

## **Invest an Hour; Get a New Perspective on Lifelong Health—and a Free DVD**

We want you to be aware of a brand new—and free—online teacher-training workshop offered by a nonprofit educational organization, The Endowment for Human Development (EHD). Entitled “Shaping the Future through Prenatal Education,” the workshop:

- Briefly explains the vital link between prenatal and lifelong health.
- Introduces *The Biology of Prenatal Development* DVD, EHD’s award-winning science documentary distributed by National Geographic (retail value \$29.95).
- Demonstrates how to use the advanced curricular resources at [www.ehd.org](http://www.ehd.org).

These education resources can help you enhance health science education, improve lifelong health, reduce substance abuse during pregnancy, prevent certain birth defects and learning disabilities, promote maternal health and prenatal care, increase student interest in health careers, and cut health care and special education costs through prevention.

### **The Beginning of Lifelong Health**

EHD is presenting research showing that a woman's health before and during pregnancy significantly influences embryonic and fetal health, which in turn shapes her baby’s lifelong health. Long-term consequences of impaired prenatal growth include an increased risk of acquiring common illnesses such as diabetes, obesity, stroke, and heart attack, and certain behavioral and learning disabilities such as ADHD and conduct disorder.

### **Complete the Free Workshop at [www.ehd.org](http://www.ehd.org), Earn a Free DVD**

Nebraska public and private school educators who teach a related subject (see list of eligible teachers below) and complete the workshop will receive *The Biology of Prenatal Development* DVD. Just complete the free teacher registration process at [www.ehd.org](http://www.ehd.org) and take the 65-minute workshop (requires a high-speed Internet connection and a computer with speakers or headphones).

### **Extensive Free Resources at Your Fingertips at [www.ehd.org](http://www.ehd.org)**

EHD’s website offers free access to dozens of video clips and hundreds of labeled, high resolution images from the DVD, translations of the program narrative in 92 languages, thousands of health science facts, and much more. A large portion of their site is password protected for exclusive use by registered educators, who can choose from ready-to-use curricular materials (fact sheets, development timelines, DVD outlines, and quizzes) or design their own.

Used in combination, the DVD, website, and workshop will enhance your understanding of prenatal development and the link between prenatal and lifelong health, and help you effectively communicate this subject matter in the classroom.

### **List of Eligible Teachers and School Personnel**

- Anatomy and physiology
- At risk
- Biology / AP biology
- Curriculum development
- Early child development
- Family & consumer science
- Food / nutrition
- Head Start/Early Head Start
- Health
- Health careers
- Health science
- Health technology
- Life science
- Parenting
- Physical education
- Professional development
- School nurses
- Sex education
- Social worker
- Staff development