drug Association (FDA): <http://tinyurl.com/77ncakr>.

### **California's Early Care and Education Professional Development Training Portal**

The Training Portal is for the early childhood workforce to easily find professional development opportunities, including health and safety training. The Training Portal has a calendar with state funded courses. Search for current classes by topic, date, area of specialization or zip code. [https://www.childdevelopment.org/cs/cdte/search/tp\\_e](https://www.childdevelopment.org/cs/cdte/search/tp_e)

### **Learn More about Strengthening Families, Protective Factors and Training Opportunities**

The Five Protective Factors can be used to improve child outcomes. The program supports people who work directly with children and families.

[www.familyresourcecenters.net/protectivefactors101](http://www.familyresourcecenters.net/protectivefactors101)

### **California Child Passenger Booster Seat Laws Posters:**

English:

[www.cdph.ca.gov/HealthInfo/injviosaf/Documents/boosterseatlawposterEng.pdf](http://www.cdph.ca.gov/HealthInfo/injviosaf/Documents/boosterseatlawposterEng.pdf)

Spanish:

<http://www.cdph.ca.gov/HealthInfo/injviosaf/Documents/boosterseatlawposterSpan.pdf>

### **Smoke Free Cars for Children**

California law prohibits smoking in cars with child passengers. Please spread the word.

Smoke Free Cars Fact Sheet:

[http://cchealth.org/tobacco/pdf/smoke\\_free\\_cars\\_factsheet.pdf](http://cchealth.org/tobacco/pdf/smoke_free_cars_factsheet.pdf).

Video: "Smoke-free Cars with Kids: A Scientific Demonstration of Secondhand Smoke Exposure" produced by the California Tobacco Control Program:

<http://vimeo.com/1513382>.

## **Reports and Research**

### **Poorer Neighborhoods Have More Obese Kids**

Children in low income neighborhoods are more likely to be obese than those in higher income neighborhoods. Researchers looked at more than 17,500 5-year-old children across the United States. Compared to children in wealthy areas, children living in middle income and low income neighborhoods have greater risk of childhood obesity.

<http://health.usnews.com/health-news/news/articles/2012/11/16/poor-neighborhoods-home-to-more-obese-kids-study>

### **Family Meals Encourage Kids to Eat More Vegetables and Fruit**

Children who regularly ate meals with their families met the recommendations of five portions of fruits and vegetables a day, while those who sometimes or never ate meals with their families ate fewer fruits and vegetables.

<http://jech.bmj.com/content/early/2012/12/11/jech-2012-201604.abstract>

### **Pediatric Office-Based Intervention to Reduce Screen Time in Preschool Children**

A randomized control study in a primary health setting to reduce screen time for preschool aged children was not effective in reducing time spent watching, TVs in children's bedrooms or BMI. It did, however, reduce the number meals eaten in front of the TV. A broader, public health approach may be needed.

<http://pediatrics.aappublications.org/content/130/6/1110.abstract>

### **Fish Consumption in Infancy and Asthma-like Symptoms at Preschool Age**

Introduction of fish between 6 and 12 months was associated with a lower prevalence of wheezing at four years compared to introducing fish after 12 months. A window of exposure between the age of 6 and 12 months might exist in which fish may be associated with a reduced risk of asthma.

<http://pediatrics.aappublications.org/content/130/6/1060.abstract>

## **Children with Autism Are Taken to the Emergency Department (ED) More Often for Mental Health Problems**

In this large national study, children with Autism Spectrum Disorders (ASD) were nine times more likely to visit the ED for psychiatric problems than other children. The study highlights the need for improved community-based systems of care for youths with ASD to reduce the need for psychiatry-related ED visits. [http://journals.lww.com/pec-online/Abstract/2012/12000/Psychiatric\\_Related\\_Emergency\\_Department\\_Visits.3.aspx](http://journals.lww.com/pec-online/Abstract/2012/12000/Psychiatric_Related_Emergency_Department_Visits.3.aspx)

## **Affects of Child Health on Educational Progress**

Researchers found health-related disparities in schooling at young ages, suggesting a vicious cycle between poor health and educational outcomes. Further research about how early-life health affects educational progress and how to reduce educational and health disparities is needed.

[www.sciencedirect.com/science/article/pii/S0277953612007277](http://www.sciencedirect.com/science/article/pii/S0277953612007277)

## **Parents Smoking in Cars with Children Present**

This study showed the majority of smoking parents expose their children to second hand smoke in cars and highlights the need for improved public health campaigns and policies regarding smoke-free car laws to protect children.

<http://pediatrics.aappublications.org/content/130/6/e1471.abstract>

## **Secondhand Smoke Puts Children at Risk for Meningitis**

Meningitis in children can result in severe disability or death. Researchers reviewed previously published studies and found that exposure to secondhand smoke at home and maternal smoking during pregnancy significantly increased the risk of invasive meningococcal disease in children. The risk was even higher for children younger than 5 years old. <http://www.biomedcentral.com/1471-2458/12/1062>

## **Self-Report of Child Care Directors Regarding Exclusion for Illness**

In a telephone survey, child care center directors were asked when they would exclude a child for illness based on different scenarios. The percentage of correct responses, as compared with AAP return-to-care recommendations in Caring for Our Children, 3rd edition, was low. In most cases, exclusion policies for conjunctivitis, fever, cold symptoms and diarrhea were not according to current recommendations. Adoption of AAP guidelines would reduce unnecessary urgent medical evaluation and unnecessary exclusion for illness from child care.

<http://pediatrics.aappublications.org/content/130/6/1046.abstract>

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