

Former Iowa State Nutritionist

Serves Rochester Youth

by Connie Cunningham

FROM Iowa State to the Rochester Child Health Project via the Kaiser Nursery schools is the route of Dr. Miriam Lowenberg who uses her skill and knowledge of child health and nutrition to promote total child welfare. She writes that her new position has brought her into a community which is intensely interested in child health and nutrition.

For twenty-one months Miss Lowenberg was the Chief Nutritionist with the Child Service department of the Kaiser Yards in Portland, Oregon. She was in charge of all feeding, nutrition and physical development programs for the children enrolled in the nursery schools there. Under her direction, two kitchens sent out \$873,000 foods services during their operation.

On the Rochester Child Health Project Miss Lowenberg works with Dr. C. Anderson Aldrich, president of the American Pediatric Society. The project has been set up under Dr. Anderson's direction as an additional unit of the section on pediatrics at the Mayo clinic. It is sponsored by the Mayo Foundation and the University of Minnesota.

The philosophy underlying the development of the project is explained by Dr. Aldrich, "There has always been a great lag between what we know about total health and what we do about it. It has been my dream to put through a community medical program

which would take into account, from the first day of a child's life, not only his physical health and welfare but his basic emotional needs as well."

The project has been set up to provide the growth needs for every child living in the Rochester community from infancy through the high school. It includes interdepartmental conferences, corrective services, medical attention and follow-up for each child. The application is so extensive that it provides an ideal opportunity to gather research material on child growth. For this purpose complete records will be kept of the physical and emotional development of a generation from conception to maturity. The generation will date from January 1, 1944, and will include all babies born in Rochester since that time.

THE organization provides for a prenatal clinic in which the workers are concerned not only in the usual obstetrical care, but also in the mother's attitude toward the coming baby. She and her husband learn what newly-born babies are like and what the baby's requirements will be. Breast feeding is emphasized because of its emotional effect upon the child.

In the neo-natal clinic each child is studied in order to determine his individual needs and to satisfy these as completely as possible. Under a doctor's direction, the mother adjusts the baby's feeding; sleep and elimination schedules to the baby's natural rhythm. During these first weeks of life the babies here are shown more motherly love and affection than most infants are allowed.

When the mother takes her baby home, a public health nurse calls to help with the first bath, to explain the home care of the child and to invite the parents to take the baby regularly to the well-baby clinic. Once a month a doctor in the well-baby clinic adjusts the physical care and nutrition of the infant to its normal development.

Next in the ordered life of the child is the pre-school period centering around the nursery school. Two schools are used as demonstration centers for all mothers and to keep the child in contact with a doctor and regular physical check-ups. Usually this period in the child's life becomes the forgotten age when he is given no regular physical examinations.

Dr. Aldrich considers it especially fortunate that in Rochester there is a close tie-up between the health department, the school system and a well-established school health program. This inter-relationship makes it possible for the Child Health Project to continue through the high school.

The Rochester Board of Education has helped plan the project and foresees the evolutionary effect that it will have upon teacher training and public school methods generally.

Wiener roasts and other recreational activities for the adolescent are integral features of Miss Lowenberg's Rochester Child Health Project

