

CYF NEWS

FEBRUARY 2008

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"Success in business requires training and discipline and hard work. But if you're not frightened by these things, the opportunities are just as great today as they ever were."

—*David Rockefeller*



POISON PREVENTION WEEK

March 16-22, 2008, is National Poison Prevention Week. National Poison Prevention Week began on September 16, 1961, with President Kennedy and is meant to encourage local communities to raise awareness of the dangers of unintentional poisonings and to take steps to prevent poisonings from happening. The theme for the week is "Children Act Fast...So Do Poisons." Why not use the following information to help promote poison prevention in your county? Listed below you will find a sample news article and fact sheet on Poison Prevention as well as other resources that are available to promote National Poison Prevention Week in your county.

Every year poisonings result in nearly 900,000 visits to emergency rooms. According to Michigan's two regional poison control centers, Children's Hospital of Michigan and DeVos Children's Hospital, Michigan had 86,892 poisonings during 2006 alone. The overwhelming majority of poisonings occur at home. Although exposure to hazardous substances is scary and dangerous at any age, children have a special vulnerability that heightens the danger. According to the Michigan Poison Control System Patient Statistics, in 2005 alone, an estimated 51.3 percent of children under the age of 6 were involved in common household chemical-related poisonings or exposures in Michigan.

A child is at greater risk for a number of reasons. First, children's internal organs are still developing and their bodies may provide less natural protection than those of an adult. Children's behaviors such as playing on the floor or on the lawn where pesticides are applied, or putting objects into their mouths, increase their chances of exposure to poisons. Children play on treated floors and grounds, and their unwashed hands often find their way into the mouth or onto unwrapped snacks. The most common accidental oral exposures occur when pesticides have been removed from their original containers and placed into an unlabeled bottle, jar or food container. The child does not realize until too late that the product inside is not the same as the label on the outside.

Some of the substances involved in exposures to children under the age of 6 include adhesives and glues, art and crafts supplies, office supplies, batteries, cleaning substances, cosmetics and personal care items, deodorizers, fertilizers, paints and

stripping agents, plants, pesticides, medicines and vitamins, polishes and waxes, and tobacco products. Because young children do not read, understand or pay attention to warning signs on hazardous household chemicals, it is important the adult read and understand the label before purchasing or using any household chemical. When you buy a product that is potentially poisonous, read the label first so you will understand the intended use, buy the proper amount, know how to store unused portions, and how to dispose of empty containers. Always keep the product in the original container so it is not mistaken for another product, and so you have the label's first aid information in the event of an accidental poisoning. Store products out of the reach of children and properly get rid of unused or unnecessary household products and unused or expired medicines.

Keep the nationwide poison control center's number, (800) 222-1222, and your doctor's phone number beside every phone in your home.

For more information and resources on Poison Prevention contact Kendra Moyses, Associate Program Leader at kmoyses@msu.edu.

Poison Prevention Resources:

MSUE Fact Sheet – Deadly Look-a-Likes at http://web5.msue.msu.edu/FCS/Portals/fcs/CYF_NE_WS/Deadly%20Look-a-Likes.pdf

MSUE News Article Sample – Poison Prevention Week at http://web5.msue.msu.edu/FCS/Portals/fcs/CYF_NE_WS/PRPoisonPrevention.doc

National Safety Council – Poison Prevention: Read the Label First Community Action Kit (<http://www.nsc.org/issues/poison/>)

American Association of Poison Control Centers (www.aapcc.org)

Poison Prevention (www.poisonprevention.org)

DeVos Children's Hospital Regional Poison Control Center (www.devoschildrens.org)

Children's Hospital of Michigan Regional Poison Control Center (www.mitoxic.org)

References:

National Safety Council, Poison Prevention: Read the Label First Community Action Kit

Michigan Poison Control System Patient Statistics, 2006

AMERICA SAVES 08 WEEK

FEBRUARY 24 – MARCH 2, 2008

America Saves Week is swiftly approaching and Nationally Extension's goal for 2008 America Saves Week is to have 30 States participating in some way. America Saves Week (ASW) is **February 24-March 2, 2008**. This event is sponsored by the Consumer Federation of America. Its primary goal is to encourage consumers to save money. Specific roles for MSUE offices could be to: collaborate with local financial institutions to sponsor educational opportunities around best practices for saving, embarking on media drives which focus on saving tips, passing out piggy banks to consumers during MSUE programs and sending out a saving tip of the day to county staff and partners during ASW. To find more information on this event, visit <http://www.americasaves.org/>.

Below please find a short questionnaire which will be used to report nationally our (MSUE) projected impact regarding America Saves Week. Please send the survey back to Connie Costner at costner@msu.edu so we (MSUE) will be listed nationally as participants. If you would like specific ideas on how to get your 4-H audiences involved, please contact Erica Tobe (tobee@msu.edu) or one of the regional coordinators. They are:

Upper Peninsula Region

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**AMERICA SAVES WEEK-MICHIGAN
SURVEY OF PARTICIPATION**

COUNTY: _____

**TYPE OF EVENT YOU HELD IN YOUR
COMMUNITY:**

1. Number of direct and indirect methods used and number of contacts.

2. Number of Savers enrolled and total amount of monthly savings goals pledged.

3. Number of collaborating partners and volunteers and amount of sponsorship, funding and in-kind contribution.

4. Other

Thank you for your participation. Please contact me with questions or comments you may have at 517.432.5620. More information on America Saves can be found at www.americasaves.org. *Submitted by Connie Costner.*

**STUDY IDENTIFIES BRIDGES AND BARRIERS OF
LOW INCOME SCHOOLS**

An online survey and several focus groups of Michigan school staff members will soon be undertaken to determine strategies for overcoming barriers to incorporating healthy eating and increased physical education/physical activity in low income high schools. A similar study was completed in 2007 for schools with grades kindergarten through 8th. In the 2007 study, approximately 75 per cent of respondents felt their schools offer too little nutrition education, too little physical education and too little physical activity. Respondents thought that family programs and teacher professional development were ways that would work best for increasing nutrition education through schools, yet they are ways that nutrition education is currently being implemented the least. For additional findings from the 2007 study see <http://www.tn.fcs.msue.msu.edu/resources.html> and

scroll to *Bridges and Barriers to Working in K-8 Low Income Schools*.

The data from these two studies will help identify potential strategies for improving the nutrition and physical activity provided to students and families through low income schools.

The Michigan Departments of Community Health and Education in cooperation with the Michigan Nutrition Network at Michigan State University Extension are conducting the study. For additional information contact Matt Golzynski at golzynski@anr.msu.edu. *Submitted by Matt Golzynski, Michigan Nutrition Network*

REVITALIZING THE MSUE NICHE

Last week I sat down with Cynthia Straus and we discussed a database hosted by Michigan State University Extension that has not been widely used in 15 years by extension educators in Michigan; however, we found that many other organizations, educators and consumers use this database frequently. The database I am referring to is the “Home Maintenance and Repair (HMR) Data Base.” Listed below is a list of entities of which the HMR database has been cited.

- Renovation Today magazine
- HUD national Web site
- How to Clean Practically Everything (Rodale Press)
- Hundreds of Realtors sites, especially in southern California
- DOITYOURSELF.com

MSUE has been contacted by American HomeOwner Web magazine, Home Depot and several other online and Web sites.

The Homemade Cleaners publications number eight, number six and Wood Stoves number seven were in the top ten files transferred for week of January 27, 2008.

Many of you remember the days when Extension provided the described educational opportunity as part of general Home Economics programming. While Extension’s titles for such programming have changed throughout the years, it is evident that the need for home maintenance and repair consumer education remains a need for residents.

The economic climate and the rate of foreclosures in Michigan dictates programming which will help families and consumers survive and thrive in tough times. Revitalizing the database is timely information that can be used in concert with today's Family Resource Management and Housing educational opportunities. We are looking for faculty and extension educators to work with us to ensure that updates in the information housed on the HMR database is representative of research-/evidence-based information which addresses county, regional and state consumer needs. Stay tuned for an e-mail which speaks to the above outlined request.

Co-authors, Constance Costner, FCS program leader and Cynthia Straus, extension specialist.

SAVE THE DATE! Do not forget to register for the *Plain Language Health Literacy Seminar* on March 5 at the Kellogg Center featuring Janet Ohene-Frempong. Registration fee is only \$25. Registration forms and more information are available at www.mnn.fcs.msu.edu under the resources tab. Submitted by Matt Golzynski, Michigan Nutrition Network

2008 NEW STAFF TRAINING SERIES

All sessions are necessary for staff working in FSNE, EFNEP and BFI. Home Visiting, Learn Together Approach and Nutrition III are recommended for parenting instructors.

March 4 - Nutrition I: Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, brief discussion of MyPyramid Web site, reading and understanding nutrition labeling and planning low-cost meals. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

March 25 – Nutrition II: Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: teaching the 2005 Dietary

Guidelines for Americans and MyPyramid and recommendations for special populations for prevention of nutrition-related chronic disease, nutrients and nutrition-related health issues, the role of nutrition and physical activity in weight management. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as My Tracker and nutrition and physical activity assessments within the MyPyramid Web site.

April 22 – Nutrition III: Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler, special nutrition considerations for teens and the senior population. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

May 6th – Home Visiting: The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participant's homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition, this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

May 20th – Learn Together Approach: The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups through small group facilitation that encourages participants to share their knowledge and experiences. The session discusses the benefits of this method of teaching, provides information on developing lesson plans and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

To register for any of the above sessions visit:
<http://web2.msue.msu.edu/in-service/coursetitle.cfm>

BLUE RIBBON Q&A

- Q.** How can I print a report of the School Code file?
- A.** Go to Report|Print Data Files and select Master School Codes and Print.
- Q.** Do teen mentors participating in our Service Learning grant program count as youth leaders?
- A.** Yes, make sure to check the Youth Leader checkbox located on the upper right hand corner of their member/leader data screen. By checking this box the information will be pulled into your ES-237 report.
- Q.** Are there instructions for installing Blue Ribbon on a VISTA computer?
- A.** Yes, we recently received the instructions from MarTech and would like to have a couple of staff test them. Please contact Gloria Ellerhorst at (517) 353-2922 or ellerg@msu.edu if you are interested.



Deadline for Next Edition of “CYF NEWS”

March 3, 2008, is the deadline to submit articles for the March 7, 2008, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu