



**NIHCM
Foundation**

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



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NIHCM Foundation Activities

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On December 9<sup>th</sup> NIHCM Foundation hosted a webinar, "Identifying and Treating Maternal Depression: Strategies & Considerations for Health Plans." Webinar presenter Samantha Meltzer-Brody, MD, MPH explored the prevalence of maternal depression and the current state of screening for perinatal and postpartum depression. Kimberly Ann Yonkers, MD discussed the recent recommendations from the American College of Obstetricians and Gynecologists (ACOG) and the American Psychiatric Association (APA) for the treatment of women with depression during pregnancy. Michael O'Hara, PhD discussed the role of primary care providers in identifying and managing postpartum depression and showed viewers a web-based training program that educates providers on screening, diagnosis, treatment and referral for postpartum depression. Finally, Mindy B. Legere, LMFT highlighted WellPoint's program to identify and manage depression during pregnancy and coordinate care following a depression diagnosis to ensure healthy pregnancies and deliveries. Additional information including the agenda, speaker presentations and audio archive are available [here](#). An issue brief on maternal depression will be available in 2010.

## **Health Care Reform and Women, Adolescents and Children**

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The Association of Maternal and Child Health Programs has put together two

summaries of the provisions in the current health care reform bills that will impact women's, children's and adolescents' health: "[What the 1,990 Page House Health Reform Bill Means for Maternal and Child Health, In 10 Bullets!](#)" and "[What the 2,074 Page Senate Health Reform Bill Means for Maternal and Child Health In 22 Bullets!](#)"

The [Kaiser Family Foundation](#) (KFF) has put together slides providing an overview of the health reform legislative process and side-by-side comparisons of the House and Senate bills. Also, KFF has a "[FOCUS on Health Reform](#)" brief explaining Medicaid and CHIP provisions in the bills in great detail and a new [50-state survey](#) examining eligibility rules, enrollment and renewal procedures, and cost-sharing practices in Medicaid and CHIP in 2009.

The [Center for Adolescent Health & the Law](#) (CAHL), in collaboration with the National Adolescent Health Information and Innovation Center (NAHIIC), recently published a brief explaining how the current health reform bills affect adolescents. The brief outlines the "highlights" and "hazards" of provisions in the bills that will affect adolescents' access to coverage and comprehensive benefits, as well as provisions impacting training and compensation for providers who serve adolescents. The brief can be downloaded [here](#).

The [Center for Children and Families](#) at Georgetown University Health Policy Institute recently published a fact sheet, "[Key Medicaid, CHIP, and Low-Income Provisions in the Senate Bill - Patient Protection and Affordable Care Act \(Released November 18, 2009\)](#)." The Center offers a number of resources on its website related to CHIP and access to health care for children.

Cultural Competency in Health Care

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The [American Academy of Family Physicians \(AAFP\)](#) with partial funding from the Health Resources and Services Administration's Bureau of Primary Health Care, has produced a web-based training program to assist physicians and other health care professionals in providing more culturally competent care to their patients. The program, "[Quality Care for Diverse Populations](#)," includes five video vignettes, including one on obesity and adolescence, depicting simulated physician-patient visits in an office setting as a means to explore ethnic and sociocultural issues. The videos can be accessed on [AAFP's website](#).

The [Health Resources and Services Administration \(HRSA\)](#) has a variety of resources on cultural competency, including resources for providers on treating children with special health care needs and adolescents with HIV, as well as lessons on communicating, exploring and practicing cross-cultural communication. The resources are available [here](#).

The [National Center for Cultural Competence \(NCCC\)](#) at [Georgetown University's Center for Child and Human Development](#) also has a wide range of resources for practitioners and families on cultural competence. NCCC recently released a paper

["Helping Families Support their Lesbian, Gay, Bisexual, and Transgender \(LGBT\) Children,"](#) a brief ["Rationale for Cultural and Linguistic Competence in Maternal and Child Health Bureau-Funded Training Programs,"](#) and a Practice Brief for policymakers, administrators and providers ["Providing Services and Supports for Youth who are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, or Two-Spirit."](#) Visit the [NCCC's website](#) to learn more about cultural competence and to view this large selection of resources.

**Promoting Adolescent Health**



The [December 2009 issue](#) of the [Journal of Adolescent Health](#) features two articles regarding pharmaceutical abuse by adolescents. Carol J. Boyd, PhD MSN FAAN, et. al. conclude that there are different subtypes of nonmedical users of prescription medications in their article, ["Adolescents' Nonmedical Use of Prescription Medications and Other Problem Behaviors."](#) Those that engaged in nonmedical use for sensation-seeking motivations were more likely than those engaged in nonmedical use for self-treatment purposes to engage in most problem behaviors. Richard C. Goldsworthy, PhD and Christopher B. Mayhorn, PhD highlight the problem of medication sharing among adolescents in ["Prescription Medication Sharing Among Adolescents: Prevalence, Risks and Outcomes."](#) The researchers interviewed 594 adolescents throughout the U.S. and found that one in five reported sharing prescription medication. Goldsworthy and Mayhorn explain that adolescents who engage in this practice may delay professional care, neglect to inform their providers, and experience side effects from the medications.

Another article published in the [December 2009 issue](#) of the [Journal of Adolescent Health](#) investigates alcohol advertising in youth magazines. In ["Adolescent Exposure to Alcohol Marketing in Magazines: An Evaluation of Advertisement Placement in Relation to Underage Youth Readership,"](#) researchers explain their finding that alcoholic beverages popular among underage youths (aged 12-20) are more likely to be advertised in magazines with high underage youth readerships than those beverages less popular among this age group.

A [research brief](#) published by [Healthy Eating Research](#), an initiative of the [Robert Wood Johnson Foundation \(RWJF\)](#), outlines the health impacts of sugar-sweetened beverages (SSBs) on children and adolescents. The brief reports that adolescents consumed an average of 300 calories per day from SSBs, accounting for 13 percent of their daily caloric intake in 2004. Interventions to lower SSB consumption have been linked to lower risk of overweight among normal-weight adolescents, indicating the importance of such interventions. The brief concludes that further research to quantify the effects of reducing youth SSB consumption on weight and health is needed, along with strategies and policies to reduce SSB consumption among youth.

**Health Plan Initiatives and Tools**

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The [Blue Cross and Blue Shield Association \(BCBSA\)](#) recently launched its [Pediatric Obesity and Diabetes Prevention Pilot Program](#) in five states in an effort to help reduce childhood obesity and prevent future cases of diabetes. The pilot program consists of an easy-to-use obesity and diabetes prevention toolkit designed for physicians that has convenient physician reference materials, as well as educational and behavior changing tools to share with patients and parents. The toolkit, developed in consultation with the American Diabetes Association and the American Academy of Pediatrics (AAP), encourages healthy choices and behaviors and will be piloted in collaboration with five BCBSA companies in Texas, New Mexico, Mississippi, North Carolina and Kansas City. BCBSA and the Blue Cross and Blue Shield companies involved in the pilot will collect feedback and findings from physicians through discussions and surveys. Upon conclusion of the pilot, BCBSA will use the findings to create a nationally-available toolkit to assist physicians, children and families in reducing childhood obesity and preventing future cases of diabetes. Read the [official press release](#) to learn more about these efforts.

Three health plans, [Blue Cross Blue Shield of Massachusetts](#), [Harvard Pilgrim Health Care](#) and [Tufts Health Plan](#), along with [Massachusetts' Medicaid program](#), have pledged to collectively contribute \$10 million to a fund that will enable Children's Hospital Boston to accelerate pilot programs aimed at providing lower cost and higher quality care. The Hospital has agreed in exchange to limit increases in fees it charges the insurers next year. The hospital will curb its rate of fee increases for doctor visits, tests and surgical procedures between 50 and 75 percent in the coming year. These efforts are all part of a larger push to control rises in pediatric health care. Read the official press release [here](#).

[Blue Cross Blue Shield of Arizona](#) is offering fifth-grade teachers across the state an opportunity to win one of five \$5,000 grants to promote fitness among their students and combat childhood obesity. The *Walk On!* Challenge is a free 28-day exercise challenge offered annually in February designed by Blue Cross Blue Shield of Arizona to motivate fifth-graders across the state to include exercise in their daily routines. Teachers have the opportunity to win one of the grants by registering their classroom for the program on the [Walk On! website](#), allowing them to extend the program beyond the month of February. All children who complete the challenge (which includes a full 60 minutes of exercise every day for the month) will receive a reward (a drawstring backpack) and be entered into a drawing for prizes including iPod Shuffles and Wii Fit game consoles. Read the official press release [here](#).

AIM, NIIAH and PIPPAH Collaborative Activities

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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.

The [American Academy of Pediatrics](#) (AAP) created the Task Force on Foster Care (TFOFC) in 2007, charging it with increasing the awareness, knowledge and skills of pediatricians regarding the needs of children and teens in foster care. The TFOFC recently launched the [Healthy Foster Care America website](#) to engage communities and their leaders in supporting children, teens and their families with an effective, multidisciplinary, integrated and comprehensive continuum of care. The website is a place where professionals and partner organizations can find the latest tools, resources, facts and figures on the health and well-being of children and teens in foster care.

The American Academy of Pediatrics' Oral Health Initiative recently announced that the December issue of [Academic Pediatrics](#) is a [Special Issue on Children's Oral Health](#). The volume is an outgrowth of the [National Summit on Children's Oral Health](#), convened by the AAP in November 2008 in Chicago.

The [Association for Maternal and Child Health Practitioners](#) (AMCHP) will be holding its annual conference on March 6-10, 2010. The theme for this year's conference is "Moving Ahead Together: Celebrating the Legacy, Shaping the Future of Maternal and Child Health." For more information, visit the [conference website](#).

The [National Association of County and City Health Officials](#) (NACCHO) recently selected two local health departments (LHDs) to serve as demonstration sites for its new "Strengthening Youth Engagement in Adolescent Health Activities" project. The two sites are the Harris County Public Health and Environmental Services Department (TX) and the Denver Public Health Department (CO). Each demonstration site will work in collaboration with adolescents and local organizations in the community to integrate the voices, opinions and participation of youth into activities designed to promote the health of adolescents. NACCHO will provide technical and financial assistance to these two sites to strengthen their capacity for youth engagement.

[NACCHO](#) and [CityMatCH](#) are now in their sixth year of "Emerging Issues in MCH (E-MCH) webinars. The series examines critical maternal and child health issues within the broad spheres of social, environmental, political and health care concerns, with consideration for the shifting U.S. economy. NACCHO and CityMatCH have been approved by the Centers for Disease Control and Prevention to provide continuing education credits for the series. The next webinar will focus on Oral Health and will be held on Thursday, January 21, from 2:00-3:30 PM. [Register](#) here for the upcoming webinar.

The [Healthy Teen Network](#) has announced its release of a newly-translated Spanish

version of the [Tool to Assess the Characteristics of Effective Sex and STD/HIV Education Programs](#) (TAC) based on Dr. Douglas Kirby's research on common characteristics of rigorously evaluated HIV, STI, and teen pregnancy prevention curricula. Download or purchase a copy from their [website](#).

[Grantmakers for Children, Youth and Families](#) (GCYF) published "[The Positive Impact of Social and Emotional Learning for K-8 Students](#)" which summarizes the impact of social and emotional learning (SEL) programs on students based on a review of 317 studies that involved more than 320,000 children. Findings demonstrated that such programs yielded multiple benefits. GCYF also released the "[National Youth in Transition Database \(NYTD\): Instructional Guidebook and Architectural Blueprint](#)," a compilation of resources, tools, templates, and four advanced surveys developed to assist states and local agencies in implementing and complying with the federal NYTD requirements.

[Grantmakers in Health's](#) latest issue brief, "[Reaching Kids: Partnering with Preschools and Schools to Improve Children's Health](#)," summarizes background materials that were compiled for a May 2009 Issue Dialogue and highlights key themes and findings on how preschools and schools are working to improve outcomes related to children's health.

The [National Business Group on Health](#) has a new publication that addresses childhood obesity. The toolkit, "[Childhood Obesity: It's Everyone's Business](#)," outlines implications of the childhood obesity epidemic on employers, includes employer activities and programming for children that can serve as models, and explains how employers can implement changes relatively easily in their own company.

The [American College of Preventive Medicine](#) will host an "Adolescent Health and Preventive Services Institute" on Wednesday, February 17<sup>th</sup> as part of its annual meeting, [Preventive Medicine 2010](#), in Arlington, VA. Check the program online for more details in the coming months.

The [Children's Dental Health Project](#) recently released a report highlighting underutilization of dental care by at-risk women. This policy brief, [Medicaid Coverage of Dental Health for Pregnant Women](#), examines state Medicaid dental coverage by pregnant women and concludes it is inadequate overall.

**Newsletter Feedback**

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**

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. Detailed 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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