A Message from Your Chapter President
Eve Switzer, MD | OKAAP Chapter President

Legislative advocacy has never been a strength of mine and I hid from having to become involved for a very long time until disaster almost struck back in 2015 when a bill reached the Governor for signature that would have almost certainly resulted in a drop in vaccination rates in a state where rates are already lower than the national average. Fortunately, that bill was vetoed but that was a wake up call to me that not only do we have a responsibility to our patients but a duty to monitor what’s happening at the state level that affects our practice of medicine.

Fortunately, that bill was vetoed but that was a wake up call to me that not only do we have a responsibility to our patients but a duty to monitor what’s happening at the state level that affects our practice of medicine. Fast forward 7 years and we now have active engagement of the legislature through the Oklahoma State Medical Association, the Oklahoma Alliance for Healthy Families, and the Healthier Oklahoma Coalition who have partnered with our Chapter to oppose anti-vaccine and anti-medicine bills. I was so happy to see over 90 anti-vaccine bills proposed at the start of the legislative session dwindle to ZERO by the end of this past session. Guys, that is a HUGE win and wouldn’t have happened without the work of many many people. Now we turn our work towards supporting candidates who are pro-medicine so we don’t have to see so many of these ridiculous proposals.

If you haven’t become involved in the legislative process at some level, what are you waiting for? The need only gets greater – not less.

The AAP’s leadership conference is coming up on August 4-7, which means AAP resolutions will be voted upon soon by AAP leaders. Virtual reference committee meetings will take place in July to review and discuss all of this year’s resolutions.

These reference committee meetings are open to all chapter board members, all AAP national committee members, all executive committee members of AAP councils and sections, and all resolution authors BUT if you have a particular interest and would like to attend the virtual hearings, just let us know and we can get you access.

I’m particularly looking forward to this year’s AAP National Conference and Exhibition October 7-11. It’s probably a combination of an actual LIVE and IN-PERSON event, the venue (Anaheim), and the opportunity to visit Disneyland (I’m a Disneyphile!) that heightens the anticipation this year for me. I’d love to meet up with any of our OKAAP members who are planning on attending the NCE and if you’re planning to be in Anaheim on October 7th, we’re looking for more pediatricians to join a private Disneyland tour – just send me an email!

OKAAP President
Eve Switzer, MD
Breastfeeding Update

June 2022

The long-awaited update to the AAP Policy on breastfeeding, Breastfeeding and the Use of Human Milk, was just released. It will be published in the July issue of Pediatrics but is available now on the AAP website. The last policy statement was in 2012.

The new guidelines for the length of breastfeeding now align more with the World Health Organization’s recommendations of exclusive breastfeeding for the first 6 months. Then continue breastmilk as part of the infant’s diet for as long as the mother and baby desire. The benefits of mothers continuing to breastfeed into the second year are lower rates of hypertension, Type II Diabetes and breast, and ovarian cancer. Infant benefits of breastfeeding are also reviewed.

The contraindications to breastfeeding are reviewed and they are very few: Galactosemia for the infant; Maternal HIV, untreated brucellosis or Ebola as well as illicit drug use. However, closely monitored supervised medical opioid use may help the breastfeeding infant during withdrawal. Other substances such as tobacco, marijuana, and alcohol are addressed. LactMed and other resources are listed to be used for questions about medications or maternal conditions.

Safe Sleep guidelines with breastfeeding are also covered. The full Safe Sleep policy was also just updated.

The policy reiterates that hospitals and birthing centers need to have practices and policies in place that support breastfeeding such as The Ten Steps. Rates of breastfeeding should also continue to be tracked through the age of 2.

As pediatricians, we need to continue to be knowledgeable about breastfeeding to work through problems or refer when needed. We should partner with local lactation consultants or Health Departments as needed. We need to support policies in the workplace that support breastfeeding families—adequate family leaves, coverage for pumps and lactation support, time and place for pumping. We also need to work to develop culturally sensitive strategies to support all families so that fewer disparities and inequities exist.

The full policy can be found at the link below or by clicking here: https://publications.aap.org/pediatrics/article/doi/10.1542/peds.2022-057988/188347/Breastfeeding-and-the-Use-of-Human-Milk

Please let me know if you have any questions or comments. I would love to hear from you, especially if you are a SoBr member.

Malinda Webb, M.D.
Stillwater Medical

Would You Be Willing to Share!

We would love to hear from you, the Oklahoma Pediatricians. Have you recently read an article or white paper that you would like to share? Have you written something that other pediatricians may find interesting or helpful? We encourage members to share information or upcoming CME opportunities. Please click here if you are interested in contributing content so that we can share on social media, on the OKAAP website, via email or in the next newsletter.
OKAAP Strategic Plan Overview

OKAAP Mission Statement
The OKAAP is committed to the attainment of optimal physical, mental and social health of all children through advocacy and professional support of it’s members.

OKAAP Vision
Children have optimal health and well-being and are valued by society. OKAAP members practice the highest quality health care, experience professional satisfaction, and personal well-being.

OKAAP Priorities
1. Focus our talent and resources to ensure children, families, and communities in Oklahoma are safe and healthy.
2. Ensure OKAAP members are well informed and supported.
3. Champion the practice of pediatrics in Oklahoma to be both fulfilling and economically viable.
4. Collaborate with decision makers to prioritize the needs of children and their families.
5. Promote equity, diversity, and inclusion.

Chapter Goals & Objectives

Goal #1: Advance child health through advocacy, education, and increased awareness about key health issues that affect Oklahoma children.

Objectives
- 1.1 Maintain OKAAP’s influence on the state legislature by collaborating with other health organizations in policy, advocacy, and education efforts.
- 1.2 Actively advocate Medicaid coverage meets the needs for the well-being of all children.
- 1.3 Increase education and access to mental health services.
- 1.4 Improve vaccine coverage in Oklahoma and help prevent anti-vaccine legislation.
- 1.5 Continue work on the Chapter’s capacity for Quality Improvement projects.
- 1.6 Promote equity, diversity, and inclusion in all chapter activities.
Chapter Goals & Objectives (continued)

**Goal #2:** Enrich Chapter membership value and involvement.

**Objectives**
- 2.1 Foster more active membership involvement and engagement by communicating opportunities to Chapter members.
- 2.2 Endeavor to retain more Residents as Chapter members once they transition to Early Career Physicians.
- 2.3 Increase the number of Chapter members this fiscal year through various efforts.

**Goal #3:** Advance Chapter & Health.

**Objectives**
- 3.1 Implement best practices for Board governance.
- 3.2 Ensure Chapter financial health through exploring and implementing non-dues revenue strategies.
- 3.3 Focus on strengthening our process for board development and committees.

---

NEED FRESH WAYS TO START IMPORTANT CONVERSATIONS?

**Free Health Care Provider Materials**

Shape Your Future has posters, tip cards and prescription pads to:
- Provide nutrition tips and physical activity ideas to your patients
- Teach parents how to talk to their kids about health in an approachable way
- Help you work with patients to set healthy goals that are within reach

Visit [ShapeYourFutureOK.com/order](http://ShapeYourFutureOK.com/order) to get yours.
Graphic Resources for Your Practice Social Media & In-Office Communication

If you are interested in receiving monthly communication materials to use on social media or within your office, please send let us know! Throughout Q3 we will be working to add resources for upcoming months to the OKAAP website. In the meantime, if you would like to receive materials for healthcare awareness and communication, please email our team by clicking here.

Upcoming CME from the AAP

2022 Specialty Review in Pediatric Cardiology
Itasca, IL | August 8-12
Eligible for 44 CME Hours

2022 National Conference & Exhibition
ALL ACCESS (in-person & virtual)
Anaheim, CA | October 7-11

Online Course
2022 Pediatric Dermatology Pearls for the Pediatric Provider
Available through August 31, 2022
Click Here to Sign Up or visit the AAP website

2022 Practical Pediatrics CME Course - San Diego, CA
San Diego, CA | September 2-4
Register by August 5, 2022 for Early Bird Rates

The OKAAP Blog

We want to hear from you! We are not looking for a published medical journal (although if you have one, please share!) We would love to hear everything about your work within pediatrics as well as hear your insights and what you have learned.

Email Sign-Up

If you do not receive emails from the OKAAP, please let us know. We work to provide relevant updates to pediatricians throughout the year and would love to add you to the mailing list. Please email our communication support team at info@goteambutler.com or visit the OKAAP website home page to submit your information.
Join Us In Norman This August!

If you are like us, you’ve been longing for the opportunity to connect again in person! That’s why we are so excited to be just weeks away from the 2022 OAFP Scientific Assembly in conjunction with EXPLORE Healthcare Summit. We will gather on August 25-27th at the Embassy Suites in Norman for inspirational keynote, and exciting and relevant education from industry leaders. We are excited to finally be able to host this meeting with PLICO after years of planning and moving to virtual the past 2 years. Together with PLICO we have been working to make this conference one you will not forget.

Please take a look at our conference overview included and get registered today at www.explorehealthcaresummit.org! We can’t wait to see you there!

Sherry Haworth
President PLICO /a MedPro Group Berkshire Hathaway Company
EXPLORE Presenting Sponsor

Kari Webber, CAE
OAFP Executive Vice President