

# HEALTH & WELLNESS

## Healthbeat

### N.C. Children's Hospital ranked as one of the best

CHAPEL HILL – N.C. Children's Hospital is one of the best children's hospitals in the nation, according to U.S. News Media Group's 2009 edition of America's Best Children's Hospitals, the most extensive listing of its kind. The publication has recognized N.C. Children's Hospital as 11th in the nation among those caring for children with respiratory disorders. The ranking will appear online at [www.usnews.com/childrenshospitals](http://www.usnews.com/childrenshospitals) and be featured in the August issue of U.S. News & World Report, available on newsstands starting July 21.

"This marks the second consecutive year that N.C. Children's Hospital attained the highest ranking of any children's hospital in the state," said Dr. Alan Stiles, the Children's Hospital's chief physician and chair of pediatrics at the UNC School of Medicine. "Families across North Carolina can rest easy knowing that, if and when they need it, their children have access to world-class care at one of the best children's hospitals in the entire country—not only here in Chapel Hill but at more than 25 satellite clinics throughout the state."

The methodology behind this year's rankings weighed a three-part blend of reputation, outcome, and care-related measures such as nursing care, advanced technology, credentialing, and other factors. The hospitals were judged based on a combination of opinions from pediatric specialists about the hospitals they would recommend for the sickest children and data gathered in a 65-page survey covering important medical information ranging from surgical death rates to whether pediatric anesthesiologists and other sub-specialists are on the staff. A detailed description of the methodology can be found at [www.usnews.com/childrenshospitals](http://www.usnews.com/childrenshospitals).

### Hall of Fame inducts IU VP

BLOOMINGTON, Ind. – Edwin C. Marshall, vice president for diversity, equity and multicultural affairs and professor of optometry at Indiana University, will be inducted into the National Optometry Hall of Fame in recognition of his contributions to his profession on Friday, June 26, in Washington, D.C., at Optometry's Meeting, the official annual meeting of the American Optometric Association and the American Student Optometric Association. He will join 47 other people – including four with IU ties – in the organization's Hall of Fame.

"It's great to be recognized like this so early in my career," Marshall said. "I look at it as a signal award in terms of a composite of what one has contributed so far."



Dr. Marshall

An optometry professor at IU for more than 30 years, Marshall has frequently been recognized for his scholarship, teaching ability and professional advocacy. A past president of the Indiana Optometric Association and the Indiana Public Health Association, Marshall was named Optometrist of the Year by the American Optometric Association in 2007.

The Indiana Optometric Association in 2006 also recognized him with its Optometrist of the Year award. The IOA previously honored him with the Distinguished Service to Optometry Award in 1998. In 2001, he received the State Health Commissioner Award for Excellence in Public Health. In 2005, the Indiana governor named him a Distinguished Hoosier, the second-highest honor given by the state.

Marshall has been an adviser to the medical faculty of the National University of Malaysia and the Cebu Doctors' College, College of Optometry in the Philippines, as well as many other international accomplishments.

### National HIV Testing Day

Saturday, June 27 is National HIV Testing Day. Agencies devoted to fighting AIDS/HIV are using the symbolic day to urge everyone to get tested.

Held annually since 1995, National HIV Testing Day was launched by the National Association of People with AIDS (NAPWA) in an effort to raise awareness of the importance of knowing one's HIV status and to encourage at-risk individuals to receive voluntary HIV counseling and testing. Some reports say that approximately 250,000 people are unaware of their HIV status.

Free HIV testing is available at most county health departments. For other testing locations in your area, send a text message with your zip code to KNOWIT (566948) or visit [www.hivtest.org](http://www.hivtest.org) or [www.AIDS.gov](http://www.AIDS.gov).

### Bayada earns accreditation

Bayada Nurses, a national provider of home health care services with local offices serving Davidson, Davie, Forsyth, Stokes and Yadkin counties, has achieved accreditation for home health and private duty services from the Community Health Accreditation Program (CHAP), the leading accrediting organization for the home health care industry.

CHAP accreditation publicly certifies that an organization has voluntarily met the highest standards of excellence for home and/or community-based health care. To achieve accreditation, organizations must demonstrate compliance with CHAP's national standards of excellence in the provision of care services.

CHAP's rigorous accreditation process involves a thorough examination of the business and service aspects of the entire Bayada Nurses organization – including office and client visits – which evaluates service quality, structural strength, organizational effectiveness, and human and financial resources.

## Local kids take part in obesity study

CHRONICLE STAFF REPORT

A doctor at Brenner Children's Hospital will use a grant from the North Carolina Health and Wellness Trust Fund (HWTF) to develop programs to prevent obesity among children.

Dr. Robert Schwartz, a pediatrician, has been awarded a \$70,000 grant to use to develop pilot programs at four separate sites throughout the state.

"Our goal is prevention," said Schwartz, lead project coordinator. "We want to provide communities with an inexpensive but effective plan to help families make better choices and live healthier lives."

More than 80 families will be enrolled in the pilot project statewide at sites in Goldsboro, Raleigh, Chapel Hill and Winston-Salem, where Brenner is based. Parents will receive weekly nutrition consultations



The pilot program is led by pediatrician Dr. Robert Schwartz.

with a registered dietitian and physical activity provided by the YMCA three times a week. Family Memberships at YMCA branches will be offered for free to all families for the

duration of the 12-week program. The families taking part will have the opportunity to have their memberships extended to 6 months or longer.

Families taking part must have a child between the ages of 6 and 11 with a (body mass index) BMI in the 85-97th percentile. According to the Centers for Disease Control, a child with a BMI from the 85th to the 94th percentile is overweight. A child at the 95th percentile or above is obese.

"The goal of the Healthy, Fit and Strong Program is to develop a low-cost model for family-focused, community-based childhood obesity prevention programs in North Carolina," Schwartz said. "The hope is that this project will provide an economically sustainable model for expansion to other communities."

## Are full-bodied women being left in cold by retailers?

BY SHANTELLA SHERMAN  
THE WASHINGTON INFORMER

WASHINGTON (NNPA) – National health reports conducted by the Centers for Disease Control and Prevention say that the average American woman is 5'4" in height, weighs approximately 164 pounds and wears a size 14. In fact, 68 percent of American women are now considered "plus-sized."

That fact made the recent announcement by Crain's New York Business that the nation's recession had caused national retailers, including some major chains, to discontinue women's plus sizes to save money, shocking to many.

Stores, including Ann Taylor and Bloomingdales, started to reduce clothing sizes and will begin carrying only sizes 0 to 10, 12 or 14 (depending on the clothing line) in store.

The rationale is that plus-sized fashion lines are also more expensive to produce, given the extra material needed and the need to hire plus size models. Still, as some shoppers at the Mall at Prince George's explained, the cost has always trickled down to the customers.

"The clothing may cost more to produce, but we are still talking pennies on the dollar. Anyway, you only need to look at the tags of clothes size 10 and 20 to see that the difference in cost – sometimes three or four dollars, sometimes 10 or 15 dollars, is being passed on to the plus-sized consumer," said LaTavia Brown, 27, of Hyattsville, Md.

Eboni Fisher, 19, of Bowie, said that the retailers were also not factoring ethnicity in the making of clothing, which for some with larger hips, thighs, and backsides, forced them into plus-sized pieces though they were not considered plus-sized.

"A lot of women of color have small waistslines, but have 'apple bottoms' and hips. By my waist I



PRNewsFoto

Models for plus-size retailer in a new brand.

See Plus-size on A11



Photo by Debra Claxton/YMCA

Rodney Sellers gives swim lessons at the Winston Lake Y.

## Y continues focus on swim safety

Coach of Charlotte black swim team shares tips with kids

CHRONICLE STAFF REPORT

As part of its ongoing focus on water safety, the Winston Lake Family YMCA recently played host to Rodney Sellers, the coach of the accomplished Queen City Dolphins Swim Team. The Charlotte-based Dolphins is one of the state's few all-black swim teams.

Sellers spent several hours on June 6 giving swim lessons to dozens of kids at the Winston Lake Y pool. The branch has made a commitment to help more local minority children learn the life-saving skill of swimming. According to national statistics, minority children die from drowning at a disproportionately higher rate – more than 40 percent – than white children.

In the spring, the Y, in conjunction with the Maya Angelou Institute for the Improvement of Child and Family Education, gave free swim lessons to every third grade Petree Elementary student.

"Swimming has always been

part of the YMCA. It's a great way for families to spend time together and improve their health and wellness," says Debra Claxton, aquatics coordinator at the Winston Lake Family YMCA. "It's all about safety, though. Our advice to all adults and children is to learn how to swim and to understand the importance of being safe while in the water. It's never too late."

Many Petree students were among those who received lessons from Sellers, whose swimmers have won a plethora of titles.

Sellers first learned to swim at public pools in Winston-Salem when he was just 5-years-old. He was a lifeguard by 14 and a water safety and lifeguard instructor by 16. Sellers, who is also the recreation coordinator supervisor for Mecklenburg County Parks and Recreation, swam competitively at UNC Charlotte. He has coached at schools like Johnson C. Smith

See Swim on A9

## Labor, Delivery, and Postpartum

For the past two weeks, we have been sharing a brief overview of planning for and what to expect during pregnancy. This week we are going to discuss labor, delivery, and postpartum (after birth) expectations.



### Birth Options

During your pregnancy, it is important to think about what birth option is right for you. Many women choose to give birth in a hospital, with an obstetrician (OB/GYN), but many others also choose to give birth at home or in a birthing center.

Home births or deliveries in birthing centers are often attended by midwives, health care providers who have specialized training in prenatal care, labor and delivery, and postpartum care. You should talk with your health care provider to discuss what birth option will be best for you and your baby.

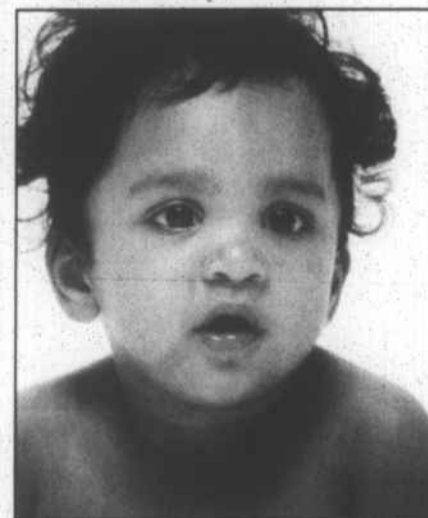
### Signs of Labor

It's important to remember that each woman's labor and delivery experience is unique, so not all women have the same symptoms. Below is a list of common symptoms that, according to the American Pregnancy Association, you may experience within days or hours of labor:

– Breathing becomes easier again: This is an indication that the baby has dropped, settling deeper into your pelvis and relieving some of the pressure on your diaphragm, so you are not so short of breath.

– Bloody show/Loss of mucus plug: During pregnancy, a thick plug of mucus protects your cervical opening from bacteria entering the uterus. When your cervix begins to thin and relax, this plug is expelled; this may look like stringy mucus or discharge.

– Water Breaks: If your membranes have ruptured and you are



See Pregnancy on A9