



# THE AAP HIGHLIGHT

SATURDAY EDITION  
OCTOBER 11, 2008

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## Highlights

### TODAY'S HIGHLIGHTS –

**7:00 am** AAP Friends of Children Fund 5K Fun Run & Walk (Boston Common/Corner of Boylston/Charles Street)

Shuttle pick-up begins at 6:15 am. Hotels in the motorcoach routes (pg. 16 of Program) will have pick-up at the hotel entrance. If you are in a walking-distance hotel, meet at the Hynes Convention Center, Boylston Street entrance.

**10:30 am** Opening Ceremonies (Hynes, Ballroom)

**12:15 pm** Exhibit Hall Ribbon Cutting Ceremony (Hynes, Exhibit Hall)

**12:30 pm** (V1067) Tips for Teaching: Engaging Your Audience (Hynes, Room 207)

**6:00 pm** Community Pediatrics Reception & Poster Display (Marriott, Grand Ballroom, Salon F)

**7:00 pm** Experience Boston! at the Boston Public Library (Boston Public Library)

### PROGRAMMING CHANGES

**F1077** Preparing for Health Care Reform – Options and Opportunities, 2:00 pm – 2:45 pm (Hynes, Room 310)

**E1110** HIPAA Security in the Pediatric Office (formerly Pub Med), 4:00 pm – 4:45 pm (Sheraton, Back Bay, Ballroom D)

### ROOM CHANGES/REASSIGNMENTS

**C1010** APLS: The Pediatric Emergency Medicine Course (moved from Hilton, Maverick, to Hilton, Fenway)

**H1069** Section on Allergy & Immunology Program: Recent Advances in Allergy, Asthma, and Immunology (moved from Hilton, Fenway, to Hilton, Belvidere)

See page 4 for additional NCE Daily Highlights.

## Oral Health Focus of PEDS 21

The importance of oral health in the overall health of children was emphasized in a speech given at the PEDS 21 Pre-NCR Educational Event on Oral Health in the 21st Century, by AAP President Renée R. Jenkins, MD, FAAP.

“Oral health is an important part of who we are,” Dr Jenkins stressed. “Oral health should be considered an integral part of child well-being.”

Dr Jenkins described the well-child spectrum that includes healthy children with full access to complete health care at one end and, at the other end, children like Diamonte Driver, a 12-year-old boy with no access to dental care who died from complications of an abscessed tooth.

She pointed to a number of social disparities that stand as barriers to good oral health. For example, “minority children tend to have a higher disease burden for



Mark Feldman, DMD, ADA president; Beverly Largent, DDS, AAPD president; Renée Jenkins, MD, FAAP, AAP president; and David Satcher, MD, PhD discussed the importance of oral health during the PEDS 21 course on Friday.

dental caries,” she said, and this is especially true for children living below the federal poverty level.

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## Joint AAP/IAP Program Stresses Collaboration

As the global community shrinks through technology and the international spread of disease continues to rise, the need for collaboration and cooperation among medical societies around the world has become more important than ever before.

That was the underlying message of Friday’s joint program between the AAP and the Indian Academy of Pediatrics (IAP), which emphasized the need to share knowledge and expertise between India and the United States to improve in the care of children in both countries.

“The Academy welcomes with open arms these opportunities to collaborate with the IAP in our shared mission to

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## A Message From the AAP President

Welcome to Boston and to the American Academy of Pediatrics’ (AAP) 2008 National Conference and Exhibition (NCE)! I’m so pleased you were able to join us this year, because you’re in for an extra-special CME program ... the “AAP experieNCE”!

As in the past several years, we kicked things off yesterday afternoon with our Pediatrics for the 21st Century Symposium Series. This year’s topic was “Something to Smile About — Your Role in Oral Health.” Presenters included both medical and dental child health professionals, and attendees came away with a better understanding of children’s oral health and what can be done to improve it.

This morning, we officially open the 2008 NCE with the Presidential Plenary at 10:30 am in the Hynes Convention Center Ballroom. In addition to my Presidential

Address and the presentation of the AAP Education and National Children’s Art Contest awards, you’ll have the opportunity to hear some wonderful speakers, including Timothy Shriver, who as the chairman of Special Olympics has helped transform his organization into a movement that focuses on acceptance, inclusion, and respect for individuals with intellectual disabilities in all corners of the globe.

Following the opening plenary, you’ll be able to select from a diverse offering of educational sessions. Be sure to explore our technical exhibits — the largest showcase of innovative pediatric products and services anywhere. And don’t forget to build in a little “down time” in which to enjoy the wide variety of family events we’ve got planned as well as the historic sites of Boston. From cutting-edge pediatric advances to networking opportunities

to the always-popular special events and tours, the 2008 AAP NCE truly is something “more.”

As I wrap up this letter and my presidential year I want to thank you for the privilege of serving you as AAP President. It’s been a tremendous honor, and I’m pleased that we’ve made progress on some important child health issues. There’s still a great deal to be done, however, and the time is right for us to step things up. More on that when I deliver my Presidential Address later this morning.

I hope to see you then. ♦



Renée R. Jenkins, MD, FAAP, President, American Academy of Pediatrics

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# Spoil Grandchildren with Good Habits

Grandparents who believe they're showering their grandchildren with love when they bake them chocolate chip cookies instead could be contributing to bad eating habits and unwanted pounds.

To help positively change those displays of love, the Healthy Children Healthy Futures (HCHF) program is helping children, parents, and grandparents become teachers and advocates for healthy eating and increased physical activity, said Lisa Hark, PhD, RD, University of Pennsylvania School of Medicine, and senior nutrition advisor to the Healthy GrandFamilies National Initiative.

Hark will present the "Impact of Diet and Lifestyle on Future Generations" as part of the Section for Senior Members program, "Crucial Considerations for Grandparenting" (H3067), from 1:30 to 5:30 pm Monday at the Suffolk room in the Marriott Hotel.

"The grandparent component adds an intergenerational focus and a community pediatrics dimension by engaging grandparents in a community setting as key influences in the lives of their grandchildren for making healthy choices," she said.

Healthy GrandFamilies, is a partnership of the Academy and the HCHF program at Strang Cancer Prevention Center, affiliated with Weill Cornell Medical Center, New York. The co-directors are BJ Carter, MS, and Woodie Kessel, MD, MPH, FAAP.

"The seminar will introduce the most current information regarding prevention and treatment of child obesity," Hark said. "The goal is to help grandparents come up with healthy alternatives.

"The course is for senior pediatricians,

but the information is relevant for everyone. This advice could be for their patients or to be applied in their own families. The message is you can't spoil grandchildren with food any more."

A best-selling author, Hark is completing the fourth edition of *Medical Nutrition and Disease*, as well as a new book, *Achieving Cultural Competency: A Case-Based Approach to Training Health Professionals*, both to be published in May 2009. She is the former host of the hit TLC series, *Honey, We're Killing the Kids*.

"Hark is an outstanding lecturer and national expert on nutrition. Lisa's grandparent information is highly valued and has been successfully tested by AAP community pediatricians in four cities as part of the GrandFamilies partnership program," said Dr Kessel.

A goal of the program is to get grandparents to teach children better eating habits.

"Grandparents like to make sweets, and bake cookies and brownies," Hark said. "What I'm suggesting is that instead of doing that, make a fruit salad, teach them how to cut up vegetables and make a crudité dip, or how to peel shrimp. Introduce them to healthier food."

One trend, Hark said, is that more grandparents are taking their grandchildren out to dinner or on vacation, exposing them to high-caloric food.

"Grandparents like to spoil their grandchildren and give them whatever they want," she said. "But it's okay to say 'no' to their grandchildren."

One way grandparents can help reduce portion sizes is to teach children to share their food, Hark said.

"Two grandchildren can share an

entree," she said. "And grandparents can share food with their grandchildren. It's fun to share with grandchildren."

And Hark encourages grandparents to issue an even bigger 'No' when it comes to drinking soda pop, adding that the Academy recommends children instead drink water or low-fat milk.

Yet another challenge is that while grandparents may be on board with healthier nutritional choices, parents may not be, Hark said.

"Pediatricians obviously know what's important and why, and eat healthy themselves. I assume they try to feed their grandchildren healthy food, but unfortunately their own children may not be doing that," she said.

Lack of exercise also is a major contributing factor that can lead to weight gain, Hark said.

"Grandparents need to get back to basics," she said. "When a grandchild comes over, instead of sitting them in front of the television, play cards or games and read with the child."

The Academy recommends that children spend less than two hours a day watching television or playing computer and video games. Instead, Hark encourages grandparents to involve their grandchildren in physical activities they love to do — such as biking, golf or tennis — to encourage physical activity.

The word "diet" should never be used — instead use "healthy eating" and "being active" — and she stressed that the focus for overweight children should not be on losing weight.

"We don't need children to lose weight," Hark said. "We need them to slow the rate of weight gain." ♦

## ORAL HEALTH

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Low socioeconomic and minority status not only affect dental health, they also affect other aspects of children's well-being. Minority children have a higher burden of disease for asthma as well, she noted, and minority children are more likely to be hospitalized for asthma.

Poor and minority children have less access to dental care and other preventive health services.

"Untreated caries are a reflection very often of the access children have to a dentist. Children living below the federal poverty level have higher rates of untreated caries at early ages and at school ages," Dr Jenkins said.

Untreated caries are also linked to poor nutrition in children and, conversely, poor nutrition contributes to the development of dental caries and obesity.

In addition, parents with limited education are less likely to access dental care for their children. Parents' socioeconomic

status has an impact on their choices for accessing health care, even when they have health insurance.

There are also a number of family health factors that affect a child's health. Maternal periodontal disease, for example, is a risk factor for low birthweight in a newborn, and maternal alcohol use is a risk factor for fetal alcohol syndrome and neurologic deficits.

Prevention and early intervention are keys to oral health, she said. Pediatricians and other health care providers need to integrate dental health care into general medical care for children. Infants should be screened for risk factors for dental caries, such as having a parent or sibling with caries.

"Cleaning teeth every day is the most important message in promoting good oral health for both parents and children," Dr Jenkins said.

Training in dental health care needs to be included in medical education, she said. The Association of American Medical Colleges has developed a new model for dental education as part of professional

education for physicians that emphasizes evidence-based care.

The next steps in promoting good oral health for all children should include educating pediatricians and other primary care providers to provide dental health care in their practices.

"This program is a good example," Dr Jenkins said.

Another step is to integrate medical records with dental records through electronic medical records systems, she said. Integration of records will help pediatricians intervene early in dental disease and give patients advice on how to prevent disease.

Professional medical training should also be integrated with dental training.

"In professional training, there are many opportunities to integrate our competencies," she noted.

Finally, pediatricians and other health care providers need to advocate passage of SCHIP (State Children's Health Insurance Program) legislation in all states and universal health insurance coverage for all Americans on the federal level, Dr Jenkins said. ♦

## NCE DAILY HIGHLIGHTS

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### IMPORTANT TIMES

7:00 am – 5:30 pm Registration at the Hynes Convention Center & Boston Marriott Copley Place

12:15 pm – 4:00 pm Exhibit Hall

8:00 am – 5:30 pm Nursing Mothers' Lounge

### ANCILLARY EVENTS

#### Alumni Events

- Buffalo Pediatric Society Alumni Reception (5:00 pm – 7:00 pm, Sheraton, Clarendon)

- Children's Hospital Boston Alumni Reception (5:00 pm – 8:00 pm, Top of the Hub, Prudential Building)

- Baylor College of Medicine Pediatric Alumni Reception (6:00 pm – 7:30 pm, Sheraton, Commonwealth)

- UVM College of Medicine Alumni Reception (6:00 pm – 7:30 pm, Marriott, Salon B)

- Department of Pediatrics, University of Colorado School of Medicine and The Children's Hospital Alumni Reception (6:00 pm – 7:30 pm, Sheraton, Fairfax)

- Seattle Childrens/University of Washington School of Medicine Department of Pediatrics (6:30 pm – 8:30 pm, Marriott, Suffolk)

- Cincinnati Children's Hospital Medical Center Alumni and Friends Reception (6:30 pm–8:00 pm, Sheraton, Hampton)

- CHOP Alumni Organization (7:00 pm – 9:00 pm, Sheraton, Independence)

- NMA/Howard, Meharry, Morehouse Alumni (9:00 pm – 11:00 pm, Marriott, 3rd Floor Atrium)

#### Satellite Symposia

- Inborn Errors of Metabolism — Practical Approach to Identification and Pediatric Management, Urea Cycle Disorders (7:00 pm – 10:00 pm, Sheraton, Republic Ballroom)

- New Directions in Infant Nutrition: Prebiotics and Probiotics for Improving GI Health and Immunity (7:00 pm – 10:00 pm, Colonnade, Huntington III)

## Boston Tour Program Schedule

### Saturday, October 11

8:30 am – 12:30 pm Complete Tour of Boston: 350 Years in a Day

9:00 am – 5:00 pm Old Salem: Myth and Mystery (Lunch included)

9:30 am – 12:30 pm Fenway Park Tour

1:00 pm – 3:00 pm Boston Neighborhood Bike Tour (Adults Only)

1:00 pm – 3:00 pm Boston Duck Tour: The Ride of Your Life

1:00 pm – 5:30 pm Harvard University and the JFK Library

Please note that all tours depart from the Hynes Convention Center.