



Friday Beat

July 6, 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:

"The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it is not without doubt but in spite of doubt."

-Rollo May (1909-1904, existential psychologist)

Program Notices and Postings:

DSHS Conducting Immunization Customer Satisfaction Survey

The Texas Department of State Health Services' Immunization Branch is conducting a survey to assess customer satisfaction with its Austin-based programs and services. The survey period ends July 17, 2007.

Programs and services being assessed include: a toll-free information phone service; Web-based immunization information; the Texas Vaccines for Children Program; ImmTrac, the Texas immunization registry; information about vaccine requirements for school and child care attendance; and other immunization-related services for health care providers, parents and others.

The survey is available online at: www.immunizetexas.com. Paper copies can be obtained by calling (800) 252-9152. The survey is available in English and Spanish.

Upcoming Conferences/ Meetings/ Professional Development:

***Reminder--Texas Teen Tobacco Summit & Comprehensive Tobacco Prevention Conference—July 22 - 25, 2007**

The Texas Teen Tobacco Summit & Comprehensive Tobacco Prevention Conference, hosted by the Center for Safe Communities and Schools and the Texas Department of State Health Services, is a premier assembly of tobacco-control professionals, researchers, healthcare providers, community outreach specialists, law enforcement officers, counselors, teachers and youth dedicated to protecting Texas youth from the dangers of tobacco use and helping those who smoke to quit. The 2007 conference will take place July 22-25th at the Woodlands Resort and Conference Center in The Woodlands, Texas.

For more information, please visit www.cscs.txstate.edu/cyi/cyi-tobacco-conf.htm.

Health Education:

IBM's Reinventing Education Change Toolkit

The Reinventing Education Change Toolkit is a free web-based resource that can be shared with schools, SHACs and other interested leaders in your region to help them facilitate improvements in school health.

This resource provides them with a wealth of tools that can assist them in the change or improvement process

utilizing proven frameworks for change. Although the Change Toolkit was developed for schools in general, it has great application to school health issues.

The Change Toolkit helps leaders to:

- Diagnose their situation
- Get quick, relevant advice
- Poll colleagues and get anonymous feedback about their progress
- Read real-life vignettes from other educators about their experiences leading and managing change
- Plan for their change initiative or project
- Collaborate with their team and hold on-line discussions

To make use of the Change Toolkit, please visit www.reinventingeducation.org/RE3Web.

Healthy and Safe School Environment:

Practical Information of Crisis Planning: A Guide for Schools and Communities

The United States Department of Education, Office of Safe and Drug Free Schools has developed a guide to give schools, districts, and communities the critical concepts and components of good crisis planning, stimulate thinking about the crisis preparedness process, and provide examples of promising practices. It will help schools navigate through the process of reviewing and revising their school and district plans. To download this guide, please visit www.ed.gov/admins/lead/safety/emergencyplan/crisisplanning.pdf.

Counseling and Mental Health Services:

Helping Teens Cope with Diabetes

Adolescence is a time of transition for teens without a chronic disease. For a teen with diabetes, the period can be especially challenging. Boston Children's Hospital Diabetes Program has information that will help teens cope with diabetes. Please visit, www.childrenshospital.org/az/Site1677/mainpageS1677P0.html, for additional information.

Parent and Community Involvement:

Open Meadows Foundation -- Women and Girls Grant Program--Deadline: August 15, 2007

The Open Meadows Foundation is accepting applications for its Women and Girls Grant program. The purpose of this program is to support small and start-up organizations designed and implemented by women and girls that promote building community power and racial, social, economic, and environmental justice.

Award amounts are up to \$2,000. Eligible applicants include organizations that are run by women and girls with operational budgets below \$150,000. For complete program information and guidelines, please visit www.openmeadows.org.

Family Involvement

The Harvard Family Research Project of the Harvard Graduate School of Education has made available electronically the Winter 2006/2007 and Spring 2007 issue of the "Family Involvement Makes a Difference" newsletter. The Winter issue discusses the importance of parental involvement at the elementary level. The Spring issue discusses parental involvement at the junior high and high school level. Both issues contain valuable family involvement resources. To download the Winter 2006/2007 issue, please visit www.gse.harvard.edu/hfrp/content/projects/fine/resources/research/elementary.pdf. To download the Spring 2007 issue, please visit www.gse.harvard.edu/hfrp/content/projects/fine/resources/research/adolescent.pdf.

Health Services:

Advisory Committee on Immunization Practices (ACIP) Recommendations on Influenza

The CDC's Advisory Committee on Immunization Practices (ACIP) has issued a report that updates the 2006 recommendations regarding the use of influenza vaccine and antiviral agents. These recommendations were presented to the full ACIP and approved in February 2007.

The 2007 recommendations include six principal changes or updates:

1. ACIP reemphasizes the importance of administering 2 doses of vaccine to all children aged 6 months--8 years if they have not been vaccinated previously at any time with either LAIV (doses separated by ≥ 6 weeks) or TIV (doses separated by ≥ 4 weeks), on the basis of accumulating data indicating that 2 doses are required for protection in these children (see Vaccine Efficacy, Effectiveness, and Safety).

2. ACIP recommends that children aged 6 months--8 years who received only 1 dose in their first year of vaccination receive 2 doses the following year (see Vaccine Efficacy, Effectiveness, and Safety).
3. ACIP reiterates a previous recommendation that all persons, including school-aged children, who want to reduce the risk of becoming ill with influenza or of transmitting influenza to others should be vaccinated (see Box and Recommendations for Using TIV and LAIV During the 2007--08 Influenza Season).
4. ACIP emphasizes that immunization providers should offer influenza vaccine and schedule immunization clinics throughout the influenza season (see Timing of Vaccination).
5. ACIP recommends that health-care administrators consider the level of vaccination coverage among health-care personnel (HCP) to be one measure of a patient safety quality program and implement policies to encourage HCP vaccination (e.g., obtaining signed statements from HCP who decline influenza vaccination) (see Additional Information Regarding Vaccination of Specific Populations).
6. The 2007--2008 trivalent vaccine strains are A/Solomon Islands/3/2006 (H1N1)-like (new for this season), A/Wisconsin/67/2005 (H3N2)-like, and B/Malaysia/2506/2004-like viruses. (see Recommendations for Using TIV and LAIV During the 2007--08 Influenza Season).

To view the full report, please visit www.cdc.gov/mmwr/preview/mmwrhtml/rr56e629a1.htm?s_cid=rr56e629a1_e.

Staff Wellness Promotion:

Wellness Newsletter: Bulk Up On Fiber

A past newsletter by Wellness Proposal focused on the importance of fiber in a diet. Suggestions as to how to incorporate fiber are included in that edition. To download the newsletter, please visit www.wellnessproposals.com/pdfs/wellness_newsletters/weekly_wellness_newsletters/Bulk_up_on_Fiber.pdf.

Physical Education:

State Nutrition and Physical Activity Legislative Database

The CDC has a state-based searchable database that provides legislation information pertaining to nutrition, physical activity and obesity. To access this database, please visit <http://apps.nccd.cdc.gov/DNPALeg/index.asp>.

Nutrition Services:

Nutrient Rich Foods

CNN.com has compiled a practical chart using information from the USDA and National Institutes of Health. The chart lists important nutrients and then categorizes foods by their highest nutrient content. For more information and to view the chart, please visit www.cnn.com/SPECIALS/2007/healthy.bodies/nutrition.html.

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.

Laurie Anderson
 Child Health and Safety Group
 Health Promotion Unit
 1100 W. 49th St., G407
 Austin, TX 78756
 512-458-7111, ext. 3032
 512-458-7555 fax
laurie.anderson@dshs.state.tx.us