

# Healthy Beginnings Educational Curriculum

## Modules Required for Collaborative and MOC Part 4

### *Required for Core Participants- complete by **12/9/20***

- Obesity Prevention: AAP Building a Foundation for Healthy Active Living Modules (see page 2)
- NICHQ Quality Improvement 101 <https://www.nichq.org/resource/quality-improvement-101>
- NICHQ Quality Improvement 102 (The PDSA Story) [https://static.nichq.org/quality-improvement-102/story\\_html5.html](https://static.nichq.org/quality-improvement-102/story_html5.html)

### *Required for Providers seeking MOC by **2/17/2021***

- Obesity Prevention: AAP Building a Foundation for Healthy Active Living Modules (see page 2)
- NICHQ Quality Improvement 101 <https://www.nichq.org/resource/quality-improvement-101>

## Recommended

Review Dr. Hassink's kick off presentations at the Alabama Chapter AAP Fall Meeting (ACHIA web site)

Articles in Key Driver related to practice improvement work (ACHIA website and links in Key Driver)



*CME and Part 2 MOC American Academy of Pediatrics Online Modules*

**Building a Foundation for Healthy Active Living**

[https://ihcw.aap.org/Pages/EFHALF\\_clinician.aspx](https://ihcw.aap.org/Pages/EFHALF_clinician.aspx)

A series of 15 continuing education modules to support primary care providers in helping families establish healthy active living right from the start and prevent childhood obesity.

## Overview and Introduction

An exploration of the importance of early feeding, relationships, the environment and how primary care providers can help prevent obesity.

- [Overview and Introduction](#)

***Evaluation: After viewing the module, to receive 1 CME credit you must complete the [online evaluation](#) and then go to the AAP website to claim the credit. .***

## Sound Nutrition

- [Breastfeeding](#)
- [Bottle Feeding](#)
- [Food Introduction](#)
- [Healthy Snacks](#)
- [Healthy Beverages](#)

***Evaluation: After viewing all modules, to receive 1 CME credit you must complete the [online evaluation](#) and then go to the AAP website to claim the credit.***

## Supportive Environments

- [Active Play](#)
- [Screen Time](#)
- [Sleep](#)
- [Adverse Childhood Experiences](#)
- [Food Insecurity](#)

*Evaluation: After viewing all modules, to receive 1 CME credit you must complete the [online evaluation](#) and then go to the AAP website to claim the credit. .*

## Responsive Relationships

- [Parenting & Feeding Styles](#)
- [Hunger & Satiety](#)
- [Role Modeling & Routines](#)
- [Healthy Family](#)

*Evaluation: After viewing all modules, to receive 1 CME credit you must complete the [online evaluation](#) and then go to the AAP website to claim the credit.*

**MOC Part 2:** After completing all modules and evaluations send an email to [obesity@aap.org](mailto:obesity@aap.org) requesting Part 2 MOC

[Sources and Citations List](#)

These modules, the CME, and MOC Part 2 are administered by the American Academy of Pediatrics and the American Board of Pediatrics. For all questions, please contact them using the information below. Note carefully the process for claiming CME and MOC Part 2.

## Building a Foundation for Healthy Active Living – 4 Individual Modules September 1, 2020 – August 31, 2023

**Attendees: Prior to the start of the activity, please review the below information to ensure successful participation in this enduring activity**

**Activity Location:** <http://ihcw.aap.org>

### **Accreditation and Designation Statements**

The American Academy of Pediatrics (AAP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The AAP designates this enduring material for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity is acceptable for a maximum of 1.00 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.

PAs may claim a maximum of 1.00 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit*<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society.

This program is accredited for 1.00 NAPNAP CE contact hours of which 0 contain pharmacology (Rx), (0 related to psychopharmacology) (0 related to controlled substances), content per the National Association of Pediatric Nurse Practitioners (NAPNAP) Continuing Education Guidelines.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 1.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

*If you do not successfully complete all components of the activity and evaluation assessment ABP MOC Part 2 Points will not be awarded.*

Please note: your completion data will be shared with the ABP through the ACCME PARS system within 30 days of successful completion. This will include the name of the activity and provider; participant name; participant's ABP ID number; participant's DOB; date of completion of the activity; the PARS activity identifier; ABP MOC Part 2 credit statement and number of MOC points awarded. If any questions or concerns please contact the activity manager [swomack@aap.org](mailto:swomack@aap.org).

### **Purpose of Course**

Learners will gain an overview of how appropriate nutrition, a safe and supportive environment, and supportive relationships can impact childhood health outcomes from birth through two years of age with information tailored to a developmental perspective. Learners will be able to identify practice tips including opportunities for care and workflow applications, as well as risk patterns and how their intervention at well visits can mitigate risk and promote health.

## Learning Objectives

After completing this course, you should be able to:

- Understand the important role of nutrition, relationships, and the physical environment plays in the adoption of healthy active living behaviors
- Identify the key protective factors that are associated with positive health outcomes
- Identify the key risk patterns associated with negative health outcomes
- Recognize the role pediatricians can play in supporting the adoption of healthy early feeding practices
- Explain the physical, social, and emotional impact pediatric obesity has on individuals, families, and the population

### Disclosure of Commercial Support for AAP CME Activities

No commercial support is associated with this CME activity.

### **Disclosure of Financial Relationships and Resolution of Conflicts of Interest for AAP CME Activities**

The AAP CME/CPD program develops, maintains, and improves the competence, skills, and professional performance of pediatricians and pediatric healthcare professionals by providing quality, relevant, accessible, and effective educational experiences that address gaps in professional practice. The AAP CME/CPD program strives to meet the educational needs of pediatricians and pediatric healthcare professionals and support their lifelong learning with a goal of improving care for children and families. (*AAP CME/CPD Program Mission Statement, May 2015*)

The AAP recognizes that there are a variety of financial relationships between individuals and commercial interests that require review to identify possible conflicts of interest in a CME activity. The "AAP Policy on Disclosure of Financial Relationships and Resolution of Conflicts of Interest for AAP CME Activities" is designed to ensure quality, objective, balanced, and scientifically rigorous AAP CME activities by identifying and resolving all potential conflicts of interest prior to the confirmation of service of those in a position to influence and/or control CME content. The AAP has taken steps to resolve any potential conflicts of interest.

All AAP CME activities will strictly adhere to the *Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support: Standards to Ensure the Independence of CME Activities*. In accordance with these Standards, the following decisions will be made free of the control of a commercial interest: identification of CME needs, determination of educational objectives, selection and presentation of content, selection of all persons and organizations that will be in a position to control the content, selection of educational methods, and evaluation of the CME activity.

The purpose of this policy is to ensure all potential conflicts of interest are identified and mechanisms to resolve them prior to the CME activity are implemented in ways that are consistent with the public good. The AAP is committed to providing learners with commercially unbiased CME activities.

### DISCLOSURE OF FINANCIAL RELATIONSHIPS

*All individuals in a position to influence and/or control the content of AAP CME activities are required to disclose to the AAP and subsequently to learners that the individual either has no relevant financial relationships or any financial relationships with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in CME activities. Listed below are the disclosures provided by individuals in a position to influence and/or control CME activity content. \* A commercial interest is defined as any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.*

| Name | Role | Relevant Financial Relationship (Please indicate Yes or No) | Name of Commercial Interest(s)*Please list name(s) of entity AND Nature of Relevant Financial | Disclosure of Off-Label(Unapproved)/Investigational Uses of Products AAP CME faculty are required to disclose to the AAP and to learners when they plan to |
|------|------|---|---|--|
|------|------|---|---|--|

|                                 |                       |     | <b>Relationship(s) (Please list: Research Grant, Speaker's Bureau, Stock/Bonds excluding mutual funds, Consultant, Other - identify)</b> | <b>discuss or demonstrate pharmaceuticals and/or medical devices that are not approved by the FDA and/or medical or surgical procedures that involve an unapproved or "off-label" use of an approved device or pharmaceutical. (Do intend to discuss or Do not intend to discuss)</b> |
|---------------------------------|-----------------------|-----|--|---|
| Sandra Hassink, MD, FAAP        | Faculty/Planner       | NO  | NONE   | Do not intend to discuss  |
| Kimberly Edwards, MD, FAAP      | Faculty               | Yes | Consultant – Texas Department of State Health Services   | Do not intend to discuss  |
| Natalie Muth, MD, MPH, RD, FAAP | Faculty               | Yes | Author - AAP   | Do not intend to discuss  |
| Jeanne Lindros, MPH             | Reviewer              | NO  | NONE   | Do not intend to discuss  |
| Janice Liebhart, MS             | AAP Staff/Planner     | NO  | NONE   | Do not intend to discuss  |
| Stephanie Womack, MA            | AAP Staff/Planner     | NO  | NONE   | Do not intend to discuss  |
| Nataliya Shtym, MPH             | AAP Staff             | NO  | NONE   | Do not intend to discuss  |
| Alison Baker, MA                | COI Reviewer/Resolver | NO  | NONE   | Do not intend to discuss  |

**Product-Specific Advertising / Links to Product Websites**

No product-specific advertising of any type appears in this activity. No links to product websites appear in this activity.

**List of Principal Faculty and Credentials**

Sandra Hassink, MD, FAAP  
Kimberly Edwards, MD, FAAP  
Natalie Muth, MD, MPH, FAAP

### **Method of Participation, Minimum Performance Level, and Credit Claiming**

Participants will participate in the webinar via an internet connection and phone line. Upon completion of the webinar, participants will complete a 5-question quiz based on the content of the webinar. Participants must successfully complete the post activity quiz with a minimum passing score of 70% or higher in order to receive CME credit for this activity. Upon submission of the quiz and verification of the 70% minimum passing score requirement, participants will be able to log onto PediaLink to claim their CME credit or print a CME certificate.

#### **Enduring Material**

- After completing—Appropriate Nutrition Module, you may claim 1 AMA PRA Category 1 Credit(s)<sup>™</sup>.

#### **Enduring Material**

- After completing—Safe and Supportive Environment Module, you may claim 1 AMA PRA Category 1 Credit(s)<sup>™</sup>.

#### **Enduring Material**

- After completing —Overview Module, you may claim 1 AMA PRA Category 1 Credit(s)<sup>™</sup>.

#### **Enduring Material**

- After completing —Safe and Supportive Relationships Module, you may claim 1 AMA PRA Category 1 Credit(s)<sup>™</sup>.

### **Name of Medium or Combination of Media Used**

Recorded video modules via computer and internet connection for viewing and speakers for audio.

### **List of hardware/software requirements**

Our Technical Support team would like to ensure that you have a great experience with our streaming media services. Due to variations in PC and network security configurations, we recommend that you test the ability to receive streaming media before the day of this event on the computer you will be using to view the event. To do this, click the "Test Your Computer Now" button below. You will hear a short announcement and see slide information.

If you are unable to open and play the presentation, the test has failed. In this case, you may either need to try another computer or consult with your network administrator to obtain privileges required to view streaming media. This process could take some time, so please conduct this test as soon as possible.

### **System requirements**

The system requirements for viewing a streaming media event are:

- Computer to view pre-recorded modules. **Need more help?**

If you need further assistance, please email us at [obesity@aap.org](mailto:obesity@aap.org). **Provider Contact Information**

If you have questions about this course or encounter technical problems, please contact [obesity@aap.org](mailto:obesity@aap.org) **Privacy and Confidentiality Statement**

At the American Academy of Pediatrics (AAP), we take the issue of privacy very seriously. We do not sell, distribute, barter, or transfer personally identifiable information obtained from a user to a third party without your consent. Any information collected on the Web site is only used for the purpose stated.

The AAP list is only for important communications, and your e-mail address will not be sold or provided to third parties. You will not receive advertising or promotional materials on this list.

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The AAP has taken steps to make all information received from our online visitors as secure as possible against unauthorized access and use. All information is protected by our security measures, which are periodically reviewed.

### **CLAIMING YOUR CREDITS AND PRINTING CERTIFICATES**

**The online AAP Transcript System is the official way to claim credit and print certificates for all AAP CME Activities and access transcripts.**

**Credits must be claimed within one (1) year of the CME activity's end-date.**

All participants must claim their credit online by completing the easy to follow steps below. You also have the option to print a copy of your certificate. Individual or paper certificates will not be distributed to your post-activity.

Please Note: If you need additional assistance a detailed instructional document can be found on the transcript homepage.

**Claim Credit:**

1. Log on to <http://transcript.aap.org> with your AAP Username and Password  
Note: If you are already logged into PediaLink ([www.pedialink.org](http://www.pedialink.org)), click on the Continuing Education tab then the CME Transcript button to access the transcript site and continue to step 2.
2. Next to the activity, click the Claim CME or Claim AAP Credit Only link and enter the total number of credits you are claiming, commensurate with the extent of your participation in the activity
3. Click the Confirm Claiming box to complete claiming process – after you have claimed your credit, you can click the print certificate link or go back to your list of activities.

**Non-AAP Members:** Please follow the above steps to claim your credits and print a certificate. If you do not have a PediaLink account, you may create one by going to [www.pedialink.org](http://www.pedialink.org), click the link **Don't Know Your Login?**, click the link **Create an Account**, and follow the instructions to setup an account.

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