

AAP: Good nutrition, exercise optimize pediatric bone health

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"The [pediatrician](#) plays a major role in helping optimize bone health in children and adolescents," the authors write. "This clinical report has been endorsed by American Bone Health."

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(HealthDay)—Pediatricians play an important role in fostering optimal bone health in children and adolescents, according to research published online Sept. 29 in *Pediatrics*.

Neville H. Golden, M.D., Steven A. Abrams, M.D., and colleagues on the American Academy of Pediatrics (AAP) Committee on Nutrition, compiled a clinical report reviewing normal bone acquisition in infants, children, and adolescents and outlining office-based strategies for pediatricians to optimize [bone health](#).

The researchers found that previous recommended daily allowances for calcium and vitamin D in children have been updated. The AAP supports the higher recommended dietary allowances for vitamin D advised by the Institute of Medicine. Pediatricians should ask about a child's diet and encourage increased dietary intake of foods and beverages containing calcium and vitamin D. Routine [calcium supplementation](#) is not recommended for healthy children. Routine screening of healthy children for vitamin D deficiency is not recommended, but testing is appropriate for children with conditions associated with increased bone fragility. Pediatricians also should ask about the type and amount of exercise a child is getting and encourage weight-bearing activities such as dancing, jumping, running, skipping, and walking.

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