

Appendix II: Glossary of Terms

General Terms

Individual Education Plan (IEP): The mandate for an Individualized Education Program or IEP is found in the Individuals with Disabilities Education Act (IDEA). Public schools must have an IEP for students with disabilities who meet the federal and state requirements for special education. The IEP is a written document that constitutes the plan for the child's education program, as well as the education program itself.

Children's Oral Health

Caries: The condition of having decay – treated or untreated – in the teeth.

Early Childhood Caries (ECC): Also known as baby bottle tooth decay, ECC is a serious condition affecting infants and young children which can cause massive decay of primary teeth. If untreated, it can also result in destruction of permanent teeth.

Child Health and Disability Prevention (CHDP) Program: CHDP is a preventive health program serving California's low-income children with periodic preventive health assessments. Children who are suspected of having serious health problems are referred for diagnosis and treatment.

Childhood Obesity, Nutrition, and Fitness

Body Mass Index: Body mass index (BMI) is a measure of weight in relation to height that is used to determine weight status and overweight. BMI is the most widely accepted method used to screen for overweight in children because it is relatively easy to obtain the measurements needed to calculate BMI, measurements are non-invasive, and BMI correlates with body fatness. The Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight in children beginning at 2-years old.

Built Environment: The built environment refers to the manmade surroundings that provide the setting for human activity. It encompasses all buildings, spaces and products that are created, or modified, by people. It includes homes, schools, workplaces, parks and recreation areas, greenways, business areas and transportation systems. It includes land-use planning and policies that impact our communities in urban, rural and suburban areas.

California Food Policy Advocates: This is a public policy and advocacy organization whose mission is to improve the health and well-being of low-income Californians by increasing their access to nutritious and affordable food.

California SB 19: In response to the child obesity epidemic, the California legislature passed Senate Bill 19, titled the *Pupil Nutrition, Health and Achievement Act of 2001*. SB 19 sets nutritional standards for foods sold outside the federal meal program in elementary schools, and provides pilot program grants to schools to pay for the cost in developing and adopting this policy.

California SB 12: This follow-up bill strengthens and implements the food standards set in SB 19, and expands them to all public schools with students in kindergarten to 12th grade (K-12).

California SB 965: This bill expands the language that currently describes the type of beverages that can be sold in elementary and middle schools to include all K-12 students (including high schools).

Child Nutrition and WIC Reauthorization Act of 2004: The U.S. Congress established a new requirement that all school districts with a federally funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

Food Insecurity: Limited or uncertain access to nutritious, safe foods necessary to lead a healthy lifestyle. Households that experience food insecurity have reduced quality or variety of meals and may have irregular food intake.

Youth Alcohol, Drug and Tobacco Use

Alcohol and Other Drugs (AOD): A term that notes the definition of alcohol as a type of drug, due to its connection with addiction and related health problems.

Adolescent: Adolescence begins when physiologically normal puberty starts. This period of development corresponds roughly to the period between the ages of 10 and 19 years.

Alcohol addiction, alcohol dependence, or alcoholism: A chronic disease characterized by a strong craving for alcohol, a constant or periodic reliance on use of alcohol despite adverse consequences, the inability to limit drinking, physical illness when drinking is stopped, and the need for increasing amounts of alcohol to feel its effects.

Binge drinking: Binge drinking is defined as having five or more drinks on one occasion in the past month.

California Healthy Kids Survey (CHKS): The California Department of Education sponsors the CHKS, which is a comprehensive youth risk behavior and resilience data collection service available to all California local education agencies. It was administered in Sonoma County schools for the first time during the 1999-2000 school year.

Resiliency: Resiliency in youth is defined as the ability to overcome obstacles, to meet the social demands of adolescence, and to build the competencies necessary for success as adults.

Shoulder tapping: Shoulder tapping refers to the practice used by minors to obtain alcohol from strangers near off-sale retail outlets.

National Youth Risk Behavior Survey (YRBS): The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Prenatal Substance Use – Alcohol and Other Drugs

Fetal Alcohol Syndrome (FAS): This term refers to certain birth defects, and serious, life-long mental and emotional impairments that may be suffered by a child as the result of heavy alcohol consumption by its mother during pregnancy. Symptoms of mental and emotional deficits may include significant learning and behavioral disorders (including attention deficits and hyperactivity), poor social judgment, diminished cause-and-effect thinking, and impulsive behaviors. FAS characteristics include dysmorphic facial features, prenatal and postnatal growth abnormalities, mental retardation, microcephaly and behavioral abnormalities.

Fetal Alcohol Spectrum Disorder (FASD): An umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects can include physical, mental, behavioral, and learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis.

Fetal Alcohol Effect (FAE): A term used to describe children who lack the full complement of FAS diagnostic criteria, but demonstrate a variety of conditions thought to be secondary to alcohol exposure in the uterus (including growth deficiency, behavioral mannerisms, and delays in motor and speech performance). Now obsolete terminology, replaced with alcohol-related neurodevelopmental disorder (ARND) and alcohol-related birth defects (ARBD).

Maternal Alcohol, Tobacco and Illegal Drugs (MATID): A term used to describe maternal use of alcohol, tobacco and illegal drugs during pregnancy that threatens the well being of the child.

Sudden Infant Death Syndrome (SIDS): Unexplained, sudden death of an infant up to one year of age.

