

Head Start Health Services Newsletter: May 2009

Emerging Research

Obesity: New Findings Suggest that “Brown Fat” May Play Role in Weight Control

The [National Institutes of Health](#) researchers found that brown fat, which helps maintain body temperature by burning up chemical energy to create heat, may play an important role in controlling weight.

Featured Topics of the Month

Guidelines to Prevent the Spread of Pandemic Flu in Head Start Classrooms

Head Start staff must remember to follow the Head Start Program Performance Standards regarding Conditions of Short-Term Exclusion and Admittance [[45 CFR 1304.22\(b\)\(1-3\)](#)] to prevent the spread of the H1N1 (Swine Flu) virus. Visit the [Department of Health and Human Service \(HHS\)](#) or the [Early Childhood Learning and Knowledge Center \(ECLKC\)](#) websites for current information on the flu virus.

May is Asthma Awareness Month

Asthma is the most common chronic disease among children. Join the [U.S. Environmental Protection Agency](#) (EPA) and [Centers for Disease Control and Prevention](#) (CDC) in raising awareness about asthma. Help young children improve their quality of life by [controlling asthma](#).

First Aid First

With warm weather upon us, teachers and parents grow concerned about outdoor safety. The ECLKC has some [first aid basics](#) to help prevent and treat accidents that occur outdoors, in the home, and in the classroom.

ECLKC Offers Tip Sheets on How to Prevent Children from Being Exposed to Second Hand Smoke

Secondhand smoke is one of the many indoor [environmental asthma triggers](#). The [Care for Their Air: Promoting Smoke-Free Homes and Cars for Head Start Families](#) tip sheets offer information for the following childcare providers:

- [Care for Their Air: Families](#)
- [Care for Their Air: Family Service Workers](#)
- [Care for Their Air: Health Managers](#)
- [Care for Their Air: Health Services Advisory Committees](#)
- [Care for Their Air: Home Visitors](#)
- [Care for Their Air: Program Directors](#)
- [Care for Their Air: Teachers](#)

From Our Federal Partners

Healthy Swimming

View the CDC's [healthy swimming](#) guidelines to learn how to protect young swimmers from recreational water illnesses.

Ask OHS

Do you have a question about Head Start? Submit your question to OHS-PolicyQuestions@acf.hhs.gov. Questions and answers that would be helpful to your colleagues will be published in the next issue of this newsletter.

We Want to Hear from You

If you have suggestions for future Head Start Health Services Newsletter topics, please email your comments to cecelia@headstartinfo.org.