

California Childcare Health Program (CCHP) E-News  
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**August 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**

A new school year offers a chance for a fresh start. Take the time to review and update policies and orient new and returning staff. Many programs start the year with staff training. This is a good opportunity to make the health and safety of children and staff a priority.

## **Announcements**

### **A Road Map to Kindergarten**

This new guide was developed by the Contra Costa Office of Education and Child Care Planning Council with funds from the Child Development Division of the California Department of Education. The step-by-step advice helps parents navigate the year *before* kindergarten. It includes school readiness indicators, immunization and health requirements, information on documentation needed for school entry and more. Order forms are available online [www.cccoe.k12.ca.us/edsvcs/roadmap/OrderForm.pdf](http://www.cccoe.k12.ca.us/edsvcs/roadmap/OrderForm.pdf) or call (925) 942-3413.

## **Advocacy**

### **CDC Database of State Legislative and Regulatory Action to Prevent Obesity**

Search for state Legislative and regulation actions related to obesity, nutrition and physical activity topics. Users can find current and past legislation and generate reports tailored to their needs. [http://apps.nccd.cdc.gov/DNPAleg/?s\\_cid=govD\\_dnpao\\_084&source=govdelivery](http://apps.nccd.cdc.gov/DNPAleg/?s_cid=govD_dnpao_084&source=govdelivery)

## **Resources**

### **Hot Weather Tips: Be Prepared for Extreme Heat**

For tips on staying cool and how to recognize and respond to

heat-related illness, visit the CDC website: [www.cdc.gov/nceh/extremeheat/](http://www.cdc.gov/nceh/extremeheat/) or the California Department of Public Health website: <http://bepreparedcalifornia.ca.gov/EPO/BeInformed/NaturalDisasters/ExtremeHeat/>.

### **Kids and Cars**

Unfortunately, it's not uncommon for adults to leave children alone in vehicles; and in many cases they do not understand the serious risks. KidsAndCars.org seeks to raise public awareness and educate parents and caregivers about the dangers of leaving children in and around vehicles. For more information and educational resources: [www.kidsandcars.org](http://www.kidsandcars.org).

### **Safe Lifting Techniques for Caregivers of Children with Special Needs**

Back Care for Parents and Caregivers of Children with Disabilities <http://www.novita.org.au/library/Factsheet-backcare.pdf>

Fact Sheets with step-by-step instructions for transferring and lifting children <http://www.novita.org.au/FileDownload/Factsheet.aspx?p=417&k=manual%20handling&c=#filter>

### **AAP Disaster Preparedness for Child Care Providers**

For a list of helpful resources for disaster preparedness in child care programs, including updates from the new *Caring for Our Children* 3rd Edition: <http://www.aap.org/disasters/child-care.cfm>.

### **Nutrition and Physical Activity Resources for ECE Programs from Maine's Let's Go 5210**

*5210 Goes to Child Care Toolkit* can be downloaded for free <http://www.letsgo.org/resources/ChildCareToolkit.php?id=greenChildcare&vid=r22>.

Here's an example of a handout: Healthy Kids Snacks: <http://www.letsgo.org/resources/documents/2CCHealthyKidsSnacksTab2DOUBLESIDED.pdf>.

### **Gateway to Federal Food Safety Information**

Foodborne illness affects one in six Americans each year. For practical information and tips from the experts about food safety, recalls and alerts or to ask a question or report a problem: [www.FoodSafety.gov](http://www.FoodSafety.gov).

## **Reports and Research**

### **Encouraging Consumption of Water in School and Child Care Settings**

Because children spend most of their day at school and in child care, ensuring that safe, potable drinking water is available in these settings is a fundamental public health measure. This article

identifies challenges that limit access to drinking water, such as competing sugary drinks and aging plumbing, and identifies practices that increase the availability of water for children. <http://ajph.aphapublications.org/cgi/content/abstract/101/8/1370>

### **F as in Fat: How Obesity Threatens America's Future 2011**

Adult obesity rates increased in 16 states over the last year and did not decrease in any, according to a report from Trust for America's Health and the Robert Wood Johnson Foundation (RWJF). The obesity epidemic continues to be most extreme in the South, which includes nine of the 10 states with the highest adult obesity rates. [http://www.rwjf.org/childhoodobesity/product.jsp?id=72575&cid=XEM\\_1095291](http://www.rwjf.org/childhoodobesity/product.jsp?id=72575&cid=XEM_1095291)

### **Early Childhood Policy Focus: Healthy Eating and Physical Activity**

This new brief from Child Trends reviews recent data and current research on nutrition and exercise habits of young children under the age of six. It outlines the factors that jeopardize healthy habits and suggests ways that state and local policies can encourage and support healthy eating and physical activity. [http://www.childtrends.org/Files//Child\\_Trends\\_2011\\_07\\_25\\_ECH\\_HealthyEating.pdf](http://www.childtrends.org/Files//Child_Trends_2011_07_25_ECH_HealthyEating.pdf)

### **Study of Childhood Food Allergy in the United States**

Findings suggest that the prevalence and severity of childhood food allergy is greater than previously reported. Food allergy in children was highest for peanuts followed by milk and shellfish. 38.7% of children with food allergy had a history of severe reactions, and 30.4% had multiple food allergies. Likelihood of food allergy was significantly associated with race, age, income, and geographic region. <http://pediatrics.aappublications.org/content/128/1/e9.abstract>

### **The Surgeon General's Call to Action to Support Breastfeeding 2011**

This comprehensive guide outlines specific steps to a society-wide approach that support breastfeeding mothers and their babies. The goal is to increase the public health awareness and impact, improve the quality of health care for mothers and infants, and support breastfeeding families in workplace and community settings. [www.surgeongeneral.gov/topics/breastfeeding/calltoactiontosupportbreastfeeding.pdf#page=63](http://www.surgeongeneral.gov/topics/breastfeeding/calltoactiontosupportbreastfeeding.pdf#page=63)

### **Breastfeeding and Reduced Risk of Sudden Infant Death Syndrome: A Meta-analysis**

This review article concludes that breastfeeding protects against SIDS, and the effect is stronger for exclusive breastfeeding. SIDS risk-reduction messages should include recommendations to breastfeed to reduce the risk of SIDS and for its many other infant and maternal health benefits.

[http://pediatrics.aappublications.org/  
content/128/1/103.abstract](http://pediatrics.aappublications.org/content/128/1/103.abstract)

### **Media Use and Child Sleep**

In this study of 3-5 year olds, violent content and evening media use were associated with increased sleep problems. However, these effects were not observed with nonviolent daytime media use. Children with a television in the bedroom watched more and were more likely to have sleep problems.

[http://pediatrics.aappublications.org/  
content/128/1/29.abstract](http://pediatrics.aappublications.org/content/128/1/29.abstract)

### **Complications from Influenza Higher in Children with Asthma**

For children with asthma, complications from influenza, such as pneumonia and need for intensive care, occur more often. This highlights the importance of prevention through annual vaccination.

<http://pediatrics.aappublications.org/content/128/1/e27.abstract>

### **California Falls Short in Vaccination Rates for Kindergarteners**

A report from the Centers for Disease Control and Prevention of vaccination rates for 2009-10 school year shows that only about 93% of California's kindergartners are fully vaccinated. 95% of kindergartners should be vaccinated for nine diseases to meet the Healthy People of 2020 objectives.

[http://www.cdc.gov/mmwr/preview/mmwrhtml/  
mm6021a4.htm?s\\_cid=mm6021a4\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6021a4.htm?s_cid=mm6021a4_w)

### **Use of Standardized Tools for Developmental Screening by Pediatricians**

The number of pediatricians who reported using a formal developmental screening tool more than doubled between 2002 and 2009. Yet this is still less than half of those responding who provide care to children younger than 36 months.

<http://pediatrics.aappublications.org/content/128/1/14.abstract>

### **America's Children: Key National Indicators of Well Being 2011**

The Federal Interagency Forum on Child and Family Statistics has published its annual report. This year's report provides detailed statistics about children's family and social environments, economic circumstances, health care, physical environment and safety, behavior, education, and health.

[www.childstats.gov/americaschildren/index.asp](http://www.childstats.gov/americaschildren/index.asp)

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