



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Pediatric Care**.

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# Quality Report Card

## Licking Memorial Health Systems

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### Health Tips – Feeding the Finicky Toddler

One of the most common concerns that pediatricians hear from toddlers' parents is that their children are finicky eaters and may not be receiving important nutrients. Up to the age of 1 year, babies have hearty appetites to keep up with their rapid growth rate. During the toddler stage, from 1 to 2 years, the growth rate slows, and children's appetites often drop off sharply. In addition, toddlers are learning independence and may refuse to eat many foods. Here are some tips to ensure that toddlers receive the nutrients they need:

- Try different food textures. Alternately offer your toddler options of mashed, chewy, crunchy and finger foods.
- Minimize distractions. Your toddler may become too interested in nearby toys, pets or television to focus on eating.
- Make food fun. Offer a variety of brightly colored foods, and cut sandwiches into small shapes.
- Make dips. Cut food into bite-sized pieces and offer a small bowl of plain yogurt for a healthful and tasty dip.
- Enrich foods. If your toddler wants a limited variety of foods, find ways to add other nutrients – for example, mix cooked, mashed carrots into meatballs before cooking, or add a slice of fresh tomato into a cheese panini sandwich.
- Learn when your toddler is full. When your toddler gives you a signal (such as pushing away the spoon or spitting out food), it is time to stop.
- Do not let the meal drag on for an extended amount of time. Set a reasonable time for your toddler to finish the meal, then remove the food until the next meal.

# Pediatric Care – How do we compare?

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://www.LMHealth.org).

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

**1** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:

- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
- 3 doses of polio
- 1 dose of measles, mumps and rubella
- 3 doses of Haemophilus influenzae B (influenza type B)
- 3 doses of hepatitis B
- 1 dose of varicella (chicken pox)

	LMHP 2010	LMHP 2011	LMHP 2012	National <sup>(1)</sup>
Childhood immunization rate (4:3:1:3:3:1 series)	91%	90%	91%	72%
	2009-2010*	2010-2011	2011-2012	National <sup>(2)</sup>
Children, aged 6 months to 18 years, receiving the influenza vaccination	26%*	47%	49%	52%

\*2010 was the first year that ACIP recommended influenza vaccines for this expanded age group.

**2** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2010	LMHP 2011	LMHP 2012	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	45%	48%	53%	33% <sup>(3)</sup>
Adolescent children receiving varicella vaccination	90%	92%	94%	68% <sup>(3)</sup>
Adolescent children receiving meningococcal vaccination	81%	83%	85%	59% <sup>(4)</sup>

**3** Pharyngitis (sore throat) is a common illness in children. The majority of children's sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2010	LMHP 2011	LMHP 2012	National <sup>(4)</sup>
Children with pharyngitis receiving test before antibiotics	96%	96%	97%	75%

**4** When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2010	LMH 2011	LMH 2012	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) Estimated Vaccination Coverage with Individual Vaccines and Selected Vaccination Series Among Children 19-35 Months of Age by State and Local Area; US, National Immunization Survey Q3/2011-Q2/2012. (2) Centers for Disease Control and Prevention, National Immunization Survey, "Flu Vaccination Coverage, United States, 2011-12 Influenza Season," updated Oct. 30, 2012. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2012. (4) National Committee for Quality Assurance (NCQA), The State of Healthcare Quality 2012.

# Patient Story – Maya Smith

Maya Smith is a healthy, energetic 7-year-old, and whether she realizes or not, she has a support team that is encouraging her to make positive lifestyle decisions now to increase her chances of enjoying a long, healthy life. Maya's parents, Liz and Mark, and big sister, Zoe, keep their minds and bodies sharp through a wide variety of interesting activities. Meanwhile, her medical team, that includes Hanaa Abdelmessih, M.D., and the Licking Memorial Pediatrics staff, provide thorough wellness checks and compassionate care during her infrequent times of illness.



Maya Smith and her mother, Liz, learned new healthy snack recipes at the Active•Fit Junior Chef event in March.

she commented. “If any prescriptions are needed, the office staff sends them directly to the pharmacy to have them filled by the time I arrive to pick them up. That is such a big help when you are with a sick child who is not feeling well.”

Dr. Abdelmessih's proactive approach to children's wellness fits perfectly with Liz's own values. “I used to work in a large hospital on the vascular unit, so I know what can happen after years of smoking, sedentary lifestyles and poor diets,” she said. “I saw patients with advanced heart disease, and I vowed to myself, ‘Nobody at our house is ever going to get that!’”

“Dr. Hanaa (Abdelmessih) has provided care to Maya since she was born and to Zoe since she was a toddler,” Liz said. “We just love her. She always remembers the girls when she sees them and has encouraged me to keep them active and keep their minds engaged. I worked with Dr. Hanaa when I was on the Board of Kairos Academy, a local school for dyslexia, and appreciate that her office participates in the Read for 20 program and encourages both a healthy body and a healthy mind. I have recommended Dr. Hanaa to many friends and coworkers who are looking for a new pediatrician. I believe that when you find something good, you should share it.”

Maya occasionally sees Dr. Abdelmessih for minor illnesses, such as an earache or high fever, otherwise, she has an annual wellness visit to ensure her growth and childhood development are on track. “As a parent, I find the wellness visits to be valuable because they provide an extra set of eyes and ears to ensure that my children are healthy,” Liz said.

“At first, the nurses check Maya's vital signs, such as height, weight and blood pressure,” Liz explained. “They give me a chance to ask any questions that I may have, and I try to take a list of questions so that I do not forget them while I am in the physician's office. Then Dr. Hanaa examines Maya and checks for general things, such as her immunization status. If Maya needs any new immunizations, they are given during the same visit. Dr. Hanaa also keeps us up to date on the type of auto safety restraint that Maya should be using since safety seat regulations are based on a child's height and weight. Before the visit ends, Maya and I are always invited again to ask about any concerns that we may have.”

Liz explained that Dr. Abdelmessih's office also has services that are convenient and considerate for both the parent and child. “They have walk-in hours for the times that we need a sick child to be seen, and it is nice that they have separate entrances and waiting areas for sick children and those who are there for wellness visits,”

At the age of 6, Maya began participating in a new initiative at Licking Memorial Health Systems, the Active•Fit Youth Wellness Program, that encourages healthy eating, activity and sleep to create a lifetime of healthy lifestyles. Liz eagerly registered Maya for the program, and together they track her progress online and have attended special fun events, such as the Active•Fit Junior Chef event, Active•Fit Bowling, Active•Fit 1K, and Active•Fit Field Day.

“The cooking class has been my favorite thing,” Maya said, referring to the Active•Fit Junior Chef event. Liz said that Maya also enjoyed the 1K on August 3, announcing at the end of the race, “That was fun – can I do it again?” As a result, mother and daughter are planning to run two 5K races together this fall.

Although Zoe, at age 13, is not eligible to register in the Active•Fit Youth Wellness Program, the discussions about the program at home reinforce the values that are important to her parents. “I love fast food, but I do not have it very often,” she said. “When I go out to eat at a restaurant, I try to order more veggies. When I eat at home, I just have whatever my mom makes, because I know that it is going to be healthy.”

Liz recalled, “There was one time that Zoe looked at the dinner table, and there were three kinds of vegetables. She said, ‘We eat the healthiest meals of anyone I know!’ That made me feel really good that she noticed.”

Both Smith girls are physically active and have explored a variety of activities, including bicycle riding, swimming, ballet lessons, ice skating, and yoga. Liz stated that the Active•Fit Program has encouraged her family to try new activities that they would have overlooked otherwise. “After the Active•Fit Bowling, I thought, “That was so much fun. We should go bowling, and now we are planning to go soon as a family.”

Liz acknowledges that Licking Memorial Health Systems' offerings have benefitted her family. “It takes a village,

as they say. It is nice to know that between Dr. Hanaa's care and the fun events that the Active•Fit Program provide, there is a support team that is working to help the community's children have healthier lives," she said.

Dr. Abdelmessih is accepting new patients at Licking Memorial Pediatrics, which is located at 1865 Tamarack Road in Newark. Appointments can be made by calling (740) 348-4934.

The Active•Fit Youth Wellness Program is designed for youth, ages 6 to 12. The award-winning initiative began as a cooperative effort between the Health Systems and Newark

Advocate Media to promote healthy lifestyles and habits among Licking County's youth. Participants in the program choose eight fitness- and nutrition-related goals every four months, and those who complete their goals during the period are entered into a special prize drawing. Each participating youth needs to register with the guidance of adult, who can be a parent, relative, friend, teacher, etc. There is no charge for the program.

Period I of the program's second year runs from September through December 2013. For more information about the Active•Fit Youth Wellness Program, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

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## Dietary Guidelines for Children Help to Prevent Obesity and Chronic Disease in Later Life

The Centers for Disease Control and Prevention (CDC) has found that most U.S. youth do not meet the recommended intake of fruits, vegetables or whole grains, and consume more sodium daily than what is recommended. According to the CDC, calories from added sugars and solid fats contribute to 40 percent of daily calories for children and adolescents aged 2 to 18 years, with half of those calories attributed to soda, fruit drinks, desserts, pizza and whole milk.

Proper nutrition sustains the development of a child, but also helps reduce the risk of developing health-related problems later in life. The CDC states that healthy eating helps prevent high cholesterol and blood pressure and reduces the risk of developing chronic diseases such as cardiovascular disease, cancer and diabetes. In addition, maintaining a balanced diet reduces the risk for developing childhood obesity, osteoporosis, iron deficiency and dental cavities.

Beginning at infancy, children have specific dietary guidelines for optimal nutrition and health. Licking Memorial Health Systems (LMHS) credits the American Academy of Pediatrics' recommendations of breastfeeding for the initial six months and continued to one year of age. Medline Plus, a health information service of the U.S. National Library of Medicine, also provides parents with nutritional guidelines for children of all ages. Each age sector contains varying nutritional requirements that change as a child develops and grows.



After the age of 2, Medline Plus recommends a diet moderately low in fat, with a variety of foods from each of the food groups to help prevent nutrient deficiencies. The deficiencies most likely to occur in a child's diet are calcium, iron, vitamin C, vitamin A, folic acid and vitamin B6. However, the American Academy of Pediatrics does not support supplementation for healthy children.

As a nutritional goal, Medline Plus suggests that half of the child's plate be comprised of fruits and vegetables. Also, healthy sources of protein, such as lean meat, nuts and eggs, and whole-grain, high fiber breads and cereals have greater nutrient content. Broiled, grilled and steamed food is advised rather than fried, which contains a higher fat content. Children should limit their sugary fruit

drink intake and drink water or milk. Finally, fast food and junk food should be very limited for a well-balanced diet.

A healthy diet throughout the entirety of a child's development paves the way for a healthier adulthood and way of living. Children who stay active and follow dietary guidelines will have a lesser risk of developing obesity as well as the three leading causes of death among adults – heart disease, cancer and stroke.

Licking Memorial Pediatrics offices offer age-appropriate guidelines for parents who seek dietary assistance for their child or want to know what is recommended for each age group. Parents can also visit [www.LMHealth.org](http://www.LMHealth.org) for further information on locations.