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## Children's Talks Childhood Obesity on 11A/live News

Thanks to the awareness efforts of Children's and other organizations, it is no longer a secret that Georgia has a childhood obesity problem. In fact, two out of every five children in Georgia are overweight or obese, and Georgia has gained notoriety for having the second highest rate of childhood obesity among children between the ages of 10 and 17.

Last Wednesday, Sandra Moore, M.D., Physician, Children's at Hughes Spalding, had the opportunity to participate in a live chat about childhood obesity through NBC's 11A/live News.



Dr. Moore fielded questions from the television station's Facebook page, and most of those questions seemed to ask why this is happening to our children and what a diagnosis of childhood obesity can mean for a child's future. As for why, Dr. Moore cites a decrease in physical activity—particularly as southern states transition from primarily agricultural to primarily industrial—as well as an increase in caloric intake. Dr. Moore also referenced several "adult" diseases that are now being diagnosed in obese children such as type two diabetes, high blood pressure, high cholesterol and sleep apnea. With these kinds of serious consequences, parents must take the lead in teaching their children about leading healthy lifestyles.

If people think kids are not listening, Jada Tanner proves that theory wrong. Jada participated in Children's Camp Strong4Life, which helped her realize the importance of taking care of her body by watching what she eats and exercising. An avid athlete—Jada participates in swimming, soccer and tennis—Jada has also enacted lifestyle changes such as replacing pork bacon and sausage with turkey products. Although she thoroughly enjoys reading, Jada acknowledges that she has to actively protect her health and she has eagerly espoused First Lady Michelle Obama's Let's Move Campaign. Every child in Georgia deserves to have the knowledge and ability to make better choices when it comes to their health. Programs like Camp Strong4Life help provide our children with the knowledge necessary to choose a healthy future, and knowledge is power.

For more information on the fight against childhood obesity, visit our [Strong4Life](#) page on [choa.org](#).

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### Buddy Up for the Next Strong4Life Challenge starting Oct. 1

Strong4Life's Fit4Fall Buddy Challenge is a 6-week wellness walking competition for all employees.

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### Telemedicine Saves the Day—Children's Expands the Reach of Specialty Care

With just a few quick clicks, children in Georgia's rural communities can experience healthcare like they never have before: online.

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### An 'Epic' Amount of Preparation for Aflac Cancer Centers

On Oct. 4, the outpatient clinics for the Aflac Cancer Center at Children's at Scottish Rite and Children's at Egleston will be the next site for Epic's outpatient clinical tools. But, the transition from paper charts to electronic records is not a simple one.

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### Epic Tools Make Immediate Impact at Marcus Autism Center

Not only did the Marcus Autism Center staff make the Epic transition with flying colors, but they are also already seeing the benefit to the delivery of care to the children they serve.

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### Sign Up a Team for Kids II Strong Legs Run, Nov. 5

Get geared up for the 27th Annual [Kids II Strong Legs Run](#) that will take place on Saturday, Nov. 5, at Turner Field.

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### Volunteers Needed at Children's Strong4Life Atlanta, Oct. 8

We need your help! Children's is hosting Strong4Life Atlanta on Saturday, Oct. 8, in the historic Old Fourth Ward "Sweet Auburn" neighborhood near downtown.

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### Patients, Families and Staff Find Comfort in Weekly Interfaith Chapel Service

The Sunday morning interfaith

chapel service in the Clay Futch Chapel has become a place where people of all faiths, backgrounds and lives come together to lift each other up in a time of need.

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#### **Children's Talks Childhood Obesity on 11<sup>Alive</sup> News**

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#### **Stepping Up to the Challenge: First Place Team Averages More Than One Million Steps**

This summer, teams from across the System literally "stepped up" to the 6-week Strong4Life Challenge. Read how the top three teams stayed motivated to average more than 600,000 steps each. The first place team, M&M, averaged more than one million!

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#### **Service Awards Week Ends with Heartfelt Thanks and Celebratory Smiles**

Congratulations to Children's employees with milestone service anniversaries who were honored during Service Awards Week.

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#### **Children's Wins WATCHDOGS Award for Reducing Healthcare-Associated Infections**

Every year in the U.S. alone, healthcare-associated infections (HAIs) affect nearly 2 million patients and cause nearly 100,000 deaths. At Children's, our staff enhances the lives of children by seeking to reduce HAIs and that effort has not gone unrecognized.

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#### **Flu Shots Begin Today at Children's at Egleston, Children's at Scottish Rite and Children's at Hughes Spalding**

Getting a flu shot isn't anyone's idea of a good time, but when you consider the fact that an uncomfortable moment could save a life, getting the flu vaccine is just the right thing to do.

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#### **Children's Loves Our Working Moms—For Seventh Year, Children's Named to Working Mother 100 Best Companies List**

Children's loves our working

moms, and it shows! For the seventh year in a row, *Working Mother* has named Children's as one of the Working Mother 100 Best Companies.

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#### **Tune In to Por Los Niños Radiothon, Oct. 13-14**

Tune in to the Por Los Niños Radiothon—which benefits Children's—from 5 a.m. to 8 p.m. Thursday, Oct. 13 and Friday, Oct. 14.

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#### **Network Password Changes for Physicians**

To minimize security risks on our network and ensure compliance with HIPAA requirements, Children's is continuing its phased implementation of a new password policy, which will require users to change their network passwords.

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#### **Epic Launch at Aflac Cancer Centers Oct. 4**

On Oct. 4, as part of our ongoing effort to build a community health record in the Atlanta pediatric community, we will extend Epic's clinical tools and functionality to the outpatient services for the Aflac Cancer Center at Children's at Scottish Rite and Children's at Eggleston.

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#### **Strong4Life Reveals Summer Steps Individual Challenge Winners**

Great job to everyone who participated in Strong4Life's Summer Steps Individual Challenge. We had some incredible competition!

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#### **SafeKids Partners to Certify All State Troopers as Child Safety Seat Technicians**

Commissioner of the Georgia Department of Public Safety and leader of the Georgia State Patrol Col. Mark McDonough recently announced that every state patrol officer should be certified on the appropriate installation of a child passenger safety seat by Jan. 1, 2012.

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#### **Children's Wins Healthiest Large Company Award at KP—View the Slideshow**

Donna Hyland and more than 740 Children's employees and friends and family joined in the fun at the KP 5k Run/Walk Sept. 8.

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**Magnet Video: Turnaround Times Improve Dramatically for Hem/Onc Patients at Children's at Scottish Rite**

Nurse Erin Miller describes how the Emergency department at Children's at Scottish Rite teamed up to improve turnaround times for administering antibiotics to Hem/Onc patients, some of our most fragile.

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**Last-Chance Make-Up Wellness Fairs Held Next Week**

Children's is offering last-chance make-up fairs to accommodate employees who were not able to attend the fairs.

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**Children's Launches Pulmonary Hypertension Program**

The PH Program is a comprehensive, multidisciplinary program that provides in-hospital and outpatient care to patients with pulmonary hypertension.

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