

Growing Up Healthy Kids' Pages!

Growing Up Healthy Kids' Recipe!

APPLE PUDDING

This is a fun and easy recipe kids can make by themselves. And, it's a good way to use up leftovers from dinner the night before!

Ingredients:

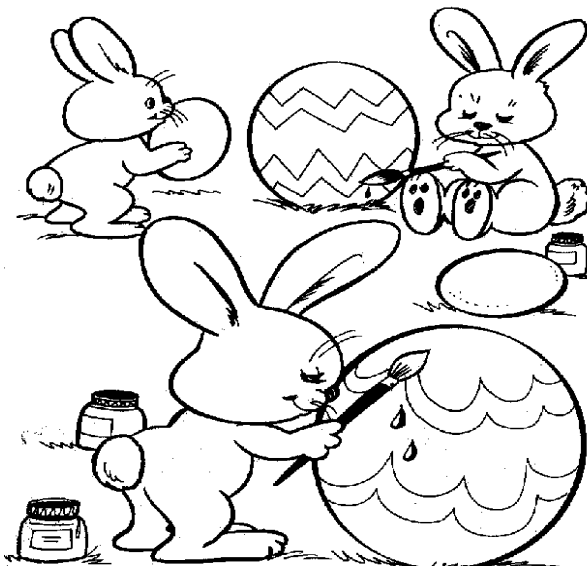
- 1 cup leftover cooked rice
- 1 cup low-fat vanilla yogurt
- 1 cup applesauce
- 1 teaspoon cinnamon

Directions:

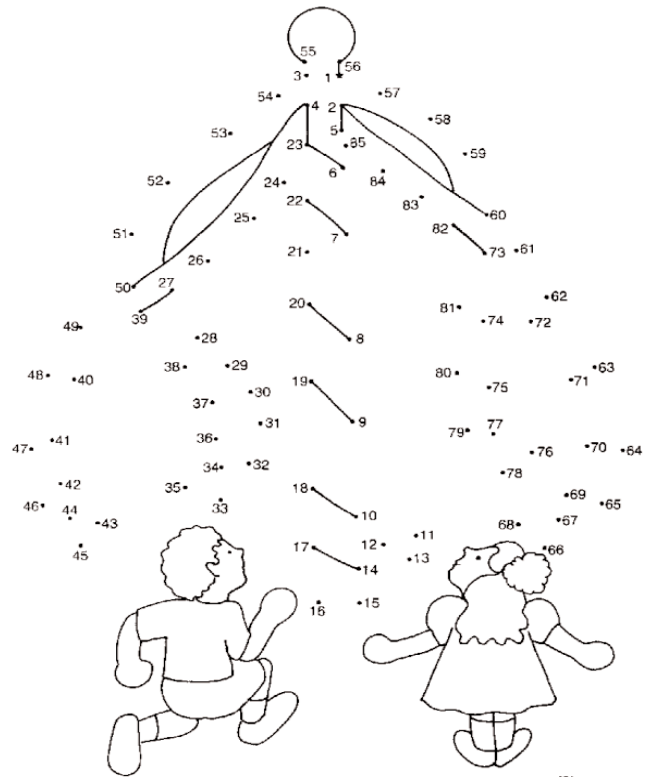
Mix rice and applesauce together in a large bowl. Add cinnamon and yogurt. Stir well. Spoon into dishes and serve. Makes six 1/2-cup servings.

From the national network for child care,
<http://www.nncc.org/nutrition/recipe.kid.html>

Coloring Fun! Color in these cute rabbits painting eggs!



Growing Up Healthy Welcomes Spring! Connect the dots for a Spring surprise!



Calling all artists!

Do you like to draw? Do you want to see your drawing printed in this newsletter? Send us your best drawing and we will print it in the next issue of *Kids In Action News*!

Mail your drawing to:

Reeve Chace
Mount Sinai School of Medicine
Dept. of Community and Preventive Medicine,
Box 1057
One Gustave L. Levy Place
New York, NY 10029

Be sure to include your phone number and mailing address!

Star of Health says, "Thanks!
See you in the next issue!"





East Harlem Kids In Action News

A Newsletter from the Mount Sinai School of Medicine for the East Harlem Community

Dear Friends,

Welcome back to the Kids in Action newsletter! This is our first edition of the year. We want to keep you updated on all that's happening with the Growing Up Healthy study. We also want to keep you connected with the community of parents and children who are helping scientists learn about how kids grow up healthy.

Study Update

As of this writing, Growing Up Healthy has enrolled nearly 400 children in our project! This is incredible news. Every participant helps researchers learn about the growth and development of children. Here are just some of the issues Growing Up Healthy is concerned with:

- Chemicals in the products we use and the air we breathe.
- A lack of healthy, affordable foods in our neighborhoods.
- A lack of open space where children can safely run and play.

Growing Up Healthy was designed to find out how these issues might influence children's growth and development.

Growing Up Healthy Events!

Growing Up Healthy hosted lots of fun and educational activities in 2006. Every GUH participant was invited! If you didn't receive an invitation to any of our events, or if your address has changed, please call the GUH line to let us know:

Growing Up Healthy (212) 241-3185

Here's a peek at what we've been up to:

The Great Back-to-School Backpack Giveaway, September 7-8 at the Growing Up Healthy office!

Growing Up Healthy Art Day, October 9 at the Julia de Burgos Cultural Center in East Harlem!

The Growing Up Health Photo Studio, December 11-15, at the Growing Up Healthy Lab!

The Hip-Hop Dance Party January 15 at the Julia de Burgos Cultural Center!

Nature Workshops at Boys and Girls Harbor during February school vacation!

Did you miss anything? Be sure to call us!

Growing Up Healthy (212) 241-3185

Growing Up Healthy

Staff and Partners

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CDC

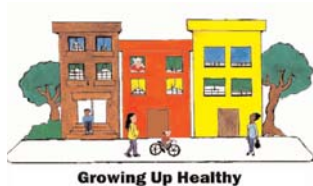
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Growing Up Healthy
(212) 241-3185

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Betsy Rivera, Parent Coordinator

PS 171

Dimitres Pantelidis, Principal
Diane Spears, Parent Coordinator

PS 72

Maria Diaz, Principal
Maritza Matthias, Parent Coordinator

East Harlem Health Resources

Pediatric Primary Care

Listings in East Harlem

Boriken Neighborhood Health Center

2253 Third Avenue, 3rd fl
New York, NY 10035
212-289-6650

Metropolitan Hospital

413 East 120th Street
New York, NY 10035
212-423-6262

Mount Sinai Pediatric Associates

1468 Madison Avenue
Annenberg Building, 4th fl
New York, NY 10029
212-659-8559

North General Hospital

1879 Madison Avenue
New York, NY 10035
212-423-4063

Settlement Health and Medical Services, Inc.

212 E. 106th Street
New York, NY 10029
212-360-2600

Milbank/Mt. Sinai Medical Group

Children's Aid Society
14-32 West 118th Street
New York, NY 10026
212-369-8339

East Harlem Child Health
Clinic
NYC Dept. of Health and
Mental Hygiene

158 East 115th Street
New York, NY 10029
212-360-5919

Center for Comprehensive Health Practice

163 East 97th Street
New York, NY 10029
212-360-7893

Growing Up Healthy Research News

Growing Up Healthy Environmental Health Topic: Endocrine Disruptors

What is the *endocrine system*, and why is it important?

The human body has a system that makes sure children grow and mature the right way. It is called the **endocrine system**, and it is managed by the body's natural hormones.

What are *endocrine disruptors*?

There are chemicals in our environment that act like the body's own natural hormones. When these chemicals get into the body, they **disrupt** the body's natural system of growth and development. Chemicals that do this are called **endocrine disruptors**. Many different chemicals can act as endocrine disruptors. Endocrine disruptors can cause problems with the normal growth and sexual development of children.

Where would I find endocrine disruptors?

These chemicals may be found in some plastics, cosmetics, pesticides and detergents. Small amounts of these chemicals enter our body when we breathe them in, when they touch our skin, or when we eat or drink food and water that contains them. Because they can be found everywhere, it is almost impossible for anyone to avoid endocrine disruptors. That is why we need to learn more about their health effects.

What does this have to do with Growing Up Healthy?

Endocrine disruptors are just one of the many things that Growing Up Healthy is trying to

learn more about. We want to know if **endocrine disruptors** are affecting children's health in New York City. If you have any questions or concerns about this topic, please call us at 212-241-1233.

The major parts of the endocrine system.



Note: In boys, the testes take the place of the ovaries.

Illustration used with permission from <http://www.girl-health.gov>, a program run by the National Women's Health Information Center (NWHIC), a project of the Office on Women's Health in the Department of Health and Human Services.

Growing Up Healthy

Expert Interview

Ray Lopez, Environmental Manager at Little Sisters of the Assumption Family Health Services, 333 East 115th St., talks about:

BED BUGS

Bed bugs have once again become a big problem in New York City. We spoke with Ray Lopez at Little Sisters of the Assumption Family Health Services in East Harlem about these pests. He gave us some tips on what you can do if you have bed bugs in your home.

WHAT ARE BED BUGS?

Bed bugs are small insects that feed on human blood. Adult bed bugs are oval, wingless, about 1/5 inch long, and rusty red in color. They usually feed at night while people are sleeping. During the day, they hide in cracks in furniture, walls, and floors. They can live for several months without food.



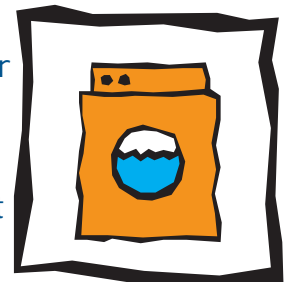
Bed bugs are a problem in buildings where conditions are crowded and in disrepair. Holes and spaces in walls and floors make it easier for bedbugs to move between apartments. In almost all cases, if one apartment is infested, the rest of the building will have a problem, too.

WHAT CAN I DO IF I THINK I HAVE BED BUGS?

1) Collect evidence that you have bed bugs. Take pictures of bug bites, and trap a bed bug in a glass jar. This way, no one can tell you that the problem does not exist.

2) If you find bed bugs, there are many things you can do to control them while you wait for city inspectors or the building owner to respond:

- Wash all clothing in hot water and dry them in a dryer, on the hottest setting possible. Place these items in tightly sealed plastic containers until you go through the entire apartment.
- Clean furnishings, launder bedding and mattress pads, and steam-clean mattresses.



- Use caulking to seal spaces where the floors and walls meet, and fill in all gaps, cracks or crevices. Large holes should be stuffed with steel wool and covered with spackle. This will close off the bed bugs' entry and exit points.



- Make your bed into an "island" by moving the bed away from the wall and placing a barrier on the leg posts. Consider standing leg posts in a glass jar or metal can with soapy water, or coating the legs with petroleum jelly or double-sided sticky tape. Bed bugs cannot climb polished glass or metal easily and they don't fly, so this can help you avoid being bitten overnight.



- Temperatures above 97° to 99°F will kill most bed bugs, as will temperatures below 48°F.

WHO CAN I ASK FOR HELP?

Ray Lopez suggests taking the following steps if you have bed bugs in your home:

- 1) Tell your building superintendent that you have bed bugs. If your super does nothing, then:
- 2) Notify your building management company. If they do not respond to a phone call, then:
- 3) Notify your building management company in writing. If they still do not respond, then:
- 4) Notify your building management company in writing by certified mail. If they do not respond to that, then:
- 5) Call 311, New York City's non-emergency help line, to report the bed bugs in your building.

The building owner will have to exterminate the entire building. It is very difficult to get rid of bed bugs because every apartment must be thoroughly exterminated three times and each tenant must go through every item they own.

If you have a bed bug problem and would like to speak with Ray Lopez about it, you may contact him at: (646) 672-5236 or by email at rlopez@lsafhs.org.

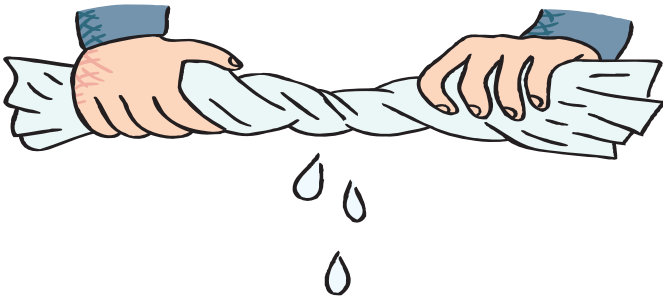
Growing Up Healthy

Healthy Cleaning Tips

Natural Cleaning Products

Did you know that some store-bought cleaning products can be bad for your health? If a product containing chlorine is mixed with ammonia, for example, it can create fumes that can aggravate asthma, leading to an asthma attack. Other cleaning products contain chemicals that may be harmful to your health when used over a long period of time.

You can clean your home using natural, non-toxic ingredients instead of harsh chemicals. Try using the recipes below to clean your home safely and naturally. They might even save you some money!



All-purpose Cleaner

You can make your own all-around cleaner by dissolving 4 tablespoons of baking soda in 1 quart of warm water, or by mixing together vinegar and salt. Apply to surfaces with a sponge.

Air Fresheners

To freshen the air in your home naturally, place half-filled dishes of vinegar around your living space. The vinegar will get rid of unpleasant odors.

Two of the most toxic cleaners are drain cleaners and oven cleaners.

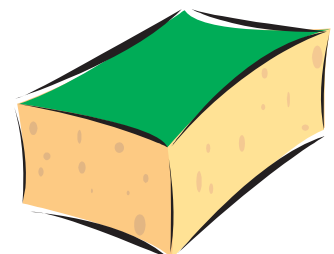
Try these all-natural substitutes:

Drain Cleaner

Pour 1 cup of baking soda and 1 cup of vinegar down the drain. Wait a few minutes, then pour boiling water down the drain to help break up the clog.

Oven Cleaner

First, warm up the oven just a bit. Then, moisten the dirty parts with water and sprinkle with baking soda. Wait a few minutes, then scrub with steel wool until clean. If you want to use a product instead, Arm & Hammer Oven Cleaner is a recommended non-toxic cleaner.

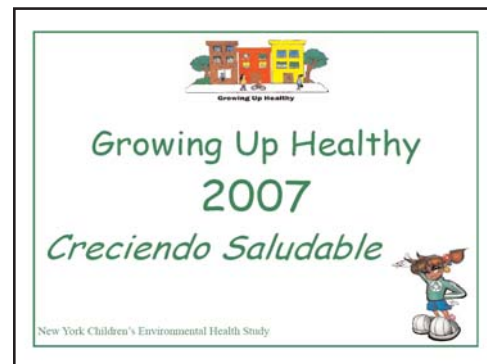


Growing Up Healthy Community News

The 2007 Growing Up Healthy Calendar is Here!

Check your mailbox for the 2007 Growing Up Healthy Calendar! It features a schedule of Growing Up Healthy events for the year, tips about healthy eating, and reminders of when you need to come in for your study visit!

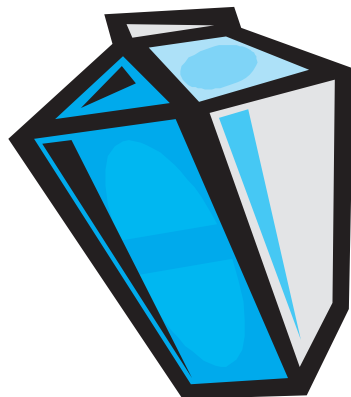
If you want more information about anything on your calendar, be sure to give us a call at (212) 241-1233 to find out what's going on at Growing Up Healthy!



Growing Up Healthy

LOST AND FOUND!

Have you ever forgotten something at Mount Sinai or one of the GUH activities? Call us to see if we have it! GUH now has a lost and found box.



Moooove to 1% milk!

Whole milk is great for babies and toddlers. They need the fat and calories from whole milk to help them grow. But if you are over 2 years old, you don't have to drink whole milk to get all the nutrients you need. Moooove to 1% milk! You'll still get the great taste of milk you love and the vitamins and calcium you need—without the added fat and calories. Look for stores that sell 1% milk. If your local bodega doesn't carry 1% milk, ask them to start!