

A B C D E F G Children's Health

Health Information: Considering The Source

(NAPSA)—Want to increase your child-health I.Q.? It may be surprisingly easy. Studies show a healthy amount of medical information reaches Americans every day.



A Healthy Dose Of Information is available on New York television to parents who want to learn about children's health.

Books, newspapers, magazines, the Internet and television can all be valuable health resources—but it's important to always consider the source.

Shows such as *Keeping Kids Healthy* produced by Montefiore Medical Center in association with Thirteen/WNET New York are generally considered credible because they are sponsored by hospitals and hosted by doctors.

The program shows group discussions between host Dr. Winnie King, other medical experts, parents and caregivers. It also features segments on subjects ranging from eating disorders, body-image issues and hearing loss, to “street smarts” and coping with family stress around the holidays.

According to Dr. King, “The goal is to provide parents with a single, reliable resource that addresses and helps them deal with a wide range of topics that may affect their children.”

More information is available at the show's Web site www.keepingkidshealthy.org. Viewers can also suggest show topics by sending e-mail to keepingkidshealthy@montefiore.org.