



**Zero to age 21:
Information
Promoting
Success**

**for Public Health Professionals
working with Kansas Kids**

February 2010



**HAPPY
VALENTINES
DAY!!!**

MATERNAL SMOKING AND BREASTFEEDING PRACTICES

By Joe Kotsch, Perinatal Consultant

A study in the December 2009 edition of *Pediatrics*, the journal of the American Academy of Pediatrics, examines the association of smoking status as a risk factor for reduced initiation and duration of breastfeeding.

Researchers used the Missouri Pregnancy-Related Assessment and Monitoring System to collect a stratified sample of new mothers in 2005. Respondents were classified as nonsmokers, smokers who quit during pregnancy, light smokers (less than 10 cigarettes per day) or moderate/heavy smokers (more than 10 cigarettes per day).

Of the 1,789 women participating in the study, 74 percent had breastfed and 31 percent had smoked while pregnant. In comparison with nonsmokers, the moder-

ate/heavy smokers and light smokers were less likely to initiate breastfeeding, after controlling for socio-demographic characteristics, the presence of other smokers in the household, alcohol use, mode of delivery and infant hospitalizations. Smokers were also more likely to wean over time.

To access the study online visit <http://pediatrics.aappublications.org/cgi/content/abstract/124/6/1603>.

Kansas Tobacco Use Prevention Program and smoking cessation resources for pregnant women and others can be found on the KDHE website at www.kdheks.gov/tobacco/index.html and by calling the Kansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).



Recall Notice of Infant Car Seat/Carriers

Please be advised that the Consumer Product Safety Commission, the National Highway Traffic Safety Administration and the Dorel Juvenile Group announced a recall on December 18, 2009, for Dorel infant car seat carriers. These infant car seat carriers create a fall hazard when used as an infant carrier, since the child restraint handle has been reported to loosen partially or completely, sometimes resulting in injury.

See more detailed information on this recall and a picture of the recalled product: www.cpsc.gov/cpscpub/prerel/prhtml10/10084.html.

Bureau of Family Health Public Health Nurse Consultant Appointed to State Child Death Review Board

By Brenda Nickel, Child and School Nurse Consultant



Brenda Nickel has been appointed to serve on the State Child Death Review Board (SCDRB) representing KDHE. The SCDRB was created by the Kansas Legislature in 1992 and is administered by the Kansas Attorney General's Office.

The SCDRB is a 10 member multi-disciplinary board comprised of medical, law and social service professionals, whose appointments are defined by statute. The purpose of the SCDRB is to “determine the number of Kansas children who die annually, describe trends and patterns of child deaths, identify risk factors . . . [and] develop prevention strategies in order to lower the number of child deaths” (SCDRB, 2008, no page number).

The work of the SCDRB focuses on three specific goals:

- To describe trends and patterns of child deaths and identifying risk factors in the population.
- To improve interagency communication so recommendations can be made regarding recording of actual cause of death, investigation of suspicious deaths, and system responses to child deaths.
- To develop prevention strategies including community education and mobilization, professional training, and changes in legislation, public policy and/or agency practices.

An important strategy is efforts to increase awareness of potential threats to the lives of children by releasing

child protection tips for parents and others who work to protect Kansas children.

Nickel is a public health nurse consultant with the Bureau of Family Health, Title V Maternal and Child Health (MCH) Program. In this position she works with public and private healthcare providers, stakeholders with an interest in family health, policy makers, local health department and school nurses and assists in workforce development. She is a fellow of the Kansas Public Health Leadership Institute and holds memberships with the Kansas Public Health Association, the Kansas State Nurses Association, the American Nurses Association, the National Association of School Nurse Consultants, the American School Health Association and Phi Kappa Phi.



To learn more about the State Child Death Review Board and to access resources and the annual report, go to www.ksag.org/page/child-safety and www.ksag.org/page/learn-about-child-death-in-kansas

References

State Child Death Review Board (SCDRB). (2008 February). State Spotlight – Kansas. National MCH Center for Child Death Review. Retrieved January 14, 2010, from www.childdeathreview.org/spotlightKS.htm.

Image Source: www.immunizekansaskids.org/graphics/BoySunflowers.jpg.

Calcium: The Bone Builder

By Jane Stueve, Adolescent and School Health Consultant



Calcium is the most abundant mineral in the body. It is found in foods, supplements and some antacids. Calcium is used to maintain healthy teeth and bones.

Calcium is also important for muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and transmitting impulses throughout the nervous system.

The body strives to maintain constant concentrations of calcium in blood, muscle, and intercellular fluids, though less than 1 percent of total body calcium is needed to support these functions (National Institute of Health [NIH], <http://ods.od.nih.gov/factsheets/calcium.asp>). The remaining calcium in the body is stored in the bones and teeth.

During teenage years, the recommended dietary allowance (RDA) of calcium is 1300mg a day. The best way to get the RDA is to drink milk and eat yogurt, cheese and calcium fortified foods, as these are extremely high in calcium.

Michael Murray ND and Joseph Pizzorno ND, Encyclopedia of Natural Medicine, Revised Second Edition,

write that, “Soft drinks have long been suspected of leading to lower calcium levels and higher phosphate levels in the blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of the bones. The phosphate content of soft drinks is very high, and they contain virtually no calcium.”

It appears that increased soft drink consumption is a major factor that contributes to osteoporosis. They go on to say that “The United States ranks first among countries in soft drink consumption. The per-capita consumption of soft drinks is in excess of 150 quarts per year, or about three quarts per week.” www.awakening-healing.com/Healthy_Products/effects_of_drinking_soda.htm.

Other articles suggest that soda simply replaces milk in the diet, thereby decreasing the intake of milk and calcium. <http://ods.od.nih.gov/factsheets/calcium.asp>.

The National Institutes of Health supports the use of supplements for young people who don't get sufficient calcium through their diet to support strong teeth and bones. Check with your primary care physician for recommendations relating to calcium supplementation.

For more information on a balanced diet and recommendation of calcium for your gender and age, visit www.mypyramid.gov.

Diabetes and Teens Heart Health

By Jane Stueve, Adolescent and School Health Consultant

Since 1963, February has been proclaimed as “American Health Month.” Heart disease is our nation’s number one cause of death followed by cancer and stroke. (www.cdc.gov/nchs/fastats/lcod.htm) The goal of the American Heart Association during February is to provide education about heart disease and stroke.

Heart disease and stroke are the number one cause of death and disability among people with type 2 diabetes. At least 65 percent of people with diabetes die of some form of heart disease or stroke. The U.S. has had an increase in diabetes over the last several years in childhood obesity (American Heart Association).

Young people in their late teens are developing complications of type 2 diabetes. It is the main cause of kidney failure, limb amputations and new onset blindness in adults and a major cause of heart disease and stroke.

The prevalence of type 2 diabetes has tripled in the last 30 years, due in large part to the upsurge in obesity. People who are obese, defined as a body mass index (BMI) of 30 or greater, have a five-fold greater risk of diabetes than those with a normal BMI of 25 or less.

Once seen only in adults, type 2 diabetes has been rising steadily in children, especially minority adolescents — African Americans, Hispanic Americans and

Native Americans, according to reports from clinics around the country.

Researchers are still figuring out exactly how diabetes changes cholesterol levels at the microscopic cellular level. They do know that high levels of insulin in the blood tend to adversely affect the number of cholesterol particles in the blood.

High insulin levels act to raise the amount of LDL cholesterol (the “bad cholesterol”) that tends to form plaques in arteries, and lower the number of HDL cholesterol particles (“good cholesterol”) that help to clear out dangerous plaques before they break off to cause a heart attack or stroke. Diabetes also tends to cause higher levels of triglycerides, another type of fat circulating in the blood. (http://parentingteens.about.com/cs/diabetes/a/obeseteens_2.htm).

With the relationship between heart disease and diabetes, it is important for people with diabetes to get all of the information they can.

Teens that develop lifelong habits that include healthy diet, exercise and monitoring their diabetes can expect to live as long as someone without diabetes.

If you have diabetes, seek to develop healthy habits and get routine medical care, so you can avoid heart disease and the risk of a heart attack and stroke. For more information visit www.americanheart.org.

Beginning Fall Semester Prep: Kindergarten Orientation and Activities Physicals

By Brenda Nickel, Child and School Nurse Consultant

Entering the second semester of the school year provides a moment for nurses serving schools to catch their breath . . . then to take another as they plunge into spring and preparations for the next school year.



Kindergarten

Orientation Resources

Many school districts provide orientation for preschool and kindergarten parents to assist in a smooth transition in the fall. Kansas school entry

health requirements include age appropriate immunizations and a health assessment for school entry. There is not any specific child health assessment form required for school age children, therefore the optional Kan Be Healthy Form may be used. For children who may participate in a regulated preschool or child care setting, forms are available from Child Care Licensing and Registration, KDHE.



Optional school health assessment forms
www.kdheks.gov/c-f/downloads/Kan_Be_Healthy_Screening_Form.pdf.



Child care health forms www.kdheks.gov/bcclr/forms.html.



The Kansas Immunization Program will provide updated information on school immunization requirements for the upcoming 2010-2011 school year.

Immunization Information and forms
www.kdheks.gov/immunize/schoolInfo.htm.



Activities and Sports Physicals

According to the Kansas High School Activities Association (KSHSAA) Handbook 2009-2010 Edition, students in grades 7-12 “are not eligible to represent their school in interschool athletics, spirit or spirit competition groups until there is on file with the superintendent or principal . . .” (p. 24) an annual pre-participation physical evaluation (PPE). Furthermore, the PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.



PPE forms in English and Spanish
www.kshsaa.org/forms.html

Image sources:

www.merrimackpta.com/wp-content/themes/mpta/images/pre-kindergarten-left.jpg
www.discoveret.org/chsband/images/Border%20Pics/BB-Walk02.jpg

Reducing Drop-Outs by Half: A Stimulus in Itself

By Ileen Meyer, Director, Children & Families Section, from PEN Weekly News Blast 01/15/09

The Alliance for Education has released a study with evidence that lowering the high school dropout rate would have important economic implications for the 45 largest metropolitan areas in the U.S.

In these cities, an estimated 600,000 students dropped out from the Class of 2008. If rates were reduced by half, these graduates would likely have bought homes worth \$10.5 billion more than without a diploma, the report found.

They would have supported 30,000 additional jobs and increased the gross regional product in their areas by up to \$5.3 billion by the midpoint of their careers.

They would have seen \$4.1 billion in combined additional earnings in the average year, spent an additional \$2.8 billion, and invested an additional \$1.1

billion each year, boosting annual tax revenue by \$536 million.

They would have purchased an additional \$340 million in vehicles. "The new findings from the Alliance for Excellent Education conclusively demonstrate that graduating from high school has significant positive economic and financial consequences for the business community and not just for the individual getting the education," said Edward B. Rust Jr., chairman and CEO of State Farm. "Assuring that all of our students graduate from high school with the skills necessary to compete in a global economy is something all businesses -- small and large -- should see as a priority."

To see the report visit www.all4ed.org/publication_material/EconMSA.

Public Health Practitioner's Work: Kansas History Will Reflect Your Commitment

By Brenda Nickel, Child and School Nurse Consultant

The past 10 months of H1N1 pandemic influenza response by public health should not surprise those in public health: we are strong, creative, flexible and versatile practitioners who recognize that when public health is threatened, we are there to protect, promote and prevent increased morbidity and mortality. Whether it is an environmental specialist or sanitarian, a nurse, a social worker, physician, community health worker or epidemiologist, passionate public health work is being done daily!

During this current lull in the intensity of pandemic influenza, the countless responders and health care practitioners in Kansas need to take a breath and think about the unprecedented response made over the past 10 months. Acknowledge your contributions to Kansas public health through health promotion, prevention and protection function that includes health education, provision of services, vaccination initiatives, and reassurance to our citizens in an age of 24-hour access to information, global travel, and a time of challenges, expectations, and possibilities. Consider in all of this how you continued to work to assure safe environments, monitoring for compliance with health and safety regulations, and conducting surveillance and continuing the daily business of public health.

Most importantly, consider how your work will be portrayed as these days pass into the history books and we pick up momentum to tackle the next challenge. You practice every day along with the spirit and passion of past public health pioneers and champions. And more importantly, your work inspires those who have not yet felt the kindling of that spark we call "public health."

Sit back, take a breath, and enjoy a few minutes to consider those names we revere as public health leaders ~ your name will join theirs in the history books!



Explore the accomplishments and passion of Samuel J. Crumbine, a Kansas physician who led the nation in such public health initiatives as "Don't Spit on Sidewalk" to eliminate tuberculosis, eliminating the common drinking cup, and the "Swat the Fly" campaign to impress on children and adults alike, how disease transmission can occur and be

stopped. You can learn more from the Kansas Public Health Association at www.kpha.us/documents/crumbine_frontier.htm or at the Kansas State Historical Society at www.kshs.org/portraits/crumbine_samuel.htm.

(Image Source: www.kshs.org/portraits/crumbine_samuel.htm)

Read about the passion of Lillian Wald, a public health nurse whose tireless efforts to link the health of children with the health communities and nations led to championing for the public "grounded in the belief that the world was simply an expanded version of the culturally diverse neighborhood" (JWA, 2010, no page number).

(Image Source: www.jewishmag.com/51mag/wald/lillian.jpg)



Reference

Jewish Women's Archive. (14 January 2010). JWA - Lillian Wald – Introduction. Retrieved January 14, 2010, from <http://jwa.org/exhibits/wow/wald/>.

Partnering for Success: How Health Departments Work and How to Work with Health Departments



The National Association of Chronic Disease Directors is excited to share with you the most recent publication, *Partnering for Success: How Health Departments Work and How to Work with Health Departments*.

This publication was developed by NACDD's School Health Project, in collaboration with and support from CDC-DASH. It focuses on creating healthy schools and the many ways in which health departments can be of support to schools, education departments and community leaders.

It is designed to help readers better understand how state and local public health systems are structured, their roles, what types of programs they administer, the support and resources they can offer to school health programs and how to take advantage of those resources.

For more information visit [www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17\[1\].pdf](http://www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17[1].pdf).



Jamie's Jottings

By Jamie Klenklen, MCH Admin Consultant

Income Limit Increased in 2010

- Beginning in January, the income limit for the State Children's Health Insurance Program (CHIP) eligibility in Kansas will increase from 200 percent to 250 percent of the 2008 federal poverty level, or \$44,000 per year for a family of three. This will help our efforts to get more uninsured Kansans who are eligible for Medicaid and CHIP to enroll for benefits.

5th Annual 2010 Healthy Start Home Visitor of the Year Award

- This is the fifth year a Healthy Start Home Visitor in Kansas will be recognized for outstanding achievements and contributions to the success of local and state MCH programs. The KDHE/Bureau of Family Health/Children & Families Section will honor an outstanding individual who has demonstrated a philosophy of home visitation that is empowering families in our state.

This award has been created to honor home visitors that exhibit exemplary judgment, utilization of resources and supports, and are valued as a member of their MCH staff. This award recognizing his/her achievements will be presented at noon on Wednesday, April 28 during the 2010 Governor's 5th Annual Public Health Conference (April 26-28) at the Airport Hilton Hotel, 2098 Airport Road, Wichita.

All nominees whose names are submitted will be recognized after the luncheon with a certificate acknowledging their contributions. The committee will select one of the nominees based on the criteria listed below that best represents Healthy Start Home Visitor services.

Supervisors/Administrators are asked to write a one-page essay describing why the nominee deserves to receive the Healthy Start Home Visitor of the Year Award. Explain what makes the nominee an extraordinary Healthy Start Home Visitor, including their role both in the work setting and in the community by using the criteria listed below. Please attach the essay to the 2010 Healthy Start Home Visitor of the Year Award Nomination Form. It is due on April 1.

Criteria for nominations should include one or two paragraphs within the one-page essay describing how the home visitor promotes the "quality of life" for families. What drives the Healthy Start Home Visitor's quest to go the extra mile and accomplish things beyond the call of duty? We are looking for success stories or descriptions of individuals who are driven to consistently provide Healthy Start services. Our 2010 conference theme is: "Promoting Quality of Life for a Healthy Kansas!"

For more information and for the application, please contact Jamie Klenklen at 785-296-1234 or jklenklen@kdheks.gov.

Give Kids A Smile® (GKAS)

By Jamie Klenklen, MCH Admin Consultant



ADA American Dental Association®



Each year on the first Friday in February, thousands of the nation's dentists and their dental team members provide free oral health care services to children from low-income families across the country. (While the first Friday of February is the recommended event date, Give Kids A Smile programs

can be successfully conducted during any month of the year. Some dentists may choose to pick another date that is more convenient to their schedule.)

The American Dental Association (ADA) Give Kids A Smile® (GKAS) program enhances the oral health of large numbers of needy children. GKAS activities also highlight for policy makers the ongoing challenges that

disadvantaged families face in finding dental care.

Kansas has two participating clinics. For more information contact the following and ask for the "Give Kids A Smile" coordinator.

- Fifth District Dental Society of Kansas, 11724 W 109th St, Overland Park, KS 66210-1226
Phone: 913-338-2227 or Fax 913-661-2677
Areas covered are the counties of Franklin, Johnson, Linn and Miami
- Wichita District Dental Society
Phone: 800-578-1002
E-mail: michelle.e.jacobi@gmail.com
Areas covered are the counties of Kingman and Sedgwick

For more information visit: www.ada.org/prof/events/featured/gkas/index.asp.



Ask Ken!

ELECTRONIC SUBMISSION OF DATA & CVRS



Q. Can I run yearly reports on WebMCH? Will Ken send out yearly reports to WebMCH users?

A. Local agencies entering MCH client encounter data directly into the WebMCH system are able to extract and compile their MCH User reports directly from that system. WebMCH system participants needing assistance running their own unduplicated year-end reports may contact Joseph Kotsch at 785-296-1306 or jkotsch@kdheks.gov. No, I do not send out any data other than Family Planning totals for those counties on WebMCH.

Q. In MCH, do I count the unborn child as a family member?

A. No.

EVENTS



RESOURCES

Save the date!



National Wear Red Day, Friday, February 5th is the one day each year we dedicate to building awareness of risk, and raising funds for research and education on behalf of women everywhere. Each year, thousands of men and women at companies, organizations, churches and schools wear red and Go Red to fight heart disease. So join us on February 5, as we paint the country red! For more information, visit www.americanheart.org/presenter.jhtml?identifier=3070123.

National Women and Girls HIV/AIDS Awareness Day is March 10. This annual event helps raise awareness of the concern of the increasing impact of HIV/AIDS on women and girls. One of the primary awareness messages in this regard from the U.S. Department of Health and Human Services Office on Women's Health is that every 35 minutes a woman tests positive for HIV in the United States of America. For more information on this event: www.womenshealth.gov/NWGHAAAD/planning-materials/.

The Employment 1st Summit on April 15-16, at Topeka Capitol Plaza Hotel. Registration is \$50 for the two day conference, which is refundable upon attendance. Meals are provided. Those who should attend include people with disabilities and their families, service providers, CDDO's, educators, centers for independent living, mental health centers, educators, rehabilitation counselors, employers and policy makers. Several national speakers are scheduled to present. For more information, please contact the KS Council on Developmental Disabilities at 785-296-2608. Registration forms are expected to be available in February 2010.

Moving Ahead Together: Celebrating the Legacy, Shaping the Future of Maternal and Child Health will be March 6-10, at the Gaylord National Hotel and Convention Center National Harbor, MD. The goal of the 2010 AMCHP Conference is to advance the health of women, children and families by promoting innovations in MCH policy and programs, sharing best practices, developing state MCH leadership, and fostering multidisciplinary approaches to address key health issues impacting MCH. AMCHP is pleased to announce that Kathleen Sebelius, Secretary of the U.S. Department of Health and Human Services, will be speaking at AMCHP 2010! Be sure to join us and hear the latest from Secretary Sebelius on national policies and programs related to maternal and child health, health reform, and other HHS priorities. For more information, visit www.amchp.org/Events/amchp-conference/Pages/default.aspx.

KDHE Publications for the H1N1 Flu Virus can be found at www.kdheks.gov/H1N1/.

Reducing Infant Mortality Baltimore, MD : Annie E. Casey Foundation, 2009 ; 13 p. MH09D9523 Available online: www.aecf.org/~media/Pubs/Initiatives/KIDS%20COUNT/K/KIDSCOUNTIndicatorBriefReducingInfantMortality/ReducingInfantMortality.pdf.

Reducing the Child Death Rate Baltimore, MD : Annie E. Casey Foundation, 2009 ; 12 p. MH09D9526 Available online at www.aecf.org/~media/Pubs/Initiatives/KIDS%20COUNT/K/KIDSCOUNTIndicatorBriefReducingtheChildDeathR/ReducingChildDeathRate.pdf.

The new Teen Drivers License Law For more information visit the Kansas Traffic Safety Resource Office website at www.ktsro.org/.

AHA Offers New Online Rhythm Pediatric Course The American Heart Association (AHA) announces the availability of the new eLearning course Learn: Rhythm Pediatric. This course is aimed at all health-care providers, especially those preparing for a Pediatric Advanced Life Support (PALS) course. It is designed to teach basic pediatric rhythm recognition skills, the relationship between the electrocardiogram (ECG) strip and heart impulses and how to identify and distinguish between common pediatric arrhythmias. The course employs a variety of different educational approaches, including interactive activities, animation, audio and self-assessment portions.

For more information, visit: www.onlineaha.org/index.cfm?fuseaction=info.pals.

February is International Prenatal Infection Prevention Month Group B Strep International is an international group that promotes awareness and prevention of Group B Strep disease in babies before birth and in early infancy at the national and community levels. In order to further their goals, they have set aside February as a month to focus on the prevention of prenatal infections generally and Group B Strep prevention specifically. For additional information and resources go to: www.groupbstrepinternational.org.

There is a brilliant child
locked inside every
student.

— Marva Collins