

## Bright Futures: Family Matters

### Communities Matter

While children's good health begins at home, communities can reinforce and support families' goals and efforts in important ways.



Ensuring healthy communities most often means working with others to address problems or needs. Families and children themselves, especially young adults, can join or spearhead efforts. If you're not sure who's working to address community needs, talk to your child's teachers, health care providers and others in your community to find out what's being done and how you can join the efforts. For ideas see:

<http://www.search-institute.org/communities/hchy.html> & <http://www.healthypeople.gov/Publications/HealthyCommunities2001/default.htm>

### National Public Health Week

Each year, the American Public Health Association (APHA) serves as the organizer and develops a national campaign to educate the public, policymakers and practitioners during the week about issues related to the theme. The 2006 observance of NPHW will be from April 3<sup>rd</sup> - 9<sup>th</sup> and will be dedicated to "Designing Healthy Communities: Raising Healthy Kids." During the week, APHA and partners will promote awareness of the built environment as it relates to children's health issues including access and equity, physical activity, injury prevention, and asthma. A critical piece of each day will be to focus on effective solutions based on case studies from model communities. To learn more about National Public Health Week please visit [www.nphw.org](http://www.nphw.org).

APHA has created a toolkit to help you and your community prepare for the National Public Health Week and the future of your community. The toolkit offers information and activities around how you may go about making your community healthy. There may be people in your community already working on these efforts or you can feel free to contact and partner with your Department of Public Health, your schools, town hall etc. To access the toolkit go to: [http://www.apha.org/nphw/2006/pq\\_toolkit.htm](http://www.apha.org/nphw/2006/pq_toolkit.htm)

### POP QUIZ: Is your community healthy for kids?

*Do they...get enough exercise? eat a healthy diet? breathe clean air? get proper health care? Are they safe from poisons at home and at school? Man-made features like schools, homes, roads and neighborhood design have an enormous impact on kid's health. Spend three minutes taking this quiz to rate how healthy your community.*

#### Do kids in your community get enough exercise?

1. Can they safely walk or bike to school?
2. Do they have opportunities to be physically active at school?
3. Do they have ample safe, clean places to play e.g., parks, community center?

#### Do kids in your community eat a healthy diet?

4. Do they have access to healthy food at school?
5. Are there a lot of fast food restaurants close to the schools in your community?
6. Is there a nearby grocery store in your community that sells affordable fresh foods?

#### Do kids in your community breathe fresh air?

7. Does your community have bans on smoking in public places?
8. Can people in your community run errands without a car?
9. Is your community free of major air pollution sources (industry or high car traffic)?

#### Do kids in your community get the health care they need?

10. Is there an affordable, accessible health care facility in your community?
11. Is there a local pharmacy in your community?

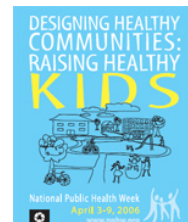
#### Are kids in your community safe from exposure to lead and mold at school and home?

12. Are kids safe from exposure to harmful levels of lead at school?
13. Are kids safe from exposure to harmful levels of mold at school?
14. Are kids safe from exposure to harmful levels of lead at home?
15. Are kids safe from exposure to harmful levels of mold at home?

To fill out the quiz go to:

<http://www.apha.org/NPHW/2006/quiz.cfm>

If you have further comments contact [lpope@familyvoices.org](mailto:lpope@familyvoices.org)



Family 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 an Improving Understanding of MCH grant, Family Voices works to encourage partnerships between families and professionals for children's good health. *Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners. Check out our Family Voices web sites at: [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org) and [www.familyvoices.org](http://www.familyvoices.org)

## Partners...

American Academy of Pediatric Dentistry (AAPD) is a membership organization with approximately 6,400 members providing oral health care for infants, children and children with special health care needs. AAPD works to advocate and support "best" oral health care practices and to educate dental and health professionals and families about oral health care and its benefits. The AAPD web site has information that is parent-specific: how to find a dentist, commonly asked questions, educational brochures in English and **SPANISH** and current oral health policies and information. For more information go to:

[www.aapd.org](http://www.aapd.org) or contact Dr. John Rutkauskas  
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Chicago, IL 60611-2663  
Email: [jrutkauskas@aapd.org](mailto:jrutkauskas@aapd.org)



## What's new in research?



REPORT EXAMINES FAMILY PERSPECTIVE  
PARENT-CHILD CONNECTEDNESS

Parent-Child Connectedness: Voices of African-American and Latino Parents and Teens presents ideas about parent-child connectedness (PCC) previously absent from the literature. The report, produced by ETR Associates with support from the Annie E. Casey Foundation, results from a focus group study with African-American and Latino parents and adolescents living in low-income neighborhoods in California, Maryland, Florida, and New York. It was created to increase understanding of how families understand PCC and to develop intervention activities. The report is available at <http://www.etr.org/recapp/research/PCCFocusGroupReport.pdf>

## Family Resource Corner



**Kids Corner:** Check out the American Public Health Association's kids' corner for fun activities for kids that offer resources and information about how to keep your community healthy.

[http://www.apha.org/nphw/2006/pg\\_kids\\_corner.htm](http://www.apha.org/nphw/2006/pg_kids_corner.htm)

**iHealthRecord:** The iHealth Record is a no cost, secure and confidential, interactive personal record of your medical history. You can create, manage and share (with your authorized physicians or others) your personal health information.

[www.ihealthrecord.org](http://www.ihealthrecord.org)

**The National Center on Secondary Education and Transition (NCSET)** offers a wealth of information for parents and professionals that support transition-aged adolescents. The web site has many articles and resources available and you can find out State specific information and how to contact your local resources. For more information go to: [www.ncset.org](http://www.ncset.org)

**The Parents' Resource Center from the Center for Health and Health Care in Schools:** The Parents' Resource Center has two sections on its website: *Learn Now* and *Act Now*. *Learn Now* provides parents with a wealth of resources about child and adolescent health issues. *Act Now* is a section dedicated to providing parents with access to health resources, services and programs in their child's schools. There are also additional resources available in English and **SPANISH**. <http://www.healthinschools.org/parents/index.htm>



## Tidbits for the Month

**March is National Nutrition Month®** is an observance spearheaded by the American Dietetic Association (ADA). The ADA aims to inform the community about how important it is to make healthy choices regarding their eating and physical activity habits. This year's National Nutrition Month's® suggestions are based on the Dietary Guidelines for Americans, 2005 recommendations. For more information on the "new" food pyramid in English or **SPANISH** go to: <http://www.nal.usda.gov/fnic/Fpyr/pyramid.html>



Highlights for the next  
**Bright Futures: Family Matters**

## Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Betsy Anderson at [banderson@familyvoices.org](mailto:banderson@familyvoices.org) or fax at (617) 399-8325 with your tidbits or to subscribe.

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