



Friday Beat

June 22, 2007 Edition



For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at www.dshs.state.tx.us/schoolhealth

Quote to Note:

“Real success is finding your lifework in the work that you love.”
-- David McCullough

Program Notices and Postings:

Have a safe weekend!!!

Upcoming Conferences/ Meetings/ Professional Development:

Texas Oral Health Summit—October 18th through 19th, 2007—Austin, Texas

Save the Date!!! The Texas Oral Health Coalition will be holding their annual Oral Health Summit all day on October 18 through noon on October 19, 2007 at the Embassy Suites Austin. This year the Summit is titled “The Significance of a Dental Home: Trends, Practices, and Challenges that Impact the Health of Texans”. Check back in August 2007 when more information and materials for the Oral Health Summit will be posted online at www.txohc.org.

2007 Texas Conference on Alzheimer's Disease and Care--August 23 through 25, 2007—Austin, Texas

Save the Date!!! The Texas Council on Alzheimer's Disease and Related Disorders and the Texas Department of State Health Services are working in partnership with the Texas Public Health Association to present the 2007 Texas State Conference on Alzheimer's Disease and Care. The conference will take place on August 23 - 25, 2007 in Austin, Texas. This year's conference is titled “Bridging the Gap - Building the Future: A Practical Approach to Alzheimer's Research”. For more information, please visit the DSHS Alzheimer's Disease Program's webpage at www.dshs.state.tx.us/alzheimers/default.shtm.

Health Education:

Health Education Program Implementation

To find information on why program implementation is important, how it can be achieved, and how to measure it in practice, please visit www.promisingpractices.net/sd3.asp.

Healthy and Safe School Environment:

Free Online Resource Guide

Practical Information on Crisis Planning: A Guide for Schools and Communities, was produced by the U.S. Department of Education and the Office of Safe and Drug-Free Schools to help schools, school districts and

communities plan for natural and manmade disasters. The guide includes information to help identify when an event is a crisis, a checklist for preparing and managing a crisis and school planning guides. The guide is available at www.ed.gov/admins/lead/safety/emergencyplan/crisisplanning.pdf.

Counseling and Mental Health Services:

The Sunny and Abe Rosenberg Foundation Lecture Series

This series of free professional development seminars provide school-based practitioners updates on recent advances in children's mental health. The goal of the series is to provide practical information that will promote the school functioning of students who may have emotional, behavioral, and situational barriers to learning. Each presentation pairs a mental health professional specializing in the topic area with an educator with related experience. Also included in the presentations are reviews of best-practice guidelines for the school setting. Special emphasis is placed on interdisciplinary approaches using "real-life" cases to highlight key issues. This year's seminars came to a close in March. For next year's schedule, continue to check the NYU Child Study Center website at www.aboutourkids.org/education/rosenberg.html.

Parent and Community Involvement:

Monitoring TV Time

Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study, a report for the CDC prepared by RTI International is available at: www.cdc.gov/nccdphp/dnpa/obesity/pdf/TV_Time_Highligts.pdf

Staff Wellness Promotion:

Wellness Newsletter: Sun Safety

This week's topic is "Sun Safety". The weekly online newsletter provided courtesy of Wellness Proposals is available at www.wellnessproposals.com/pdfs/wellness_newsletters/weekly_wellness_newsletters/health_wellness_program_sun_safety.pdf.

Health Services:

Meningitis Vaccination Recommended for Summer Camp

Physicians are recommending that parents add a meningitis shot to the "needed item" list for summer camp. *Healthday* (6/11/07) reported that the National Meningitis Association is working with the American Camp Association to increase awareness among the parents of campers, as well as camp directors and counselors, on the importance of vaccinating children before they go away to camp. To read the full article, please visit <http://health.yahoo.com/news/176237>.

Americans Would Support Increased Tobacco Tax to Aid Children's Health

According to the American Medical Association (AMA) (6/19/07), a new poll released by the Campaign for Tobacco-Free Kids suggests that Americans strongly support a per-pack cigarette tax increase as a way to help expand children's health insurance programs (known in most states as "CHIP" or "S-CHIP"). To read more, please visit www.ama-assn.org/ama/pub/category/17702.html.

Physical Education:

National Youth Sports Week—July 10-14

National Youth Sports Week coincides and complements National Recreation and Parks Month. Both observances are recognized and sponsored by the National Recreation and Parks Association. For more information and tools to help celebrate these upcoming observances, please visit www.nrpa.org/content/default.aspx?documentId=2254 and www.nrpa.org/content/default.aspx?documentId=4357.

Nutrition Services:

Health and Human Services Commission's Summer Food Service Program

Last summer, HHSC's Summer Food Service Program was responsible for 12.5 million free meals being served to Texas children. The Summer Food Program takes over where federally funded school breakfasts and lunches end, serving free meals to children under age 19. The program is offered statewide in areas or at sites where more than 50 percent of the children are eligible for free or reduced-price meals under the National School Lunch Program. Every meal site sets its own schedule for serving meals and snacks. To locate a site and learn its hours of operations, parents should call 2-1-1. For more details on the Summer Food Program, visit www.summerfood.org.

Share Our Strength -- Great American Bake Sale® Grants—Deadline: July 13, 2007

Share Our Strength is accepting applications for its Great American Bake Sale® Grants to support programs that work to increase the nutritious food available to low-income children when they are out of school.

Award amounts for both the program sponsor grants and the advocacy grants range from \$5,000-\$15,000. The deadline to apply is July 13, 2007. For complete program information and program guidelines contact the Share Your Strength grant program directly at http://gabs.strength.org/site/PageServer?pagename=GABS_grants.

American Medical Association Recommendations

On June 8, 2007 the Expert Committee on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity released recommendations for the management of overweight and obese children. The committee was made up of representatives from 15 professional health organizations. The American Medical Association (AMA) convened and co-funded the committee in collaboration with the Department of Health and Human Services' Health Resources and Services Administration (HRSA) and the Centers for Disease Control and Prevention (CDC). To read a list of the recommendations made by the Committee, please visit www.ama-assn.org/ama1/pub/upload/mm/433/ped_obesity_recs.pdf.

Children's Caffeine Consumption

Caffeine is a stimulant that affects sleep and mood. Children are susceptible to the effects of caffeine just like adults. Regular sodas are the most common source of caffeine in children's diets. For more information about what is considered an appropriate amount of caffeine in a child's diet, please visit:

www.mayoclinic.com/health/caffeine/AN00549

Nutrition Report from Institute of Medicine

Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth a report by the Institute of Medicine proposes a set of nutritional standards for foods and drinks available in schools that compete with the national school meal programs. The standards promote consumption of fruits, vegetables, whole grains, and nonfat or low-fat dairy products and limit the amount of saturated fat, salt, added sugars, and total calories. See http://books.nap.edu/catalog.php?record_id=11899

External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond.

For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson, information listed below.

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