# DISEASE PREVENTION AND HEALTH PROMOTION

In addition to disease prevention through immunization, the following topics are important to overall health promotion:

## Obesity Prevention
- AAP Parenting Corner (Overweight and Obesity): [www.aap.org/healthtopics/overweight.cfm](http://www.aap.org/healthtopics/overweight.cfm)
- AAP Overweight and Obesity Web site: [www.aap.org/obesity/](http://www.aap.org/obesity/)
- AAP Committee on Nutrition Web site: [www.aap.org/visit/cmte25.htm](http://www.aap.org/visit/cmte25.htm)
- AAP Parenting Corner: Nutrition: [www.aap.org/healthtopics/nutrition.cfm](http://www.aap.org/healthtopics/nutrition.cfm)

## Injury and Violence Prevention
- AAP Parenting Corner (Injury Prevention): [www.aap.org/healthtopics/safety.cfm](http://www.aap.org/healthtopics/safety.cfm)
- AAP Parenting Corner (Violence Prevention): [www.aap.org/healthtopics/violprev.cfm](http://www.aap.org/healthtopics/violprev.cfm)
- AAP TIPP: The Injury Prevention Program: [www.aap.org/family/tippmain.htm](http://www.aap.org/family/tippmain.htm)
- AAP VIPP: The Violence Prevention Program: [www.aap.org/vipp/](http://www.aap.org/vipp/)
- CDC Injury and Violence Prevention: [www.cdc.gov/node.do/id/0900f3ec8000e539](http://www.cdc.gov/node.do/id/0900f3ec8000e539)

## Tobacco Use Prevention
- AAP Parenting Corner (Tobacco): [www.aap.org/healthtopics/environmentalhealth.cfm](http://www.aap.org/healthtopics/environmentalhealth.cfm)
- AAP Committee on Environmental Health: [www.aap.org/visit/cmte16.htm](http://www.aap.org/visit/cmte16.htm)
- CDC Tobacco Information and Prevention Source (TIPS): [www.cdc.gov/tobacco/](http://www.cdc.gov/tobacco/)

## Substance Abuse Prevention
- AAP Parenting Corner (Substance Abuse): [www.aap.org/healthtopics/subabuse.cfm](http://www.aap.org/healthtopics/subabuse.cfm)
- AAP Committee on Substance Abuse: [www.aap.org/visit/cmte35.htm](http://www.aap.org/visit/cmte35.htm)
- Substance Abuse and Mental Health Services Administration: [www.samhsa.gov/index.aspx](http://www.samhsa.gov/index.aspx)

## Breastfeeding Promotion
- AAP Parenting Corner (Breastfeeding): [www.aap.org/healthtopics/breastfeeding.cfm](http://www.aap.org/healthtopics/breastfeeding.cfm)
- AAP Breastfeeding Initiatives (Breastfeeding Promotion in Pediatric Office Practices [BPPOP]) Web site: [www.aap.org/advocacy/bf/brpromo.htm](http://www.aap.org/advocacy/bf/brpromo.htm)
- CDC Breastfeeding Web site: [www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)

## Screening and Surveillance
- AAP Parenting Corner (Newborn Screening): [www.aap.org/healthtopics/newbornscreening.cfm](http://www.aap.org/healthtopics/newbornscreening.cfm)
- National Center of Medical Home Initiatives for Children with Special Needs Screening and Surveillance Activities: [www.medicalhomeinfo.org/screening/index.html](http://www.medicalhomeinfo.org/screening/index.html)
- National Newborn Screening and Genetics Resource Center: [http://genes-r-us.uthscsa.edu/](http://genes-r-us.uthscsa.edu/)
- National Center of Medical Home Initiatives for Children with Special Needs Mental Health Resources Web site: [www.medicalhomeinfo.org/resources/mentalhealth.html](http://www.medicalhomeinfo.org/resources/mentalhealth.html)

## Oral Health Promotion
- AAP Parenting Corner (Oral Health): [www.aap.org/healthtopics/oralhealth.cfm](http://www.aap.org/healthtopics/oralhealth.cfm)
- CDC Oral Health Web page: [www.cdc.gov/oralhealth/index.htm](http://www.cdc.gov/oralhealth/index.htm)

## Terrorism and Disaster Preparedness
- AAP Parenting Corner (Terrorism and Disaster): [www.aap.org/healthtopics/terrorism.cfm](http://www.aap.org/healthtopics/terrorism.cfm)
- AAP Children, Terrorism, and Disaster Web page: [www.aap.org/terrorism/index.html](http://www.aap.org/terrorism/index.html)

## Additional Resources
- Recommended Childhood and Adolescent Immunization Schedule: [www.cispimmunize.org/IZSchedule.pdf](http://www.cispimmunize.org/IZSchedule.pdf)
- State Children’s Health Insurance Program: [www.aap.org/advocacy/schip.htm](http://www.aap.org/advocacy/schip.htm)
- American Academy of Pediatrics: [www.aap.org](http://www.aap.org)

**BRIGHT FUTURES**: is an initiative to improve the quality of health promotion and preventive services for infants, children, and adolescents. Web site: [brightfutures.aap.org/web/aboutBrightFutures.asp](http://brightfutures.aap.org/web/aboutBrightFutures.asp)
DISEASE PREVENTION AND HEALTH PROMOTION STATISTICS

**OBESITY:**
- 15.3% of 6- to 11-year olds are at or above the 95th percentile for Body Mass Index (BMI)\(^1\)*
- 15.5% of 12- to 19-year olds are at or above the 95th percentile for BMI\(^1\)
- The prevalence of childhood overweight and obesity has doubled in the past 2 decades\(^1\)

*BMI at or above the 95th percentile is considered overweight or obese

**INJURY/VIOLENCE:**
- Nearly 1 in 4 children in the US are injured each year\(^2\)
- Preventable injury is the major cause of death and morbidity among children > 1 year old\(^2\)

**TOBACCO USE:**
- Each day in the United States, approximately 4,000 youths aged 12–17 try their first cigarette\(^3\)
- Those most affected by secondhand smoke are children. Because their bodies are still developing, exposure to the poisons in secondhand smoke puts children in danger of severe respiratory diseases and can hinder the growth of their lungs\(^4\)

**SUBSTANCE ABUSE:**
- 19.5 million Americans aged 12 or older currently used an illicit drug\(^5\)
- 70.8 million Americans aged 12 or older currently smoked tobacco\(^5\)
- 119 million Americans aged 12 or older currently drank alcohol\(^5\)

**BREASTFEEDING:**
- Recent studies show that babies who are breastfed are less likely to develop ear infections, respiratory illness, and diarrhea

**SCREENING:**
- Approximately 4 million infants are born yearly in the US, and are screened to detect conditions that threaten their life and long-term health\(^6\)
  - Vision disorders are the fourth most common disability among children in the United States and the leading cause of impaired conditions in childhood

**ORAL HEALTH:**
- Although 90% of all cavities are preventable with good hygiene and regular dental care, one in 10 children between the ages of 5 and 11 have never visited a dentist\(^7\)

**TERRORISM/DISASTER:**
- Studies have found that about 30% of children who experience a traumatic event develop Post Traumatic Stress Disorder\(^8\)

References:

\(^5\) Overview of Findings from the 2003 National Survey on Drug Use and Health. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies
\(^7\) Promoting Oral Health in Young Children. Information provided by Charles Poland, III, DDS, American Academy of Pediatric Dentistry Spokesperson.
\(^8\) After the Emergency Is Over: Post-Traumatic Stress Disorder in Children and Youth. Emergency Medical Services for Children