



NIHCM
FOUNDATION

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**National Institute for Health Care Management Foundation**  
**Women's, Children's and Adolescents' Health Update**  
**June 2008**  
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NIHCM Foundation Activities

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On April 29, 2008 NIHCM Foundation participated in the second annual partnership meeting of the National Initiative to Improve Adolescent Health (NIIAH). NIIAH is a collaborative effort led by the Centers for Disease Control and Prevention's Division of Adolescent and School Health (CDC/DASH) and the Health Resources and Services Administration's Maternal and Child Health Bureau/Office of Adolescent Health (HRSA/MCHB/OAH). NIIAH aims to address the 21 critical health objectives for adolescents and young adults derived from Healthy People 2010. NIHCM Foundation, along with other national organizations and academic institutions interested in adolescent health issues, convened for a full day meeting to discuss the status of adolescent health in the United States and develop action plans for partners to improve the health of adolescents and young adults.

NIHCM Foundation's paper, *Prevention of Adult Cardiovascular Disease Among Adolescents: Focusing on Risk Factor Reduction*, will soon be available in hard copy and electronic formats. Co-authored by Arik Marcell, MD, MPH, Johns Hopkins University; Marc Jacobson, MD, FAAP, Schneider Children's Hospital in New York; Jonathan Klein, MD, MPH, University of Rochester Medical Center; and NIHCM Foundation staff; this paper describes the incidence of hyperlipidemia, obesity and overweight, and tobacco use among adolescents, and how these factors contribute to early onset of cardiovascular disease. The paper also outlines practical strategies health care professionals, especially health plans, can employ during adolescence to prevent future cardiovascular disease. The paper will be available on our website shortly.

In August NIHCM Foundation will hold a webinar entitled, "Encouraging Adolescents' Use of Recommended Health Care Services." Adolescents increasingly do not have a primary care provider and, in general, make fewer contacts with physicians. This webinar will explore reasons why adolescents do not visit health care providers and effective ways to encourage adolescents to access health care services. The webinar will also explore innovative social marketing and messaging techniques health plans can use to reach adolescents. Additional details and registration information will be available on our website soon.

## **New Resources and Tools to Improve Women's Health**

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Developed by the [Office of Women's Health](#) in the U.S. Department of Health and Human Services, the [Bright Futures for Women's Health and Wellness](#) (BFWHW) series has released new tools to address the connection between women's mental and physical well being and encourage better health across the lifespan. The tools focus on three concepts: appreciating oneself, finding balance and purpose in life, and connecting with others. Each tool is designed for a specific audience including women, young women, community groups and primary care health professionals. All BFWHW tools are wellness-focused, gender-specific and evidence-based. Visit <http://www.mchlibrary.info/BFWHW.html> to access the BFWHW series.

A new [National Institutes of Health](#) (NIH) website is available for women's health research information. The site provides consumers with the [latest information on significant topics in women's health research](#) from scientific journals and other peer-reviewed sources. The resource is available through the [National Library of Medicine](#) (NLM) of the NIH through its [Division of Specialized Information Services](#). NLM partnered with the NIH [Office of Research on Women's Health](#) to create this one-stop resource. Women's Health Resources from the NLM website can be found at: <http://sis.nlm.nih.gov/outreach/womenshealthoverview.html>.

On June 19th, the [Office of the Surgeon General](#) convened experts from the [National Institutes of Health](#) on the [prevention of preterm birth](#). The goals of the conference were to increase awareness of preterm birth in the United States, review key findings and reports (including the [Institute of Medicine](#) report *Preterm Birth: Causes, Consequences and Prevention*) issued by experts in the field, and establish an agenda for activities in both the public and private sectors to mitigate this public health problem. Information from the conference is available at: [http://www.nichd.nih.gov/about/meetings/2008/SG\\_pretermbirth.cfm](http://www.nichd.nih.gov/about/meetings/2008/SG_pretermbirth.cfm).

## **Efforts to Understand and Address Childhood and Adolescent Overweight**

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A new edition of [Overweight and Obesity Knowledge Path](#) is now available. Produced by the [MCH Library](#), the knowledge path is an electronic guide to recent resources about the prevention, identification, management and treatment of overweight and obesity in children and adolescents in homes, schools and communities. Separate sections identify resources for families, schools and after-school programs, and child care settings. Another section presents resources about the impact of media use. The guide contains information on websites, publications, databases, and newsletters and online discussion lists. The knowledge path is available at [http://www.mchlibrary.info/KnowledgePaths/kp\\_overweight.html](http://www.mchlibrary.info/KnowledgePaths/kp_overweight.html).

The [California Association of Health Plans](#) (CAHP) and the [California Medical Association Foundation](#) (CMAF) released three toolkits they have developed to address obesity and overweight and to encourage physicians to discuss healthier lifestyles with their patients. These three toolkits are designed for adults, children and adolescents, and pre/post bariatric surgery patients. The toolkits are the result of collaboration of health plans, academia and public health entities to address California's obesity epidemic. Please visit the CMAF's Obesity Prevention Project's website at <http://www.calmedfoundation.org/projects/obesityProject.aspx> to download the toolkits.

An article published in the May 28, 2008 edition of [The Journal of the American Medical Association](#) (JAMA) explores recent trends in high BMI for U.S. children and adolescents. This article reports on a study conducted to update the most recent national estimates of high BMI among U.S. children and adolescents (ages 2-19) using data from the 2005-2006 [National Health and Nutrition Examination Survey](#) (NHANES). Estimates of high BMI at three different levels (at or

above the 97th percentile, at or above the 95th percentile, and at or above the 85th percentile of the gender-specific Centers for Disease Control and Prevention (CDC) BMI-for-age growth charts, 2000) are presented, trends between 1999 and 2006 are examined, and racial and ethnic differences are evaluated. The authors found no significant changes in the prevalence of high BMI for age among children and adolescents between 2003-2004 and 2005-2006. An abstract of the article is available at <http://jama.ama-assn.org/cgi/content/short/299/20/2401>.

"A Policy-Based School Intervention to Prevent Overweight and Obesity", published in the April issue of *Pediatrics*, suggests that a multifaceted, school-based nutrition and health intervention helped to reduce the prevalence of obesity and overweight among participating children. The School Nutrition Policy Initiative included school self-assessment, nutrition education, nutrition policy, social marketing and parent outreach. After two years, the intervention resulted in a 50% reduction in the incidence of overweight among children in grades 4 through 6 in urban public schools. The abstract to the article is available at <http://pediatrics.aappublications.org/cgi/content/abstract/121/4/e794>.

*The Wall Street Journal* reports that a growing number of obesity-prevention programs are targeting toddlers. To curb rising childhood obesity rates, pediatricians are enrolling children as young as age 2 in weight-management programs. According to data from the federal Centers for Disease Control and Prevention, 12.4 percent of children between the ages of 2 and 5 were considered obese between 2003 and 2006, up from just 5 percent in 1980. Obesity experts attribute this increase largely to poor nutrition habits and the increased availability of junk food. Acknowledging the potential for negative health consequences, including the emergence of type 2 diabetes and elevated cholesterol in children as young as age 5, a number of hospitals are introducing weight-management programs for toddlers. The article is available at [http://online.wsj.com/public/article/SB121305610263459281.html?mod=2\\_1566\\_leftbox](http://online.wsj.com/public/article/SB121305610263459281.html?mod=2_1566_leftbox).

## **Partnering to Promote Children's Healthy Development**

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A new issue brief from Grantmakers for Children, Youth and Families (GCYF), *The Successful Integration of Health and Health Care into Broader Early Childhood Initiatives*, focuses on the collaboration between health care and other child and family services. The brief summarizes the proceedings of a 2007 GCYF Annual Conference Institute entitled Multi-Sector Partnerships to Promote Children's Healthy Development: Putting the Pieces Together. The brief describes four programs that have been successful in integrating health care services with other complementary systems to benefit young children and their families and identifies the methods they used to link health care to other systems. It highlights common themes across the programs and provides recommendations for practitioners, policymakers and funders to use in promoting effective multi-sector partnerships to enhance child development. Download the issue brief at http://www.gcyf.org/library/library_show.htm?doc_id=685769.

A new paper from the Center for Law and Social Policy (CLASP), entitled *A Collective Responsibility, A Collective Work: Supporting the Path to Positive Life Outcomes for Youth in Economically Distressed Communities*, presents a picture of risk and challenge for youth in distressed communities and outlines how these communities can create a continuum of supportive activities to bolster youth's success in school and life. To better promote healthy development, the many systems and organizations seeking to serve youth should have a formal network in which they plan their work jointly, based on the many developmental needs of the youth in that particular locale. The continuum should provide opportunities for youth across six specific domains of development: cognitive, physical, social/emotional, ethnic identity, civic engagement and career. The paper is available at <http://clasp.org/publications/collectiveresponsibility.pdf>.

New Guidelines and Information on Reducing Tobacco Use

An updated clinical practice guideline released by the [U.S. Public Health Service](#) has identified new counseling and medication treatments that are effective for helping people quit smoking. *Treating Tobacco Use and Dependence: 2008 Update* was developed by a 24-member, private-sector panel of leading national tobacco treatment experts who reviewed more than 8,700 research articles published between 1975 and 2007. The review found that there are seven medications approved by the [Food and Drug Administration](#) (FDA) as smoking cessation treatments that dramatically increase the success of quitting. In addition, evidence suggests that counseling by itself or in conjunction with medication can greatly increase a person's success in quitting. A new recommendation for adolescents states that counseling has been shown to be effective in treatment of adolescent smokers. More information about the 2008 Update is available at <http://www.surgeongeneral.gov/tobacco/>.

A recent report warns that a "new generation" of tobacco products is threatening efforts to reduce tobacco use in the United States. The report, *Big Tobacco's Guinea Pigs: How an Unregulated Industry Experiments on America's Kids and Consumers*, was issued by the [American Cancer Society Cancer Action Network](#), [American Heart Association](#), [American Lung Association](#) and [Campaign for Tobacco-Free Kids](#), with funding by the [Robert Wood Johnson Foundation](#). Key trends include flavored products, novel smokeless products, targeted products and marketing, unproven health claims, and undisclosed product designs. More information on the report is available at <http://tobaccofreekids.org/reports/products/>.

"[The Collective Dynamics of Smoking in a Large Social Network](#)" by Nicholas A. Christakis, MD, PhD, MPH and James H. Fowler, PhD published in the *New England Journal of Medicine* shows that smoking cessation occurs in network clusters and that the chances of continuing to smoke decrease significantly for an individual when a spouse, friend or even sibling quits smoking. This study considers the effects of social networks on smoking cessation by evaluating a group of 12,067 people from the Framingham Heart Study who underwent repeated assessments of their smoking behavior between 1971 to 2003. The article is available at <http://content.nejm.org/cgi/content/full/358/21/2249?ijkey=XSbaNQvtU/IWk&keytype=ref&siteid=nejm>.

Health Plan Initiatives and Tools

[Anthem Blue Cross](#), in collaboration with the [California Child Health Disability \(CCHD\) Program](#), is hosting [three Body Mass Index \(BMI\) training and promotion workshops](#) in Pasadena, San Jose, and Bakersfield, California, for pediatric nurses and medical assistants. The workshops will provide training in BMI measurement, documentation and tracking and are designed for clinical staff (registered nurses, licensed vocational nurses and medical assistants) in pediatric and family physician offices. The BMI program consists of in-person and online training, as well as a training CD. These events are part of the \$9 million commitment made by Anthem Blue Cross to fight childhood obesity in California.

The [Blue Foundation for a Healthy Florida](#), the philanthropic affiliate of [Blue Cross and Blue Shield of Florida](#) (BCBSF), announced an \$8 million, four-year strategic effort to address the causes of childhood obesity through public-private partnerships. The statewide initiative, [Embrace a Healthy Florida](#), will support community-based programs that promote change in families and parenting, childcare centers and schools, neighborhood recreation opportunities and other influences on the accessibility of healthy food and physical activity.

With the launch of www.2Step4Kids.com, [Blue Cross and Blue Shield of Louisiana](#) has expanded the health and fitness message of its acclaimed [Louisiana 2 Step program](#) to include elementary and middle school children. Aimed at 5- to 12-year-olds, www.2Step4Kids.com teaches the simple "Eat Right, Move More" message in a fun way. Kids can play interactive games with nutrition and exercise themes, earn reward points, build their own "Me 2" characters and keep track of their exercise and eating habits with simple food and activity logs. The site also includes resources for [teachers](#) and [parents](#).

AIM, NIIAH and PIPPAH Collaborative Activities

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[NIHCM Foundation](#) is part of three collaboratives aimed at improving the health of Maternal, Child and Adolescent Health: the [Alliance for Improving Maternal and Child Health](#) (AIM), the [National Initiative to Improve Adolescent Health](#) (NIIAH) and the [Partners in Program Planning for Adolescent Health](#) (PIPPAH) Collaborative. These alliances are comprised of national membership organizations representing decision makers within state and local government, maternal, child and adolescent health professions, foundations, the health insurance industry, and business, as well as advocates for families. As part of these efforts, NIHCM Foundation occasionally highlights the publications and activities of the other organizations participating in the collaboratives.

The [Healthy People 2010 Midcourse Review](#) evaluated progress on the 21 Healthy People 2010 objectives that are critical to adolescent and young adult health. These objectives span six areas: mortality, unintentional injury, violence, mental health and substance use, reproductive health, and the prevention of chronic disease during adulthood. The review found little or no improvement on most objectives. Expert recommendations call for broad, population-based efforts to improve adolescent health. However, changes in health policy are largely issue-based and occur incrementally. To access the review, visit [http://nahic.ucsf.edu/index.php/nahic/article/midcourse\\_review\\_of\\_the\\_healthy\\_people\\_2010\\_21\\_critical\\_health\\_objectives/](http://nahic.ucsf.edu/index.php/nahic/article/midcourse_review_of_the_healthy_people_2010_21_critical_health_objectives/).

The [Children's Dental Health Project](#) (CDHP) in collaboration with the [Association of Maternal and Child Health Programs](#) (AMCHP), [Association of State and Territorial Dental Directors](#) (ASTDD), [Medicaid/SCHIP Dental Association](#) (MSDA) and [National Academy for State Health Policy](#) (NASHP) was awarded a three-year cooperative agreement from the federal Maternal and Child Health Bureau, Department of Health and Human Services. The new [National Oral Health Policy Center](#) at CHDP will work to promote a better understanding of effective policy options to address disparities in children's oral health. The Policy Center intends to publish policy trend reports, train policymakers on how to address oral health, and expand and diversify the audience engaged in promoting children's oral health.

On June 5th the [American Academy of Pediatrics Task Force on Mental Health](#), [Bright Futures](#), [Council on Community Pediatrics](#), [Committee on Psychosocial Aspects of Child and Family Health](#), and the [Committee on Practice and Ambulatory Medicine](#) held a web-based teleconference entitled "[The 15 Minute Mental Health Visit](#)" for pediatricians interested in learning more about how to address mental health concerns in practice. Larry Wissow, MD, MPH and Anne Gadowski, MD, MPH discussed the "common factors" approach and presented video clips of doctors interviewing simulated patients with mental health problems that are common in the pediatric primary care setting. A panel of experts responded to the video clips and assisted in answering participant questions. A recording is available at <http://www.aap.org/mentalhealth/mh9et.html>. The teleconference was funded by the [Improving Mental Health in Primary Care Through Access, Collaboration, and Training](#)

(IMPACT) grant provided by the [U.S. Department of Health and Human Services, Health Resources Services Administration, Maternal and Child Health Bureau.](#)

[NIHCM Foundation](#) is a nonprofit, nonpartisan organization dedicated to improving the effectiveness, efficiency, and quality of America's health care system. The Foundation conducts research, policy analysis and educational activities on a range of health care issues. It fosters dialogue between the private health care industry and the public sector to find workable solutions to health system problems. Detailed information about the Foundation's projects and publications is available on our website, <http://www.nihcm.org>.

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