

2014 KACO Posts

October 2, 2014 - Inaugural KACO Post

Screen Time in Teens: Despite our best efforts at promoting 5-2-1-0 behaviors, we seem to be battling a big foe in screen time amongst teenagers. If you are like me, you often presume that the busy teenager in your office is too time strapped with sports and schoolwork to log many hours of recreational screen time (television, video games and non-homework computer time). Think again. NHANES data indicates that nearly 3 out of 4 twelve to fifteen year old's get more than 2 hours of screen time per day. Keep reminding those older patients of yours! <http://www.usatoday.com/story/news/nation/2014/07/09/tv-watching-computer-use-adolescents/12358775/>

October 16, 2014

Chocolate Milk: Friend or Foe? When I get asked to comment on the relative value of flavored milk in nutrition and obesity prevention as a pediatrician who does a lot of work on pediatric obesity, I usually look for the closest exit. Passionate opinions can be found on both sides of whether or not chocolate milk is good for you and most controversially whether or not we should allow chocolate milk in schools. The arguments generally something like this:

PRO Flavored Milk: If kids don't have low-fat flavored milk as an option, milk consumption drops and juice consumption increases. Consequently, obesity goes up and needed protein and calcium consumption drops.

CON Flavored Milk: Kids get used to things. If you take chocolate milk away from them and provide the healthiest alternatives, they will eventually get there, even if they take a little time.

As with so many issues these days, I find myself to be a passionate member of the radical center. The studies out there are a mixed bag and a balance between pragmatic and purist is very appropriate until we have more data. Soliciting parent input, understanding local dietary habits, knowing the financial impacts even if those are usually very short term effects and being open to numerous other considerations are very important in making decisions about allowing chocolate milk access. How's that for an equivocal answer? Now you see why I run for the door!

Want more on both sides? Check these out!

<http://www.theblaze.com/stories/2014/04/17/what-happens-when-schools-ban-chocolate-milk-the-study-that-child-anti-obesity-advocates-might-not-like/>

<http://health.usnews.com/health-news/blogs/eat-run/2014/04/22/no-banning-chocolate-milk-in-schools-didnt-backfire>

November 3, 2014

MI Counseling Strategies Getting More Widespread: Motivational Interviewing (MI) is getting more widespread as an in office strategy to prevent obesity. The AAP has a new modular system for learning MI from a company called KOGNITO. You can check it out here:

<http://www.ihcw.aap.org/resources/Pages/default.aspx>

For a quick snippet on MI and obesity management, you can also check out a brief piece I got to do with Medscape/WebMD. <http://www.medscape.com/viewarticle/828186>

November 13, 2014

Fruit and Vegetable Intake Declines Over Time

You can legitimately make the case that we are making progress in getting kids to eat more fruits and

vegetables. The challenging age group is not surprising, teens. Anybody out there have good ideas on how to get your teens engaged on eating more fruits and vegetables? Let me know at bolling.cf@gmail.com.
<http://consumer.healthday.com/kids-health-information-23/adolescents-and-teen-health-news-719/three-quarters-of-kids-eat-fruit-daily-even-more-eat-vegetables-daily-cdc-689778.html>

December 4, 2014

Amplifying Your Voice

Want ideas on effective advocacy for healthy childhood activity and nutrition? The Pediatric Obesity Policy Opportunity Tool (POPOT) is a fun interactive matrix that can give you great ideas and puts needed references at your fingertips. You can find the POPOT here: http://www2.aap.org/obesity/matrix_1.html

December 15, 2014

Kentuckians Speak Out on Protecting School Lunch Standards

Healthy standards for school lunches have come under attack from a number of industry lobbyists. In the clip that follows, you can hear the take on this important issue from Susan Zepeda of The Foundation for a Healthy Kentucky and from state representative Leslie Combs from Pikeville.
<http://tinyurl.com/nmqy2gc>

December 30, 2014

Kentucky Child Care Leading the Way Nationally

If you haven't heard, Elaine Russell from the Kentucky Department of Health successfully landed a grant to improve nutrition in child care facilities in Kentucky. Way to go Elaine!
<http://www.healthykidshealthyfuture.org/home/collaborate/ecelcproject/about.html>