

California Childcare Health Program (CCHP) E-News
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February 2013

E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)
510-204-0932 • 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 listserve [click here](#).



Like

Like us to get the latest news.

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/enews.htm. To subscribe: www.ucsfchildcarehealth.org/listserve/subscribe.html.

Announcements

CCHP-CCHC eNews Changes: Starting February, the CCHP CCHC eNews will be distributed every other month while we investigate new sources of funding for the publication. The Early Childhood Comprehensive Systems Initiative (ECCS) of the Maternal and Child Health Bureau has supported the eNews since its first issue in September of 2006, but this funding will end in May, 2013. Currently, the CCHC eNews has over 300 subscribers and is growing! Please let us know if you have ideas for potential funders for the CCHP-CCHC eNews.

Policy & Advocacy

Cribs with Drop-side Rails for Children with Special Health Care Needs

The Food and Drug Administration (FDA) issued a statement that drop-side rails for cribs may be allowed when providing appropriate care to children with special health care needs, in homes and child care settings, if prescribed by a physician. To read the statement: <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/ucm333796.htm>

New Policy Statement on Recess from the American Academy of Pediatrics (AAP)

The AAP believes that recess is a crucial and necessary component of a child's development and, as such, it should not be withheld for punitive or academic reasons. To read the Policy Statement: <http://pediatrics.aappublications.org/content/131/1/183.full#sec-1>

Proposed Updated Nutrition Standards for School

Snack Foods and Beverages

In the first update since 1979, the United States Department of Agriculture (USDA) has proposed standards to help schools provide healthier items in vending machines, cafeteria à la carte lines, and other places where foods and beverages are offered outside of the school meals program. <http://tinyurl.com/bclg6zn>

Resources

California Community Care Licensing Division Update

To read the Child Care Update for Winter 2013:

<http://cclcd.ca.gov/res/pdf/CCUpdateWinter2013.pdf>

Nutrition & Wellness Tips for Young Children: Handbook for the Child and Adult Care Food Program (CACFP)

This handbook was developed by the USDA, Food and Nutrition Services, to help CACFP child care providers create healthier eating environments. It's full of great information and ideas for child care programs, even if not participating in CACFP!

[http://www.teamnutrition.usda.gov/Resources/](http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html)

[nutritionandwellness.html](http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html) A Food Resource and Action Center (FRAC) webinar describing the new handbook and resources is available online: <http://tinyurl.com/a3bh3he>

Healthy Bodies through Child Care Health Consultation: A Free Online Course

Healthy Bodies is a web-based training course for child care health consultants on nutrition and physical activity in child care settings. The course is based on NTI's Nutrition and Physical Activity in Child Care Module and presents the most current research on nutrition and physical activity. http://nti.unc.edu/healthy_bodies/

2013 Recommended Immunizations for Children from Birth through 6 Years Old

For an easy to read schedule for parents and caregivers with the updated recommendations: <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

Videos Available on the NRCKids YouTube Channel

Videos from the National Resource Center for Health and Safety in Child Care and Early Education (NRC) promote health and safety in child care and Early Care and Education programs. Available in English and Spanish: <http://www.youtube.com/user/NRCKids>

Free Parenting Program at Pathways in Los Angeles

Pathways Los Angeles is now providing a free parenting program to parents and caregivers of children ages 0-12. To learn more about this program: <http://www.pathwaysla.org/>

Expanding Early Care and Education for Homeless Children

The Administration for Children and Families (ACF) has released helpful information on serving young children and families experiencing homelessness.

<http://www.acf.hhs.gov/programs/ecd/expanding-early-care-and-education-for-homeless-children>

Reports & Research

Vitamin D Deficiency Highly Prevalent in Overweight and Obese Children

The prevalence of vitamin D deficiency in healthy-weight, overweight, obese, and severely obese children was approximately 21%, 29%, 34% and 49% respectively and even higher in Latino and African American children.

<http://pediatrics.aappublications.org/content/131/1/e152.abstract>

Study of 2-5 year-olds reinforces AAP guidelines for 2 cups of milk per day

2 cups of cow's milk per day is sufficient to maintain healthy vitamin D stores without having a negative impact on serum ferritin (iron stores). 4 cups of milk per day resulted in a decrease in iron stores. Children with darker skin needed supplements in winter months to have adequate vitamin D without a negative impact on iron stores. The findings support current AAP guidelines for milk consumption.

<http://pediatrics.aappublications.org/content/131/1/e144.abstract>

Relationship between Infant Iron Deficiency and Later Behavioral Problems

Low birth weight babies were given iron supplements during infancy, then tested at age 3.5 years for cognitive and behavior problems. The extra iron didn't affect cognitive function but significantly reduced behavior problems.

<http://pediatrics.aappublications.org/content/131/1/47.abstract>

Obesity Rates for Low Income Preschoolers Higher in Los Angeles than in New York City

A new study compared obesity rates for young low income children in the two largest cities in the U.S. over nine years. Rates decreased in New York from about 19 percent to 16 percent. In Los Angeles they peaked at 21 percent in 2009, before dropping to about 20 percent.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6202a1.htm>

Promoting Physical Activity in Preschoolers to Prevent Obesity

This literature review summarizes recommendations for physical activity and reviews recently published studies to identify common factors associated with adequate physical activity levels for preschoolers. <http://tinyurl.com/ad7xrzx>

Childhood Obesity Linked to More Immediate Health

Problems

Compared to kids who are not overweight, obese children are at nearly twice the risk of having three or more reported medical, mental or developmental conditions, the UCLA researchers found. <http://www.sciencedaily.com/releases/2013/01/130114091754.htm>

Study Supports Developmental Screening Programs

Children who participated in a developmental screening program were more likely to be identified if they had developmental delays, and were more likely to be referred and eligible for Early Intervention services.

<http://pediatrics.aappublications.org/content/131/1/30.abstract>

Autism after Infection, Febrile Episodes, and Antibiotic Use during Pregnancy

Information on infection, fever, and use of antibiotics was self-reported in telephone interviews during pregnancy and early postpartum. Overall, researchers found little evidence that mild common infectious diseases or febrile episodes during pregnancy were associated with autism. However, study data suggest that maternal Influenza, prolonged episodes of fever and use of various antibiotics were potential risk factors for autism.

<http://pediatrics.aappublications.org/content/130/6/e1447.abstract>

New Report Shows Decline in Early Childhood Exposure to Lead

The Environmental Protection Agency (EPA) has released the 3rd edition of *America's Children and the Environment*. This report shows significant progress in reducing children's blood lead levels, with the average blood concentration of lead measured in children 1-5 years-old 92% lower in 2009-2010 than in 1976-1980.

<http://www.epa.gov/ace/>

First-Ever Data Report on Family Well-Being around the World

The *World Family Map 2013* summarizes a large body of data on family strengths and challenges, as well as important educational outcomes for children and youth. The report explores the social, economic, familial, and cultural factors that tend to strengthen or undermine family life. <http://tinyurl.com/at7yeom>

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