



INAAP Monthly News & Updates March 2019

Letter from the President

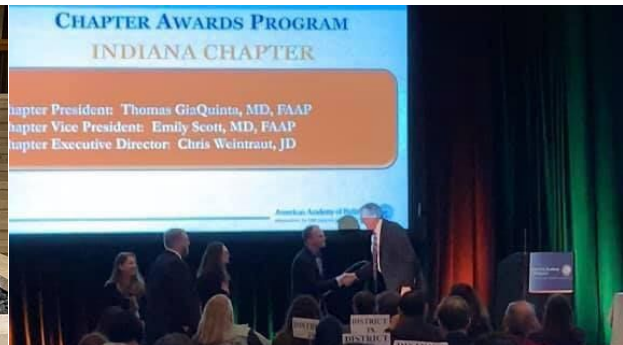
This one's for the kids!

On behalf of all of YOU, the members of INAAP, I am so proud to announce that we have won our *first ever* National Chapter of the Year award at this year's AAP Annual Leadership Forum. The best part of this award is knowing it reflects efforts to improve the lives of Hoosier children.

A ton of effort, in fact.

As part of the selection process, my role as president was to outline our chapter's achievements this past year, *in five minutes*. So, like a proud grandparent bragging about his grand kids, I gushed. Touting our role expanding pre-k funding, increasing HPV immunization, tobacco cessation QI, and Reach Out and Read success, it took three board members waving their hands to shut me up.

This award could not be possible without the hard work and commitment from its members. Thank you ALL for everything you do on behalf of Indiana's children.



Registration and Website now LIVE

INAAP Inaugural Pediatric CME Conference Grand Wayne Convention Center Fort Wayne, Indiana - August 23-24, 2019

INAAP is excited to host its inaugural pediatric CME conference at the Grand Wayne Convention Center in Fort Wayne, Indiana this summer on August 23-24, 2019. INAAP's Conference Committee has put together an amazing list of speakers and topics for the conference. From food allergies to hands-on LARC training, there is something for everyone. The conference has been approved for 8.5 hours of CME, as well as 8.5 points of MOC Part II.

The keynote speaker for the conference will be Mark Del Monte, JD (pictured left), who serves as the Interim CEO of the American Academy



of Pediatrics. Mark will be discussing the many efforts going on at AAP, and how they affect pediatricians and children in Indiana.

You can find the full schedule, list of speakers, and registration information at the conference website, which is linked below. We are excited about this wonderful event, and we hope to see you in August!

INAAP Conference Website / Registration

Next INAAP Member Meeting - April 10, 2019 Tobacco Cessation and E-Cigarettes: Addressing the new Epidemic RSVP by April 9th



INAAP's next member meeting will take place at the Joseph Maley Foundation on April 10, 2019. The meeting will focus on tobacco cessation and e-cigarettes.

The meeting will feature Katelin Rupp from the Tobacco Prevention and Cessation Commission at the Indiana State Department of Health, as well as Lisa Wegner who serves as INAAP's CEASE Program Coordinator.

This will be a great opportunity to come hear our presenters talk about tobacco use and e-cigarettes from a public health perspective, as well as things clinicians can do to help address smoking in the homes of their patients.

Free dinner is provided, though an RSVP is required. Please use the link below to let us know if you'd like to join us!

April 10 Member Meeting

New AAP Policy Statement and Resources on Water Safety Now Available



The AAP has released a new policy statement on water safety and drowning prevention, along with new resources for physicians to help educate parents on how to keep their children safe.

Drowning can be silent and quick, and it kills nearly 1,000 children every year. To refocus the attention of parents and physicians on one of the leading causes of death among children, the American Academy of Pediatrics is publishing updated recommendations on water safety.

"Drowning is the single leading cause of injury-related death among children ages 1 to 4," said Sarah Denny, MD, FAAP, lead author of the policy statement, "Prevention of Drowning" published online March 15, 2019, in *Pediatrics*. "Many of these deaths occur when children are not expected to be swimming or when they have unanticipated access to water. Toddlers are naturally curious; that's why we must implement other strategies, such as pool fencing and door locks."

The second age group at highest risk of drowning deaths is teens, said Dr. Denny. Every year, about 370 children ages 10 to 19 drown. "Adolescents can be overconfident in their swimming abilities and are more likely to combine alcohol use with swimming – compounding their risk significantly. Children

of color, especially African American teens are especially at risk.”

In the policy statement, the AAP lays out strategies to protect children at each stage of their life. New parents are advised to be vigilant at bath time and to empty all buckets and wading pools immediately. All children should learn to swim, and children and teens should wear life jackets while near open bodies of water. Teens can learn CPR and other water safety skills.

Injury prevention has long been a priority of pediatricians, and public health initiatives over the past 50 years have led to dramatic reductions in deaths from injuries related to motor vehicle crashes, sudden infant death syndrome, drowning, and other unintentional injuries. In the past few years, however, the rate of decline in these deaths has slowed.

Drowning remains the third leading cause of unintentional injury-related death among children ages 5-19 years. In 2017, nearly 1,000 children died from drowning and 8,700 visited a hospital emergency room because of a drowning event - with toddlers and teens at the highest risk.

The policy statement is available using the link below. There is also a link to the toolkit which includes infographics and posters that can be utilized by practices in their efforts.

[Prevention of Drowning Policy Statement](#)

[Water Safety Resources](#)

Do you have a curious toddler?



As your child grows, think about **water safety** around the house!

infant



crawler



toddler



child



teen



Young children are naturally curious –
and they are quick to discover new things to explore.

After birth defects, drowning is the **No. 1** cause of death for children ages 1-4. Make sure your home and any home you visit are as safe as they can be.

Stay within **arm's reach** whenever your child is near water.



Assign a **water watcher** – an adult who will pay constant attention to children in the water.



Have a pool?
Be sure it's



Empty **buckets, bathtubs, and wading**

surrounded on all sides by a fence that is

- At least 4 feet high
- Non-climbable
- Has a self-latching, self-closing gate



pools after each use.



Use safety gates, or **lock the door to the yard or garage**, to keep your child from going outside unnoticed.

Avoid 'floaties.' Instead, children should wear **Coast Guard-approved life jackets** when in and around water.



All kids should **learn how to swim**. Talk with your pediatrician about whether your child is ready.



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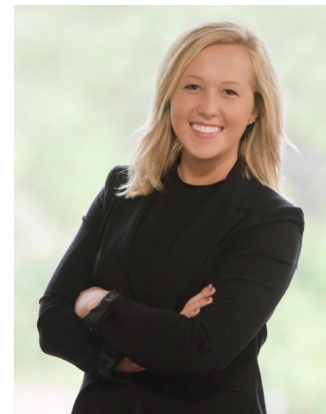
Reach Out and Read Updates for 2019

I am excited to share several Reach Out and Read updates with you this month!

First, powerful new research has been published which shows that **Reach Out and Read can be employed to improve well-child visit attendance**. This is a strong testament to the value of the program, and may be helpful in garnering additional sponsorship for ROR. You can read the full article [here](#).

A great new article was also published this month by Dr. Perri Klass, National Reach Out and Read Medical Director, highlighting new research that print books are better than digital ones for toddlers. I love their idea that if parents want to provide the best "technology" to promote their young child's development, they will find that in a print book! You can read that piece [here](#).

Finally, mark your calendars for our INAAP's annual "Read IN" event coming up April 27th from 10am - 3pm at the Indianapolis Central Library! This event is a celebration of language and literacy in support of Reach Out and Read programs throughout the state of Indiana. The event will feature celebrity guest readers, musical performances, arts and crafts, magic show, and fitness activities. Please let me know if you would like to join us as a volunteer or just to bring your family and enjoy the day! The flyer with additional details on the event is included below.



Reach Out and Read IN Children's Day

Presented by The Indianapolis Public Library
and Reach Out and Read Indiana

Read for a cause!

Read on your own or as a family!

Join us for activities for everyone in the Learning Curve @ Central Library.

- Crouching Tigers classes
- Face painting
- Magic
- Guest celebrity readers
- Read books to win prizes
- Meet **Daniel Tiger**
- And more!



**Saturday,
April 27,
2019**

10:00 AM – 2:00 PM

Central Library

40 E. St. Clair Street

FREE
AND OPEN TO
ALL AGES

10:30 AM

Teddy Bear Concert Series: "The Garden Symphony"

Presented by the Indianapolis Symphony Orchestra

12:00 PM

José-Luis Orozco

Sing and dance with the Grammy-nominated author and musician.



TEDDY BEAR
CONCERT SERIES

1:00 PM

Storytelling with Deborah Asante



Anthem

mhs



ESKENAZI
HEALTH

CollegeChoice 529
DIRECT SAVINGS PLAN



indypl.org

2017 Indiana Infant Mortality Information Now Available



Indiana State Department of Health

The Indiana State Department of Health Division of Maternal and Child Health has released its most recent Infant Mortality Fact Sheets which includes data for 2017. The fact sheets break down Indiana's infant mortality rate by region, age, and cause. Further, there will be two additional facts sheets that will be available later this year that will focus on disparities and statewide analysis.

You can access the current fact sheets using the link below.

[Infant Mortality Fact Sheets](#)



Update from INAAP's CEASE Coordinator Lisa Wegner

This month the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute released the 2019 *County Health Rankings* [report](#). This report ranks counties in all 50 states based on their health outcomes and factors influencing their health.

The report shows that we continue to see high rates of adult smoking (21%) in Indiana. When breaking down the report to the county level, adult smoking rates range from 13%-24%. The unfortunate truth is that smoking rates across all ages continue to be a pediatric issue. The

adult smoking prevalence estimates by county can be found [here](#). I encourage you to take time to get familiar with your county health rankings and the impact it has on Hoosier children.

I also encourage you to join me at INAAP's next meeting on April 10th to talk about ways we can address this issue, along with emerging information on the e-cigarette epidemic!

Support INAAP Through Amazon Smile



Did you know that you can help support INAAP with every purchase you make from Amazon? The Amazon Smile program gives a percentage of every purchase back to participating nonprofit organizations, and those donation can really add up during the holiday season. It's just like using Amazon, but with an added philanthropic benefit. Make sure the purchases you would make anyways this holiday season help support INAAP by using the link below!

[Amazon Smile - INAAP](#)

