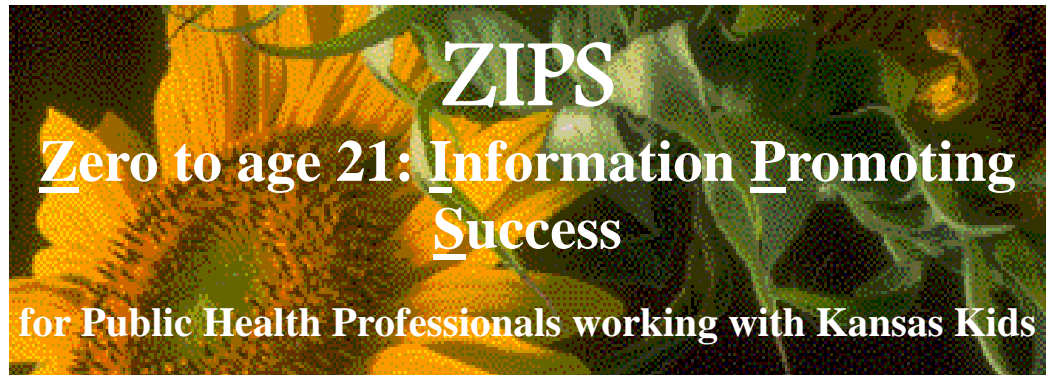


Kansas Department of Health & Environment

Volume 6 Number 6
June 2008



Special Points of Interest:

- * To Drink...or NOT to Drink?
- * Recreational Water Illnesses
- * Water Pipe Smoking among College Students
- * School Nurse Coordinators Visit Capitol
- * 2008 Healthy Start Home Visitor of the Year

Maternal and Child Health Orientation and 2008 Governor's Public Health Conference

By Brenda Nickel, Child and School Health Consultant

The Governor's Public Health Conference was well attended in Wichita April 28-30. The theme, *Public Health in Kansas, There's No Place Like*

Home: Early Intervention Strategies for Healthy Families, provided attendees with information pertaining to early intervention strategies to address environmental and health-related issues impacting the maternal and child population of Kansas.

The Maternal and Child Health (MCH) Orientation was attended by over 50 percent of the general conference attendees and provided public health practitioners new to public health and MCH with a broad overview of the MCH Program, both nationally and in particular, statewide.

Approximately 250 public health practitioners attended the general session that included information on the Health Reform measures that were debated in the legislature this year, an AIDS update, the importance of interventions with pregnant women and the impact that can be made on their children's early learning and school success, as well as new developmental screening recommendations, post partum depression, child care licensing regulations, and the Public Health Orientation Initiative. Other plenary sessions presented information on motivational interviewing, disaster preparedness for families, breastfeeding, Sudden Infant Death Syndrome, and the effects of climate change on Kansas.

The conference concluded with a panel presentation by local public health professionals whose communities were challenged by disasters impacting Kansas in 2007.



Plans for the 2009 Governor's Public Health Conference will begin this summer. The fall Kansas Public Health Association's (KPHA)

conference will be held in Topeka, Sept. 16 – 18 and will be a great opportunity to visit with attendees of the spring conference and to gain more knowledge on strategies and initiatives that can be used to impact the Kansan's health. For more information about the KPHA fall conference, go to www.kpha.us/

Also presented at the conference was the Healthy Start Home Visitor of the Year award, see back page for details.

Pictured from left to right : Linda Frazier, Office of Local and Rural Health; Richard Everett, Southwest Regional Public Health Coordinator; Mitzi Hesser, Kiowa County; Ruth Bardwell, Montgomery County; and Debbie Whitmer, Office of Local and Rural Health, Wilson County.

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Summer Intern Joins the Bureau of Family Health



The Bureau of Family Health welcomes Laura Tate as an intern in the Maternal and Child Health Program. Laura will be working on projects related to child care health consultation training, child care licensing, a capstone presentation for the fall Healthy Start Home Visitor Regional training, as well as learning about state policy and programs impacting families in Kansas. She is a 2008 graduate of the University of Kansas with a Bachelor of Arts majoring in psychology. Her professional interests are in family and child health. Laura lives in Topeka and has a love to dance and teaches dancing. She will be with the MCH program through the end of August. Welcome Laura!



WOMEN'S HEALTH

Joe Kotsch, Perinatal Consultant



To Drink...or NOT to Drink?

If a woman of childbearing age (one capable of becoming pregnant and giving birth to an infant) chooses to drink alcohol or use other substances and have sex, then she is at increased risk of delivering an infant with one or more birth defects. This is because alcohol and many other substances of abuse cross the placenta and can cause direct damage to the developing child.

In the U.S., the incidence rate of Fetal Alcohol Spectrum Disorders (FASD) affects about 40,000 children annually. This is an incidence rate of approximately two affected births per 1,000 live births. In Kansas, this equates to about 76 alcohol-affected births annually. According to some researchers, these estimates seem low. Further, according to the Institute of Medicine (1996) "...alcohol produces by far the most serious neurobehavioral effects in the fetus...of all substances of abuse (including cocaine, heroin, and marijuana)." In terms of cost, approximately \$5.4 billion is spent annually in the U.S. on the most severe form of FASD, Fetal Alcohol Syndrome (FAS). This is only a small portion of the total costs related to caring for those with disabilities that are physical, mental, behavioral or learning-related in nature. Often, many of these disabilities follow an individual for a lifetime.



Can such a terrible condition with often-lifelong consequences for an individual be prevented? Although FASD is not curable, it is a condition that is 100 percent preventable. If women of childbearing age would simply abstain from drinking alcohol, FASD could be prevented. However, the reality of life tells a slightly different story in that many who would have abstained from drinking alcohol during pregnancy may not have known if they were pregnant or that drinking alcohol could cause serious damage to their developing child. Whereas, others drink alcohol and use other substances in order to escape from the harsh realities of life that are in need of ongoing support and treatment services. On the other hand, we know that people tend to have sex after drinking due to a loss of inhibition and are therefore at increased risk for giving birth to a child with FASD. As a first step in the prevention process, persons in policy-making positions as well as those working in the helping professions and parents should first become educated on the dangers of drinking alcohol or using other substances during pregnancy and further passing on this information to as many women and children in their lives as possible. The motto of the FASD Center for Excellence is: "Stop and think. If you are pregnant, don't drink." For more information on FASD go to: www.fasdcenter.samhsa.gov/index.cfm



PUBLIC HEALTH



Women's Emotional Health and Well-being Tools from Bright Futures

By Brenda Nickel, Child and School Health Consultant

The Bright Futures for Women's Health and Wellness (BFWHW) series includes new tools to address the connection between women's mental and physical well-being and encourage better health across the lifespan. The tools, produced by the Health Resources and Services Administration's Office of Women's Health, focus on three main concepts: appreciating oneself, finding balance and purpose in life, and connecting with others. Each tool is designed for a specific audience including women, young women, community groups, and primary care health professionals. All BFWHW tools are wellness-focused, gender-specific, and evidence-based.

New tools in the BFWH series are available from the MCH Library's Web site as follows: A Young Woman's Guide to Emotional Wellness http://mchlibrary.info/BFWHW/BF_young_women_Revised_707.pdf; A Woman's Guide to Emotional Wellness http://mchlibrary.info/BFWHW/BF_Woman_revised_707.pdf; A Community Organization's

Guide to Promoting Emotional Wellness http://mchlibrary.info/BFWHW/BF_Community_Revised_707.pdf A Health Care Provider's Guide to Promoting Women's Emotional Wellness http://mchlibrary.info/BFWHW/BF_Clinicians_Revised_707-2.pdf

A companion one-page flyer for health professionals to use in waiting and exam rooms to support client-professional dialogue about emotional wellness is also available http://mchlibrary.info/BFWHW/BF_Flyer.pdf. Print copies from this series may be ordered from the HRSA Information Center Web site <http://ask.hrsa.gov>.

Article obtained from: Barzel, R. MCH Alert ©. 2008 May 16. National Center for Education in Maternal and Child Health (NCEMCH) and Georgetown University. Maternal and Child Health Library. *Bright Futures for women's health and wellness releases new tools on emotional health*. [Cited 2008 May 20]. Available from < www.mchlibrary.info/alert/archives.html >.



CHILD HEALTH



Regional Healthy Start Home Visitor Fall Training: Something to Smile About!

By Brenda Nickel, Child and School Health Consultant



The 2008 regional fall training for home visitors promises to be educational and fun! The Office of Oral Health and Oral Health Kansas are collaborating with the Maternal and Child Health Program to provide training on *Healthy Smiles*, a program designed to assist pregnant women and their families in learning about the importance of good oral hygiene. Dental hygienists will conduct a three-hour training as part of the exciting agenda for the training that will be held in August. Other topics will include current health issues impacting the MCH population, resources to assist home visitors in their work with families, and an opportunity for peer sharing, an integral component of the fall training that provides an opportunity for Healthy Start Home Visitors and their nurse supervisors to share their challenges, innovative ideas and strategies for home visitation. (Photo obtained from blogs.babiesonline.com/wp-content/uploads/2008/03/eatingwhilepregnant.jpg).

Local health departments providing Healthy Start Home Visitor services will host the training that will be

held from 9 a.m. – 3 p.m. in the following communities.

Friday, Aug 1 - Wyandotte County, Kansas City

Tuesday, Aug 5 - Rooks County, Stockton

Wednesday, Aug 6 - Meade County, Meade

Thursday, Aug 7 - Reno County, Hutchinson

Friday, Aug 8 - Labette County, Parsons

Friday, Aug 15 - Clay County, Clay Center

The final agenda and meeting locations will be sent out to local health departments by June 16. Registration will be available mid-June on KS-TRAIN at <https://ks.train.org/DesktopShell.aspx>



(Photo obtained from www.thepreciousyears.com/wpcontent/uploads/2008/01/toothbrush2.jpg).

Recreational Water Illnesses

By Laura Tate, MCH Summer Intern

Memorial Day weekend has come and gone. For many children that means one thing- the public pools are finally open. What some fail to recognize are the dangers that could be lurking in that ever-so-tempting, clear water. According to the Centers For Disease Control (CDC), Recreational Water Illnesses (RWIs) are illnesses that are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, spas, lakes, rivers, or oceans and more often than not result in diarrhea.



Two of the most common parasites found in pool water are *Cryptosporidium* and *Giardia*. In a CDC study of 160 public swimming pools in Atlanta, GA it was found that one of every 12 pools had evidence of one or both parasites. While the main complaint of swimmers who are affected by these parasites is diarrhea, children and pregnant women can become severely ill if infected with either

parasite. The CDC suggests that swimmers do the following to protect themselves as well as others from these parasites:

- Do not swim when you or your children have diarrhea.
- Do not swallow the pool water and avoid getting it in your mouth.
- Practice good hygiene – take a shower before swimming, take your kids on frequent bathroom breaks, and change babies' diapers in the bathrooms, not at poolside.

www.cdc.gov/Features/PoolParasites/

For more information on RWIs as well as tips for healthy swimming this summer visit:

www.cdc.gov/healthyswimming/index.htm

(Photo retrieved from www.northwarks.gov.uk/images/child-swimming_1.jpg)



ADOLESCENT HEALTH

Jane Stueve, Adolescent and School Health Consultant



Water Pipe Smoking Among College Students

The *Journal of Adolescent Health* reports that a survey conducted at the Virginia Commonwealth University found that 43 percent of the 744 college students surveyed said they had smoked tobacco from a hookah, or water pipe, during the past year, and 20 percent reported using a water pipe in the past month. Hookah users also were more likely than nonusers to believe (wrongly) that using water pipes is less dangerous than smoking cigarettes, according to the online survey conducted by researcher Thomas Eisenberg and colleagues.

Hookah smoking originated in India and was a custom and also an indication of class and wealth. The hookah is a complicated smoking device that is sold for a lesser price than a good tobacco pipe. The jar at the bottom of the hookah is filled with water sufficient to submerge a few centimeters of the body tube, which is sealed tightly to it. Tobacco is placed inside the bowl at the top of the hookah and a burning charcoal is placed on top of the tobacco. When one inhales via the hose, air is pulled through the coal and into the bowl. The air, hot from the charcoal, roasts the tobacco, producing smoke. This smoke passes down through the body tube, which extends into the water in the jar. It bubbles up through the water and fills the top part of the jar, to which the hose is attached. When a smoker inhales from the hose, smoke passes into the lungs, and the change in pressure in the jar pulls more air through the charcoal, continuing the process.

In the U.S. and Kansas many cities have implemented tobacco smoking bans forcing use of non-tobacco such as molasses and non-tobacco herbal flavors. In the U.S. from 2000 to 2004, over 200 new hookah cafes opened for business, most of which are targeted at a young-adult age group, and were particularly near college campuses with

Middle-Eastern communities. Kansas has two hookah bars in Lawrence.

Mayo Clinic has shown that hookah tobacco sessions are more threatening to a person's health than smoking cigarettes. Each hookah session typically lasts from 20 - 80 minutes and consists of 50 - 200 puffs which range from 0.15 - 1 liter per puff. This exposes the hookah smoker to considerably more smoke over a longer time period compared with a cigarette which ranges from 0.5 - 0.6 liters per cigarette. While the water absorbs some of the nicotine in the tobacco smoke, the smoker can be exposed to enough nicotine to cause addiction according to the *British Medical Journal*. Furthermore, the *Journal of American Academy of Pediatrics* reports the water moisture induced by the hookah makes the smoke less irritating and may give a false sense of security and reduce concerns about true health effects.

When talking with our adolescents, especially those leaving home, it would be pertinent to advise them of the increased health risk of water pipe tobacco smoking.



Ask Ken!

ELECTRONIC SUBMISSION OF DATA & CVR'S

- Q.** Do I have to notify you when I get an error log message when I send KIPHS electronic data?
- A.** Yes, even if you correct the errors I still need to know the ID # and type of error to assure that the system counts it correctly; otherwise it may remain uncounted.
- Q.** On WebMCH a client has two cases recorded, What do I do?
- A.** Call me, please so we can correct and prevent one client from being reported from two cases.



SCHOOL HEALTH



School Nurse Coordinators Visit Capitol and Discuss Current School Health Issues

By Brenda Nickel, Child and School Health Consultant



(Photo source: www.krha.org/associations/4132/files/topeka_capitol.jpg)

The afternoon session opened with a presentation by KDHEL Laboratory Improvement Specialists, Connie Fitz and Ruby Brower. They provided information about the Clinical Laboratory Improvement Amendments (CLIA) waivers for schools. Points stressed during their presentation included:

- Correct procedure for collection of specimens
- Using controls in testing
- Process for applying for and maintaining a CLIA waiver for schools

In addition to the presentation, the speaker's demonstrated correct collection of blood from finger sticks, the most common method of obtaining a blood specimen for blood sugar testing in the school setting. Information regarding CLIA can be obtained from these specialists by

calling (785)296-3811 or e-mailing them at cfitz@kdhe.state.ks.us or rbrower@kdhe.state.ks.us.

Kathy Hubka, the school health services coordinator for the Wichita Public Schools, discussed the current work of the Kansas State Board of Nursing as the KSBN works with a task force of school nurses, a state school nurse consultant, members of the practice committee, and Diane Glynn, practice specialist, J.D., R.N. to review and recommend changes to the regulations that govern the practice of school nursing in Kansas.

Both state school nurse consultants, Jane Stueve and Brenda Nickel, updated participants on current school health related issues and trends since the meeting in November.

The next scheduled coordinators meeting will be held in Wichita, Nov 7 with information regarding the content and location to be sent to coordinators at a later date.

- To review resources for CLIA, visit www.kdheks.gov/lipo/clia_survey_and_cert.htm
- To view the KSBN's quarterly board meeting notes go to www.ksbn.org/bma2008.htm Please note that the minutes of the KSBN for the March 2008 meeting that discussed the proposed changes to school nursing regulations were pending as of April 23.

KANSAS COORDINATED SCHOOL HEALTH

Jane Stueve, Adolescent and School Health Consultant

Kansas Coordinated School Health (KCSH) is a program that tailors itself to meet the need of each individual school district that applies for this funding to increase physical activity, improve nutrition, and work in tobacco use prevention. The KCSH program is a collaborative effort between the Kansas State Department of Education (KSDE) and KDHE to reach more than 80,000 students across Kansas.

Kansas has been fortunate over the last five years to receive funding from the Centers for the Disease Control-Division of Adolescent and School Health (CDC-DASH) for KCSH. Unfortunately, this year Kansas did not receive the grant from the CDC-DASH.



However, the Kansas Legislature, (championed by Senator Laura Kelly), did see the important role that KCSH plays in the lives of our children and teachers, and budgeted \$550,000 for the continuation of the program in Kansas schools. This is the same amount of funding the CDC grant provided to improve children's health.

With the support of the Kansas Legislature, there will be continuation of the KCSH philosophy "Healthy students make better learners and better learners make healthy communities." For more information on the KCSH model and grant application process go to www.ksde.org/CNWPortal/CSHP/KCSH_Menus/KCSH_Home.htm

EVENTS



RESOURCES

The 19th Annual Perinatal Association of Kansas (PAK) Conference, "Faces of Prematurity" will be held Friday, June 20, in the Gualt-Hussey Auditorium in the Pozez Education Center at Stormont-Vail Health Care in Topeka. Some topics that will be presented include: medical issues in the late preterm period, ethics related to issues in high-risk pregnancies, a March of Dimes presentation of a model initiative to help reduce preterm births in targeted areas and new laws and issues from the field of genetics. Please go to www.kansasperinatal.org to receive a special "Early Bird" discount on this year's event.

19th Annual Kansas School Nurse Conference theme this year is "All Children Healthy and Learning: School Success Through Health Promotion and Management of Chronic Health Conditions." It will be July 14-18, at the Hyatt Regency Wichita. The New Nurse Sessions: July 14 - 15; General Sessions: July 15 - 17, and Post Session July 17-18. An added bonus to the post sessions this year is the opportunity to attend vision screening training and also to attend School Nurse Emergency Services for Children (SNEMS-C) training. We are able to provide this workshop for \$30 (at the University of Connecticut, the SMCMS-C training cost is \$445) because of a grant from KDHE Emergency Medical Services for Children in the Bureau of Health Promotion. For complete information and registration go to <http://webs.wichita.edu/?u=conted&p=/ksn/>

"Choosing the Best" Abstinence Education curricula and teacher certification training will be held June 18. It will be held at the Kansas Highway Patrol Training Academy, 2025 East Iron Ave, Salina. Registration deadline is June 10, contact Jamie Klenklen at (785) 296-1234 or jklenklen@kdhe.state.ks.us for registration form.

The Quinceañera Program Training will be held on Tuesday, June 24 from 9 a.m. - 4 p.m. at the Fynnup Center for Conservation Education, 312 E Fynnup Drive, Garden City. Register at www.friendsfirst.org/Documents/QRegGardenCitySpr08.pdf by June 16.

The 4th Annual Kansas Abstinence Education Program and Teen Pregnancy Prevention Grantees Joint Meeting will be held on June 26 at the Wichita State University, Center for Community Support & Research, 358 N Main in Wichita. The training will be on *Board Development, The Four "R"s - Recruitment, Retention, Roles & Responsibilities*. Registration begins at 9 a.m. and the workshop will begin at 9:30 a.m. Registration deadline is June 16.

State Farm Insurance and the National Youth Leadership Council - Project Ignition, Application Deadline: July 3. State Farm® and the National Youth Leadership Council (NYLC) are sponsoring Project Ignition. Grades 9-12 and their teachers work together to address the issue of teen driver safety -- how it affects them, their community, and the world around them. How students choose to communicate their message is completely their call. Twenty-five schools will receive \$2,000 grants to implement their programs. One program will be awarded \$10,000 as *Best of the Best*. For more information, go to: www.sfprojectignition.com

SAFE KIDS Kansas: Summer Resources

With the summer season here, there's a need to focus on safety for children involved in summertime activities. Information on safety for children can be found on the Kansas SAFE KIDS Web site at www.kdheks.gov/safekids/materials.html

Water Bottles: Portable Hydration

Water bottles can be a great way to keep hydration close at hand during school days and activities. For information to support the use of water bottles and promoting good hydration, explore the following Web sites:

- * Why Drinking Water is the Way to Go from KidsHealth.org: www.kidshealth.org/kid/stay_healthy/food/water.html
- * Water: How much should you drink every day? from MayoClinic.com: www.mayoclinic.com/health/water/NU00283
- * How Much Water Should Children Drink Each Day? from Ezinearticles.com: <http://ezinearticles.com/?How-Much-Water-Should-Children-Drink-Each-Day?&id=844040>
- * Hydration / Nutrition from Transitions to Complete Education: www.newhopecharitablefoundation.org/id23.html

Peanut Allergies Showing Up at Earlier Ages "Kids are being exposed to peanuts and having allergic reactions much earlier than they did five or ten years ago," says Wesley Burks, M.D., chief of pediatric allergy and immunology at Duke University Medical Center. In fact, data from a new Duke study published in the journal *Pediatrics* shows that children are being exposed to peanuts and exhibiting life-threatening allergies at much earlier ages than ever before. Read the full article at: www.dukehealth.org/HealthLibrary/News/10188?from=RSS

"Friendship is the only cement that will ever hold the world together."

-Woodrow Wilson



**The State of Kansas
Department of Health and Environment**

Bureau of Family Health

Children and Families Section

1000 SW Jackson, Suite 220

Topeka, KS 66612-1274

Phone: 800-332-6262 (Make a Difference)

785-296-1307 (Administration)

“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/

For program information, contact:

Kobi Gomel kgomel@kdhe.state.ks.us
Admin Specialist/ZIPS Technical Editor (785)-291-3368

Jamie Klenklen, BPA jklenklen@kdhe.state.ks.us
MCH Admin Consultant (785)-296-1234

Joseph Kotsch, RN, BSN, MS jkotsch@kdhe.state.ks.us
Perinatal Consultant (785)-296-1306

Ileen Meyer, RN, MS imeyer@kdhe.state.ks.us
Director, Children & Families (785)-296-1303

Ken Miller kmiller@kdhe.state.ks.us
Data Specialist (785)-296-1305

Brenda Nickel, RN, BSN bnickel@kdhe.state.ks.us
Child and School Health Consultant (785)-296-7433

Jane Stueve, RN, BSN jstueve@kdhe.state.ks.us
Adolescent and School Health Consultant (785)-296-1308

Visit our Web site at www.kdheks.gov/c-f

2008 Healthy Start Home Visitor of the Year Elaine Welch, Pawnee County

By Jamie Klenklen, MCH Admin Consultant

On April 30, Jamie Klenklen presented Elaine Welch with a certificate and plaque for being recognized as the 2008 Healthy Start Home Visitor of the Year from the Children and Families Section, Bureau of Family Health, KDHE during the 3rd Annual Governor's Public Health Conference in Wichita.

Mary Beth Herrmann, RN, and administrator of the Pawnee County Health Department nominated Elaine Welch for this award. Elaine has been a Healthy Start Home Visitor for 16 years. She is a mother of two children, grandmother of four and a great-grandmother. Two of the first things she did were to meet with the obstetricians, pediatricians and family practice physicians in the area to provide information about the Healthy Start program and to learn about what guidance they have for clients which she could reinforce during her visits. Then she contacted local retail stores and partnered with them to provide free gift samples that she could take on her visits. Once word got out about the

Healthy Start program, then other organizations wanted to partner with Welch. Today, these collaborative community partnerships have formed a solid foundation for the organizations to successfully work together on projects and services.



Pictured left to right: Jamie Klenklen, KDHE; Elaine Welch, Mary Beth Herrmann.

When faced with a challenge, Welch is pro-active and if she can't provide the resource through the health department, she knows where to find it. She reaches out into the community and they depend on her help as well. She is truly helping to build healthier communities.

The Kansas Healthy Start Home Visitor Services program in Kansas provides outreach and support services for families who are participating in the Maternal Child Health program. In 2007, our Kansas HSHV provided services to 7,616 mothers with a total of 9,208 visits made to these families. We appreciate and recognize the Healthy Start Home Visitors who give tireless efforts of their valuable time in order to make a difference someone's life.