

## AAP Recommends Flu Vaccine For All Children and All Health Care Workers

As flu season approaches, the American Academy of Pediatrics (AAP) urges annual flu vaccine to protect children from this common and unpredictable virus, which can cause serious health problems for otherwise healthy children. The AAP also reaffirms its support for mandatory influenza vaccination for all health care workers nationwide.

The updated recommendations from the AAP are contained in two policy statements in the October 2015 Pediatrics. The statements, "Recommendation for Prevention and Control of Influenza in Children, 2015-2016" and "Influenza Immunization for All Health Care Personnel: Keep It Mandatory," will be published online Sept. 7.

"Flu vaccine is the best way we have to protect children against this virus," said Henry Bernstein, DO, MHCM, FAAP, author of both policy statements. "The flu virus is unpredictable. We cannot always anticipate how severely it will affect different groups of people. Being immunized with the flu vaccine every year significantly reduces the risk of your child being hospitalized due to flu, and it protects other vulnerable members of your family and community."

In previous years, an estimated 90 percent of pediatric deaths have occurred in unvaccinated

children. During the 2014-2015 flu season, 145 children died from influenza-related illness, and many of these children had no underlying medical condition.

"Parents must consider flu vaccine an essential vaccine for their children," said pediatrician Wendy Sue Swanson, MD, MBE, FAAP, a spokesperson for the AAP. "Now is the time to call your pediatrician and make an appointment, or find out when flu clinics start. Flu vaccine is a critically important, every-year vaccine that can protect your child from very serious illness and death due to a virus that is so often common in our communities, and so common in childhood."

The flu season may start early in the fall or winter, have more than one disease peak and extend into late spring, so the AAP urges parents to seek the earliest opportunity to have their children immunized.

Two types of influenza vaccines are available for children:

- The inactivated influenza vaccine (IIV) is given by injection and is approved for children 6 months of age and older. It is available as a trivalent vaccine, which protects against three strains of the flu virus, and as a quadrivalent vaccine, which protects against four strains.
- Also available is the quadrivalent live attenuated influenza vaccine (LAIV), which is given by intranasal spray and is approved for healthy patients 2 through 49 years of age.

*"Parents should not delay immunization in order to receive a specific vaccine," Dr. Bernstein said. "It's more important to have children vaccinated as early as possible so they are protected."*



### The AAP also recommends:

- Everyone who is 6 months of age and older should receive annual influenza vaccine.
- Children ages 6 months through 8 years need two doses this flu season, if they have had less than 2 doses of flu vaccine before July 2015.
- Special efforts should be made to vaccinate household contacts and out-of-home caregivers of children with high-risk conditions, and all children under the age of 5.
- Parents should not delay immunization in order to receive a specific vaccine formulation. It is more important to be vaccinated at the earliest opportunity.
- Pregnant women, who are at high risk of influenza complications, can safely receive influenza vaccine at any time during pregnancy. This also provides protection for their infants during their first 6 months of life.
- Mandatory influenza immunization programs for all health care personnel should be implemented nationwide.

In the 2013-14 influenza season, 75 percent of health care personnel were immunized against influenza. This represents significant improvement compared to 2009 – before many health care systems began making the vaccine mandatory for health care workers – but it remains below the Healthy People 2020 objective of 90 percent coverage. Voluntary immunization programs are less effective than mandated vaccination; coverage among health care workers whose employers mandate the vaccine has exceeded 94 percent.

Many people at high-risk of influenza and its associated complications are in frequent, close contact with health care workers because of their need to seek medical services, and immunizing health care workers will reduce transmission of the virus to these vulnerable patients, according to the AAP.

“Employees of health care institutions have an ethical and professional obligation to act in the best interest of their patients’ health,” Dr. Bernstein said. “For the prevention and control of influenza, we must continue to put the health and safety of the patient first.” Food manufacturers will be required to tell consumers how much sugar is added to their products and show how the amount compares to recommended daily limits under new changes to nutrition labels proposed by the FDA on Friday.



Content provided by AARP Bulletin

# Daily Value for Added Sugars Coming to Food Labels

July 24, 2015 -- Food manufacturers will be required to tell consumers how much sugar is added to their products and show how the amount compares to recommended daily limits under new changes to nutrition labels proposed by the FDA on Friday.

Many nutritionists and public health experts blame rising amounts of added sugars in processed foods for contributing to rising rates of diabetes, obesity, and heart disease.

But it can be tough to tell how much of the sweet stuff is in processed foods. Nutrition labels only tally total sugars, a measure that includes both those naturally present in foods like fruits and vegetables and those that are added during manufacturing.

"It's a great public health victory," says Jim O'Hara, director of health promotion policy at the nonprofit Center for Science in the Public Interest. "This is what consumers need to know so they can make healthy choices. They need to know that 20-ounce [soda] has about 130% the daily value of added sugar."

In March 2014, the FDA proposed adding the amount of added sugars, in grams, to food labels. The agency said Friday it is revising that proposal to also tell consumers how much added sugar a food contains relative to a total daily limit -- a measure called the percent daily value.

Specifically, regulators are proposing that people limit the added sugar they eat to no more than 10% of their total daily calories. For a person who eats 2,000 calories a day, that's about 12 teaspoons of sugar a day. A teaspoon of sugar is about 16 calories.

Studies show that the average American now takes in almost twice that much sugar -- 22 teaspoons -- each day, which amounts to an extra 350 calories.

"The FDA has a responsibility to give consumers the information they need to make informed dietary decisions for themselves and their families," says Susan Mayne, PhD, director of the FDA's Center for Food Safety and Applied Nutrition, in a news release.

The advice for the past decade has been to cut back on added sugars in the diet, she says, "and the proposed percent daily value for added sugars on the Nutrition Facts label is intended to help consumers follow that advice."

The change comes after the FDA reviewed the recent recommendations of the 2015 Dietary Guidelines Advisory Committee. The committee's report found that it was hard for a person to get all the recommended nutrients in their diet if they also ate more than 10% of their total daily calories as sugar.



The proposed changes will be open for public comment for 75 days.

The food industry has lobbied hard to keep added sugars off food labels. Public policy experts say they expect significant pushback on the changes.

"I expect the food industry -- led by the Grocery Manufacturers Association -- to go berserk over this one," says Marion Nestle, PhD, in an email to WebMD. Nestle is a professor of nutrition, food studies, and public health at New York University. She predicts food makers will go to Congress to try to block the changes.

The Grocery Manufacturers Association did not immediately respond to a request for comment from WebMD.



Content provided by WebMD Health News

# Workers Rely on 401(k) Providers for Retirement Advice: Cerulli

*Cerulli finds that 17% of the respondents indicate relying on no source for advice at all.*

A 401(k) provider is most often the primary source for retirement advice among retirement plan participants, according to recent data from Cerulli Associates.

Across all ages, Cerulli finds that 29% of retirement plan participants cited their plan provider as their primary retirement advice source.

Cerulli's report, U.S. Retail Investor Products and Platforms 2015: Harnessing Investor Sentiment, is based off an ongoing survey of more than 10,000 U.S. households annually in partnership with Phoenix Marketing International.

Also notable is that Cerulli finds that 17% of the respondents indicate relying on no source for advice at all.

"While some of these individuals may possess the detailed knowledge necessary to complete their own analysis independently, many are likely unaware of the resources at their disposal," states the report. "Despite plan sponsors' fiduciary obligations to educate their participants, many do not receive these sources, especially within smaller employers without the ability to dedicate resources to these efforts."

Respondents under 30 cited family, friends or colleagues (26%) as their primary retirement advice source.

"Lacking a degree of trust in any other available sources, these participants instead seek advice from individuals that have proven reliable in other aspects of their lives," according to the Cerulli report.

The study finds that reliance on one's social network of family and friends for retirement advice decreasing dramatically with age, from 26% of the under-30 crowd to 18% of 30- to 39-year-olds, 13% of 40- to 49-year-olds, 5% of 50-59 year olds, and 2% of 60- to 69-year-olds and participants over 70, respectively.

Perhaps this rapid decline is because as people age, more of them rely on a financial advisor or a financial planner.

Among participants under 30, just 9% rely on a financial advisor and 6% rely on a financial planner. In contrast, 20% of the over-70 crowd relies on an advisor and 19% rely on a planner.

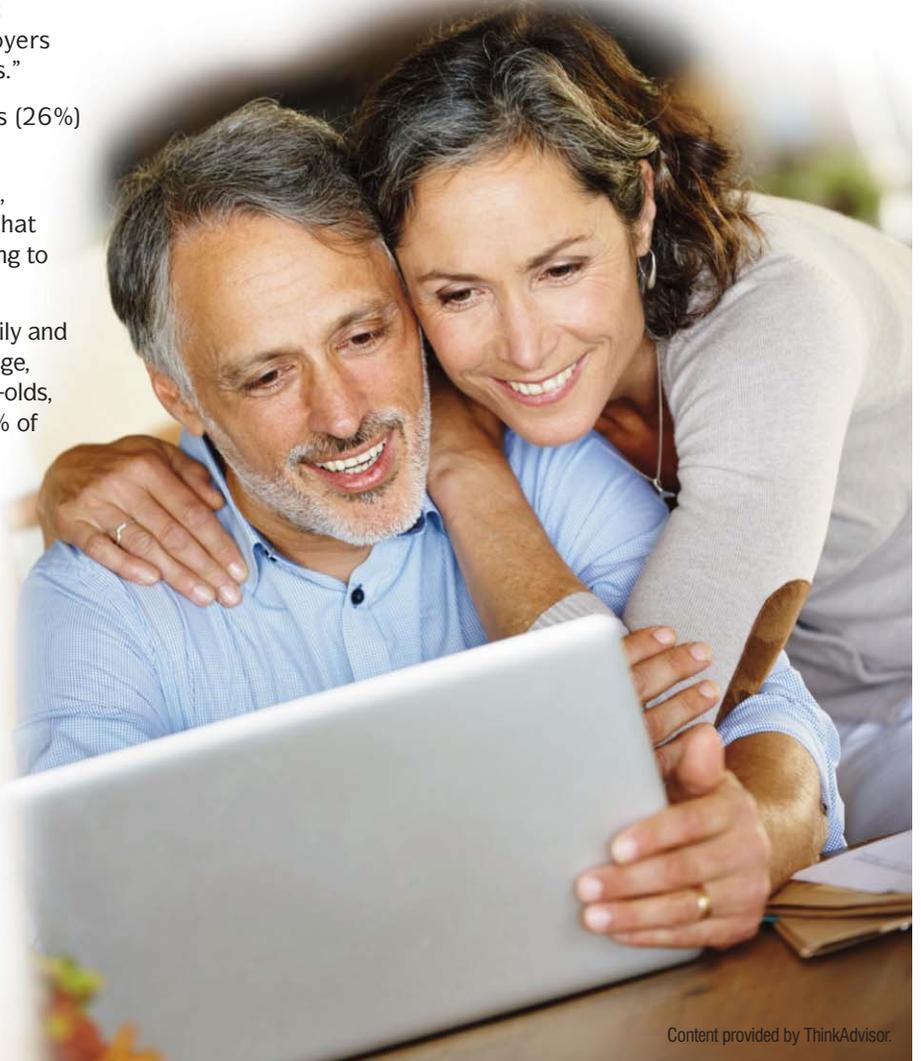
The study also finds that there is some dissatisfaction among plan participants and their providers — especially among those on the cusp of retirement, in the 50-to-59 age range.

"Investors ages 50-59 are facing a crucial juncture in their retirement planning journey, yet are most likely to report dissatisfaction with their current providers," according to Cerulli.

"The main challenge of the 50-to-59 market is that they are finally taking retirement planning seriously and many find themselves disappointed with regards to what their current saving will generate in retirement income as well as what they will need to do to remedy the situation in the next 10 to 15 years," he said.

According to the Cerulli report, providers targeting this 50-59 age segment must reinforce the satisfaction of their current advice recipients. The report also cites this as an opportunity for providers to recognize how easy it can be for their clients to change providers if they are engaged in outreach efforts.

"The disappointment of these investors creates an opportunity for wealth management providers to displace incumbents, but to meaningfully impact investor outcomes they will need [to] install themselves as long-term financial coaches instilling a strong savings discipline among investors," Smith told ThinkAdvisor. "It's not easy or short term but could prove fruitful for both investors and wealth management providers."



Content provided by ThinkAdvisor.