



NIHCM
FOUNDATION

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

In This Issue

- NIHCM Foundation Activities
- Innovations in Primary Care
- Delivery of Mental Health Services
- New Guidelines for Physical Activity and Nutrition
- Improving Adolescent Health
- Health Plan Initiatives and Tools
- AIM, NIAH and PIPPAH Collaborative Activities

NIHCM Foundation Activities

On December 4th NIHCM Foundation hosted a webinar, "[Pediatric Mental Health Care: Strategies to Integrate Early Identification and Treatment into Primary Care](#)." This webinar explored the current state of mental health services delivered to children during primary care, including a discussion of how mental health parity legislation will affect the future delivery of services in primary care. It also discussed the current guidelines and training opportunities for primary care providers on mental health screening and treatment, including the recently updated Bright Futures guidelines. Finally, the session highlighted current health plan efforts and community efforts supported by a health plan foundation to support the integration of mental health services into primary care. Webinar presentations and an audio archive are available on our website at http://www.nihcm.org/page/pediatric_mental_health. NIHCM Foundation is currently working with expert authors on a paper that will provide an overview of the current state of early identification and treatment of mental health in pediatric primary care and will identify strategies for health care professionals, including health plans, to improve and support the delivery of mental health care in primary care settings. Please contact us at nihcm@nihcm.org if you have initiatives or programs that we could highlight in the paper.

NIHCM Foundation's paper, [Prevention of Adult Cardiovascular Disease Among Adolescents: Focusing on Risk Factor Reduction](#), is now 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 is available on our [website](#).

In August NIHCM Foundation held 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 explored reasons why adolescents do not visit health care providers and effective ways to encourage adolescents to access health care services. The webinar also examined innovative social marketing and messaging techniques health plans can use to reach adolescents. Additional information including [presentations and a video archive](#) is available on our website. W. Douglas Evans, PhD, from the [George Washington University](#), is authoring an issue brief for NIHCM outlining opportunities for health plans and health care providers to utilize social marketing to promote healthy behaviors among adolescents. The brief will be available early next year.

Innovations in Primary Care

~~~~~

A new [Commonwealth Fund](#) issue brief, [Improving Child Health Care Through Federal Policy: An Emerging Opportunity](#), explores opportunities in the new Administration to strengthen federal provisions to promote primary, preventive and developmental child health care. The issue brief describes three legislative proposals and additional quality provisions related specifically to primary care for policymakers to consider for incorporation into federal law. The lead author Charles Bruner, PhD, director of the Child and Family Policy Center, also spoke at a related webinar, sponsored by the Commonwealth Fund, Voices for America's Children, First Focus, and the National Academy for State Health Policy (NASHP). The issue brief and webinar materials can be accessed at [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=704934](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=704934).

The November 2008 supplement to the [American Journal of Preventive Medicine](#) presents results from Prescription for Health, an initiative of the [Robert Wood Johnson Foundation](#) to fund primary care practice-based research networks (PBRNs) to test ideas to help clients modify behaviors related to tobacco use, unhealthy diet, physical inactivity and risky alcohol use. Topics covered in the supplement include: (1) the effectiveness of health screening and motivational-interviewing-based counseling provided during routine care of adolescents; (2) integrating routine screening and interventions targeting unhealthy behaviors in primary care practices; and (3) the use of a brief set of health-behavior measures in routine primary care practices. The supplement is available at [http://www.ajpm-online.net/issues/contents?issue\\_key=S0749-3797\(08\)X0017-0](http://www.ajpm-online.net/issues/contents?issue_key=S0749-3797(08)X0017-0).

In the October 2008 issue of [Pediatrics](#), an article entitled, "[A Review of the Evidence for the Medical Home for Children With Special Health Care Needs](#)," assesses evidence for the claim that the medical home is associated with improved care for persons with chronic conditions. Through review of 33 articles that present data from 30 studies, the authors find moderate support for the hypothesis that medical homes provide improved health-related outcomes for children with special health care needs. The abstract and a link to the full text of the article are available at <http://pediatrics.aappublications.org/cgi/content/abstract/122/4/e922>.

## Delivery of Mental Health Services

~~~~~  
The [National Health Policy Forum](#) has released a new publication, *Medicaid and Mental Health Services*, that highlights the variety of services and supports needed by individuals with mental illness and Medicaid's increasing role in mental health coverage. Medicaid is the largest payer of mental health services in the United States, contributing more than any other private or public source of funding. This background paper provides an overview of Medicaid coverage of mental health services and identifies some of the key challenges in providing that coverage. The report is available at <http://www.nhpf.org/index.cfm?fuseaction=Details&key=715>.

The [MCH Library](#) has released a new knowledge path, "[Depression During and After Pregnancy: Knowledge Path](#)," that serves as an electronic guide to recent resources about the prevalence and incidence of perinatal depression, identification and treatment, impact on the health and well-being of a new mother and her infant, and implications for service delivery. The knowledge path contains information on Web sites, publications and databases. Separate sections present resources for health professionals, policymakers, program administrators and researchers as well as for women experiencing perinatal depression and their families. The knowledge path is available at http://www.mchlibrary.info/Knowledge Paths/kp_postpartum.html.

In September the [National Center for Health Statistics](#) released an issue brief, *Depression in the United States Household Population, 2005-2006*, that describes the current prevalence of depression and utilization of mental health services. In any 2-week period, 5.4 percent of Americans 12 years of age and older experienced depression. However, only 29 percent of all persons with depression reported contacting a mental health professional in the past year, and only 39 percent of those with severe depression reported contact, indicating the need to overcome barriers to treatment. The report is available at <http://www.cdc.gov/nchs/data/databriefs/db07.htm>.

New Guidelines for Physical Activity and Nutrition

~~~~~  
The U.S. Department of Health and Human Services (HHS) has issued the 2008 Physical Activity Guidelines for Americans which contains a chapter devoted to active children and adolescents. These guidelines, the first to be issued by the federal government, present science-based recommendations to help persons aged 6 years or older improve their health through physical activity. The youth guidelines reflect the most up-to-date research about youth physical activity and its associated health benefits. They recommend that children and adolescents be active at least one hour a day and include activities to raise breathing and heart rates and to strengthen muscles and bones. The Active Children and Adolescents chapter and the full 2008 Physical Activity Guidelines for Americans can be accessed at <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>.

The Office of Women's Health in the Department of Health and Human Services has developed new Bright Futures for Women's Health and Wellness (BFWHW) resources for rural young and adult women. The guides, My Bright Future: Physical Activity and Healthy Eating for Young Women and My Bright Future: Physical Activity and Healthy Eating for adult women, are designed to encourage women living in rural areas to increase current levels of physical activity, healthy eating, and communication with their health professionals to set goals for behavioral changes. To supplement the Physical Activity and Healthy Eating guides, a set of ten Tip Sheets have been created that provide practical information, ideas and activities to help women adopt healthy behaviors to reach their goals. The guides and Tip Sheets are available at <http://www.mchlibrary.info/BFWHW.html#rural>.

## Improving Adolescent Health

~~~~~  
The National Research Council and Institute of Medicine of the National Academies released a new report, Adolescent Health Services: Missing Opportunities. The report looks at the unique health care needs of those ages 10 to 19, identifies the health service needs of adolescents, and explores the role of the health services system in promoting healthful behavior, managing conditions and preventing disease during adolescence. The report recommends specific strategies for supporting a quality health services system to meet the needs of adolescents. Federal and state agencies, private foundations, and insurers should work together to develop a coordinated health care system that improves services for all adolescents, according to the report. To supplement the report, a video documenting the experiences of adolescents navigating the health care system and an archived webcast of the release are also available. The official press release, full report, video and archived webcast can be accessed at http://www.nationalacademies.org/more_news/20081209.html.

Produced by the Public Policy Analysis and Education Center for Middle Childhood, Adolescent, and Young Adult Health at the University of California, San Francisco, Tracking Adolescent Health Policy: An Annotated List, 2008 Update provides an annotated list of organizations and agencies that monitor trends in federal and state policies related to adolescent health priorities. The updated brief begins with three groups of lists of organizations and agencies that track policies pertaining to multiple subject areas (general adolescent health, youth development, and access to health care). The next lists are grouped into five subject areas addressed by the 21 Healthy People objectives deemed critical for adolescents and young adults; the areas include unintentional injury, violence, mental health and substance use, reproductive health, and chronic disease prevention. The brief is available at <http://policy.ucsf.edu/pubpdfs/TrackingPolicy2008.pdf>.

The National Alliance to Advance Adolescent Health has released two new documents on

addressing the health needs of adolescents. The issue brief, [*Structuring Health Care Reform to Work for Adolescents*](#), examines reform proposals related to four major themes for restructuring the health care financing and delivery system, namely placing greater emphasis on prevention, redesigning primary care, changing payment incentives, and relying more on evidence-based care. The brief then presents new options for addressing adolescent health needs. The factsheet, ["Pediatric Perspectives and Practices on Transitioning Adolescents with Special Needs to Adult Health Care,"](#) examines pediatricians' perspectives on the recommended age to begin planning for transition, pediatric practices regarding the provision of transition services to adolescents with special health care needs, and options for improving training, financing, adult physician availability, and adolescent and parent education. The issue brief and fact sheet are available at <http://www.incenterstrategies.org/publications-all.html>

Health Plan Initiatives and Tools

[Blue Cross and Blue Shield of Minnesota](#) is investing up to \$650,000 in additional funds from its tobacco settlement to promote healthier eating and improve health in the state next year. Blue Cross is awarding eight "Healthy Eating Minnesota" contracts to communities to support a wide range of healthy eating strategies. For example, the Dakota County Public Health Department will work with Blue Cross to assess and improve healthy food policies in five schools districts reaching approximately 31,000 staff and students. Additionally, a media campaign called "Every Helping Helps" has been launched to double the percentage of Minnesota residents who eat at least five servings of fruits and vegetables per day. For more information on Healthy Eating Minnesota see <http://www.bcbs.com/news/plans/blue-cross-teams-up-with.html>.

[Blue Cross Blue Shield of Arizona](#) is stepping up its efforts to encourage Arizona youth to be more physically active through walking by introducing an enhanced version of its popular [Walk On!](#) program for 2009 that includes more incentives for participants and easier reporting for teachers. [Walk On!](#) is an innovative school-based activity program designed to motivate kids in grades K-8 statewide to incorporate exercise into their daily routines throughout the school year. The Walk On! Challenge component of the program challenges fifth-graders statewide to compete for prizes by completing 10,000 steps every day in February. 2009 will mark the successful program's fourth year. More information on the Walk On! program is available at <http://walkonaz.com/>.

[Highmark Blue Shield](#) has awarded \$33,250 to four nonprofit organizations in Central Pennsylvania and the Lehigh Valley to support meal programs for underprivileged children and adults. According to the Pennsylvania Department of Agriculture, nearly 1.2 million Pennsylvanians, or almost 10 percent of the state's population, live in households that are at risk for hunger. Highmark awarded grants to Central Pennsylvania Food Bank, CHANNELS Food Rescue, New Bethany Ministries, and Second Harvest Food Bank to help each organization increase its available food supply and expand its services to reach a greater population of children and families. For more information see <http://www.bcbs.com/news/plans/highmark-blue-shield-awards.html>.

[The Blue & You Foundation for a Healthier Arkansas](#) has awarded a total of \$1,056,320 in grants to 21 health improvement programs in Arkansas for 2009. Grants with a maternal and child health focus include: Beebe Public Schools, Boston Mountain Rural Health Center, Boys and Girls Club of Central Arkansas, and NEA Clinic Charitable Foundation for afterschool programs promoting physical activity, healthy nutrition, and health education; Museum of Discovery for providing sexual health education courses to teachers and students in grades 4-8 to help reduce teen pregnancy and sexually transmitted disease; Community Clinic Rogers Medical to provide pediatric

medical services to 1,300 low-income and uninsured children; and Crittenden Regional Hospital to provide prenatal and postpartum home visits by doulas to assess needs and barriers to care for pregnant women. Additional information including a complete listing of the 21 grants awarded is available at <http://www.bcbs.com/news/plans/blu-e-you-foundation.html>.

[WellPoint, Inc.](#), the [WellPoint Foundation](#) and the [X PRIZE Foundation](#) have teamed up to develop a \$10 million or more competition to generate new ways to address the nation's serious health care system challenges. WellPoint and the X PRIZE Foundation will solicit participation from employers, health care providers, consumers, government partners and other interested parties to develop competition guidelines that reflect the health care industry's most pressing challenges. The award amount, competition rules and guidelines are expected to be finalized in early 2009. WellPoint will test the selected finalists' entries in its state markets, in order to evaluate their ability to result in viable, creative and achievable health care system changes. To learn more about the competition and to participate in the development of the prize, please visit www.xprize.org/wellpoint.

AIM, NIIAH and PIPPAH Collaborative Activities

NIHCM Foundation is part of three collaboratives aimed at improving 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.

Developed by the [National Association of County and City Health Officials \(NACCHO\) Adolescent Health Project](#), NACCHO's new issue brief, [YouTube, Facebook, MySpace, Blogs, and More: Innovative Ways Local Health Departments Are Reaching Adolescents](#), discusses the rising use of the Internet among adolescents, describes the Web sites that adolescents visit, and profiles initiatives that local health departments can and have used to educate and empower adolescents to make informed and responsible choices about their health and well-being. [Click here](#) to access the issue brief.

In September [Children's Dental Health Partnership](#) released two new documents on oral health during pregnancy and the perinatal period. While it is increasingly recognized that oral health plays an important role in overall health and wellbeing, many women do not visit a dentist before, during, or after pregnancy, even when there are obvious signs of oral disease. Fortunately, opportunities exist to educate health professionals who work with women about the importance of oral health care. [Access to Oral Health Care During the Perinatal Period: A Policy Brief](#) examines major barriers to addressing oral health needs during the perinatal period and outlines strategies for improving oral health. [Oral Health Care During Pregnancy: A Summary of Practice Guidelines](#) serves as a user-friendly reference for prenatal and oral health care providers in providing treatment and referrals to care for pregnant women. Both documents can be accessed at <http://www.cdhp.org/>.

[Healthy Teen Network](#), along with a National Advisory Group, and the [FrameWorks Institute](#) have completed Phase One of a two-year effort dedicated to identifying and implementing new ways of talking about pregnant and parenting teens to gain support for this population. The report, ["Gaining Support for Teen Families: Mapping the Perceptual Hurdles,"](#) is a synthesis of current media and

advocacy frames, and includes suggestions of new frames to be tested as part of Phase Two of this project.

In November [Grantmakers In Health](#) released a new issue brief, [Connecting the Dots: Developing a Holistic Picture of Children's Health](#). Health care services are one of many supports and resources needed to support healthy children. In recognition of the need to take a more comprehensive approach to child health, health funders are being challenged to work outside traditional purviews. The issue brief is available at http://www.gih.org/usr_doc/Connecting_the_Dots_Issue_Brief_2008.pdf.

With support from the [Maternal and Child Health Bureau](#), [Family Voices](#) has released three new [Family-Centered Care Self-Assessment Tools: a Family Tool, a Provider Tool, and a User's Guide](#). These products are designed to increase awareness among health professionals and families about how to implement family-centered care, a key aspect of quality in health care for children, adolescents and their families. Each tool presents a series of questions on the 10 elements of family-centered care, the foundation of which is the partnership between families and professionals. Some questions are specific to children and adolescents with special health care needs and their families. The tools are available at <http://www.familyvoices.org/pub/index.php?topic=fcc>.

[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 web site, www.nihcm.org.

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

Contact Information

~~~~~  
email: [nihcm@nihcm.org](mailto:nihcm@nihcm.org)  
phone: (202) 296-4426  
web: <http://www.nihcm.org>  
~~~~~

Forward email

✉ **SafeUnsubscribe®**
This email was sent to cmyers@nihcm.org by nihcm@nihcm.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

