

PREVENTION COUNTS

NEW JERSEY COALITION FOR PREVENTION OF DEVELOPMENTAL DISABILITIES

www.coalitionforprevention.org

Celebrating Over 25 Years of Prevention Education and Advocacy in New Jersey



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THINK PREVENTION FIRST

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Special points of interest:

- Bicycle Helmet Safety
- Preventing Childhood Injury
- Alcohol Prevention
- Lead Poisoning
- Environmental Contaminants
- FASD

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Jerisa Chiumbu-Maseko, Director

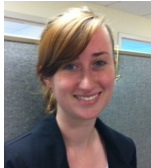
Meet the Coalition's New Staff

Jerisa Chiumbu-Maseko



The NJCPODD welcomed its new director, Jerisa Chiumbu-Maseko, on February 28th. Jerisa has been a member of The Arc of NJ staff since 2007, serving as the Training and Technical Assistance Coordinator in our Self Advocacy Program. Jerisa worked closely with Coalition former director, Dr. Ann Wilson, on the No Wrong Door Project and has a background in direct services and community organizing.

Meghan Keffer



Meghan Keffer joined NJCPODD on April 18th as a Program Assistant. She is new to The Arc of NJ staff and is excited to be on board. She is currently working on her master's degree in Occupational Therapy and has a background in environmental education and community service through AmeriCorps and the NJ Department of Environmental Protection.

Join a STRONG Statewide Effort in Prevention

The NJ Coalition for Prevention of Developmental Disabilities is committed to inspiring the government, communities, agencies, families, and individuals to promote education and advocacy in the prevention of developmental disabilities. Many topics that the Coalition advocates to prevent include: environmental contaminants, alcohol/substance use and pregnancy, lead poisoning, helmet use, home safety, unintentional childhood injury, infectious diseases, and nutrition. Share our information with your friends and colleagues and help spread awareness on prevention to help make a difference in our community.

In an effort to continue providing you with valuable information, please visit our website at www.coalitionforprevention.org and update your contact information for our newsletter or submit the form below.

NJ Coalition for Prevention of Developmental Disabilities

Information Request

Yes! I would like to become a part of the Coalition. Please send me more information and sign me up for the quarterly newsletter.

Name: _____

Affiliation: _____

Address: _____

Phone: _____

E-mail: _____

Complete this form and mail, fax, or email to:

Meghan Keffer, c/o: NJ Coalition for Prevention of Developmental Disabilities
985 Livingston Ave., North Brunswick, NJ 08902
Fax: 732-214-1834 or E-mail: prevention@arcnj.org

Spring 2011 National Health Observances

Help spread awareness to many important preventative health issues by honoring National Health Observances for this Spring.

April

National Autism Awareness Month : www.autism-society.org

Alcohol Awareness Month: www.samhsa.gov

7: National Alcohol Screening Day: www.mentalhealthscreening.org

23-30: National Infant Immunization Week: www.cdc.gov/vaccines/events/niiw/index.html

24: World Meningitis Day: www.comoonline.org

May

National Encephalopathy and Chemical Injury Awareness Month: www.ntef-usa.org

Mental Health Month: www.mentalhealthamerica.net

8-14: National Alcohol and Other Drug-Related Birth Defects Week: www.ncadd.org

18: HIV Vaccine Awareness Day: www.niaid-nih.gov/news/events/hvad/Pages/default.aspx

23-29: Recreational Water Illness and Injury Prevention Week: www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week

June

Home Safety Month: www.homesafetycouncil.org

27: National HIV Testing Day: www.napwa.org



It's Bicycle Season: Put On Your Helmets!

With the spring season underway and the summer getting closer you will find more people wanting to be outside riding their bikes. Wearing a helmet can greatly reduce serious injury while riding your bike, in-line skating or skateboarding. Currently in NJ, it is the law for anyone 17 and under to wear a safety helmet while participating in one of these activities.

Statistics on helmet use and injury prevention show significant support for the regular use of helmets. According to the Insurance Institute for Highway Safety, 91% of victims in bicycling fatalities in 2009 were not wearing helmets. The Bicycle Helmet Safety Institute claims that head injuries cause 75% of annual bicycle deaths and medical research shows that bicycle helmets can prevent 48 to 85% of cyclists' head injuries.

Buying a helmet is not a difficult or expensive option. Many helmets can be purchased at department stores for around \$10, and there is no research that suggests that an expensive helmet is any more effective than a cheaper one. However, it is important to make sure that any

helmet you consider buying meets the U.S Consumer Product Safety Commission standards. Look for a CPSC sticker on the box or helmet.

Making sure that the helmet fits correctly is also an important consideration when purchasing a helmet. Be sure to measure your head and find the corresponding helmet that matches your size. The fit should be snug and provide plenty of ventilation. It also needs to be worn correctly in order to be effective. The helmet should fit squarely on the head and the front lip should not be tilted backwards.

For other activities such as horseback riding or hockey, you should consult a safety guide regarding what type of helmets meet the standards for other sports.

Preventing serious head injury or death can be as simple as choosing to put on a helmet every time you bike or skate. Only you can make the safety decision for yourself or your child.

You can find out more information on bicycle helmet safety at the Bicycle Helmet Safety Institute (www.bhsi.org). Transportation reports and statistics can be found at the Insurance Institute for Highway Safety (www.iihs.org/research/default.html)

*“91% of victims
in bicycling
fatalities in 2009
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helmets”*

Pregnant Pause Spring 2011: Help Prevent FASD

FASD FAQs

What is FASD?

FASD stands for Fetal Alcohol Spectrum Disorder. This refers to different physical and mental birth defects that are caused by drinking alcohol while pregnant.

What happens to a baby with FASD?

When the baby is born they may have physical characteristics such as: low birth weight, small head circumference and eye openings, a smooth philtrum, and thin upper lip. Throughout development and adulthood, other permanent symptoms include: attention and memory deficits, hyperactivity, difficulty with abstract concepts and problem-solving skills, immature and inappropriate social behavior, poor impulse control and judgment. Most adults with FASD have difficulty living independently, keeping jobs, staying in school, and maintaining healthy relationships. They may also develop other problems such as mental health issues, trouble with the law, unwanted pregnancies, and the potential to abuse substances. This damage is *permanent*.

What if I drink a beer instead of liquor while I'm pregnant?

Beer, liquor, wine coolers, and mixed drinks all contain different percents of alcohol but they are all equally dangerous to the baby. Even beers and wine coolers labeled *non-alcoholic* can contain 1% or more alcohol and should also be avoided.

What if I drink when I don't know I'm pregnant?

If you suspect you might be pregnant stop drinking immediately. Chances for a healthy baby are greatly increased once you stop drinking. Take a pregnancy test and talk to your doctor if you have any concerns.

Does the father drinking have any effect on the baby?

The effects of the father's drinking on his sperm and on the unborn baby are not yet understood. However, the father can have an effect on his partner's drinking habits. By not drinking during the pregnancy, a father can support and encourage his partner to avoid alcohol.

What can I drink instead of alcohol at an event?



Ask your doctor about what nutrients your body needs while pregnant and other substances you should avoid. You can choose a variety of other beverages such as soda and water. There is still a likelihood that alcohol could have been added to any drink provided at an event. *The only safe bet is to bring your own beverage and keep it in your sight at all times.* You can also find alcohol-free recipes in the next column.

Alcohol-Free Recipes for Spring

Cradle Quencher

- 2 oz. Orange Juice
- 1 oz. Pina Colada Mix
- 1 banana
- Splash of Cranberry, Kiwi, Hazelnut, Grenadine

Mix together with Ice.

Sunrise Smile

- 2 scoops Orange Sherbert
- 1/2 oz Honey
- 1/2 oz. Coco Lopez
- 2 oz. Pureed Strawberries
- 2 oz. Sliced Peaches with Syrup

Mix together and serve in tall glass.



Remember FASD is 100% avoidable.

- ⇒ No safe time
- ⇒ No safe amount
- ⇒ No safe alcohol

THINK BEFORE YOU DRINK.

For more information on FASD, visit: www.fascrc.com

Upcoming Pregnant Pause Events

Event: 'Pregnant Pause' Baby Shower

When: May 15, 2011 from 12:00pm-3:00pm

Where: 'Sunshine Inn' at Camp Sun 'N Fun, 1036 N. Tuckahoe Road, Williamstown, NJ 08096

Description: Sponsored by The Arc of Gloucester, to raise awareness of the importance of alcohol-free pregnancies and Fetal Alcohol Disorder (FASD) a leading cause of developmental disabilities. All expectant mothers (and fathers) and women planning a pregnancy are invited (each mom-to-be may bring one guest) to attend with food, games, prizes, and more. With Guest Speaker: Suzanne Kinkle, Perinatal Cooperative

Contact: Angel Dugan at 856-848-8648 x24 or adugan@thearcgloucester.org

Event: Central New Jersey Maternal and Child Health Consortium, presents: *Empowering Pregnant Women to Promote Healthy Outcomes*

When: June 9, 2011 from 7:45am-3:30pm

Where: The Raritan Bay Area YMCA 365 New Brunswick Avenue, Perth Amboy, NJ 08861

Description: The purpose of this continuing education program is to update health professional and outreach worker knowledge regarding evidence based practice and treatment in order to decrease perinatal risks from substance abuse. This program is intended for physicians, nurses, social workers, and other professionals working with pregnant women in a variety of settings. Cost \$15.

Contact: Debbie Riscica at 732-937-5437 or driscica@cnjmchc.org



Troubling Toys: An Environmental Safety Hazard for Children

Toys can be a passive distraction for many children and can promote a healthy imagination and intellectual development. However, not every toy is necessarily safe for children. The Public Interest Research Group (PIRG) surveys toy safety and provides an updated list of key findings in their annual report, *Trouble in Toyland*.

This survey reports hazards such as choking and injuries, lead, and phthalates in toys.

Choking: Not every toy is appropriate for children of all ages. Many toys are labeled if they contain small parts that could pose a choking hazard or other form of injury for young children. Additionally, most toys are also marked with the appropriate age level.

Lead: Lead is toxic to every organ and system in the human body. In the past, lead has been found in paint, coatings, and metal parts of some manufactured toys. According to PIRG, “The Consumer Safety Improvement Act bans lead except at trace amounts in paint or coatings (90 ppm as of August 2009), and in any toys, jewelry, or other products for use by children under 12 years (300 ppm as of August 2010 and 100 ppm by August 2011)”

Phthalates: A phthalate is a form of phthalic acid. It is added to plastics in toys to increase their durability and flexibility. Exposure to phthalates can cause complications in the womb and during crucial stages of development. Phthalate levels in humans are found to be the highest in children.

It is important to look over every toy carefully before giving it to your child. Additionally, you can check out an updated list of hazardous toys and other consumer products on the PIRG website at: www.uspirg.org/issues/consumer-protection/product-safety

June is Home Safety Month: Prevent Drowning

Now that spring has arrived and the weather is getting warmer, water safety is becoming increasingly important this season. Babies, toddlers, and young children are especially vulnerable to drowning incidents, which can quickly happen in *less than an inch* of water. By taking extra precautions and measures of prevention, the likelihood of an accident occurring can be greatly reduced. Use the checklist below to protect your children from drowning:



Bathrooms:

- ✓ Never leave a baby or young children in a bath, unattended. If you must leave the room, bring the child with you.
- ✓ Never leave a bathtub, bucket, or any other container filled with water or another liquid, unattended.
- ✓ Install a toilet-seat locking device on all toilets and bathroom cabinets where a toddler may have easy access. Keep the bathroom door closed at all times as an added precaution.

“drowning incidents...can quickly happen in less than an inch of water”

Pools:

- ✓ If you have a pool, install fencing at least 4 feet high on all sides, including a self-latching gate that is out of a young child’s reach.
- ✓ Remove all toys in or near the pool to prevent children from attempting to retrieve something when they are unattended.
- ✓ While flotation devices are extra security for allowing a child to swim safely, it is not a substitute for adult supervision.
- ✓ A “Safety Turtle” immersion alarm can be bought and used as a last line of defense around pools: www.safetyturtle.com
- ✓ Always dump out water from wading pools and remove the ladders from above ground pools when not in use.

Extra Precautions:

- ✓ Stay up to date on CPR and First Aid as a precaution.
- ✓ Keep emergency phone numbers near all your phones. Important numbers to keep: your pediatrician, emergency and poison control numbers, and parent’s cell-phone and other emergency contacts if your child is in the care of a babysitter.
- ✓ Make a first-aid kit accessible with specific instructions inside.
- ✓ As you child-proof your home, get down on their level and double-check everything from their perspective to make sure your child’s surroundings are safe.



Get Ahead of Lead: Know the Facts

Lead poisoning is highly dangerous but also highly preventable. Use the guide below to familiarize yourself on the dangers of lead and how to prevent exposure to your family.

What is lead and why is it dangerous?

Lead is toxic metal that can be swallowed, inhaled, or absorbed through the skin. It can become distributed throughout the body much like other vitamins and minerals we consume. Once it reaches other parts of the body, it can be stored and cause harm. Long-term exposure can cause:

- Poor muscle coordination
- Delays in bone and muscle growth
- Damage to the nervous system, kidneys, hearing and speech
- Developmental delay
- Seizures and unconsciousness

How does lead poisoning occur?

Lead can be found in many places. In older houses, lead can be found in old paint that was made prior to the 1970's. It can also be found in old pipes, contaminated soil, jewelry, toys, glazed or painted bowls, some candy wrappers and plastic shopping bags.

What are the symptoms of lead poisoning?

According to KidsHealth.org, many common symptoms of lead poisoning are: irritability or behavioral problems, pica (eating of non-nutritious objects such as dirt and paint chips), difficulty concentrating, headaches, loss of appetite, weight loss, sluggishness or fatigue, abdominal pain, vomiting or nausea, constipation, pallor (pale skin) from anemia, metallic taste in the mouth, muscle and joint weakness or pain, and seizures.

How can it be treated?

Treatment depends on how much lead is in the body. In some cases, lead can be naturally eliminated from the body over time. Eating foods high in calcium and iron helps speed up this process. In extreme exposure, treatment will require hospitalization and the patient will receive a chelating agent which binds lead and helps remove it from the body. If a household member has lead poisoning it should be reported to the public health department so that other members can be tested and the source can be found.

How do I protect my family?

Contact your local health department to find out how to have your home tested for lead. Other prevention measures: be wary of old pipes (never fill your cooking pots with hot water), keep your home and children's toys clean, ensure your children eat a healthy diet to prevent the absorption of lead in their bodies, and keep track of where your children play (since some places outdoors can be sources of lead exposure, have your children take their shoes off at the door and immediately wash their hands).

Visit KidsHealth.org at http://kidshealth.org/parent/medical/brain/lead_poisoning.html# for more information on lead poisoning and other health facts.



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Noticing something different about **The Arc**? It's our exciting **new brand identity!**

Starting March 1, The Arc of New Jersey is proud to unveil an exciting new brand identity along with **renewed energy and commitment** to advocating and providing opportunities for people with intellectual and developmental disabilities (I/DD) and their families.

Our dynamic new logo and brand identity includes the banner "**Achieve With Us.**", inviting everyone to join us in our mission and vision of creating **opportunity for hope, change and growth** for people with intellectual and developmental disabilities. It's also an identity designed to communicate the collective power of self-advocates, families and professionals who **promote and protect the civil rights**, as well as **provide services and supports** for people with I/DD and their families across the arc of their lifetimes and across many diagnoses. In fact, The Arc is the nation's largest and leading organization for people with I/DD and their families with a 60+ year history of advocating and providing people with I/DD the opportunity to live full, satisfying and self-determined lives as valued and contributing members of their communities.

Contact us to get more information about the new brand, and how you can support us into the future, or go to www.arcnj.org to see more.

Social Media Highlight

Join the New Jersey Coalition for Prevention of Developmental Disabilities on Twitter and Facebook.

Twitter:

Follow us at **ThinkPrevention**

Facebook:

Like us at **NJ Coalition for Developmental Disabilities**

Look for updates on important issues, events, and organizations related to prevention.

Useful Resources

- **Be in the Know NJ** (www.beintheknownj.org): Provides information on safety, childhood, women's health, and environmental issues.
- **SAMSHA** (www.samhsa.gov): A resource for substance abuse and mental health services, provided by the U.S. Department of Health and Human Services.
- **Consumer Product Safety Commission** (www.cpsc.gov): Contains regularly updated information on the safety of consumer products, product recalls, and allows you to report items that may be a safety hazard.
- **Kids Health** (www.kidshealth.org): Information for parents, kids, and teens on safety and health.

Check it Out: Upcoming 2011 NJ Bills

Check out these upcoming bills being voted on this year in NJ regarding prevention.

- **A3573:** Prohibits possession or consumption of alcoholic beverages on private property by persons under 21 years of age.
- **A2644:** Adds certain cannabis-like substances or synthetic marijuana to list of controlled dangerous substances.
- **A3688/S2728:** Authorizes Department of Agriculture to implement mobile fresh produce markets for residents of urban "food desert" communities.

To find out more about these bills or more on NJ Legislature visit www.njleg.state.nj.us

