

Healthy Start Newsletter

February 2010

Kid's Health Squad

The Kids' Health Squad is a cross-section of Consumers, Advocacy Organizations, Professional Associations, Health Care Professionals, Education Professionals, Religious Organizations and Leaders, Business Leaders, and Legislative Leaders who have come together to show that in Kentucky, children really do come first.

More importantly, the KHS are parents, grandparents, and caregivers who share Governor Beshear's passion to keep our promise to our children and give every child in Kentucky a healthy start to a productive life.

If your organization will stand with Governor Beshear and the families and children of the Commonwealth, go to <http://kidshealth.ky.gov/en/khsquad/join.htm> to sign up!

The Beshear Plan

The Beshear Plan improves the Kentucky Children's Health Insurance Program (KCHIP), which provides children's health insurance to low and middle-income families who qualify.

The Beshear Plan greatly increases the commonwealth's outreach efforts to find, enroll and keep eligible children in the program. It also increases education to enrolled families about what benefits are available to them through KCHIP. The Beshear Plan also removes a barrier that required applying families to have a face-to-face interview with a caseworker before their children could enroll. Parents must still verify their income to prove eligibility.

Children need health insurance. There are an estimated 67,000 children in Kentucky eligible for KCHIP or Medicaid who are not enrolled. The Beshear Plan is part of a much larger answer to identify and insure all Kentucky children who are eligible.

The KCHIP program is a federal matching program. If The Beshear Plan meets its projected goals, the program will cost \$6 million dollars the first year (2009) and \$25 million in the next year (2010). However, the federal match to our dollars will pull in more than \$81 million dollars into the commonwealth.

For more information...please visit

<http://kidshealth.ky.gov/en/beshearplan/>

Go RED for Women with The American Heart Association

Choose to be a leader. Inspire friends, family, and co-workers to wear red and speak up about heart disease—our #1 killer—on **National Wear Red Day!**
February 5th, 2010.

Building awareness shouldn't be confined to just

one day. Consider organizing a Wear Red Day on any day you like. Plan one at your workplace, in your community, or even in your home.

For more information about the American Heart Association or Wear Red Day,

go to this website <http://www.goredforwomen.org/wearredday>.

You can get your very own free Go Red for Women pin to let the world know you are fighting to raise awareness of heart disease in women!

Source: Lexington-Fayette County Health Department

Personnel Matters...What do people want from their jobs?

Morale is defined as the state of the relationship between an individual and an organization. Management's ability to create and develop positive morale is the most effective way to recruit, retain, and motivate a high-performance work force.

A Gallup poll of 2 million workers at 700 companies cited that the length of an employee's stay in an organization is largely determined by their relationship with their immediate supervisor. The responsibility of management is to maintain a work environment that acknowledges the need to stimulate positive morale. A quote from Sharon Jordan-Evans, Co-author of "Love 'Em or Lose 'Em," states "People don't quit companies. They quit their bosses."

The first step is achieving a positive morale is knowing, "What do People Want From Their Jobs." Below is a list of factors ranked of employees in a survey reported in "Foremen Fact, Labor Relations Institute of New York", updated in 1988, "Achievers International" (Valerie Wilson).

1. Full appreciation for work done
2. Feeling of being "in" on things
3. Sympathetic understanding of personal problems
4. Job security
5. Good wages
6. Interesting work

7. Promotion and growth in organization
8. Management loyalty to workers
9. Good working conditions
10. Tactful discipline

(Ranking 1-10 with 1 being the highest)

It is important to consider all 10 factors when a supervisor or manager evaluates the job they are doing to create and develop morale. Develop a plan to address these factors that includes open communication, job appreciation, team building activities, work life balance, feedback, and recognition. Search and recognize..."What Your People Want From Their Jobs!"

What To Do With Unused Medications?

Medicines play an important role in treating a wide range of conditions, but when they are no longer needed, medicines need to be disposed of properly. To keep them away from curious children and pets, it used to be widely recommended that they be flushed down the toilet. However, studies conducted over the past few years have found trace amounts of medications in our water supplies, so the public has been urged to avoid dumping unused medicine down the drain or toilet.

However, this won't solve the problem. When we take medicines, they do not stay in our bodies but rather are excreted in urine or stool, so they wind up in the toilet. This sewage eventually finds its way into various water supplies—rivers, lakes, the groundwater, and the ocean. When we dump unused medicines down the drain or in the toilet, they follow the same route. Municipal water supplies, where we get our tap water, draw their water from some of these same sources, and though the water goes through many steps to remove germs and certain chemicals, the system may not remove trace amounts of medicines.

To help parents and others decide what to do with unused medicines, the U.S. Food and Drug Administration (FDA) has offered a number of suggestions.

First, flushing medicines down the toilet is still NOT recommended for the vast majority of products. The label on the product will usually have instructions for how to dispose of it, but if it doesn't, medicines can be disposed of safely in the household trash by:

1. Mixing them with something that will hide the medicine or make it unappealing, such as kitty litter or used coffee grounds.
2. Placing the mixture in a container such as a sealed plastic bag.
3. Throwing the container in your household trash.

However, the FDA has a list of medicines that could be especially harmful to a child, pet, or anyone else who takes them accidentally. For these reasons, the FDA recommends that these particular medicines be flushed down the sink or

toilet, so that they can be immediately and permanently removed from posing a risk to others in the household.

As of August 2009, when the list was last updated, FDA had about two dozen medicines on that list, almost all of which are narcotic. Examples include morphine, under various brand names, Percocet, and Actiq. Also included are certain medicines that come in patches, such as Daytrana (which contains methylphenidate, a medicine used to treat attention-deficit/hyperactivity disorder or ADHD, but presents a risk because children can chew or suck on the patch.

FDA will be updating the list as needed. For the complete list, visit the FDA website: <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187>; if you have additional questions, contact FDA (toll free) at 1-888-INFO-FDA (1-888-463-6332).

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Newton Highlands, MA 02461

Tips For Talking With Parents

- First highlight the child's strengths, letting the parent know the child does well.
- Use materials such as fact sheets. This will let the parent know you are basing your comments on facts, not just feeling.
- Try to make it a discussion. Pause a lot, giving the parent time to think and to respond.
- Listen to and watch the parent to decide on how to proceed. Pay attention to tone of voice and body language.
- Let the parent know that he/she should talk with their child's health care professional soon if there are any concerns or more information is needed.
- Remind the parent that you do your job because you love and care for children, and that you want to make sure that the child does his/her very best. It is also okay to say that you "may be overly concerned", but that it is best to check with the child's doctor to be sure because early action is so important if there really is a delay or concern.

Snowy Handprint

Age: 3 and up
Difficulty: Very easy
Materials needed:

- 1 sheet light blue construction paper
- 1 sheet white copy paper
- Brown acrylic craft paint
- Glue stick
- Scissors
- 3 tablespoons granulated sugar

How to Make:

1. Lay white paper landscape and cut the paper in half using curvy cut. Place paper across blue construction paper and glue. Trim off any excess paper. (See image).
2. Paint child's hand brown and make handprint in middle of paper. Use finger to paint tree trunk. (See image). Wash hands. Let handprint dry.
3. Use glue stick to apply glue to fingers (branches), press in sugar and make a sugar handprint over brown handprint.



4. Use glue stick to draw small circles on blue paper, sprinkle with sugar to look like snowflakes falling. Also apply glue to white paper and sprinkle with sugar to make snow-like appearance. Tap off excess sugar.

“Tooth decay remains one of the most common disease of childhood—5 times as common as asthma and 7 times as common as hay fever.”

Children's Oral Health

Tooth decay (dental carries) affects children in the US more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems such as eating, speaking, playing and learning.

The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

Tips for Parents and Caregivers to ensure good oral health for your child:

- Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.
- Protect your child's teeth with fluoride. Use fluoride toothpaste. If your child is less than 7 years old, put only a pea-sized amount on their toothbrush. If your drinking water is not fluoridated, talk to a dentist or

physician about the best way to protect your child's teeth.

- Talk to your child's dentist about dental sealants. They protect teeth from decay.
- If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.

Source: <http://cdc.gov/oralhealth/topics/child.htm>

Healthy Start in Child Care
Kentucky Children's Health Insurance Program (KCHIP)
Green River District Health Department
P.O. Box 309, 1501 Breckenridge Street
Owensboro, KY 42302-0309



Serving Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster & Breckenridge Counties

Keep warm with these yummy recipes...

Spaghetti Chicken Ingredients:

- 1 can crème of mushroom soup
- 1 can crème of chicken soup
- 1 can diced tomatoes with green chilies
- 8 ounces of processed cheese (cut up)
- 4 skinless, boneless chicken breast halves, cooked and shredded or cut into bite-sized pieces

- 1 (16oz.) package spaghetti cooked and drained

Cooking Instructions:

1. Put soups and tomatoes and cheese in crock pot over medium heat. Stir together and cook until cheese melts (about 15 minutes).
2. Stir in cooked chicken and spaghetti. Reduce heat to low and cook until heated through (about 1 hour).

Servings: 6

Easy Hot Chocolate Ingredients:

- 2 cups milk
- 2 tsp. Cocoa
- 2-3 tsp. Sugar
- 1/4-1/2 tsp. Vanilla

Directions:

Combine all ingredients in pan and heat until desired temperature. Pour into mug and garnish with marshmallow crème and chocolate shavings or marshmallows if desired! Enjoy!

Servings: 2