

*Building a System of Prevention
A Foundation for the Future*



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A Fairfax County, VA
Publication

Prevention Web-
site

Coming VERY
Soon!

We'll have a web-
site devoted solely
to prevention!

Countywide Prevention Newsletter

Coordinator's Corner—Denise Raybon with contributions by Laura Yager

Many of you have seen the April 8 Washington Post article by David Brown entitled *In the Balance, Some Candidates Disagree , but Studies show its Often Cheaper to Let People Get Sick*, and many of you have asked for my perspective. This seems like a good place to offer some comments and musings about the article, but more importantly, to reinforce our own principles of prevention in Fairfax County.

Despite the title, the article is not about politics nor is it a comparison of where our presidential candidates stand on the issue. Rather, it is a VERY abbreviated overview of an extremely complex issue – “just how valuable is prevention?” While some of the costs outlined by Mr. Brown were misleading, I won't use this abbreviated forum to dispute them. What I will point out is that the article uses some antiquated perceptions of prevention, evidenced by the use of a 1986 publication as a primary reference. We all know that the discipline of prevention has grown substantially in the past 20 years with its own body of knowledge and science to support it. If you read the article, hopefully you spotted its inconsistencies with our approach to prevention in Fairfax County.

For example, the article uses an old paradigm of “prevention to the masses.” Mr. Brown suggests that “prevention activities target many more people than will ever come down with the disease being prevented.” A key lesson we have learned over time is that prevention strategies should address subpopulations where need is highest. Our approaches must also take into account disparities and inequities related to race, ethnicity, geography, and socio-economic status. Long gone are the days of mass-marketing approaches to behavior change. They have been replaced with targeted strategies designed to meet the specific needs of populations at risk and to build on their unique strengths.

Additionally, one of the cost analyses used in the article involves the “use of videos and self help booklets” as the prevention strategy for comparison and suggests that “... giving information can be uneconomical.” You'll remember that our approach to prevention in Fairfax County goes far beyond “the brochure”, but focuses on how we affect change through programs, policies, and practices. (see the Spectrum of Prevention to the right).

Finally, what is perhaps most disconcerting is that this article thrusts us back into the old “treatment versus prevention” argument. We can no longer afford to

Influencing Policy & Legislation
Changing Organizational Practices
Fostering Coalitions & Networks
Educating Providers
Promoting Community Education
Strengthening Individual Knowledge & Skills

Continued on page 12

Developed by *The Prevention Institute*:
<http://www.preventioninstitute.org/home.html>



Instead of labeling kids, let's talk about them as potential leaders, affirm their strengths, and believe that they can do good, brave, remarkable things.

Lyn Mikel Brown is a professor of education at Colby College, in Waterville, Maine. She is a co-founder of the nonprofit, Hardy Girls Healthy Women.

www.ghhw.org

10 Ways to Move Beyond Bully Prevention

(And Why We Should) - commentary by Lyn Mikel Brown, excerpts by Mary Nelms

I've grown concerned lately that "bully prevention" has all but taken over the way we think about, talk about, and respond to the relational lives of children and youths in schools. Bully prevention has become a huge for-profit industry. Let's not let the steady stream of training sessions, rules, policies, consequence charts, and no-bullying posters keep us from listening well, thinking critically, and creating approaches that meet the singular needs of our schools and communities.

Stop labeling kids Bully-prevention programs typically put kids into three categories: bullies, victims, and bystanders. Labeling children in these ways denies what we know to be true: We are all complex beings with the capacity to do harm and to do good, sometimes within the same hour. It also makes the child the problem, which downplays the important role of parents, teachers, the school system, a provocative and powerful media culture, and societal injustices children experience every day. Labeling kids bullies, for that matter, contributes to the negative climate and name-calling we're trying to address.

Talk accurately about behavior Calling behaviors what they are helps us educate children about their rights, affirms their realities, encourages more-complex and meaningful solutions, opens up a dialogue, invites children to participate in social change, and ultimately protects them.

Move beyond the individual It's important to understand what impact race, ethnicity, social class, gender, religion, and ability has on his or her daily experiences in school.

Reflect reality Because the United States has a diversity of race, ethnicity, and language, and inequalities between schools, bully-prevention efforts need to reflect that reality.

Adjust expectations We expect kids to behave in ways most of us don't even value very much: to obey all the rules (regardless of their perceived or real unfairness), to never resist or refuse or fight back.

Listen to kids Schools have to listen to all students. It's the only way to ensure that staff members are not using discipline and consistent consequences simply to promote the status quo.

Embrace grassroots movements Too many bully-prevention programs are top-heavy with adult-generated rules, meetings, and trainings. Be on the lookout for positive grassroots resistance and channel youth movements when they arise.

Be proactive, not reactive Proactive youth-empowerment work is sorely needed, but is too often lost in the midst of zero-tolerance policies and top-down bully-prevention efforts.

Build coalitions Emphasize ally- and coalition-building.

Accentuate the positive The path to safer, less violent schools lies less in our control over children than in appreciating their need to have more control in their lives, to feel important, to be visible, to have an effect on people and situations.



Prospera Initiatives, Gang Prevention Through

Mentoring—by *Rebecca Plevin, Observer Staff Writer*, excerpts by *Mary Nelms*

As a first grade teacher at Bailey's Elementary School for the Arts and Sciences in Falls Church, Regla Armengol worked with young students who were full of potential. By fifth grade, she said, some of those same students had joined gangs. Seeing this pattern sparked her into action. In January 1999, Armengol and other teachers at Bailey's started the Heritage Language Literacy Club, a Spanish-language reading program that aims to curb gang participation by encouraging minority children to finish high school and continue on to higher education and a successful career. The after-school program recruits fifth-grade students to be reading tutors for first- through fourth-grade students, with the goal of empowering the older students to be positive role models for the younger children.

In February 2006, Armengol formed **Prospera Initiatives**, a nonprofit organization that partners with schools to help start similar reading programs. When developing the program, Armengol said she looked at reasons that kids join gangs and then addressed those factors through the reading program. She said children are looking for something to belong to, so the young tutors participate in a training program, where they learn about their obligations and responsibilities. They then serve in the position which both fulfills community service requirements and acts as an after-school job. Children also join gangs to bring money home to their families. The program combats this factor by awarding the tutors a college savings bond, beginning in fifth grade. The students continue to earn money on the bond every year they participate in the program.

The program has been successful because, "We did everything the gangs did with kids," Armengol said. "We fight for kids as hard as gangs do." **Prospera's** reading program began at Bailey's Elementary and is now in its second year at Dogwood Elementary School in Reston. Kimberly Jay, English for Speakers of Other Languages teacher, said, "Before, many students didn't see the benefit of what it was to retain their native language, but after being encouraged to read, write and speak in Spanish, the students are more proud of their heritage."

Prospera Initiatives became the first business to participate in the Dulles Regional Chamber of Commerce's Professional Support Program which is sponsored by the Hispanic Business Council. Through the program, **Prospera** has received fundraising, marketing and legal assistance. Armengol said the partnership has enabled her to gain valuable support, learn good business practices and it has provided her with more visibility and access. She said she is hoping to use this visibility as a networking opportunity. According to Armengol, "The support of larger organizations is essential since the cost of starting a new reading program serving about 100 children is between \$50,000 and \$65,000 per year with most of that money going toward teachers' stipends and college savings bonds for the student tutors."

More information on Prospera Initiatives can be found on their website.

<http://www.prosperaweb.org>

"Instead of going in the direction of a gang, the club offers a healthier, better alternative for the kids"

*Kimberly Jay,
ESOL teacher,
Dogwood Elementary
School*



Snacks and Your Health? —Heidi Hyland, MS, RD

Summer is around the corner and what better time to reflect if you are ready for swim suit weather or fitting in those skimpier clothes? Do you feel well enough to run around with your kids and play at the park? Are you just reflecting on your nutritional habits or are you actually taking steps to move toward a healthier you?

With overweight and obesity an ever-increasing problem of today, there's no better time to re-think our nutrition and snacking behaviors. No matter what our weight, whether an adult or child, most of us can benefit from better nutrition and more activity.

Eating healthy snacks is an essential part of a nutritious diet, so you don't need to avoid snacks. Snacks can be beneficial as they can keep you from reaching that feeling of starvation and taking that extra helping at your next meal. Snacks are also an important part of kids' eating habits as their stomachs can only hold small portions of food at a time.



Healthy Snacks you have at home.

www.health.discovery.com

Heidi Hyland

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It is important to remember that a snack should provide your body with important nutrients and not just calories. If you eat a variety of snacks and in moderation and balance, you may actually consume fewer calories for the day. Remember though that if you consume snacks in excess they won't help, but add extra pounds. For example, a single serving of almonds for a snack contains 164 calories. But if you keep eating them until it totals a cup of almonds, you will consume over 800 calories.

Be creative and try snack ideas that include whole grain crackers, rice cakes, graham crackers, and yogurt. Remember that fruits and vegetables are always a great choice. For a crunchy, sweet treat, spread low-fat crackers or graham-crackers with a thin layer of light cream cheese and then top with sliced strawberries.

Plan your snacks for you and your families and watch as you make one more stride towards eating healthier. Remember that it has been said, "What you say speaks to kids. What you do will scream to them."

During the months of April, May, and June, Virginia Cooperative Extension (VCE) will be offering a series of classes addressing "Moving Toward a Healthier You" and "Dining with Diabetes." VCE Family and Consumer Sciences programs incorporate prevention and intervention components that aim to achieve healthier, more well-nourished residents. For more information, contact Heidi Hyland.

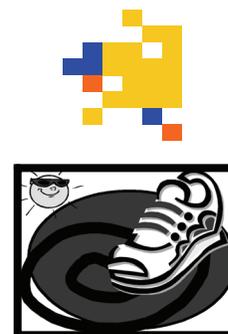
9th Annual Tim Harmon/Hepatitis C 5K Race—*Laura Yager*

Please join me at the 9th Annual Tim Harmon/Hepatitis C 5k Race/Walk. As many of you know, it's a fantastic event for a great cause. Many of us worked with Tim and know of the great contributions he made to Fairfax County's substance abuse treatment programs (if you didn't know him, take my word for it and come). This race raises funds for Hepatitis C research (Tim had Hep C) and for some of the small organizations helping people in local treatment programs. The race will have better-than-American-idol music, wonderful food, and super random door prizes (so even if you waddle, you can be a winner!). Feel free to spread the word. If you can't be there personally, I'd like to challenge you to get someone else there in your place.

I am also in search of corporate and business sponsors and have loads of information available-- Your ideas, input, and connections will be greatly appreciated!

Hope to see you on June 14th!

Laura Yager, M.Ed., LPC, CPP-ATOD
Prevention, Resource Dev. & Community Relations
Fairfax-Falls Church Community Services Board
703-934-8774



Saturday June 14, 2008 8:30 am
Fairfax County Government Ctr
\$18 before June 1, \$21 after
Race Details

www.timharmon5k.org

For race information, contact
Peggy Cook (703)934-8756 or
peggy.cook@fairfaxcounty.gov

Winners Announced in Global Competition to Get Kids Moving —*Robert Wood Johnson Foundation*

More than \$300,000 in prizes awarded for new product ideas from around the world.

HopeLab announced the winners of *Ruckus Nation*, a global idea competition to stimulate ideas for new products that will increase physical activity among children. The \$50,000 grand prize, awarded at an event held at the de Young Museum in San Francisco, went to "Dancing Craze"—an interactive dance game with wearable sensors that lets kids pick their music, record their moves and share their virtual dance videos online—submitted by Stacy Cho, 30, from Seattle, Wash.

Ruckus Nation, co-sponsored by the Pioneer Portfolio of the Robert Wood Johnson Foundation, attracted more than 400 entries from teams in 37 countries and 41 U.S. states. People of all ages, ranging from 6 to 82 years, contributed their ideas and ingenuity to create novel ways to get kids moving. HopeLab may ultimately develop one or more of the winning ideas into fun, appealing products that kids can use to be more active.

[Learn More About the Winners](#)



Parent's Who Host, Lose the Most

— Diane Eckert

The Fairfax County Board of Supervisors proclaimed **April 2008 as Parents Who Host, Lose the Most Month** in anticipation of prom and graduation season. Fairfax County Public Schools supported the Supervisors' action and both elected groups recognized the achievements of the Countywide Initiative to Reduce Underage Drinking, a task force of the Unified Coalition of FCPS.

The Parents Who Host, Lose the Most; Don't Be a Party to Underage Drinking is a public awareness campaign informing parents and other adults about the legal ramifications and health and safety risks of serving alcohol to teens. Parents who knowingly or unknowingly allow any person under age 21—other than their own child—to remain on their property while consuming or possessing alcoholic beverages can be prosecuted and face jail sentences, fined \$2500 per underage drinker, lose their driver's license and/or loss of property.

To become involved, Please contact:

Sara Freund
sarafreund@verizon.net

Diane Eckert
diane.eckert@fcps.edu,

Co-Chairs of the Countywide Initiative to Reduce Underage Drinking.

During the month of April:

Town Hall Meetings were held on underage drinking sponsored by five FCPS school-community coalitions and supported with SAMHSA grants.

Parents Who Host banners and posters were highly visible throughout the county.

Articles appeared in local newspapers and countywide newsletters.

Parents Who Host public service announcements were shown on cable channels and local news stations.

During the next six months, the Countywide Initiative will expand its program to include:

Mailings to parents of middle school students and high school seniors addressing underage drinking issues related to these critical transition years

Youth involvement in developing materials and activities

Use of data from the 2008 Fairfax County Youth Survey to continue to align our programs with community needs, and

Collection of process and outcome data to benchmark our progress.

Five subcommittees of the Countywide Initiative Task Force are focused on strategies outlined by the Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. These strategies include enforcement, parent education, public awareness, youth involvement, and advocacy.

It takes time, community involvement, funding, and commitment to change ingrained community norms about alcohol use and the "rites of passage." As Fairfax County Chief of Police Rohrer told the Board of Supervisors, "we all lose when a young person is killed or injured in an alcohol-related crash or is otherwise harmed or put at risk because of underage alcohol use or abuse."

Join us in our work to reduce the number of youth who regularly use alcohol products, taking risks with their lives and those of others.

[Save and Drug Free Youth Underage Drinking](#)



Nurturing Parenting Program—Mary Nelms

The Fairfax County Department of Family Services, Nurturing Parenting Program has scheduled several parenting classes for the spring/summer 2008. These programs are special in that both parents and children attend the classes although children are taught in different classrooms than parents. All classes are free for Fairfax County residents and include free childcare, dinner, weekly raffles, and educational materials. Classes meet once a week. Parents who are self-referred can complete the *Enrollment Form* provided online. Professionals who refer families will be provided with the *Professional Use Form*, and *Consent Form* once the *Enrollment Form* is submitted.

PROJECTED NURTURING PARENTING GROUPS - SPRING/SUMMER 2008

For more information or to enroll in a class, please contact the designated Nurturing Program staff.

Website information, curriculum topics and enrollment forms can be found online.

www.fairfaxcounty.gov/dfs/ParentingResource

Keesha T. Edwards, MSW
Social Worker III
Nurturing Parenting
Program
African American
Community Development
Fairfax County, DFS
Phone: 703-324-7501
TTY: 703-222-9452
keesha.edwards@fairfaxcounty.gov

AGE GROUP	LAN-GUAGE	LOCATION	START DATE	END DATE	SPECIAL EMPHASIS	NURTURING PROGRAM STAFF
5-11	English	Springfield	May 22, '08	Aug 21, '08		Krissa Slone 703-324-7745
5-11	English	Herndon	Jun 3, '08	Aug 19, '08		Debi Hackney 703-324-7790
Parents/ Adolescents	English	Alexandria	Jun 9, '08	Aug 25, '08		Krissa Slone 703-324-7745
0-4	English	Alexandria	Jul 9, '08	Nov 19, '08		Padia Grant 703-324-3617
5-11	English	Springfield	Jul 22, '08	Oct 14, '08	African American Culture	Keesha Edwards 703-324-7501
0-4	Spanish	Falls Church	Aug 4, '08	Jan 12, '09		Cicilia Tatis 703-324-7737
0-4	English	Fairfax	Aug 8, '08	Dec 18, '08		Margie Landry 703-324-7312
5-11	Spanish	Falls Church	Sep 9, '08	Dec 9, '08		Maria Prada 703-324-7405
Parents/ Adolescents	English	Springfield	Sep 25, '08	Dec 18, '08		Krissa Slone 703-324-7745

Online Suicide Prevention Course —SAMHSA

Holding the Lifeline, *A Guide to Suicide Prevention*. The modules of this online course are designed to promote awareness of the link between substance abuse and suicide as well as other risk factors. The course includes information about tools and other resources to identify suicidal behaviors and to provide early intervention and prevention. This course is not designed as a treatment manual or as a substitute for professional help in individual cases. Continuing Education credits hours are available for successfully completing the course. For more information or to begin the course, go to

<http://pathwayscourses.samhsa.gov/courses.htm#suicide>



15 in 5 Campaign Network, America's Promise Alliance

— Shelby Gonzales

America's Promise Alliance has launched the **15 in 5 Campaign Network** to help enlist and support individuals and organizations who are interested in working with the Alliance to reach 15 million disadvantaged young people with more promises in the next five years. More than a website, this will be an online platform which has been designed to build a sense of community among those engaged in the Alliance's work and we need your help to spread the word.

You can access the site from the America's Promise homepage at www.americaspromise.org or by going directly to <http://15in5.americaspromise.org/>

It will be my responsibility to make sure that the All Kids Covered section of this site is relevant for both groups involved in Medicaid and SCHIP outreach as well as providing helpful information to youth serving groups that can become involved in this work. Please consider logging onto the site and send me thoughts and ideas that can help ensure that this site is useful in getting more kids connected to the health care they need.

Thanks in advance for your input. I look forward to hearing from you.

Infant & Toddler Connection: Parent to Parent Volunteer Training

— Andrea Adelman

Infant & Toddler Connection of Fairfax-Falls Church will once again be hosting a volunteer training session for the Arc of Virginia's Family Involvement Project. The training is for parents/caregivers of children with special needs, who are willing to provide one-to-one support to other families through the Arc's statewide telephone matching program. *Free childcare available in our fun playroom!*

Advanced registration is required.
Please pass this information on to families that may be interested.

www.fairfaxcounty.gov/service/csb/ITC/itcmain.htm

Reservations Required by May 14

Wednesday, May 21, 2008
9:30AM – 11:30AM

Infant & Toddler Connection of Fairfax-Falls Church
3750 Old Lee Highway, Fairfax
On the backside of the Joseph Willard Health Department

For a map, go to:

<http://www.fairfaxcounty.gov/csb/itc/ITC-FFCMap-English.pdf>

New Location Information!

Shelby T. Gonzales

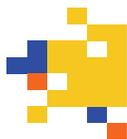
Vice President,
National Action Strategies
America's Promise Alliance
1110 Vermont Avenue, NW
Washington, DC 20005

Phone: (202) 657-0624
shelbyg@americaspromise.org

Point of Contact for Reservations

Andrea Adelman
Family Resource Coordinator
Infant & Toddler Connection
of Fairfax-Falls Church
3750 Old Lee Highway
Fairfax, VA 22030

Phone: 703-246-5351
andrea.adelman@fairfaxcounty.gov



Virginia Tobacco Settlement Foundation 2008 Training Calendar — Charlie McLaughlin

As a result of the Virginia Tobacco Settlement Foundation survey, 21 workshops are being offered. The training is open to anyone in the prevention field (you do **NOT** have to be a VTSF grantee to attend). The registration fee is \$25 per workshop. A continental breakfast and lunch will be provided at no additional cost during all workshops. Please be sure to print a copy of your online registration and forward it with your payment (check, purchasing order (PO), or interagency transfer invoice (IAT)) to VTSF.

Forward Registration and Payment to:

VTSF

Attn: Charlie McLaughlin
701 E. Franklin St. Ste 501
Richmond VA 23219

Phone: (804) 786-2279

Fax: (804) 225-2272

cmclaughlin@vtsf.org

May			
Tuesday	Wednesday	Thursday	Friday
13 Spice Up Your Prevention Programs - Roanoke	14 Spice Up Your Prevention Programs - Richmond	15 Measuring Youth Program Outcomes - Richmond	16
June			
3	4	5 Identifying the Potential in Youth - Richmond	
10 Strategic Planning - Richmond	11 Measuring Youth Program Outcomes - Roanoke	12	
17	18 Adolescent Development - Roanoke	19 Kids In Cultures of Change - Roanoke	
24	25	26 Designing Effective Program Strategies for Youth - Roanoke	
July			
	9 Dealing With Difficult Students Richmond	10 Dealing With Difficult Students Roanoke	
August			
	13 Managing Behavior in Youth Programs - Roanoke	14 Kids In Cultures of Change - Richmond	15 Adolescent Development - Richmond
		21 Designing Effective Program Strategies for Youth - Richmond	22 Why Do Community Assessment & Planning - Richmond
September			
	10 Managing Behavior in Youth Programs - Richmond	11	
	17 Identifying the Potential in Youth - Roanoke	18	
	24 VTSF Annual Conference - Newport News	25 VTSF Annual Conference - Newport News	

To register,
click on the following link

<http://www.vtsf.org/registration/upcoming-programs.asp>

To confirm your registration

<http://www.vtsf.org/registration/upcoming-programs.asp>





Reader's Digest Foundation \$1 Million for "Make it Matter"

- Seema Zeya

The Reader's Digest Foundation has announced that it will donate a total of \$1 million to non-profit organizations through a new initiative called "Make it Matter."

Grants will be inspired by individuals who are taking action and giving back to their communities in significant ways. Every month, the foundation will select one individual's story of good deeds done and grant \$100,000 to a nonprofit organization in honor of that individual. Reader's Digest magazine will then feature that person in its new column, "Make it Matter."

Submissions for "Make it Matter" will be accepted by the foundation on a rolling basis throughout 2008.

To learn more, visit the **Reader's Digest Foundation** Web site.

<http://www.rd.com/jsp/rdcom/makeItMatterLanding.jsp>

Reader's
Digest
FOUNDATION

Make It Matter

INOVA Employee Assistance Newsletter Covers Relationship Abuse - Mary Nelms

The Spring 2008 Issue of **Healthy Exchange** features the relationship abuse articles **Are You in an Abusive Relationship?** and **What Parents Need to Know, Teen Dating Violence**, covering *What is relationship abuse? Self-Test: Is your relationship abusive? What to do if you're being abused, Warning Signs of teen relationship abuse*. Healthy Exchange provides information on what the Employee Assistance Program (EAP) can do to help, resource phone numbers and suggestions on how to help a friend or family member who is being abused.

Contract Management News - Kelly Matthews

The Fairfax County Department of Administration for Human Services, Contracts Management provides a newsletter with information on training sessions, grant opportunities and general announcements related to Human Services.

To view recent editions of the newsletter go to:

<http://www.fairfaxcounty.gov/admin/cm/Newsletter.htm>

Safe and Drug Free Youth DVDs and Videos for Loan

—Diane Eckert

To Borrow the DVDs or Videos, contact:

Joanne Bales
571-423-4270

joanne.bales@fpcs.edu

Safe and Drug-Free Youth Section, FCPS have DVDs and Videos available for loan on underage drinking, driving and accidents, and inhalant abuse.

This Place (3 copies DVD, 1 video):

A powerful movie on our society and alcohol.

Huffing: The Latest Facts About Inhalant Abuse (1 copy DVD)

Building Community Partnerships: Tips for Out-of-School Time Programs

—*Child Trends E-Newsletter, March 12, 2008*

Increasing community involvement in out-of-school time programs can yield significant benefits to programs and the students that they serve. Community partnerships have the potential to meet a wide variety of needs, from improving participant recruitment and attendance to contributing volunteers or other resources to programs.

A new Child Trends brief, [Building Community Partnerships: Tips for Out-of-School Time Programs](#), discusses ways in which community involvement can be important for out-of-school time programs. It also describes how programs can begin to identify valuable community resources and develop strategies for leveraging community support.

Food Insecurity Affects Children's Early Development

—*Child Trends E-Newsletter, March 26, 2008*

New research from Child Trends shows that household food security (access to sufficient, safe and nutritious food) can affect two generations: both mothers' psychological well-being and positive behaviors with their infants, and the children's development over the first two years. The [study](#), published online in March by the *Maternal and Child Health Journal*, finds:

- ◆ More than 10 percent of U.S. households with infants experience food insecurity, defined by the U.S. Department of Agriculture as "limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire food in socially acceptable ways."
- ◆ Households with higher levels of food insecurity also have higher levels of maternal depression, which reduces positive parenting.
- ◆ Greater food insecurity in households of nine-month-olds predicts insecure child attachment and less advanced mental proficiency among the same children at twenty-four months. Food insecurity works indirectly through maternal depression and parenting practices to influence children's socio-emotional and cognitive devel-

News from Child Trends

—*Child Trends E-Newsletter, April 9, 2008*

New Data on Teen Substance Abuse, Math Proficiency, and School Activities

Child Trends has compiled new data on factors that influence teens' development, including changes in drinking and drug abuse, extracurricular activities and academic achievement. These data are available from the [Child Trends DataBank](#), a one-stop source for the latest national trends and research on over 100 key indicators of child and youth well-being.

Online Guide Features 300 Effective Programs for Children & Youth

Child Trends' [LINKS](#) (Lifecourse Interventions to Nurture Kids Successfully) database now features descriptions of 300 evaluated programs that enhance children's development. Each program description includes a brief summary of the type of program, its target population, its intended outcomes, and what impacts have been found.

Child Trends distributes periodic

E-Newsletter e-mails

announcing and highlighting research about children and youth.

[Subscribe](#)

Child Trends' study:

[*Food Security During Infancy: Implications for Attachment and Mental Proficiency in Toddlerhood*](#)

is based on the Early Childhood Longitudinal Study, a nationally representative sample of infants and toddlers.

Related work from Child Trends:

[*Food Insecurity and Overweight among Infants and Toddlers: New Insights into a Troubling Linkage*](#)





Coordinator's Corner (cont.) - Denise Raybon with contribution from Laura Yager

frame our work this way, as it only positions us against one another, rather than recognizing the multiple roles that we play in achieving a common purpose. In Fairfax County, we believe that effective service delivery must be made up of numerous complementary practices. Multiple levels of intervention are often required, because one size does not fit all.

While prevention does not come at "no cost", it is often of low cost and should be valued as a key service in healthcare and behavioral health-- not just as a philosophical approach or idea, and certainly not as an afterthought. Rather, prevention is an effective strategy for addressing individual health and behavior in addition to major societal issues. Prevention is more than just an educational message, but is an approach that builds on the strengths of individuals, families, schools, and communities to create healthy environments and healthy, happy, and productive people.

Link to original Washington Post article:

<http://www.washingtonpost.com/wp-dyn/content/article/2008/04/04/AR2008040403803.html>

The Price of Prevention

The website www.governing.com presents another article which asserts some of the same premises as the Washington Post article mentioned in the Coordinator's Corner, but also examines the complexity of the cost-analysis and is careful about drawing conclusions.

The Price of Prevention, To cut their health care bills, states are rushing into programs aimed at keeping people physically well. But is there a fiscal payoff? - by Josh Goodman, April 2008.

<http://www.governing.com/articles/0804prevention.htm>

This article addresses the importance of careful planning and targeting efforts. It asserts that prevention is good and valuable whether it saves money or not. Regardless, it is often the most cost-effective way to improve health. The author also points out that many people are frustrated by those "judging" prevention and treatment through a prism of dollars and cents- the idea being that we need to restore health to the healthcare cost debate. For those who still need the dollars and cents view, key successes are cited:

Steve Burd, CEO at Safeway, used an insurance plan that stressed prevention with incentives for healthier lifestyles. Safeway saw a double digit decline in their costs.

Travis County, TX started a wellness clinic 3 yrs ago and they saved 17 million on healthcare costs.

Vermont was one of the 1st states to focus on employee wellness, about 10 years ago. Once each year nurses conduct health risk assessments, coach individuals on healthy lifestyles, etc. While their healthcare costs have increased, it has been at a lower rate than other states.

We hope you find this newsletter useful. Feel free to forward to others who may also make use of the information included.



To request this information in an alternate format, contact Mary Nelms



A Fairfax County, VA Publication

Are you *Talking Prevention?*

Send us an update on how you are spreading the word about prevention or furthering the prevention system goals for our July newsletter. *Send updates to Mary Nelms*

by June 27, 2008.

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