Staying Connected: December 2018 Updates

Happy Holidays from the AAP Julius B. Richmond Center of Excellence!

In This Edition

Hot Topics
▶ Surgeon General Advisory on Epidemic of Youth E-Cigarette Use

From the AAP Richmond Center
▶ Many Children Whose Parents Smoke Test Positive for Marijuana Exposure
▶ Nearly Half Of US Teens Have Not Spoken with Physician Alone
▶ CEASE Parental Cessation Program Delivers Assistance to Breastfeeding Mothers
▶ New AAP Resource: Addressing Tobacco in Dental Settings

In the News
▶ Teen Vaping Hits All-Time High
▶ CDC Looks at Secondhand Smoke Exposure
▶ Exposure to Secondhand Marijuana Smoke May Exacerbate Asthma in Children
▶ Breastfeeding, Decreasing Exposure to Smoking May Help Reduce Ear Infections in Babies

Resources and Events
▶ Dangers of Vaping Infographic for Educators
▶ Call for Abstracts: Pediatric Academic Societies

Upcoming Events

January 2
2019 PAS
Abstracts Due

April 24-May 1
2019 PAS
Annual Meeting
Baltimore, MD

Find us on Facebook
This week, US Surgeon General Jerome Adams released a Surgeon General’s Advisory on E-Cigarette Use Among Youth. During a press conference, Dr. Adams discussed the epidemic of youth e-cigarette use; sharing data from the 2018 National Youth Tobacco Survey. The survey found that one in five high school students are current e-cigarette users: a 78% increase from 2017. The Surgeon General’s Advisory describes the epidemic of e-cigarette use and issues a Call to Action for parents, teachers, health professionals, and communities: “The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. We must take action now to protect the health of our nation’s young people.” The advisory is accompanied by additional resources and an audio PSA.

For AAP resources about e-cigarettes, visit the AAP Richmond Center Web site. For resources for parents and families, visit HealthyChildren.org.

From the AAP Richmond Center

Many Children Whose Parents Smoke Test Positive for Marijuana Exposure

A recent study found evidence of secondhand marijuana smoke exposure in nearly half of children whose parents smoke the drug.

The study sample included children of parents who self-identified as marijuana users in Colorado, where recreational marijuana use is legal for adults. Urine samples revealed that nearly half of the children had detectable levels of the marijuana metabolite tetrahydrocannabinol carboxylic acid (COOH-THC), and one in ten had detectable levels of tetrahydrocannabinol (THC). THC is an indicator of both recent and active exposure to marijuana, and a higher level of exposure overall.

These findings suggest that smoking marijuana in the home, even in a different room, results in exposure to children. The more that is understood about secondhand and thirdhand marijuana smoke exposure, the better children can be protected.

Read the full study here.

Nearly Half Of US Teens Have Not Spoken with Physician Alone

A new AAP Richmond Center study reports that nearly half of US adolescents have never had a confidential conversation with a doctor without another person, like a parent or guardian, present.

The study, published in the Journal of Adolescent Health, surveyed adolescents and their parents and explored attitudes toward preventive care and confidentiality. Adolescents and parents generally agree about the importance of preventive services, one-on-one time, confidentiality and what health topics should be confidential. On average, parents valued clinical preventive services more than youth, and youth valued confidentiality more than parents. Both believed that one-on-one time between youth and their provider should start at ages older than those recommended in clinical guidelines.

Read the full study here.

CEASE Parental Cessation Program Delivers Assistance to Breastfeeding Mothers

A new study published in Nicotine and Tobacco Research demonstrates that the “Clinical Effort Against Secondhand Smoke Exposure” (CEASE) program increases provision of tobacco cessation support to breastfeeding mothers. The CEASE program is a parental tobacco cessation program, designed for use in pediatric primary care settings. CEASE was developed by Dr. Jonathan Winickoff, Director of Translational Research in the AAP Julius B. Richmond Center of Excellence. The study evaluated implementation of the CEASE
intervention vs. usual care delivery in pediatric practices, and found that breastfeeding mothers seen in CEASE-practices were more likely to be screened for tobacco use, advised about quitting and provided with cessation support. In a press statement, Dr. Winickoff noted that “the CEASE intervention offers mothers a real lifeline to creating a smokefree family.”

New AAP Resource: Addressing Tobacco in Dental Settings
Tobacco use and exposure is detrimental to oral health. In a new factsheet, “Addressing Tobacco in Dental Settings,” the American Academy of Pediatrics and Campaign for Dental Health outline strategies for addressing tobacco in dental settings, and share information on the ways that tobacco harms oral health. The factsheet includes a one-page resource that can be distributed to patients and families.

In the News
Teen Vaping Hits All-Time High
New data from the 2018 Monitoring the Future survey revealed a sharp increase in teen vaping: 21% of high school seniors reported current use of a vaping device, up from 11% in 2017. This jump in e-cigarette use marks the largest increase ever recorded for any substance since the survey began in 1975. Past-month vaping of both nicotine and marijuana increased across all age groups, with 8% of high school seniors reporting having vaped marijuana in the last 30 days. These usage numbers echo data from the 2018 National Youth Tobacco Survey, which also found sharp increases in e-cigarette use from 2017-2018. Visit NIH’s website for an infographic displaying this year’s Monitoring the Future data.

CDC Looks at Secondhand Smoke Exposure
According to research published in the December 7 issue of the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report, 25.2% of nonsmokers in the US were exposed to secondhand smoke in 2014, down from 87.5% in 1988, but the prevalence of secondhand smoke exposure held steady from 2011 to 2012 and from 2013 to 2014.

Researchers used questionnaire and laboratory data from the National Health and Nutrition Examination Survey to assess patterns of secondhand smoke exposure among US non-smokers. Exposure was highest among nonsmokers who lived with someone who smoked inside the home (73%), nonsmoking non-Hispanic blacks (50.3%), people living in poverty (47.9%), those living in rental housing (38.6%) and young children (37.9%).

“We know there's no safe level of secondhand smoke exposure," CDC Director Robert R. Redfield, MD, said in a written press statement. "These findings reveal that there is still much more to do to protect everyone -- especially children -- from this completely preventable health hazard."

CDC researchers concluded that the stalled declines in secondhand smoke exposure may be attributable to the slow adoption of statewide comprehensive smoke-free laws during the 2013-2014 reporting period, stating “continued measures to implement comprehensive smoke-free laws in workplaces and public places, adoption of smoke-free home and vehicle rules, and educational interventions warning about the risks for secondhand smoke exposure can further reduce secondhand smoke exposure, especially among vulnerable populations.”

Read the full article here.

Exposure to Secondhand Marijuana Smoke May Exacerbate Asthma in Children
What may be the first reported case of cannabis allergy in a child was reported by researchers in a case study presented at the American College of Allergy, Asthma and Immunology’s annual meeting. The researchers found that a 6-
A 6-year-old patient with severe asthma who had not been responding to the usual treatments had been living with adult family members who often smoked marijuana at home. The boy was then tested and confirmed to be allergic to cannabis. His asthma improved after family members stopped smoking cannabis in the home and removed it from the house. The report’s lead author stresses that doctors should consider the possibility of cannabis allergy in any child with uncontrolled asthma who is being exposed to secondhand marijuana smoke. He adds that the problem may become more widespread as cannabis becomes legal throughout the U.S. and other countries. Read more.

Breastfeeding, Decreasing Exposure to Smoking May Help Reduce Ear Infections in Babies

In a HealthDay article titled, “What’s Best for Babies With Recurring Ear Infections,” readers are reminded that breastfeeding and decreasing exposure to smoking help reduce ear infections in babies, according to a 2016 study in the journal Pediatrics. The HealthDay article also provides information about the signs of an ear infection and other tips for preventing them. It states that babies and children are prone to ear infections because of their developing immune systems and size and position of their ear passages, and that middle ear infections are the leading cause of doctor visits and prescriptions for antibiotics. Parents can find more information about ear infections from the American Academy of Pediatrics here.

Resources and Events

Dangers of Vaping Infographic for Educators

FDA partnered with Scholastic to distribute an infographic and other educational materials to thousands of high school educators and administrators nationwide, encouraging them to talk to students about the health risks of e-cigarette use. For more information on e-cigarettes visit the Richmond Center Web site.

Call for Abstracts: Pediatric Academic Societies

Abstracts are due January 2, 2019 for the 2019 meeting of the Pediatric Academic Societies (PAS) in Baltimore, MD. The conference will be held April 24 – May 1, 2019. The PAS annual meeting brings together thousands of pediatricians and other health care providers united by a common mission: improve the health and well-being of children worldwide. This international gathering includes researchers, academics, as well as clinical care providers and community practitioners. Presentations cover issues of interest to generalists as well as topics critical to a wide array of specialty and sub-specialty areas. View the PAS Web site for abstract guidelines and submission information.

Please feel free to pass this message along to interested parties. To subscribe, unsubscribe, or submit a news item for consideration in this monthly digest, please send an email request to richmondcenter@aap.org.

Information and links to organizations are provided solely as a service to American Academy of Pediatrics (AAP) Julius B. Richmond Center of Excellence listserv members. Links do not constitute an endorsement of any organization by the AAP or the AAP Richmond Center, and none should be inferred. AAP is not responsible for the content of the individual organization found at links.

(c) COPYRIGHT AMERICAN ACADEMY OF PEDIATRICS. ALL RIGHTS RESERVED.
American Academy of Pediatrics, 345 Park Blvd., Itasca, IL, 60143, 630-626-6000