Good News for Kids

**UF’s New Center for Breastfeeding and Newborns Helps Moms, Babies**

By Arlette C. Suarez, Assistant Editor

It was only after the birth of her first daughter that Dr. Sandra Sullivan, neonatologist at Shands Hospital, became aware of just how many issues new mothers, even physicians such as herself, could encounter when attempting to provide breast milk for their newborns. Pediatric nurse practitioner Mary Ryngaert, who has more than 20 years of experience in private practice, also found herself interested in helping mothers and their newborns through the challenges that often accompany breastfeeding.

The two women met at a local North Central Florida Breastfeeding Coalition meeting, and were soon drawn together by their similar ambitions.

*(Continued on page 24 as ‘Breastfeeding’)*
Welcome Readers

What a load of fun it’s been putting together this edition of ON PAR! Fall is my favorite time of year, beginning with the availability of Muscadine grapes in late August and early September. Then, we move into football season, get cooler weather, and have the wonderful winter holidays to look forward to. In writing for this edition, I was able to meet Florida Gators Head Football Coach Urban Meyer and Assistant Head Coach and Defensive Line Coordinator Charlie Strong. Their story can be found on page 21, where Coach Meyer is listed on The High-Five Roster.

Recognizing community leaders and organizations on The High-Five Roster is but one way we’re looking to broaden our reach and extend the readership of ON PAR. In this issue, you’ll find two new features designed to support these efforts: a profile of community pediatrician Dr. Tom Benton and a special section on the work of Shands hospitals. Readers are also treated to more of the work of Assistant Editor Arlette C. Suarez, who writes about UF’s new Center for Breastfeeding and Newborns. Please know your ideas and suggestions are always welcome as we move forward in covering more stories of interest to you.

For the benefit of children,

Heidi Saliba
### Research News and Announcements

<table>
<thead>
<tr>
<th>Residents’ QI Presentations</th>
<th>Silverstein Continues to Lead, Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, January 20</td>
<td>Dr. Janet Silverstein just completed work on the new edition of the National Diabetes Education Program (NDEP) school guide. In October, she gave a seminar on the consequences of obesity and metabolic issues at the American Academy of Pediatrics’ (AAP) National Conference and Exhibition in Washington, DC. Additionally, Silverstein serves as co-chair in developing the AAP’s and American Diabetes Association’s guidelines for children with Type 2 diabetes. Watch for more information on Dr. Silverstein in the February 2010 issue of <strong>ON PAR</strong>.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PAS Reminder</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abstract submissions are due Wednesday, November 18.</td>
<td></td>
</tr>
</tbody>
</table>

**Award of Opportunity for Deserving Scholar**
Masters of Public Health student Tiffany Winston has been awarded an internship from the Centers for Disease Control in Atlanta, Georgia. Winston is UF’s only recipient of the CDC’s Orise Fellowship, and she will be moving to Atlanta in January to work in their Office on Smoking and Health. Her career goal is to become a physician and her research areas of interest include maternal and child health.

In addition to extensive contributions within her department and program of study, Winston serves as Lead Research Assistant and team trainer for the Infant Sleep Study in the Division of General Pediatrics. She regularly contributes articles to **ON PAR**.

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**NCCC Extends Deadline to Nov. 20**
**Submitted by Pamela Pallas**
The National Coalition of Campus Children’s Center (www.campuschildren.org) is hosting their 38th Annual Conference April 7-10, 2010 in Orlando, Florida. The focus of this year’s conference is *innovation*. The committee is seeking proposals addressing innovative ideas for child center management and leadership, advocacy, programs, curricula, special education, staff development, interdepartmental partnerships, funding and parenting issues. For pre-conference proposals, please contact Dr. Pamela Pallas (ppallas@ufl.edu or (352) 273-8000) with a description of your presentation and fee.

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**Coming in February**

Please send your research news, announcements, and celebrations to Heidi Saliba: hsaliba@peds.ufl.edu

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**FYI: Previous issues of **ON PAR** are available online.**
Visit www.peds.ufl.edu then click on the Research link from the left-hand side of the menu bar. Go to the bottom right below the blue **ON PAR** button to review issues from the past.
Speaking of Statistics

By Erik Black, Ph.D.

An Introduction to Inferential Statistics
Inferential statistics are used to make judgments about data we have collected and the data’s relationship to a larger population. That is, current information regarding a sample of subjects is used to (1) make assumptions about the population at large and/or (2) make predictions about what might happen in the future.

There are several basic categories of inferential statistics, each of which can be discussed in detail. For the purposes of this article, the categories will be introduced and a single topic will be discussed (regression). Future articles will discuss the other categories.

Erik Black, Ph.D. is Director of Research for Ped-I-Care at the University of Florida. He also has teaching and research duties in the Education Department at UF. This article is the second in a series from Dr. Black.


**t-Test:** Seeks to determine the difference between two (and only two) groups. For example, is the average height of individuals in group A different from the average height of individuals in group B?

**ANOVA:** An ANalysis Of VAriance test could be thought of as a more advanced t-test. Using an ANOVA we can compare more than two groups of individuals across multiple variables, across multiple test instances or both.

**Factor Analysis:** Used to reduce large datasets into subgroups or factors. Factor analysis is commonly used in the development of psychological assessments (e.g. Myers-Briggs Type Indicator). It involves complex mathematics and requires the use of specialized software.

**Regression Analysis:** A common and powerful set of procedures, regression builds upon correlations. It seeks to determine the strength and relationship between two or more variables in order to predict other variables. For example, given the following known data, we want to predict final scores for those with missing data:

<table>
<thead>
<tr>
<th>Student</th>
<th>Mid-Term</th>
<th>Final Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>80</td>
<td>85</td>
</tr>
<tr>
<td>B</td>
<td>70</td>
<td>79</td>
</tr>
<tr>
<td>C</td>
<td>50</td>
<td>65</td>
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<td>D</td>
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<td>100</td>
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<td>95</td>
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<tr>
<td>F</td>
<td>70</td>
<td>65</td>
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<tr>
<td>G</td>
<td>80</td>
<td>86</td>
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<tr>
<td>H</td>
<td>40</td>
<td>55</td>
</tr>
<tr>
<td>I</td>
<td>55</td>
<td>?</td>
</tr>
<tr>
<td>J</td>
<td>75</td>
<td>?</td>
</tr>
<tr>
<td>K</td>
<td>83</td>
<td>?</td>
</tr>
<tr>
<td>L</td>
<td>66</td>
<td>?</td>
</tr>
</tbody>
</table>
By entering the data into a statistical analysis program, and telling the program that we think that mid-term (our independent variable) is related to final exam (our dependant variable), we are provided with the following output:

![Graph of Final Exam vs Mid-Term](image)

Model Summary

<table>
<thead>
<tr>
<th>Model</th>
<th>R</th>
<th>R Square</th>
<th>Adjusted R Square</th>
<th>Std. Error of the Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.935a</td>
<td>.874</td>
<td>.853</td>
<td>6.06539</td>
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</table>

a. Predictors: (Constant), Mid_Term

ANOVA

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<tr>
<th>Model</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Regression</td>
<td>1</td>
<td>1528.76</td>
<td>41.5</td>
<td>.001a</td>
</tr>
<tr>
<td></td>
<td>Residual</td>
<td>6</td>
<td>36.789</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>7</td>
<td>1749.50</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a. Predictors: (Constant), Mid_Term
b. Dependent Variable: Final_Exam

Coefficients

<table>
<thead>
<tr>
<th>Model</th>
<th>Unstandardized Coefficients</th>
<th>Standardized Coefficients</th>
<th>t</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Std. Error</td>
<td>Beta</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>(Constant)</td>
<td>22.509</td>
<td>8.984</td>
<td>2.50</td>
</tr>
<tr>
<td></td>
<td>Mid_Term</td>
<td>.782</td>
<td>.121</td>
<td>.935</td>
</tr>
</tbody>
</table>

a. Dependent Variable: Final_Exam

(Continued on page 17 as, 'Speaking of Statistics')
Emphases on Child Safety, Parent Participation Serve as Hallmarks of Care at Benton Pediatrics

“My approach to treatment is a partnership,” Dr. Benton said. “I very much want to come to a treatment decision that everyone agrees to.”

Like other physicians, Dr. Tom Benton of Benton Pediatrics wants only the best for his patients and their families. He’s devoted his entire professional life, in fact, to caring for children. What sets him apart from some pediatricians, though, is his preferred method of treatment.

“My approach to treatment is a partnership,” Dr. Benton said. “I very much want to come to a treatment decision that everyone agrees to.”

Using the example of a four-year-old who presents with an ear infection, he explained there are multiple treatment options. Given three equally effective treatments, he prefers to make a recommendation and adjust it to reflect the parents’ beliefs and desires.

Along with respect for individual ideas, Dr. Benton also focuses on safety as one of his top priorities. For him, that means making sure parents are aware of the greatest threats to a child’s life. For kids five and younger, it’s drowning. (Continued on page 14 as ‘Benton Pediatrics.’)

Dr. Tom Benton:
- Is a UF graduate and contributes to pediatrics research
- Focuses on child safety as a top priority
- Practices a family-centered approach to treatment
- Serves in several community roles for charitable organizations
- Participates in the Gainesville Pediatrics After-Hours program
- Was a co-founder of and now serves as president of the American College of Pediatricians

Dr. Benton and his wife Kathy have been happily married for 25 years. They have five children and one grandchild.
Calling All Pediatricians!
Publishing Opportunity Available

ON PAR is looking for a volunteer to write a question-and-answer column each quarter. The column would address common questions parents might ask about their children’s health. Article length is 200-300 words; columns publish quarterly and would include the author’s name in the byline. Please email Heidi Saliba at hsaliba@peds.ufl.edu if interested.

From the IRB Website: Upcoming Educational Events
The IRB-01 office offers Brown Bag Lunch talks, in which various topics are covered in depth. All events are held at the McKnight Brain Institute in room LG-110A (ground floor). Call (352) 392-7875 or email Terry Lemesh at tjlemesh@ufl.edu to register.

Upcoming events, as posted on http://irb.ufl.edu/education/edevents.htm:

- November 19, 2009; 12:00 – 4:00 p.m.
  “IRB Boot Camp” Presented by Terry Lemesh, IRB Education Coordinator
- December 8, 2009; 12:00 p.m. - 1:30 p.m.
  “Documenting the Informed Consent Process” Presented by Ray Moseley, PhD, Associate Professor, Bioethics, Law and Medical Professionalism
- January 12, 2010; 12:00 p.m. - 1:30 p.m.
  “Developing a Clinical SOP Manual” Presented by: Wajeeh Bajwa, PhD, Director Office of Regulatory Affairs and Licensing, CTSI
- February 9, 2010 12:00 p.m. - 1:30 p.m.
  “Social-Behavioral Research, Collecting Data via On-Line Sites” Presented by Ira Fischler, PhD, Professor Emeritus, Department of Psychology

A Special Thank you
ON PAR thanks Cathy and Carlee Taylor for permission to use their image on this issue’s front cover. The beautiful photo, chosen for its communication of the intimate bonding between mother and child, is the work of Jeff and Sabrina Williams who own JS Photography in Gainesville.

The married artists offer a wealth of professional plaudits and international experience to benefit their eclectic base of clients. According to Jeff, the business focuses on fine art photography, in which they blend creative photojournalism with contemporary classical photography.

What sets this duo apart the most, however, from other photographers and photo studios, is the combination of their UF credentials and ancillary certifications: Both Jeff and Sabrina hold a Master of Fine Arts (MFA) in Photography and Electronic Media from The University of Florida (the MFA is the highest degree achievable in photography from an accredited university).

Jeff and Sabrina are both certified professional photographers (CPP), a prestigious certification awarded by the Professional Photographers of America. Jeff holds two specialty endorsements from the PPA in portrait and wedding photography.

JS Photography is located at 1338 NW 13th Street, Gainesville, FL 32601; their phone number is (352) 372-4462. Website: jsphoto.com

[Image of a beautiful photo, chosen for its communication of the intimate bonding between mother and child, is the work of Jeff and Sabrina Williams who own JS Photography in Gainesville.]
Oftentimes in health care research, win-win stories relate to the success of helping individuals, families, or groups of patients who have similar conditions. What is heard less frequently, however, are reports from the field of population-based research. In this interview with MCHERDC director Jeff Roth, the importance of linking large datasets becomes evident in pursuit of providing high-quality health care to all individuals.

MCHERDC, which stands for Maternal and Child Health Education and Research Data Center, collects and analyzes data to inform discussions with pediatricians and policymakers about risks for poor outcomes in children with certain demographic and health characteristics. Population statistics provide practitioners and elected officials with a range of results. Knowing about this range helps parents understand the weight or magnitude of risk that their child may face. “Population-based research,” Roth said, “conveys a 30,000-foot view of what’s happening to women and children over time. We may not be able to tell a story about how one specific child or mother was helped by a particular treatment. However, for the mother of a late pre-term infant, for instance, she can consider how children born between 34 and 36 completed weeks of gestational age have, on average, a somewhat elevated risk of being assigned to special education classes in elementary school. This finding gives her a basis for discussing delivery dates with her physician.”

Roth describes MCHERDC as an informational bridge between the sectors of health, education, and social services. State agencies may
The Center’s mission is to aid national and state decision makers who seek to utilize data-driven, evidence-based evaluation processes in formulating maternal child health policy. Our services are used by government agencies, private and public institutions, and professionals serving pregnant women, children, and families.”

From MCHERDC’s website (http://mch.peds.ufl.edu/)

“Now is a crucial time for the university to show that it cares about vulnerable families. By applying expertise gained from working with state agencies to link data longitudinally, we will be able to provide local agencies with both foreground and background information about the clients they serve,” Roth explained.

be working with the same families, but the agencies are not allowed or don’t have time to track the families as they cross service programs. MCHERDC is the hub through which data may be shared with appropriate approvals and permissions.

“We are committed to facilitating the exchange of information,” Roth said. “Under contracts with the Agency for Health Care Administration and the Department of Health, we link birth records to services that children subsequently receive, such as care in Regional Perinatal Intensive Care Centers and Early Steps, the state’s program for children with a developmental delay or disability, among others.” Roth explained that MCHERDC’s data collecting, merging, and reporting help Medicaid understand, on an annual basis, outcomes for mothers and children whose care is paid for by the government. Last month, MCHERDC received a planning grant from the Jessie Ball duPont Fund to build a community database for agencies in Alachua County. The goal of hosting all relevant information in one location is to identify gaps in services and reduce duplication of resource allocation. The database would provide aggregate-level data while preserving the confidentiality and privacy of program recipients. This type of effort, he explained, is one which demonstrates UF’s use of its resources to help the community.

(Continued on page 10 as ‘MCHERDC’)

MCHERDC team members collaborate on a variety of projects throughout the year.

The Mission

‘MCHERDC’
UF & Shands celebrated the November 1 opening of the Shands Cancer Hospital at the University of Florida. The emergency room at the brand-new facility offers equipment and supplies specifically designed for pediatric patients (in addition to those for adults). According to Greg Hollingshead, Director of HR, the layout of the facilities is designed for optimal communication and patient safety, while also ensuring patients’ privacy.

**MCHERDC, Continued from page 9**

“Now is a crucial time for the university to show that it cares about vulnerable families. By applying expertise gained from working with state agencies to link data longitudinally, we will be able to provide local agencies with both foreground and background information about the clients they serve,” Roth explained.

Support for full implementation of a community services database is just a first step toward collaborating with other local initiatives aimed at improving the health of Alachua County’s children and families. Going forward, MCHERDC intends to serve as a model for other communities in centralizing and linking databases.

**Benton Pediatrics, continued from page 7**

Parents should make sure their pools have barriers and that their children learn to swim (regardless of whether they own a pool). They should also practice ‘touch supervision’ when kids are in the water, meaning the parent is within an arm’s length of the child at all times.

For children five and older, the greatest threat is car crashes. “Families need to buckle up on every trip, every time. Parents should drive safely and not be distracted,” Dr. Benton said.

His interests in safety extend to the realm of his research pursuits, in which Dr. Benton is working on a traffic project funded by the Florida Department of Transportation. It involves aggregating data from the time of the crash through hospital discharge of injured crash victims (from roadside to bedside). This information is then used to create strategies designed to prevent further crashes. “Common things are common for a reason,” Dr. Benton said. “We’re directing attention at those common things that most often result in injury death.”
Alachua County Sheriff Sadie Darnell was among those who attended the Peaceful Paths groundbreaking October 15. The agency is rebuilding after a fire destroyed their offices earlier in the year.

Ronald McDonald and charity executives gathered September 14 at The Ronald McDonald House on SW 16th Avenue for the home’s ribbon-cutting ceremony. RMH is making capital improvements and installing an elevator to better serve the families who stay at the house during the time of medical care for their children.

Former US Surgeon General Joycelyn Elders, MD spoke at Grand Rounds October 10. Pictured with Pediatrics Chair Dr. Richard Bucciarelli, Dr. Elders spoke on the role of pediatricians in health care reform. She states that pediatricians must provide leadership to reform the health care system for children. The Five Cs of leadership are clarity of vision, consistency, competency, commitment, and control. Dr. Elders is now in retirement after a career in pediatrics at the University of Arkansas for Medical Sciences. She is still active with the other previous Surgeons General to advise the Surgeon General and Congress on health policy. “It was a real honor to have the Surgeon General here to give grand rounds and visit with the residents,” said Dr. Bucciarelli. “She, more than anyone, understands the issues of poverty and its effect on the total health of our children. There has been no stronger advocate for children. She has incredible communication skills and not only speaks from the heart, but from her experience.”
In Celebration of Hospitalists: Appreciating the Role of Bridge-Building Healers

For Shands at UF hospitalists Michele Lossius, MD and Nicole Paradise-Black, MD, principled patient care and clear communication with community pediatricians are at the heart of caring for their patients. In their work with children, hospitalists handle difficult cases with broad medical vision that allows for attention to detail specific to each individual patient.

“I decided in my second year of residency, while on rotation at a community hospital, that I wanted to be a hospitalist,” Black said. “I love the acuity; it’s a lot more of a challenge for me.” And challenging it is, with a focus on family-centered rounds and keeping communication as thorough and open as possible.

“A hospitalist program offers consistency for patient care, and with that you generate or have the ability to generate higher quality care, benchmarking guidelines, decreased lengths of stay, and a relationship with outpatient pediatricians for continuity of care,” Lossius said. “It definitely helps to have a positive response from referring PCPs, knowing you’re participating in continuity. In Gainesville, with PAH (Pediatric After Hours) there’s more of a relationship between the inpatient and outpatient physicians. Having that relationship is helpful; you get a sense of each other’s style.”

For Black, knowing and understanding the intangible value of hospitalists is a research question worthy of its own study. “As a hospitalist, you have the ability to stay in contact with your patients and evaluate them throughout the day; in a busy outpatient practice the pediatrician may only be able to see his or her hospitalized patient one time a day. We

What is a hospitalist?
According to medterms.com, a hospitalist is “a hospital-based general physician. Hospitalists assume the care of hospitalized patients in the place of patients' primary care physician.”
provide patients and families with ready access to a physician.”

Lossius and Black agree that the Shands residency program adds a lot of value to the care that’s provided, and that additional research needs include the development of standardized best practices and general pediatric administration diagnostics, through networks such as PRIS (Pediatric Research in Inpatient Settings) and VIP (Value in Inpatient Pediatrics; an arm of PRIS working on benchmarking guidelines). The two also agree that a full-service children’s hospital would be a boon to the area, especially if every subspecialty is represented. Within this setting, the efforts of hospitalists would be nurtured and supported, with collaboration, bridge-building, and care coordination at the forefront. Along with that, research opportunities would naturally abound as hospitalists go about their work.

Researching and understanding the role of hospitalists, however, might also be appreciated through the eyes of the children they help. “I went into medicine because I just love taking care of people,” Lossius said. “You’re always encouraged when a patient touches you. There was one patient recently who was so thankful for something so simple; it gives you a perspective of thankfulness and joy.”

Black had a similar experience several months ago when she was able to help one of her patients in the same way that her doctor helped her as a child. She realized she’d accomplished what she set out to do in being the doctor to that patient that her doctor was to her. “I really do appreciate that the outpatient pediatricians let me take care of their patients,” she said. “Continuity of care across the inpatient and outpatient medical home is very important to me.” If their success is any indication, the future looks healthy for both children and doctors.

“While it may be thought that hospitalists are merely generalists that work in the hospital and therefore should not be considered a separate group, hospitalists have a narrower focus that allows them to achieve better length of stay with lower costs and potentially improve the quality and safety of inpatient care as demonstrated in the studies referenced in this essay. Along with narrower focus the increased experience of treating inpatient illness and increased in-hospital availability contribute to the benefits described for hospitalist programs.” - J S C Med Assoc, June 2007

Shands at UF
hospitalist Nicole Paradise-Black, MD
Community Bulletin Board

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 18</td>
<td>Diabetes, for Friends and Family of Diabetics, a Discussion at New Beginnings COGBF</td>
</tr>
<tr>
<td>Nov 25</td>
<td>International Day for the Elimination of Violence against Women</td>
</tr>
<tr>
<td>Dec 1</td>
<td>World AIDS Day</td>
</tr>
<tr>
<td>Dec 3</td>
<td>International Day of Persons with Disabilities</td>
</tr>
<tr>
<td>Dec 5-6</td>
<td>Christmas Art Festival in Ocala; Juried Art Festival at Six Gun Plaza</td>
</tr>
<tr>
<td>Jan 30-Feb 7</td>
<td>Hoggetowne Medieval Faire, Alachua County Fairgrounds</td>
</tr>
<tr>
<td>Feb 4-15</td>
<td>Florida State Fair, Florida State Fairgrounds Tampa</td>
</tr>
<tr>
<td>Feb 26-27</td>
<td>Urban Meyer Scramble for Kids, Mark Bostick Golf Course at UF</td>
</tr>
</tbody>
</table>

Help Us Help Babies!

The pediatricians of Gainesville and UF invite you to join with us in providing a Spirit Station for the March for Babies.

We Need Help With:

- Raising $1,500 for Booth Sponsorship ($500 has already been raised)
- Running the Booth on the Day of the Walk (March 27, 2010)
- Asking Local Farmers to Donate Fresh Produce Snacks (e.g. carrots, celery, apples) for the Walkers
- Finding volunteers to Help with Clean Up Duties after the Walk
- Recruiting More Walkers and Runners to Help with Fundraising

Please contact Dr. Lindsay Thompson at lathompson@peds.ufl.edu or Heidi Saliba at hsaliba@peds.ufl.edu for more information.

Thank you for your consideration!

ON PAR’s February issue will feature:

- Pediatric endocrinology at UF and what their major new funding will mean for children
- Profile of Gainesville pediatrician Ana Moros-Hanley, UF grad and member of the PAH
- New contributor Lauren Delaparte talks about the PALS program for adolescents in Gainesville
- More information on MCHERDC and how their research and data collection systems benefit the children of Florida

Look for it in 2010!
The Parents’ Page:
An At-A-Glance Guide for Busy Moms and Dads
This is a pull-out supplement from ON PAR magazine, UF’s Division of General Pediatrics’ newsmagazine. To view the entire magazine, please visit www.peds.ufl.edu. Click on the Research Link on the left-hand side, then click on the ON PAR link on the bottom right-hand side of the Research page.

Answers to Common Questions about Children’s Food Allergies
1. What exactly is a food allergy? A food allergy occurs when the immune system mistakenly believes that a food is harmful. In its attempt to protect the body, it creates antibodies to the food it perceives as offensive, and signals the immune system to release chemicals and histamines. These chemicals trigger allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, and/or cardiovascular system.
2. What are the symptoms of a food allergy? The most common symptom is hives, but other symptoms can include tingling in the mouth, swelling of the tongue and throat, difficulty breathing, stomach cramps, vomiting, diarrhea, and eczema.
3. Do Children Outgrow Food Allergies? Children usually outgrow allergies to cow’s milk, eggs, soy, and wheat. But they do not usually outgrow allergies to peanuts, tree nuts, fish, or shellfish.

Visit www.faankids.org for information and support in dealing with food allergies.

Tool Spotlight: Shands’ Multimedia Encyclopedia
Direct Link: shands.org/health/HIE%20Multimedia/200000.htm
The online Shands Multimedia Encyclopedia allows you to research symptoms, diseases, and conditions, as well as prepare for upcoming surgeries and tests. Perhaps most important to children are the links to information on nutrition, vitamins, and special diets (under the ‘Explore’ heading) and the link to emergency care for injuries and poisonings.

ACSO’s Free Teen Driver Challenge
The Alachua County Sheriff’s Office has partnered with the Florida Sheriff’s Association to offer a free, two-day driving course to area teens. According to Sheriff Sadie Darnell (in a video on the program’s website), traffic accidents are the leading cause of death for teenagers.

The Teen Driver Challenge is designed to help adolescents learn how to drive safely. The course is taught every month on a Friday-Saturday schedule, with the Friday course from 6:00 to 10:00 p.m. and the Saturday portion from 8:00 a.m. to 4:00 p.m. Parents need to get their children pre-registered; visit www.alachuasheriff.org or call (352) 367-4099.

Upcoming Dates:
(Subject to change and availability)
December 18-19
January 15-16
February 12-13
March 26-27
April 16-17
May 14-15
June 25-26
July 16-17
August 20-21
September 17-18
October 22-23
November 5-6
The Parents’ Page:
An At-A-Glance Guide for Busy Moms and Dads
This is a pull-out supplement from ON PAR magazine, UF’s Division of General Pediatrics’ news magazine. To view the entire magazine, please visit www.peds.ufl.edu. Click on the Research Link on the left-hand side, then click on the ON PAR link on the bottom right-hand side of the Research page.

New Baby Necessities: Tips for Shopping

**Stroller**
✓ Check to be sure the frame is sturdy. Look for stickers from ASTM International (American Society for Testing and Materials) and JPMA (Juvenile Products Manufacturers Association).

**Car Seat**
✓ Be aware that not all car seats work in every car; try yours as soon as you buy it. Make sure the car seat does not move more than one inch in any direction once it’s installed. Some local fire stations conduct free car seat checks to make sure they are safely installed in a vehicle.

**Crib**
✓ Make sure the mattress fits snugly into the frame. You should not be able to put more than two fingers between the mattress and the crib frame.

*Make sure to send in the products’ registration cards to be notified in the event of a recall. Visit www.recalls.gov for assistance.

Free Nicotine Replacement Therapy Classes from the DOH
On the second and fourth Tuesday of every month (3:00 – 4:00 p.m.), the Alachua County Health Department holds smoking cessation classes. Free nicotine replacement patches are available to Alachua County residents upon completion of the class.

Location: 224 SE 24th Street, Gainesville
For More Information: (352) 334-8889; no reservations needed
Source: http://www.doh.state.fl.us/chdAlachua/tobacco/smoking2.htm

November is Epilepsy Awareness Month
Visit www.epilepsyfla.org for information on services available in Florida. You may place orders for helmets, find local support groups in your city, sign up as a participant in epilepsy research, or make a donation to the foundation. The Parents’ Section contains links to websites with information on helping children who have epilepsy.

One of those links, www.seizuretracker.com, allows users to “track seizure activity, appointments, and medication schedules through a simple calendar interface.”

Need Help Paying for Medications?
Check out www.needymeds.org for ways to find assistance paying for medications that treat specific diseases and conditions. The site is organized by drug company names as well as types of need.
Meta Analysis: A process of combining multiple studies into one larger study. Meta analytic studies range from very simple to highly complex studies where weights may be assigned to values from different studies. This is not a commonly employed technique.
North Central Florida Division of March of Dimes, Gator Nation Team up for Giving, Growth

From fundraising and marketing to outreach and education, the North Central Florida Division of the March of Dimes and members of the community are leading the way to a healthier future for moms and babies. The Gainesville office, which serves nine counties in North Central Florida, has been recognized as one of the most successful divisions in the country when examining donations on a per capita basis.

“This has been true for the last 30 years,” said Executive Director Betsy Trent. “Our volunteers are the best in the nation and we are lucky to be able to work with them.”

The 70-year-old organization funds research to address more than 60 types of diseases, conditions, and disabilities with the belief that if we serious medical issues can be solved at the start of life, they can solved for a lifetime. On the local level, the March of Dimes supports the Neonatal Intensive Care Unit (NICU) at Shands through the March of Dimes NICU Family Support® Program. Five years ago the agency launched a campaign to support the parents and families of those dealing with having a premature or sick baby. The goal was not only to help families understand what their new baby was going through, but to create a support system for those parents and family members. “This was one of the first of 84 March of Dimes NICU Family Support Programs in the nation,” Trent said. “We have the best prenatal medical care here at Shands, now we want to be able to have the best support possible for the families of those going through such a difficult time as well.”

In what could be argued as one of its most heartfelt outreach activities, the program provides an opportunity for families to come together with simple activities, to talk about what they are going through and to share their experiences with those who can understand them. This includes free weekly lunches, scrapbooking classes, jewelry making, knitting, and similar activities. “These families [most likely] wouldn’t have any record of their premature baby’s birth because it isn’t something anyone plans for,” Trent explained. “We help with cameras and lead the parents in developing scrapbook pages related to pre-term birth.” Premature babies have different milestones than those born full-term; some parents, for example, go several weeks without being able to hold their baby. The families of sick babies can’t

Contact information:
March of Dimes’ North Central Florida Division • 1831 NW 13th Street, Suite 3 • Gainesville, FL 32609
(352) 378-9522 • Marchofdimes.com/florida
The March of Dimes' Mission:
To improve the health of babies by preventing birth defects, premature birth and infant mortality.
This mission is pursued by funding research, helping moms have full-term pregnancies and healthy babies, and supporting families.

compare the milestones of their baby (such as being taken off a ventilator or finally swallowing real milk), with the milestones of healthy babies. The Family Support Program also provides a medical specialist who can help families understand what is happening.

March for Babies is the March of Dimes' largest fundraiser, and continues to be the primary opportunity for everyone to be a part of finding a solution to the problems of premature birth. The goal for the 2010 campaign is to raise one million dollars in Alachua County. The group has come close with more than nine hundred thousand raised in 2008.

“Our division is unique because we really involve people from all walks of life,” Trent said. Cherie Sussman, Youth Development Director for the Division, explained that the area's elementary, middle, and high school students also help with the organization's fundraising and outreach goals. As Director of the Chain Reaction Youth Leadership Council, she’s seen local youth grow and develop as leaders in what is now the top Chain Reaction council in the nation. During the last 21 years the Chain Reaction program has helped more than 400 Alachua County youth develop their leadership skills and an understanding of the importance of giving back.

With premature births on the rise, the need for ongoing research becomes clearer by the day. “There is such a concern for the unknown,” Sussman said. “Has the March of Dimes helped to make progress? The answer is 100% yes.” But with rates of premature birth continuing to rise – one in eight babies in the United States is born prematurely – Sussman and Trent stress that it is important to continue to take a stand and fund research that gives every baby the chance to be born healthy.

“Gainesville is just such a unique location; people here truly understand the importance of a philanthropic heart, and why even from a young age, we should teach people to give back. This community just gets it. That is why we are able to raise close to one million dollars for the March of Dimes here in Alachua County alone!”

- Besty Trent, Executive Director of North Central Florida Division

Image courtesy March of Dimes. Used with permission.
Children will not remember you for the material things you provided but for the feeling that you cherished them.

- Richard L. Evans

**Ways to Help Now**

Local, state, and national agencies looking for assistance in helping children

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**The Boys and Girls Club of Alachua County**

The Boys and Girls Club of Alachua County is looking for individuals willing to donate an hour of their week to inspire young people through coaching team sports, art instruction, teen activities, computer instruction, and science research.

Contact Laura Javid at (352) 372-5342 or visit www.myboysandgirlsclub.com/volunteer.

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**Alachua County Sheriff’s Office**

Be part of the Victims’ Advocate Unit and provide emotional support for victims, distribute community referrals and resource information, assist victims in filing for Crime Victim Compensation, and provide updates on case statuses.

Contact Sara Larsen at (352) 384-3317 or visit www.alachuasheriff.org/victim_services/internships.htm.

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**Peaceful Paths**

Peaceful Paths works to end domestic violence and empowers families to make positive changes.

**How You Can Help:**

Work within the crisis line program, children's projects, counseling and support or fundraising.

www.peacefulpaths.org

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**This award-winning e-mentoring program is looking for volunteers to share personal and professional experiences and help make a difference in young people’s lives.**

Contact Kate Schrauth at (664) 734-8133 or visit www.icouldbe.org.

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**Becca’s Closet**

Becca’s Closet is a non-profit organization that collects used formal dresses and brings them to high school girls who want to go to prom or homecoming but can’t afford a dress. To donate gently used formal dresses contact Chelsea Koff at (954) 328-3622 or visit beccasco closet.org.

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**Patient and caring individuals are needed to provide individualized attention to young girls by assisting with homework, helping them prepare for tests, and working to improve study skills.**

Contact Kathie Southwick at (352) 374-8799 or visit www.pacecenter.org/alachua.

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**Supporters of the Jay’s Hand project will make ceramic art ornament pieces, which will be hung around the Gainesville community with a message about child abuse. The project honors the late Dr. Jay Herrington and all donations support the Child Advocacy Center.**

Contact Margot Wilder at (352) 376-9161 or visit www.jayshands.com.

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**Movies are a great form of entertainment for kids in the hospital. Shands Kids is now accepting DVD donations rated “G,” “PG,” or “E.”**

Drop off donations at 1329 SW 16th Street, Room 1210.

Contact Monica Haynes at (352) 365-7935 or visit shandskids.org/stories/story.asp?story=ch_000030.

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**Volunteers are needed to share and care with the residents at Hope Lodge. Volunteers serve as receptionists, organize complimentary dinners, and organize Bingo games and other activities for the residents.**

Contact Judy Mace at (352) 338-0601 or visit www.cancer.org/section/COM/content/view_000601/347/COM_11_2_Gainesville_Hope_Lodge_12888.asp.

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**The American Cancer Society’s Bears for Care Program collects teddy bears to distribute in local hospitals and oncology clinics. Donate new (or almost new) teddy bears.**

Contact Brittany Hacker at (352) 376-6866 for information on collection sites.
ON PAR salutes Florida Gators head football coach Urban Meyer for his tireless efforts in support of children’s charities and for his commitment to coaching young adults into a lifetime of leadership. He is known for working with organizations such as the March of Dimes, the Children’s Miracle Network, and the Cystic Fibrosis Foundation, in addition to broadening the efforts of the Goodwill Gators and hosting the annual Urban Meyer Scramble for Kids. In the authorized biography Urban’s Way by Buddy Martin, Meyer is portrayed as a dynamic force on and off the field because of his passion for winning in all areas of life. Young football players recruited out of high school are taken under the wings of the Florida coaching staff, and looked after by Meyer and his wife Shelley as though they were their own. The tight-knit bonds between coaches and players have led numerous young men to lives of fruitfulness, stability, and strength of purpose. Associate Head Coach and Defensive Line Coordinator Charlie Strong said the administration works to open doors of opportunity for players to give back, and encourages their growth in caring for others. “We take them out to some of the schools, some of the hospitals, and then guys just kind of grow attached to young [kids],” Strong said. “...We say, ‘people care about you, give back to them.’ And that’s what we try to teach them all the time.” He went on to explain how Junior Safety Ahmad Black has formed a close relationship with the family of a young child he visited in the hospital, and how the work of Tim Tebow has inspired everyone.

Urban Meyer would agree. At the October 29 taping of the “Gator Hotline with Urban Meyer” show, he said that this year’s football team has logged more volunteer hours than any Gators football team in history, and that “…a lot of that has to do with the work of Tim Tebow.” Because Coach Meyer supports such efforts, holds his coaches and his football team to high standards of character and citizenship, and sets an example for all of the Gator Nation, we are excited to add him to the High-Five Roster.

Send your nominations for the High-Five Roster to hsaliba@peds.ufl.edu.
Child Health Outcomes, Spirit of Collaboration Drive the Decision Making of Ped-I-Care Leaders

In a time when health care agencies across the nation are experiencing cutbacks, layoffs, and preparations for a possible health care overhaul, CMS – Duval (aka CMS/Ped-I-Care) has emerged as a leader within the industry. As a provider service network for children with special health care needs, Ped-i-Care has realized measurable success across all areas for which it is responsible: member satisfaction, fiscal responsibility, and employee loyalty and stability. What makes this program so different from all the others, and why is this team seeing success in such measure, when scores of other health care plans are struggling to obtain credible levels of member satisfaction?

Executive Director Nancy Giunta explained that because the Ped-i-Care management structure cares about and considers the ideas of its employees, it is subsequently successful in serving its clients. “With John [Nackashi] being so open, I think that really makes a difference,” Giunta said. Compared to previous experiences in autocratic organizations, the Gainesville team has found a way to place solid, structured leadership within the context of collaboration. The end result is an inspired team that is able to focus fully on its members, operating in the confidence that the communicative and logistical aspects of their working environment are in order.

“Knowing that your opinions and insights are valued, and that they weigh into the final decision, is important,” said Kati Breton, Assistant Director of Administration. “You feel comfortable in making decisions, knowing you are supported.”

Compliance & Quality Director Jennifer Barry agrees. The nursing supervisor said that she and the other team leaders appreciate that Giunta goes to bat for her team. “Knowing she’s behind us really helps when we’re working with other organizations,” Barry said.

The supportive aspects of Ped-i-Care’s management style are solidified by the leadership of Dr. John Nackashi, Ped-i-Care’s medical director. Dr. Nackashi, a craniofacial specialist who is also Chief of General Pediatrics, explained that the team’s decision making is driven more by the mission than the program’s own needs.

“What we want is the right and best answer,” Nackashi said. “You don’t have to have total control; I think our team has a lot of mutual respect for one another, which makes decision making and planning much more achievable, successful, and sustainable. When you’re working on a team with mutual respect, you really see the broader vision. We look at the fiscal issues but really are more driven by core outcomes of the child and family.”

Parents of children served by this program have reported, year after year, that they are pleased with the level and quality of care their children receive. They’ve also responded that Ped-i-Care staff are helpful and professional. Perhaps it is this triad of mutual respect, collaboration and innovation, and primary concern for the customer that offers a platform for larger discussions within the field of health care delivery.
The Nurturing Program...helping families nurture their children

Dear ON PAR readers,

As you may know, the Nurturing Program in UF's Child Abuse Prevention Project (CAPP) works with families in the surrounding area to help moms and dads develop positive parenting skills. This year we are asking for your help in providing food, clothing, and other items to those with whom we work. Please consider adopting one of our families or contributing items to food baskets and care packages, and help members of our community realize the joys of the fall and winter seasons. Your contributions have immediate impacts on local families!

Thank you for your consideration,

The Child Abuse Prevention Project team

Adopt a Family for the Holidays

Items needed:
- Food
- New clothing
- Toys
- Holiday decorations
- Personal Items for Mom
- Diapers & Baby Items
- Bus Passes
- Gas Cards

Did you know...
UF's CAPP is highly successful in helping families, as evidenced by most families not ending up back in the Child Protection System!

Please contact Annie McPherson if you have any questions or if you need to make arrangements for items to be picked up:
- mcphea@peds.ufl.edu
- (352) 334-1332
- https://capp.peds.ufl.edu
‘Breastfeeding,’ continued from page 1

Both were aware of the system’s shortcomings when it came to breastfeeding and lactation support for mom and baby. Both knew there was a way to bring a better and more focused resource to the Gainesville healthcare system. The pair began their journey by collaborating on several grants and after about two years, and multiple no’s, they received initial funding from The Children’s Miracle Network, followed by support from the local Thomas H. Maren Foundation and finally a significant grant from the Kellogg Foundation.

The Center for Breastfeeding and Newborns finally opened its doors in February of this year, serving outpatient clinic hours five days a week out of the Gerald L. Schiebler CMS Center, the Eastside Clinic on Waldo road, and soon in the new Pediatric Clinic in Haile Plantation. The center also carries out inpatient consults with a component in Shands Neonatal Intensive Care Unit. The clinic focuses on not only managing maternal problems such as low milk supply, sore nipples and mastitis, but also addresses the issues concerning infants such as latch issues, reflux, and cleft lip or palate.

In order to solidify the clinic’s initiatives for the future, it has also incorporated a resident training focus. As part of their newborn nursery rotation residents are now required to complete two visits to the clinic where they are exposed to a more focused approach to breastfeeding. The hope is that this approach, as Sullivan explains, “will become an ingrained part of their regular practice” and will be incorporated within their own comfort and scope. Whether or not a new mother chooses to breastfeed is a personal and exclusive choice, but it is Mary Ryngaert’s belief that “no one should have to quit breastfeeding just because they didn’t feel they had the appropriate help.” Now thanks to the Center for Breastfeeding and Newborns, Gainesville moms can make those tough first decisions knowing that they will have the help and support they need.

For hours and contact information visit the Center for Breastfeeding and Newborns website at cbn.med.ufl.edu.

Pediatric nurse practitioner
Mary Ryngaert

Dr. Sandra Sullivan, Shands neonatologist