

Nevada Chapter AAP

Summer 2017



Letter from the President

Dear colleagues,

Welcome to the summer edition of our newsletter. Summer is almost upon us! Your new executive board is excited and ready to serve. Our chapter has been hard at work advocating for our children and supporting our members. Highlights from this quarter include our first annual physician wellness retreat, speaking about the importance of vaccines at the March for Science Las Vegas, and meeting with Congressman Ruben Kihuen to discuss the importance of protecting children's access to medical care. Pictures from all of our events are up on our Facebook page! Like us on Facebook for regular updates on our chapter [www.facebook.com/NevadaChapterAAP].

Thank you to everyone who attended our first annual Physician Wellness Retreat. We had a great turnout! Physician burnout is become increasingly more common and it is a top priority for our chapter to address burnout. It is our goal to incorporate more wellness activities throughout the year.

Be sure to check out 'News from the Chapter' on page 2 for details on our upcoming Walk with a Doc one year anniversary and details on the AAP advocacy tool kit to protect children's health coverage.

Lastly, save the date: our annual CME meeting will take place on Saturday, Nov 4th. We are busy planning the event now and more details to come shortly.

As always, if you have any ideas for advocacy or projects, please let us know. Your chapter is here to support you! Thank you for your commitment to caring for Nevada's children.

Sincerely,

Betsy

Upcoming Events

Sunday, June 11, 10:00-11:00 AM (2nd Sunday of every month)

Walk with a Doc: Kids Time First Anniversary Celebration!

Special Location: Mt Charleston Visitor Center Gateway

September 16-19, 2017

AAP National Conference & Exhibition

Chicago, IL

Important Announcements

Save the date: **NV Chapter AAP Annual Meeting will take place on Sat, Nov 4!**
Location TBA.

We have a brand new webpage! Please check us out online at www.nevadaaap.org

News from the Chapter

Walk with a Doc: Kids Time

Join for our first anniversary celebration of Walk with a Doc: Kids Time! It's going to take place on Sunday, June 11th at a different time 10:00 AM and special location – beautiful Mt Charleston. We celebrate a year of getting our patients (and ourselves) off the couch and onto the trails.

Dr. Greenspon will be speaking about "Nature Deficit Disorder: Why We Need to be Outdoors" prior to the walk. The first 20 people will receive t-shirts!

We will be meeting at the Spring Mountain Visitor Gateway (2525 Kyle Canyon Road) at 10 AM. We hope to see you there! For more information, please visit our webpage: <http://nevadaaap.org/events>.

Protecting Children's Coverage: An Advocacy Toolkit for AAP Members, Leaders and Chapters

The American Health Care Act (AHCA) recently passed through the House by a narrow margin in May. The bill has now gone to the Senate for their input and revision. The AAP has released statements opposing the bill in its current form. The CBO estimates 23 million people will lose health coverage by 2026. This will disproportionately affect children. The bill also eliminates required coverage of essential health benefits and allows insurers to discriminate against patients with preexisting conditions by charging them unaffordable premiums. This is a critical period for the Senate bill as it is being actively worked on by the senators and it is the perfect opportunity for pediatricians to voice their concerns.

The advocacy tool kit created by the AAP contains resources to help pediatricians engage with their members of Congress. It is vitally important that we speak up for our patients and protect their access to health care. You can access the tool kit at: federaladvocacy.aap.org.

Our chapter has launched an ongoing advocacy project to discourse with legislators in our state about this important topic. We have sent letters to Governor Sandoval, Senators Cortez Masto and



Useful Websites

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American Academy of Pediatrics

www.aap.org

HealthyChildren.org

www.healthychildren.org

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Again**

**Immediate Past President -
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Heller, and Representatives Titus, Amodei, Rosen, and Kihuen to oppose the AHCA. Our chapter leaders have met with Congresswoman Rosen and Congressman Kihuen and staff members of Senators Cortez Masto and Heller to discuss the importance of ensuring children in the Nevada have access to medical care. We will continue to speak out against any legislation that is bad policy for our children.



AAP Policy Corner

Fruit Juice in Infants, Children, and Adolescents: Current Recommendations

Abstract:

Historically, fruit juice was recommended by pediatricians as a source of vitamin C and as an extra source of water for healthy infants and young children as their diets expanded to include solid foods with higher renal solute load. It was also sometimes recommended for children with constipation. Fruit juice is marketed as a healthy, natural source of vitamins and, in some instances, calcium. Because juice tastes good, children readily accept it. Although juice consumption has some benefits, it also has potential detrimental effects. High sugar content in juice contributes to increased calorie consumption and the risk of dental caries. In addition, the lack of protein and fiber in juice can predispose to inappropriate weight gain (too much or too little). Pediatricians need to be knowledgeable about juice to inform parents and patients on its appropriate uses.

For the full policy statement, please visit:

<http://pediatrics.aappublications.org/content/early/2017/05/18/peds.2017-0967>

Activities of the National AAP Committee on Nutrition and Upcoming Nutrition-Related Reports

Submitted by Nicolas Stettler-Davis, MD, MSCE, FAAP

The AAP Committee on Nutrition (CON) has been busy working on a number of reports and statements that will come out in Pediatrics in the next few months. The Policy Statement "[Fruit Juice in Infants,](#)

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[Children, and Adolescents: Current Recommendations](#)" has been published in the May issue of Pediatrics and has benefited from a broad media coverage. In the next few months, you should see reports or statements on the metabolic syndrome in children and adolescents, the use of nonnutritive sweeteners in children, and pediatric blood pressure management. Further down the line, the CON plans to address a broad range of nutrition topics, including advocacy, seafood, aluminum, cholesterol, atopic diseases, and added sugars. Make sure you look out for these reports and statements that will certainly have a positive impact on the health of Nevada children and on our work as pediatricians.



Contact Us

Questions? Comments? Please contact us at nevadachapteraap@gmail.com

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