



March 2011

## 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](#).

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/healthline/enews.htm](http://www.ucsfchildcarehealth.org/html/healthline/enews.htm).

## Greetings

In challenging economic times we have to use our resources carefully, but let's stand firm in our commitment to keep the health and safety of young children a priority. Look for opportunities for advocacy and reach out to families with young children with messages of health promotion and disease prevention.

## Announcements

A new Fact Sheet for Families about Autism has been posted to the CCHP website:  
[www.ucsfchildcarehealth.org/pdfs/factsheets/Autism\\_EN\\_022411.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/Autism_EN_022411.pdf).

The American Academy of Pediatrics has posted the current recommendations for immunization as of February 1, 2011 for children to their website. [www.aap.org/immunization/izschedule.html](http://www.aap.org/immunization/izschedule.html)

## Resources

### **Caring for Our Children *Standard of the Month* from Healthy Child Care America**

*Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care* can be an overwhelming amount of information for child care providers (494 pages!) To help child care providers and child care health consultants successfully implement the *Caring for Our Children* standards, Healthy Child Care America focuses on one standard each month. A team of pediatricians, child care health consultants, child care directors, and family child care providers, collects stories, ideas, and strategies that support the *Standard of the Month*. For more information and to subscribe:  
[www.healthychildcare.org/standardofthemonth.html](http://www.healthychildcare.org/standardofthemonth.html).

**Food Allergy Action Plan from the Food Allergy and Anaphylaxis Network (FAAN)** is available for download in several languages.  
[www.foodallergy.org/page/food-allergy-action-plan1](http://www.foodallergy.org/page/food-allergy-action-plan1)

### **New Improvements in the Child and Adult Care Food Program (CACFP) Made By The Healthy, Hunger-Free Kids Act**

For information, updates and resources about the new eligibility rules for

the CACFP program and important reforms in the nutritional quality of food served in schools and child care, see the Food Research and Action Center (FRAC) website: [frac.org/legislative-action-center/cnr-priorities](http://frac.org/legislative-action-center/cnr-priorities).

### **America's Children and the Environment**

This website presents the most recent data and analyses prepared by EPA, including updates to measures in the published reports; quantitative information from a variety of sources to show trends in levels of environmental contaminants in air, water, food, and soil; concentrations of contaminants measured in the bodies of mothers and children; and childhood diseases that may be influenced by environmental factors. [www.epa.gov/envirohealth/children/index.html](http://www.epa.gov/envirohealth/children/index.html)

### **Folic Acid and the Prevention of Neural Tube Defects**

All women of childbearing age can decrease the risk of birth defects by ensuring adequate folic acid intake. Downward trends of folic acid intake among Hispanic women are of particular concern since Hispanics account for approximately 52% of all births in California. For culturally sensitive materials in English and Spanish from the California Department of Public Health, please go to: [cdph.ca.gov/FolicAcid](http://cdph.ca.gov/FolicAcid).

### **Access the Immunization Action Coalition's (IAC) Handout "Vaccinations for Adults—You're never too old to get immunized!"**

Promote adult immunization for staff and parents with these handouts that are translated into the following languages:

[www.immunize.org/catg.d/p4030.pdf](http://www.immunize.org/catg.d/p4030.pdf)

For translations:

[Spanish](#) | [Arabic](#) | [Chinese](#) | [French](#) | [Korean](#) | [Russian](#) | [Vietnamese](#)

### **WORK SMARTER, NOT JUST HARDER—fitting the task to the person**

This Cal/OSHA poster about ergonomics has great photos and suggestions about safe lifting and body mechanics for child care professionals. It can be downloaded for free.

English [www.dir.ca.gov/dosh/dosh\\_publications/Erg\\_ChildCare.pdf](http://www.dir.ca.gov/dosh/dosh_publications/Erg_ChildCare.pdf)

Chinese [www.dir.ca.gov/dosh/dosh\\_publications/Erg\\_ChildCare\\_Chinese.pdf](http://www.dir.ca.gov/dosh/dosh_publications/Erg_ChildCare_Chinese.pdf)

Spanish [www.dir.ca.gov/dosh/dosh\\_publications/Erg\\_ChildCare\\_Sp.pdf](http://www.dir.ca.gov/dosh/dosh_publications/Erg_ChildCare_Sp.pdf)

### **Reports and Research**

**Fever and Antipyretic Use in Children**, a new clinical report from AAP summarizes recommendations and controversies related to the use of antipyretics in pediatrics. The report addresses common concerns, indications, treatment goals, single or combination therapy, and instructions for caregivers. It highlights the need to educate families and caregivers about fever and "fever phobia."

[pediatrics.aappublications.org/cgi/reprint/peds.2010-3852v1](http://pediatrics.aappublications.org/cgi/reprint/peds.2010-3852v1)

### **California Gets 'C-' for Children's Well-Being**

California gets a C- for its efforts to protect and enhance the well-being of its children, as graded by Children Now. The report uses data from the California Health Interview Survey (CHIS) in its assessment, with grades ranging from Ds for California's K-12 system, oral health care and integrated services, to the only B achieved — a B+ for afterschool care. Children Now says grades have remained low year-over-year largely due to disproportionate state budget cuts to children's programs and services relative to other budgetary items. Read the report:

[www.healthpolicy.ucla.edu/pubs/Publication.aspx?pubID=451](http://www.healthpolicy.ucla.edu/pubs/Publication.aspx?pubID=451).

### **Maternal Employment, Work Schedules, and Children's Body Mass Index**

This study published in *Child Development*, January/February 2011, found that an increase in the total time a mother is employed is associated with an increase in her child's BMI. [onlinelibrary.wiley.com/doi/10.1111/j.1467-8624.2010.01541.x/abstract](http://onlinelibrary.wiley.com/doi/10.1111/j.1467-8624.2010.01541.x/abstract)

### **Health Starts Where We Live, Learn, Work and Play**

Four Essays Delve Into the Integral Link between Our Health and Key Social Factors. The authors look at the role that nonmedical factors play in where health starts—long before illness—in our homes, schools and jobs.

[www.rwjf.org/vulnerablepopulations/product.jsp?id=70928&cid=XEM\\_205591](http://www.rwjf.org/vulnerablepopulations/product.jsp?id=70928&cid=XEM_205591)

**Children in California who participate in Head Start programs are significantly better prepared** to start school, according to a new study conducted by Child Care Results, a firm specializing in child development data analysis. Providing the Head Start experience for three-year-olds advances a child's development by an average of 4 to 8 months across all areas of development. The California Head Start Child Outcomes Bulletin summary is available at [www.caheadstart.org/ChildOutcomes2011.pdf](http://www.caheadstart.org/ChildOutcomes2011.pdf).

### **The Effect of an Early Education Program on Adult Health: The Carolina Abecedarian Project Randomized Controlled Trial**

This study, published in the *American Journal of Public Health*, found that effective early education programs may improve health and reduce risky health behaviors in adulthood in addition to improving cognition and educational attainment.

[ajph.aphapublications.org/cgi/content/abstract/101/3/512](http://ajph.aphapublications.org/cgi/content/abstract/101/3/512)

**Healthy People 2020**, a national program of the Department of Health and Human Services, is dedicated to identifying health priorities, increasing public awareness of health and disease, strengthening policies and improving practices so that all people live long, healthy lives. New topic areas for 2020 include Early and Middle Childhood and Sleep Health. To learn about new strategies and objectives outlined in Healthy People 2020, visit the website: [www.healthypeople.gov/2020/about/new2020.aspx](http://www.healthypeople.gov/2020/about/new2020.aspx).

*The CCHP-CCHC eNews is compiled by the California Childcare Health Program (CCHP) and funded by the California Department of Public Health, Maternal, Child, and Adolescent Health. CCHP is administered by the University of California, San Francisco School of Nursing.*

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