



# Central California Pediatrics

MARCH 2022

Specialty information for physicians who treat children and expectant mothers.



## The Intersection of ACEs and Social Determinants of Health

**Dr. Carmela Sosa**

Medical Director of the Guilds Center for Community Health

We are all familiar with the old adage, "You are what you eat." It's true. The foods we eat impact our mental and physical well-being, as well as our long-term health. But what if you don't have access to healthy foods? This is an example of a social determinant of health (SDOH) – defined by the Centers for Disease Control and Prevention (CDC) as the "conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes."

SDOH are grouped into five categories: economic stability, education access and quality, healthcare access and quality, neighborhood and built environment, and social and community context. For children, SDOH can have significant downstream affects. For example, decreased access to healthcare can lead to increased health problems and school absenteeism, which impacts academic achievement. Lower academic achievement is tied to decreased earning potential, poorer health status and a shorter lifespan.

Other factors that influence the health outcomes of children are adverse childhood experiences, also known as ACEs. The original study identified 10 ACEs related to abuse, neglect and family dysfunction, and that there is a dose dependent relationship between ACEs and poor health outcomes. Since that time, additional factors have been identified that impact child health, such as discrimination, food insecurity, being unhoused and experiencing neighborhood violence.

ACEs are just one piece of the complex interplay that makes up SDOH, and all are beyond a child's control. Despite this, it is important to recognize that many individuals who face childhood adversity thrive into adulthood. Studies show that protective factors such as having a nurturing bond with a caring adult, or having parents with a social support network can ameliorate the negative effects. Providers who work with children are optimally positioned to significantly impact the trajectory and long-term health and well-being of children's lives by intervening through screening, referral, intervention and advocacy – being or connecting children and families to those protective, buffering supports.

In 2020, California began to award funding for organizations to develop "networks of care" (NoC) to create, augment and sustain connections between providers, social services and community partners in order to respond effectively to ACEs.

For more information and training on ACEs, visit [acesaware.org](http://acesaware.org)

**To find out more information about an NoC in your area, contact or visit:**

**Fresno County:** [fchip.org/fresno-county-network-of-care](http://fchip.org/fresno-county-network-of-care)

**Madera County:** [pacesconnection.com/g/madera-county-aces-connection-ca/blog/aces-aware-webinar-network-of-care-acesaware-org](http://pacesconnection.com/g/madera-county-aces-connection-ca/blog/aces-aware-webinar-network-of-care-acesaware-org)

**Merced County:** [dhaines@mcoe.org](mailto:dhaines@mcoe.org)

**Kern County:** [resilientkern.org](http://resilientkern.org)

**Kings County:** [everardo.legaspi@co.kings.ca.us](mailto:everardo.legaspi@co.kings.ca.us)

**Tulare County:** [tulare.networkofcare.org/mh/index.aspx](http://tulare.networkofcare.org/mh/index.aspx)

### Valley Children's Voice: Adverse Childhood Experiences

Learn more about Adverse Childhood Experiences (ACEs) in the most recent podcast episodes from Valley Children's Voice at [valleychildrens.org/podcast](http://valleychildrens.org/podcast)



## COVID-19 and Diabetes in Kids

**Dr. Nedim Cakan**

Valley Children's Endocrinology Medical Director

A new study by the Centers for Disease Control and Prevention (CDC) compared patients under the age of 18 who were diagnosed with COVID-19 to those – matched by age and gender – who did not receive a COVID-19 diagnosis during the pandemic or who received a pre-pandemic, non-COVID-19 acute respiratory infection (ARI) diagnosis. This study concluded that children under the age of 18 who recovered from COVID-19 had a significantly greater risk of developing Type 1 or Type 2 diabetes than those who did not have a COVID-19 infection. These research results were based on two sets of data on children newly diagnosed with diabetes between March 1, 2020 and February 26, 2021. Researchers found that new diabetes diagnoses were 166% (in a data set of 80,893 patients) and 31% (in a much larger data set of 439,439 patients) more likely to occur among children with COVID-19 than among those without COVID-19 during the pandemic .

Previous studies have long established a strong correlation between enteroviruses and diabetes. This latest research adds COVID-19 to that list of viruses linked to increased incidence of diabetes in children.

While we know there is a correlation between viruses – including COVID-19 – and diabetes, this study did not identify the specific mechanisms in the virus that triggered Type 1 or Type 2 diabetes.

### What are we seeing at Valley Children's?

Throughout the pandemic, as more children have been exposed to the viral infection, the rise in new diabetes cases has followed. Valley Children's Pediatric Diabetes and Endocrinology practice – ranked as one of the best in the country by U.S. News and World Report – had fewer than 300 newly diagnosed patients with diabetes mellitus (DM) for five years prior to the pandemic. In 2020, our team made 570 new diagnoses of DM and 675 in 2021, an increase of more than 50% in both Type 1 and Type 2 cases over a two-year period.

#### Sources:

Centers for Disease Control and Prevention. (January 14, 2022). Risk for newly diagnosed Diabetes >30 days after SARS-CoV-2 infection among persons aged <18 Years . – United States, March 1, 2020–June 28, 2021. <https://www.cdc.gov/mmwr/volumes/71/wr/mm7102e2.htm>

Barrett CE, Koyama AK, Alvarez P, et al. Risk for newly diagnosed Diabetes >30 days after SARS-CoV-2 infection among persons aged <18 Years. – United States, March 1, 2020–June 28, 2021. MMWR Morb Mortal Wkly Rep 2022;71:59–65. DOI: <http://dx.doi.org/10.15585/mmwr.mm7102e2external icon>.

## Medical Staff News

The following pediatric specialists recently joined Valley Children's:

### Endocrinology

(Pelandale Specialty Care Center, Modesto)

Ethel Clemente, MD

### Genetics

Mark Nunes, MD

Medical Director

### Pathology

Sandy Wu, MD

### Primary Care

(Adventist Coalinga)

Vipin Jain, MD

### Sleep Medicine

David Suhrbier, MD

Medical Director

## Upcoming CME Opportunities

### Approaching CME with an Equity Lens

Presented by Dr. Nicole Webb

Thursday, March 17

12:15 p.m. – 1 p.m.

### Religious Beliefs & Practices

Presented by Rabbi Richard Winer

Thursday, March 24

12:15 p.m. - 1:15 p.m.

### Pediatric Clinical Symposium: Obesity in Children

Presented by Dr. Ayesha Baig

Wednesday, March 30

12:15 p.m. - 1:15 p.m.

Register for Valley Children's CME events through our CME Tracker, [cmetracker.net/VCH](http://cmetracker.net/VCH)