February 26, 2007

To submit comments or items (3 weeks in advance) for this e-newsletter, please contact Vivien Hao, public affairs officer, First 5 LA at vhao@first5la.org or (213) 482-7563.

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CALENDAR

March 2, 8:30 a.m.-3:30 p.m.: Infant/Toddler Development and Care Symposium at the Center for Healthy Communities, Speakers: T. Berry Brazelton, Joshua Sparrow, Sylvia Y. Sanches, J. Ronald Lally, and Peter Mangione. The California Endowment, 1000 N. Alameda St., LA 90012. Visit www.WestEd.org/PITCSymposium.

March 2, noon-5 p.m.: Fourth Annual Murchinson Street School Health and Safety Fair sponsored by Los Angeles Councilmember Jose Huizar and Ramona Gardens Recreation Center, Murchinson Street School, 1501 N. Murchison St. Los Angeles 90033. Contact Lou Calanche at (213) 236-2923 or loucalanche@aol.com.


TELEMUNDO SERIES

Local Diaper Service Provides Choice: Cloth vs. Disposable

About 90 percent of the 18 billion diapers used in this country each year are disposables. But cloth users are a loyal bunch-and this Wednesday, First 5 LA and Telemundo Los Angeles will give viewers an insider’s view of one of the last remaining cloth diaper service companies in California.

Cameras will go inside Dy-Dee Diaper Service, started in Pasadena in 1938, by the O’Neil family, which still operates the business today. The segment, “Diaper Debate: Cloth vs. Disposable,” is part of a weekly series on pregnancy and infant development, "Primeros Pasos" which airs on KVEA, Channel 52 at 6 p.m.

“In addition to the considerable cost savings, using washable cloth diapers can help conserve valuable natural resources,” said Dy-Dee owner Brian O’Neil. He notes that recent studies report additional benefits of cloth diapering, including a lower incidence of diaper rash, earlier potty training, and avoidance of harsh chemicals found in disposable products.

It’s estimated that disposable diapers, which end up in our nation’s landfills, require about 500 years to decompose.

O’Neil adds that today’s cloth diapers come in a variety of shapes and sizes-including innovative materials and features that help prevent leakage and ensure good fit. For information, visit www.dy-dee.com or www.diaperbeagle.com.

Black Women Three Times More Likely to Deliver Premature Babies

Black women are three times more likely than white women to deliver their babies prematurely, a new study finds.

Genetics are the most likely reason for the phenomenon, according to the report in The American Journal of Obstetrics and Gynecology.
March 23-24, 8 a.m.-5 p.m.: Common Threads of Early Intervention: Innovations and Realities, 13th Infant Development Association Conference at the Fairmont Hotel, San Jose. Register at www.idaofcal.org.

March 21, 8 a.m.-11 a.m.: Quality of Life in Los Angeles/ 2007 State of the County Report at the Westin Bonaventure, 404 S. Figueroa Street, LA 90071. To register, visit www.unitedwayla.org or call (213) 630-2301.

March 30-April 1, 9 a.m.-5 p.m.: Seven Dimensions of Emotion, Third FPR-UCLA Interdisciplinary Conference at UCLA on integration of biological, clinical and cultural perspectives on fear, disgust, love, grief, anger, empathy, and hope. Register at www.thefpr.org/conference2007.

March 30, 9 a.m.-4:30 p.m.: Foundations of Infant Feeding: Application to Breastfeeding Practice, Exploring the Suck/Swallow/Breathe Triad presented by the Breastfeeding Taskforce of Greater Los Angeles, Presbyterian Intercommunity Hospital, 12401 Washington Blvd., Whittier. Call Debbie Cowley at (213) 596-5776 or visit www.breastfeedla.org.

Mar. 30, 8:30 a.m.-noon: Developmental Milestones: Axis V as a Treatment Roadmap - Training at the California Endowment; introduces participants to the major social emotional milestones that occur between birth and 3 years of age. $25 registration and $15 continuing education fee. Visit www.uscucedd.org or call (213) 383-5992.

March 30-April 1, 9 a.m.-6 p.m.: Certified Infant Massage Instructor Training at The Heart Touch Project, 3400 Airport Ave. #42, Santa Monica 90405. Registration is $650. Contact Jennifer at (310) 391-2558 x5 or jennifer@hearttouch.org.

April 14, 10 a.m.-2 p.m.: South Los Angeles Children's Health Fair, organized by Immunize LA Kids, the South LA Health Projects WIC Nutrition Program, and Los Angeles City Councilmember Jan Perry at the Mount Moriah Missionary Baptist Church, 4269 S. Figueroa St., LA 90037. Call Irene Health at (323) 757-7244.

April 14 & 15, 9 a.m.-4 p.m.: Peaceful Touch®, a Healthy Touch Curriculum for Children: Two-Day Workshop for teachers, health professionals, and parents at The Heart Touch Project, 3400 Airport Ave. #42, Santa Monica 90405. Registration is $200. Call (310) 391-2558 or visit www.peacefultouch.net.

Researchers at Washington University School of Medicine tracked more than 700,000 births in Missouri from 1989 to 1997. The researchers found that black women were three times more likely than their white counterparts to give birth at 20 to 34 weeks of pregnancy, rather than full-term (from 37 to 41 weeks).

A 2006 report by the U.S. Institute of Medicine found that 12.5 percent of American babies were born at least three weeks ahead of their full-term delivery date. Care for these babies costs the nation $26 billion a year, including costs of neonatal intensive care. Potential problems for premature babies include hearing loss, vision loss, cerebral palsy, and seizures.

First 5 LA has funded a three-year, $28 million Healthy Births initiative to promote healthier birth outcomes by linking women to services in their communities.

The LA Best Babies Network was established two years ago to provide infrastructure, programs, advocacy, and support to build community capacity in this effort. Each year, 150,000 or more women give birth in Los Angeles County, the largest number of any single county in the United States.

For information, visit www.labestbabies.org.

**Guidelines Set for When Sick Children Should Be Kept Home**

When should parents keep their children home from school or child care due to illness?

Since colds, flus, and ear infections tend to occur more frequently during the first year or two of child care, new parents often struggle with this decision.

The American Academy of Pediatrics and American Public Health Association recently published joint guidelines that could help.

Among criteria suggested are identifying certain physical symptoms, asking whether children would be comfortable taking part in activities, and determining if teachers would be able to care for sick children without compromising the care of others.

Experts estimate that parents miss five to 30 days of work annually because of their child's illnesses, and 86 million Americans do not have paid sick days that they can use to care for a sick child.

"There are many times when most parents would be inclined to let their kids stay home when they're sick, but they have the pressure of going to work," says Dr. Dennis Woo, chair of the Department of Pediatric Medicine at UCLA Medical Center in Santa Monica.

Policies vary, with some schools allowing kids with a cough and runny nose, while others insist on children being symptom-free before being admitted back. For a summary of the new guidelines, visit www.healthychildcare.org.
May 19, 9 a.m.- 2:30 p.m.: 4th Annual Community Resource Fair, at Rowen Avenue Elementary School 600 S. Rowen Ave., Los Angeles 90023. Call Mari Flores (323) 261-7191.

GRANTEE PROFILE

Healthy Families Fair Highlights Importance of Healthy Eating, Exercise

Edith Gallegos, a mother of three, was among 700 parents and children at the recent Healthy Families/Healthy Communities Fair, sponsored by the First 5 LA-funded Cudahy Ready for School program. With a family history of diabetes and high cholesterol, she was already seeing signs of problems resulting from an unhealthy lifestyle.

"We were tired a lot," said Gallegos, who lives in Cudahy. "I needed to look at not only the way we eat, but also our exercise habits."

The fair featured 50 booths, including health screenings and cooking demonstrations. Instead of battering and frying food, participants learned how to use marinades, spices, and grilling methods to reduce fat and enhance flavor.

Children were given the opportunity to make healthy snacks, such as fruit kabobs, trail mix using healthy cereals, and peanut butter on celery sticks.

About 170 people were screened for high glucose, blood pressure, cholesterol, and body mass index.

The Gallegos family has taken their new-found knowledge to heart, substituting healthier oils and snacks, while increasing physical activity every weekend. "I'm surprised how easy my children adjusted to the changes," said Gallegos. "The whole family is happier and healthier."

The fair is part of Cudahy Ready for School's year-long initiative to address childhood obesity. The next event is a community health conference, "Secrets to Good Health," scheduled for March 10. For information, call (323) 562-0175.