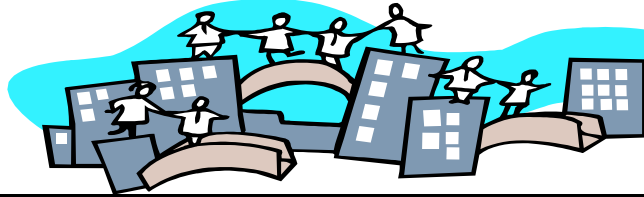


NCHE's Growing Healthy® and Youth, Parents and Communities Newsletter

Volume 3, Issue 1



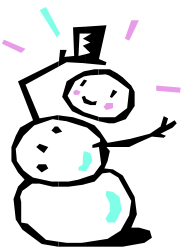
Jan/Feb 2004



Inside this issue:

Flu Season and Schools	p.1
Pediatricians Take Position on Soft Drinks in Schools	p.2
Kids Activities	p.3
Flu Facts	p.4
Health Education Resources	p.5
Resources continued p.6	
Upcoming Events	p.7
Funding Opportunities	p.8
Child Health News	p.9
NCHE News Update	p.10
NCHE Contact Information	p.10

Look for the icon below for Winter Health Tips



Flu Season and Schools

The flu is an unwelcome visitor to many homes and communities this winter. The U. S. Centers for Disease Control estimate s that 10 to 20 percent of Americans come down with the flu during each flu season, which typically lasts from November to March. Children are two-to-three times more likely than adults to get sick with the flu, and children frequently spread the virus to others. Schools can help to educate students, their families, and school staff about how to reduce the chance of getting the flu as well as reduce the likelihood of spreading the flu to others. The Iowa and Vermont Departments of Health, along with The Center for Health and Health Care in Schools (CHHCS) recommend that any employee, student, teacher, or staff suspected of having the flu should not attend school. Additional guidelines include having students, teachers, and administrators wash their hands several times a day using soap and water for 15-20 seconds and dry their hands with paper towels or automatic hand dryers, if available. Restrooms should be checked regularly to ensure that soap and paper towels are available. Since the flu can be spread from coughs or sneezes it is important to make sure that tissues are available in all classrooms. It is imperative that students be told to cover their mouths when they cough and to use a tissue when sneezing or blowing their nose. Students should be told to throw away their tissues and immediately follow this with proper hand washing.

Since school buses are enclosed spaces, they may allow for... cont. p. 2

Health Tip # 1 Cover your **COUGH** to help stop the spread of Germs! Cover your mouth and nose with a tissue when you cough or sneeze. If you dont have a tissue, cough or sneeze into your sleeve, not your hands. Put your used tissue in the waste basket. Most importantly, wash your hands after coughing or sneezing!

www.healthinschools.org



Pediatricians Take Position on Soft Drinks in Schools

Diets of children in the United States are excessively high in "discretionary" or added sugar, with soft drinks constituting a primary source of all that sugar, according to a policy statement issued in January by the American Academy of Pediatrics (AAP). Each serving of a carbonated, sweetened soft drink contains the equivalent of 10 teaspoons of sugar, and between 56 percent and 85 percent of children in school consume at least one soft drink per day- for adolescent males, it may be as many as four a day. Soft drinks contribute to obesity in a significant way, the AAP says, because they are in liquid form, meaning they add to, but do not replace, other dietary intake. In addition to the caloric load, they pose a risk of dental caries because of their high sugar content, and erosion of tooth enamel by their acidity.

Research also shows that milk consumption, critical to the formation of bone mass during adolescence, decreases as soft drinks replace milk as the beverage of choice somewhere between third and eighth grades.

Given all of the above concerns, the AAP has serious concerns about the soft drinks and fruit drinks sold in vending machines, school stores, at school sporting events and at school fund drives. This policy statement notes that many schools have "exclusive pouring rights" contracts, in which the school agrees to promote one product exclusively in return for money, with bonus incentives often tied to sales. These exclusive contracts provide schools with millions in unrestricted revenue.

Parents and school authorities are generally uninformed about the possible effects of such access to soft drinks by their students and children, and decisions about which foods will be sold in schools are being made by district business offices, with no input from health professionals. Although the U.S. Department of Agriculture has long been concerned with "foods of minimal nutritional value," such as soft drinks, the only current USDA restriction on the books forbids the selling of soft drinks during lunch periods, and this

more needs to be done, including educating school authorities, patients, and parents about the health ramifications of soft drink consumption and requiring school districts to invite public discussion before making a decision to create a vended foods or soft drink contract. In elementary schools, vending machines should be eliminated entirely, the statement urges, and there should be no advertising or consumption of soft drinks in any classroom.

www.healthinschool.org/ejournal/2004/jan2.htm

Flu Season and Schools Continued

...easy spread of germs and flu. Again, tissues should be made easily available on the buses. It is encouraged that buses are disinfected regularly, especially on commonly handled interior surfaces, such as door handles, handrails, ect. Ideally, disinfecting would be done between student loads. In the school, areas that should be cleaned and disinfected regularly are handrails, door handles, eating surfaces, desks, etc., Schools also need to be extra vigilant that ill students be excluded from sports activities, choir, or any activities that involve close contact, since transmission of the flu may be easier in these situations. All students and staff should avoid sharing glasses, water bottles, drinks, and spoons/forks. It is advised that a message be sent to parents encouraging them to keep sick children at home during the first days of illness, when symptoms are the most severe and infection is the most contagious. Children can return to school when symptoms are improving and no fever has been detected for 24 hours.

www.healthinschools.org/sh/influenza.asp.

Health Tip # 2

It is very important to wash hands for 15 to 20 seconds to get ride of all the bacteria! That's about how long it takes to sing a song, like, "Row, Row, Row your boat gently down the stream...."

So why not make it fun and sing while you wash! www.foodsafety.gov



ACTIVITIES

Bacteria Experiment: Soapy Solutions

Question: What is the most effective way to remove bacteria from your hands?
Try the following experiment to get your answer!

Materials Needed:

- * Cooking oil
- * Cinnamon
- * Access to a sink to wash hands
- * Measuring Spoons (teaspoon and tablespoon)
- * Three people



Procedure

1. Rub 1 tablespoon of cooking oil all over your hands until completely covered. Sprinkle with 1 teaspoon of cinnamon on hands and rub it around until it's evenly distributed. The cinnamon will act like bacteria, it's all over!
2. Wash hands as follows, rubbing them briskly for 20 seconds:
 - ⇒ Person #1 will wash hands with cold water and no soap.
 - ⇒ Person #2 will wash hands with warm water and no soap.
 - ⇒ Person #3 will wash hands with warm water and soap.

Which method removed the most bacteria? _____.

Which method removed the least bacteria? _____.

<http://www.foodsafety.gov/~fsg/f02exp1.html>

Fill in the blanks:

1. Wash your _____ and surfaces often.
2. Wash your hands with _____ and warm water.
3. Cover your mouth with a _____ when you cough or sneeze.
4. Don't touch your eyes, nose or _____ if your hands have not been washed.
5. If you don't want to catch a cold or the flu, _____ your hands often.
6. Bacteria can make you _____.



Answer key: (1. hands, 2. soap, 3. tissue, 4. mouth, 5. wash, 6. sick.)

How many words can you make out of the big word **Influenza?**

Vent

How many words can you make out of the big word **Bacteria?**

Cat

Flu Facts

5 Fast Flu Facts

1. Flu symptoms include fever, headache, chills, body aches, tiredness, dry cough, sore throat, and nasal congestion.
2. Flu is spread when a person who has the flu coughs, sneezes, or speaks and sends the flu virus into the air. The virus enters the nose, throat or lungs of a person and multiplies. The flu spreads less frequently when a person touches a surface that has flu viruses on it.
3. If you get the flu; rest, drink plenty of liquids, and avoid alcohol and tobacco.
4. Antibiotics like penicillin will not cure the flu. The best way to prevent the flu is to get a flu shot. Over the counter medications may relieve symptoms of the flu. The National Institute for Allergies and Infectious Diseases recommends acetaminophen for children, and aspirin or acetaminophen for adults. Decongestants, cough suppressants, and use of a humidifier can provide symptomatic relief.
5. In addition to flu shots, antiviral medicines are available by prescription that will help prevent flu infection.

Things to Keep in Mind for School-Age Children

- ◆ Do not give aspirin to a child or teenager who has the flu. To learn why, go to: www.niaid.nih.gov/factsheet/flu.htm.
- ◆ Most antihistamines cause sleepiness. If a child still has a stuffy nose when she returns to school, parents may want to ask their child's doctor to prescribe a non-sedating antihistamine.
- ◆ Encourage children to cover coughs and sneezes, wash hands frequently, and keep hands away from eyes, nose and mouth.

www.healthinschools.org/sh/influenza.asp

An Ounce of Prevention Keeps the Germs Away

The most important way to prevent sickness, is by washing your hands. When you do not wash your hands frequently you pick up germs from other sources and then you infect yourself when you touch your eyes, nose, or mouth. One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others, or onto surfaces that other people touch. Before you know it, everybody around you is sick. The important thing to remember is that in addition to colds, some pretty serious diseases - like hepatitis A, Meningitis, and infectious diarrhea, in addition to the flu, can be contracted. You should wash your hands for at least 15-20 seconds!

When should you wash your hands? Often! It is especially important to wash your hands :

- Before, during, and after you prepare food.
- Before you eat, and after you use the bathroom.
- After handling animals or animal waste.
- When your hands are dirty.
- More frequently when someone in your home is sick.

www.cdc.gov/ncidod/op/handwashing.htm



HEALTH EDUCATION RESOURCES



Below is a list of helpful resources for parents and teachers to access for more information on different health topics.

The Take Action: Clean Hands Campaign is a key component of the American Society for Microbiology (ASM)'s ongoing efforts designed to spread the importance of hand washing message. The campaign consists of educational materials designed for healthcare professionals and consumers. It includes a poster, brochure and web site destination for downloading information and educational materials. For materials and information, visit: <http://www.washup.org/>.

CDC Influenza Toolkit. The CDC has created an influenza toolkit to help providers promote influenza vaccination. This toolkit is especially important in light of the data showing that this flu season is likely to be severe. The downloadable kit has posters, brochures, and banners directed at multiple audiences. For the toolkit, go to: <http://www.cdc.gov/nip/flu/providerkit.htm#howto>.

Healthy Schools, Healthy People- It's a SNAP (School Network for Absenteeism Prevention) is a grassroots, education-based effort to improve health by making hand cleaning an integral part of the school day. SNAP is designed to get the entire school community talking about clean hands by providing tools for incorporating hand hygiene into multiple subject areas and activities. It's also a great way to get recognition for your school and share your success stories with others! SNAP is all about fostering simple, health-enhancing behaviors throughout the entire school community. For more information, visit: <http://www.itsasnap.org/snap/about.asp>.

Response to Cardiac Arrest and Selected Life-threatening Medical Emergencies: Medical Emergency Response Plan for Schools. The American Heart Association, in conjunction with the CDC and a number of other national associations, released a policy statement and document describing a Medical Emergency Response Plan for Schools (MERPS). This public health initiative helps schools respond to life-threatening emergencies in the first minutes before the arrival of Emergency Medical Services (EMS) personnel. Life-threatening emergencies can happen in any school at any time. These emergencies can result from pre-existing health problems, violence, unintentional injuries, natural disasters and toxins. This plan encourages every school to develop a program that reduces the incidence of life-threatening emergencies, and maximizes the chances of survival from a life-threatening medical emergency. For more information and sample plans, go to: <http://www.americanheart.org/presenter.jhtml?identifier=3017969>.

Be A Germ Stopper. The Centers for Disease Control and Prevention (CDC), working with the U.S. Department of Education has prepared materials for educators to help reduce the impact and to help in stemming the spread of the flu, the common cold, and other respiratory illnesses this winter - and all year long. They have prepared materials like the poster, "Be A Germ Stopper," which can be used in cafeterias, classrooms, and bathrooms. This poster and other helpful school resources are available at: <http://www.cdc.gov/germstopper>.

Health Tip # 3 Eating healthy, getting proper amounts of sleep, and physical activity will keep your immune system good and strong. It will help prevent you from getting the flu!





HEALTH EDUCATION RESOURCES CONT'D



The Center for Health and Health Care in Schools has developed **Childhood Obesity: What the Research Tells Us**, a free publication summarizing key findings from the best studies on the background and health consequences of childhood obesity, as well as information regarding physical activity and schools, and nutrition and schools. To download the fact sheet (PDF format) or to order copies, go to:

<http://www.healthinschools.org/sh/obesitys.asp>. or e-mail cchcs@gwu.edu.

The National Association for Sport and Physical Education (NASPE), along with the Kellogg Company and the Presidents Council on Physical Fitness and Sports has developed a new parents brochure called **Kids in Action**. The booklet presents parents and caregivers with simple ideas for physical activities that they can do with children from birth to age five, in order to adopt an active lifestyle early and positively impact their child's physical, intellectual and emotional development. To download a PDF file of the booklet, visit:

<http://www.naspeinfo.org>.

The Division of Adolescent and School Health, at the Centers for Disease Control is now offering new **VERB** materials to encourage children to be active. If you're looking for motivators or rewards to help position physical activities as something fun for children to do regularly, the VERB Campaign now has stickers, temporary tattoos, and posters available for ordering at no cost (while supplies last). In addition, available for downloading are a students planner and some teacher and student materials for the classroom. To order, visit:

http://www.cdc.gov/youthcampaign/materials/order__form/order.htm.

The Starbright Foundation is offering a free asthma program to schools. The program consists of the **STARBRIGHT Asthma CD-ROM Game: Quest for the Code** and a corresponding Implementation Guide, that offers tips for using the program as part of a coordinated school health program. The CD-ROM program is in English and Spanish and uses an engaging story line and top celebrities to capture kids attention while helping them learn key asthma management concepts. The program is for kids aged 7-15. For more information or to order, please email mciver@starbright.org or call (800)315-2580 extension 0.

The Federal Emergency Management Agency (FEMA), a part of the Department of Homeland Security, has released a **Primer to Design Safe School Projects in Case of Terrorist Attacks**. The purpose of the primer is to provide school building designers and school administrators with the basic principles and techniques they need to make a school that is safe from terrorist attacks. For more information about the primer, go to:

NEWS FROM CDC

Recommended Childhood and Adolescent Immunization schedule. *The annual recommended childhood and adolescent immunization schedule issued in January by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC) changes the age at which diphtheria and tetanus toxoids (Td) booster shot should be given. The new recommendation calls for administering the booster to 11 and 12 year olds. Previous recommendations called for giving the booster somewhere between 11 and 18 years of age.*

The immunization recommendations also note that live-attenuated influenza vaccine given nasally is an acceptable alternative to intramuscular trivalent inactivated vaccine for healthy persons 5-49 years old. The 2004 schedule recommends, as it did last year, that all children 6 through 23 months of age receive immunization for influenza.

www.healthinschools.org



Upcoming Events



Campaign for Tobacco-Free Kids! Kick Butts Day - March 31, 2004.

Kids across the country are preparing for a tough fight. Their opponent? Big Tobacco. On March 31, 2004, thousands of kids in every state and around the world will Stand Out...Speak Up and Seize Control in the ninth annual Kick Butts Day, holding events and activities from memorials and rallies to mock trials and convenience store surveillance. Kick Butts day is the Campaign for Tobacco Free Kids' annual celebration of youth leadership and activism. It not only serves as a chance to educate kids about the dangers of tobacco, but also acts as an opportunity for kids to take matters into their own hands and achieve real results in the field of tobacco prevention, control and education. To order your free guide, or for more information, go to: <http://www.kickbuttsday.org> or, www.tobaccofreekids.org.

The Thirteenth Annual Pennsylvania Health Educators Institute. Theme: True Health Educators Please Stand Up! The Evolution of the Profession. The Institute will be held on **March 8-9, 2004** at the Penn Stater Hotel and Conference Center in State College, Pennsylvania. For more information, contact Kathleen Allison at 570.893.2677 or kallison@lhup.edu. or visit: <http://www.ppha.org/coevents.html>.

National Public Health Week - April 5-11, 2004. Eliminating Health Disparities, Communities Moving from Statistics to Solutions. It's not secret that communities across the country are struggling with widespread disparities in all aspects of healthcare. The American Public Health Association (APHA) believes that it is time to move from statistics, which have vividly shown the widespread problems that result from health disparities, to projects/interventions that guarantee quality care for all. For Public Health Week 2004 the APHA will be collecting and highlighting a wide variety of these projects/interventions to inspire other people who work on health care issues and want to reduce health disparities. For more information, visit: <http://www.apha.org/nphw/>.

7th Annual Health Education Advocacy Summit 2004. The summit is **February 28 - March 1, 2004** in Washington, D.C. and is sponsored by the the Coalition of National Health Education Organizations. You will: Hear from advocacy and legislative experts, Enhance your professional development skills and Earn CHES credits while having fun! The Health Education Advocacy Summit is recognized by the American Society of Association Executives 2003 Award-Winning Program. For more information visit the Health Education Advocate website at: <http://www.healtheducationadvocate.org> or call SOPHE at (202) 408-9804.

No Name-Calling Week: March 1-5, 2004. Schools around the nation will join together March 1-5, 2004 to stop name calling in school. A coalition of over 40 education, mental health, youth advocacy, and social justice organizations, including the American School Health Association, have joined forces to address the problem of name-calling and verbal bullying in U.S. schools. During the week of March 1-5, 2004, schools serving grades five through eight across the nation will be asked to take part in a week of educational activities aimed at stopping name-calling and creating safer and more affirming schools for all students. For more information or to register your school, and receive educational materials, visit: <http://www.nonamecallingweek.org>.



Funding Opportunities



HIV/AIDS, Drug Use, and Highly Vulnerable Youth: Targeting Research Gaps The National Institute on Drug Abuse (NIDA) and the National Institute of Mental Health (NIMH) invite innovative applications to address critical gaps in research on HIV/AIDS prevention, treatment, and related health issues among highly vulnerable youth. The overall objective of this RFA is to facilitate the development and implementation of interventions that reduce HIV infections and mitigate the medical and psychosocial consequences of the virus in order to improve the health and quality of life of youth at risk for, living with, or affected by HIV/AIDS. NIDA intends to commit approximately \$1,500,000 million in FY 2004 and the NIMH intends to commit approximately \$500,000 in FY2005 to fund 3 to 7 grants in response to this RFA. It is anticipated that the size and duration of each award will also vary. The fund number is 2475. The Letter of Intent Date is: 02/17/2004. The Application Due Date is: 03/17/2004. For more information, visit: <http://www.grants.nih.gov/grants/guide/rfa-files/RFA-DA-04-012.html>.

The Circle of Friends Small Grants Program The American Legacy Foundation (Legacy) announces the availability of grant funds to support Circle of Friends in local communities. Grants funded by this program will help organizations support women (and families or girls) trying to quit smoking. Organizations may request up to \$75,000 per year for up to two years. Organizations may apply for only one year of funding and apply for a second year of funding at the close of the first grant year. Planning grants are also available. Planning grants provide funds up to \$25,000 for one year for an organization to develop an innovative project. Deadlines are January 30, and April 30, 2004. Applicants may submit an application by either deadline. For more information, visit: <http://www.americanlegacy.org/>.

New GRANTS.GOV Website Health and Human Services (HHS) Secretary Tommy G. Thompson unveiled a new comprehensive Web site that will contain information about finding and applying for all federal grant programs. The site, Grants.gov, is intended to make it easier for organizations to apply for grants from 26 federal agencies. To date, application packages have been posted to the Grants.gov website by five agencies: The U.S. Departments of Commerce, Education, Energy, Justice and HHS. For more information about Grants.gov, visit: <http://www.grants.gov>.

Bowerman Track Renovation Program The Bowerman Track Renovation Program provides matching cash grants to community-based, youth-oriented organizations that seek to refurbish or construct running tracks. The program distributes approximately \$200,000 in matching grants each year. This five-year, \$1 million program, administered by Nike's Community Affairs department, provides matching funds of up to \$50,000 to youth-oriented non-profit organizations anywhere in the world. The application deadline is May 31, 2004. For more information, visit: <http://www.nike.com/nikebiz/nikebiz.jhtml?page=26&item=bowerman>.

New Health Care Access Point Grants The Bureau of Primary Health Care announces funding for new or significantly expanded health center access points by 2006. Access point funding includes community health centers, migrant health centers, health care and homeless programs, public housing primary care programs, and school based health centers. Types of new access points include starting a new organization and adding satellite sites to the current organization. Approximately \$56 million will be available to support health center new access points. A cap of \$650,000 can be requested. Letters of interest deadline: At least 45 days prior to final application. Deadline: May 17, 2004. For more information visit, www.bphc.hrsa.gov/pinspals/pins.htm reference PIN #2004-02 or contact Tonya Bowers at 301.594.4300.

Health Tip #4 An ounce of prevention keeps the germs away. Routinely clean and disinfect surfaces. Cleaning with soap and water and scrubbing removes dirt and most germs. However, disinfecting kills germs on surfaces, providing an extra margin of safety.

www.cdc.gov/ncidod/op/cleaning.htm



Child Health News

Flu in Children Calls Attention to Reye Syndrome For reasons that are not yet clear, influenza in the 2003-04 season seems to be especially hard on children. In January 2004, the Centers for Disease Control and Prevention (CDC) reported that as of December 17th, 2003, forty two children under the age of 18 were known to have died of the flu, a figure that may be low, since the CDC did not previously require state health departments to report flu deaths in children under 18. One of the effects of influenza in children that is now receiving renewed attention is a serious and sometimes fatal complication known as Reye Syndrome. It is a virus-related illness associated with preceding influenza or Varicella infections. Researchers noted that there was a connection between the use of aspirin to treat flu or chickenpox and the development of acute brain damage as seen in Reye Syndrome. That led to a recommendation by the Committee on Infectious Diseases of the American Academy of Pediatrics and the Centers for Disease Control and Prevention that aspirin-containing products not be given to children. In the two decades following that recommendation, the number of reported Reye Syndrome cases fell from 555 in 1980 to fewer than two a year from 1994 to 1997. Reports on one fatal case of Reye syndrome, led researchers to note that there is a continued risk of the disease, as a new generation of parents may not feel the same anxiety that their parents did about the use of aspirin for children, and caretakers with limited English may not read or understand the warning now required on labels of all aspirin-containing medications. They also point out that alternative or complementary medications may contain aspirin. Again, to reduce the possibility of preventable cases of Reye Syndrome, appropriate influenza and varicella vaccinations and multilingual education of patients, parents, caretakers, and health care staff is urged. For full article, go to: www.healthinschools.org/ejournal/2004/jan1.htm.

Obesity Epidemic Makes Headlines in 2003, Experts Say Healthy Eating At Schools Is Important

America's obesity epidemic grabbed headlines around the nation in 2003. The Centers for Disease Control and Prevention estimate that 60 percent of Americans are either overweight or obese, and 15 percent of 6 to 19 year olds are overweight, which is almost three times the number from 1980. Dr. J. Micheal McGinnis of the Robert Wood Johnson Foundation points out the current epidemic foreshadows a future health crisis. "We may be raising the first generation of children that is sicker and dies younger than their parents. The sheer availability of food has led people to graze throughout the day on foods that are largely nutrient-poor and calorie-rich." For full article, go to: www.post-gazette.com/localnews/20040101p4.asp.

Fitness Guidelines Doubled for Children Five years after a groundbreaking study warning of a growing childhood obesity trend, the group that said kids should get 30 minutes of daily physical activity has now doubled its recommendation. The National Association for Sports and Physical Education issued new children's fitness guidelines, which include boosting children's daily physical activity to one hour. The recommendation doubles the group's original 30-minute guideline, which health advocates say has proven ineffective in the battle against the bulge among youth aged 5 to 12. According to the most recent report by the Office of the U.S. Surgeon General, 13% of children age 6 to 11, and 14% of adolescents age 12 to 19 in the United States are overweight. For full article, go to: www.azcentral.com/families/education/articles/1231PE31.html.



NCHE NEWS UPDATE

NCHE has started the New Year with lots of exciting news. First, NCHE recently received a planning grant from the Bristol Myers Squibb Foundation to form a national expert advisory group that will inform and develop a systematic and philanthropic plan to reduce the incidence of key metabolic diseases of African-Americans, Latinos, and American Indians; giving particular attention to obesity and diabetes. This planning grant will hopefully lead to updated and advanced programmatic initiatives that will enhance the Growing Healthy® Curriculum.

Starting Healthy®, the pre-school component to Growing Healthy, is in its final stages of development and is almost ready for launch. Evaluation in over 60 classrooms nationwide has been completed and feedback is being incorporated into the final revision. NCHE staff are working on the design stage of development prior to national dissemination. Stay tuned for further information.

Finally, although NCHE suffered a great loss when Elaine Sheehan departed from NCHE at the end of 2003, the Center feels confident as we look ahead to the future of the Growing Healthy program. John Allegrante, President and CEO, along with the Board of Directors are conducting a nationwide search for a new Growing Healthy Program Director and we hope to fill the position in a timely manner. In the meantime, please continue to direct all inquires about the program to NCHE. Nicole Smokler, Program Associate, is managing Growing Healthy in the interim prior to hiring a new director.

John P. Allegrante, Ph.D
President
jallegrante@nche.org

(212)
678-3960

Helen Conlin
Business Manager
helen@nche.org

Ext. 4052

Amy E. Grimm, MPH
Program Director
amy@nche.org

Ext.4054

Growing Healty Program Information

Ext. 4053

Nicole Smokler, MA
Program Associate
nicole@nche.org

Ext. 4056

NCHE General Mailbox

Ext. 4050

Health TIP # 5

Use Antibiotics appropriately - Antibiotics dont work against viruses such as colds and flu. Unnecessary antibiotics can be harmful! Antibiotics should be taken exactly as prescribed by your health care provider to ensure your safety.
www.cdc.gov/ncidod/op/antibiotics.htm



375 Hudson Street
New York, NY 10014
Tel: 212 463-4050
Fax: 212 463-4060
www.nche.org