

## Head Start Health Services Newsletter: September 2009

### Emerging Research

#### **A Child's IQ Can Be Affected by Mother's Exposure to Urban Air Pollutants**

A study funded by the National Institute of Environmental Health Sciences (NIEHS), one of the 27 institutes of the National Institutes of Health (NIH), found that children exposed to higher levels of polycyclic hydrocarbons (PAHs) in urban communities may lower a child's intelligence quotient (IQ). The study, conducted by the Columbia University Center for Children's Environmental Health, followed 249 children in utero until 5 years of age.

### Featured Topics of the Month - Nutrition

- Colorful foods such as green spinach, orange sweet potatoes, yellow corn, white watermelon, black beans, and purple plums contain fiber, folate, potassium, and vitamins A and C that will help you maintain your good health. [View the fruits and vegetables of the month](#) and learn how fruits and vegetables help protect you from disease. Select these links to view the featured [fruit](#) and [vegetable](#) for the month of September.
- Get tips and recipes on how to prepare a healthy [breakfast](#), [lunch and dinner](#), and learn how to select and prepare healthy [snacks](#).
- Choosing to eat nutritiously may be a challenge to some families, but knowing what foods are best for you is easy as learning which [food choices](#) fall into the category of *Go, Slow, and Whoa*.
- Parents may follow these [tips](#) to help their child maintain a healthy weight.

### Announcements from Federal Agencies and Professional Organizations

- Children are returning to school in the fall. With the possible increase in flu cases, the Centers for Disease Control and Prevention (CDC) wants to remind parents to [make sure their children are fully vaccinated](#) and up-to-date on their immunizations. Program staff may visit the ECLKC for the [2009 Immunization Schedule](#) to assist parents in their efforts to keep children healthy this school year.
- Celebrate [Get Ready Day](#) on September 15, 2009. Help your program, families, and community prepare to fight the flu.
- USDA's newest release is the [Two Bite Club](#), an educational storybook that introduces [MyPyramid for Preschoolers](#) to young children. Parents or caregivers may use the stories to encourage children to try foods from various food groups by eating just two bites. The back of the book contains a MyPyramid for Preschoolers coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

### News from OHS: Information Memorandums

- [Safety of Children](#) (ACF-IM-HS-09-06) addresses the obligation of Head Start agencies to adhere to all conduct that prevents injury and minimizes risk to enrolled children.
- [Accessing Professional Medical and Dental Services](#) (ACF-IM-HS-09-05) explores the challenges that grantee and delegate agencies encounter when locating medical and dental services for enrolled children and offers strategies to engage community health care providers.

### 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 email your comments to [ceceliag@headstartinfo.org](mailto:ceceliag@headstartinfo.org).

**Our Next Issue is October 15, 2009**