



January/February 2022

# OK Pediatrician

## A Message from The Chapter President



2022 has been off to a similar start as 2021 with continued focus on COVID-19 and an abundance of anti-vaccine and anti-masking legislation this session in addition to other bills that may adversely affect the health of all Oklahomans – especially our children and most vulnerable populations.

OKAAP continues to monitor the 290+ healthcare related bills this session and actively working with the Oklahoma Vaccine Coalition and a number of other healthcare partners to support legislation that is science based and beneficial to children while opposing those bills that would bring harm to our patients. I would encourage all of our members to be active in this process as well, and if you would like to participate in our vaccine coalition, OSMA’s Medicine Day at the Capitol on March 1st, and/or receive periodic legislative updates, please reach out to our Executive Director, Kari Webber ([kari.webber@okaap.org](mailto:kari.webber@okaap.org)).

Our chapter has also been actively engaged in drafting an equity, diversity, and inclusion (EDI) statement and the OKAAP Board of Directors is pleased to share the work of our EDI committee with our members for feedback in this edition of our newsletter. A special thank you to Monica Rickman, MD, PGY 3, OUHSC for taking the lead on our EDI committee.

The 47th Annual Advances in Pediatrics conference will be held on Friday, April 8th in the Rainbolt Auditorium of the Samis Education Center. This year’s program, entitled “Meeting the Needs of Oklahoma’s Children” with a Keynote address by Jamie Radesky, MD about Digital Media use and Child Health, will also include an OKAAP update as well as a reception following the conclusion of the conference. I look forward to seeing familiar faces either in-person or virtually at this annual event.

**Eve Switzer, MD**  
**OKAAP Chapter President**

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# EDI STATEMENT

DRAFT

*OKAAP Members,*

*Over the past few months we have had a dedicated group of physicians from a variety of backgrounds participating in our EDI Committee. They have been working together to look at our association and craft a Equity, Diversity & Inclusion (EDI) statement that would become a part of the OKAAP as we strategically plan for our future. They have been thoughtful and dedicated to ensuring the message is one that our members would support and be proud of.*

*You may be wondering what is an EDI statement and why do we need one. An EDI statement translates our organizations values and demonstrates a pledge to an inclusive & equitable OKAAP both within our organization and with our patients. It provides a guiding principal for our organization to use when we are working as a board and staff. It is a commitment to foster a welcoming organization that celebrates difference. It reflects our responsibility to ensure our members, board members, committee members, staff and patients are all treated with the same inclusivity and equality.*

*Now that the committee has come up with a draft we would like your honest and thoughtful feedback. Please review the drafted statement and provide us with any thoughts, comments or considerations for edits.*

*We want to ensure the statement is reflective of our membership, so please review and let us know your thoughts at [kari.webber@okaap.org](mailto:kari.webber@okaap.org) by March 15th so that we can compile and review at our strategic planning session on March 26th.*

**Kari Webber, CAE**  
**OKAAP EVP**

## **EDI Statement - Draft**

*The Oklahoma Chapter of the American Academy of Pediatrics (OKAAP) agrees with and actively promotes the American Academy of Pediatrics Diversity and Inclusion Statement.*

*As pediatricians we have a unique responsibility to advocate and help dismantle structural inequities and racism by committing to eliminate disparities, prejudice, and bias.*

*We celebrate the diversity of children by recognizing differences which may include: race, ethnicity, language spoken at home, national origin, religion, disability and health care needs, gender identity, sexual orientation, geographic location, socioeconomical status, and other attributes.*

*We are strengthened by the uniqueness of each chapter member in our work to promote justice, respect, inclusion, equity, and diversity in our practices, our chapter activities, our patients, and in our communities. The OKAAP is committed to promoting equity, diversity and inclusion through education and advocacy.*



# Updates from the Oklahoma State Capitol



Several of the measures we were expecting to hear this week were delayed after the capitol was closed Wednesday and Thursday. The coming week will be extremely busy as legislators try to catch up from the weather delays and because the deadline to have measures heard in committee is Thursday – unless it is changed to give legislators more time.

Here is a rundown of last week and what we expect in the coming week:

- Medical power of attorney – SB1596, which will replace the medical power of attorney statute that was repealed last session, passed committee. Oklahomans for Life had concerns with the introduced version and negotiated with the bill author for changes. We believe a compromise has been reached and the bill can move forward. The companion bill, HB3815 is scheduled to be heard in House committee this week.
- Anti-vaccine measures – HB3878 is scheduled for a hearing in House Public Health Wednesday. The measure would require employers who mandate vaccinations as a condition of employment to allow employees to have religious, medical and personal exemptions. We will be watching for more anti-vaccine measures to be added to agendas later in the week.

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- Patient access – HB4087, which would require that savings from pharmaceutical coupons be passed on to patients, is set for hearing in House Appropriations and Budget Tuesday while its companion, SB1324 awaits a hearing in Senate Appropriations and Budget.

**Questions About Advocacy? Meet Dawn Watson, Legislative Consultant to the OKAAP. Email Dawn at [dawnwatson2424@gmail.com](mailto:dawnwatson2424@gmail.com)**



## HEALTHY LIVING 101 | TALK TO YOUR KIDS

### TALKING ABOUT OBESITY

The best way to understand obesity is to talk to your doctor. Talking about weight is a sensitive subject – especially when it comes to children. Childhood “overweight” and “obesity” are terms indicating that a child weighs more than what is considered healthy for his or her height. Overweight and obesity are defined by a child’s body mass index (BMI) percentile on the Centers for Disease Control and Prevention (CDC) growth charts for boys and girls. Children with a BMI at the 95th percentile or higher have an increased risk for health problems.

Overweight (BMI at the 85th percentile or higher) and obesity (BMI at the 95th percentile or higher) are associated with several physical and emotional effects, including:

- Poorer mental health outcomes
- Increased risk of chronic diseases
- Reduced quality of life
- Feelings of guilt or shame



For more information select the button here:

**Reference:** *Shape Your Future (A program of TSET)* Link to post and more information: [Click Here](#)

### CHILDHOOD OBESITY

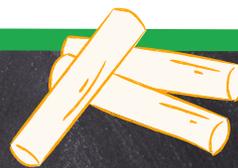
Childhood obesity is a growing concern across the U.S. In Oklahoma alone, over a third of kids ages 10-17 are overweight or obese. Plus, we have the 7th highest high school obesity rate in the nation. Children who are obese (BMI  $\geq$  95th percentile) are also more likely to have prediabetes, abnormal cholesterol levels, fatty liver disease, and sleep apnea. Obese children are also at increased risk for severe obesity as an adult and premature death from chronic disease.

On top of the physical effects, children who struggle with weight gain may experience emotional issues as well.

- iii They may feel guilt or shame because of their size, and they may feel singled out from their friends and classmates.

If you think your child is overweight or obese, talk with their doctor about your child’s health. There are many resources for helping you to improve your child and family’s weight-related health behaviors, such as nutrition, activity, screen time, and sleep. Explore the links below for more helpful tips and resources.

## 2022 Strategic Planning Session



Have you ever wanted to get more involved in your local organization? Do you have thoughts and ideas on how our organization can better serve its members? Would you like to shape organizational priorities? If so... We would love to have you join us at our strategic planning session in Oklahoma City on March 26, 2022 from 8:30am-12:00pm. For more details and to RSVP please reach out to me at [kari.webber@okaap.org](mailto:kari.webber@okaap.org) by March 15th! Don’t wait we would love to hear from you!



# 2022 Save the Date for Medicine Day Tuesday, March 1

Presented by the Oklahoma State Medical Association and our partner organizations



Show your support for medicine-friendly legislation by joining us for Medicine Day 2022. The annual event returns to the Oklahoma State Capitol with an afternoon legislative meet and greet, followed by an evening reception at the Harn Homestead.

### 3:00 to 3:30 pm

#### Legislative Update and Briefing

- Oklahoma State Capitol, Room 419-C
- 2300 N. Lincoln Blvd.
- Oklahoma City, OK 73105
- (Parking available in south and east parking lots)

### 3:30 to 5:00 pm

#### Meet with Your Legislators

- Oklahoma State Capitol
- 2300 N. Lincoln Blvd.
- Oklahoma City, OK 73105



### 5:00 to 6:30 pm

#### Legislative Reception\*

Harn Homestead (open-air venue)

1721 N. Lincoln Blvd.

Oklahoma City, OK 73105

*\*Music provided by Rep. Scott Fetgatter and Fat Cat*



[Click Here for More Info](#)



47TH ANNUAL ADVANCES IN PEDIATRICS | APRIL 8, 2022

## Meeting the Needs of Oklahoma's Children

THIS CONFERENCE WILL BE IN-PERSON AND VIRTUAL

*Hosted by the University of Oklahoma College of Medicine Department of Pediatrics in conjunction with the Oklahoma Chapter of American Academy of Pediatrics and the University of Oklahoma College of Medicine Irwin H. Brown Office of Continuing Professional Development*



OKLAHOMA CHAPTER  
AMERICAN ACADEMY OF PEDIATRICS



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This activity is eligible for 7.00 contact hours of ANCC credit



**Oklahoma Chapter**  
American Academy of Pediatrics  
INCORPORATED IN OKLAHOMA

# Shape Your Future

## HEALTHY HABITS REWARD CARD

Need help helping your kids stay healthy? Add a little encouragement! For every 5 healthy choices they make throughout the week, reward them with a fun family activity! Healthy habits will follow your kids for life, so start today!

Hang this on your fridge, check off the boxes... and don't forget to share photos of your activities and tag them with #ShapeFutureOK!

 Drink water	 Played for 60 minutes	 Filled 1/2 of plate with fruits & veggies	 Tried a new physical activity*	 Tried a new fruit	<b>ACTIVITY</b> Family walk or bike ride
 Played for 60 minutes	 Ate a healthy lunch*	 Learned about dangers of tobacco	 Helped cook a healthy meal*	 Drink water	<b>ACTIVITY</b> Indoor obstacle course
 Tried a new veggie	 Tried infused water recipe*	 Played for 60 minutes	 Filled 1/2 of plate with fruits & veggies	 Tried a new physical activity*	<b>ACTIVITY</b> Basketball, soccer or football
 Ate a healthy breakfast*	 Drink water	 Completed Be Tobacco Free coloring page*	 Played for 60 minutes outside	 Tried a new fruit	<b>ACTIVITY</b> Cook a healthy meal together*
 Tried a new veggie	 Played for 60 minutes inside	 Filled 1/2 of plate with fruits & veggies	 Tried infused water recipe*	 Tried a new physical activity	<b>ACTIVITY</b> Make a list and go on a scavenger hunt

\*Coloring pages, recipes and activities available at ShapeYourFutureOK.com.

Eat better. Move more. Be tobacco free.

 ShapeYourFutureOK.com

 TSET

