

## October is Head Start Awareness Month!

Head Start was started in 1965 by President Lyndon B. Johnson. More than 33 million children have benefited from Head Start! The Head Start model is built on evidence-based practices and is constantly changing to meet the needs of local communities.

There are **FOUR** major components to Head Start:

1. **Education:** Using a variety of learning experiences to help children grow intellectually, socially, and emotionally.
2. **Health:** Providing health services such as immunizations, dental medical health, mental health, nutritional services, and early detection of health problems.
3. **Parent Involvement:** Parents serve on policy councils and committees that make administration decisions, participate in classes on child development, and volunteer in the Head Start program.
4. **Social Services:** Head Start provides outreach to families to determine what services would be beneficial.

[www.headstartawareness.org](http://www.headstartawareness.org)

Have questions or want to enroll your child in Head Start? Call New Opportunities Head Start at 712-792-9266!

### Red Ribbon Week: October 23rd-31st

#### Did you Know....

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.

#### Take the National Red Ribbon Campaign Pledge now and be a part of the creation of a drug free America.

##### Parent Pledge

1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
2. We will set clear rules for our children about not using drugs.
3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

Look online for the Youth pledge at:

[redribbon.org/pledge](http://redribbon.org/pledge)

**Monitor your spending. One easy way to get a grasp on your money is to see where it's actually going. Pick up a free debit register from any New Opportunities office today and start tracking! Stop in and show us your filled register for a prize and a new register!**

### Vaping-related Illness Cases Rise in Iowa

Cases of severe respiratory illness associated with vaping continue to be reported across the U.S. and in Iowa. Nationwide, the Centers for Disease Control and Prevention has reported 805 cases and 12 deaths. In Iowa, there have been 23 reported cases and no deaths. Of the 23 Iowa cases, ages range from 17 to 60 and 18 have reported the use of THC. Mirroring national statistics, most of the cases (78%) have been male. All Iowa cases have recovered.

Nationally, most cases have reported the use of vaping and e-cigarette products containing THC; however, vaping products and devices that do not contain THC have also been reported among affected states. Case numbers will likely continue to increase as this investigation continues.

Iowans should not use vaping and e-cigarette products since the cause of this outbreak is not yet clear and the long-term health impacts of these products are unknown. Patients with a history of vaping who are experiencing breathing problems should seek medical care. Health care providers should ask patients with respiratory illness about the use of vaping and e-cigarette products.

Health care providers are asked to report severe respiratory illness in patients with a history of vaping or e-cigarette use to the Iowa Department of Public Health (1-800-362-2736).

To learn more, visit:

<https://idph.iowa.gov/ehi/lung-disease-vaping>

Weekly Iowa case counts may also be found on this page.