



# PROGRESS NOTES

January 31, 2014

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### UPCOMING EVENTS *(See pages 6 for details on all events)*

Pennington Childhood Obesity and Public Health Conference | 4/1/2014 | Baton Rouge, La

2014 Red Stick Pediatric Potpourri | 8/22-24/14 | Baton Rouge, La

## Pennington launches childhood obesity and diabetes research program

Source: *The Business Report*, 1/22/14

Gov. Bobby Jindal joined officials at the Pennington Biomedical Research Center today as they opened a new front in the battle on childhood obesity with announcement of the Childhood Obesity and Diabetes Research Program and the opening of a newly renovated space on the campus off Perkins Road for the program's activities. The state provided \$6.4 million in funding for the renovated facilities—part research lab and part education center—called the Translational Research Clinic for Children, or TReCC for short. Researchers at the facility will explore new ways of preventing, treating and managing childhood obesity. "The funding for the TReCC has allowed Pennington Biomedical to retain 19 direct jobs for pediatric studies, and the investments are expected to create more jobs in the future as grants are obtained," the governor's office says in a statement released today. "This investment in Pennington Biomedical is not only an investment in research; it is a continued investment in a healthier Louisiana." Pennington Biomedical Research Center Executive Director William Cefalu acknowledged the crucial role of state support, noting that the state's investment has already been leveraged significantly with more than \$13 million in pediatric research funding and contributions dedicated to childhood obesity research. "We are working with our fellow LSU campuses and partners in the community and state to create an integrated childhood obesity research and diabetes program with outstanding physicians and scientists that will allow us to generate additional federal and private research funding," Cefalu says in the statement.

### Project Title: Klub Kinect: Social Exergaming for Healthy Weight in Adolescent Girls

*Principal Investigator: Amanda Staiano, PhD*

*Project Manager: Arwen Marker, [arwen.marker@pbrc.edu](mailto:arwen.marker@pbrc.edu), 225-763-3080*



#### Background:

Adolescents log 3.3 hours playing video games each week on average, but the majority of adolescent girls do not devote adequate time to physical activity. Insufficient physical activity is a major contributor to obesity, which affects 18% of adolescent girls in the US and increases the risk for cardiovascular disease. In this study, we are testing the feasibility of a 12-week social exergaming program as a fun, healthy way to lose weight and achieve cardiovascular health benefits in teenage girls.



#### Who can participate?

We are enrolling forty 14-18 year old girls who are overweight or obese. Girls must be postmenarchal, understand English, and be free of medical conditions that would prevent physical activity or video game play (i.e. heart disease, epilepsy, physical disability, etc.).

#### Where does the study take place?

Pennington Biomedical Research Center

#### When does the study take place?

The study takes place after school from 3:00-5:00pm Monday-Thursday in the Pediatric Clinic at Pennington Biomedical Research Center. Each participant will be enrolled in the study for 12-14 weeks. We are enrolling new participants from now until April 2014. All participants must complete the study by July 2014.

#### What happens during the study?

Girls are expected to attend two clinic visits, one at the beginning of the study and one at the end of the study. These visits will assess eligibility for the study and measure pre/post changes. These visits will take place in the morning and include the following procedures:

1. Anthropometrics (height, weight, BMI, blood pressure)
2. Physical Exam
3. Electrocardiogram
4. Blood Draw
5. Urine Pregnancy Test
6. Body Composition Imaging (DXA and MRI)
7. Questionnaires (Medical History, Lifestyle/Psychosocial Surveys)
8. Accelerometry (worn for 1 week to measure activity)
9. 30 Minute Free Choice Exercise

Following the initial clinic visit, eligible participants will be randomly assigned to either the exergaming intervention group or a control group. Girls have a 50/50 chance of being assigned to either group. The exergaming group will attend three after-school 90-minute exergaming sessions each week for 12 weeks. The control group will not attend any visits during this time. Participants in both groups will attend the second clinic visit at week 13 (see procedures above). Procedures included in the exergaming visits include:

1. Dance Exergaming (girls will be expected to play Just Dance and/or Dance Central for 60 minutes each session)
2. Weight and Activity Monitoring (weight will be measured each session and pedometers will be worn to measure activity while dancing)

**What will girls receive for participating?**

All girls may earn up to \$300 throughout the study based on their attendance and participation. All girls will also be offered a group nutritional class at the end of the study, which they may attend at their convenience.

**Safety and Privacy:**

All study procedures have received full IRB approval. We also follow all HIPAA regulations to keep participant information confidential, private, and secure. Study results will be written up for the entire group of 40 girls and will not include any personal identifying information.

**Why are we contacting LA AAP?**

Pediatricians are a great way to reach kids who may be struggling with obesity or weight-related problems, and we hope to reach out to teenage girls through local area hospitals, clinics, and doctor’s offices. This study will take place entirely at Pennington Biomedical Research Center and mostly during after-school hours. We want to contact girls through health care providers and will work with each organization to find the best way to do so. This could include, but is not limited to, a letter or email to patients about the study, posting flyers and/or posters in waiting rooms and exam rooms, and/or having doctors/residents “champion” the project to let girls know about it and/or have girls sign up to receive additional information. In previous studies, we have reached out to children through local pediatricians and health care providers with great

**LA AAP Legislative Committee - Seeking Participants**

The Chapter is seeking interested members to be part of the Chapter’s Legislative committee. Member’s responsibilities include reviewing pre-filed legislation as asked, assisting the Chapter in determining positions to take on pieces of legislation and assisting with the development of talking points for legislative action and/ or committee testimony. Most business of this committee will be conducted via conference call and emails. If you are interested, please send an email to: [ashley.politz@laaap.org](mailto:ashley.politz@laaap.org)

- Know of something going on in your region you think others should know about?
- Is there new research you want to share?
- Are there things you think your colleagues need to know?

■ [Submit an article](#) for the next Progress Notes



## FY 15 Executive Budget Presented to Joint Legislative Committee on the Budget

On Friday, January 24, 2014, the Division of Administration presented the Executive Budget for FY 2015 to the Joint Legislative Committee on the Budget. Some key points include:

- No “sweeping of fee based funds.”
- Doesn’t spend any one time money on recurring expenditures.
- The budget is a total \$24.9 billion, representing a 2.4% decrease from last year, but state general fund expenditures are up 2.2% from last year
- DHH will spend an additional \$25.6 million for new LSU public private partnerships
- In the introduction to the budget proposal, the Commissioner noted that there would be “increases to healthcare funding without cuts to provider rates.”

To view the presentation:

[http://doa.louisiana.gov/doa/Presentations/FY\\_2015\\_Executive\\_Budget\\_Presentation\\_for\\_JLCB-01-24-14.pdf](http://doa.louisiana.gov/doa/Presentations/FY_2015_Executive_Budget_Presentation_for_JLCB-01-24-14.pdf)

## Bayou Health/ Medicaid

### DHH Reschedules Public Hearing On Notices of Intent

**Direct Link to the Press Release:** <http://new.dhh.louisiana.gov/index.cfm/newsroom/detail/2947>

Monday, January 27, 2014 , Baton Rouge, La - In expectation of inclement weather, the Department of Health and Hospitals (DHH) has rescheduled the Wednesday, Jan. 29, public hearing to address the December 2013 Notices of Intent. The public hearing has been rescheduled for Tuesday, Feb. 4, 2014, and will take place in room 173 of the DHH Bienville Building, located at 628 North Fourth Street in downtown Baton Rouge. The hearing will begin at 1 p.m. At that time, the following Notices of Intent will appear on the docket:

1. Abortion Facilities - Licensing Standards
2. Home and Community-Based Services Waivers - Children's Choice - Allocation of Waiver Opportunities
3. Home and Community-Based Services Waivers - Children's Choice - Money Follows the Person Rebalancing Demonstration Extension
4. Inpatient Hospital Services - Small Rural Hospitals - Low Income and Needy Care Collaboration
5. Outpatient Hospital Services - Small Rural Hospitals - Low Income and Needy Care Collaboration
6. Professional Services Program - Reimbursement Methodology - Supplemental Payments
7. Nursing Facilities - Cost Reports and Specialized Care Reimbursement
8. State Children's Health Insurance Program - Prenatal Care Services

In compliance with the Administrative Procedure Act, DHH has also given notice of the rescheduling to the [Louisiana Register](#), to be posted on their web site.

## Informational Bulletins

All bulletins: <http://new.dhh.louisiana.gov/index.cfm/page/1198/n/311>

## Provider Calls

The beginning of each call will begin with announcements from the Department and then will allow for time to address systemic issues with Bayou Health.

The weekly provider call hosted by DHH takes place every Wednesday at noon. Any provider is welcome to call in, and pre-registration is not required.

The call in number is 1-888-278-0296

Access code is 6556479#

**AAP Response to President Obama's State of the Union Address**  
*By: James M. Perrin, MD, FAAP, President, American Academy of Pediatrics*

"Tonight, President Obama called on the American people to make 2014 a year of action and affirmed that in America, families should have the same opportunities to succeed, no matter their health status, country of origin or family income. All children deserve access to health care, quality education and the chance to reach their highest potential.

"Pediatricians look forward to working with members of Congress and the Administration on initiatives that invest in children and families, including efforts to strengthen preschool programs, reform our immigration system to protect the health of immigrant children and families, implement the Affordable Care Act to expand coverage to even more Americans and make strong investments in programs that lift families out of poverty. If we are to ensure our nation's long-term success and an effective workforce, we must prioritize policies that invest in children in the earliest days of life, offer opportunities to all young children to grow to their fullest potential, and take meaningful strides to address chronic poverty and its impacts on the health and well-being of American families."

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Here is a link to the full text of the President's speech...

<http://www.cbsnews.com/news/obamas-2014-state-of-the-union-address-full-text/>

**SUIDA Recipe – Just in Time for the Big Game.... Pigskin Potatoes**

Rating:

**Ease: Moderate**

**Prep time: 95 min**

**Cook time: 10 min**

**Yield: 8 servings**

**Ingredients**

8 (8-ounce) medium baking potatoes

Cooking spray

2 cups coarsely chopped roasted chicken

2 cups (8 ounces) freshly shredded reduced-fat sharp Cheddar or Pepper Jack cheese, divided

1-2 canned chipotle peppers, minced plus 1 tablespoon liquid from can

1 tablespoon taco seasoning

1/2 cup reduced-fat sour cream

1/2 cup chopped chives



**Directions:**

Prick potatoes with a fork. Bake for 1 hour at 425°F. Let cool slightly.

Cut potatoes in half lengthwise; scoop out pulp for other desired use, leaving a 1/2-inch shell.

Place potato shells on a baking sheet; spray inside of shells with cooking spray. Bake at 425°F for 15 minutes or until crisp.

Combine chicken, 1 cup cheese, chipotle pepper and liquid, taco seasoning and sour cream; divide evenly among potato shells.

Bake at 425°F for 5 minutes. Top with remaining cheese and bake an additional 5 minutes or until cheese melts. Sprinkle with chives.

## Upcoming Events

**Pennington Childhood Obesity & Public Health Conference | 4/1/14 | Baton Rouge, La**



### **The Conference**

Young faces need healthy spaces. Join us at Pennington Biomedical Research Center's seventh annual childhood obesity and public health conference to discover how parks, neighborhoods, and schools shape our children's health and learn from key leaders about how to create more happy faces in your community.

### **Learning Objectives**

The participants in this conference will be able to:

- recognize the different ways that local environments shape our children's health.
- identify resources and successful strategies to create healthy spaces for children throughout Louisiana.

### **More Details & Registration Coming Soon!**

#### **Pennington Biomedical Research Center**

6400 Perkins Road | Baton Rouge, Louisiana 70808  
225-763-2500 | [www.pbrc.edu](http://www.pbrc.edu)

**2014 Red Stick Pediatric Potpourri | 8/22-24/14 | Baton Rouge, La**

**Date:** August 22-24, 2014

**Location:** Embassy Suites (4914 Constitution Ave, Baton Rouge, LA 70808)

For all the details: [www.laaap.org/2014potpourri](http://www.laaap.org/2014potpourri)

