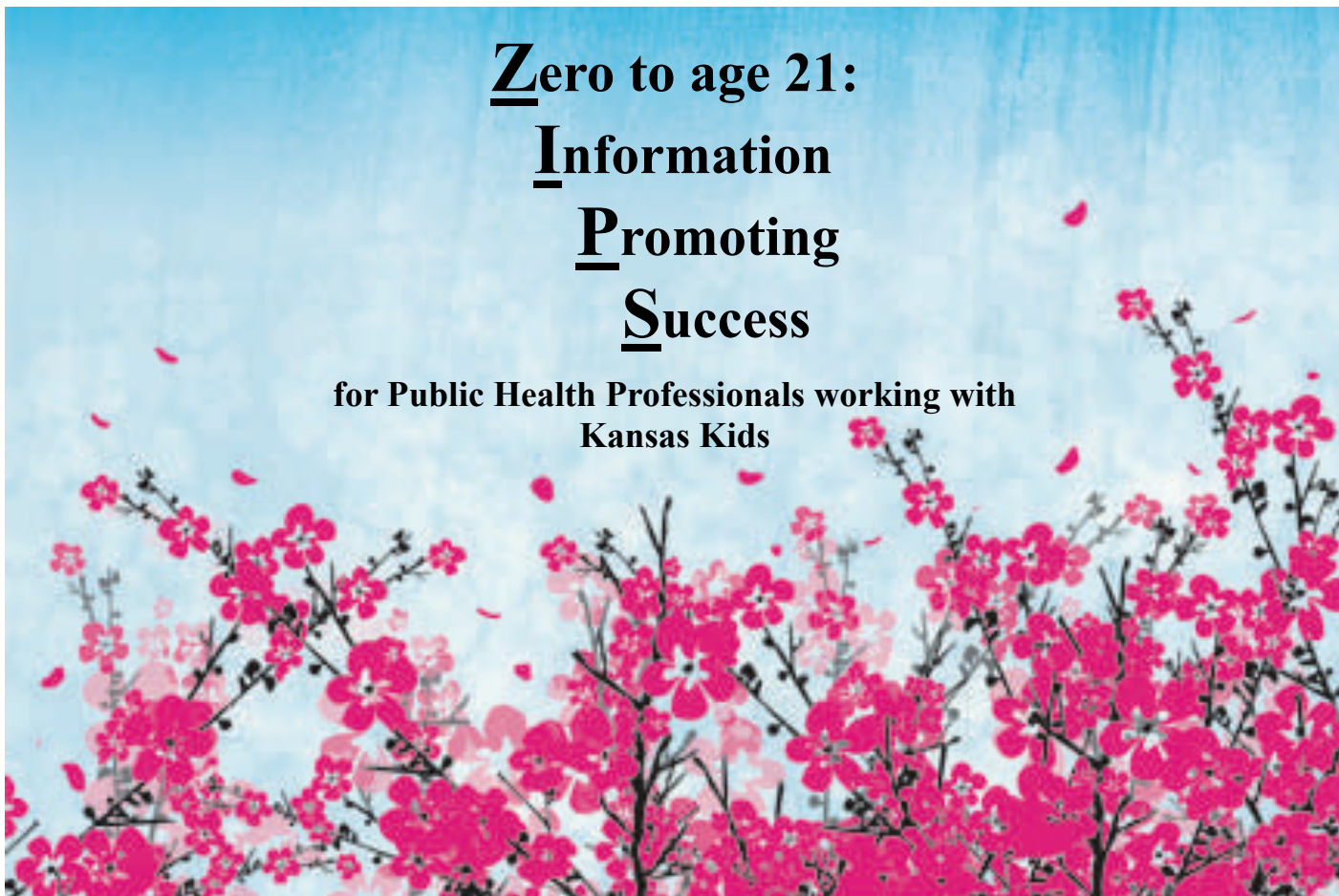


**Zero to age 21:
Information
Promoting
Success**

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



May 2010

Folic Acid: A Necessary Nutrient for a Healthy Pregnancy

By Joe Kotsch, Perinatal Consultant

Folic acid is the man-made version (pill) of a naturally occurring vitamin (folate) that is present in many foods and aids in the production of new cells. Two of the most important times for women to consume an adequate amount of folic acid are just prior to and during pregnancy.

If a woman is planning to become pregnant, she should plan to consume a sufficient amount of folic acid to support a healthy pregnancy before she actually becomes pregnant. By consuming an adequate amount of folic acid (400 micrograms daily for most women) prior to pregnancy, women will be setting the stage for optimal pregnancies. In the case of women who are not planning a pregnancy, it is still in their best interest to consume the equivalency of 400 micrograms of folic acid daily. This will help to ensure their bodies provide the necessary nourishment to support a healthy pregnancy should one occur.

By consuming a sufficient amount of folic acid or consuming enough food that is rich in folate, women can help to avoid a type of anemia that occurs due to an inadequate supply of red blood cells. Red blood cells contain hemoglobin which is a substance on the red blood cell where energizing oxygen is transported throughout the body via the bloodstream. Most importantly, women who consume an adequate amount of folic acid before and during pregnancy are helping to prevent neural tube defects (birth defects of the brain and spine.)

According to a study conducted in Kansas, out of 250 completed telephonic surveys assessed, researchers found that 88 percent of the women reported awareness of folic acid and 55 percent were aware of the

United States Public Health Service (USPHS) recommendation that childbearing age women should take folic acid daily. The researchers found that only 25 percent of the women reported consuming any amount of folic acid daily. (Sharp, G.F., Naylor, L.A., Cai, J., Hyder, M.L., Chandra, P., & Guillory, V.J., 2009, *Maternal and Child Health Journal*, 13, 814-821.)

In 2006, the Alan Guttmacher Institute estimated over one-half of the pregnancies in the United States annually are unintended (Alan Guttmacher Institute, 2006). In Kansas, there are approximately 55,000 pregnancies per year. This would provide a Kansas estimate of about 27,500 unintended pregnancies.

Keeping these numbers in mind, one can see the importance of educating women to consume an adequate amount of folic acid to support healthy pregnancies. It seems prudent to educate women at every available opportunity. This could be while caring for the women themselves or other members of their family.

Some educational activities to consider trying would be to write an article for a local publication or provide information during community meetings on the benefits of adequate folic acid consumption. Try to insert other positive health messages that promote the health of mothers and babies.

Together, we can all help to promote the important message of adequate folic acid intake to help achieve healthy maternal and infant outcomes.

Information and resources are available on the March of Dimes website at www.marchofdimes.com/professionals/690.asp.

Focus on Abnormal Uterine Bleeding

By Joe Kotsch, Perinatal Consultant



Providing education to women on abnormal uterine bleeding should be undertaken by health care professionals as part of a comprehensive educational package. The information will help to empower women with knowledge of potential complications that may arise during the perinatal

period.

Abnormal uterine bleeding is one of the leading reasons why women see their health care providers. This provides an opportunity to educate women concerning reproductive health and other health-related issues such as obesity, heart disease, hypertension and diabetes.

More specifically, the following topics may be covered:

- Getting at least two hours and 30 minutes of moderate physical activity, one hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet
- Visiting a health care professional to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress
- Avoiding the use of alcohol and other substances, especially during pregnancy

For more ideas on how to promote optimal health for women and their families visit www.womenshealth.gov/.

Get Pregnant Women and Mothers Connected

By Joe Kotsch, Perinatal Consultant

Here are two resources to help get pregnant women and mothers connected to positive health messages.

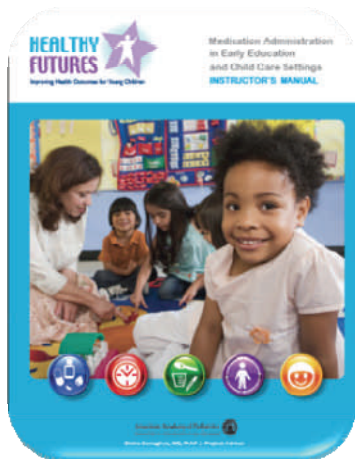
- The “New Moms Blog” provides an on-going source of news and information for new moms and also seems to benefit women of reproductive age in general by providing them a source of appropriate health-related messages. Women can also follow the March of Dimes on interactive social media such as: Facebook, Twitter, You Tube and Flickr. This can be found on the March of Dimes website at www.marchofdimes.com
- The new text4baby initiative, is a free texting resource that provides information to help pregnant women and new moms care for their health and give their babies the best possible start in life. Help women you know who might benefit from this ser-

vice sign up by telling them to text BABY to 511411 (or BEBE in Spanish). They will receive free SMS text messages each week, timed to their due date or baby’s date of birth. Text4baby is available through the National Healthy Mothers Healthy Babies Coalition (HMHB) in partnership with Voxiva, CTIA –The Wireless Foundation and Grey Healthcare Group (a WPP company). Johnson & Johnson is the founding sponsor and premier sponsors include: WellPoint, Pfizer and CareFirst BlueCross BlueShield. United States partners include: the Department of Health and Human Services and the Department of Defense Military Health System.

In Kansas, you may contact: Joseph Kotsch, MCH Perinatal Consultant, KDHE at jkotsch@kdheks.gov for more information on this valuable resource.

Medication Administration Training Implementation Grant Awarded To Improve Health and Safety Of Children In Child Care

By Brenda Nickel, Child and School Nurse Consultant



The Kansas Chapter Child Care Contact (CCCC), Greta McFarland, MD, FAAP; Ashley Clinic, Chanute and Brenda Nickel, RN, BSN, Child and School Nurse Consultant, Bureau of Family Health, KDHE, have been awarded an implementation grant for the Healthy Futures: Improving Health Outcomes for Young Children Medication Administration Curriculum, supported by McNeil Consumer Healthcare.

The outcome of the grant is to improve the health and safety of children in early education and child care settings. This is done through medication administration training for health professionals working with parents, children and child care personnel in the child care setting who give medication to children but are not licensed health care professionals.

The outcome of the grant is to improve the health and safety of children in early education and child care settings. This is done through medication administration training for health professionals working with parents, children and child care personnel in the child care setting who give medication to children but are not licensed health care professionals.

The grant funds will be used to:

- Conduct training to “Train the Trainer” that will include professional registered nurses
- Conduct training with child care providers
- Develop a Web-based training to be accessed by child care providers through KS-TRAIN to facilitate training of providers who may not be able to attend a face-to-face training opportunity.

Training for health professionals will begin in May with the on-line training to be available fall 2010. For more information, contact either Greta McFarland at gmcfarland@ashleyclinic.com or Brenda Nickel at bnickel@kdheks.gov. For more information about this special project go to www.healthychildcare.org/specialprojects.html.

The Healthy Futures: Improving Health Outcomes for Young Children, Medication Administration Curriculum has been made available by the American Academy of Pediatrics (AAP) Early Education and Child Care Initiatives. This is a collaborative effort of health care and early education and child care professionals from:

AAP Child Care Bureau State Administrators, Early Childhood Comprehensive Systems, Family Voices, National Association of Child Care Resource and Referral Agencies, National Association for the Education of Young Children, National Association of Pediatric Nurse Practitioners, National Child Care Information and Technical Assistance Center, National Resource Center for Health and Safety in Child Care and Early Education, National Training Institute for Child Care Health Consultants, and the Office of Head Start.

Nickel will be providing training to professional registered nurses at the school nurse summer conference in an effort to increase the capacity for trainers throughout Kansas in schools and in public health departments. For more information, go to <http://webs.wichita.edu/?u=conted&p=/ksn/>.

National Day to Prevent Teen Pregnancy

By Jane Stueve, Adolescent and School Health Consultant

The ninth annual National Day to Prevent Teen Pregnancy will take place on May 5. Special attention will be brought to preventing teen pregnancy during the month of May.

The purpose of the National Day is to focus teens' attention on the importance of avoiding teen pregnancy and other serious consequences of sex. On the National Day, teens nationwide will be asked to visit www.StayTeen.org to participate in a number of online activities—including a quiz—that deliver teen pregnancy prevention messages and challenge them to think carefully about what they might do “in the moment.” The message of the National Day is straightforward: Sex has consequences.

For this year's National Day, the National Campaign to Prevent Teen and Unwanted Pregnancy will launch a Stay Teen Block Party game. This game tests teens' knowledge on teen pregnancy prevention, sex myths, relationship issues and much more through a series of nine challenging and fun trivia puzzles. Teens ages 13-19 will also be able to enter a drawing for an iPod Touch by completing the game. Go to www.StayTeen.org to participate.

If you are teaching students to think carefully when they are “in the moment,” consider using this free information and fun game. Plan to reinforce the message that sex has consequences and encourage all teens you know to participate.

The National Campaign to Prevent Teen and Unwanted Pregnancy reports the following findings from last year's quiz evaluation survey:

- 74 percent said the Quiz made them think about what they might do in such situations
- 61 percent said the Quiz made the risks of sex and teen pregnancy seem more real to them
- 56 percent said they'd learned something new from the Quiz about the consequences of sex
- 62 percent said they'd talk to their friends about the situations described in the Quiz
- 53 percent said the Quiz made them think about things they hadn't thought about before
- 59 percent said some of the situations in the Quiz were things that they or their friends had faced
- 45 percent said they'd talk to their parents or other adults about the situations described in the Quiz

One-half (50 percent) of the respondents reported taking the quiz as part of a school activity and 35 percent said they took the quiz at home. Nearly one-third of teens (31 percent) learned about the quiz from a parent, teacher or another trusted adult. More than one-quarter (27 percent) of teens learned about the quiz from one of our National Day partners.

For more information on the National Campaign to Prevent Teen and Unwanted Pregnancy report visit www.thenationalcampaign.org/national.

Positive Charge

By Lana Kraus, RADAR Clearinghouse and Youth Engagement Specialist, Kansas Family Partnership, Inc.

Kansas Family Partnership under the direction of Maria Torrez Anderson and Kansas Students Against Destructive Decisions (SADD) Coordinator has released information on a new program they are initiating called "Positive Charge." This is a new campaign combating alcohol, tobacco and drug abuse with Facebook. The campaign is taking place twice per year, April 26-30 and in October.

The Kansas Student Leadership Council (SLC) for Kansas SADD wanted to change the stereotype that "everyone is doing it." The SLC was motivated by data in the 2009 Communities That Care Survey that showed most Kansas students do not use alcohol, tobacco or other drugs.

To kick off the Positive Charge Campaign, each SLC member will post a message on their Facebook profile page and the Kansas Family Partnership's (KFP) Fan Page, explaining why he/she chooses to be free of alcohol, tobacco and other drugs. Messages will include a brief explanation of the campaign and a request for others to post the same message on their profile.

Ideally, the message will spread and anyone who logs into Facebook the last week of April will see that many Kansas youth are making healthy choices and saying no to negative peer pressure.

Kansas Health Foundation awarded the SLC a grant to help fund the campaign. Money from this grant will be used to mail informative flyers and DVDs to Kansas high schools. T-Shirts will be made to help promote the campaign and Kansas high school students are encouraged to submit their message to be printed on the campaign shirts in October.



The SLC group hopes being a positive influence and encouraging drug-free behavior will help other Kansas youth stand against negative peer pressure. Positive Charge will be promoted through KFP Facebook Page at www.facebook.com/kansasfamily, the KFP website at www.kansasfamily.com, e-mail, YouTube and Twitter.

You are welcome to join the KFP Facebook Page and encourage youth to join to learn more about the Positive Charge program. Become an active citizen by addressing the issues of underage drinking, impaired driving, drug use and other destructive decisions and killers of young people.

For more information contact Maria Torrez Anderson, KS SADD director at mtanderson@kansasfamily.com or Lana Kraus, RADAR Clearing House and Youth Engagement Specialist at Kansas Family Partnership, Inc. at lkraus@kansasfamily.com.

The School Nurse Survey

By Jane Stueve, Adolescent and School Health Consultant



The School Nurse Survey will go on-line May 3 and will close May 25. This will allow time for Jamie Kim, our epidemiologist, to look at the data and talk with you if there are questions. The data will be collected using survey monkey so please print off the survey, collect the data and then submit the data using survey monkey. On May 3, the 2009-2010 School Nurse Survey data entry will be posted on www.kdheks.gov/c-f/school.html. If you have any questions you can contact Jane Stueve at jstueve@kdheks.gov.

National School Nurse Day is May 12

By Chris Tuck, KSNO President



School nurses are on the front line with students and work to advance the well being, academic success and life-long achievement of students. They make a commitment to their profession by addressing the complexities of student health, reshaping their work environment and influencing broader health policies to benefit their students, school staff and community.

This year's theme "Vision, Voice, Visibility: Charting the Course for a Healthy Future" depicts the overall impact school nurses have on the health and well-being of students who face more challenging issues today than ever before.

For more information about School Nurse Day, please visit the NASN website at: www.nasn.org/Default.aspx?tabid=422.

School Nurse Day in Kansas, in conjunction with National School Nurse Day, is a day to give thanks, recognition and acknowledgement for the accomplishments of school nurses. It is also a day to inform and remind the public of the tremendous contributions school nurses make to the health and well-being of Kansas children. School nurses are working to keep our school communities healthy now and in the future.

Kansas School Nurse Organization (KSNO) is an affiliate of the National Association of School Nurses (NASN) and is the specialty nursing organization representing school nurses in Kansas. KSNO supports School Nurse Day for Kansas and congratulates our school nurses for the dedication they have for the health and welfare of Kansas school children.

For more information about School Nurse Day, please visit the NASN website at: www.nasn.org/Default.aspx?tabid=422.

NEEDS ASSESSMENT: A VISION OF HEALTHY CHILDREN IN HEALTHY FAMILIES

By Brenda Nickel, Child and School Nurse Consultant



Kansas must complete a state needs assessment every five years as a requirement for receiving a \$4.7 million Maternal and Child Health Block Grant through the Maternal and Child Health Bureau (MCHB) of the Health Resources and Services Administration (HRSA). The Bureau of Family Health (BFH) within KDHE administers the federal grant. (Pictured Lorraine Baughman, Rooks County Health Department Administrator and Brenda Bandy, Kansas Breastfeeding Coalition.)



Since November, there have been two one-day meetings with about 60 participants comprised of health care professionals, families, and other leaders working together on ways to improve the health of our women and children.

(Pictured left to right: Pam Shaw, MD, KUMC; Dennis Cooley, MD, Pediatric Associates; Lori Hasket, KDHE; Polly Witt, USD 457; and Chris Tuck, USD 345 and KSNO President.)



Each of the meetings, facilitated by Connie Satzler, Envisage Consulting, and Linda Kenney, BFH Director, consisted of a plenary session followed by breakout sessions. Three separate groups called "panels of experts" reviewed data and made recommendations pertaining to their areas of expertise: pregnant women and infants, children and adolescents and children with special health care needs. Facilitators during the break out work sessions included Jon Anderson, formerly with KDHE's Bureau of Local and Rural Health, Jeanie DeDonder, Emporia State Division of Nursing, and Donita Whitney-Bammerlin, Kansas State University. (Pictured left to right: Kent Bradley, MD, Associates in Women's Health, P.A., Newton; Terrie Garrison, ARNP, Unified Government of Wyandotte County., Linda May, UniCare of Kansas; Hank Guerrero, Finney County Health Department; and John Evans, MD, Stormont Vail, Topeka.)



At the completion of the stakeholder meetings, priorities were established in the areas of pregnant women and infant, children and adolescents, and children and youth with special health care needs, as well as strategies to consider for meeting those needs. Following this important work analyzing the data and determin-

ing needs, the State MCH staff convened a meeting on March 26 to finalize the priorities, refine specific strategies and develop logic models for each of the priority areas. Working with the Sharon Homan, Kansas Health Institute and the staff of Envisage, the MCH staff will expand the logic model into work plans that will serve as the templates for addressing the priority areas over the next five years. (Picture left: Linda Kenney reviews the strategies for the identified priorities for pregnant women and infants.)



The 2015 Needs Assessment will be included with the annual grant report to the MCHB in August <https://perfddata.hrsa.gov/mchb/TVISReports/Default.aspx>.

Once the needs assessment is completed, the final document will be available at <http://www.kdheks.gov/bcyf/index.html>. (Picture right: Sharon Homan and Amy Biel, KHI, facilitate the work of the children and adolescent group.)



Special thank you to volunteer experts:

The stakeholders who volunteered as the panel of experts for the development of MCH 2015 includes:

- Deborah Anthony- Crawford County Health Dept.
- Barbara Berry - Junction City/Geary Co. Health Dept.
- Gary Brunk - Kansas Action for Children
- Dennis Cooley - Pediatric Associates
- Stanley Edlavitch – Kansas University Medical Center (KUMC)
- Beth Fisher - Hays Area Children's Center
- Teresa Fisher - Shawnee County Health Agency
- Lori Hasket – Injury and Disability Prevention Programs, KDHE
- Jennifer Jones - Wichita Family Services Institute
- Brenda Kuder - Kansas Health Policy Authority (KPHA)
- Darrel Lang – Kansas State Department of Education
- Beverly Long - Kansas Children's Service League
- Elizabeth Peterson - Children's Mercy Family Health Partners
- Midge Ransom - Franklin County Health Department
- Jim Redmon – Kansas Children's Cabinet
- Pam Shaw - KUMC

Continued

Continued

- Jane Sunderland - Nemaha County Community Health Services
- Nancy Taylor
- Ella Todd - KDHE Mentoring Program
- Chris Tuck Seaman - USD 345 Topeka and KSNO President
- Mary Weathers - Kansas SRS
- Polly Witt - USD 457 School Nurse
- Steven Allen KUMC - Wichita Clinic Faculty
- Dona Booe - Kansas Children Service League
- Brian Creager
- Marilyn Creager
- Jim Hart
- Pam Hart
- Tom Laing - InterHab
- Teri Lavenbarg - KUMC, Center for Child Health and Development
- Marcia McComas - Children and Youth with Special Health Care Needs
- Krista Morris - Kansas Department of Social & Rehabilitation Service
- Robbie O'Brien - Leighton Physical & Rehab Medicine
- Wendy Pickell - Kansas State Department of Education, Special Education
- Rebecca Reddy - University of Kansas School of Medicine
- Michael Sullivan, Jr
- Patrick Terick - Cerebral Palsy Research Foundation
- Julia Thomas - Kansas Youth Empowerment Academy
- Melissa Trout
- Katherine Weno - Office of Oral Health, KDHE
- Donita Whitney-Bammerlin - Kansas State University
- Connie Zienkewicz - Families Together, Inc.
- Brenda Bandy- Kansas Breastfeeding Coalition
- Lorraine Baughman - Rooks County Health Department
- Kent Bradley – Associates in Women's Health
- Cara Busenhardt - University of Kansas Nurse-Midwifery Education Program
- Meeka Centimano - Postpartum Resource Center of Kansas
- Joyce Cussimano - Prevention Coordinator of Addiction and Prevention
- Diane Daldrup - March of Dimes-Greater Kansas Chapter
- Jean DeDonder - Emporia State University, Division of Nursing
- John Evans Stormont - Vail Health Care, Maternal Medicine
- Terrie Garrison - Unified Government of Wyandotte County/Health Department
- Hank Guerrero - Finney County Health Department
- Jim Guillory - Perinatal Association of Kansas
- Cathy Harding – Kansas Association for the Medically Underserved (KAMU)
- Sharon Homan - Kansas Health Institute (KHI)
- Wes Jones - Mental Health Center of East Central Kansas
- Sara King
- Linda May - UniCare of Kansas
- Angela Nordhus – Kansas Child Death Review Board
- Judy Patterson - Linn County Health Department
- Gianfranco Pezzino – KHI
- Randy Reed - Wesley Medical Center
- Margaret Smith - KPHA
- Jen Stoll - Postpartum Resource Center of Kansas
- Cyndi Treaster - Farmworker and Refugee Health, KDHE
- Stephanie Wolf - Saline County Health Department

The Kansas MCH program, in partnership with private/public stakeholders and families, will continue to facilitate the move towards a vision of “Healthy Children in Healthy Families.” To review all the work of the MCH 2015 Needs Assessment, as well as the data used to determine the priorities for the next five years, please visit www.datacounts.net/mch2015/default.asp.



To view the annual Title V Maternal and Child Health Block Grant for Kansas, go to <https://perfddata.hrsa.gov/mchb/tvisreports/Documents/2010/Narratives/KS-Narratives.pdf>.

Basic Home Visitation Training

By Jamie Klenklen, MCH Admin Consultant

The Kansas Basic Home Visitation Training is intended for home visitors, family service workers, nurses, service coordinators and social workers in Head Start/Early Head Start, Parents As Teachers, Healthy Start and other agencies delivering home visitation. This is a five-day session, adapted from the Nebraska Home Visitation Training Curriculum.

Participants will learn:

- How ethics impact home visitation
- Family development from a systems perspective
- The home visitor's role in relationship to culture
- Ways to effectively communicate and reflect
- Ways to assess families, document and set goals
- Community resources that help families reach their goals

This is a required training for all new Healthy Start Home Visitors. Keep your certificate of completion as this training is required only once. Participants must attend all five days.

Upcoming Basic Home Visitation Training Event:

June 7-11	July 19 – 23
9 a.m. – 4 p.m.	9 a.m. – 4 p.m.
Salina, KS	Hays, KS

Kansas Basic Home Visitation Trainers are Connie McMullin and Terry Wilson. There is a registration fee that will go towards the cost of materials, lunch, refreshments and other expenses.

Registration for this class is available at www.ksheadstart.org.

Kansas Head Start Association
925 Vermont, Lawrence, KS 66044
Phone: 785-856-3132 Fax: 785-842-2087

If you have any questions, please contact Becky Drews at bdrews@ksheadstart.org.



Jamie's Jottings
By Jamie Klenklen, MCH Admin Consultant

- **CPS Course**

Kansas Law Enforcement Training Center
11009 S Hornet
PO Box 647
Hutchinson, KS 67501
May 11 - May 14
8 a.m. - 5 p.m.

The standardized child passenger safety technician (CPST) certification course is usually four to five days long and combines classroom instruction, hands-on work with car seats and vehicles, and a community safety seat checkup. Attendance is required for the entire course.

Alvin Sowers
620-694-1400
asowers@kletc.org

Registration available at https://ssl13.cyzap.net/dzapps/dbzap.bin/apps/assess/webmembers/tool?pToolCode=TAB9&pCategory1=TAB9_SHOWCOURSE&Webid=safekidscertSQL&pCourseID=KS200912211067&pCoursePK=554111.

- **Underage Drinking Seminar - Phillipsburg**

Karen Wittman
Phillipsburg Courthouse
301 State Street
Phillipsburg, KS
9 a.m. - 12 p.m.
May 27

Limit to 50 people and lunch will be provided.

This training will provide an overview of current laws regarding under-age drinking i.e., Social hosting, MIP, keg registration and open saloon. Information provided to officer on how to investigate and collect evidence in these cases to build a stronger case.

Registration available at www.ktsro.org/index.cfm?Page=Registration.

- **CPS Child Passenger Safety Update - Hoxie, KS**

Midwest Energy
916 Sheridan
Hoxie, KS
May 5, 2010
9 a.m. - 4 p.m.
Seating Limited to 50

Additional information contact:
Lynetta Cressler
785-675-2101
shealth@ruraltel.net

Registration available at www.ktsro.org/index.cfm?Page=Registration. 6 CEU's

2010 Healthy Start Home Visitor of the Year

Pat Hirsch, Mitchell County

By Jamie Klenklen, MCH Admin Consultant

Pat has promoted quality of life for families with new babies in Mitchell and Jewell counties for the past 18 years. It is her goal that all families with new babies received a Healthy Start home visit. Pat is an advocate for breastfeeding and correct usage of care safety seats. She is a certified breastfeeding educator and a certified car seat technician.

She brought the Safe Kids Program to Mitchell County. Pat is very familiar with additional resources in the county to whom she refers when appropriate. She has helped find day care for moms wanting to go back to school, cribs for babies without and encouraged moms and dads who are trying to quit smoking.

Pat has bridged the gap between the hospital, delivering physicians and the health department in Mitchell County. Physicians now specifically ask for Pat to be notified of a delivery with possible issues that need addressed in the home. She makes contact with nursery personnel to verify her information is consistent with what they are saying.



Pictured above left to right: Jamie Klenklen, KDHE; Pat Hirsch, 2010 Healthy Start Home Visitor of the Year and Patricia Dowlin, Administrator in Mitchell County.

Pat also presents her program at child birth classes. She has worked with the community hospital auxiliary for funding to give a swaddle sack to each newborn in Mitchell and Jewell counties.

Since Pat has real life experiences of "been there, done that," families are very comfortable with her and view her visit as non-judgmental and helpful. When families deliver their third, fourth or more child and still want and accept

a home visit from Pat, that speaks volumes of the importance of, as well as the quality of her work.

She is very helpful and does outstanding work in the community to promote health and wellness for families with new babies.

On April 28, during the 5th Annual Governor's Public Health Conference in Wichita, Pat Hirsch received a certificate and plaque for being recognized as the 2010 Healthy Start Home Visitor of the Year. The award is from the Children and Families Section, Bureau of Family Health at KDHE.

May is Melanoma/Skin Cancer Detection and Prevention Month

By Barbara VanCortlandt, Health Educator, Cancer Prevention and Control Program, KDHE



One in five Americans will develop skin cancer in their lifetime. More than one million new cases of skin cancer will be diagnosed in the United States this year, including more

than 100,000 cases of melanoma which is the most dangerous, especially among young people.

One American dies of melanoma almost every hour. In Kansas, as many as 12,000 new cases of skin cancer are diagnosed each year, including more than 500 cases of melanoma. Nearly 100 deaths in Kansas are due to the disease annually.

The best way to prevent skin cancer is to protect yourself from the sun. Up to 90 percent of melanomas are caused by exposure to ultraviolet light or sunlight and could be prevented if children, adolescents and adults were protected from ultraviolet radiation. When used consistently, sun-protective practices can reduce a person's risk of developing skin cancer. This includes avoiding use of tanning beds or sunlamps.



The Centers for Disease Control and Prevention recommends several easy options for sun protection while you enjoy the outdoors this summer:

- use sunscreen
- seek shade
- wear sunglasses, a hat and sun-protective clothing

People with the following risk factors are more likely to develop skin cancer:

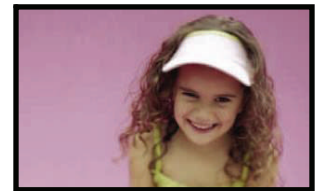
- lighter natural skin color
- family or personal history of skin cancer
- exposure to the sun through work and play
- history of sunburns early in life
- skin that burns, freckles, reddens easily or becomes painful in the sun
- blue or green eyes
- blond or red hair
- certain types and a large number of moles



May 3 "Melanoma Monday" -

This annual event was created by the American Academy of Dermatology to increase public awareness of this potentially fatal skin cancer.

May 28 "Don't Fry Day" - To help reduce the rising rates of skin cancer, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as Don't Fry Day. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.



For sun safety resources visit:

- www.skincancerprevention.org
- www.epa.gov/sunwise
- www.cdc.gov/cancer/skin

Upcoming Healthy Home Practitioner Course--Essentials for Healthy Home Practitioners Course

Course Description:

If you visit homes to provide health or inspection services of any type, you will benefit from the Essentials for Healthy Homes Practitioners Course. The training will help you understand the connection between health and housing and how to take a holistic approach to identify and resolve problems, which threaten the health and wellbeing of residents.

Everyone from a public health nurse visiting a client to an environmental health professional doing a rodent inspection will gain insight into how housing and health are related as well as actions they can take to improve the health of their clients.

This two-day course brings together professionals with a variety of perspectives and experiences in a series of exercises — keeping the training lively and engaging.

The training complements hazard-specific training in lead based paint, radon, mold, pests and asbestos. It identifies root causes of health problems in a home and links them to seven principles of healthy housing:

- Keep it dry
- Keep it clean
- Keep it pest-free
- Keep it ventilated
- Keep it safe

- Avoid contaminants
- Maintain the house

Course participants will have a better understanding of how to collaborate to make healthy homes a reality in their community.

For more information on the course, contact: Erica Forrest, CMH Environmental Health Program, 816-983-6806, or eforrest@cmh.edu.

Course Date:

Thursday & Friday, May 6th & 7th
8 a.m. - 5:30 p.m. on Day 1
8 a.m. - 5 p.m. on Day 2

Course Location:

Children's Mercy Hospital, Hospital Hill Bldg, Rm. 538/539, 2401 Gillham Rd, Kansas City, MO 64108

Cost:

\$75.00

Includes:

- Course manual
- Continental Breakfast and lunch on both days
- Refreshments

National Nurses Week

National Nurses Week 2010 Nurses: *Caring Today for a Healthier Tomorrow*



Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers.

As nurses, we work

in emergency rooms, school based clinics and homeless shelters, to name a few. We have many roles – from staff nurse to educator to nurse practitioner and nurse researcher – and serve all of them with passion for the profession with a strong commitment to patient safety.

Background

National Nurses Week (NNW) is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing. Visit the NNW History page, part of the NNW Media Kit.

Kansas Nurses, We salute you!

Find Out More...

- NNW 2010 Message from the American Nursing Association (ANA) President, Rebecca M. Patton, MSN, RN, CNOR <http://nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/NNW-2010-ANA-President-Message.aspx>
- National Nurses Week History <http://nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/NNWHistory.aspx>
- Suggestions on How to Celebrate National Nurses Week <http://nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/CelebrationSuggestions.aspx>
- NNW 2010 Logo Library <http://nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/NNW-Logo-Library.aspx>
- Official Online NNW Catalog www.jimcolemanltd.com/ana/
- The Nightingale Tribute (Kansas State Nurses Association website) Tribute to Departed Colleagues www.nursingworld.org/SNAS/KS/tribute.pdf
- NNW Media Kit <http://nursingworld.org/FunctionalMenuCategories/MediaResources/NationalNursesWeek/MediaKit.aspx>



Ask Ken!

ELECTRONIC SUBMISSION OF DATA & CVRS



Q. Several of the clients we provide MCH services for get upset when we ask their income. It seems invasive.

A. Asking someone what their income is could feel somewhat awkward for some, however, the information is required by the Feds who fund us. Some MCH programs use a chart with wide ranges of income that a client can choose from instead of giving an exact amount. If you need a copy of the chart, please e-mail Jamie Klenklen at jklenklen@kdheks.gov.

Q. Is the reporting of a contraceptive method required in M & I, Child Health or Healthy Start?

A. The contraceptive method is not required to be reported except for family planning. If the service provided for the MCH population includes family planning education, referral or service, the contraceptive method should be indicated as appropriate.

Q. I am a Home Visitor (paraprofessional), do I have to report referrals?

A. Yes, if you do not specify referrals made, the visit shows you did nothing and the visit is justified.

EVENTS



RESOURCES

Save the date!

Mother's Day is May 9th. For fun ideas, gifts and more visit www.dayformothers.com/.

May is Women's Health Month so be creative and get involved! Women's Health Week will be celebrated during the week of May 9 -15. National Women's Health Week is a weeklong health observance coordinated by the United States Department of Health and Human Services' Office on Women's Health (OWH). Please send any creative ideas and events that your agency uses to reach women with positive health messages during this year's event to MCH program staff at KDHE. For activity information and ideas go to www.womenshealth.gov/whw/.

Kansas Healthy Homes and Lead Hazard Prevention Program Holding Healthy Homes Practitioner Training on May 18-19 in Emporia, KS. The course will be held at the Lyon County Health Department, Flint Hills Community Center. This two day course is a wonderful opportunity for public health workers who visit homes or are interested in learning more about healthy homes.

The course is free for state/health department employees. Lunch will be on your own. The National Environmental Health Association's (NEHA) exam will be offered at the end of the training. If you are interested in taking the exam or have questions please contact Shannon Steinbauer at 785-256-3229.

For more information about the course please visit www.nchh.org/training. The registration form can be found at www.kshealthyhomes.org/practitioner_courses.htm.

Perinatal Association of Kansas (PAK) Annual Conference will be held at Providence Medical Center in Kansas City, Kansas, in the Keenan Education Center, on June 18. The conference theme is: Health Care Reform: Impact on Perinatal Medicine. The PAK Conference is jointly sponsored by Providence Medical Center, March of Dimes – Greater Kansas Chapter and KDHE. To register for the conference visit www.kansasperinatal.org See you there!

Pediatric Basic Disaster Life Support is a one day course, July 24th in Salina, KS, designed to highlight the key aspects of basic pediatric care in a disaster situation. This class is targeted for pre-hospital, hospital and public health professionals. Register for this course on KS Train <http://ks.train.org>, course ID 1017833 <https://ks.train.org/DesktopModules/eLearning/CourseDetails/CourseDetailsForm.aspx?tabid=62&CourseID=1017833>.

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

FDA Recommends Temporary Suspension of Rotarix Vaccine please visit www.fda.gov/NewsEvents/PublicHealthFocus/ucm205585.htm for the March 22, 2010 announcement by the United States Food and Drug Administration (FDA) regarding its recommendation to health care professionals to temporarily suspend use of the Rotarix vaccine.

New Online Training to Help Health Professionals Address Health Literacy to help public health professionals respond to the problem of limited health literacy, the Centers for Disease Control and Prevention (CDC) have launched a free "Health Literacy for Public Health Professionals Online Training" program. The purpose of this training is to educate public health professionals about limited health literacy and their role in addressing it in a public health context. This is a web-based course and can be accessed anytime by computers with Internet access. To access the training program visit http://www2a.cdc.gov/TCEOnline/registration/detailpage.asp?res_id=2074.

Every day do something
that will inch you closer to
a better tomorrow

— Doug Firebaugh

Free Health Calendar offers information about common health problems and advice on watching out for important symptoms. There are charts that describe needed screenings and immunizations, tips on how to get a second opinion, how to read a drug

label and more. All of this information is available in a handy, portable calendar that can be kept all year round. To order the health calendar call 800-994-9662 or visit www.womenshealth.gov. Remember, May is Women's Health Month!

Online Version on SIDS Risk Reduction Available is an online version of the National Institute of Health's (NIH) continuing education program for nurses on SIDS risk reduction and is now available. The program reviews the most current research findings about SIDS. It also provides nurses with practical approaches to help new parents and caregivers reduce the risks of SIDS by creating a safe sleep environment for their infants. To order copies of the print version go to: www.nichd.nih.gov/sidsnursesce/ or call 1-800-370-2943.