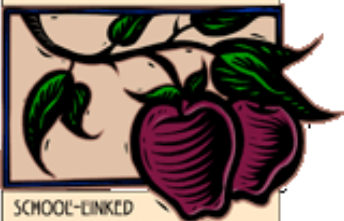


CITY OF BERKELEY



SCHOOL-LINKED
HEALTH SERVICES PROGRAM

VITAL SIGNS

Creating Healthier Learning Environments



Food for Thought

Fighting Childhood obesity in our schools: A growing epidemic in America is the rate of children who are becoming obese. The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33% of children and adolescents are obese. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. As it is, unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths a year! This is a sobering statistic, but one that is not without hope. We can reverse the trend of rising childhood obesity, but it will take a coordinated effort among children, families, schools, and communities. With its widely known culture of health and activity, Berkeley can take a lead in this challenge to foster and support the next generation of healthy children.

What is BUSD doing about it?: March is National Nutrition Month® and this year's theme is "Eat Right." This is a perfect time to reflect upon what we are eating and the impact that these choices can have on our future health. BUSD Nutrition Services has taken a huge step in the healthy direction with the School Lunch Initiative. They have mounted a district-wide effort that has resulted in an increase in local products, salad bars at every school, fresh fruit/vegetables served daily, as well as preparing most of its food from scratch. Cooking and gardening classes have been incorporated at some schools as well. Their primary goals are to serve more nutritious and delicious meals that extensively consist of locally grown food, and to educate the students about their food choices and how those choices can impact health, the community, and environment. Lets continue to follow that example in our own lives.

What can we do about it at home?:

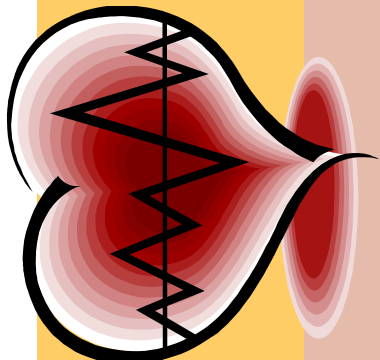
Tips on how to practice good nutrition this month and every month:

- Eat smaller meals including a vegetable as the center of the plate, with smaller meat and starch portions. Include at least one serving of fruit and vegetable with your meals.
- Drink more water between meals!
- Try vegetables or a handful of nuts for a snack and fresh fruit for something sweet.
- Reduce your intake of deep fried foods and trans fats found in processed foods and baked goods. Think fresh!
- Read food labels and reduce the amount of added sugar, corn syrup, and salt in the diet. Use fresh herbs and spices to season food instead.

QUICKquiz- TEST YOUR KNOWLEDGE

True/False Questions about the common cold and the flu. (See page 5 for answers)

- 1) T or F: Influenza virus is the leading cause of colds.
- 2) T or F: A high fever is more commonly seen with the flu, rather than a cold.
- 3) T or F: Flu season peaks during the fall months.
- 4) T or F: In general, a cold is worse than the flu.
- 5) T or F: Frequent hand washing, adequate rest, healthy eating habits, and keeping your distance from those who are coughing and sneezing are just a few of the things that you can do to stay healthy.



Health Officer's Corner On Board and Ready to GO!



The Public Health Division faces budgetary challenges similar to those of the City, BUSD, and the state and nation. We recognize that there will be increasing need for public health services, at the same time as our resources will be more limited. My goal is to maintain critical services for those most in need, and to continue to focus our work on the elimination of health inequities in Berkeley. Maintaining that

focus will enable us to identify and take advantage of opportunities as they arise, and to make the best use of all of our resources.

I am excited to have been part of the recent 3 day launch of the Vision 2020 resolution. At the launch, we saw striking evidence of the racial/ethnic achievement gap in Berkeley, and how those differences are related to differences in health status of children and their parents and families. I am committed to working with Vision 2020 to identify and implement the most effective interventions, both in school and out of school, to close these gaps.

The next phase of Vision 2020 will involve in-depth analysis and planning by four working groups of the All City Equity Task Force. Each group focuses on one stage of a child's journey through school: birth to 5 years old; elementary school; middle school; and high school. Public Health will be part of each of those groups. This is a perfect opportunity for us to collaborate with BUSD, United in Action, and other partners to make change that will really matter for the chil-

dren of Berkeley. The Vision 2020 planning process links well with the Public Health Division's own planning process, with our focus on Early Childhood Development and Healthy Youth Development, as well as Chronic Disease prevention: we know that the most effective chronic disease prevention starts early in life. Public Health and Education are natural partners in this endeavor.

Good health is essential to education, and education is essential for a lifetime of good health.

Janet Berreman, MD, MPH
Acting Health Officer



Walk & Ride Safe Workshops are back!!

The City of Berkeley Injury Prevention Program is once again offering "Walk & Ride Safe" workshops to Elementary School classrooms. This interactive workshop incorporates pedestrian, bicycle and skateboard safety activities and concludes with free helmet fittings for all kids. If you are interested in scheduling a workshop for your class, please contact Amy Ranger at 510-981-5326 or aranger@ci.berkeley.ca.us



Ask a Nurse?

Question: What is the difference between a person who is lactose intolerant and a person who has a milk allergy?

Answer: A common misconception is that lactose intolerance (LI) and a milk allergy are the same thing. They are not! A person who is LI lacks the ability to digest lactose, or milk sugar, due to a deficiency in an enzyme (lactase). In other words, LI is *not* an allergic reaction, but rather a digestion issue that causes only stomach discomfort and GI distress. A true milk allergy, on the other hand, *is* an allergic reaction to a protein found in milk and milk products. The body treats the milk protein as a foreign "invader" and triggers an immune response. Common symptoms can include, but are not limited to, hives, swelling, rash, difficulty breathing, and anaphylactic shock which maybe life-threatening. A student with a known milk allergy should have all appropriate medication/forms at school, as well as an action plan on file.

Heart 2 Heart: Community Meeting

Saturday March 14th, 2009

10:00 am - 12:00 pm

Longfellow Middle School, Cafeteria

Free breakfast will be provided

What does a healthy heart mean to you? What is the heart of your community? Join us and be a part of creating a healthier Berkeley community. The City of Berkeley is partnering with LifeLong Medical Care, Berkeley Organizing Congregations for Action (BOCA), Berkeley Youth Alternatives (BYA), South Berkeley YMCA, McGee Avenue Baptist and community residents in specific neighborhoods to create events, programs and activities to prevent high blood pressure and to support overall heart health. Join us for our first community discussion on Saturday March 14th at 10:00 am at Longfellow Middle School in the cafeteria. Breakfast will be served! To learn more contact: Tanya Moore at (510) 981-5351 or at tmoores@cityofberkeley.info <<mailto:tmoores@cityofberkeley.info>> .

COB ORAL HEALTH

"GIVE KIDS A SMILE DAY" A GREAT SUCCESS!

For nine years in a row The City of Berkeley's Oral Health Program has successfully screened and sealed the teeth of all 2nd and 5th graders in the 11 Berkeley elementary school's. We have delivered education, dental screenings, outreach, dental appointments, transportation, insurance assistance, incentives and sealants. We are happy to collaborate with COB, BUSD, Alameda County and PHNs, as well as area dentists.



One dentist, in particular, has given her time and talent to us for 4 years now. On February 6, 2009, in conjunction with Dr. Robin Whitley, Pediatric Dentist in Berkeley, 11 of our elementary age children, who had serious decay, were treated with success. Dr. Whitley and her staff gave them a gift of over \$8300.00 worth of fillings, x-rays, cleanings, extractions and sealants! Additionally, her pedodontist and endodontist colleagues will give over \$3000.00 in root canals to 3 of these children as well.

This is the 4th year in a row that Dr. Whitley has volunteered her staff, day and services to the success and health of our school based dental children! I appreciate her dedication to the health of these children's teeth. She has gone above and beyond to continue to give back to the Berkeley community.

Sugar Shockers:

16 grams of sugar in a product is approximately 4 teaspoons of granulated sugar



•Canned/packaged

Fruit: Motts Apple Sauce: approx 6 tsp of sugar

•Pudding Cups: Hunts Snack Pack Pudding: 5 tsp of sugar

•Instant Hot Cereal: Instant Cream of Wheat: approx 4 tsp of sugar

•Bottled Spaghetti Sauce: Bertolli Vineyard Marina: $\frac{1}{2}$ cup = 3 tsp of sugar

•Barbeque Sauce: KC Masterpiece: 2tbsp = approx 3 1/2 tsp of sugar

•Bottled Tea/Drinks: SoBe Energy or Elixir: approx 12 1/2 tsp of sugar

Reference: www.webmd.com

Spring into action against allergies

Spring is upon us and with the beauty of the season in all it's greenery of the budding trees and the vibrant colors that are forming in the flowers, this can be a miserable time for those who suffer from allergies. Many children have allergies and need treatment every year. Pro activity is the key! Be sure to keep anti allergy medication on hand for children who may need them at a moment's notice. Other important allergies to combat are food allergies. About 2.2 million school-aged children have allergies to foods with, milk, eggs, peanuts, and tree nuts among the most common culprits. A new study suggests that peanut allergies among young school children has risen 35% over the past five years. Reactions can range from mild to severe, and can even lead to anaphylaxis, a life threatening condition characterized by difficulty breathing and loss of consciousness. In an effort to keep our children safe, it's important to encourage parents and care takers to keep current anti-allergy medication at home and at school, as well as Epi-Pens for children who suffer severe allergies.



HOT OFF THE PRESS!

The Berkeley Unified School District has passed 5 new health policies

BP 5141.22– Infectious Disease

BP 5141.33– Head Lice

BP 4219.42– Expose Control Plan for Blood borne Pathogens

BP 4219.43– Universal Precautions

AR 5141.23—Asthma

To find descriptions of all the policies visit the link below:

<http://www.gamutononline.net/IndexFrames.html>

Username - **BUSD**

Password -**Policy**

Did you know? Eat Well Berkeley is a program that is designed to support and promote restaurants that provide healthy food choices. They have to meet 4 standards of health criteria, such as no trans fat and healthy options on kid's menus. Visit your Eat Well Restaurants today! <http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=11216>

MEET YOUR HEALTH DEPARTMENT – Chronic Disease Prevention Program

Goals: We work to prevent chronic diseases, improve community health, and increase health equity in the community.

Who are we? The Chronic Disease Prevention Program offers a variety of programs focused on supporting community members in maintaining a healthy lifestyle. Programs include the Tobacco Prevention Program; Healthy Eating and Nutrition Program; Eat Well Berkeley; Berkeley Zaps Asthma Project; Heart 2 Heart: A High Blood Pressure Prevention and Management Program and Live Well, Be Well Diabetes Prevention Program; High Blood Pressure Drop-In Clinic (every Thursday 2-4:15 at 3260 Sacramento Street)

What services do we provide? Chronic Disease Prevention works with the community to prevent high blood pressure; diabetes; heart disease and stroke; to reduce tobacco use and to promote healthy eating and physical activity through workshops, classes and one-on-one telephone counseling; assessments for asthma prevention. We offer classes on the following topics: Chronic Disease Self-Management, Tobacco Prevention and Cessation/Quit groups, Nutrition, High Blood Pressure 101, Reading Food Labels, Stress Management, Diabetes 101 and more!

Who is the program for? The Berkeley community

Cost for services: Free

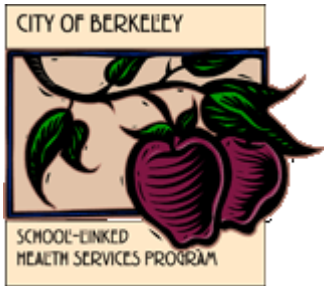
Languages spoken: English and Spanish

How to request services: For workshops/classes, please call 510-981-5367.

Top, L-R: Marcia Brown-Machen; Tanya Bustamante; Tanya Moore
Bottom, L-R: Jerry Gooden; Maria Guerrerol Rainbow Schwartz; JoAnn Evangelista
(not pictured Tammie Hunt)



Additional copies can be obtained by contacting



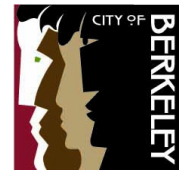
The School-Linked Health Services Program (SLHSP) is a collaboration between the Berkeley Public Health Division and the Berkeley Unified School District.

Our goal is to remove the health barriers to a child's academic achievement.

We support school district staff and administrators in their efforts to provide a healthy and safe educational Environment for all students and staff.



School-Linked Health Services Program
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Jessica Lee

Community Health Worker

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QUICKquiz Answers:

1: FALSE: Remember, the word "flu" is short for Influenza. Influenza viruses lead to the flu.

2: TRUE! (Generally, a high fever points to the flu rather than a cold. Fevers that are seen with colds are usually less than 102°F, whereas a fever over 102°F is commonly seen with the flu.)

3. FALSE: The timing and duration of the flu season can vary. Flu outbreaks can happen as early as October, but generally peak from November-March.

4.FALSE: In general, the flu is worse than a cold. Symptoms such as fever, body aches, and fatigue are more common and intense. Colds tend to be more mild.

5.TRUE!