



ture This

Programs, Policies, and Research
Affecting Today's Families

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amily Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Grant from the Maternal and Child Health (MCH) Bureau - Department of Health and Human Services, Family Voices is working to encourage partnerships between families and professionals for children's good health.

PICture This is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer them a flavor of activities going on in the maternal and child health (mch) community and opportunities to become a part of it. We hope to encourage flourishing partnerships! ■

Bright Futures - a national child health initiative

Bright Futures is funded by the U.S. Department of Health and Human Services - Health Resources and Services Administration - MCH Bureau. Bright Futures promotes the health, education and well-being of children, families, and communities. The National Center for Education in Maternal and Child Health spearheads Bright Futures initiatives and clinical tools for health care providers and is the home for Bright Futures.

Family Voices' role is to develop materials for families to complement those for professionals. We also listen to families about issues and successes in raising healthy children. Family Voices' Bright Futures materials and activities for families are intended to bring Bright Futures concepts to families and to bridge the gap between guidelines and families' everyday lives. ■



Bright Futures
www.brightfutures.org
www.brightfuturesforfamilies.org



PICture This for June...

- How does Title V affect my family?
- National Safety Month
- Fireworks Safety Month

Bright Futures Materials for Families



Bright Futures Family Pocket Guide: Raising Healthy Infants, Children and Adolescents

complements materials already in use by health professionals. The Family Pocket Guide is a 100-page reference guide written in family-friendly language. It includes: * How to choose and work with your child's health care providers, * How your child grows, * What will happen at health visits (birth to 21), and * Tip sheets and resources for families. Overall, the Guide's goal is to prepare families to become partners for their children's good health.

Visit www.brightfuturesforfamilies.org to view a copy. Email Kathy Cruz at kcruz@fcsn.org for bulk order requests.

www.brightfuturesforfamilies.org is our new web site for families. Families can log on any time to learn about Bright Futures, download or view any of the Bright Futures for Families materials, or try out the interactive pages. Based on our experiences with families, these interactive pages offer families a chance to share and get ideas and strategies from other families on specific parenting issues.

Bright Futures Family Talkcards is an interactive game for parent discussion groups. Families make decisions daily affecting their children's health and well-being. These are usually based on personal, cultural, financial, and time preferences. The intent of the Talkcards is to stimulate discussion and share good ideas so families will have a wide range of options to act on. Visit the Talkcards section of the Bright Futures for Families web site -www.brightfuturesforfamilies.org- to share your ideas and strategies for raising healthy children.



Bright Futures Health Visit Checklist is another tool for families to use to develop good relationships with children's health care providers. Health care providers expect to work with families as partners to keep children safe and healthy. Families will want to develop trust and easy communication - this takes time and doesn't usually happen in just one visit. The checklist prepares families by giving suggestions before, during and after a health visit. Visit www.brightfuturesforfamilies.org to view and download a copy. ■

Partners...

(Highlighting family or professional partners)



The National Center for Education in Maternal and Child Health (NCEMCH)

Since 1982, NCEMCH has been providing leadership and state-of-the-art knowledge related to mch issues to help federal, state, and local policymakers, public health professionals, and the public make informed decisions about mch services, programs, and policies.

The Center manages the Bright Futures project, operates the Healthy Start National Resource Center, the National Maternal and Child Oral Health Resource Center, and develops the Maternal and Child Health Bureau (MCHB) Projects Database.

In addition, the Center provides information and technical assistance. They maintain a specialized MCH Library of more than 20,000 items, cataloged in MCHLine® and develop online educational resources, including a Database of more than 2,000 organizations active in maternal and child health.

2000 15th Street, North, Suite 701, Arlington, VA 22201-2617 ❖ (703) 524-7802 ❖ info@ncemch.org ❖ www.ncemch.org ■

Family Resource Corner

* **Allergy information and local pollen count.** Call the National Allergy Bureau Pollen Information Line (800) 9-POLLEN or (800) 976-5536 for helpful tips on allergies, information on specific allergies, or the local pollen count. Sponsored by the American Academy of Allergy, Asthma and Immunology.

* **Facts about sexual health for teens.** Teens can visit http://www.kidshealth.org/teen/sexual_health/ for articles about puberty, menstruation, birth control, STDs, and other things they want to know. Sponsored by the Nemours Foundation.

* **Healthy recipes, nutrition facts and health information on the new Fruits and Vegetables Web site.** The Produce for Better Health Foundation sponsors this new Web site, www.aboutproduce.com

* **May is Mental Health Month!** Visit <http://www.nmha.org/may/index.cfm> for more information. Look for people wearing green ribbons to show support. This year's childhood depression awareness features a campaign to "Ask a child what's the matter?". ■



What's new in research?

Study finds that early adolescent girls who diet are more likely to smoke.



Early adolescent girls who diet are at an increased risk for initiating smoking compared to those who do not diet. Findings are based on data collected from 932 sixth and seventh grade students. See Austin SB, Gortmaker SL. 2001. Dieting and smoking initiation in early adolescent girls and boys: A prospective study. *American Journal of Public Health* 91(3):446-450

Primary care pediatricians report being unqualified to treat depression.

Primary care pediatricians believe they are responsible for recognizing, but not treating child adolescent depression. Most of the pediatricians reported that they lacked confidence in their ability to treat depression with medication or counseling. *Ambulatory Pediatrics* 1(2) March 2001:91-98 or see <http://ampe.allenpress.com/ampeonline/?request=get-toc&issn=1530-1567&volume=001&issue=02> ■



Tidbits for the Month

CDC Releases Annual Report on Health Status of the Nation.

The Center for Disease Control and Prevention recently released its annual report on the health status of the nation. This report features a special chartbook on adolescent health (ages 10-19) and presents data, focusing on transition in adolescent health status by age. See <http://www.cdc.gov/nchs/products/pubs/pubd/hus/hus.htm>

Even though most women on Medicaid are satisfied with the care they receive, they still face barriers.

The Commonwealth Fund found barriers in receiving health information, accessing a regular pediatrician, and having a complete understanding of child development. See www.cmwf.org/programs/child/kannel_medfocusgroups_448.pdf

Institute of Medicine report, "Crossing Over the Quality Chasm," calls for reorganizing and reforming the nation's health care system.

The report includes 10 rules intended to make the health care system more responsive to patients' needs and values. The ten rules are: 1) patients should receive care when needed and in many forms; 2) systems of care should be customized to meet patients' needs; 3) patients should be given information and opportunity to exercise the degree of control they choose over their own health care decisions; 4) patients should have access to their own medical records; 5) patients should receive care based on the best available scientific knowledge; 6) patients should be safe from injury caused by the care system; 7) patients and families should have access to information when choosing health plans, hospitals, etc; 8) patients' needs should be anticipated; 9) the waste of resources and patients' time should be decreased; and 10) clinicians should cooperate with each other. To view the complete report, visit http://books.nap.edu/catalog/10027.html?onpi_newsdoc030101 ■

To subscribe to this electronic newsletter email Kathy Cruz at kcruz@fcsn.org or call 617.236-7210.

Share your news with others!

We're looking for news and activities about family organizations and programs to post to our digest. Share exciting events and activities about your organization. Email Kathy Cruz kcruz@fcsn.org or fax her at (617) 572-2094. ■



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