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CHILDCARE
HEALTH
PROGRAM

California Childcare Health Program (CCHP)

E-News for

Child Care Health Consultants

January 2008

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Greetings

New Year greetings to you all from the California Childcare Health Program staff. We hope you had enjoyable and restful holidays. Here at CCHP we are in the process of hiring a new publications designer and administrative assistant. If you have had difficulty reaching us or wondered where the latest newsletter is, it is probably because we are temporarily short-handed. We have posted some new publications to our website. There is an updated version of the MRSA Health and Safety Note that reflects the most recent information on this increasingly prevalent problem. There is also a new Health and Safety Note, *Preparing for Pandemic Flu in Child Care Programs*. *Secondhand Smoke and Young Children* is a new Fact Sheet for Families. There are also several new Spanish translations of existing publications.

Are there topics that you wish we had a publication on? Please let us know and we will try and develop them.

News and Resources

CCHC Needed

We have a request for the services of a CCHC in San Diego County. If you are interested in work as a CCHC in San Diego County, please email Vickie Leonard at CCHP, leonard@ucsfchildcarehealth.org

Community Care Licensing Update

The California Community Care Licensing Division's Child Care Update for January 2008 is now available and can be viewed at ccl.dss.cahwnet.gov/res/pdf/CCUpdate0108.pdf

Cornerstones: Strengthening the Foundation of Health and Safety in Early Education and Care.

The Schott Fellowship, with funding from the Hood, Barr, and Bessie Tartt Wilson foundations, convened a high level Advisory group on Health and Safety Practices in Child Care in Massachusetts. They recently released a report entitled: *Cornerstones: Strengthening the Foundation of Health and Safety in Early Education and Care*. The report advocates the use of CCHCs as part of their plan for improving health and safety in Massachusetts ECE programs. The report is available at www.schottfellowship.org/files/publications/cornerstones_health.pdf

2007 California Child Care Portfolio

There is one licensed child care slot for one of about every four children with working parents in California, according to the 2007 California Child Care Portfolio, a county-by-county report that looks at child-care supply, demand and costs that was released in December. To view the 2007 California Child Care Portfolio, go to www.rnetwork.org/our-research/2007-portfolio.html

FDA recommends that cough and cold medications not be used in children under six

An article in the *New England Journal of Medicine* reports that in October an FDA advisory committee voted in favor of immediate action against the use of cough and cold medications in children under 6. After the meeting, the major manufacturers of these products announced that they would continue to market the products for children between 2 and 5 years of age. Full text at: content.nejm.org/cgi/reprint/357/23/2321.pdf

Honey works better than cough medicine for children's coughs

A study published in December confirms grandmothers' practice of treating a cold with honey. According to the study, children who received a small dose of buckwheat honey at bedtime slept better and coughed less than those who received either dextromethorphan, an over-the-counter cough suppressant, or nothing at all. The randomized, partially double-blind study had a sample of 105 children, between ages 2 and 18. Darker honeys were used in the study as they have more antioxidants than lighter honeys. Full text at: archpedi.ama-assn.org/cgi/reprint/161/12/1140

Healthy Kids Programs and Well-Being

Three Independent Evaluations of Healthy Kids Programs Find Dramatic Gains in Well-Being of Children and Families. By Christopher Trenholm, Mathematica, and others. In Brief. No. 1. (Mathematica, Princeton, New Jersey, the University of California, San Francisco, and the Urban Institute, Washington, DC) November 15, 2007. 4 p.

["This brief presents highlights from rigorous, independent evaluations of the Healthy Kids programs in three California counties, Los Angeles, San Mateo, and Santa Clara. The three Healthy Kids programs provide children with comprehensive health insurance coverage. Children are eligible for Healthy Kids if they are ineligible for California's two major state insurance programs, Medi-Cal and Healthy Families, and live in families with incomes up to 300 percent of the federal poverty level (FPL) in Los Angeles and Santa Clara counties, and 400 percent of the FPL in San Mateo County. This brief describes some of the many positive impacts that Healthy Kids programs have had on children, including improvements in their access to and use of medical services and reductions in their unmet need for care." The Urban Institute (November 19, 2007.)]

Full text at: www.urban.org/UploadedPDF/411572_healthy_kids.pdf

Developmental Screening in Primary Care

Developmental Screening in Primary Care: The Effectiveness of Current Practice and Recommendations for Improvement. By Laura Sices. (Commonwealth Fund, New York, New York) December 2007. 34 p.

["In the new Commonwealth Fund publication... Laura Sices, M.D., of the Boston University School of Medicine reports there is significant under-detection of developmental delays in early childhood. In examining the effectiveness of efforts undertaken by primary care providers to detect developmental delays in early childhood, Sices determined that early intervention programs aimed at addressing these concerns serve only 2.3 percent of children under age 3—despite the presence of delays in at least 10 percent of children. And although American Academy of Pediatrics guidelines support the use of validated developmental screening tools, these instruments are not widely used in pediatric practice. The author says that it will be necessary to address financial, educational, and other barriers to physicians' use of developmental screening tools. In addition, residents in pediatrics and family medicine need to be trained to use these tools as part of routine pediatric care." The Commonwealth Fund (December 12, 2007.)]

Full text at:

www.commonwealthfund.org/usr_doc/1082_Sices_developmental_screening_primary_care.pdf?section=4039

Stress in Military Families When a Parent Is Deployed

Child maltreatment in enlisted soldiers' families during combat-related deployments. JAMA 298(5): 528-35. Gibbs, D. A., S. L. Martin, et al. (2007)

A new study examines the association between combat-related deployment of Army parents and rates of child maltreatment in families of enlisted soldiers in the US Army who had 1 or more substantiated reports of child maltreatment. The study found that the rate of child maltreatment was higher during the times when the soldier-parents were deployed compared with the times when they were not deployed and the severity of the maltreatment was also increased during times of deployment. The study recommends enhanced support services for military families during periods of increased stress.

The Immunization Branch's IMMUNIZATION UPDATE has joined the virtual world!

In response to reader comments, the Immunization Branch is delivering the IZ UPDATE online.

To read the October-November 2007 edition of the IZ UPDATE online, please go to:

www.dhs.ca.gov/ps/dcdc/izgroup/Web_Update/Immunization-Update-October.htm

Healthy Child Care Consultant Network Support Center

The latest issue of the Healthy Child Care Consultant Network Support Center e-newsletter, *NSC Focus*, is now available at:

hccnsc.edc.org/resources/data/November%2007%20Newsletter.pdf

California Preschool Study

The RAND Corporation's California Preschool Study examines California's sizeable achievement gaps in education and the role of quality preschool in narrowing those gaps. The project was requested by the Governor's Committee on Education Excellence, the California State Superintendent of Public Instruction, the Speaker of the California State Assembly, and the President pro Tempore of the California State Senate. The project is guided by an Advisory Group of academic researchers, policy experts, and practitioners. The study group will issue three inter-related studies that will collect new data and conduct original analysis to fill important gaps in our knowledge base regarding (1) achievement gaps among California children in the early grades; (2) the system of public funding in California for ECE programs in the two years prior to kindergarten entry; and (3) the utilization of ECE services among California's children and the quality of those experiences. A fourth synthesis study will integrate the results from the three focused studies, as well as relevant prior research. The project's two first studies have been issued:

- *Who Is Ahead and Who Is Behind? Gaps in School Readiness and Student Achievement in the Early Grades for California's Children*
- *Early Care and Education in the Golden State: Publicly Funded Programs Serving California's Preschool-Age Children*

These reports can be seen on the RAND website here: rand.org/labor/projects/ca_preschool/

Increasing Free Play, Staff Training May Boost Children's Activity Levels

The Childcare Environment and Children's Physical Activity. American Journal of Preventive Medicine 34(1): 23-29. Bower, J. K., D. P. Hales, et al. (2008)

A recent study in the *American Journal of Preventive Medicine* suggests that increasing the amount of play time and access to inexpensive fitness equipment could help boost physical activity among young children. In an analysis of 20 North Carolina preschools the study authors found that providing more time for free play was the simplest and least expensive strategy for increasing fitness among children. The study also found that preschools could increase children's physical activity levels by increasing the availability of portable, simple playground equipment such as hula hoops, and by training preschool staff to promote physical activity.

Repeated Exposure to Fruits, Vegetables Can Boost Consumption Among Infants

Early determinants of fruit and vegetable acceptance. Pediatrics 120(6): 23-29. 1247-54. Forestell, C. and J. Mennella (2007).

A study in the December issue of *Pediatrics* suggests that repeatedly exposing infants to fruits and vegetables may increase their propensity to eat and enjoy those foods, *HealthDay* reports. To evaluate how babies develop food preferences, researchers from the Monell Chemical Senses Center in Philadelphia studied 45 infants from age 4 to 8 months. Forty-four percent of the infants were breastfed. The participants, who had been weaned to cereal but had minimal experience eating fruits and vegetables, were divided into two groups. The first group ate green beans at home for eight consecutive days and the second ate green beans and peaches across that period. Researchers observed the infants' acceptance of foods at the center for two days before and after the trial, measured how much the babies ate, and surveyed mothers about their eating habits during and after pregnancy. Breastfed babies ate more peaches than formula-fed babies and made fewer negative faces, likely because breastfed babies had been exposed to the flavor through their mothers, according to the authors. They add that, in general, lactating mothers ate more fruits than other mothers. The researchers did not observe a difference in green bean intake between breast- and bottle-fed infants during the trial and found that both formula-feeding and breastfeeding mothers consumed fewer green beans than recommended. Still, the authors note that, after eight days of repeated exposure to the vegetable, babies' green bean consumption rose from roughly 2 ounces to more than 3 ounces per serving. Peach consumption, meanwhile, did not increase because peaches were served after the green beans when babies were likely no longer hungry. In light of the findings, the researchers suggest that repeated exposure to healthy foods can help babies accept and enjoy those items. In addition, they note that "breastfeeding confers an advantage in initial acceptance of a food, but only if mothers eat the food regularly" (Doheny, *HealthDay/Yahoo! News*, 12/3/07)

Authors Examine Unmet Mental Health Need Among Children With Special Health Care Needs

Unmet mental health need and access to services for children with special health care needs and their families. *Ambulatory Pediatrics* 7(6):431-438. Inkelas M, Raghavan R, Larson K, et al. (2007)

This study found that while the perceived need for mental health treatment was greatest among children with special health care needs (CSHCN) with a chronic emotional, behavioral, or developmental problem (EBDP), mental health needs were also reported for 9% of children with chronic medical conditions that are not emotional or behavioral in nature. Data for the study were drawn from the National Survey of Children with Special Health Care Needs. The authors found that having a higher-impact condition and experiencing family burden were each associated with greater mental health need. In a multivariate analysis of unmet need, greater condition impact, lower household income, and lacking insurance were each associated with higher odds of unmet need for CSHCN both with and without a chronic EBDP. Unmet need was greatest for CSHCN who lack both a usual source of care and a personal doctor or nurse. Underserved populations, as indicated by greater parental perception of unmet need, include African-American CSHCN and family members of Hispanic children with potential limited English proficiency.

Abstract available at: www.ambulatorypediatrics.org/article/PIIS1530156707001438/abstract

Steps to Excellence Project

The LA County Steps to Excellence Project (STEP) is a quality rating scale for child care programs that was developed by the Policy Roundtable for Child Care. These standards include a section on children with special needs (unfortunately, they do not include any health or safety standards other than those in the general assessment scales). You can find the STEP standards for child care—both child care **centers** and child care **homes**—on the web:

Centers: ceo.lacounty.gov/ccp/pdf/STEP/STEP-Genrl%20Matrix07.pdf

Homes: ceo.lacounty.gov/ccp/pdf/STEP/STEP-FCCH%20Matrix07.pdf

Babies and the Budget

Babies and the Budget: Opportunities for Action. By the Zero to Three Policy Center. (Zero to Three, Washington, DC) 2007. 5 p.

[“What happens in Washington, DC can sometimes seem very far away and out of touch with what is happening at home. But we also know that decisions made by the federal government can have a direct impact on how services are provided to infants, toddlers and their families in our own local communities. In particular, the way the federal budget is crafted can have a

profound effect on the programs and services that are so important for young children across the country. The federal budget process begins in January, so now is the perfect time to get up-to-speed on how the process works and where the opportunities for action lie. The Zero to Three Policy Network developed this easy-to-use tool to help you navigate the federal budget process and seize opportunities for action." *The Baby Monitor* (November 27, 2007.)]
Full text at: www.zerotothree.org/site/DocServer/BabiesTheBudgetZTT.pdf?docID=1687&AddInterest=1159

Research Synthesis Points on Early Childhood Inclusion

Research Synthesis Points on Early Childhood Inclusion. By the FPG Child Development Institute. (National Professional Development Center on Inclusion, FPG Child Development Institute, University of North Carolina, Chapel Hill) 2007. 8 p.

["The National Professional Development Center on Inclusion at the Frank Porter Graham Child Development Institute has pulled together a bibliography of research studies on serving children with disabilities or special needs in early childhood classrooms. The document is useful for a variety of purposes including professional development, policy development, advocacy, and grant writing." *Pre-K Picks* (November 15, 2007.)]
Full text at: www.fpg.unc.edu/~npdci/assets/media/products/NDPCI_ResearchSynthesis_9-2007.pdf

Handwashing, Masks May Help Prevent Spread of Respiratory Tract Virus Infections

Handwashing and wearing a mask are effective physical barriers to prevent the spread of respiratory tract virus infections, according to the results of a Cochrane review published Online First in the November 28 issue of the *BMJ*. Reviewers concluded that the spread of respiratory tract viruses into the community may be prevented by interventions consisting of hygienic measures targeting younger children.

The study is reported in this Medscape CME activity (requires joining Medscape):
www.medscape.com/viewarticle/567044?src=mp

Environmental Health

There is increasing concern about the safety of the school environments that children spend large parts of their days in. A great resource is a book called *Safe and Healthy School Environments*, By Howard Frumkin. Chapters include the physical environment of the school, air quality issues, pest control, cleaning methods, food safety, safe designs of playgrounds and sports fields, crime and violence prevention, and transportation. While the book is focused primarily on elementary and high schools, there is much that is applicable to child care environment as well. There is extensive information on the book available here:
books.google.com/books?id=kL6jUg_iH0cC&dq=safe+and+healthy+school+env

Curriculum Effective for Children With ADHD

THE EARLY YEARS: Preschool Program Improves Cognitive Control. *Science* 318(5855): 1387-1388. Diamond, A., W. S. Barnett, et al. (2007).

An innovative curriculum, Tools of the Mind, that focuses on developing executive functions for pre-schoolers may improve academic performance, reduce the number of children who are diagnosed with attention deficient hyperactivity disorder (ADHD), and close the achievement gap between children from low income families and those from wealthier homes according to an article published in the journal, *Science* on November 30, 2007. Executive functions include resisting distraction, considering responses before speaking, mentally holding and using information, and being able to "think outside the box."

Pregnant Smokers Raise Their Child's Risk Of Stroke, Heart Attack

Pregnant Smokers Raise Their Child's Risk Of Stroke, Heart Attack. ScienceDaily. Retrieved November 29, 2007, from www.sciencedaily.com/releases/2007/03/070302171412.htm
American Heart Association (2007, March 5).

Women who smoke during pregnancy can cause permanent vascular damage in their children leading to an increased risk for stroke and heart attack. The Netherlands Atherosclerosis Risk in Young Adults (ARYA) study showed that participants who were exposed to smoke when their

mothers were pregnant had permanent cardiovascular damage that could be detected in young adulthood. This is the first report to demonstrate that smoking in pregnancy has an independent effect from exposure to smoke in childhood.

Toxics in Toys

There has been much in the news lately about hazardous toys being marketed in the U.S. The Center For Environmental Oncology at the University of Pittsburgh has an article, *Environmental Safety of Toys*, in their Fall newsletter that describes the risks of toxic substances in toys. It is available here:

www.myenvironmentalhealth.org/files/file/Publications/Newsletters/2007-Fall-News.pdf

From the Robert Wood Johnson Foundation news digest on childhood obesity:

A study in the December issue of the *Review of Agricultural Economics* suggests that schools that change their menus to offer more nutritious foods in the cafeteria do not experience a drop in lunch sales or an increase in food costs. Schools serving the healthiest lunches did not see a decline in demand compared with schools selling less nutritious meals. The study also found that using nutritious foods, such as fruits and vegetables, which cost less than processed foods, offset staff training and kitchen upgrade costs.

Review of Agricultural Economics, December 2007 (subscription required). Wagner et al.

www.rwjf.org/programareas/features/digest.jsp?c=EMC-ND138&pid=1138&id=6766

Two Studies on Children's Sleep

Children's Sleep and Cognitive Functioning: Race and Socioeconomic Status as Moderators of Effects. Child Development 78(1): 213-231. Buckhalt, J. A., M. El-Sheikh, et al. (2007).

A new study shows that African-American children and children from lower socioeconomic backgrounds fare worse than their counterparts when their sleep is disrupted. The magnitude of sleep deprivation in American children is becoming a matter of national concern. AA and EA children had very similar performance when sleep was more optimal, AA children were at increased risk for lower cognitive performance associated with sleep disruptions.

Child Emotional Insecurity and Academic Achievement: The Role of Sleep Disruptions J Fam Psychol 21(1): 29-38. El-Sheikh, M., J. A. Buckhalt, et al. (2007).

Another study examined children's sleep as an intervening variable in the connection between emotional insecurity in the family and academic achievement. Cognitive measures thought to be less subject to day-to-day disruption, namely verbal and general intellectual ability, are related to sleep differences.

The effects of disrupted sleep on achievement were more pronounced for both African American children and children of lower SES. AAs' cognitive performance was more negatively related to shorter sleep duration and more variability in sleep onset and wake time. The connection between sleep schedule variability and child functioning is consistent with Bates et al. (2002) who found that sleep duration variability and bedtime variability (parent reported) were related to preschool adjustment in a lower SES (predominantly White) sample. These findings raise the possibility that sleep parameters may relate to differential performance on high-stakes academic tests. The relationship between cognitive performance and sleep may differ among children of different racial/ethnic groups and SES levels. Why? It is possible that the presence of multiple stressors and health disparities may make some children more vulnerable to the negative sequelae of poor sleep than others.

Blood Lead Levels and ADHD

Low Blood Lead Levels Associated with Clinically Diagnosed Attention-Deficit/Hyperactivity Disorder and Mediated by Weak Cognitive Control. Biol Psychiatry. Nigg, J. T., G. M. Knottnerus, et al. (2007).

Very low levels of lead in the blood – previously believed to be safe – could be contributing to attention deficit hyperactivity disorder, according to a Michigan State University study of 150 children in the Lansing area.

Blood lead levels from 1 to 10 μ g/dL are associated with lower child intelligence quotient (IQ; 13), weaker executive cognitive abilities (14,15), behavioral symptoms of ADHD (16 –18), and diagnosis of ADHD (19,20) in community surveys.

In this study of children with blood lead levels that closely matched US population exposure averages, with a maximum level of 3.4 g/dL, children with ADHD had higher levels of lead in the blood than those without the disorder, according to the study, which was conducted with help from the Michigan Department of Community Health. This study, which is the first to examine the association of ADHD using strict diagnostic criteria, provides convincing evidence that low-level lead exposure is a risk factor of ADHD in children.

Widely Used Antibacterial Chemical May Be an Endocrine Disruptor

Triclocarban enhances testosterone action: A new type of endocrine disruptor? Endocrinology: en.2007-1057. Chen, J., K. C. Ahn, et al. (2007).

A new study from UC Davis and Yale University shows that a common antibacterial chemical added to a wide variety of household products, including hand sanitizers, can alter hormonal activity in rats and in human cells in the laboratory. The findings come as an increasing number of studies— of both lab animals and humans—are revealing that some synthetic chemicals in household products can cause health problems by interfering with normal hormone action. Called endocrine disruptors, or endocrine disrupting substances (EDS), such chemicals have been linked in animal studies to a variety of problems, including cancer, reproductive failure and developmental anomalies.

This is the first endocrine study to investigate the hormone effects of the antibacterial compound triclocarban (also known as TCC or 3,4,4'-trichlorocarbanilide), which is widely used in household and personal care products including bar soaps, body washes, cleansing lotions, wipes and detergents. The researchers found two key effects: In human cells in the laboratory, triclocarban increased gene expression that is normally regulated by testosterone. And when male rats were fed triclocarban, testosterone-dependent organs such as the prostate gland grew abnormally large.

Negative Effects of TV Viewing in Young Children: Two Reports

Violent Television Viewing During Preschool Is Associated With Antisocial Behavior in School Age Boys. Pediatrics 120(5): 993-9. Christakis, D. A. and F. J. Zimmerman (2007).

Television Viewing, Computer Use, Obesity, and Adiposity in U.S. Preschool Children. International Journal of Behavioral Nutrition and Physical Activity (September, 2007). El-Sheikh, M., J. A. Buckhalt, et al. (2007).

According to the latter study, preschool children who watch more than two hours of television a day are more likely to become overweight and have more body fat than children who watch less than two hours a day. No correlation was found between computer use and obesity.

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