



**NIHCM  
FOUNDATION**

**National Institute for Health Care Management Foundation  
Women's, Children's and Adolescents' Health Update  
July 2009**

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**NIHCM Foundation Activities**

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On June 26th, in celebration of its 15th anniversary, NIHCM held a policy forum in Washington, DC. A distinguished panel of policy experts and marketplace leaders engaged in a wide-ranging discussion of the future of health care in America providing a broad perspective on the major issues facing the Obama administration and Congress as they tackle health care reform this year. Speakers included: Robert Reischauer, The Urban Institute; Cleve Killingsworth and Andrew Dreyfus, Blue Cross Blue Shield of Massachusetts; Paul Ginsburg, Center for Studying Health System Change; Patrick Geraghty, Blue Cross Blue Shield of Minnesota; Mark McClellan, The Brookings Institution; and Uwe Reinhardt, Princeton University. The Forum was broadcast live on C-SPAN. A detailed agenda, speaker presentations, video archive as broadcast on C-SPAN, and other additional information on the forum are available at [http://nihcm.org/research/health\\_care\\_reform](http://nihcm.org/research/health_care_reform).

NIHCM Foundation will be publishing a paper in late July 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.

**Improving Identification and Treatment of Mental Health Disorders**

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On June 10th the [National Research Council](#) and [Institute of Medicine of the National Academies](#) released a new report, *[Depression in Parents, Parenting, and Children: Opportunities to Improve Identification, Treatment, and Prevention](#)*. Depression affects approximately one in five parents annually, and parental depression can increase the risk of health, emotional and behavioral problems in children and adolescents. This report recommends a family-focused model of depression care to address the needs of both parents and their children. An ideal care program would have seven critical characteristics: multigenerational, comprehensive, available across settings, accessible, developmentally appropriate, and culturally sensitive. For more information on the report, see <http://www.iom.edu/CMS/12552/45551/69567.asp> .

In March the [U.S. Preventive Services Task Force](#) (USPSTF) issued a new recommendation for routine screening of adolescents for clinical depression. USPSTF recommends that physicians screen "adolescents (12-18 years of age) for major depressive disorder when systems are in place to ensure accurate diagnosis, psychotherapy (cognitive- behavioral or interpersonal), and follow-up." This recommendation updates the 2002 ruling that concluded there was insufficient evidence to recommend screening of adolescents. For more information, see <http://www.ahrq.gov/clinic/uspstf/uspstfdepr.htm>.

On June 4th the [TeenScreen National Center for Mental Health Checkups](#) at Columbia University convened a panel of experts to discuss the recent recommendations from the [Institute of Medicine](#) (IOM) and [U.S. Preventive Services Task Force](#) (USPSTF) for all teens to receive mental health screening during routine primary care. The forum included representatives from research, primary care, managed care, health policy and advocacy who discussed the rationale for these recommendations, issues related to implementation and potential impacts on public policy. *[Adolescent Mental Health Checkups: Recommendations to Realization](#)* provides a written account of the policy forum. For more detailed information on policy recommendations, read the related white paper, *[Adolescent Mental Health Checkups and Health Care Reform: Policy Recommendations for Making Mental Health Checkups a Standard of Care for Adolescents](#)*. Both reports are available at <http://www.teenscreen.org/health-policy-forum>.

The [Office on Women's Health](#) has released two new publications on women's mental health. *[Action Steps for Improving Women's Mental Health](#)*, which is targeted to professionals, synthesizes the most recent research and resources on mental health issues in women and translates the information into meaningful actions to improve the mental and overall health of women and girls. A companion booklet for consumers, *[Women's Mental Health: What It Means to You](#)*, provides information on preventing, identifying and coping with mental health issues. Both publications are available at <http://mentalhealth.samhsa.gov/publications/allpubs/owh09/default.aspx>.

SAMHSA's [Office of Applied Studies](#) has issued a new report, *[The NSDUH Report - Major Depressive Episode and Treatment Among Adolescents](#)*, that indicates less than 40% of America's two million adolescents (aged 12-17) suffering from a major depressive episode received treatment in 2007. Additionally, uninsured youth were less than half as likely to receive treatment than adolescents covered by Medicaid/CHIP or private insurance. The report is based on data from SAMHSA's [National Survey on Drug Use and Health \(NSDUH\)](#), which collected data from a representative sample of approximately 22,000 adolescents throughout the U.S. For more information, access the report at <http://oas.samhsa.gov/2k9/youthDepression/youthdepression.cfm>.

## **Building Medical Homes for Children and Families**

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The American Academy of Pediatrics' (AAP) [National Center for Medical Home Implementation](#) has created a new website, [Building Your Medical Home](#), to support the development and improvement of pediatric medical homes. The AAP defines a medical home as primary care that "addresses and integrates high-quality health promotion, acute care, and chronic-condition management in a planned, coordinated, and family-centered manner." The website is organized around six building blocks, each containing guidance and tools to achieve a medical home. The six blocks are care partnership support, clinical care information, care-delivery management, resources and linkages, practice-performance measurement, and payment and finance. The website is available at <http://www.pediatricmedhome.org>.

A new report from the [National Academy for State Health Policy](#), [Building Medical Homes in State Medicaid and CHIP Programs](#), summarizes the work of 10 states with leading medical home initiatives. The report synthesizes these activities to identify lessons learned and five major strategies for other states to use in the development of their own programs. The report is available at <http://www.commonwealthfund.org/Content/Publications/Fund-Reports/2009/Jun/Building-Medical-Homes-In-State-Medicaid-and-CHIP-Programs.aspx>

The [National Health Policy Forum](#) has held a series of three webcasts examining patient centered medical homes. Their latest, "[Building the Medical Home: Under Construction in the States](#)", featured representatives from four states who discussed their efforts to transform care delivery. Information about this webcast as well as the prior two in the series is available at <http://www.nhpf.org/library/details.cfm/2743>.

### **Trends in Childhood Obesity**

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A new report by the [Trust for America's Health](#) and the [Robert Wood Johnson Foundation](#), [Fas in Fat: How Obesity Policies Are Failing in America 2009](#), reveals alarming new trends in overweight and obesity. The percentage of obese and overweight children (aged 10 to 17) is at or above 30 percent in 30 states, and Mississippi has the highest rate at 44.4 percent. Minnesota and Utah had the lowest rate of 23.1 percent each. In recognition of these trends, states have implemented new policies to combat childhood obesity. Nineteen states now have nutritional standards for school meals that are stricter than USDA requirements versus four states five years ago. Twenty-seven states have nutritional standards for foods sold in vending machines, in school stores or in school bake sales (six states in 2004). Additionally, the number of states requiring body mass index (BMI) screenings or other weight-related assessments of children and adolescents in schools increased from four states to twenty in the past five years. This report is available at <http://healthyamericans.org/reports/obesity2009/>.

The [National Association of State Boards of Education's](#) new guide, [Preventing Childhood Obesity: A School Health Policy Guide](#), offers recommendations to promote physical activity and healthy eating in schools. The guide contains an overview of the obesity epidemic and a rationale for obesity prevention in schools before outlining specific policies and recommendations to promote physical education and activity and nutrition and healthy eating in schools. The guide also presents next steps for policymakers, such as implementing local wellness policies, providing professional development for teachers and engaging families. The guide is available at <http://www.nasbe.org/index.php/file-repository/Education-Issues/Safe-and-Healthy-Schools/Policy-Guides/New-Report-Calls-for-Comprehensive-School-Obesity-Prevention-Policies/>.

[Supporting Healthy Communities Through the American Recovery and Reinvestment Act of 2009](#), a new policy brief by [Leadership for Healthy Communities](#), outlines specific ways for state and local

policymakers to use funding from the economic recovery act to create healthy communities that have safe places for physical activity and improved access to healthy nutrition. Topics include investing in complete streets, improving mass transit, building healthier schools, making neighborhoods healthier, improving safety, increasing food access and preventing disease. The brief presents policy recommendations and examples of how similar funds have been used to achieve healthy eating and active living objectives. The report is available at <http://www.leadershipforhealthycommunities.org/index.php?option=content&task=view&id=274>.

## **Preventing Adolescent HIV/AIDS**

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The [University of Texas School of Public Health](#) researchers have developed a web-based video game, [+Click](#) (positive Click), to educate adolescents with HIV about infection control practices. The game seeks to promote four behaviors: choosing to abstain from sex, disclosing HIV status to a potential partner, using condoms correctly and consistently, and using an effective method of birth control in addition to condoms. In the game, users virtually navigate through a shopping mall that features lessons on abstinence, condom use and contraception, as well as video clips of other young people with HIV sharing their advice and experiences. In a study of 32 HIV- positive youth (ages 13 to 24) at a [Texas Children's Hospital](#) clinic, researchers found that patients who used the game reported feeling more confident in their ability to properly use contraceptives and to practice abstinence. In addition, 84 percent of the teenagers surveyed reported that the game was easy to use, 94 percent described it as trustworthy and 88 percent said they would play it again. Results from the study are available in the [May issue of AIDS Care](#). The game is expected to be publicly available in six months.

The [Centers for Disease Control and Prevention](#) (CDC) has released updated slides, "[HIV/AIDS Surveillance in Adolescents and Young Adults](#)." The slides, containing data through 2007, reveal tremendous disparities in occurrences of HIV/AIDS. Although only 17 percent of the adolescent population (ages 13 to 19) was black/African-American, this population accounted for 72 percent of all HIV/AIDS diagnoses. Similarly, blacks/African Americans comprised only 16 percent of the young adult population (ages 20-24), yet 61 percent of HIV/AIDS diagnoses occurred in this population. The male-to-female ratio of reported AIDS cases has decreased over the years with approximately 40 percent of reported cases occurring in females in 2007. The adolescent and young adult slides are available for download at <http://www.cdc.gov/hiv/topics/surveillance/resources/slides/adolescents/index.htm>. Updated slide sets are also available for "[HIV/AIDS Surveillance in Women](#)" and "[Pediatric HIV/AIDS Surveillance](#)."

[Better Late than Never: HIV Prevention Among Young Women and Girls](#), a new report from the [HIV Law Project's Center for Women and HIV Advocacy](#), examines the changing HIV epidemic marked by increasing rates of HIV among young women and girls. The report describes the biological, cultural and socioeconomic factors that put certain women at increased risk for HIV. It then makes nine policy recommendations to address the rising rate of HIV/AIDS among young women. To download this report, visit <http://hivlawproject.org/resources/cwha/Better-Late-Than-Never-05072009.pdf>.

## **Health Plan Initiatives and Tools**

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[CareFirst BlueCross BlueShield](#) has issued a grant of nearly \$100,000 to the [Summit Health Institute for Research and Education](#) (SHIRE), Inc. to fund a five- month paid program for 40 young people ages 15 to 20 in D.C. Wards 7 and 8 to help prevent the spread of HIV and AIDS and childhood obesity. The [SHIRE Teen Health Educators Program](#) provides training in

HIV/AIDS, nutrition and health education, advocacy and career guidance. After completing the education part of the program, SHIRE teen health educators showcase their knowledge in community health workshops and a live theatre production designed for 12 to 19 year olds living in Wards 7 and 8. The program works in partnership with Mayor Adrian M. Fenty's 2009 [Summer Youth Employment Program](#) (SYEP), and recruitment is being coordinated with community based organizations, including: Ward 8 ANC leaders, the Childhood Obesity Prevention Collaborative, Howard University, Maya Angelou School in Ward 7, and the DC Summer Youth Employment Job Fair.

A new [national initiative to transform safety-net clinics into medical homes](#) has been launched in five states. Six million dollars has been provided to help 68 community health centers in Colorado, Idaho, Massachusetts, Oregon and Pennsylvania transform into patient-centered medical homes. These health centers will be given training and ongoing support to improve the coordination of information between primary care and specialty care or community providers, use information technology to improve care for those with chronic conditions, and obtain feedback from patients for quality improvement. The initiative is being lead by [Qualis Health](#), working closely with the [MacColl Institute for Healthcare Innovation](#), and is funded by the [Commonwealth Fund](#), the [Colorado Health Foundation](#), the [Jewish Healthcare Foundation](#), [Northwest Health Foundation](#), [Partners HealthCare](#), [The Boston Foundation](#), [Blue Cross Blue Shield of Massachusetts Foundation](#), [Blue Cross of Idaho Foundation for Health](#), and [Beth Israel Deaconess Medical Center](#). For more information, see <http://www.qhmedicalhome.org/safety-net/index.cfm>.

[Highmark Caring Place, A Center for Grieving Children, Adolescents and Their Families](#) offers support groups, referrals and reference tools at no cost for grieving families. One child in 20 will have a parent die before he or she graduates from high school. In recognition that children and families may need additional support around Father's Day, the Caring Place offered strategies for dealing with the death of a father and provided support services and reference tools. For more information, see <http://www.highmarkcaringplace.com/updates/2009/pr060109.shtml>.

### **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 governments, 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.

[Healthy Teen Network](#) has recently released two new resources on teen pregnancy prevention. [Issue In Brief: Youth Development & Teen Pregnancy, STI, and HIV Prevention](#), promotes healthy adolescent sexual development using a youth development approach and taking into account young people's school, family and community environment. [Preventing Teen Pregnancy Among Marginalized Youth: Developing a Policy, Program, and Research Agenda for the Future](#) synthesizes findings from a thorough literature review and one-day summit of experts in teen pregnancy prevention and youth development who met to develop recommendations for the field.

The [Children's Safety Network](#) (CSN) National Resource Center for Injury and Violence Prevention has released a new report, [Weaving a Safety Net: MCH Program Self-assessment Findings](#). The report synthesizes findings from a web-based self-assessment tool that examined how state programs are integrating injury and violence prevention activities into five MCH services (WIC, home-visiting services, child care or day care services, school-related/based services and teen parenting services). According to the self-assessment tool, 88 percent of the reporting MCH programs considered integration to be either a moderate or a significant priority. Integration varied across the programs but was most frequent in school-based, home visiting, teen parenting and child care services. Read the full report at <http://www.childrenssafetynetwork.org/publications/resources/PDF/programplanning/integrationguide.pdf>.

The [Public Policy Analysis & Education Center for Middle Childhood, Adolescent & Young Adult Health](#) at the University of California, San Francisco has produced a new article, "[Trends in Adolescent and Young Adult Health in the United States](#)", which is published in this month's issue of the *Journal of Adolescent Health*. The article provides a national health profile of adolescents and young adults (ages 10-14) including data on demographics, mortality, health-related behaviors, health care access and utilization, and disparities. The authors also make research and policy recommendations to improve the health status of adolescents and young adults. Access the article at <http://policy.ucsf.edu/index.php/publications/article/trends-in-adolescent-and-young-adult-health-in-the-united-states>.

**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.**

[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, [www.nihcm.org](http://www.nihcm.org).

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