

SPECIAL  
POINTS OF  
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# ZIPS

## Zero to age 21: Information Promoting Success

for Public Health Professionals working with Kansas Kids

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## Healthy People 2010 Objective Update

On behalf of the US Department of Health and Human Services (HHS), the Office of Disease Prevention and Health Promotion (ODPHP) is soliciting the submission of electronic comments for consideration on changes and revisions proposed to the *Healthy People 2010* objectives as a result of the Midcourse Review process. The Midcourse Review, conducted at the midpoint of the decade, is the process through which the *Healthy People 2010* objectives are reviewed by HHS, the lead agencies for the Healthy People focus areas, and other experts. The review is to assess the data trends during the first half of the decade, consider new science and available data, and make changes that ensure that *Healthy People 2010* remains current,

accurate, and relevant. The proposed revisions take the form of establishing baselines and targets for formerly developmental objectives (i.e., objectives that had no baseline data or target when *Healthy People 2010* was released in 2000); changes to the language of objectives and subobjectives;



The Healthy People initiative began in 1979

deletions of objectives and subobjectives; new subobjectives; and baseline and target revisions.

The public is invited to comment through the Web site on: objectives and subobjectives that are moving from develop-

mental to measurable objective status; objectives and subobjectives with revisions to their overall language; the deletion of objectives and subobjectives; the addition of new subobjectives; the establishment of new baselines, targets, and target setting methods; and changes to data sources. Written comments received in response to this notice will be reviewed and considered by the lead agencies for the objectives to which they pertain.

*Healthy People 2010* provides the basic goals for many of the programs of KDHE, Division of Health. You can review the proposed changes to *Healthy People 2010* objectives and submit your own comments at: <http://www.healthypeople.gov/data/midcourse/>.

## Kansas State Department of Education Regulations Governing Human Sexuality Education Changed

**Kansas Administrative Regulation (KAR) 91-31-20**, which for several years has mandated that each district provide a comprehensive education program in human sexuality, including STD's and AIDS, was repealed on June 30. In its place, the Kansas State Board of Education (KSBE) has required that each school, as appropriate to the grade levels offered, have

physical education programs, "which shall include instruction in health and human sexuality." This new education regulation is KAR 91-31-32(c)(9)(G) and was effective on July 1.

You can view the old and new regulations online at <http://www.ksde.org/cgi-bin/searchregs?citation=91-31-20&rptype=2&search=&maxres=10&andor=AND> and [\[www.ksde.org/cgi-bin/searchregs?citation=91-31-32&rptype=2&search=&maxres=10&andor=AND\]\(http://www.ksde.org/cgi-bin/searchregs?citation=91-31-32&rptype=2&search=&maxres=10&andor=AND\), respectively.](http://</a></p></div><div data-bbox=)

The actual attainment of Kansas educational standards rests with locally controlled school boards. District school boards choose curricula to meet KSBE standards which implement the education regulations.

# PERINATAL HEALTH

## Treating Tobacco Use During Pregnancy And Beyond Workshop

Ten wonderful opportunities are available to gain training and insight in how to help pregnant smokers quit. The workshops are sponsored by the Kansas Department of Health and Environment, Tobacco Use Prevention Program in cooperation with The University of Kansas Medical Center Area Health Education Centers.

The prevention of smoking during pregnancy is a major means of decreasing the numbers of low birth weight and premature infant births. With a successful tobacco cessation program, a reduction of 20 percent in low birth weight babies and a 17



percent reduction in the occurrence of preterm deliveries can be achieved. These workshops will provide health care professionals with information regarding tobacco use during pregnancy and tools and techniques that can be implemented in a busy practice to promote tobacco cessation.

The next workshop is on September 2 in Pratt. Other workshops are being offered at loca-

tions across Kansas through November 18. Pre-register in order to reserve a place in the training and training materials. Meals will be provided.

For more information or to receive registration materials, please contact the University of Kansas Medical Center, Area Health Education Center at 620-235-4040. In addition, information on the Kansas Tobacco Use Prevention Program can be found at: <http://www.kdhe.state.ks.us/tobacco>

**Large streams from little fountains flow,  
Tall oaks from little acorns grow. — David Everett**

### Downloadable SIDS Resources Available

To download versions of excellent resources concerning the topic of Sudden Infant Death Syndrome (SIDS) and unique ways to combat its occurrence go to: [http://www.sidsalliance.org/media/media\\_adv.html](http://www.sidsalliance.org/media/media_adv.html) or <http://www.healthychildcare.org/>. This last site offers free materials to hand out and/or display. Please remember to teach parents to put babies on their backs to sleep and to allow for tummy time while awake and playing.

### Perinatal Association of Kansas 16<sup>th</sup> Annual Conference

The 16<sup>th</sup> Annual Perinatal Association of Kansas (PAK) Conference will be September 16 at the Lawrence Memorial Hospital located at 325 Maine in Lawrence. This year's title for the PAK Conference is: "Hot Topics in Perinatal Care."

This workshop will give you an overview of the controversial topics in perinatal and neonatal care. Some of the

topics included are ethical issues in the neonatal environment; a contrast of perinatal practices in third world countries with those practiced in the United States; identification of new topics in developmental pediatrics and the implications of providing care including identification of developmental disabilities; and a description of the latest therapies in perinatal health care.

For more information go to: <http://www.kspak.org>



The PAK promotes the health and well being of mothers and infants enriching families, communities and our world.

## Healthy Start Home Visitor Regional Trainings

The Fall Regional Trainings for the Healthy Start Home Visitor (HSHV) Program have begun. The first training was conducted in Liberal at the Seward County Activity Center. This was a very successful training with repre-

**Nurses:**  
At the heart of healthcare



sentatives from most of the counties in Southwest Kansas in attendance. This Fall's training focus is on mental health issues in Kansas with special emphasis on ways to identify and support families with mental illness and link them to local mental health resources.

In addition, a presentation of the FirstGuard Low Birth Weight Performance Improvement Project (LBW PIP) is

being offered in the afternoon. Partnering with KDHE in this training process are NAMI Kansas and various regional community mental health centers. Initial feedback from training participants is very positive. For more information on locations, dates and times for the remaining HSHV Fall Regional Trainings go to: <http://www.kdhe.state.ks.us/c-f/downloads/05RegMtgs.pdf>

### Baby's First Year

- The average child will eat 15 pounds of cereal in a year.
  - Aside from medical costs, new parents in the U.S. typically spend \$7,000 in a baby's first year on everything from diapers to formula to day care.
  - Diaper rash occurs more often after eight months of age.
  - Baby oil and baby lotion lubricate the skin equally well.
- Tips from: <http://www.allaboutmoms.com/>

# CHILD HEALTH

## Back to School; Back to Sleep!

Perhaps the hardest adjustment children will make with school starting again is the one that permits them to get all the sleep they need. For many students, summertime offers a reprieve from homework and rigid schedules. It also often means later bedtimes and wake times. As a result, back to school hours can be very stressful for students – they need to maximize their sleep to perform best in new activities and classes, but their bodies are still lingering on summer schedules.

So what can you do to help your children fight off back to school sleepiness? Dr. Jodi Mindell

of the Children’s Hospital of Philadelphia offers some tips:

1. Recognize that sleep is “food for the brain.” It makes young people more ready to learn in school.
2. Keep to a school-oriented schedule, even on weekends and holidays.
3. Create a sleep-friendly bedtime routine. Eliminate distractions (TV and video games) an hour or two before bedtime.
4. Become a sleep role model by insuring you stick to a consistent bedtime. It will help you, as well as teach your child good sleep habits.

Find more tips and information at: <http://www.sleepfoundation.org/press/index.php?secid=&id=198>

## Promoting Healthy Habits



More than twice as many children are overweight now than three decades ago. The problem with being overweight is more than just size; it puts kids at risk for developing chronic illnesses like heart disease, diabetes, and asthma. All parents want their child to

be as healthy as possible, but many wonder where to start.

A new national education program called We Can!—Ways to Enhance Children’s Activities and Nutrition—provides guidance for parents, caregivers, teachers and others who want to help children ages 8-13 maintain a healthy weight. To learn more visit: [http://newsinhealth.nih.gov/PastIssue/July2005/docs/01/features\\_02.htm](http://newsinhealth.nih.gov/PastIssue/July2005/docs/01/features_02.htm)

## U.S. Infant Mortality Rate Increases

The U.S. infant mortality rate increased in 2002 for the first time in more than 40 years to seven deaths per 1,000 live births, according to the annual Kids Count report released on July 26 by the Annie E. Casey Foundation. In 2001, the national infant mortality rate was 6.8 deaths per 1,000 live births. According to William O’Hare, the director of Kids Count, the increase is “cause for concern” because the statistics are used to measure societal well-being and could indicate deterioration in

support networks.

The report also found the U.S. teen birth rate decreased from 48 births per 1,000 girls in 2000 to 43 in 2003. In addition, 7.8percent of infants nationwide weighed less than 5.5 pounds at birth in 2002, according to the report. The rate was 7.7percent in 2001.

The report used data from 2002 and 2003 to rank the 50 states and Washington, D.C., on 10 indicators of child well-being, including infant mortality and teen birth rates. New Hampshire ranked

best and Mississippi worst. Kansas came in at 15 in the comparison with other states.

Foundation President Douglas Nelson said that the report indicates “the end of a lot of good trends.” He added, “Clearly, some of that momentum and progress has stalled or been compromised. We think it’s cause for pause.”

(This report was compiled from news reports and provided by Scott Snyder, MPH. Scott is a Public Health Analyst with Health and Human Services and a former KDHE employee.)

**In medicine, as in statecraft and propaganda, words are sometimes the most powerful drugs we can use.**  
— Sara Murray Jordan

## Add or Expand Girls Physical Activity Programs

The Women’s Sports Foundation’s (WSF) GoGirlGo! program is dedicated to the development and funding of girls’ sports/physical activity programs that combine athletic instruction and programming with the delivery of educational information aimed at reducing risk behaviors that threaten the health and social advancement of girls in the third to eighth grade.

GoGirlGo! is accepting applications to assist sports and physical

activity programs seeking to add new or expanded program participation opportunities for an underserved population of girls, particularly those who are economically disadvantaged and have a high incidence of health-risk behaviors.

WSF will award a total of \$200,000. Eligible applicants are nonprofit organizations that meet the following criteria: 1) demonstrated ability to deliver girls’ sports/physical activity program-

ing to girls in the third to eighth grade; 2) deliver a minimum 8-week sports/physical activity program with preference given to organizations working consistently throughout the year; and 3) commitment to implement the GoGirlGo! curriculum.

The deadline to apply is November 12. Learn more at: <http://www.womenssportsfoundation.org/cgi-bin/iowa/funding/featured.html?record=30>



**In 1892, women first played basketball at Smith College in Northampton, MA.**

# ADOLESCENT HEALTH

## Where do Teens Get the Booze?



**One-third of teens say that it is easy to get alcohol from their own parents.**

The American Medical Association's (AMA) "Teenage Drinking Key Findings" fact sheet presents data from two national surveys on how adolescents obtain alcohol. Both surveys were conducted in spring 2005 and were funded as part of the AMA's partnership with the Robert Wood Johnson Foundation. The first survey, conducted by Teenage Research Unlimited,

polled 701 adolescents ages 13-18. The second survey, commissioned by the AMA and conducted by Harris Interactive, polled 2,283 adults ages 18 and older, of whom 394 were parents with children ages 12-20.

The document provides information on how easily and how often adolescents obtain alcohol. Information on parental opinions and behaviors about providing alcohol to adolescents and parental perceptions on how adolescents

acquire alcohol is also included.

The document can be used by medical and education professionals in counseling parents on the health risks of alcohol use and in advocating for policies to restrict adolescents' access to alcohol.

The fact sheet is available at [http://www.alcoholpolicymd.com/pdf/poll\\_080805.pdf](http://www.alcoholpolicymd.com/pdf/poll_080805.pdf). An informational poster is also available at <http://www.alcoholpolicymd.com/pdf/Ad080805.pdf>.

### Losing Weight with Dairy Foods

Most people don't realize that when a person loses weight, they lose fat *and* muscle, but new research indicates dairy foods may actually help dieters keep the muscle and lose even more fat. Two separate clinical trials of obese African-American adults, the most recent published in *Obesity Research*, reveal that including 3 servings of dairy daily results in greater fat loss and in either keeping or increasing lean mass. When following a reduced calorie diet, participants lost twice as much weight and fat when consuming more dairy.

African Americans in one trial who consumed 3 servings a day of dairy also had significant decreases in blood pressure and circulating levels of insulin, suggesting an association between dairy intake and reduced risk for high blood pressure and insulin resistance.

Recently, the National Medical Association issued a recommendation that African Americans consume 3-4 servings of dairy foods each day to help reduce the risk of chronic diseases.

For more information, go to : <http://www.midwestdairy.com/content.cfm/CategoryID=254>.

**(Students) must know it is not their aptitude but their attitude that will determine their altitude. — Jesse Jackson**

### Non-Federal Resources

The National Adolescent Health Information Center (NAHIC) is pleased to announce a new information source: Non-Federal Resources (2005) at [http://nahic.ucsf.edu/index.php/niah/article/non\\_federal\\_resources/](http://nahic.ucsf.edu/index.php/niah/article/non_federal_resources/).

This document provides an annotated list of nearly 250 adolescent health resources available from non-federal organizations. This list complements the federal resource list in Chapter 8 of *Improving the Health of Adolescents and Young Adults: A Guide for States and Communities*. It is organized according to the health topics addressed by the 21 Critical Health Objectives in *Healthy People 2010*. Resources within each health topic are categorized into activity areas (e.g., coalition-building, using data, programs, media, and policy). Each resource is listed with its name, Web site and a brief description.

## Preventing Adolescent Suicide

According to the 2003 Youth Risk Behavior Survey, 29percent of youths in grades 9-12 felt so sad or hopeless that they stopped doing usual activities; 17percent seriously considered attempting suicide; and nearly 9percent attempted suicide one or more times. Nearly 3percent made an attempt that resulted in an injury that required medical attention. Suicide is the third leading cause of death for this age group.

Peers are often the first to know when an adolescent is suicidal. About



half of high school age girls and almost a third of boys report knowing someone who has thought about suicide, made an attempt, or actually committed suicide. Understanding this, and realizing that school-based mental health programs are the first line of defense for this problem, the nonprofit organization Screening for Mental Health developed the SOS Signs of Suicide® program for Secondary Schools.

The overarching goal is to train students to recognize the signs of

depression and empower them to intervene. Simultaneously, the program lets students feeling depressed or suicidal know where they should turn for help that will not be ignored. SOS is the only school-based suicide prevention program proven to significantly reduce self-reported suicide attempts.

For information on the SOS kits, cost effective and proven to reduce suicide attempts, go to: <http://www.mentalhealthscreening.org/highschool/>

# PUBLIC HEALTH

## Benjamin And Squires to Keynote KPHA Conference



**Dr. Georges Benjamin, MD, FACP  
Executive Director of APHA**

Kansas Public Health Association is honored to announce its two featured keynote speakers for its upcoming annual conference. Public health professionals across Kansas are encouraged to attend September 20-22 in Wichita. Learn more at: <http://www.kpha.us/>.

Georges C. Benjamin is well known in the world of public health as a leader, practitioner and administrator. Benjamin has been the executive director of the American Public

Health Association (APHA), the nation's oldest and largest organization of public health professionals, since December 2002. An established administrator, author and orator, Benjamin started his medical career in 1981 in Tacoma, Wash., where he managed a 72,000-patient visit ambulatory care service at the Madigan Army Medical Center. Prior to joining APHA, he was the chief executive of the state of Maryland's Department of Health and Mental Hygiene, a cabinet level agency with a \$5 billion budget.

Sally Squires is a nationally known, award-winning medical and health writer for The Washington Post. Squires holds two master's degrees from Columbia University: one in journalism, the other in nutrition. Her articles have appeared in numerous national

**Sally Squires,  
Medical and Health Writer  
for the Washington Post**



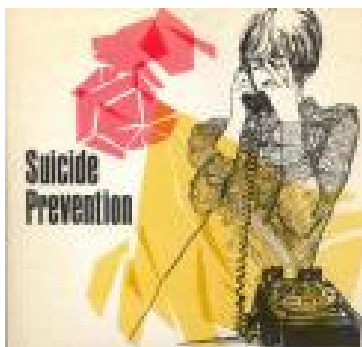
publications including Woman's Day, Modern Maturity, Parade and Reader's Digest. In 2004, Squires became the first journalist named an Honorary Fellow of the Society for Public Health Education. She is at work on a PBS television documentary about the last leprosy hospital in the United States, a project funded by the National Endowment for the Humanities.

**Take care of those who work for you and you'll float to greatness on their achievements.**  
— H.S.M.  
**Burns**

### Suggestions for Suicide Prevention Week

The Kansas Suicide Prevention Steering Committee encourages communities across Kansas to increase awareness of the impact of suicide on people in our state, and of resources for support and prevention.

Nationally, the week of September 4-10 has been designated Suicide Prevention Week. The World Health Organization has designated September 10 of each year as World Suicide Prevention Day.



The federally-funded Suicide Prevention Resource Center (SPRC) has a list of suggestions for promoting awareness during Suicide Prevention Week on their Web site at <http://www.sprc.org>.

The professional organization, American Association of Suicidology, has extensive information about awareness strategies for Suicide Prevention Week on their Web site: <http://www.suicidology.org>

**Suicide prevention is everyone's business.**

### Kansas Home Visitation Training

The Kansas Home Visitation Training Task Force was formed in 2002 to consider uniform training needs among home visitation staff in multiple programs, including Healthy Start Home Visitors, Head Start, Parents As Teachers and Part C Infant Toddler Programs.

The curriculum selected for the training was developed by the Nebraska Early Childhood Training Center and is six-days long. An example of a few of the lessons included are: the role of the home

visitor; problem solving processes; self assessment; family assessment; personal safety; effective referrals; and cultural competence.

The Kansas Home Visitation Training is required for any Healthy Start Home Visitor receiving Aid To Local funds. The training will count as additional training days of MCH significance.

Training will be offered across Kansas. To find locations, go to <http://www.ksheadstart.org/kansas/homevisitationtraining.html>

### Kansas HealthWave Now Online

Here is the link to the new Kansas HealthWave Web site: <http://www.kansashealthwave.org>. The site includes a greeting from the Governor, interactive features, cur-



rent radio and television spots (TV ads take a minute to download), current billboard campaign, applications in 10 languages, and other important HealthWave information. Check it out!

# SCHOOL HEALTH

## “It’s How You Eat and Move Your Feet”

School has started...and with it, lots of activities, including the essay contest, "It's How You Eat and Move Your Feet," sponsored by the Kansas Action For Healthy Kids (KAFHK). The contest is open to any student in Kansas, grades six through 12. Students should write a one – two page essay on a nutrition or physical activity topic that relates to a positive change that they, their family or their school have made. They should explain

what motivated them to make these changes.

The contest began as soon as schools were in session and essays should be submitted by September 21. School nurses should enlist teachers to announce the contest in class. For more details



Healthy students are better students

and the entry form, see the last page of this newsletter.

Reproduce the flyer as necessary. The prizes will be presented October 8, by KDHE Secretary Roderick L. Bremby at the Annual KAFHK meeting in Wichita.

KAFHK is the Kansas “team” of the national organization which was formed

specifically to address the epidemic of overweight, under-nourished and sedentary youth by focusing on changes at school.

Contact Vicki Reed at [kafnkchair@yahoo.com](mailto:kafnkchair@yahoo.com) if you have questions regarding KAFHK or the essay contest.

### Help in Writing Health Policies

For help developing school health policies, go to the National Association of State Boards of Education (NASBE) Web site to find information on state level school health policies relating to Kansas schools. This site has a list of all laws that apply to public schools across the country: [http://www.nasbe.org/HealthySchools/States/State\\_Policy.asp](http://www.nasbe.org/HealthySchools/States/State_Policy.asp).

With support from CDC's Division of Adolescent and School Health and many collaborating partners, NASBE devel-

oped sample policies on various school health topics for states, districts, and schools to adopt or adapt. These policy suggestions are statements of best practice that all states and schools should endeavor to adopt. The points addressed were suggested by the CDC's scientifically rigorous school health guidelines, actual state and local policies, and comments from expert reviewers.

Find these sample policies at: [http://www.nasbe.org/HealthySchools/Sample\\_Policies/Sample\\_Policies.html](http://www.nasbe.org/HealthySchools/Sample_Policies/Sample_Policies.html).

### Stopping Peanut Allergies in Schools and Homes

A Johns Hopkins Children's Center study finds that most soaps and household cleaners will remove enough peanut allergen from hands and dining surfaces at home and in schools to prevent an attack. Comparing how well assorted cleaners or plain water remove the most common peanut allergen, the Johns Hopkins researchers showed that most products performed well, although dishwashing liquid left tiny traces of the allergen on some cafeteria tables, and alcohol-based hand sanitizer left residual allergen on half of the hands tested. For more information, visit [http://www.hopkinsmedicine.org/Press\\_releases/2004/05\\_08b\\_04.html](http://www.hopkinsmedicine.org/Press_releases/2004/05_08b_04.html).

Schoolmasters and parents exist to be grown out of. — John Wolfenden

## Is Your School Safe from Chemical Mishaps?

Kansas schools can remove unwanted or obsolete chemicals from secondary schools free of charge through the Kansas School Lab Sweep Program. Many schools have old chemicals in chemistry or biology labs or art departments that have not been used for years. These chemicals may be a source of carcinogens, like benzene, formaldehyde, cadmium, ethylene oxide, or glazes with lead or chromium, to name just a few. Some of the chemicals have explosive potential such as old ether or di-nitrophenol. Containers with contents “growing” out of them could be risky, as could containers with unknown contents. Even under the best storage conditions, accidents and spills can happen and may expose students and

staff to hazardous substances and situations.

To become eligible to participate in a one time program to have KDHE remove dangerous chemicals, the Superintendent or an authorized representative of your school must sign an agreement with KDHE. The agreement simply states that the school will manage chemicals wisely and avoid unnecessary accumulations in the future. After a school's enrolment, instructions are mailed on how to inventory the chemicals for disposal. After the inventory is completed, it is mailed to KDHE. The chemical inventory is reviewed by KDHE and each chemical is classified as hazardous or non-hazardous waste. Clean Harbors Environmental collects the chemicals that are classified as a hazard-

ous waste. Non-hazardous chemicals are put in landfills as special waste.

KDHE completed a sweep of 254 schools in the spring of 2005 and removed over 17,000 containers (approximately 22,500 pounds) of hazardous wastes. Did your school participate? **Sixteen counties in Kansas had no schools participate.** September 30 is the last chance for districts to take advantage of this program. Don't miss this opportunity to make your school safer and to help avoid expensive hazardous waste disposal fees.

Questions regarding the School Lab Sweep Program can be directed to Maria Morey at [mmorey@kdhe.state.ks.us](mailto:mmorey@kdhe.state.ks.us) or 785-296-1611.

## EVENTS



## RESOURCES

### Conference on the Prevention and Treatment of Obesity

The 2005 University of Kansas Annual Conference on the Prevention and Treatment of Obesity will be September 8-10 at the Marriott Hotel in downtown Kansas City, MO. The conference will offer continuing education in a number of medical and support professions. Space is limited, so be sure to register in advance. For more information visit: [http://www.ebl.ku.edu/conference/conf2005/conference\\_2005.htm](http://www.ebl.ku.edu/conference/conf2005/conference_2005.htm).

### Kansas Public Health Association Conference

KPHA will hold their annual conference in conjunction with the Kansas Environmental Health Association from September 20-22. The conference will be held at the Wichita Hyatt Regency Hotel. The theme is "Taking it to the Streets: Partnering to Improve the Public's Health." Learn more and register at: [http://www.kpha.us/documents/fall\\_brochure.rtf](http://www.kpha.us/documents/fall_brochure.rtf).

### Oral Health Kansas Annual Conference

The Oral Health Kansas Annual Conference will be held September 29-October 1 in Hutchinson at the Grand Prairie Hotel and Convention Center. The theme of this year's conference is "Working Together for a Healthier Smile." Mark Siegal, Ohio State Dental Director, will be the keynote speaker. For more information, contact Teresa Schwab at 785-235-6039 or visit <http://www.oralhealthkansas.org/pdfs/OHK-Conference-Sept29-30.pdf>.

### Association of CMHCs of Kansas Annual Conference

The Association of Community Mental Health Centers of Kansas will have their annual conference September 29-30 at the Wichita Airport Hilton. Kathryn Power, Director of the Center for Mental Health Services, SAMHSA, will be the keynote speaker, talking about Mental Health Systems Transformation. For more, visit <http://www.acmhck.org/>.

### Pediatric Symposium: Chronic Health Concerns in the School Setting

The American Lung Association of Kansas (ALAK), along with a number of other public health organizations in Kansas, will be sponsoring a symposium on October 14 at the KU Edwards Campus in Overland Park. Speakers at this symposium will describe approved guidelines for the management of asthma and other chronic diseases. Participants will learn practical steps that can be taken to improve care and make a real difference in the lives of children diagnosed with chronic diseases. Registration will cost \$75 or \$35 and CME/CNE contact hours will be offered. Contact Sally Head of ALAK at 785-272-9290 ext 103 or [shead@kslung.org](mailto:shead@kslung.org) for information.

### Heart Healthy Women and Disparities

The Kansas Heart Disease and Stroke Prevention Program along with the Nebraska Cardiovascular Health Program and the Missouri Heart Disease and Stroke Prevention Program will present the Region VII Cardiovascular Disease Conference entitled "Heart Healthy Women and Disparities: Putting Knowledge Into Action" on November 2-4 at the Hyatt Regency Crown Center in Kansas City, Missouri. Contact Misty Jimerson at [Mjimerson@KDHE.state.ks.us](mailto:Mjimerson@KDHE.state.ks.us) for more information.

**The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself. – Benjamin Franklin**

### The Maternal and Child Health Thesaurus, Third Edition

created by the Maternal and Child Health Library, has just been published. It provides the MCH professional community with a standard vocabulary that serves as a tool for indexing and retrieving materials in any MCH research center, library, or special collection. The thesaurus Web site at <http://www.mchthesaurus.info/thesaurus/home.htm> provides an introduction; an alphabetical list of terms; a rotated list of terms; a set of subject categories; and a search function to search MCHLine® for specific terms. A pdf version of the full 244-page thesaurus is also available on the Web site.

**Need an answer on a health topic?** Go to the Health Resources and Services Administration Information Center Web site where you can order free publications and materials developed by HRSA Bureaus and Offices. The Web site also features information on resources that may interest you, including organizations, news sources, and current HRSA initiatives. Check it out at: <http://www.ask.hrsa.gov/>

**The Center for Health and Health Care in Schools (CHHCS)**, a nonpartisan policy and program resource center at the George Washington University School of Public Health and Health Services, provides a listing of grants from a variety of sources for a variety of reasons. Check it out at: <http://www.healthinschools.org/grants/alerts.asp>

**The National Health Information Center**, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, provides a 2005 National Health Observances calendar. Find out what is being celebrated or emphasized this month at: <http://www.healthfinder.gov/library/nho/nho.asp?year=2005#m9>.

### The Summer 2005 edition of

"**Folic Acid Update**" from the National Center on Birth Defects and Developmental Disabilities is now available! View the current newsletter at: <http://www.cdc.gov/ncbddd/folicacid/newsletters.htm>

**The Kansas Health Statistics Report**, August 2005, is available at the KDHE Center for Health and Environmental Statistics Web site at <http://www.kdhe.state.ks.us/ches/khsnews/khsr.html>. The Center publishes the Report quarterly. Subscribe for electronic notification by sending contact information to [Kansas.Health.Statistics@kdhe.state.ks.us](mailto:Kansas.Health.Statistics@kdhe.state.ks.us).

**Stopping Germs at Home, Work and School** a CDC fact sheet is available in English and Spanish and can be downloaded by visiting: [http://www.cdc.gov/germstopper/home\\_work\\_school.htm](http://www.cdc.gov/germstopper/home_work_school.htm)

**Autism and Genes** information from the National Institute of Child Health and Human Development can be read and downloaded by visiting: [http://www.nichd.nih.gov/publications/pubs/autism\\_genes\\_2005.pdf](http://www.nichd.nih.gov/publications/pubs/autism_genes_2005.pdf)

**Have Diabetes Will Travel** contains diabetes travel tips and is written by the National Diabetes Education Program. To read this document and download visit: [http://www.ndep.nih.gov/diabetes/pubs/Diabetes\\_travel\\_article.pdf](http://www.ndep.nih.gov/diabetes/pubs/Diabetes_travel_article.pdf)



The State of Kansas  
Department of Health and Environment

Bureau for Children, Youth and Families  
Children and Families Section  
1000 SW Jackson, Suite 220  
Topeka, KS 66612-1274  
Phone: 1-800-332-6262 (Make a Difference)  
1-785-296-1307 (Administration)

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

Welcome to ZIPS: Zero to Age 21 — Information Promoting Success for Public Health Professionals working with Kansas Kids. We hope this newsletter continues to be a useful resource for you, and we encourage you to give us your comments, feedback, and suggestions.

Previous ZIPS can be found at:  
<http://www.kdhe.state.ks.us/c-f/zips/>

Contact one of the following for more information on programs:

**Joseph Kotsch, RN, BSN, MS**  
Perinatal Consultant—785-296-1306  
[jkotsch@kdhe.state.ks.us](mailto:jkotsch@kdhe.state.ks.us)

**Jane Stueve, RN, BSN**  
Adolescent Health Consultant—785-296-1308  
[jestueve@kdhe.state.ks.us](mailto:jestueve@kdhe.state.ks.us)

**Larry McGlasson, MPA**  
Abstinence Education Consultant—785-291-3053  
[lmcglasson@kdhe.state.ks.us](mailto:lmcglasson@kdhe.state.ks.us)



Visit our Web site at:  
<http://www.kdhe.state.ks.us/c-f>

# Stop the Spread of Germs in School

## Fast Facts

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to two hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)
- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

The main way that illnesses like colds and flu are spread is from per-

son to person in respiratory droplets of coughs and sneezes. This is called "droplet spread." This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby.

Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

To stop the spread of germs, take care to:

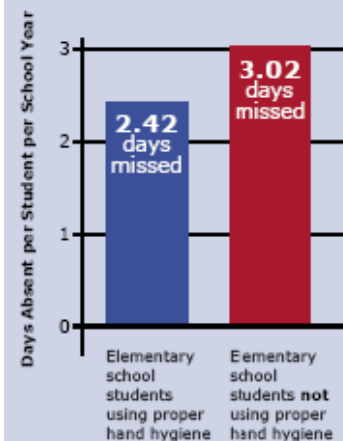
- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be

used. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools.

## Cleaning Hands Keeps Students In School



# It's How You Eat and Move Your Feet

## First Annual NUTRITION and PHYSICAL ACTIVITY ESSAY CONTEST

Sponsored by KANSAS ACTION FOR HEALTHY KIDS  
And FAMILY MEDICINE EAST, Wichita, KS

### GUIDELINES:

Write a 1 – 2 page essay on a nutrition or physical activity topic that relates to a positive change that you, your family or your school have made. Explain what motivated you to make these changes.

### JUDGING CRITERIA:

1. Accuracy of nutrition and/or physical activity information
2. Content
3. Correct spelling and grammar

NOTE: Content must be original and un plagiarized!

### REQUIREMENTS:

Contest is open to any student in Kansas, grades 6 through 12. Essays should be no more than two pages in length, type written in 12-point font, double-spaced and on white 8 ½ X 11" paper.  
--Submit essay with the entry form stapled to it.  
--Student's name should NOT appear on the manuscript, itself.

**DEADLINE:** All entries must be received by  
September 21, 2005

### AWARDS & PRIZES:

Winners will be announced OCTOBER 8, 2005  
Prizes will be given to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners in age groups: 6<sup>th</sup> – 8<sup>th</sup>, and 9<sup>th</sup> – 12<sup>th</sup> grades

Contest entry form

**Student Name** \_\_\_\_\_ **Grade** 6 7 8 9 10 11 12

**School** \_\_\_\_\_ **School Phone #** (\_\_\_\_) \_\_\_\_\_

**School Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Sponsoring Adult/Teacher** \_\_\_\_\_ I hereby submit the attached essay as my own original work and authorize its publication as determined by Kansas Action for Healthy Kids, which reserves the right to edit for publication.

STUDENT SIGNATURE \_\_\_\_\_

- All winners will be contacted through the school they attend
- All entries become the property of Kansas Action for Healthy Kids
- Schools may photocopy for additional forms or request from KAFHK

### **SEND ESSAY & ATTACHED ENTRY FORM TO:**

Kansas Action for Healthy Kids—Essay Contest

PO Box 771177

Wichita, KS 67277-1177