



**NIHCM
Foundation**

Women's, Children's and Adolescents' Health Update



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NIHCM Foundation Activities

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On Tuesday, October 26th, at 1:00 PM EDT, NIHCM Foundation will host a webinar, "[Investing in Early Childhood: Partnerships to Implement Home Visiting Programs](#)." According to the Institute of Medicine, premature births cost the U.S. \$26 billion each year and represent 35 percent of total U.S. health care spending. Three randomized controlled trials (RCT) have shown that adopting the Nurse-Family Partnership (NFP) model, a home visiting program connecting low-income first-time parents and their children with registered nurses, reduces the incidence of premature births and provides significant benefits for children and parents. The Patient Protection and Affordable Care Act recognized the importance of and potential for home visiting programs to reduce health care spending and increase the return on investment of federal health dollars by establishing a \$1.5 billion federal grant program for state-based home visiting programs. Private health foundations, cognizant of the importance of leveraging both public and private resources to improve the health and well being of mothers and babies, are also making significant contributions to home visiting programs such as NFP. This webinar will bring together public and private sector stakeholders to explore how partnering to invest in early childhood will reap benefits for children and families and will ultimately benefit all of society. To register for the webinar, please fill out the [registration form](#) on-line.

On September 9<sup>th</sup> NIHCM Foundation and WellPoint, Inc. recognized National Childhood Obesity Awareness Month by hosting a webinar, "[Effective Government & Private Sector Initiatives to Address Childhood Obesity](#)." The webinar explored multi-sectoral strategies to address the childhood obesity epidemic and featured presentations by Dr. William H. Dietz of the Centers for

Disease Control and Prevention; Nemours Pediatric Obesity Initiative Director and American Academy of Pediatrics Board of Directors member, Dr. Sandra G. Hassink; Dr. Victoria W. Rogers, Director of the Kids CO-OP at the Barbara Bush Children's Hospital in Maine,;and WellPoint, Inc.'s Clinical Programs Director, Dr. Harvinder Sareen. The webinar archive and additional information can be found [here](#). For further information and resources on childhood obesity, see our featured section below.

On August 17<sup>th</sup> NIHCM Foundation hosted a webinar, "[Adolescent & Young Adult Health in the Post Reform Era](#)." Adolescent health experts from the Georgetown University Center for Children & Families, the National Adolescent Health Information and Innovation Center at the University of California, San Francisco and the Guttmacher Institute discussed the implications of health reform and CHIPRA on access to coverage, measuring the quality of care, ensuring confidentiality of care and adolescent and parent perspectives on preventive care. Additional information including the agenda, speaker presentations and audio archive is available [here](#).

NIHCM Foundation, together with the Children's Dental Health Project, has released a new brief, [Improving Access to Perinatal Oral Health Care: Strategies & considerations for Health Plans](#). This issue brief explores how oral health practices and utilization of dental care among pregnant women may affect a woman's overall health, the birth outcome, and the oral health of her children. Oral health guidelines and statements are reviewed, and barriers that limit utilization of perinatal dental care are explained. The brief concludes with opportunities for health plans to play a role in removing these barriers to ensure that all pregnant women have access to needed dental care during pregnancy. To access the brief and to view other publications on maternal, child and adolescent health, visit [NIHCM's website](#).

## **Preventing & Treating Childhood Overweight & Obesity**

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President Obama proclaimed September the first National Childhood Obesity Awareness Month to call national attention and action to this epidemic. For more information about events occurring across the country, visit [the official website](#) hosted by a multitude of partners from various sectors.

A review published in the July 29 *Journal of Adolescent Health* suggests that obesity and overweight in young girls could be a factor in the early onset of puberty. In a recent [HealthDay article](#), "[The Timing of Puberty: Is It changing?](#)" Emily C. Walvoord, MD, writes, "as the obesity epidemic in children continues to worsen, we should not be surprised that girls will be starting puberty at earlier ages."

A study published last month in *Pediatrics* shows evidence that a Baltimore-area home/community-based health promotion/obesity prevention program called "Challenge!" had positive effects on keeping off weight and improving eating habits. The program assigns healthy African American college students and graduates to mentor low-income adolescent youth (primarily African American). Read about the results in the article, "[Challenge! Health Promotion/Obesity Prevention Mentorship Model Among Urban, Black Adolescents](#)."

Around the country, more schools and after-school programs are adopting [SPARK](#), a set of lesson plans to combat childhood obesity by promoting healthy lifestyle changes and habits. SPARK stands for "Sports, Play and Active Recreation for Kids" and promotes non-competitive

activities. Read about how [Washington, DC Public Schools](#) have adopted the program in physical education classes or how Miami-Dade County, Florida Parks have a new initiative, "[Fit-to-Play](#)," that uses SPARK programming for its after school programs.

Federal officials and public health experts are not the only ones citing childhood obesity as a top health threat. [A national poll by Mott Children's Hospital at the University of Michigan](#) found nearly 40 percent of adults considered obesity the biggest threat to children and teens' health in 2010, followed by drug abuse and smoking.

New Adolescent Health Research & Tools

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In June the American Congress of Obstetricians and Gynecologists (ACOG) issued a new recommendation for teen girls. The updated Committee Opinion (from the Committee on Adolescent Health Care), published in the July issue of *Obstetrics & Gynecology*, states that adolescent girls may need two "well child" visits each year- a general preventive visit and a reproductive health visit. The Opinion recommends insurers cover both. Read the [press release](#) or the [Committee Opinion](#) here.

The Center for Adolescent Health and the Law released a new compendium on confidentiality laws. [State Minor Consent Laws: A Summary, 3rd Edition](#), contains detailed information about the health care minor consent laws in all 50 states. These laws play a key role in adolescents' access to a broad range of health care services. This monograph is an essential reference for health care professionals working to increase access to health care for their adolescent patients. Individual states' versions are available as well. See the [website](#) for pricing and ordering information.

The National Chlamydia Coalition (NCC) published the latest research and tools to assist providers and improve the delivery of confidential screening services in *Why Screen for Chlamydia? An Implementation Guide for Healthcare Providers*. To read more about the importance and benefits of screening for Chlamydia and to download or order the guide and access a resource list for providers, visit [NCC's website](#).

A [study published in the August Pediatrics](#) found that the age at which girls begin puberty has fallen in the past two decades, especially among white non-Hispanic girls. Factors associated with the onset of puberty include a combination of genetics, environment and individual factors such as weight.

The Interagency Working Group on Youth Programs (IWGYP) is comprised of representatives from 12 Federal agencies that support programs and services focusing on youth. The IWGYP promotes the goal of positive, healthy outcomes for youth in three ways, one of which includes the creation of the new web resource, FindYouthInfo.gov. Visit [the new website](#) to check out interactive tools and other resources designed to help youth-serving organizations and community partnerships plan, implement and participate in effective programs for youth.

## **Improving Child Well-being**

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The Federal Interagency Forum on Child and Family Statistics has published "[America's Children in Brief: Key National Indicators of Well-Being, 2010](#)." The annual report updates 40 indicators in

seven domains: Family and Social Environment, Economic Circumstances, Health Care, Physical Environment and Safety, Behavior, Education, and Health. The *America's Children* series makes Federal data on children and families available in a nontechnical, easy-to-use format in order to stimulate discussion among data providers, policymakers and the public.

For more data on children's health, visit the [National Survey of Children's Health Data Resources Center](#). The latest survey, 2007, was published this summer and provides profiles of children's health in every state.

The [electronic Preventive Services Selector \(ePSS\)](#) is a web and mobile application designed to help primary care providers identify the U.S. Preventive Service Task Force recommended screening, counseling and preventive medication services that are appropriate for each of their patients. Providers can search for recommended services by specific patient characteristics, such as age, sex and selected behavioral risk factors.

The Departments of Health and Human Services (HHS), Labor, and Treasury issued interim final regulations on July 14, 2010 requiring new health plans and issuers to cover certain preventive services without any cost-sharing for the enrollee when delivered by in-network providers. These new interim rules have important implications for children and adolescents and include the *Bright Futures* recommendations for pediatric preventive health care. The interim final regulations do not apply to grandfathered plans and issuers. [This website](#) provides links to the items and services that must be covered under this interim final regulation.

Health Plan Initiatives and Tools

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This fall WellPoint, Inc. will begin offering "[electronic house calls](#)" to its members. WellPoint's Online Care service will allow patients to engage in live encounters with physicians via video, secure chat or phone. For example, a parent could initiate contact with a physician through the service, and the physician will be able to review available clinical information, speak to the member, prescribe medications and suggest follow-up care. The system also creates a new record of each encounter to ensure continuity of care among all providers caring for a patient. This service is intended to make health care more convenient and accessible, especially in rural areas.

The Blue and Cross Blue Shield of North Carolina Foundation recently made a [\\$1.18 million grant](#) to the N.C. Academy of Family Physicians Foundation for a mentoring program that will help address the shortage of family physicians in the state. Medical students will receive increased exposure to innovative family medicine practices and be encouraged to enter the field.

BlueCross BlueShield of Tennessee is now in its sixth year of its [BlueCross WalkingWorks® for Schools](#) program. This year there are 150 schools and nearly 70,000 students enrolled in this program that seeks to address the growing trend of childhood obesity by teaching K-5 students the benefits of a healthy lifestyle. Students are required to walk at least 5 minutes a day for 12 weeks each semester, with some schools walking for even longer. The program was launched in 2005 as a pilot with 34 schools and has since resulted in Tennessee students walking 17 million miles.

Anthem Blue Cross and Blue Shield in Missouri is also doing its part to encourage healthy living among school children. Teaming up with Radio Disney, the company will sponsor [a program](#) that

promotes healthy living and fun and entertaining ways in can be achieved. The top 20 schools with the highest percentage of participation in the "[Get Active Get Fit!](#)" school challenge will win Radio Disney Dance Parties. The program is offered free of charge and is open for Missouri elementary schools to sign up until October 1st. The program is also being offered in Los Angeles, San Francisco, Georgia, Indiana, Kentucky, New York, Ohio, Virginia and Wisconsin.

## **AIM, NIIAH and PIPPAH Collaborative Activities**

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NIHCM Foundation is part of three collaboratives aimed at improving the 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 Center for Adolescent Health & the Law (CAHL) and the National Adolescent Health Information & Innovation Center (NAHIIC) at the University of California, San Francisco recently released an issue brief, "[The Patient Protection and Affordable Care Act \(PPACA\) of 2010: How Does it Help Adolescents and Young Adults?](#)" The new issue brief released by CAHL and NAHIIC outlines many of the key elements of the law that have the potential to meet the needs of this population. It is an important resource for anyone working at the state or federal level - health care professionals, advocates, policymakers - to implement health care reform in ways that will benefit adolescents and young adults.

September is Infant Mortality Awareness Month. The National Healthy Start Association (NHSA) is coordinating an Infant Mortality Awareness Month (NIMAM) Campaign to bring attention to the issue. Visit [NHSA's NIMAM Campaign website](#) to download their toolkit and resources and view events occurring in September.

HRSA is now housing Health IT toolboxes on its [website](#). These toolboxes provide planning, implementation and evaluation resources to help community health centers, other safety net providers and ambulatory care providers implement health IT in their facilities. These toolkits support HRSA and its grantees' efforts to leverage the power of health IT and to improve patient outcomes, promote quality, and reduce health disparities. The Health IT for Children toolbox is now available [here](#).

The Association of State and Territorial Health Officials (ASTHO) has developed a series of stand alone web resources for state health agency employees on immigrant eligibility for public health benefits. These [resources](#) address issues regarding access to care for categorically ineligible populations.

The American Academy of Pediatrics (AAP) has developed a [new toolkit](#) to help primary care clinicians more effectively identify and manage mental health issues. The toolkit provides primary care clinicians with practical resources to implement the recommendations of the AAP Task Force on Mental Health, which published a set of strategies on June 1, 2010 to enhance pediatric mental health at both the community level and in individual pediatric practices. Read more in the [press release](#).

Grantmakers for Children, Youth and Families (GCYF) recently published a new edition of *Insight*. The issue, "[Tipping the Scale: Philanthropy's Role in Addressing Childhood Obesity](#)," focuses on the role of foundations in partnering to solve the childhood obesity epidemic.

In July Healthy Start Association released an issue brief, "[It Takes Two to Tango: Defining the Role of Fathers](#)." The brief discusses the importance of and research supporting the father's role during pregnancy and early in a child's life.

The American College of Preventive Medicine (ACPM) is now accepting abstracts for its annual conference, [Preventive Medicine 2011](#). The meeting will be held February 16-19 in San Antonio, Texas. Abstracts are due by October 15th. Adolescent health-focused submissions are encouraged. ACPM also has some resources now available that may be of interest to adolescent health professionals: the "[Institute 4: Adolescent Health and Preventive Services Institute](#)" webcast is free and is available to view now for CME/MOC credits, and materials are also online from ACPM's June [National Coalition for Adolescent Health](#) meeting.

The ABA Center for Children & the Law has a new booklet and website, "[It's Your Life](#)," which provides information to help lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth in foster care navigate the child welfare system, understand their rights and receive equal care and attention.

City**MatCH** has partnered with Contra Costa Health Services to release the [Online MCH Life Course Toolbox](#). The toolbox is an online resource for MCH researchers, academics, practitioners, policy advocates and others in the field to share information, innovative strategies and tools to integrate the Life Course Perspective into MCH work at the local, state and national levels.

The [American Academy of Pediatrics' Oral Health Initiative](#) has translated the popular Pediatric Guide to Children's Oral Health Flip Chart and Reference Guide into Spanish. This easy-to-use resource for pediatric practices and other venues helps teach parents and caregivers about oral health. Each individual may order up to 5 copies for free. To order, please visit [their website](#).

Registration for Healthy Teen Network's Annual Conference, [A Time of Opportunity: Engaging Communities in Supporting Healthy Youth and Young Families](#), being held October 26-29 in Austin, Texas is now open. The conference will convene hundreds of adolescent health professionals from around the country and will provide opportunities to learn about the latest adolescent health issues and resources.

On October 20, 2010 HRSA's [Maternal and Child Health Bureau \(MCHB\)](#) will commemorate the 75th Anniversary of Title V of the Social Security Act. The meeting will be held at the Washington Hilton in Washington, DC. Register for the 75th Anniversary Celebration [here](#). In conjunction with this event, [AMCHP](#) and [CityMatCH](#) will be holding a meeting on Thursday, October 21 titled, "Looking to the Future: What are the Opportunities and Challenges of Health Reform for Improving Maternal and Child Health?" and MCHB's Division of Services for Children with Special Health Needs will have a meeting on Friday, October 22 titled "Strategic Planning for CYSHCN: Envisioning 2020."

Newsletter Feedback

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NIHCM Foundation is constantly striving to improve our services. Please please take a moment to complete a [brief evaluation form](#). We value your feedback on the Update.

## About NIHCM

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The Women's, Children's and Adolescents' Health Update is produced by NIHCM Foundation through funding from the Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services.

The NIHCM Foundation is a non-profit, 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. Information about the Foundation's projects and publications, including our maternal, child and adolescent health initiatives, is detailed on our web site.

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