

# Head Start Health Services Newsletter: March 2009

## Emerging Research

### **Thirdhand Smoke and Children's Health**

Most people are familiar with the effects of secondhand smoke, but very few are aware of "thirdhand" smoke, or the tobacco smoke contamination that remains after a cigarette is extinguished. A recent study published in the official journal of the American Academy of Pediatrics found that beliefs about the health effects of third-hand smoke are independently associated with home-smoking bans. The study's authors concluded that emphasizing the harmful effects of third-hand smoke on children's health may be important in encouraging home-smoking bans.

## New on the ECLKC

### **Helping Preschoolers Grow Up Healthy**

Regular physical activity and a healthy diet are essential for normal childhood growth and development. An online tool for parents, caregivers, and health and nutrition educators recommends smart food and exercise options for two- to five-year-old preschoolers.

### **Webcast: The Importance of Oral Health**

View the on-demand webcast to learn about strategies for improving access to oral health care, and providing oral health education to children and families.

## News from Our Federal Partners

### **United States Department of Agriculture (USDA)**

#### **Help Bring Summer Food to Your Community!**

Children in Head Start depend on the Child and Adult Care Food Program to give them the nutrition they need to get through a full day of activities. You can give other children in your community a nutritional boost too, this summer, with good food to eat from the [Summer Food Service Program \(SFSP\)](#). Contact your [SFSP State Agency](#) to find out how.

### **Environmental Protection Agency (EPA)**

#### **Play it Safe: Reduce Your Child's Chances of Pesticide Poisoning**

You are cooking dinner and turn your head to find your toddler holding bug spray. Children's play time is often unpredictable. Follow these easy prevention tips to ensure a safe and healthy home for your child and family.

- ["Play It Safe" Toolkit](#)
- [Your Family's Guide to a Clean and Healthy Home](#)
- [EPA's "Play It Safe" Head Start Campaign](#)

## Ask OHS

Do you have a question about Head Start? Submit your question to [OHS-PolicyQuestions@acf.hhs.gov](mailto: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 ECLKC Health News Alert topics, please e-mail your comments to [ceceliag@headstartinfo.org](mailto:ceceliag@headstartinfo.org).