



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

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

March 2010



Obesity in Pregnancy and a Lifetime of Better Nutrition

By Joe Kotsch, Perinatal Consultant

Obesity in pregnancy has been linked to any variety of risks according to results from several recent studies. Obese women:

- Are at an increased risk of infertility and pregnancy-related complications such as hypertension, gestational diabetes and blood clots
- More often require cesarean sections
- Have prenatal care costs that are often much higher than for women of normal weight (one study measured 16 times higher costs)
- Should be encouraged to lose weight before pregnancy, but not during pregnancy due to potential nutritional risks for mothers and infants in utero
- Who use surgical weight loss methods should wait to become pregnant until weight loss related to the surgery has leveled off.

Obesity in pregnancy has been linked to an increased risk in neural tube defects (estimated at two in 1,000 live births for spina bifida) about two times greater than that of normal weight women. Although folic acid supplementation has been shown to decrease the risk for neural tube defects, the two-fold difference persists between obese women and normal weight women with adequate intake of folic acid.

Since greater health risks exist for both mothers and infants, it would seem advisable for health care providers to identify and discuss any weight issues with women before, during and after pregnancy. In June 2009, the American Congress of Obstetricians and Gynecologists (ACOG) issued a practice bulletin for obstetricians and gynecologists on managing obesity in pregnancy.

More than 90 million Americans are affected by chronic diseases and conditions that compromise their quality of life and well-being. Since overweight and obesity, leading risk factors for diabetes and other chronic diseases, are now very commonplace it seems individuals should be encouraged by health care practitioners to make special efforts to achieve a normal weight. The U.S. Department of Health and Human Services (HHS) has provided some recommendations for individuals to achieve a normal weight:

- Get enough nutrient-rich foods
- Limit nutrient-poor foods
- Achieve a proper balance between dietary intake and physical activity

Additional information on obesity in pregnancy can be found at www.marchofdimes.com/aboutus/10651_12183.asp.

Reducing the Risk of SIDS in Child Care

By Brenda Nickel, Child and School Nurse Consultant



The American Academy of Pediatrics (AAP) Healthy Child Care America is pleased to announce the release of a new online module on Reducing the Risk of Sudden Infant Death Syndrome (SIDS) in Child Care. Based off of the AAP Reducing the Risk of SIDS in Child Care Speakers Kit, this FREE course is designed to educate everyone who cares for babies, including child care providers, health care professionals, parents, grandparents and relatives.

In one hour, participants will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep-related deaths. With an easy-to-use format, this course is available 24/7 from your home or office computer. Child care providers will receive a certificate of completion for 1.0 contact hour. Health care professionals can also receive credit.

For instructions on how to access this FREE course, visit www.healthychildcare.org/pdf/SIDSmoduleflyer.pdf. Feel free to disseminate this flyer to anyone who cares for infants!

For more information and materials on how to reduce the risk of SIDS, visit www.healthychildcare.org/sids.html.

The Reducing the Risk of SIDS in Child Care online module is supported by Grant No. U46MC04436 from the US Department of Health and Human Services, Child Care Bureau and the Health Resources and Services Administration, Maternal and Child Health Bureau, to the AAP.

Migraines and Pregnancy

By Ileen Meyer, Director, Children & Families Section

A migraine is a very painful type of headache. People who get migraines often describe the pain as pulsing or throbbing in one area of the head. During migraines, people are very sensitive to light and sound. They may also become nauseated and vomit. The occurrence of migraines is about three times greater for women than men.

Some people can tell when they are about to have a migraine because they see flashing lights or zigzag lines or they temporarily lose their vision. Some known migraine triggers are:

- Anxiety
- Stress
- Lack of food or sleep
- Exposure to light
- Hormonal changes (in women)

Some women may experience a migraine for the first time during pregnancy, whereas previous migraine sufferers may find that their migraines become better, worse or not change as a result from pregnancy.

The March of Dimes provides some specific suggestions for helping alleviate migraines during pregnancy. They recommend that women who suffer a migraine for the first time during pregnancy, as well as women with unusual migraine symptoms, contact their health care providers to rule out the possibility of more serious conditions such as preeclampsia, infection or perhaps an internal injury from a fall.

For more information visit www.marchofdimes.com/pnhec/159_15289.asp.

Text4baby Campaign



text4baby[™]

“Text4baby is a free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby’s date of birth.

Text4baby is made possible through a broad, public-private partnership that includes government, corporations, academic institutions, professional associations, tribal agencies and non-profit organizations. Founding partners are HMHB, Voxiva, CTIA - The Wireless Foundation and WPP. Johnson & Johnson is the founding sponsor, and premier sponsors include Well-Point, Pfizer and CareFirst BlueCross BlueShield. U.S. government partners include the White House Office of Science and Technology Policy and the Department of Health and Human Services. The mobile health platform is provided by Voxiva and free messaging services are generously provided by participating wireless service providers. Implementation partners include BabyCenter, Danya International, Syniverse Technologies, Keynote Systems and The George Washington University.”

Information courtesy of the National Healthy Mothers, Healthy Babies Coalition. For more information visit www.text4baby.org.

Promoting Safe Sleeping Policy and Practices: Reducing the Risk of Sudden Infant Death in Child Care

By Maggie Baker R.N., Finney County Health Department ~ Guest Writer

The death of a child in childcare is a tragic event. It saddened our community in Finney County, in August 2009. Sudden Infant Death (SIDS) is the unexpected death of a seemingly healthy infant under one year of age for whom no cause of death can be determined. It is the leading cause of death in children from one to twelve months of age. SIDS is unpredictable, unpreventable and irreversible; however, there are steps to reduce the risk factors.

Prospective childcare providers in Finney and Kearny Counties must attend a Child Care Orientation. During that time I present material to become a licensed or registered provider. Now, as part of the orientation process, they must also attend SIDS training. I have developed a Power Point presentation outlining safe sleeping practices for infants in childcare and I highly recommend a Safe Sleep Policy. The providers receive multiple handouts, a Back-to-Sleep door hanger and a Safe Sleep Policy. I encourage providers, who offer care to infants, to speak with their parents regarding sleep practices at home.

Some staggering statistics regarding SIDS:

- Approximately 20 percent of SIDS deaths occurred while the infant was in the care of a non-parent caregiver
- Babies who sleep on their tummies are at five times greater risk of SIDS death
- Babies put on their tummies to sleep who usually sleep on their backs are at an 18 times greater risk of SIDS death
- 95 percent of SIDS deaths occur before six months of age

Ways to reduce risk factors

- Always place your baby on his/her back to sleep, for naps and at night. The back sleep position is the safest, and every sleep time counts.
- Place baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- Keep soft objects toys and loose bedding out of your baby's sleep area. Don't use pillow-like crib bumpers in your baby's sleep area and keep all items away from your baby's face.
- Do not allow smoking around your baby. Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.

- Keep your baby's sleep area close to, but separate from where you and others sleep. Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but baby can sleep in the same room as you.
- Think about using a clean, dry pacifier when placing your infant down to sleep, but don't force the baby to take it
- Do not let your baby overheat during sleep. Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
- Avoid products that claim to reduce the risks of SIDS because most have not been tested for effectiveness or safety.
- Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other conditions talk to your health care provider.
- Reduce the chance that flat spots will develop on your baby's head: provide "tummy time" when your baby is awake and someone is watching, and avoid too much time in car seats, carriers, and bouncers. Tummy time helps your baby's head, neck and shoulder muscles get stronger and help to prevent spots on the head.

Some excellent sources of information and training (many free or reproducible) include:

- SIDS Network of Kansas www.sidsks.org/
- SIDS Resources Inc., www.sidsresources.org/Contactus.HTM
- Back-to-Sleep Campaign www.nichd.nih.gov/SIDS
- Healthy Child Care America www.healthychildcare.org
- First Candle/SIDS Alliance www.firstcandle.org



Meet Our Guest Writer!

Maggie is a Child Care Surveyor and a Kansas Child Care Health Consultant serving Finney and Kearny Counties. To learn more about Maggie, her colleagues and services at the Finney County Health Department, be sure and visit their website at www.finneycounty.org/index.aspx?NID=139. If you would like to know more about Maggie's program and the training that she conducts with child care providers and families in her communities, contact her at mbaker@finneycounty.org.

Positive Youth Development

By Jane Stueve, Adolescent and School Health Consultant

A delegation from Kansas was one of six states selected to participate in a workshop hosted by the Building Partnerships for Youth project. This project is a partnership between the National 4-H Council and the University of Arizona. Funding was provided by the Centers for Disease Control and Prevention (CDC).

The goal of this time is to increase the integration of positive youth development (PYD) principles statewide through awareness activities, professional development opportunities and potential policy work.

Over the next 18 months, the Kansas delegation will receive in-depth training and technical assistance from staff at the University of Arizona. The purpose of this training and assistance is to develop each statewide team's ability to develop and implement a statewide action plan around PYD.

PYD is a process by which all young people seek ways to meet their basic physical and social needs and to build the competencies (knowledge and skills) necessary to succeed in adolescence and adulthood.

There are eight critical elements to PYD:

1. A relationship with a caring adult
2. A safe environment--physically, emotionally and psychologically
3. An inclusive environment to experience a sense of belonging
4. Opportunities for mastery
5. Engagement in learning
6. Opportunities for self-determination
7. Opportunities to see oneself as an active participant in the future--sense of hope
8. Opportunities to value and practice community service

At the conclusion of the workshop, the Kansas team had developed a ground framework for a state plan to integrate PYD into communities to maximize collaboration and sustainability.

For information on Positive Youth Development go visit the Act for Youth, Center of Excellence website at www.actforyouth.net/default.asp?ID=youthDevelopment. More information on Positive Youth Development will be coming to your communities soon.

The team was led by Dr Elaine Johannes, Asst. Professor and Extension Specialist with the School of Family Studies and Human Services, Kansas State University. Other members of the team included: Peggy Berrier-Boyd, Extension Agent, 4-H Youth Development of Wyandotte County; Malissa Martin-Wilke, President of Communities in Schools of Kansas; Ella Todd, Director of the Kansas Mentors with KDHE; Jane Stueve, Adolescent and School Health Consultant with KDHE; Lyndsie Oathout, youth representative from Southwestern College of Kansas and; Ariel Anib, youth representative from Kansas State University.



Kansas team pictured left to right: Front row: Ella Todd, Ariel Anib. Back Row: Jane Stueve, Malissa Martin-White, Lyndsie Oathout, Elaine Johannes and Peggy Berrier-Boyd.

Kansas School Nurse Conference: Addressing Global Issues

By Brenda Nickel, Child and School Nurse Consultant

With approximately 400 professional registered school nurses and public health nurses attending annually, the Kansas school nurse conference is the fourth largest conference in the United States. The 21st Annual Statewide Summer Conference will be held at the Wichita Hyatt Regency July 19 – 23 offering:

- New School Nurse Session July 19 – 20
- Pre- and Post-conference Sessions
- General Conference July 20 – 22

The 2010 conference theme, “Heartland School Nurses Addressing Global Issues,” will feature presenters addressing health concerns and offering suggestions and resources to help public health professionals serving children in Kansas schools. Keynote presenters include:

- Martha B. Baird, Clinical Assistant Professor, The University of Kansas Medical Center School of Nursing: “Considerations when working with migrant and refugee families in the school setting”
- Terie Dreussi Smith, “Bridges Out of Poverty: Strategies for Professionals and Communities”



- Ruth “Toni” Pickard, Associate Professor, Public Health Sciences and Executive Director, Healthy Options for Kansas Communities, Wichita State University: “More Than Empathy Needed: Providing culturally appropriate health care in a rapidly changing world”
- Paula F. Clayton, Director, Bureau of Health Promotion, KDHE: “Healthy People 2010”
- Sue Bowden, Director, KDHE Immunization Program: “Immunization Update”
- Janice Selekman, Faculty, University of Delaware School of Nursing and Editor, School Nursing: “A Comprehensive Text: Envisioning the Future of the Family”

In addition to an outstanding cadre of keynote presentations, there will be a variety of breakout sessions, pre- and post-conference sessions for attendees and a special treat scheduled Tuesday evening, July 20!

Look for a brochure featuring descriptions and registration information to be mailed out by April 1. It will also be available online at <http://webs.wichita.edu/?u=conted&p=/conference/>.

Students Setting Goals and the Kansas Career Pipeline

By Jane Stueve, Adolescent and School Health Consultant

The Kansas Career Pipeline is an online career and education program that is provided free of charge to all Kansans. It is research-based and provides the following benefits to all Kansas secondary students, parents and educators:

1. Students can use the system to create four-, six- and eight-year education plans, explore training, education and careers across the state and research opportunities for financial aid.
2. Students, their parents/guardians, adults and educators can access the system at any time from wherever they have computer access.
3. The system also allows parents/guardians to play an active role in the educational and career planning of their children.
4. By using the system, educators and administrators will be able to make informed real-

time educational program decisions.

5. Using the database management reports, educators will be able to improve individual career counseling, guide course selection and postsecondary decisions and assist in curriculum planning and program development.

This is available at no charge across Kansas and will aid in helping adolescents establish post-graduate goals

Theresa Steinlage is the field trainer for the Kansas Career Pipeline. If you would like to host a training session, please contact Theresa at 515-822-4573 or steinlaget@kuder.com. For all other questions, please contact Kuder Customer Support at 800-314-8972.

Show you care, Be self-aware Breast health for teens

By Kelly York, Southeast Kansas Regional Outreach Coordinator, Early Detection Works

The U.S. Surveillance, Epidemiology and End Result Program (SEER) states “Despite the prevailing opinion that young women don’t get breast cancer, the reality is that they can and they do. In fact, breast cancer accounts for 26 percent of all cancer in females 15-39 years of age and 39 percent of all cancer in 35-39 year olds.” The National Cancer Institute’s 2005 Fact Book states that breast cancer is the leading cause of cancer death in young women ages 15-54.

Early Detection Works (EDW) is a breast and cervical cancer screening program through the Kansas Department of Health and Environment’s (KDHE) Bureau of Health Promotion and normally targets uninsured Kansas women ages 40-64 who may qualify for no-cost clinical breast exams, pap smears and mammograms. The Southeast Kansas (SEK) regional office of EDW also writes for and receives grant monies from the Susan G. Komen for the Cure Mid-Kansas Affiliate office in Wichita to conduct breast health educational programs for women of all ages.

In 2007 the SEK regional office decided to offer the program to high school age girls as the result of an increasing number of younger women being seen with breast issues. The goal was to educate and inform young women about how to recognize changes in their bodies and how making wise lifestyle choices at a young age may help lower their chance of being diagnosed with breast or cervical cancers later in their lives.

In September of 2007, letters and e-mails outlining the program were sent to schools in Southeast Kansas

(District 2), and to date, the program has been presented in 12 high schools in nine different counties with annual visits to five of those schools.

The program can be tailored to fit the class schedule and begins with an introduction of the EDW program followed by a short video that demonstrates monthly breast self-exam. The regional nurse discusses risk factors, signs and symptoms, statistics and the importance of being self-aware and making wise lifestyle choices. Time is allowed for a question and answer period.

Each girl who attends takes home a packet that contains a booklet produced by Susan G. Komen for the Cure with the cooperation of Young Survival Coalition (YSC) members who share their stories; a Komen shower card; and an EDW brochure.

Ultimately, the goal is to:

- **Empower** women of all ages to know their bodies and to recognize changes that may require medical attention
- **Encourage** women to be proactive with their healthcare needs so that problems can be found earlier and addressed
- **Educate** the uninsured women in Kansas that there is no longer a financial reason for them to not be screened for breast and cervical cancers.

Schools interested in hosting this no-cost program may contact the Southeast Kansas regional office of Early Detection Works at (620) 235-7136 or ky-ork@crawfordcohd.org.

2010 Governor's Public Health Conference

"Promoting Quality of Life for a Healthy Kansas"



The 2010 Governor's Public Health Conference will be April 26 - 28 at the Wichita Airport Hilton.

EXHIBITOR REGISTRATION IS NOW OPEN!!!

To download an exhibitor brochure, go to <http://webs.wichita.edu/depttools/depttoolsmemberfiles/conted/Exhibitor%20Brochure-2010.pdf> and to register as an exhibitor/sponsor, go to https://conferences.wichita.edu/ei/getdemo.ei?id=67&s=_OU8OJBYGW.

For additional information about this program, please contact the WSU Conference Office at (316) 978-6493; fax (316) 978-3064 or e-mail- jana.woods@wichita.edu.



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

- Supervisors/Administrators are asked to write a one-page essay to nominate their Healthy Start Home Visitor to be recognized at the Governor's 5th Annual Public Health Conference during the luncheon on April 28. The conference will be held at the Hilton Wichita Airport Executive Conference Center in Wichita. For more information and the application, please contact Jamie Klenklen at 785-296-1234 or jklenklen@kdheks.gov.

2009 Poverty Guidelines have been extended until at least March 1, 2010

- "On December 19, 2009, the President signed the Department of Defense Appropriations Act, 2010 (Pub. L. 111-118), which included a provision affecting the poverty guidelines. Section 1012 of the law states that:
Notwithstanding any other provision of law, the Secretary of Health and Human Services shall not publish updated poverty guidelines for 2010 under section 673(2) of the Omnibus Budget Reconciliation Act of 1981 (42 U.S.C. 9902(2)) before March 1, 2010, and the poverty guidelines published under such section on January 23, 2009, shall remain in effect until updated poverty guidelines are published.

The Congressional Record (House) (December 16, 2009, p. H15370) provides the following explanation of Congressional action:

Section 1012 includes a provision to freeze the Department of Health and Human Services poverty guidelines at 2009 levels in order to prevent a reduction in eligibility for certain means-tested programs, including Medicaid, Supplemental Nutrition Assistance Program (SNAP), and child nutrition, through March 1, 2010."

More information about the poverty guidelines can be found at <http://aspe.hhs.gov/poverty/09extension.shtml>.

AID-TO-LOCAL GRANT APPLICATIONS

- The Aid-to-Local Grant applications are due on March 15. There is a new online application form in Adobe format. All application requests must be signed, dated and sent via e-mail to Patricia Behnke at pbehnke@kdheks.gov. If you have any questions, call Patricia at 785-296-0425. The forms are located at www.kdheks.gov/doc_lib/index.html.

KBH Training & Certification For Registered Nurses

By Brenda Nickel, Child and School Nurse Consultant



Effective July 1, 2009, the KAN Be Healthy (KBH) registered nurse (RN) training program through Washburn University transferred to the Kansas Health Policy Authority (KHPA). The KBH training

manual is now accessible through the Kansas Medical Assistance (KMAP) website.

The process for nurses interested in becoming KBH certified is as follows:

KBH Physical Assessment Certification (*required*)



It is recommended that only registered nurses who have had a basic undergraduate physical assessment course utilize the independent study program. Nurses can access the KBH manual at www.kmap-state-ks.us/Documents/content/KBH/orientation_to_kbh.pdf.



The registered nurse is to study the manual and when ready to take certification test, call KHPA at 785-296-7467. A copy of the test will be faxed to the nurse wanting to take the test as well as instructions for faxing the test back to KHPA.



Once the test is received at KHPA, the test is graded and if passed, KBH certification is given through KHPA. For a list of nurses currently certified as of April 2009 go to www.kmap-state-ks.us/Documents/content/KBH/KBH~RN%20registry%2009_2006.pdf.

Hearing Screening Certification (*required*)



Hearing screening certification is required once for registered nurses to provide hearing screening as under KSA 72-1204. This assures that nurses are screening according to accepted guidelines. Hearing screening certification courses can be found through the University of Kansas Medical Center (KUMC) Area Health Education Centers website at <http://kuahec.kumc.edu/hearing.html>. Requirements for hearing screening in school programs and early childhood programs can be found at www.ksde.org/LinkClick.aspx?fileticket=BU9hNBDF2N0%3D&tabid=3757&mid=8918.

Vision Screening & Assessment Certification (*recommended*)



Vision screening certification is not required, but is highly recommended to assure that nurses can provide vision screening for diverse

ages and populations of children and adults. Vision screening certification courses can be found through the University of Kansas Medical Center (KUMC) Area Health Education Centers website at <http://kuahec.kumc.edu/vision.html>.

KBH Standards of Practice

Registered nurses seeking KBH certification to conduct KAN Be Healthy or Early Periodic Screening, Diagnosis, and Treatment (EPSDT) should have graduated from a nursing program requiring a physical assessment course. Although a pediatric assessment course would be ideal, an adult assessment course provides a base of knowledge for the independent-study certification course. Nurses with little pediatric assessment experience are encouraged to seek out a colleague that can serve as a mentor and offer guidance/supervised clinical practice of skills during the self-study course.

According to the KBH Training Manual (SRS, 2005), a "KBH screen shall consist of at the minimum" (p.5):

1. A comprehensive medical history
2. A comprehensive, unclothed physical examination
3. A comprehensive developmental history and screening
4. A complete nutritional screen
5. A comprehensive body system screen
6. Health education and anticipatory guidance
7. Blood lead screen
8. Appropriate laboratory tests
9. Appropriate immunizations according to age and health history
10. An appropriate hearing screen
11. An appropriate vision screen
12. An appropriate dental screen

For more information and resources about the KAN Be Healthy Program for the State of Kansas, go to www.kmap-state-ks.us/Public/Kan%20Be%20Healthy%20Main.asp or contact Debbie Huske, KHPA Medicaid and HealthWave Senior Manager, 785-296-8532 or at debbie.huske@khpas.gov.

References

Kansas Department of Social and Rehabilitation Services (SRS). (2005). Orientation to KAN Be Healthy registered nurse training program. Health Care Policy/Medical Policy. Retrieved February 9, 2010, from www.kmap-state-ks.us/Documents/content/KBH/orientation_to_kbh.pdf.

Image source: www.kruesmannklinik.de/images/titelbilder/kinderaerzte.jpg.



Ask Ken!

ELECTRONIC SUBMISSION OF DATA & CVRS



WebMCH

Q. In WebMCH is it acceptable to have more than one case per client?

A. No. If you have more than one case per client please call me at 785-296-1305.

Q. How often do we have to update client income in WebMCH?

A. Once a year. For example: You last saw a client on 10/08/2009 and this client's next visit is on 11/08/2010. Since it will have been more than one year since this client's income was reported, you will have to update it. You will get a triangle error message indicating that some demographic data is not correct. You will not be able to enter an intervention until the data, in this case the client's income, is updated.

CVR

Q. On a CVR, I made a mistake on the DOB or other data in the boxes provided. What do I do?

A. Draw a line through the error and record the correct information above or below the boxes provided on the CVR. For example, if you entered a birth date as 10/03/2000 and the 03 should have been 01, draw a line through the entire birth date and write in the correction either above or below the original entry.

EVENTS



RESOURCES

Save the date!

16th Annual Kansas Transportation Safety Conference will be on March 30–31 at the Doubletree Overland Park in Overland Park, Kansas. The conference is sponsored by University of Kansas Continuing Education and a federal grant through the Kansas Department of Transportation. Designed to share and update information from all facets of the transportation safety community, the Kansas Transportation Safety Conference will provide timely topics of interest to each of the targeted audiences.

For more information or to register visit www.continuinged.ku.edu/programs/transportation/?page=home&utm_source=KUCE&utm_medium=email&utm_campaign=JCN100823_KDOT_012510 or call 877-404-5823 or 785-864-5823.

The Employment 1st Summit will be April 15-16, at the Topeka Capitol Plaza Hotel. Registration is \$50 for the two-day conference, 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. For more information, please contact the KS Council on Developmental Disabilities at 785-296-2608.

EMSC PEDIATRIC SYMPOSIUM Are you looking for pediatric education? The Emergency Medical Services for Children (EMSC) Pediatric Symposium will be held:

April 22 – Wesley Medical Center, Wichita

April 23 – Olathe Fire Department, Olathe

April 24 – Hays Medical Center, Hays

Classes are from 8 a.m. to 5 p.m. and lunch is provided. The cost is \$25 and made payable to KDHE Training Fund. Register at <http://ks.train.org> using course ID 1020665. Registration deadline is April 15 and late registrations will be not be accepted. If you have questions, you may contact Sarah House at 785-296-4491 or shouse@kdheks.gov.

The 5th Annual Governor's Public Health Conference will be held April 27 – 28 at the Wichita Airport Hilton, Wichita. The theme of the conference is "Promoting Quality of Life for a Healthy Kansas." The MCH Orientation Session will be held on April 26. Registration on KS-TRAIN will be available soon.

The MCH grant application guidelines require one local agency MCH professional staff to attend this conference. It is highly recommended for all MCH staff. All Healthy Start Home Visitors must attend one statewide conference. The Healthy Start Home Visitor recognitions and awards will be presented on April 28.

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

The Kansas School Nurses Organization (KSNO) School Nurse of the Year and Scholarship opportunity are due by April 30. For more information visit www.ksno.org/index.php?option=com_content&view=article&id=66&Itemid=58.

Period of PURPLE Crying Quarterly Newsletter The National Center on Shaken Baby Syndrome (NCSBS) is pleased to announce the first quarterly newsletter for the Period of PURPLE Crying® program. The newsletter highlights the fact that Kansas is almost halfway through their 72 hospital implementation. For the newsletter go to www.dontshake.org/purplequarterly/q12010.pdf.

POISON PREVENTION WEEK

March 14 – 20 is National Poison Prevention Week. More than 2 million poisonings were reported this year to the 61 Poison Control Centers across the country. The Kansas Poison Control Center receives nearly 100 calls per day.

For more information, contact Daling McMoran, Education Coordinator at wmc Moran@kumc.edu. McMoran will be a speaker at the Public Health Conference on April 27.

Internet Safety In Net Cetera: Chatting With Kids About Being Online

OnGuard Online encourages parents to reduce the risks by talking to kids about how they communicate – online and off – and helping kids engage in conduct they can be proud of. To order free copies of Net Cetera, visit bulkorder.ftc.gov. For free Internet safety materials go to: www.onguardonline.gov/topics/net-cetera.aspx.

The Center for the Developing Child at Harvard University recently added a new interactive feature to their website that explains core concepts in the science of early childhood development through images and text. It discusses how brains are built over time; the interaction of genes and experience; the damage caused by chronic, unrelenting adversity ("toxic stress"); and why early intervention matters to all of us. For more information visit: http://developingchild.harvard.edu/library/multimedia/interactive_features/coreconcepts/.

The child who is being
raised strictly by the book
is probably a first edition.

— Aldous Huxley

Guest Speakers

Georgia Kostas, MPH, R.D., L.D.

Nutrition and Food Media expert

Georgia Kostas makes nutrition messages come alive with the breadth of her knowledge and experience communicating food, nutrition, weight management and health messages. Through her experience speaking for and working with nutrition and health communications groups, dietetic association nationwide and worldwide, she brings a fresh perspective to her audiences.

Dr. Michelle Lombardo, D.C.

Co-founder OrganWise Guys, Inc.

Dr. Lombardo co-founded the OWG in 1993 to promote the benefits of good nutrition and preventive health care practices to people of all ages. Dr. Lombardo's objective is to glean the facts from Medical Research, translate them for the general public and create appealing oral and visual messages. As author of more than fifty book and publications, Dr. Lombardo has established a following in the public health arena.

Jane P. Marshall

Food Journalist

An award winning reporter and editor, Jane Marshall has worked for more than 25 years as a journalist for the Denver post, Fort Worth Star-Telegram, Colorado Springs Gazette and the Houston Chronicle. She is the author of a Children's book and a food-writing blog. Jane is an Assistant Instructor of Hospitality Management and Dietetics at Kansas State University where she teaches classes in Food Writing and development of American Cuisine.

Celebrating Kansas Grown Products

We will have the opportunity to hear from six of Kansas' finest producer groups. Kansas Wheat, the Home Baking Association, Kansas Soybean Commission, the Kansas Pork Association, Midwest Dairy Association and the Kansas Beef Council will each offer updates on "What's New" with their respective products. Updates on nutritional values, new products, production practices and even a demonstration of new recipe or two will enlighten and entertain attendees.

Conference Schedule

- 7:30 a.m. Registration
- 8:00 a.m. Welcome and Introductions
- 8:15 a.m. **Visual Learning- Fresh Ideas for Teaching Nutrition that Fosters Change**
Georgia Kostas, MPH, R.D., L.D.
- 9:45 a.m. **What's new with... Wheat!**
Cindy Falk, Kansas Wheat, Nutrition Educator
- 10:15 a.m. Exhibits and Mini-Grant Displays
- 10:30 a.m. **Introducing "Obesity Prevention Laboratories"... Where Nutrition and Healthy Living Education is FUN!**
Dr. Michelle Lombardo, D.C., Co-founder OrganWise Guys, Inc.
- 12:00 p.m. Lunch and Networking
KNC Business Meeting and Awards Presentations
- 1:15 p.m. **What's new with... The Kansas Soybean Commission and the Home Baking Association!**
Charlene Patton and Sharon Davis
- 1:45 p.m. **What's new with... Pork!**
Jodi Termine, The Kansas Pork Association
- 2:15 p.m. Exhibits and Mini-Grant Displays
- 2:30 p.m. **Insights into Food Writing**
Jane P. Marshall, Food Journalist
- 3:30 p.m. **What's new with... Dairy!**
Stephanie Cundith, MS, R.D., L.D., Midwest Dairy Council
- 4:00 p.m. **What's new with... Beef!**
Heidi Wells, R.D., CSSD, L.D., Kansas Beef Council
- 4:30 p.m. Wrap up and Conclusion

Questions?

Contact Karen Hanson, R.D., L.D., CHFS

- E-mail: karenhanson@hy-vee.com
- Phone: 785-587-8609.

If you have questions regarding registration information, please contact Sandy Perkins at sperkins@kdhe.state.ks.us.

Registration Form

2010 Kansas Nutrition Council Conference
Thursday, April 15, 2010
Grand Ballroom, K-State Student Union
Kansas State University in Manhattan, Kansas

Name _____

Title _____

Mailing Address _____

City _____ State _____ ZIP _____

Daytime Phone _____ E-Mail _____

Conference Registration

(Includes lunch, morning & afternoon snacks, conference materials, the Kansas Nutrition Council newsletter and mailings)

				Amount Enclosed
Attendee	<input type="checkbox"/> Early Bird (postmarked by March 31st)	<input type="checkbox"/> @ \$85.00	_____	
	<input type="checkbox"/> Regular (postmarked after March 31st)	<input type="checkbox"/> @ \$95.00	_____	
	Vegetarian Plate? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Student*	<input type="checkbox"/> Early Bird (postmarked by March 31st)	<input type="checkbox"/> @ \$35.00	_____	
	<input type="checkbox"/> Regular (postmarked after March 31st)	<input type="checkbox"/> @ \$45.00	_____	
	Vegetarian Plate? <input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Wednesday Pre-Conference Event**	<input type="checkbox"/> @ \$15.00	_____	

***Please note — event limited to first 40 — see details on back panel of brochure*

Total _____

** This special rate is offered to students in memory of Carol Oberle, a long-time KNC member.*

Make checks payable to: **Kansas Nutrition Council** (Federal Tax ID # 48-0937840)
(Purchase orders are not accepted.)

Mail check and this form to: Sandy Perkins
Nutrition & WIC Service, BFH
1000 SW Jackson, Suite 220
Topeka, KS 66612-1274

Refund Policy

The total conference fee will be refunded for refund requests received before March 31. After March 31 refunds will be made at the discretion of the KNC Board. "No shows" are non-refundable. Please note that refunds will only be made after the conference.

If you cannot attend, you may send a substitute. The original registrant must notify KNC of the change. Future newsletters and mailings will be sent to the original registrant unless otherwise requested.

If you require special accommodations or meals, or simply have questions about this conference, please contact Karen Hanson at 785-587-8609 or email at karenhanson@hy-vee.com.

Additional registration forms can be downloaded at <http://www.sne.org/KansasNutritionCouncil.htm>

Cut along dotted line and return completed form along with your payment

Mission of the Kansas Nutrition Council

... Provide structure and leadership for linking Kansas professionals in nutrition and related fields.

Benefits of membership:

- KNC Newsletter including nutrition education resources
- Membership Directory
- Networking opportunities
- Leadership opportunities

Conference Learning Objectives:

After attending the Conference, attendees will be able to:

- Gain insight into the creation and maintenance of school and/or community based, collaborative “obesity prevention laboratories”, addressing multilevel approaches: interpersonal, community and governmental programs.
- Appreciate how various educational techniques, writing and presentation style, humor, and educational content all help to successfully convey nutrition concepts.
- Identify non-traditional avenues of nutrition education including professional speaking and authorship and to describe progression of career development for the educator.
- Describe an effective, fresh approach to teaching nutrition, to excite learners about simple, enjoyable avenues for diet and lifestyle improvement.



To “SPARK” Your Interest!



Pre-Conference Event

The Chef and the Brew Master at Hy-Vee

*Wednesday, April 14th
7:00-8:30 p.m.*

If you plan to arrive the evening before, join us as we gather in the new Manhattan Hy-Vee Club Room for an entertaining evening presented by Chef Alli, Hy-Vee and Jeff Gill, President and Founder of Tallgrass Brewing Co.

Chef Alli and Brew Master Jeff will be pairing up the perfect blend of flavors in delicious dishes and the wonderful variety of Tallgrass craft beers... and of course we'll do a little sampling of each!

This pre-conference event will be limited to the first 40 participants that RSVP to karenhanson@hy-vee.com.

We will let you know either way if you are among the first 40. We ask that you include the \$15.00 fee along with your conference registration.

Kansas Nutrition Council Annual Conference



Light a fire in you and your messages

2010 Kansas Nutrition Council Conference
Thursday, April 15, 2010
Grand Ballroom, K-State Student Union
Kansas State University in Manhattan, Kansas
