

Health & Nutrition Managers 2011 Wisconsin Head Start Association Winter Quarterly

Interfacing Our Work

DHS Updates: The Lead Registry, Obesity Prevention, and Oral Health

Wednesday, January 12th from 10:00 a.m. to Noon

Margie Coons, Program Manager, Wisconsin Childhood Lead Poisoning Prevention Program

Bridget Cullen, Early Childhood Coordinator, Nutrition, Physical Activity, and Obesity Program

Lisa Bell RDH MPH, State Public Health Dental Hygienist, Division of Public Health

Department of Health Services

Lead Registry—One of the most often heard reasons for not testing a child’s blood lead level is that health care providers do not have access to reliable information regarding a child’s lead testing history. This will soon change. The Wisconsin Blood Lead Registry will be available through a portal within the Wisconsin Immunization Registry, or WIR, secure network. Through WIR, health care providers will be able to determine whether a child is due for a blood lead test.

Obesity Prevention—Wisconsin Partnership for Activity and Nutrition in conjunction with many other organizations are developing a statewide initiative to improve nutrition, increase physical activity, and decrease obesity among young children in Wisconsin. Early childhood education and care providers play a crucial role in the prevention of childhood obesity. Learn about the long-term goal of the Wisconsin Early Childhood Obesity Prevention Initiative (WECOPI) to develop a collaborative statewide, multi-strategy, evidence-based initiative to enhance the nutrition and physical activity amongst young children and their families by engaging providers, families, community partners, and other key stakeholders.

Oral Health—Get the latest updates on the status of oral health in Wisconsin including those from DHS’s 2010—*Burden of Oral Disease in Wisconsin*.

Connecting with Others

Facilitated Networking and Share Shop

Wednesday, January 12th from 1:00 to 4:00 p.m.

Patty Fallon RN, Health & Nutrition Manager

Sheboygan Human Rights Association Head Start

Head Start and Early Head Start Health & Nutrition Managers meet to network, identify and discuss current topics and trends, and share resources like program policies and products.

Prior to the Quarterly, participants are encouraged to identify current trends and items of concern for discussion as well as suggesting program policies and products to share by noticing Molly Kovarik at 608-442-6879 or kovarik@whsaonline.org. Summary lists of submitted topics, policies and/or products will be disseminated to meeting registrants prior to the event so be sure to include your email address on your registration form.

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CONTINUED

**Moving at Home & Planning Physical Activity for All Children:
New from *I am Learning, I am Moving***

Thursday, January 13th from 8:30 to 11:30 a.m.

Wendy Bowe, Early Childhood Education Specialist

Wisconsin Training & Technical Assistance Center, STG International

We'll introduce a new *I am Moving, I am Learning* (IMIL) childhood obesity prevention workshop, "Move, Play, and Learn at Home." This highly interactive session will provide participants with ideas for expanding children's physical movement in the home environment. Staff will gain ideas for working with parents and children in the home and for providing parents with ideas on how to move with their children. An informed, enthusiastic parent or caregiver who models physical activity, fosters opportunities, and reinforces what s/he observes, increases the chances that a child will view physical activity as a normal part of the day. We will 1) recognize that physical activity for young children is not the same as it is for adults—it must be playful, simple, creative, and success oriented; 2) identify and experience a variety of developmentally appropriate, simple activities that can be used with children at home; and 3) identify materials around the home that have potential to enrich movement experiences.

Additionally, we'll highlight content from another new IMIL module, "Activities for All," to learn how to incorporate more physical activity throughout the day for **all** children. Movement is a way children interact with their environment to discover and learn from it regardless of cultural or ability level. Movement is essential for all children to engage in active play. We will: 1) gain an understanding of how to vary, modify, and adapt physical activity and motor skill development to different ability levels in young children; and 2) learn strategies that increase skills, development and physical activity participation for ALL young children.

IMIL is a proactive approach for addressing childhood obesity in Head Start children which seeks to increase children's daily moderate to vigorous physical activity (MVPA), improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day. Wendy Bowe is an IMIL Facilitator who has been trained in the new IMIL modules by the Head Start Body Start (HSBS) Master Training Team.

Deepening the Content
Educational Opportunity