

Foundation golf outing/fundraiser kicks off 2007 Annual Meeting

Blue skies and temperatures in the 70s were perfect for golfers at the first Ohio AAP Foundation's golf outing/fundraiser at Granville Golf Course in Newark. The golf scramble was a kickoff to Ohio AAP's 2007 Annual Meeting held Sept. 14 and 15 at Cherry Valley Lodge in Newark, Ohio.

Prior to the opening reception on Friday evening, several Ohio AAP members and their practice managers attended a coding workshop presented by **Richard Tuck, MD**.

At the reception, members were able to network with colleagues and exhibitors. A record 22 exhibitors were on hand to share the latest medical information.

At the breakfast meeting Saturday morning attendees were updated on the accomplishments of the Ohio Chapter for the past year and learned about future plans for the organization.

Michael Brady, MD, and **Robert Frenck, MD**, both members of the Red Book Committee, gave participants a review and update of the newest information on infections and immunizations found in the AAP *Red Book*.

The second workshop, *How Health Policy Effects You and How You Can Influence Health Policy*, was presented by three dynamic speakers – **Alvin Jackson, MD**,



Jo Ann Rohyans, MD, received Ohio AAP's **Elizabeth Spencer Ruppert Outstanding Pediatrician of the Year Award** at the 2007 Ohio AAP Annual Meeting Sept. 15 at Cherry Valley Lodge. Ohio AAP President **William Cotton, MD**, presented her with the award. More photos on Pages 4&5.

the new Ohio Department of Health Director, **Mary Applegate, MD**, medical director for Medicaid, and **Lisa Simpson, MD**, director of the Child Policy Research Center at Cincinnati Children's Hospital Medical Center. Attendees learned about recent public policy decisions and their affects on pediatrics. Participants had an opportunity to discuss with presenters how they can be more proactive in areas of public health.

An awards luncheon followed the workshops. The Committee Co-Chairs of the Year Award went to **Roberta Bauer, MD**, and **James Bryant, MD**, of the Chil-

dren with Disabilities Committee. This committee was responsible for the Behavioral Health workshops at last year's Annual Meeting and the Chapter's involvement with the Autism Task Force, which resulted in a \$800K Autism grant for Ohio AAP. The committee also spent time and effort on advocating for increased funding for the Bureau for Children with Handicaps and increased Medicaid coverage for children with disabilities.

The Arnold Friedman Community Pediatrician Award was given to **Louis Goorey, MD**.

Dr. Goorey has been an advo-

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Legislative Update

Update from the Statehouse

After wrapping up work on the state's biennial budget at the end of June, legislators began their traditional post-budget summer break. Ohio lawmakers are scheduled to return in late September for a number of fall committee hearings/voting sessions.

Although the halls of the Statehouse have been quiet over the summer months, Ohio AAP has been involved in a number of issues impacting pediatricians and health care.

INCREASE IN MEDICAID REIMBURSEMENT RATES PLANNED

As part of the state budget, Gov. Ted Strickland and the Ohio Legislature included a three percent increase for Medicaid fees paid to non-institutional health-care providers, effective January 1, 2008. An additional three percent boost will also be added again January 1, 2009.

Instead of applying the increase across the board to all health procedural codes, Medicaid focused the money on increasing the codes related to primary care, neonatal care and emergency department services. Significant increases were included in the following areas: preventive medicine, primary care office visits, deliveries and prenatal visits, consultations, hospital inpatient services, emergency department visits, psychiatry, and psychology.

The vaccine administration fee received a 100% increase, with reimbursement increasing from

\$5 to \$10. Developmental tests (limited) received a 21.6% increase and developmental tests (extended) received a 97.6% increase.

While Ohio AAP appreciates the long overdue increase in the state reimbursement, we did take the opportunity to voice our concern about the need to mandate that managed-care organizations – that now manage the majority of Medicaid patients' care – pass on a portion of the annual rate increases they receive from the state to the providers in their networks offering the care.

STATE HEALTH CARE HEARINGS HIT THE ROAD

With a focus on improving health-care access and affordability, witnesses from around the state joined lawmakers to share insights, ideas, and personal stories during committee field hearings in Cleveland, Toledo, Zanesville, Springfield and Cincinnati.

The joint hearings of the House Healthcare Access & Affordability Committee and the Senate Health, Human Services and Aging Committee were held in late July and August to offer an opportunity for a broader segment of the state's population to weigh in on barriers to quality health care for Ohioans.

Rep. Jim Raussen (R-Springdale) said the field hearings were designed to provide input for a health-care reform package to be introduced in the fall. Measures to increase access to health care

would likely center on public/private partnerships and incentives for small businesses to cover employees.

"The reform package will look at wellness and prevention, information technology, and how to cover more of the uninsured," he said.

A special thank you to the following Ohio AAP members who provided written comments or testified at the regional hearings: **David Krol, MD**, Toledo, **Michael Farrell, MD**, Cincinnati, **Ron Levin, MD**, Cincinnati, **Robert Wiess, MD**, Cleveland, **Lolita McDavid, MD**, Cleveland.

- Dan Jones
Ohio AAP Lobbyist



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President's Message

Benefits of hard work beginning to show

A little over a year ago the Ohio AAP developed its 100%/100% document. This document stated our goal of having 100% of all children in Ohio covered by insurance, and our goal of having Medicaid pay pediatricians at 100% of Medicare reimbursement levels.



William Cotton, MD

We shared our 100%/100% paper with the Ohio governor candidates last summer. We shared our paper with other Ohio children's advocacy groups, and we shared our paper with Ohio Medicaid. In fact we shared our paper with anyone who would listen.

With the approval of the new state budget we are beginning to see some benefits of our hard work. The budget has a 3% increase in Medicaid fee-for-service. Although this is only a beginning, this is still the first increase in Medicaid that pediatricians have seen in more than seven years. Several weeks ago we met with Ohio Medicaid. We were particularly pleased to see that the 3% increase will be focused on the primary care codes that pediatricians use most often. This makes the increases in these codes to be greater than just a flat 3%. We were also glad to hear that Medicaid plans to increase the reimbursement for immunizations from \$5 per immunization administered to \$10 per immuni-

zation. Although still not enough to cover costs, it is a big increase.

These increases are for the Medicaid fee-for-service patients. Most Ohio Medicaid recipients now are covered by Medicaid HMOs. Many of the pediatricians' contracts are based on the Medicaid fee-for-service rates and will get an increase in their payments as the fee-for-service rates increase. You should check to see how your contracts read.

This summer I have met with all of the committee chairs and reviewed their goals, plans, and budgets. One focus of these meetings was to encourage all chairs to expand membership involvement. I encourage all Ohio AAP members to go to our Web site (www.ohioaap.org) and look at our lists of committees. If there is a committee that interests

you, please feel free to contact the chair to offer your help. I am sure that we have experts in our midst who could really add to the already successful committees. I also want to encourage part-time pediatricians to consider participation on committees. Your committee involvement doesn't have to take a lot of time, but the time spent will benefit the Ohio AAP and the children of Ohio.

The Chapter is also working on updating our Web site. We hope the new design will be more appealing and user-friendly. We plan to include a members-only section as well as sites for our committees to share their activities.

– William Cotton, MD
President, Ohio AAP

Chapter seeks members for task force on adoption, foster care

At a recent retreat of the Ohio AAP there was interest expressed in developing chapter activities around foster care and adoption issues perhaps through a task force.

The National Committee on Early Childhood, Adoption and Dependent Care and the Section on Adoption and Foster Care of the AAP have called for the addition of "improving the care of children in foster care" to the AAP strate-

gic plan. The National Task Force on Foster Care was approved by the AAP Board of Directors and will move into a planning period.

If you are interested in participating in development of an Ohio task force on Foster Care and Adoption, or have other ideas you'd like to share, contact Judy Romano, MD, at drjudithromano.1@comcast.net, or the Chapter office at (614) 846-6258.

Roberta Bauer, MD, accepts the award for the Committee Co-chair of the Year from Ohio AAP President William Cotton, MD. James Bryant, MD, is Dr. Bauer's co-chair on the Children with Disabilities Committee. The committee advocated for an increase in Medicaid coverage for children with disabilities.



The Chapter renamed its Outstanding Pediatrician Award the Elizabeth Spencer Ruppert Outstanding Pediatrician Award in honor of Libby Ruppert, MD, for her years of service to the Chapter as well as national AAP.



The Arnold Friedman Community Pediatrician Award was given to Louis Goorey, MD, right. Dr. Goorey has been an advocate for children during his years as a practicing pediatrician, during his retirement years, and in his various roles in the political arena.



Ed Cox, MD, right, District Vice Chair of District V, presented William Cotton, MD, and the Ohio Chapter with the AAP 2006 Outstanding Very Large Chapter of the Year Award.



Jon Price, MD, right, received an Achievement Award from National AAP for his work on the Ohio AAP's Pediatric Care Council.

Past President John Duby, MD, (right) received the Leonard P. Rome Award in recognition of his leadership and commitment to the Chapter. Dr. Duby has been the driving force behind further advancement of the Ohio AAP Foundation and strongly supports the Ohio Reach Out and Read program.



State Rep. Jon Peterson received the Antoinette Parisi Eaton Advocacy Award for his support of Ohio's children's health issues.



Winners of the first annual Ohio AAP Foundation golf outing/fundraiser were: from left, Michael Wood; David Rich, MD; Terry Barber, Sr., MD; Todd Holman, MD.



Last place finishers in the Ohio AAP Foundation golf outing Marilee Gallagher, MD, John Duby, MD, and Bill Cotton, MD, received a copy of "Golf For Dummies." Rounding out their foursome was Bob Murray, MD (not pictured).



Annual Meeting attendees line up to ask questions of Mary Applegate, MD, (center) medical director for Medicaid, following her presentation on how health policy affects Ohio pediatricians and how pediatricians can influence health policy.

District V Report

Pediatricians must continue to advocate for fair physician reimbursement

This summer both houses of Congress have passed renewals for the State

Children's Health Insurance (SCHIP). Since the bipartisan creation in 1997, the State Children's Health Insurance Program (SCHIP) has provided health coverage

to millions of children whose parents cannot afford private health insurance but who do not qualify for Medicaid because they are working. This program is called Healthy Start in Ohio. Since SCHIP legislation was passed in 1997, uninsured children have decreased in Ohio by 30 percent.

In Ohio there are 249,019 uninsured children. Of these children 66% are eligible but not enrolled in Medicaid or the State Children's Health Insurance Program. If passed the federal renewal for SCHIP will cover all these children.

We know that when children have health insurance they are more likely to be healthy, the costs for medical care decreases, and children go to school ready to learn. When children receive preventative asthma care, hospital admissions for asthma exacerbations are reduced by 70%. Pediatricians provide a majority of all office visits to children on Medi-



Ellen Buerk, MD

caid and SCHIP including routine checkups, immunizations and treatment for problems found in health screenings. Receiving preventative health care is what keeps kids healthy.

In Ohio, as well as many other states, fewer private pediatricians are accepting Medicaid and SCHIP to limit the numbers of children they see. The reason they limit the access of children on SCHIP and Medicaid is that community-based physicians are not meeting the office costs necessary to break even when they see children who have Medicaid and SCHIP insurance. The number of providers willing to see children who have SCHIP and Medicaid insurance has decreased in the last several years.

As we pass this very effective legislation that gives health insurance to children of parents who work but do not qualify for Medicaid, pediatricians must continue to advocate for fair physician reimbursement. The AAP has been instrumental in leading the national coalition of partners to renew this legislation.

The Academy and its chapters must make legislators aware that "having insurance" doesn't necessarily mean "having access" to providers. States that administer SCHIP must realize that access to health care involves having the insurance and making sure the reimbursement to the providers is fair.

Pediatricians must advocate for health care for children whose parents are poor or near poor. We must also advocate for fair payment for physicians who care for these children.

Preventative health visits and chronic care in a medical home is the most economic way for children to be physically and mentally healthy. Children are our states most precious resource and our shining future.

– Ellen Buerk, MD
District V Chairperson

Reduce your Workers' Comp Premiums

Members of the Ohio AAP are eligible to take advantage of the Frank Gates Service Company group rating program and reduce their Workers' Compensation premiums. By doing so, members, on average, saved \$13.80 for every \$1 invested.

This program offers the highest savings and the best protection against changes that could increase your costs.

To learn how much you could save, call (800) 395-4119, or submit an online AC-3 Form at www.frankgates.com.

What's up with Impact SIIS?

The Ohio Department of Health's Impact Statewide Immunization Information System (SIIS) has launched the "School Nurse Access to Impact" pilot program for the 2007-2008 school year. This program will allow school nurses licensed by the Ohio Board of Nursing "view-only" access to Impact SIIS. Thirty-eight schools, representing a broad spectrum of private and public schools, will be able to retrieve patient immunization histories directly from Impact SIIS. By giving schools access, we hope to decrease the time and expense medical practices and parents incur retrieving immunization records.

Currently, Impact SIIS has more than 5.4 million patients and more than 25.9 million shot histories. This Web-based application is a valuable tool for public and private immunization providers. Currently, Impact SIIS partners with managed-care organizations as well as various immunization coalitions throughout the state. Impact SIIS is currently working with EPIC, an electronic medical records software provider to provide easy access to Impact SIIS for end users that use EPIC. The Impact SIIS team looks forward to partnering with all electronic medical record companies to bring added value to all stakeholders.

The Impact SIIS recruitment team is diligently seeking new users. There is a cost benefit and time savings to using Impact SIIS. Each time a provider site accesses the registry, the site is saving

\$14.67. Due to use of the registry, a nurse is not required to manually pull each chart to manually write out a school/camp/day-care for families.

The Impact SIIS team is currently providing up-to-date news, information and skills refreshers for members by providing 'end-user' meetings throughout Ohio. There have been meetings in Columbus, Cincinnati and Cleveland. There will be more to come throughout the fall. The SIIS team is requesting all participating providers to encourage their staff to attend the end user meeting in their area.

Impact SIIS is free, including free reminder/recall notices that are sent to children who are due for immunizations. "The National Vaccine Advisory Commit-

tee (NVAC) in 1993 recommended a set of standards to improve immunization practices for health-care professionals serving children and revised the standards in 2002. The standards recommend the use of tracking systems to provide reminder/recall notices to parents/guardians and physicians when immunizations are due or overdue," (American Academy of Pediatrics, Record Keeping and Immunization Information Systems *Red Book*.; 2006: 37-39).

If you are interested in hearing more about Impact SIIS, please contact Robyn Taylor at the Ohio Department of Health at (614) 752-4488.

– Robyn Taylor
Ohio Department of Health

Dr. McRury named new CATCH co-facilitator

Jonna McRury, MD, is the new CATCH co-facilitator and co-chair of the Ohio AAP Health Equity Committee.

Dr. McRury works for Toledo's Neighborhood Health Association a community-based Federally Qualified Health Center. She has served in a leading role with **Libby Ruppert, MD**, in the development of the Lucas County Initiative to Improve Birth Outcomes (LCITIBO).

As part of this initiative a large community collaborative has been developed to focus care co-

ordination on pregnant women who are most at risk for adverse birth outcomes such as low birth weight and infant mortality. The "at risk" expectant mothers are being identified through geocoding of specific neighborhoods and the development of risk scoring strategies supported by the local health department. Consistent with the Ohio AAP Equity Principals* this initiative is engaging multiple community-based care coordination groups to reach out to pregnant

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Become a Pediatrician On Call

As pediatricians, we make medical decisions that impact the lives of children every day. Our interventions have both immediate and long-term effect for improved health care. We apply our knowledge, skills, and experience to influence decisions and behavior.

As pediatric advocates, we apply the same principles to affect health-care policy for the benefit of children and the profession of pediatrics.

The Ohio Chapter has increased its involvement in legislative affairs over the past five years. Through the efforts of our members and the guidance of Dan and Belinda Jones and Tracy Intihar, our lobbyists and legislative consultants, we have representation at many levels in our state government. We have relationships with key coalitions and dialogue with leadership in government agencies. We have been consultants to the governor's health-care advisory staff and currently serve on various committees and commissions.

We have priority initiatives and a strategy to achieve our goals. Now we need you to be our voice.

We are creating "Pediatricians On Call." It is a network of pediatricians like you who interact with their state representative or senator on behalf of pediatrics. Pediatricians enjoy a favorable reputation with legislators, and as constituents can influence policy. You just need to know how.

Our plan is to connect pediatricians with key legislative leaders throughout the state. We will teach you how to establish a relationship with your representative and equip you with the knowledge and skills to interact effectively. Your efforts will be guided and coordinated through the Committee on Legislative Affairs and our consultants.

We plan to have video online training for those who cannot travel, and use teleconferencing to maintain and develop your skills. You will receive communications through e-news, per-

sonal e-mail, and a newsletter summarizing important bills, potential testimony opportunities, or requests for contact with your legislator.

Legislative involvement is an exciting and rewarding activity. It provides a forum for you as a pediatric expert to weigh-in where your opinion could make a difference. Learning the basic skills and acquiring the confidence to interface with your legislator is fun and quickly mastered. We are equipped to guide and assist you every step of the way.

If you have ever felt frustrated about our public health policy for children and want to do something about it, now's your chance. Fill out the accompanying information, e-mail the Ohio Chapter (chapter@ohioaap.org), or call us (614) 846-6258 to be a "Pediatrician On Call."

Your strongest qualifications are that you are a pediatrician and that you care.

– Terry Barber, MD
President-Elect

Yes, I would like to be a Pediatrician On Call

Name _____

Address _____

City _____ **State** _____ **ZIP** _____

Office Phone # _____

Home Phone # _____

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E-mail address _____

Fax back form to Ohio AAP Chapter office 614-846-4025; or mail back to Ohio AAP, 450 West Wilson Bridge Road, Suite 215, Worthington, OH 43085

CATCH Grant

WE CAN makes a difference in nutritional habits of children

Editor's Note: CATCH Grant recipient Sarah Corathers, MD, describes her project that has increased awareness of overweight children in the Cincinnati area. Her goal is to enhance child activity and nutrition thus reducing obesity.

Given the increasing prevalence of obesity in children and the health risks that being overweight confers it is imperative that pediatricians be trained to calculate BMI as part of each health maintenance visit after the age of 3, plot values on the growth curve to monitor over time and provide indicated counseling, treatment and referrals for families. Surveys of resident and faculty providers at the University of Cincinnati parallel findings throughout the country that suggest perceived parental resistance, lack of treatment options and lack of knowledge to provide counseling as major barriers to addressing pediatric overweight.

My CATCH project was designed in collaboration with another resident, **Jennifer Hillman, MD** (currently an adolescent fellow at Cincinnati Children's Medical Center). We are recruiting patients ages 5-11 with a BMI for age >85% (at risk for overweight) from the combined faculty/resident practice for MedPeds at University of Cincinnati to participate in free

monthly meetings held at the local community recreation center. The meeting curriculum is based upon materials from the National Institute of Health, WE CAN program. WE CAN stands for Ways to Enhance Child Activity and Nutrition. The Web site: www.nhlbi.nih.gov/health/public/heart/obesity/wecan is a great resource for pediatricians and families. Many of the materials are available at no charge in both English and Spanish.

The meetings are led by a multidisciplinary group of facilitators including pediatric residents, faculty, nutritionists and exercise specialist. The grant funds have been used for meeting supplies, resource folders and to pay for annual memberships to all of the recreation centers within the city of Cincinnati for the children participating in the program. Each session offers a variety of nutrition tips as well as an opportunity for physical activity in the gym.

Recent sessions have included an interactive portion distortion quiz, packing healthy lunches to take to school the following day and creating an activity wheel full of ideas to stay active even during the winter. It is a great benefit to have parents and caregivers involved in the group meetings and many times they share valuable tips with each other, such as measure out a por-

tion of a snack into a plastic baggie to take on an outing rather than the entire bag or sharing recipes for tasty low-calorie snacks. One of the girls in the program has joined the basketball league at the recreation center where we meet.

Currently, we have recruited nine families to participate. The availability of the program though has increased awareness of pediatric overweight and obesity amongst providers in our practice. Even for the children who do not attend the monthly meetings, the CATCH grant has allowed us to give educational talks to the residents, training in motivational interviewing and investment in more counseling materials for our clinic. The program is designed for more junior residents to take on the role of program leader each year with ongoing revolving recruitment from our clinic so that it will continue into the future.

– Sarah Corathers, MD
Cincinnati Children's Hospital

(This article was reprinted from the American Academy of Pediatrics Resident Section - District V Newsletter.)

Annual Meeting... from page 1

cate for children during his years as a practicing pediatrician, during his retirement years, and in his various roles in the political arena.

After a decade of retirement his former patients still express their gratitude for his daily care and his diagnostic triumphs. Many central Ohio pediatricians who are now active in organized medicine were mentored by Dr. Goorey and credit him for teaching them how to balance a clinical practice and politics.

Past president **John Duby, MD**, received the Leonard P. Rome Award in recognition of his leadership and commitment to the Chapter. Dr. Duby received this award based on several programs that he led. One such program was the Ohio AAP Behavioral Health Conference in February 2005 that he organized. This program got many pediatric mental health organizations together to talk and share ideas of ways to provide better coordinated mental health care for children. He has also been the driving force behind further ad-

vancement of the Ohio AAP Foundation and strongly supported and organized the Ohio Reach Out and Read project.

State Rep. Jon Peterson received the Antoinette Parisi Eaton Advocacy Award for his support of Ohio's children's health issues. Rep. Peterson working with the Children's Hunger Alliance hosted a series of three legislative breakfasts that were used to educate legislators about healthy school breakfasts, quality vended foods in schools, and the importance of daily activity for children. Two pieces of legislation came out of this effort – SB 118 and HB 254. Rep. Peterson also worked closely with Ohio AAP on the State Autism Task Force.

The Chapter renamed its Outstanding Pediatrician Award the Elizabeth Spencer Ruppert Outstanding Pediatrician Award in honor of **Elizabeth "Libby" Ruppert, MD**. Dr. Ruppert has been extremely active in the AAP both on the state level – as Ohio AAP president – as well as with the national AAP especially with

her involvement in leadership roles with the Committee on Children with Disabilities.

Jo Ann Rohyans, MD, received the Elizabeth Spencer Ruppert Outstanding Pediatrician Award for her distinguished achievements of pediatric care and education of patients and physicians in Ohio. Dr. Rohyans has been active in the Ohio AAP as the chair of the public relations committee. She is an AAP media spokesperson and is on the board of the Ohio AAP Foundation. She is extremely active with Columbus Children's Hospital and has served on multiple committees, edited the hospital magazine, taught medical students and residents both in the hospital and in her own practice. She is the mother of four and proud grandmother of one.

Concluding the awards ceremony, **Ed Cox, MD**, District Vice Chair of District V, presented the Ohio Chapter with the AAP 2006 Outstanding Very Large Chapter of the Year Award. The Chapter won the award at the Annual Leadership Forum this spring.

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women most at risk, and ensure they connect to critical prenatal care services.

LCITIBO is operated by the Hospital Council of Northwest Ohio under the leadership of Jan Ruma. The Hospital Council has developed contracting which will link financial support directly to specific-care coordination benchmarks. These financially accountable benchmarks will work to help ensure that the "at-risk" individuals enrolled truly

connect to service. Central registration of all individuals enrolled will help the initiative begin to eliminate care coordination service duplication.

The LCITIBO has received support and interest from Federal Health Resources and Services Administration. Substantial funding support has been developed through the Toledo Community Foundation, The Stranahan Foundation and other local funders. Communities in Cincin-

nati, Richland County, Lincoln, Nebraska and Oklahoma City are engaged in similar model programs.

Equity Principals include:

1. Engage those most at risk,
2. Ensure they connect to evidence-based intervention,
3. Measure the result in health impact and cost savings.

– *Mark Redding, MD*
CATCH Coordinator

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Ohio Early Education and Child Care Committee to meet Nov. 7 in Columbus

There are many important programs and partnerships around the state working to improve the health and safety of our young children in and out of home settings and to improve their school readiness.

Never before have policy-makers on all levels of government been more aware of the special needs of young children.

Ohio is fortunate to be a part of the Build initiative – a multi-state partnership that helps states construct a coordinated system of programs, policies and

services that responds to the needs of young children and families. Build Ohio has a strategic framework to create a state-wide early system and Ohio AAP is at the table.

On Nov. 7, there will be a meeting of the Ohio Early Education and Child Care Committee (OEECC). At this meeting committee members will develop goals and objectives.

You are invited to attend in person or by conference call. The meeting will be held at 3 p.m. at the offices of Healthy Child Care

Ohio – OCCRRA, 6660 Doubletree Ave., Columbus, Ohio. The number to call to get connected to the conference call is Access number 1-866-206-0240 and the Participant PIN 475972# When the PIN is entered - follow with # sign.

For more information or questions, contact Judy Romano, MD, at drjudithromano.1@comcast.net, or the Chapter office at chapter@ohioaap.org or (614) 846-6258.

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the 2007 AAP NCE, Oct. 27-30



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*Reach Out and Read***Borders' customers donate nearly 5,000 books to ROR**

From August 1 through the Labor Day weekend, Borders Books Stores encouraged their customers to promote literacy and put books in the hands of low-income children by hosting a book drive benefiting Reach Out and Read (ROR) Ohio. A total of 12 Borders Book Stores in Akron/Canton, Cincinnati, Dayton, Toledo and Youngstown participated in the book drive this year. Almost 5,000 books were collected at these locations and will stay in the local communities where they were donated. Borders will also donate \$1,000 to Reach Out and Read Ohio as a result of the book drive.

Customers were greeted by in-store displays full of children's books which they could pick up, take to the cash register and let the cashier know that they wanted to donate the book to Reach Out and Read Ohio. If customers preferred, they could choose their favorite children's book to donate, even if they did not see it on the display.

The books donated were a variety of age-appropriate board books for infants through story books for preschoolers, as approved by National ROR. Children are excited by books that speak to them and their experiences. They love familiar sights and stories, but also love novelty and challenge. With that in mind, ROR has developed guidelines for the types of books children prefer and are recommended for donation.

Infants 6-12 months prefer board books with photos of ba-



Borders Book Stores encouraged their customers to host a book drive Aug. 1 through Labor Day weekend to put books in the hands of low-income children and to benefit ROR Ohio at the same time. Nearly 5,000 books were collected at various locations around the state.

bies or familiar objects, such as balls or bottles. Younger toddlers, 12-24 months, enjoy board books with simple rhymes, or books that say goodbye or hello. Older toddlers, 24-36 months, like



board books and books with paper pages that have repetitive text so they can memorize and repeat the story. Preschoolers, 3-5 years old, prefer books about kids that look or live like them, but also books about different people, places and things.

For more detailed suggestions of what to look for when choosing books for young children, visit www.ohioaap.org/ reachoutandread and click on

“What Children Like in Books.”

ROR Welcomes New Sites

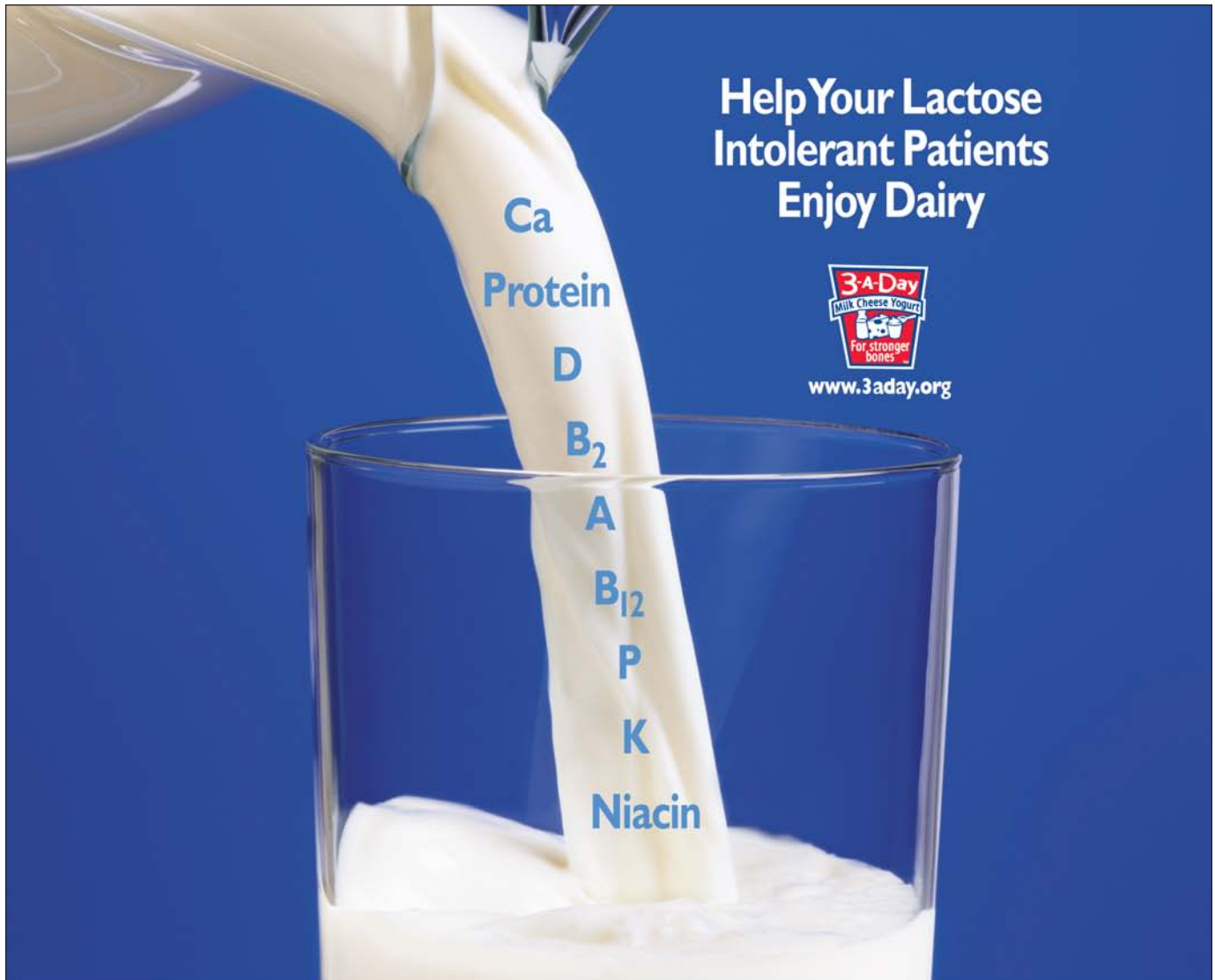
Recently, four new practices have joined the ROR Ohio Coalition. Welcome to:

Neighborhood Health Association / NHA Pediatrics Clinic – Toledo

NorthEast Ohio Neighborhood Health Services, Inc.
Southeast Health Center – Cleveland

OhioHealth Grant Family Medicine – Grove City
Pediatricare Associates – Toledo

For more information on becoming a Reach Out and Read site, please contact Heather Hall, Reach Out and Read Ohio Coalition Leader at (614) 846-6258 or hhall@ohioaap.org.



Help Your Lactose Intolerant Patients Enjoy Dairy



www.3aday.org

Most people with lactose intolerance *can* enjoy dairy foods. They can reduce symptoms by drinking small portions of milk as part of a meal, and gradually increase their intake over time. A meta-analysis of clinical studies showed that those diagnosed with lactose maldigestion could consume up to 1 cup of milk with a meal and stay symptom-free.¹ The 2005 Dietary Guidelines recommends three servings of low-fat or fat-free dairy foods every day as part of a healthy diet. It also recommends lactose-free milk or yogurt containing live, active cultures as alternatives to milk for those with lactose intolerance.² Hard cheese, which is naturally low in lactose, is another calcium-rich choice.

For children, the 2006 American Academy of Pediatrics report, *Lactose Intolerance in Infants, Children, and Adolescents*, recommends consumption of dairy foods in order to get enough calcium, vitamin D, protein and other nutrients essential for bone health and overall growth. The AAP report recommends several dairy options for children that are often well-tolerated, including lactose-free or lactose-reduced milk, yogurt or hard cheese such as Cheddar or Swiss.³

Encourage your patients to meet recommendations for 3 servings of dairy foods every day.

For more information on lactose intolerance visit www.nationaldairyCouncil.org

¹ Savaiano, D.A., Boushey, C.J., and McCabe, G.P. Lactose Intolerance Symptoms Assessed by Meta-Analysis: A Grain of Truth That Leads to Exaggeration. *J Nutr.* 2006 136, 1107

² U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans 2005*. 6th Edition. Washington, D.C.: U.S. Government Printing Office, January 2005. www.healthierus.gov/dietaryguidelines.com

³ Melvin B. Heyman, MD, MPH for the Committee on Nutrition. Lactose Intolerance in Infants, Children, and Adolescents. *Pediatrics* Vol. 118 No. 3 September 2006, pp. 1279-1286. <http://pediatrics.aappublications.org/cgi/content/full/118/3/1279>



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Calendar of Events

The Ohio AAP announces the following 2007 meetings.

- Oct. 3** – **First Signs CDC Autism Education Program**
Columbus, OH
- Oct. 26-30** – **AAP NCE Meeting**
San Francisco, CA
- Feb. 8, 2008** – **Ohio AAP Open Forum**
Athens, OH
- Feb. 8, 2008** – **Ohio AAP Executive Board**
Athens, OH
- May 14, 2008** – **Ohio AAP Open Forum**
Toledo, OH
- May 14, 2008** – **Ohio AAP Executive Board**
Toledo, OH

Dues disclosure statement

Dues remitted to the Ohio Chapter are not deductible as a charitable contribution, but may be deducted as an ordinary and necessary business expense. However, \$40 of the dues is not deductible as a business expense because of the chapter's lobbying activity. Please consult your tax adviser for specific information.

This statement is in reference to fellows, associate fellows and subspecialty fellows.

No portion of the candidate fellows nor post residency fellows dues is used for lobbying activity.

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