



WELCOME TO *THE HEALTHY BUZZ*

Advocates for Healthy Kids is here to cut through the noise and bring parents the practical, balanced information they need to raise strong, healthy families. From real-life nutrition tips to clear breakdowns of hot-button health topics, this newsletter delivers resources, ideas, and encouragement — so you can stay confident in the most important role you'll ever have: **being your child's greatest advocate.**

A NOTE FROM DR. DUNNAVANT



Dear Friends,

Each April, National Infant Immunization Week is a moment to reflect on what we owe our children when it comes to their health. This year, I want to be direct about what I think that actually means. I am not asking you to trust anyone blindly — not Washington, not an institution, not me. I am asking you to walk into your child's next appointment with your questions written down, your concerns on the table, and the confidence to make the decision that is right for your family.

Over the last 25 years, I have delivered thousands of babies in Virginia. I have sat with mothers in the middle of the night and talked them through their anxieties over becoming a parent. I have been the person families call when they don't know what to do next.

Having raised four children of my own, I've experienced the tension between what I know as a physician and what I feel as a mother. That tension never goes away, and it shouldn't. That

tension is what keeps us honest, and it's what drives me to keep asking questions long after most people have stopped.

When parents come to me with hard questions about vaccines, I don't see a problem. I see a good parent doing exactly what they should be doing.

You have every right to know what is in each vaccine, why it's recommended at a specific age, and what the risks are if you delay or decline. You have every right to read the manufacturer's insert, request the clinical data, and expect your pediatrician to walk you through all of it without being rushed, dismissed, or made to feel like a burden. That is not a confrontation. That is how medicine is supposed to work, and any doctor worth their license will tell you the same.

I spent eight years in the Virginia State Senate as the only physician serving in the legislature. I fought to reopen schools during COVID, pushed for prescription drug pricing transparency, and worked to expand affordable, patient-centered insurance.

Every one of those fights came down to the same principle: parents deserve the full picture, and the freedom to act on it.

In January 2026, the CDC reduced the number of routinely recommended childhood vaccines from 17 diseases to 11. Within weeks, a coalition of medical groups sued, and a federal judge issued an injunction temporarily restoring the prior recommendations while the case works its way through the courts.

What does that mean for your family right now? Honestly, it's hard to say — and that's the point. When federal policy can shift that dramatically in a matter of weeks, you cannot afford to outsource these decisions to Washington. Your child's doctor is the right place to start, not a federal office that may look completely different by the time your child's next appointment comes around.

Every vaccine on the schedule as of December 31, 2025 remains covered by insurance at no out-of-pocket cost. But coverage only matters if you know what to ask for. Many pediatricians and doctors who have spent their entire careers with the broader schedule continue to recommend protection against all 18 diseases, regardless of what Washington just decided. Your child's own doctor may have a very different view than the one coming out of a federal office. Ask them directly which guidelines they follow, and why.

That is exactly the kind of question you are entitled to ask. A good doctor will not only welcome it, they will respect you more for it.

Your instincts as a parent are not the enemy of good medicine. In my experience, they are often what catches what clinical checklists miss. The parents who ask the hard questions, who do the reading, who push back when something doesn't feel right...those are the parents whose kids get the most individualized, thoughtful care.

That is what good medicine has always looked like — a doctor and a parent, in the same room, fighting for the same child. This National Infant Immunization Week, walk into your child's next

appointment with your questions written down and your concerns on the table. The decision is yours to make, and your child is worth every hard question it takes to get there.

Warmly,

Dr. Siobhan Dunnavant, MD

Senior Advisor, Advocates for Healthy Kids

FACT OR MYTH?



If a poll says **"most Americans believe X,"** you're getting a straight read on what Americans actually think.

Keep up the conversation!

Follow us [@adv4healthykids](#) for useful tips, clear breakdowns on hot-button issues, and encouragement to stay empowered and confident in your role as a key part of your child's growth.

ADVOCACY ACTION



The Telephone Game — With a Twist

You already know how it works. One person whispers a message down the line and by the time it reaches the last person, it's barely recognizable.

This version adds one step at the end. After the final message is revealed, trace it backward and find the exact moment it changed. Then ask together: Was that an accident, or could that happen on purpose?

Information works the same way. By the time something reaches your feed or your group chat, it may look very different from where it started. The habit worth building, for your kids and yourself, is a simple one: when something surprises you, go back to the original source.

THE LATEST

The Headline Said One Thing. The Data Said Another.

A new poll from [POLITICO](#) made the rounds recently with a striking headline: "More Americans doubt vaccine safety than trust it." If you saw it scroll by, you might have closed

your phone thinking the country is more divided on vaccines than ever — and that the divide falls neatly along party lines.

But if you actually pull up the raw numbers? **The picture looks a little different.**

What the Headline Suggests vs. What the Data Shows

The article frames vaccine skepticism as a largely Republican phenomenon — something driven by political identity and amplified by figures like RFK Jr. And yes, differences exist between Trump and Harris voters on some questions. That's real.

But here's what the framing leaves out.

On the question of whether the potential return of diseases like measles is "a price worth paying" for the freedom to decline vaccines: 48% of Trump voters said yes. But so did 32% of Harris voters. **That's not a partisan fringe — *that's nearly one in three people on the other side of the aisle holding the same view.***

On whether parents should be the final decision-makers in their children's health: 58% of Trump voters agreed. And 42% of Harris voters agreed too.

On reducing the number of vaccines Americans receive: 28% of Harris voters supported it. The article barely mentions that.

These aren't minor footnotes. They're in the same poll — just not in the headline.

Why This Matters (And It's Not Really About Vaccines)

This isn't about which side is right on vaccines. It's about something more fundamental: *the gap between what a headline tells you and what the underlying information actually says.*

It happens with polls. It happens with studies. It happens with news stories about parenting, nutrition, school policy, and yes — health decisions. Someone reads the data, decides what the story is, and writes a headline that sticks. Most of us never click through to check.

That's not a criticism of any one outlet. It's just how information travels today.

The Habit Worth Building

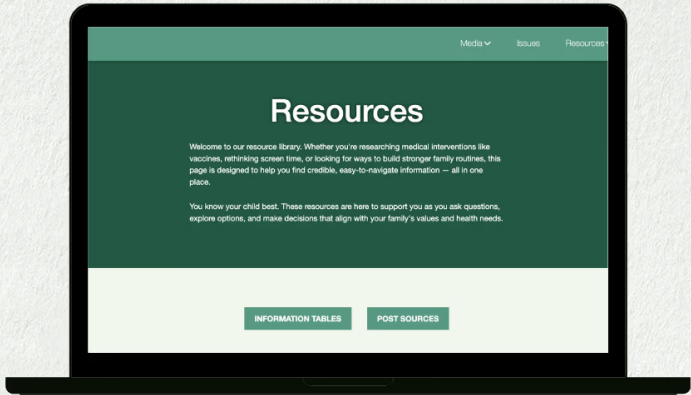
Whenever a headline makes you feel certain about something (especially something complicated) that's a good moment to pause and ask: *What does the original source actually say?*

With polls, that means looking at the crosstabs, not just the summary. With studies, it means checking who funded the research and what the sample size was. With health decisions, it means going directly to a source you trust or your child's own doctor — not stopping at whatever showed up in your feed.

The data in this poll tells a story about a country that's genuinely wrestling with big questions about parenting, medical freedom, and trust in institutions. That's worth a real conversation.

A headline designed to grab your attention in three seconds can't do that story justice. *But you can when you look past the chosen narrative.*

YOUR QUESTIONS
DESERVE
REAL ANSWERS.



Find trusted, no-spin health resources
for your family — *all in one place.*

healthykidsalliance.com 🔍

We just updated our Resources page!

Credible, easy-to-navigate links to reliable sources so you can do the research and make

confident decisions for your family.

No spin. No pressure. Just the information you actually need.

[CHECK OUT THE RESOURCES PAGE](#)

HONEY GARLIC CHICKEN THIGHS

The kind of dinner that makes everyone think you planned ahead.

Four ingredients, zero complaints. Chicken thighs go in with honey, soy sauce, and garlic — and eight hours later you've got a sticky, slightly sweet dinner that somehow works on every kid at the table. Serve over rice with steamed broccoli or snap peas on the side.



[DOWNLOAD TO SAVE THIS RECIPE FOR LATER](#)

ENGAGE WITH US

When you see a health headline that surprises you, what do you usually do?

- *Click through and read the full story*
- *Search for a second source before forming an opinion*
- *Save it to read later (and sometimes actually do)*
- *Move on. I've learned to take headlines with a grain of salt*

SHARE YOUR EXPERIENCE

KEEP IN TOUCH

Follow Advocates for Healthy Kids for quick tips, fun updates, and real talk from fellow parents and our founder, Dr. Dunnavant. Get involved and help us keep our children safe and healthy!



Paid for by Advocates for Healthy Kids

1802 Vernon St NW, Washington, DC 20009

This email was sent to test@recipient.com

[Unsubscribe](#)