

California Childcare Health Program (CCHP) E-News
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**E-News for
Child Care Health Consultants**

California Childcare Health Program (CCHP)
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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 <http://www.ucsfchildcarehealth.org/html/healthline/enews.htm>.

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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](#).

Greetings

We recently received a new report issued by the Surgeon General of the United States, Regina M. Benjamin, MD: The Surgeon General's Vision for a Healthy and Fit Nation. This report focuses on opportunities to prevent obesity by implementing interventions in a number of different settings. The report specifically references the important role that child care programs and early care and education professionals play in promoting the health of children:

Child care programs should identify and implement approaches that reflect expert recommendations on physical activity, screen time limitations, good nutrition, and healthy sleep practices. Early childhood providers, like parents, should model healthy lifestyle behaviors and teach children how to make healthy choices. They also should reach out to parents to encourage them to practice and promote healthy habits at home.

The report unequivocally supports the idea that health and safety are important aspects of quality in ECE programs. If you are looking for support for the work that you do to improve health and safety in early care and education, this report is an important policy tool at your disposal. We encourage you to read in its entirety here: <http://surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>.

Announcements

Lancet retracts 1998 study tying MMR vaccine to autism,

Dr. A. Wakefield was the lead author of the 1998 study, published in *The Lancet*, which linked autism with the MMR vaccine. Multiple subsequent research studies failed to confirm Wakefield's findings. On January 28, 2010, The General Medical Council in Britain charged Wakefield with four counts of dishonesty and 12 involving the abuse of developmentally-challenged children. On February 2, 2010, *The Lancet*, retracted his 1998 publication, noting elements of the manuscript had been falsified.

The Editors of *The Lancet*, (2 February 2010) Retraction--Ileal-lymphoid-nodular hyperplasia, non-specific colitis, and pervasive developmental disorder in children. *Lancet*, 375 (9713), 445.

Parents Are Still Concerned About Vaccine Safety

Parents concerned about the link between autism and vaccines should be informed of the actions of the General Medical Council and of the Lancet's retraction because the latest national survey of parents' views of vaccines finds that parents still fear vaccines. Nine out of 10 parents believe vaccines provide protection for children, but 54% still worry about vaccine side effects and safety, 25% still believe that some vaccines cause autism and 11.5% of the surveyed parents had refused at least 1 recommended vaccine.

Freed, G. L., Clark, S. J., Butchart, A. T., Singer, D. C., & Davis, M. M. (2010) Parental Vaccine Safety Concerns in 2009. *Pediatrics*, peds.2009-1962.

Measles Health Advisory

California Department of Public Health issues health warning on measles. Since January 2010, nine cases of measles have been reported in California, as many cases as in all of 2009. The DPH warns health professionals to be alert for the signs of measles. As in recent years, nearly all of the cases are known to have traveled recently to Europe or Asia or have been in contact with international travelers; some of the cases have been intentionally unvaccinated children.

The last large outbreak of measles in the United States occurred during 1989-1991, with 17,000 cases of measles and 70 deaths in California. Efforts to increase immunization rates in the 1990s were successful and endemic transmission of measles in the U.S. was eliminated in 2000. In contrast, measles is now widespread in Western Europe because immunization rates have declined. Measles is also circulating in Asia, Africa, and Eastern Europe; there is currently a large measles outbreak in the Philippines.

DPH recommends:

Immunize before travelling: Unvaccinated Californians who are traveling to countries where measles is circulating should receive MMR vaccine before they go. Infants traveling to these countries can be vaccinated as young as six months of age (though they

should also have the two standard doses after their first birthday).

Remember the diagnosis: The recent cases in California highlight the need for healthcare professionals to be vigilant about measles. Your expert eye and diagnostic skills can make a difference in stopping the spread of measles in your community. Consider measles in patients of any age who have a fever AND a rash. Fever can spike as high as 105°F. Measles rashes are red, blotchy and maculopapular and typically start on the hairline and face and then spread downwards to the rest of the body. For more information on measles, see the DPH Measles Fact Sheet, www.cdph.ca.gov/programs/immunize/Documents/IMM-908.pdf.

Resources

New Online Training on SIDS Risk Reduction From AAP

The American Academy of Pediatrics (AAP) Healthy Child Care has a new online module on *Reducing the Risk of Sudden Infant Death Syndrome (SIDS) in Child Care*. Based on the AAP Reducing the Risk of SIDS in Child Care Speakers Kit, this free course is designed to educate everyone who cares for babies, including child care providers, health care professionals, parents, grandparents, and relatives. In 1 hour, participants will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep related deaths. With an easy to use format, this course can be accessed from any computer. Child care providers will receive a certificate of completion for 1.0 contact hour. Health care professionals can also receive credit. For instructions on how to access this course, visit www.healthychildcare.org/sids.html.

Free Mobile Health Information Service for Pregnant Women, New Mothers

Text4baby is for pregnant women and new mothers who will be able to get health information delivered three times a week to their mobile phones by text message at no charge under an innovative public service program being launched today by a coalition of mobile phone service providers, health professionals, and Federal, State, and Local agencies. The new program is a free mobile information service that provides timely health information to women from early pregnancy through their babies' first year. The service sends important health tips that are timed to the mother's stage of pregnancy or the baby's age. <http://text4baby.org/>

New Tool to Help Parents Who Face Domestic Violence

The Family Violence Prevention Fund has developed a new tool to utilize with parents. *Loving Parents, Loving Kids: Creating Futures Without Violence* is a safety card for women that is designed for home visitors, but could also be used by ECE providers who are concerned about the possibility of family violence. In addition to providing safety resources for women, this tool also functions as a prompt for teachers or home visitors

by providing quick phrases to improve discussions with women about the impact of domestic violence on their parenting and children. The safety card outlines questions women may ask themselves about their relationships, birth control use and parenting, while offering supportive messages and referrals to national support services for help. The card folds up to the size of a business card. http://endabuse.org/userfiles/file/HealthCare/HomeVisitation_SC.pdf The cards can be ordered (fee) online at <http://fvpfstore.stores.yahoo.net/home-visitation-safety-cards.html>.

Fruits and Vegetables on a Budget: Getting More for Your Money

This fact sheet explains how, with careful meal planning, smart shopping, and a few changes in storage and preparation techniques, families and child care providers can reduce the cost of including fruits and vegetables in their meals.

http://fruitsandveggiesmore matters.org/?page_id=5653

Reports

New Report on ECE's Responsiveness to Young Latino Children

This new report *Responding to the Needs of Young Latino Children: State Efforts to Build Comprehensive Early Learning Systems* was issued by the National Council of La Raza. The report finds that states are still lagging behind in developing early childhood education programs that are responsive. It outlines recent developments in U.S. policies and federal funding that can help states to better serve young Latino children and their families. <http://nclr.org/content/publications/detail/61855/>

From Safe Kids USA: A Study of Child Development and Unintentional Injury

Raising safe kids: One stage at a time is a report that describes how as infants and children develop, their different behavioral, cognitive, and physical capabilities can put them at increased risk for injury. This report will help parents and caregivers understand a child's abilities and risk for serious injury by developmental stage. <http://safekids.org/assets/docs/ourwork/research/research-report-safe-kids-week-2009.pdf>

Research

Impacts of Persistent Fear and Anxiety on Young Children's Development

This new paper by the National Scientific Council on the Developing Child, the ninth in a series highlighting key issues that affect early childhood development, reviews the current research literature and emerging scientific evidence on the processes that underlie young children's responses to fear and anxiety as well as the long-term impacts of early experiences with these stresses. Current research shows that repeated exposure to stress-inducing situations can have lasting, harmful

effects on a child's brain formation. While common childhood stresses, such as fears of monsters in the dark, generally go away as a child matures, anxiety and fear caused by traumatic events, such as physical abuse, can have lasting and detrimental effects on brain development. The report finds that repeated experiences with intense, stressful or fearful situations can especially harm a child's learning and emotional development. Among the adverse effects:

- *Learning and social interactions:* Young children learn to associate certain fears with certain contexts and circumstances. These fears become generalized over time and triggered by a broader set of factors, which impairs a child's ability to learn and socialize with others.
- *Distorted emotional perceptions:* Children develop distorted understandings of threat and safety and are unable to distinguish or respond appropriately to different kinds of emotions.
- *Learning versus unlearning fears:* Children can begin developing fears at an early age. However, unlearning these fears can take years to complete. These fears must be actively unlearned, which can only occur when certain parts of the brain have matured.

In addition to identifying adverse effects, the paper demystifies common misunderstandings about the impacts of stress-inducing situations on young children. The paper emphasizes the need for comprehensive resources and services that address both the physical and mental development of young children, particularly low-income children who are disproportionately affected by stressful experiences.

http://developingchild.harvard.edu/library/reports_and_working_papers/working_papers/wp9/

Health Risks to Babies From Pollutants in Dust May Be 100 Times Greater Than for Adults

Young children ingest more dust and are up to ten times more vulnerable to such exposures. House dust is the main exposure source for infants to allergens, lead, and PBDEs, as well as a major source of exposure to pesticides, PAHs, Gram-negative bacteria, arsenic, cadmium, chromium, phthalates, phenols, and other EDCs, mutagens, and carcinogens. The concentration of pollutants in house dust may be 2-32 times higher than the pollutants found in soil near the house. Median or upper percentile concentrations in house dust of lead and several pesticides and PAHs may exceed health-based standards in North America. Early contact with pollutants among the very young is associated with higher rates of chronic illness such as asthma, loss of intelligence, ADHD, and cancer in children and adults.

Roberts, J. W., Wallace, L. A., Camann, D. E., Dickey, P., Gilbert, S. G., Lewis, R. G., et al. (2009). Monitoring and reducing exposure of infants to pollutants in house dust. *Rev Environ*

New Studies on the Effects of BPA and Phthalates on Young Children

Prenatal Phthalate Exposure Associated With Childhood Behavior and Executive Functioning The profile of parent-reported behaviors found in this study to be associated with prenatal exposure to low molecular weight phthalates (found in personal care products such as shampoo, fragrances and nail polish) is suggestive of the behavior profiles of children clinically diagnosed with disruptive behavior disorders such as Oppositional Defiant Disorder, Conduct Disorder, or ADHD. With increased exposure to phthalates, there was an increase in the frequency and severity of the symptoms, including attention problems, poor conduct and aggression. The connection was not found for the types of phthalate's found in vinyl toys and other soft plastics. There are no U.S. restrictions on phthalates in cosmetics and other personal care items, though they are banned in cosmetics sold in Europe.

Engel SM, Miodovnik A, Canfield RL, Zhu C, Silva MJ, et al. 2010 Prenatal Phthalate Exposure is Associated with Childhood Behavior and Executive Functioning. *Environ Health Perspect* doi:10.1289/ehp.0901470

Plastic Bottle Use is Associated With Increased Urinary Levels of Bisphenol A (BPA)

One week of polycarbonate bottle use increased urinary BPA concentrations by two-thirds. Regular consumption of cold beverages from polycarbonate bottles is associated with a substantial increase in urinary BPA concentrations irrespective of exposure to BPA from other sources. The authors predict that because of their reduced ability to clear BPA from their bodies, young children would have higher urinary BPA concentrations due to use of polycarbonate plastic bottles relative to the study population.

Carwile, J. L., Luu, H. T., Bassett, L. S., Driscoll, D. A., Yuan, C., Chang, J. Y., et al. (2009). Polycarbonate bottle use and urinary bisphenol A concentrations. *Environ Health Perspect, 117*(9), 1368-1372.

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