

March 2007 – National Nutrition Month

- Oklahoma Dietetic Association, 138 HES, Stillwater, OK 74078-6114. (877) 656-8874 or (405) 744-7469. www.oknutrition.org
- American Dietetic Association, 120 S. Riverside Plaza, Ste. 2000, Chicago, IL 60606-6995. (800) 877-1600. www.eatright.org
- "USDA Food Guide Pyramid" poster available from U.S. Dept. of Agriculture, Food & Nutrition Services, 3101 Park Center Dr., Room 1034, Alexandria, VA 22302-1594. (703) 305-7600 or (888) 779-7264 www.nal.usda.gov/fnic/Fpyr/pyramid.html. Poster is available in two sizes: 8 ½" X 11" size – graphic on front with text on the reverse side and 30" X 50" size – graphic combined with text.
- Oklahoma Beef Council, 2312 Exchange Avenue, Oklahoma City, OK 73108. (800) 235-5403 or (405) 840-3777. www.oklabeef.org
- Food and Nutrition Information Center, USDANAL, 10301 Baltimore Ave. Beltsville, MD 20705-2351. (301) 504-5719. www.nal.usda.gov/fnic
- Children's nutrition website: www.kidshealth.org
- Oklahoma Ag in the Classroom. Contact Mary Ann Kelsey (405) 522-0638 or Jamey Allen (405) 522-6768. <http://www.agclassroom.org/ok>
- 5-A-Day has posted the newest brochures on their recently updated website. You can find these brochures as well as the fruit & vegetable piece of a research to practice series on weight management at <http://www.5aday.gov/publications/index.html>
- www.teachfree.com -TeachFree.com is a site specifically for educators teaching preschool through senior high school who need high-quality supplemental materials. Look to teachfree.com for video kits, black line masters and activities, and science-based information on food safety, nutrition and health, environmental science, and food production. Teaching kits are available free to qualified educators, with over 25 kits/supplies to choose from. Every kit is top-quality, full-color, and peer-reviewed by teachers.
- Dairy Council of California – A Food Choice and Activity Program for Middle School Students. Visit http://www.dairycouncilofca.org/ED_ProgramsEYO.aspx

Good nutrition and a balanced diet will help children grow up healthy. From Toddlers to Teens, parents can take steps to improve nutrition and encourage smart eating habits. Five of the best strategies are:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.



National Poison Prevention Week

March 18-24, 2007

- Poison Prevention Week Council, P.O. Box 1543, Washington, DC 20013 or CPSC, Washington, DC 20207. (301) 504-7908 – Ask for Kim Dulic, Poison Prevention Week Council, 301-504-7058. www.poisonprevention.org
- Oklahoma Poison Control Center, Children's Hospital, 940 N.E. 13th St., Rm. 3510, Oklahoma City, OK 73104. (405) 271-5454 or (800) 222-1222 or 405-271-5062. www.oklahomapoison.org
- Safe Kids Oklahoma, (405) 271-5695 Oklahoma City or (918) 494-SAFE (7233) Tulsa. www.oksafekids.org e-mail: safekids@ouhsc.edu
- U.S. Consumer Product Safety Commission, 4330 East West Highway, Bethesda, MD 20814 - Publications. www.cpsc.gov

National Inhalants and Poisons Awareness Week

March 18-24, 2007

- National Inhalant Prevention Coalition (NIPC), 322-A Thompson St., Chattanooga, TN 37405. For more information about NIPAW, call (800) 269-4237 or send an email to nipc@io.com. www.inhalants.org
- Oklahoma Poison Control Center, Children's Hospital, 940 N.E. 13th St., Rm. 3510, Oklahoma City, OK 73104. (405) 271-5454 or (405) 271-5602 or (800) 222-1222. www.oklahomapoison.org
- Contact your local Area Prevention Resource Center (See "Additional Resources-State Agencies") or Oklahoma SAFE KIDS Coalition. www.oksafekids.org (OKC) or www.sfh-childrenshospital.com/resources/safe_kids (Tulsa)

More than 2 million poisonings are reported each year to the 61 Poison Control Centers (PCCs) across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old; poisonings are one of the leading causes of death among adults.

Prevention Tips

Post the poison control center's number, (800) 222-1222, by the phone. Call immediately in the event of a possible poisoning – don't wait for symptoms to occur.

- Keep all potential poisons, including over-the-counter medications and vitamins, locked up and out of sight. Use child locks on all household cabinets.
- Avoid taking medications in front of children; periodically dispose of old or unused medications; ask for and use child-resistant packaging.
- Keep products in original containers with original labels; put products away after use; and dispose of such leftover products as paint removers, gasoline and anti-freeze.
- Do not put candles and decorative lamps that contain lamp oil where children can reach them. Lamp oil can be toxic if inhaled by children.

The following links for teachers are free resources and fun activities for kids on poison control safety. <http://www.oklahomapoison.org/education/> <http://www.oklahomapoison.org/free/>

Inhalant Resources:

- The New England Inhalant Abuse Prevention Coalition, a Center for Substance Abuse Prevention (CSAP) funded project, has created an on-line training for parents on inhalant abuse. Parents can now go to www.inhalantabusetraining.org and take a 20-30 minute course that will teach them what they need to know about the dangers of inhalant abuse, how to talk with their kids about it, and where to follow up for more information. One version of the course is tailored to parents from the New England states, directing parents to resources available within their state. There is also a national version. The web-based training was developed by Howard Wolfe, Director of the New England Inhalant Abuse Prevention Coalition, in conjunction with the Massachusetts Department of Public Health, and is funded by a grant from the U.S. Center for Substance Abuse Prevention. The Northeast Center for Healthy Communities in Lawrence, Massachusetts, is the developer. If you would like information about how the training could be adapted for your state or community, feel free to contact Howard Wolfe at hwolfe@inhalantprevention.org. Also, checkout their web site at www.inhalantprevention.org.
- On-line Education for Nurses: There is an on-line inhalant training program for nurses (with CEU credit), "Inhalant Abuse: Nursing Implications." It is available at: http://www.rnceus.com/course_frame.asp?exam_id=47&directory=inhal
- National Institute on Drug Abuse - Inhalant Abuse Among Children and Adolescents: Consultation on Building an International Research Agenda: Last November NIDA and the National Inhalant Prevention Coalition (NIPC) sponsored this meeting that addressed worldwide perspectives, research, concerns and approaches to the problems of inhalant abuse, see: <http://international.drugabuse.gov/enews/200512-fogarty.html>. Speaker presentations can be found at: http://international.drugabuse.gov/meetings/inhalant_presentations.html

Resources for Teachers from the NIDA (<http://www.nida.nih.gov/JSP2/MOD1/page8.html>)

- National Institute on Drug Abuse (NIDA) - www.drugabuse.gov, 301-443-1124.
This Web site contains information about drug abuse and a section designed specifically for parents, teachers, and students.
- National Clearinghouse for Alcohol and Drug Information (NCADI) - ncadi.samhsa.gov, 1-800-729-6686. NCADI is the world's largest resource for information and materials concerning substance abuse. Many free publications are available here.
- Eisenhower National Clearinghouse (ENC) - www.enc.org
This Web site provides useful information and products to improve mathematics and science teaching and learning.
- National Science Teachers Association (NSTA) www.nsta.org, 703-243-7100
Provides resources and information for science teachers.
- The Brain Exchange Electronic Mentorship Network (BEEMNET) - www.beemnet.com
BEEMNET is a research-oriented, educational organization that connects elementary school children and their teachers with research neuroscientists.
- Want to be a Scientist? - www.ars.usda.gov/is/kids/scientists/scientistsframe2.htm
This site describes careers of scientists and presents an opportunity to email scientists and ask them questions.