

# PREVENTION *Counts*

New Jersey Coalition for Prevention of Developmental Disabilities

Spring 2008

*It's Spring and . . .*

## PREGNANT PAUSE 2008 IS HERE!



Once you have learned that Fetal Alcohol Spectrum Disorders (FASD) are one of the most **preventable** conditions that may lead to developmental or intellectual disabilities, you may become frustrated with the thought that not everyone has had the opportunity to access free and public education about such pregnancy health issues. But if you are involved with any one of the *Pregnant Pause* events hosted in counties of New Jersey throughout the year, you will find that prevention education doesn't have to be a daunting task.

In fact, these awareness events, funded by the Office for Prevention of Mental Retardation and Developmental Disabilities and administered by The Arc of New Jersey's Coalition for Prevention of Developmental Disabilities, actually prove to be enjoyable and highly successful in focusing and promoting "health and wellness, good-choices, good communication in all relationships, and overall prevention," shares Allison Lansky, MA, NCC, a community support coordinator at The Arc of Hunterdon County, who organizes a Mother-Daughter Luncheon for their *Pregnant Pause* event. Lansky adds that such events seem to possess the ability to "boost the self-esteem of [the audience] and foster healthy and open communication," ultimately creating, "a platform for their selection of the healthiest choice[s]."

awards, and share generous donations and door-prizes from businesses like baby stores and local retailers who cater to expectant mothers. In addition, local restaurant 'mixologists' are present and create alcohol-free drinks for attendees while the local press takes coverage of the community events.



Most importantly, education surrounding FASD is provided and mothers learn "that only one drink can have harmful effects on their unborn child," states Jeanette Weikel, agency advocate, and Pat Balodis, prevention educator, both with The Arc of Warren County. Mothers also discover "how much physical damage alcohol can cause an unborn child." Despite a recently aired television news story called, "Can Pregnant Women Drink Alcohol in Moderation?" that may have misled viewers to believe that certain amounts of alcohol may be safe during pregnancy, the Organization of Teratology Information Specialists website claims, that, in reality, "some studies find a higher chance for miscarriage, low birth weight and birth defects, as well as behavioral and developmental problems, with occasional or low amounts of alcohol drinking."

Through such compelling awareness-raising occasions that encourage attendees "to enjoy the events and simply have a day together to do something meaningful," says Lansky, wide scale numbers of NJ residents can explore the important truths and myths of FASD.

To learn more about Pregnant Pause and how you can become involved, see [www.coalitionforprevention.org](http://www.coalitionforprevention.org) or call (732) 246 - 2525 ext. 23.

### Alcohol-Free Drink Recipe of the Month

#### Purple Passion

Combine 2 oz. of peach nectar, 2 oz. of pineapple juice in a glass. Fill the remainder of the glass with grape juice. Garnish with peaches, pineapples, grapes, and/or cherries.

*Pregnant Pause* events are generally held at participating restaurants, community, and health centers across NJ and last several hours. These hours are set in a comfortable and safe environment and are packed with informative FASD education. They feature knowledgeable speakers on FASD, showcase varied entertainment, administer relevant

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## Eating Healthy for Two

Knowing how to consume consistently the recommended amount of food in your daily diet can be an overwhelming task. Knowing how to consume the recommended amount of food in your daily diet for yourself and your soon-to-be child consistently can feel even more daunting.

In order to aid expectant mothers in attaining a realistic and healthy concept of their dietary needs, the U.S. Department of Agriculture has devised an interactive food pyramid that is accessible online and individualized for each user. Guidance is provided on how much food and how much weight gain is healthy during each trimester of pregnancy, as well as a guide to which foods are best to consume when expecting. The program is free to the public and simple to use.

### Visit [www.MyPyramid.gov](http://www.MyPyramid.gov)

1. Then click on the right hand side icon of a stork carrying the bundle labeled, "For Moms".
2. Review the Menu of Topics & select, "MyPyramid Plans for Moms".
3. Click the options of "Pregnant" or "Breast feeding" & enter your age into the designated box.
4. Next, you will enter the expected birth date of your child, your weight & height, the amount of breast milk and formula you are feeding & your average level of physical daily activity.

*From here, the website will produce your personalized suggested food pyramid, outlining daily nutritional goals, specific to each trimester. You may click on each food group for different food ideas or access a printable version of the table to help you keep track of your goals.*

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## Moms Try to Battle the High Number of Consumer Product Safety Commission (CPSC) Recalls

The online grassroots organization, [momsrising.org](http://momsrising.org), is trying to help Congress pass a law that would require more resources be provided to the CPSC in an attempt to ensure more adequately the safety of consumers in the U.S., and children, in particular.

If you are interested in helping them attain their goal of attaining 30,000 online signatures, you can make a five minute visit to the website and add your own.

Just click "view all campaigns" under the "current campaigns" menu.

Then click "Keep our children safe from toxics!"

***By signing, you can directly reduce the likelihood of your child becoming poisoned from lead and other dangerous toxins in their toys!***

To add your signature to the petition and for more information, please visit [momsrising.org](http://momsrising.org)

**MomsRising.org!**





# All-Terrain Vehicle Safety & Injury Risk Prevention

Underage Riders Require Training and Adult Supervision

**The Arc**  
of New Jersey

*Peter Leibert  
Community  
Prevention  
Action Award  
Honoree*

Sometimes purchased for work use at job sites, such as on farms or construction sites, All-Terrain Vehicles (ATVs) have proven to be helpful for adult professional environments. These durable vehicles are able to haul heavy loads across distances just as fast and efficient as automobiles and are able to traverse rough lands and road surfaces with ease. As defined by the National Ag Safety Database, ATVs can be "manufactured to weigh up to 600 pounds, reach speeds of 75mph, and hold size 660cc engines." Further, they define ATVs as, "motorized vehicles with oversized, low-pressure tires, designed for uneven surfaces

and off-highway work and recreation."

But too often, ATVs are being sold to or purchased for recreational use for underage children and then operated unsafely. Astounding injury and fatality statistics provided by agencies such as The Consumer Product

...40,400 children younger than 16 have been treated in U.S. emergency rooms due to ATV accidents...

Safety Commission (CPSC) display the depth of how vital it is to understand that ATVs are not toys. As reported by the CPSC, 40,400 children younger than 16 have been treated in U.S. emer-

gency rooms after ATV accidents from 1982 to 2005. Chillingly, when reporting the fatalities associated with ATV accidents, the CPSC reported that during the years 1982 to 2006, 8,104 deaths had occurred. A significant amount of such deaths *can* be prevented.

Despite the daunting statistics, riding an ATV doesn't have to guarantee injury; there is a fun and truly safe way to operate these vehicles. To be prepared completely for safe ATV riding, one should understand how structurally ATVs pose injury risk and what behavior constitutes safe and unsafe ATV use. The American Academy of Pediatrics

Committee on Injury and Poison Prevention suggests the poor stability (despite the appearance of stability of 3 or 4 wheel models), a high center of gravity; a poor suspension system; a lack of rear-wheel differential; and the machine's ability to reach significant speeds all contribute heavily to the treacherous nature of ATVs. Furthermore, not wearing a helmet; driving the vehicle recklessly; using poor judgment; driving with a passenger; operating on public roadways; and driving an ATV larger than recommended for one's size or age increases the risk of injury to an ATV operator.

[ATVsafety.gov](http://ATVsafety.gov) shares that having experience with

operating an ATV matters tremendously and has posted a web link for finding ATV trainings that are decently priced and sometimes free, depending on the make and model of one's ATV. Such safety courses outline proper equipment, the dos and don'ts of ATV operation, and strongly stress helmet use. According to the Children Safety Network, helmets may reduce the risk of nonfatal injury from ATVs by 64%.

Parents should be aware of the need to encourage and to oversee their children's ATV safety use as well as to enforce all safety precautions. It is also possible for parents to attend ATV safety trainings. In addition

to becoming involved with legislation surrounding ATV policies, parents can pressure manufacturers and distributors for safe ATV sales and to advocate buyers to attend ATV safety courses. See sources\* below for guidance as to where one can begin looking for information on ATV safety and injury prevention.



\*Sources National Ag Safety Database, [www.cdc.gov/NASD/](http://www.cdc.gov/NASD/); Consumer Product Safety, [www.cpsc.gov/](http://www.cpsc.gov/); American Academy of Pediatrics, [www.aap.org/](http://www.aap.org/); ATVsafety.gov, [atvsafety.gov/](http://atvsafety.gov/); Children Safety [www.childrenssafetynetwork.org/](http://www.childrenssafetynetwork.org/)

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## Easy Steps to Properly Fit a Bicycle Helmet

It's not enough simply to buy a bicycle helmet –it should be properly fitted, adjusted, and worn each time you ride.

### THE PROPER HELMET FIT

Helmets come in various sizes, just like hats. Size can vary between manufacturers. For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site: <http://www.danscomp.com/products/charts/helmetchart.htm>

*To select and fit a bicycle helmet properly, follow the helmet fitting instructions in this flyer. It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.*

#### Step 1 Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



#### Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



#### Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



#### Step 4 Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



#### Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



#### Step 6 Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

# A BICYCLE HELMET CAN PROTECT YOUR HEAD AND BRAIN ONLY IF YOU WEAR IT EACH TIME YOU RIDE!

## When to Replace a Helmet.

Replace any helmet that has been involved in a crash, or is damaged.

## The Helmet Should Fit Now.

Buy a helmet that fits your head now, not a helmet to "grow into."

*Replace any helmet that has been outgrown.*

## The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.



1. **The Helmet Must Cover Your Forehead.**
2. **The Chin Strap Must Be Tight and Properly Adjusted.**
3. **The Helmet Should Not Rock Forward or Backward on Your Head.** If it does, see step 6.

## Helmet Laws

Many States and local jurisdictions have bicycle helmet laws; please refer to your State or local jurisdiction. To find this information go to [www.helmets.org/mandator.htm](http://www.helmets.org/mandator.htm)

**NJ STATE LAW REQUIRES A PERSON UNDER 17 YEARS OF AGE TO WEAR A HELMET WHEN BICYCLING, ROLLER SKATING, OR SKATEBOARDING.**  
**P.L.2005, C.208**

A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws ensure the safety of our children.

## Model Safe Behavior

Everyone — adult and child — should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes. Wearing a helmet each ride can encourage the same smart behavior in others.

## Helmet Certification

Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI. Look for the certification seal labeled on the helmet.

DOT HS 810 600  
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[www.nhtsa.gov](http://www.nhtsa.gov)

**For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at:**

[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

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