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Recruitment Update

Thank you to everyone who helped us reach 100 African American women by the end of 2006!! Our goal is 200 African American women, so we have another 100 to go! We are still actively recruiting African American women, and hope to reach our goal by May, 2007.

We are still offering incentives to anyone who helps us reach our recruitment goal for African American women. Women do not have to be enrolled in Early Head Start to participate, so feel free to recruit friends and neighbors! Have you recruited someone, but don’t know how to get us the information? You can do it many ways:
1. You can complete the enclosed recruitment form and return to the office:
   - Via fax (517) 355-5002
   - Via mail: B 515-4 W Fee, East Lansing, 48824
2. You can call our office with the information:
   - (517) 355-6744
   - This is a private line, so you can leave information as a message
3. You can e-mail the information to Kate: smithk81@msu.edu
   
   If you are still unsure what to do with your recruited participant, feel free to contact your NEAT-R representative for additional information.

NEAT-R Corner

We have received 118 completed assessments, thank you so much!! We have also begun receiving evaluations from EHS staff members who have used the NEAT-R assessment and Toolkit. If you have completed an assessment or evaluation and don’t know what to do with it, or you don’t have an evaluation to complete, please contact your EHS NEAT-R representative or Kate at: smithk81@msu.edu or at: (517) 355-6744.

We have a new NEAT-R representative for Ingham, welcome to Mary Ashley! Mary is a Family Support Advocate with Jump Start Early Head Start, and works with the Health Department in Ingham County. She is very devoted to helping her families, and will be a great asset to our team!

Congratulations to Laura Barnes, our former NEAT-R representative for Ingham county. Laura has found a new position working for the city of Chicago with Head Start compliance. Although we were sad to see her go, we wish her best of luck in her future endeavors!
Welcome!

Dr. Joan Wood, RN, joins our team as our backup Ingham County Data Collector. Dr. Wood is a former MSU College of Nursing faculty member with a passion for community health nursing and works with families in the community.

The spring semester has begun, and we would like to recognize our student volunteers.

Aman Sidhu has joined the NEAT office. Aman is a first year Masters student studying Health Communications. She is interested in international issues as well as issues concerning women and children. She enjoys traveling, music, and meeting new people.

Three students are returning, Amalia Geiersbach, Sarah Cullen, and Charlotte Peltier. We are very pleased to have all three women returning!

Winners Circle!

Congratulations to our January winner:

Our January prize pack winner is Pat Barnes, our Detroit Data Collector. Congratulations, Pat!

Unfortunately, we didn’t have anyone qualify for the $25 gift card drawing. Remember, to be entered, you must:

* Recruit 3 African American women who meet our eligibility criteria
* Woman self-identifies her race as African American
* Woman is the primary feeder of a toddler 12-40 months
* Woman is at least 17 years of age
* Woman is eligible for WIC or Food Stamps
* All 3 African American participants must complete a home visit with one of our local Data Collectors

Keep trying, and good luck in next month’s drawings!

Toddler Corner

Help your toddler stay healthy with these tips:

* Set guidelines for the amount of time your toddler can spend watching television, playing on the computer, or playing video games
* Eat meals together as a family and eat at the table, not in front of a television. Eat slowly and enjoy the food.
* Don’t use food as a reward or punishment. Children need food for growth, development and energy.
* Plan family activities that involve exercise. Instead of watching TV, go hiking or biking, wash the car, or walk around a local school. Offer choices and let your children decide.
* Keep healthy snacks on hand, like low-fat cheese or yogurt, and fruit fresh, frozen, or canned in light syrup.
* Involve your children in meal planning and grocery shopping. This helps them learn and gives them a role in the decision making.

Visit http://www.nih.gov/news/WordonHealth/ for more great tips

NEAT Research Office HOURS

Monday - Friday
8:30 am - 4:30 pm

If you have any news, comments, questions, or ideas to share in the NEAT newsletter...please call our office at (517) 355-6744 fax at (517) 355-5002 or email Kate (smithk81@msu.edu)

Contact us at:
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Visit our website: www.nursing.msu.edu/neat

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