

We have a new name! The Bureau for Children Youth and Families is now the Bureau for Family Health!

# ZIPS

**Z**ero to age 21: **I**nformation **P**romoting **S**uccess  
for Public Health Professionals working with Kansas Kids



## 2007 Kansas Fatherhood Summit

### Special Points of Interest:

- Third Quarter Maternal Child Health Reports
- National Day to Prevent Teen Pregnancy
- World No Tobacco Day; May 31
- Governor Sebelius Signs Proclamation in Honor of National School Nurse Day
- School Nurse Coordinators Vision: Leadership and Mentoring
- Collaborative School and Public Health Nurse Project

**EXTRA EXTRA !!**

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The fifth annual Kansas Fatherhood Summit was held at the Jack Reardon Convention Center in Kansas City on April 12 and 13. This year's conference theme was "Fatherhood: Not a Spectator Sport." The keynote speakers were Adolph Brown, III, Ph.D., former Kansas State University football head coach, Bill Snyder, chair of the Kansas Mentors Leadership Council, George Williams, Ph.D. and Ken Canfield, Ph.D., founder of the National Center for Fathering.



Motivational speaker Adolph Brown III, Ph.D., pictured at left, kicked off the Summit by involving the audience via a characterization of himself as a troubled teen/youth trying to find his way in the mainstream of modern America. He dressed and acted the part of a street-wise young man brought up by a single mother and who was exhibiting behaviors depicted as symptoms from a lifelong desire to be loved and recognized by his father. Dr. Brown's presentation showed the metamorphosis of himself from this street-wise young man into his present image as a respected professional educator and motivational speaker resulting from his recognition of the need to take on the role of a responsible and supportive father to his children and loving husband. He stated that his crowning achievements are his seven wonderful children he is raising with his wife in a loving relationship.

Former head football coach at Kansas State University, Bill Snyder, pictured above with Pamela Combes, Kansas Abstinence Education Consultant and Jane



Stueve, Kansas Adolescent and School Health Consultant, brought down the house during the evening banquet

with a motivational speech geared toward the role that fathers play in the raising (mentoring) of their children. He translated his success as a father into successfully molding the players on his teams into responsible adults by instilling in them the value of a sound work ethic, attention to detail and respect. He stressed that it takes talented and caring leaders who work to make a difference in the lives of today's youth to best teach these principles and values. Also at the evening banquet, Ken Canfield, Ph.D., was presented the first ever Kansas Fatherhood Achievement Award.

There were many opportunities to learn from individuals involved with programs serving those in the educational, health, social service and corrections practice settings. The audience heard stories of positive fathering experiences from a panel of fathers and children.

Finally, George Williams, Ph.D., a marriage and family therapist, presented commentaries on the role of a positive, healthy marriage relationship in being able to take parenthood to its highest level. His use of song, poetry and musical instrumentation engaged the audience in his message and helped illustrate the challenges that fathers face, particularly those from an urban setting.



# PERINATAL HEALTH

Joe Kotsch, Perinatal Consultant



## Third Quarter Maternal Child Health Reports

Reports for the third quarter of State Fiscal Year (SFY) 2007 have been arriving at KDHE from agencies that receive Maternal Child Health (MCH) Aid-To-Local funds. In these reports, the MCH staff often find grant narratives that evidence the diligence and hard work put forth by staff from local health departments and other partnering organizations in serving the needs of their communities. Services mentioned in the narrative reports include helping pregnant women fill out medical and social assistance forms, providing prenatal education on a variety of topics, working with local providers in attempts to ensure access to prenatal care and delivery services and checking immunization records online for those seen in local clinics through the WebIZ Immunization Registry portal. In addition to these success stories, providers relate the challenges that are faced by consumers seeking affordable and accessible care on the local level as



well as their own struggle to maintain the provision of this care. Some of the challenges that were reported by individual communities include: provision of affordable care to those who are uninsured, underinsured and struggle to survive on a daily basis; issues with citizenship status, individuals who find it difficult to maintain or obtain necessary identification documents, changes in funding streams on their local level as well as changes on the State and Federal levels, and to many other issues. It seems after reading through the narrative reports, local communities are beginning to come together and are marshaling their resources to successfully and creatively address the needs of local populations. A sincere debt of gratitude is owed to those in local public health for stepping up to meet these challenges head-on with determination and courage.

### WebMCH: Have You Heard?



WebMCH is the name of the Web-based data system for the Maternal Child Health Program at KDHE that is currently involved in a pilot use project including the counties of Atchison, Butler, Franklin, Lyon, and Stafford. Advantages of using WebMCH are that it is Web-based ensuring easy and secure access, an established system since it is being added onto the very successful WebIZ (Immunization Registry site) and the flexibility that comes with having client information that is readily accessible for local clinics derived from a variety of assessments (KBH, infant, child, adolescent and pregnant women) available for use by local clinic staff. In addition, the system is searchable using several established queries that can be used to track data related to managing the needs of staff and clients. In the next few months, KDHE staff will be training additional counties that have indicated an interest in becoming a part of the WebMCH pilot use project. Stay tuned for updates on WebMCH.

**Children are the hands by which we take hold of heaven.**

— Henry Ward Beecher

### Animal Care, Pets and Pregnancy

Toxoplasmosis is a parasite that causes a risk for women during the first trimester of pregnancy. The parasite is spread through feces in the soil or litter box, so pregnant women should not go barefoot indoors if a litter box is used, or outdoors or in the garden. In addition they should use gloves and masks when cleaning a litter box/sand box during the early phases of pregnancy. The infection is especially worrisome to immunocompromised people and may result in brain or eye infections in those infected.

For more information on this health topic go to: [www.cdc.gov/ncidod/dpd/parasites/toxoplasmosis/2004\\_PDF\\_Toxoplasmosis.pdf](http://www.cdc.gov/ncidod/dpd/parasites/toxoplasmosis/2004_PDF_Toxoplasmosis.pdf)





# CHILD HEALTH

Brenda Nickel, Child Health Consultant



## Critters in the Classroom: Guidelines Provide Safeguards for Health and Safety

Spring heralds new life, and this can be an opportunity for classroom projects that include hatching eggs, bringing in baby animals, and sponsoring of petting zoos. However, there are considerations for health and safety that require certain safeguards to prevent disease transmission or injury. For instance, as popular as baby chicks or ducks can be, these animals carry a high risk of transmission of infection by salmonellosis and campylobacteriosis, two diseases that can cause diarrhea/bloody diarrhea, abdominal cramps, malaise and fever.

The Kansas Department of Health and Environment has created guidelines, *Animals in Kansas Schools: Guidelines for Visiting and Resident Pets*, to assist schools in developing their own policies and rules for having animals residing/visiting in schools. This resource specifically addresses animals that are unacceptable for school visits, special conditions for specific animals due to the potential for disease transmission, and general guidelines for both animal and children interac-

tion.

According to Dr. Gail Hansen, KDHE State Epidemiologist, "there are no KDHE regulations that specifically prohibit particular animals in the classrooms; the guidelines serve to keep both the children and animals safe and healthy while encouraging education and interaction with other animals." There is a Kansas Administrative Regulation, 28-4-131 that addresses animal, birds and fish in licensed daycare facilities.

To access the guidelines, KAR 28-4-131 and other resources, go to:

### **Animals in Kansas Schools: Guidelines for Visiting and Resident Pets**

[www.kdheks.gov/pdf/hef/ab1007.pdf](http://www.kdheks.gov/pdf/hef/ab1007.pdf)

### **Kansas Legislature**

[www.kslegislature.org/legsvr-portal/index.do](http://www.kslegislature.org/legsvr-portal/index.do)

### **Compendium of Measures to Prevent Disease Associated with Animals in Pub**



## Alternative to Kansas Certificate of Immunization: Guidelines for Acceptable Documentation

Michael Runau, Director of the Kansas Immunization Program, has re-issued a memo on April 23, 2007 that was originally sent to school and public health nurses July 16, 2002. Beginning school year 2007-2008, for audit purposes, the Kansas Department of Health and Environment's Immunization Program will continue to accept a completed Kansas Certificate of Immunization (KCI) form **OR** a computer-generated immunization record that meets the criteria specified below. *Please note that the KCI remains the preferred document and will be the only form recognized for audit purposes in the absence of a computer-generated list.*

### **Requirements for a Computerized Immunization Record:**

- The record must be written in legible English.
- The record must reflect an accurately reviewed and transcribed student immunization record.
- The record must contain the student's full

name and date of birth.

- The record must include the specific antigen name, dose number, and date (month/day/year) of administration.
- The record must present information in the same sequential order as on the KCI, to the extent possible.

Medical exemptions will continue to require a physician signature on a yearly basis, using the current Form B.

Religious exemptions will continue to require the parent or guardian signature. The affidavit is found on the reverse side of the KCI.

These guidelines supercede all previous ones related to use of the KCI. Questions should be directed to the Kansas Immunization Program at (785) 296-5591. You can access a copy of the KCI form at [www.kdheks.gov/immunize/download/KCI\\_Form.pdf](http://www.kdheks.gov/immunize/download/KCI_Form.pdf)



# ADOLESCENT HEALTH

Jane Stueve, Adolescent Health Consultant  
Pamela Combes, Abstinence Education Consultant



## National Day to Prevent Teen Pregnancy

In 2005, in Kansas, the rate of birth for teens ages 15-17 was 19.6 per 1,000 girls. However, Hispanic teens have a rate of 58.2 per 1,000 births in Kansas. This rate has decreased by 1 percent from last year, but still remains high.

May is a month set aside to focus on teen pregnancy issues. As part of the activities for May, The National Campaign to Prevent Teen Pregnancy will be launching a new public service ad campaign for teens on May 2. The new series of ads, tied together with the theme "Stay Teen," is a bold, innovative approach to delivering a teen pregnancy prevention message to teens. Rather than telling teens what not to do, the "Stay Teen" ads encourage them to enjoy their teen years, embrace who they are right now, and revel in the fact that they don't have the responsibilities of pregnancy and parenting. The ads rely on peers talking to one another about why it's important to wait for pregnancy and



parenthood. Stay Teen's central idea: You're a teen. Stay that way.

As part of the Stay Teen launch, the National Campaign is partnering with MySpace.com, the nation's leading social networking Web site, to host a contest for teens that allows them to create their own ads and, if they win, their work will become part of this national advertising effort. Beginning May 1, teens will be able to visit MySpace and enter the contest. Winning ads will be featured prominently on MySpace and Stay-Teen.org. For more information visit [www.teenpregnancy.org](http://www.teenpregnancy.org)

## Teen Pregnancy On the Decline

The most recent data released by KDHE shows a decline in teenage pregnancy rates from 2000 to 2005. The teen pregnancy rate for Kansas dropped from 30.3 pregnancies per 1,000 females ages 10-19 in 2000 to 26.7 in 2005. The 15-19 year old age group fell from a pregnancy rate of 58.7 in 2000 to 50.8 in 2005. Counties of Wyandotte, Woodson, Seward, Stevens, Geary, and Morton experienced the highest teenage pregnancy rates in 2005 for the 10-19 year old age group.

The Kansas Abstinence Education Program assists local programs in their efforts to delay teenage sexual activity and decrease the incidence of teen pregnancy. Character education is a key component of abstinence education within upper elementary and middle school curricula. Self-esteem building, goal setting, developing healthy relationships, understanding peer pressure and setting boundaries are a few of the units included in character education. Students need to develop these basic skills to better equip them for making healthy choices as teenagers.

For more information about abstinence education go to [www.gonnawait.org](http://www.gonnawait.org).

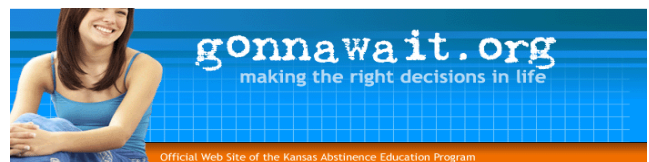
## For Teens: A Safer Ride



About 40 years ago, the federal government started requiring carmakers to offer seat belts as standard equipment. This week, the Kansas Legislature passed legislation

that will allow law enforcement officers to cite teenagers who don't buckle up. Beginning July 1, drivers or car passengers ages 14 to 17 who aren't wearing seat belts can be given a warning ticket. After that, there'll be a \$60 fine.

The conference committee report that led to the new law was successfully promoted to House members (where it passed 109-12) by Rep. Gary Hayzlett, chair of the House Transportation Committee. In the Senate, longtime seat belt supporter Les Donovan carried it. Please take the time to thank them. Sen. Les Donovan [Donovan@senate.state.ks.us](mailto:Donovan@senate.state.ks.us) and Rep. Gary Hayzlett [hayzlett@house.state.ks.us](mailto:hayzlett@house.state.ks.us)





# PUBLIC HEALTH

Children and Families Section



## World No Tobacco Day; May 31



Tobacco use is a leading health problem in the United States, killing more than 440,000 Americans each year nationwide. Since the 1990s, the number of younger Americans who smoke has been declining. But, the rates of smoking among teenagers are still higher than those of adults. Each day, more than 4,000 teens try their first cigarette and another 2,000 become regular, daily smokers. According to the American Cancer Society (ACS), nearly all first use of tobacco occurs before high school graduation. A 2005 survey from the US Centers for Disease Control and Prevention (CDC) found that 54% of high school students had tried cigarette smoking at some point.



Almost 90 percent of adult smokers became addicted to tobacco at or before the age of 18. Young people who start smoking at an earlier age are more likely to develop long-term nicotine addiction than those who start later in life. (ACS)

Whatever term you use, spit, chew, smokeless,

snuff, dip, it is not a safe alternative to cigarettes. Oral tobaccos can cause cancers of the mouth, pharynx, and esophagus; gum recession; and an increased risk for heart disease and stroke. Adolescents who use oral tobacco are more likely to become cigarette smokers than nonusers.

Approximately 12 percent of middle school students reported using some form of tobacco at least once in the past month, according to numbers on tobacco use from a 2004 survey by the CDC. Cigarettes were the most common type of tobacco used, followed by cigars and spit tobacco.

The 2005 CDC survey of tobacco use among high school students reported about 28 percent of students using some type of tobacco on at least one of the 30 days before the survey.

To find more information and resources about tobacco and youth go to: [www.cdc.gov/tobacco/](http://www.cdc.gov/tobacco/)

### Nursing: A Profession and A Passion

*National Nurses Week, May 6 – 12*



National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday. During this week, we celebrate National Student Nurses Day and National School Nurse Day.

We celebrate all nurses, and especially, those public health nurses who share a rich legacy of working with families in community settings across Kansas! Take a moment to appreciate your role in all that you do to promote health and safety in Kansas. The work of nursing is a privilege, as you are allowed to enter into the lives you serve, promoting health and well being in all stages of life. Celebrate your work, celebrate your colleagues, and celebrate yourself!

For more information about National Nurses Week, as well as professional nursing resources in Kansas, visit:

**American Nurses Association**

[www.ana.org/pressrel/nnw/](http://www.ana.org/pressrel/nnw/)

**National Association of School Nurses**

[www.nasn.org/](http://www.nasn.org/)

**Kansas School Nurse Organization**

[www.ksno.org/](http://www.ksno.org/)



### Ask Ken!

**ELECTRONIC SUBMISSION OF DATA & CVR'S**

**Q:** Why do I have to report income?

**A:** Without the reporting of income and family size we can not determine what poverty level the clinics are serving. The poverty level is required reporting to the federal government.

**Q:** Can any provider report Healthy Start visits?

**A:** No, only paraprofessional Healthy Start Home Visitors perform Healthy Start visits. Any other staff member providing the outreach, education and family support service changes the visit to the Maternal and Infant, Prenatal or Postnatal visit.



## SCHOOL HEALTH

Brenda Nickel, Child Health Consultant  
Jane Stueve, Adolescent Health Consultant



### Governor Sebelius Signs Proclamation in Honor of National School Nurse Day

May 9 is officially proclaimed as "National School Nurse Day" in Kansas by Governor Kathleen Sebelius and Secretary of State, Ron Thornburgh! On April 9, Shari Motelet, President of the Kansas School Nurse Organization (KSNO), Chris Tuck, Seaman USD 345, Cindi Tedder, Olathe USD 233, Jane Handlos, Fort Riley USD 475, Shari Motelet, Kansas City USD 500, Jane Stueve and Brenda Nickel, School Health Consultants with KDHE, along with Governor Sebelius signed the proclamation drafted by the KSNO executive board, visited with Governor Sebelius about school nursing in Kansas.

The signed proclamation states:

*WHEREAS*, our children are our future, and investing in them today will secure our future state and community leaders of tomorrow; and

*WHEREAS*, Kansas school nurses promote health and safety, intervene with actual and potential health problems, provide case management services, and actively collaborate with others to build student/family capacity for adaptation, self-management, self-advocacy, and learning; and

*WHEREAS*, school nurses play a vital role in improving the health and well-being of all Kansas children; and

*WHEREAS*, the State of Kansas recognizes school nursing as a specialized practice that advances the well-being, academic success, and life-long achievement of students; and

*WHEREAS*, May 9, 2007 has been proclaimed National School Nurse Day by the National Association of School Nurses:

NOW, THEREFORE, I, KATHLEEN SEBELIUS, GOVERNOR OF THE STATE OF KANSAS, do hereby proclaim May 9, 2007 as **Kansas School Nurse Day** and urge citizens to join in this observance.



*Pictured left to right: Chris Tuck, Shari Motelet, Brenda Nickel, Cindi Tedder, Jane Stueve, and Jane Handlos.*

### School Nurse Survey due in May



The Kansas School Nurse Survey is designed to look at the demographics and levels of care provided by school nurses in Kansas. The survey looks at: the age of school nurses to predict future

workforce capacity needs; geographic location of current school nurse services within Kansas; nurse-to-student ratio; level of nursing care provided to students; and effectiveness of mandated health screenings with appropriate referrals. We are asking for data that the nurses already collect, other than the level of care data. The collection of level of care data is from January 1, 2007, and is collected until the end of the current school year. All other data collected is for the entire school year beginning in August, 2006, and ending in May 2007.

The information will be compiled by KDHE; Bureau for Family Health, in summary data format, and individual schools will not be identified. Nurses completing the survey will be able to compare their data to state data. The state data will be shared in July at the 18<sup>th</sup> Annual Kansas School Nurse Conference.

The data for the School Nurse Survey should be entered during the month of May. Each nurse will enter their data, and the survey tool will automatically tally the data. You can find the link for the school nurse survey at this Web site: [www.kdheks.gov/c-f/school.html](http://www.kdheks.gov/c-f/school.html). If you are not able to open the site, please contact Carol Moyer [cmoyer@kdhe.state.ks.us](mailto:cmoyer@kdhe.state.ks.us) or Jane Stueve at [jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us) or call 785-296-1308.

## EVENTS



## RESOURCES

**National Women's Health Week is May 13-19.** In conjunction with this event, National Women's Health Check-Up Day will be held on May 14 to encourage women to use the many high-quality preventive care services available to them through the nation's health centers. This event gives us yet another opportunity to increase direct health care services to all those most in need. Participation is free, and free promotional and educational materials will be available at [www.womenshealth.gov/whw](http://www.womenshealth.gov/whw) beginning March 1 while supplies last.

**May 8th: National Children's Mental Health Awareness Day** - The second annual National Children's Mental Health Awareness Day is planned for Tuesday, May 8. It is a day for the Substance Abuse and Mental Health Services Administration (SAMHSA), SAMHSA-funded communities, and partner organizations to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families. [www.systemsofcare.samhsa.gov/nationalawareness/materials.aspx](http://www.systemsofcare.samhsa.gov/nationalawareness/materials.aspx)

**National American School Health Association Conference (ASHA)** Aloha! – Honolulu to Host 2007 ASHA Conference July 9 – 13 in Honolulu. The conference theme is Health Literacy in Many Cultures. Registration information, as well as a list of conference topics, is available at [www.ashaweb.org/annual\\_conferences.html](http://www.ashaweb.org/annual_conferences.html)

**Teaching Strategies for Successful Partnerships in HIV/AIDS/STDs and Human Sexuality Education** conference is June 13-15 at the Kansas City Airport Hilton. Fee is \$250 and CEU's will be available for nurses. The conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health individuals. Keynote speakers will be Shelby Knox, Barb Flis and Sarah Schulman. Online registration only at <http://conferences.ksde.org/tssp>

The **2007 WOMAN Challenge (Women and girls Out Moving Across the Nation)** Web site has officially launched! There are several exciting new features on this year's Web site, and the Challenge will begin on Sunday, May 13 – Mother's Day! Please visit the site at [www.womenshealth.gov/woman](http://www.womenshealth.gov/woman) to register and learn more about the Challenge

For other trainings offered see <http://ks.train.org>

**Secondary Level Immunization Advocacy Kit Available GIVE IT A SHOT!** A toolkit for nurses and other immunization champions working with secondary schools is available without charge from the American School Health Association (ASHA). Through a generous grant from Sanofi Pasteur, ASHA is distributing copies of the immunization advocacy kit that includes a 62-page manual, CD with 49 ready-to-use handouts, three colorful posters to promote awareness, a DVD featuring a parent-friendly video titled "Vaccines" Separating Fact from Fear" and a youth-friendly video titled "The Case of the Missing Shots." To order your free copy, send an email to: Linda Hrobak, [lhrobak@ashaweb.org](mailto:lhrobak@ashaweb.org). To view additional publications from ASHA, go to [www.ashaweb.org/](http://www.ashaweb.org/)

**School Food Allergy Program** To help school staff manage their food allergies, FAAN has developed a *School Food Allergy Program*. This popular educational program is in place in thousands of schools across the country. This free program includes over 100 pages of written material to prepare school staff to manage food allergies, Video/DVD titled "Keeping Our Children Safe", EpiPen® and TwinJect® epinephrine auto-injector trainers, EpiPen® and TwinJect® instructional DVDs, food allergy awareness poster and Be a PAL: **Protect A Life** from Food Allergies™ program materials. To receive this **free** program, valued at \$75, visit [www.foodallergy.org/sfap/index.php](http://www.foodallergy.org/sfap/index.php) and fill out the form to request a program. One form must be completed for each school.

**May is Asthma Awareness Month, and World Asthma Day is May 1.** In support of Asthma Awareness Month, EPA has developed materials to assist in planning asthma outreach events. Visit [www.epa.gov/asthma/awm.html](http://www.epa.gov/asthma/awm.html) today to view these materials and get involved in Asthma Awareness Month!

**American Academy of Pediatrics (AAP) Offers Resources to Help Cope with Tragedy** The American Academy of Pediatrics is calling attention to resources posted on its Web site that aim to help teachers, students, physicians, children, and teens cope with disasters such as the campus shooting at Virginia Tech University. The Web site includes tips on talking to children after a disaster, stress management guidelines for children and teens, and gun violence prevention. Pediatricians who are mental health and violence prevention experts are available to discuss the emotional impact of school and community violence. The resources are posted at [www.aap.org](http://www.aap.org) and the AAP may be contacted for more information or to set up interviews at 847-434-7131 or [mweinstein@aap.org](mailto:mweinstein@aap.org).

The only thing necessary for the triumph of evil is for good men to do nothing.

— Edmund Burke



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**Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.**

We hope this newsletter continues to be a useful resource for you. We encourage you to give us your comments, feedback and suggestions. Previous editions of ZIPS can be found at:

[www.kdheks.gov/c-f/zips/](http://www.kdheks.gov/c-f/zips/)

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Visit our Web site at [www.kdheks.gov/c-f](http://www.kdheks.gov/c-f)

## School Nurse Coordinators Vision: Leadership and Mentoring

School nurses excel as leaders in the buildings and communities through their advocacy work with children and their families, developing policy and best practices, and providing valuable clinical services to their populations. In Kansas, there are currently 39 school nurses who have additional responsibilities serving as the coordinator for their district. This expanded administrative role includes:

- Designation as "Director" by Superintendent or School Board.
- Attendance at district administrator meetings.
- Extended contract.
- Supervision of nurses.
- Coordination of in-service activities for nurses.
- Health policy development.
- Expert / resource for health.
- District health liaison with other community agencies.

On Friday, April 13, despite blizzard-like weather, coordinators from across the state met in Hays to discuss their vision for school nursing in Kansas. Topics included: Challenges, variability of expertise/

experience of school nurses, supervision of Unlicensed Assistive Personnel (UAP), development of standards of school nursing practice using the American Nurse's Association and National Association of School Nurses (NASN) "School Nursing: Scope and Standards of Practice," current school health issues, and documenting of school nurse practice.

**The next meeting for School Nurse Coordinators will be held at the school nurse conference in July. For more information regarding the work of this group, contact [bnickel@kdhe.state.ks.us](mailto:bnickel@kdhe.state.ks.us).**



*Pictured left to right: Polly Witt, Pat Kanaga, Mary Kelly, Beth Rohling, Ann Hunsicker, Brenda Nickel, Jill Pollack, Cindy Galemore, and Chris Tuck*

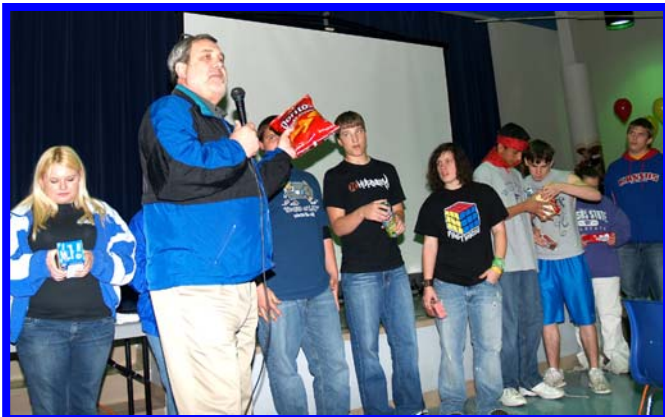
## Collaborative School and Public Health Nurse Project: Nutrition Education at Lincoln Jr/Sr. High School

By LaDonna Rienert, RN, Administrator, Lincoln County Health Department

“A Fiesta of Nutrition” was the theme for a fun-filled day April 11, at the Lincoln Junior and Senior High School commons. The school cooks treated Lincoln High School students, parents, teachers and staff to a nutritious twist on the normal Wednesday Mexican lunch provided. The meal was tweaked to include some nutritious foods such as a whole-wheat tortilla, low fat cheese, low fat sour cream, brown rice, spinach salad, fresh tomatoes and fruit. The students received a hot pepper or cactus bandana as they entered the lunchroom. They were then asked to guess the number of calories in the lunch meal. The total number was 1192 if you ate everything that was offered. The high school winners were Cory Eshom, Phillip Wolf, Landon Pacey, and Ben Feldkamp. The Jr. High winners were Megan Feldkamp and Kevin Street. Each received a portable CD player.



A nutrition display was also set up for parents and students who had questions. Sheri Jonsson, MS, RD, provided education and handouts on sports nutrition and fruits and vegetables.



After lunch, assemblies were held. Dr. Darrel Lang, Education Program Consultant, Physical Education and Health for the Kansas State Department of Education was the speaker (pictured left). His topic was “Reading Nutrition Labels.” He brought a variety of “junk” food and had the students rank food from highest to lowest on total calories, fat calories, carbohydrates, sodium, protein and fiber content. He also taught them to look at the serving size for example: a serving of Pringles is 6 chips, not the whole can. The students and adults present learned a lot.

As the students left school, granola bars, water, and Frisbees were handed out by Carlene Friesen, school nurse; Lisa White RN, Ladonna Reinert RN, and Sheri Suelter from the Lincoln Co. Health Department, and Kathy Lupfer-Nielsen from Post Rock Extension. These individuals were responsible for planning the day’s activities along with Vickie Lebien, the school dietary manager. Funds for the day’s activities were provided by a KDHE grant awarded to the health department to enhance the health of children through collaborative partnerships of public health providers, school nurses and the community.

