



Children Connection

July 2011

Sun Safety



We all need some sun exposure—it's our primary source of Vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much

time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultra violet rays can cause skin damage, eye damage, immune system suppression, and even cancer.

The sun is the main cause of skin cancer, the most common form of cancer in the United States. There will be a million new cases of skin cancer this year. Skin cancer can and does occur in children and young adults, but most of the people who get skin cancer are older. Older people get skin cancer because they have already received too much of the sun's damaging rays.

Most kids rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

- **Use Sunscreen Consistently and Generously**—The American Academy of Dermatology recommends that all kids wear sunscreen with an SPF of 30 or higher.
- **Use Protective Eyewear for Kids**—Don't forget that your eyes need protection from ultraviolet rays too. Always wear sunglasses in the bright sun and make sure they have a label saying that they block UV rays.
- **Avoid the Strongest Rays of the Day**—Avoid being in the sun for prolonged times when it's between 10:00

am and 4:00 pm, when the sun's rays are strongest.

- **Cover Up**—Sunscreen should NOT be applied to babies under 6 months of age, so they should be kept out of the sun whenever possible. If your infant must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face.
- **Double Check Medications**—Some medications increase the skin's sensitivity to UV rays. As a result, a severe burn can easily develop in just minutes when taking certain medications. Ask your doctor or pharmacist if any of your family's prescriptions or over-the-counter medications can increase sun sensitivity.

Be Sun Safe Yourself

As a parent, be a good role model by consistently wearing sunscreen with SPF 30 or greater, using sunglasses, and limiting your time in the sun. Not only will these precautions reduce your risk of sun damage, but will teach your kids good sun sense.

For additional information go to: www.primarychildrens.com, click on "KidsHealth" and type in the word "Sunscreen."

Energy Drinks for Kids?

Pediatricians are warning parents and children about the risks of consuming high-energy sports drinks. According to the research published by the American Academy of Pediatrics, "Health Effects of Energy Drinks on Children, Adolescents, and Young Adults," most kids don't need sports drinks to recover from physical activity or to hydrate. An exception may occur when youth are engaged in intense, prolonged exercises.

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AAP recommendations include:

- Pediatricians should highlight the difference between sports drinks and energy drinks with patients and their parents, and talk about the potential health risks.
- Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.
- Routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted, because they can increase the risk of becoming overweight and obese, and the risk of dental erosion.
- Sports drinks have a limited function for pediatric athletes; they should be ingested when there is a need for rapid replenishment of carbohydrates and/or electrolytes in combination with water during prolonged, vigorous physical activity.
- Water, not sports drinks, should be the principal source of hydration for children and adolescents.

What's New for Oral Health?



With more than 16 million children in the United States going without even basic dental care each year, The Pew Children's Dental Campaign provided an annual report update, "The State of Children's Dental Health: Making Coverage Matter," which assesses each state's ability to serve insured and soon to be insured children.

Tooth decay is the most common childhood disease, affecting nearly 60 percent of children. Eighty percent of dental disease in children is concentrated in 25 percent of children from poor families who face disproportionately high barriers to getting care.

Lack of access to basic dental care has far reaching consequences. Children who do not receive appropriate care are more likely to miss school days and fall behind academically.

The Pew Center grades each state on a scale A through F based on their performance in meeting eight policy benchmarks for children's dental health.

In 2010, Utah improved by two letter grades raising their

grades from a D to a B by working hard to increase preventive services. The benchmarks are listed below.

Pew Benchmark Scale:

- Having sealant programs in at least 25 percent of high-risk schools.
- Allowing a hygienist to place sealants in a school sealant program without requiring a dentist's prior exam.
- Providing optimally fluoridated water to at least 75 percent of residents who are served by community water programs.
- Meeting or exceeding the 2007 national average (38.1 percent) of Medicaid enrolled children ages one to eighteen receiving dental services.
- Paying dentists who serve Medicaid-enrolled children at least the 2008 national average (60.5 percent) of dentists' median retail fees.
- Authorizing a new type of primary-care dental provider.
- Submitting basic screening data to the national database that tracks oral health progress.

To access the full report, the methodology and the report for all 50 states and the District of Columbia visit: www.pewcenteronthestates.org/ type in: "making coverage matter"

What is the new standard for cribs?

Beginning June 28, 2011, all cribs manufactured and sold (including resale) must comply with new and improved federal safety standards. The new rules, which apply to full-size and non full-size cribs, prohibit the manufacture or sale of traditional drop-side rail cribs, strengthen crib slats and mattress supports, improve the quality of hardware and require more rigorous testing.



The new rules also apply to cribs currently in use at child care centers and places of public accommodation. By December 28, 2012, these facilities must use only compliant cribs that meet the new federal safety standards.

After that date, it will be illegal to manufacture, sell, contract to sell or resell, lease, sublet, offer, provide for use, or

What is the new standard for cribs? — Continued

otherwise place in the stream of commerce a crib that does not comply with the CPSC's new standards for full-size and non-full-size cribs.

The details of the rule are available on Consumer Product Safety Commission, CPSC's website at: <http://www.cpsc.gov/>, type "crib safety"

Or go to:
www.cpsc.gov/businfo/frnotices/fr11/cribfinal.pdf

Tether Use Remains Low

A recent study by the Insurance Institute for Highway Safety, IIHS, found that fewer than half of all forward-facing, harness-equipped Child Restraints are installed with a top tether despite the increased availability of top tether anchors in vehicles and data in the last decade repeatedly showing the effectiveness of tethers in reducing injury.

Help Promote Top Tether Use:

- Remind parents of the importance of top tethers in limiting how much the child's head moves forward in a crash and the child restraints provide much better protection when tethered.
- Encourage proper tether use in all front facing harnessed restraints, regardless of whether lower anchors or seat belts are used for installation.
- Encourage the use of the top tether with belt-positioning boosters, BPBs, if available and permitted by the child restraint manufacturer.

Refer to the vehicle manual to identify proper tether locations. For more information on the study go to the Insurance Institute for Highway Safety's Status Report article, September 8, 2010, <http://www.iihs.org>

To make sure you are using your top tether correctly or to assist with any other car seat questions, schedule a FREE car safety seat inspection today by calling 801.662.CARS.

Want to be a Child Advocate?

If you have any questions regarding child advocacy efforts, or if you would like to join Primary Children's Medical Center grassroots advocacy group, "Children Connection" or, have friends and family members that would like to join call Tim Cosgrove at: 801.662.6582, or email at tim.cosgrove@imail.org or you can go to www.primarychildrens.org, click on Child Health and Safety, then click on Child Advocacy, then click on Sign-Up.

Thanks for being a child advocate! Have a safe and fun summer!

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