August 2023
INAAP Monthly News & Updates

This newsletter contains important updates and the latest news from INAAP. Keep scrolling for more information on:

- World Breastfeeding Month + Resources
- 2023 INAAP Pediatrics Conference + RSVP Information
- INAAP’s New Oral Health Opportunity + Enrollment
- Reach Out and Read Guidance + Updates
- CARE Program Updates
- 2022 Indiana Youth Tobacco Survey Release
- Upcoming events

Letter from the President

Back to school time! New adventures, new friends, and new challenges for our patients and us. As always, safety is something we talk about with our families during each visit whether it be car seat safety, safe sleep, gun safety, water safety, or body safety. Suicide prevention and education is part of that safety training and I am beyond excited to listen to our chapter leaders Drs. Schroeder and Oshimura on this very topic at our Annual INAAP Conference later this month. If you can only attend part of the conference or the entire event- we do hope you will take advantage of this CME opportunity centrally located in our state! We included time to connect with colleagues and I look forward to chatting with you!

Jaime Stelzer, MD
INAAP President

Upcoming Events

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Register Now</th>
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<tr>
<td>2023 INAAP Pediatric Conference</td>
<td>August 25 - 26, 2023</td>
<td>Conner Prairie</td>
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<td>Banter with the Board: Fort Wayne</td>
<td>September 14, 2023</td>
<td>5:30 pm to 7:30 pm Vineland Reserve Winery</td>
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<td>Banter with the Board:</td>
<td>October 13, 2023</td>
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Welcome Our New INAAP Members!

Last month, the following individuals joined the INAAP community. Please join us in recognizing:

- Mikael Howard, MD | Elkhart, IN
- Allysa Nagy, MD | Indianapolis, IN

2024 Physician Day at the Statehouse

Jan 16, 2024, 8:30 AM –
Jan 17, 2024, 2:00 PM

Indiana State House, 200 W Washington St, Indianapolis, IN 46204

INAAP is excited to announce that it's 2023 Pediatric CME Conference will take place August 25th and 26th, 2023 at Conner Prairie in Fishers, Indiana. The conference this year will include breakout sessions with content focused on primary care, practice management, and subspecialists. There will be:

- Admission to Symphony on the Prairie on Friday night which will feature music from the band, Queen
- Breakout sessions with topics to appeal to a variety of attendees
- Exhibitor and community resource room
- Opportunity for family members to enjoy Conner Prairie during the conference
August is World Breastfeeding Month!

August is World Breastfeeding Month! This special occasion highlights the numerous benefits of breastfeeding while promoting policies and initiatives to support and protect this essential practice.

Pediatricians play a pivotal role in encouraging breastfeeding and supporting mothers in their breastfeeding journey. As healthcare professionals specializing in the care of infants, children, and adolescents, pediatricians are well-equipped to provide evidence-based guidance and support to both mothers and families. Here are some essential ways in which pediatricians actively encourage breastfeeding:

- Assist families in making an informed decision about infant feeding by proactively discussing the benefits of breastfeeding
- Educate yourself about breastfeeding and how to care for breastfeeding families in your practice
- Know how to assess adequacy of breastfeeding and manage common breastfeeding problems
- Know the local resources available to you and your patients (WIC, breastfeeding support groups, lactation consultants, breastfeeding medicine specialists, breast pump rental stations, etc.)
- Provide support and guidance to women who wish to return to work or school while breastfeeding
- Display positive images of breastfeeding in your office and encourage the elimination of practices that interfere with breastfeeding (free formula, industry gifts, or coupons to parents, separation of mother and infant, inappropriate feeding images, etc.)
- Support breastfeeding research and advocate for positive media coverage about breastfeeding.
- Advocate for positive media coverage about breastfeeding.

The role of pediatricians in encouraging breastfeeding is vital in ensuring that mothers receive the support, knowledge, and resources they need to successfully breastfeed their infants. By providing evidence-based information, addressing challenges, and promoting breastfeeding-friendly environments, pediatricians contribute significantly to the health and well-being of both mother and child.

**AAP resources for Pediatricians:**

- AAP Breastfeeding Overview
- AAP Policies on Breastfeeding
- The Surgeon General's Call to Action to Support Breastfeeding + Workshop
- The Ten Steps to Successful Breastfeeding
- Breastfeeding: AAP Policy Explained
- NEW STUDY: Fathers Are Key in Supporting Infant Breastfeeding, Safe Sleep

**New Project: Oral Health in Pediatrics**

The INAAP was awarded the 2030 Healthy People Grant. The INAAP will be partnering with McMillen Health and Amanda Norton, a QI consultant for this grant. The goal of this project is to create a comprehensive medical home by
providing oral health focused education and resources to pediatricians, and to facilitate patient centered oral health education, fluoride varnish application, caries risk assessment and HPV vaccination when age appropriate. As a participant in this project you will have access to oral health and QI experts, along with patient centered educational materials developed by McMillen Health. INAAP will work with McMillen Health to develop 10 different low literacy oral health handouts, and a five question provider and patient friendly oral health risk assessment. McMillen specializes in adapting materials to meet the needs of patients. These 10 different topics are also unique to this project focusing on oral health through the lifetime of a pediatric patient. The topics included are: importance of fluoride, toothbrushing and flossing basics, dental emergencies, finding a dentist, drug/alcohol/tobacco and oral health, mental health and oral health, HPV vaccine and oral health, STDs in the mouth and oral health, teen pregnancy and oral health, and nutrition/snacks/drinks and oral health. These materials are available in digital formats so that providers will have continued access to the materials. They will also be available in Spanish.

Providers will be provided with these resources as part of the grant:
● 1 hour initial training provided by McMillen Health
● Quarterly meetings with a QI consultant and oral health advocate
● 10 targeted patient friendly educational handouts
● My Health Baby Oral Health Flip Chart
● Patient centered caries risk intake form

For more information on how to sign up to participate and requirements please see Google Form.

Enrollment Form + Requirements

Clean Air Corner with Dr. Sarah Bauer

The 2022 Indiana Youth Tobacco survey (IYTS), released Tuesday, shows that youth commercial tobacco use among Hoosiers is the lowest measured in the past two decades, and e-cigarette usage is the lowest since 2012. However, even though fewer youth are using tobacco products, the frequent use of e-cigarettes is higher than previous years, the Indiana Department of Health (IDOH) reported.

“We are pleased to see that overall tobacco use is lower among Indiana youth, which is the same pattern being observed nationally,” said State Health Commissioner Lindsay Weaver, M.D., FACEP. “But it is concerning that the majority of students who use tobacco reported using flavored tobacco, including menthol. We know that flavors increase the appeal of tobacco products to youth, promote youth initiation, and can contribute to lifelong tobacco use.”

See the Full Press Release

View a Summary of the IYTS Findings

For more information, questions, or suggestions on future topics, please contact Sarah E. Bauer, MD at bauersae@iu.edu or Clare Burkert at cb@inaap.org.

CARE Team Updates:
In this month's newsletter, the CARE program will highlight an article from the U.S. Department of Health and Human Services and the American Academy of Pediatrics.

This article highlights social media's impact on the youth's mental health and ... “While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents.”

Surgeon General issues new advisory about the effects of social media.

“We are in the middle of a national youth mental health crisis.”

“Today's children and teens do not know a world without digital technology, but the digital world wasn't built with children's healthy mental development in mind. We need an approach to help children both on and offline that meets each child where they are while also working to make the digital spaces they inhabit safer and healthier. The Surgeon General's Advisory calls for just that approach. The American Academy of Pediatrics looks forward to working with the Surgeon General and other federal leaders on Youth Mental Health and Social Media on this important work.” – Sandy Chung, M.D., FAAP, President, American Academy of Pediatrics.

To read more about this topic, click below.

Surgeon General Issues New Advisory About Effects Social Media Use Has on Youth Mental Health

In light of the news, the American Academy of Pediatrics (AAP) has taken action to support children's and adolescents' mental health as they navigate social media. The AAP has created The American Academy of Pediatrics (AAP) Center of Excellence on Social Media and Youth Mental Health. This center is dedicated to creating a healthy digital ecosystem for children and adolescents.

Social media use starts during childhood and can play a significant role in the relationships and experiences that impact children's and teens’ growth, development, and mental health.

The Center's work is guided by its co-Medical Directors, Megan Moreno, MD, MPH, MSEd, FAAP, and Jenny Radesky, MD, FAAP, who are pediatricians and experts in the field of youth development and media. We will have collaborative conversations with youth, families, and community representatives, with lived experience to help inform and shape our work.

Please click here to learn more about The Center of Excellence on Social Media and Youth Mental Health, their approach, and what they do.

The Center of Excellence on Social Media and Youth Mental Health

Reach Out and Read Updates

Time flies, and summer break is drawing to a close as kids head back to school. As we embrace the new academic year, we want to emphasize the significance of children reading with their parents or guardians at home. This simple act of reading together holds immeasurable value for a child's academic development. Research has consistently shown that one-on-
one reading time and access to books are crucial predictors of future literacy skills and overall educational achievements. Conversely, children who lack opportunities to read regularly may struggle academically, with these difficulties potentially persisting into middle school, high school, and beyond. Consider this eye-opening fact: "the absence of parental involvement can lower average reading scores by 74%," highlighting the tremendous impact that even a little at-home reading can have!

**Attention to Kindergarten-bound Kids!**
For the little ones about to step into Kindergarten, the idea of this new experience can be both exciting and nerve-wracking. However, with the help of fun and accessible stories that depict the joys of the classroom, these worries can easily melt away! Take, for example, "Clifford Goes to Kindergarten," where Emily Elizabeth embarks on her first day of kindergarten feeling a bit nervous. Fortunately, her teacher allows students to bring something from home to ease the day (though Emily surprises everyone by bringing the lovable, giant Clifford!).

To prepare the upcoming kindergarteners excited for this milestone, Scholastic has curated a selection of expert-approved kindergarten books, along with helpful tips and resources in our comprehensive guide. Discover all these great books about kindergarten here! Additionally, don't forget to explore more books and activities available at The Scholastic Store.

Let’s make reading an enriching and enjoyable part of the upcoming school year for our children!

**Progress Report Reminder!**
Progress Report season is here! The July 2023 progress report is ready for completion on myror.org. Please complete and click “Submit” no later than September 1st. Access the Progress Report at www.myror.org, using your individual logins.

The data provided in your Progress Report is pivotal to telling Reach Out and Read's story in Indiana. We must aggregate site data to report back to current funders, submit new grant requests, support state and federal allocation requests, and forecast future book needs.

If you have any questions or need anything regarding Reach Out and Read please reach out to Madison Shepherd at mc@inaap.org.

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**Your Two Year Old Reach Out and Read Tips**

In this section, we have information from our ROR medical director, Dr. Jill Howell-Berg, on best practices around ROR. And ROR is more than a book distribution program. As providers, you have the opportunity to model reading to parents and caregivers during well-child appointments.

The simple act of reading aloud together helps create a lasting emotional connection, stimulates a child's cognitive development, and lays the groundwork for a lifelong love of reading and learning.

**Easy Things To Share with Parents:**
- Read labels and signs wherever you go.
- You may have TWO MINUTES (hopefully up to 5) of attention: normal for the age! It is okay to simplify the story line.
- Use silly voices for characters. Have FUN
- Predictable storylines and rhymes, let them fill in the missing words “twinkle twinkle little ____”
- Work on shapes and colors, they might recognize letters and sing “ABCs”
They may “read” or recite the words to you
Count things—up to 10!
Make sure they can see you reading (face each other)

INAAP's Payor Council is Here to Help!

Do you have a payment, prior authorization, or formulary issue that you just can't get resolved? Help is here! Submit your problem to INAAP and our payor council will work with our partners at the Indiana State Department of Health and the Family and Social Services Administration to see if we can find a solution.

Email concerns to Chris Weintraut at cw@inaap.org.

Need something new to listen to?

Whether you are on your way to work or have a few moments of downtime, this podcast is perfect for you! Get the latest AAP updates with this podcast that features interviews about new research and hot topics in the field of pediatrics.