

## The VT Department of Health ~ *Healthy Kids Make Better Learners!*

- To maximize the learning potential and the wellbeing of all children in Vermont, **access to both health insurance and health care is critical.**
- The American Academy of Pediatrics' ***Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents (3<sup>rd</sup> Edition-*** <https://brightfutures.aap.org/materials-and-tools/guidelines-and-pocket-guide/Pages/default.aspx> is a primary building block for assuring the wellness of all of Vermont's children. It promotes the medical/dental home model. Medical homes address preventative, acute, and chronic care from birth through transition to adulthood. ***Bright Futures*** also recommends that **every child (age 3-21) should receive a yearly physical examination and be screened for behavioral and psychosocial risks - this is called an annual well care exam.** In a thorough adolescent well care exam, a provider reinforces strengths/assets and helps the adolescent build resilience. ***A visit with your provider for sickness or an injury is not a complete well care exam.***
- **Dental home resource center** - <http://www.aapd.org/advocacy/dentalhome/>
- **Looking for Health Insurance?** We want all Vermont children to be insured so they can receive annual well care exams and other needed physician visits. **VERMONT HEALTH CONNECT** can assist you online or call toll-free. A personal Health Navigator is also available to help you find the right health coverage for your family. Call 1- 855-899-9600 or visit [VermontHealthConnect.gov](http://VermontHealthConnect.gov). Current Navigators in Windham Co. are: Amanda at SEVCA - 802.722.4575 x153 and Pat Field at Putney Family Services 257.8814
- **Immunizations** -The purpose of the immunization requirements for school entry are to protect students, staff, and the visiting public against vaccine-preventable diseases within schools. Parents today haven't seen the ravages of what we now call 'childhood diseases.'  
  
"How risky are vaccines?" - <https://www.youtube.com/watch?v=NaGndICPT8I>  
  
School Entry immunization info: <http://healthvermont.gov/hc/imm/schoolentry.aspx>  
**Do you have questions about immunization?** Find information and join the conversation: Visit [OKtoAskVT.org](http://OKtoAskVT.org).
- **The American Academy of Pediatrics' e-magazine for parents:** <https://www.healthychildren.org/English/Pages/> Check it out!
- **Asthma** is a serious chronic disease that inflames and narrows the airways in the lungs, and can cause recurring attacks of wheezing, chest tightness, shortness of breath and coughing. Asthma affects people of all ages, but it most often starts during childhood. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack.

### **Zero Exposure to Secondhand Smoke**

Living in a smoke-free environment is an important part of managing asthma. There is no safe exposure to tobacco smoke, especially for children.

People with asthma should routinely check in with their health care provider and have an **asthma action plan** to help identify triggers in the environment to change or avoid, recognize symptoms, and know when and how to use medications and seek medical attention.

<http://healthvermont.gov/prevent/asthma/tools.aspx>

**802Quits** It's easy to become addicted to smoking. There's help when you're ready to quit.

**Quit Online** - 802 Quits has many online options, including Your Quit Your Way tools and online support. The Your Quit Your Way tools can be found at [802Quits.org](http://802Quits.org)(exit VDH).

**Quit by Phone** -Call **1-800-QUIT-NOW (784-8669)**

The Vermont Quit Network links you with a quit coach who will call at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice, and support to help you stay quit. They'll even help out if you've had a relapse and want to try again. The Network can also link you to a local coach, online support, or mail out self-help tools. Call **1-800-QUIT-NOW (784-8669)** to get started.

- **Learning and health are interrelated.** No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress will be profoundly limited if students are not motivated and able to learn. We hope you will take the time to explore the **Whole School, Whole Community, Whole Child – WSCC** (expanded Coordinated School Health) **model** and perhaps join your school's or supervisory union's Wellness Team. The underlying purpose of the [Whole School, Whole Community, Whole Child \(WSCC\) model](#) is to establish greater alignment, integration, and collaboration between health and education across the school setting to improve each child's cognitive, physical, social, and emotional development. This means aligning and integrating not just policies, but processes and practices that serve each child.
- **Fit & Healthy Kids** - Check out our great toolkit with links to fun things to do with kids: <http://windhamcountyfitandhealthykids.org/>. Share it with friends, classroom teachers, babysitters, etc.!
- **The Vermont Department of Health website:**  
<http://healthvermont.gov/index.aspx>
- **Data**
  - [Behavioral Risk Factor Surveillance System](#)
  - [Annual Immunization Status Report](#)
  - [Vermont School Nurse Report](#)
  - [Healthy Vermonters 2020](#)
  - [Health Disparities of Vermonters](#)
  - [Vermont Household Health Insurance Survey](#)
  - [Youth Risk Behavior Survey](#)
  - [School Health Profile](#)
  - [Health Surveillance Data Encyclopedia](#)