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**National Institute for Health Care Management Foundation**  
**Women's, Children's and Adolescent's Health Update**  
**July 2007**  
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**NIHCM Foundation Activities**  
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NIHCM Foundation will host a webinar "*Preventing Adult Chronic Disease During Adolescence: The Role of Health Plans*," on **August 29, 2007 from 1:00-2:30 PM (EST)**. The webinar will feature the following presentations: "Understanding Adolescent Risk Factors for Future Heart Disease" - Marc Jacobson, MD, FAAP, Director of the Center for Atherosclerosis Prevention at Schneider Children's Hospital in New York; "State of Preventive Health Among Adolescents: The Role of Health Plans" - Dawn Porter, MPH, Program Innovation Manager, and Betsy LaForge, MPH, Director, Program Development, Blue Cross Blue Shield of North Carolina; "Tobacco & Adolescents: Preventing Adult Chronic Disease" - Jonathan Klein, MD, MPH, Assistant Professor of Pediatrics, Division of Adolescent Medicine, University of Rochester Medical Center; and "Smoking Prevention and Cessation Among Adolescents: Health Plan-based Efforts" - speaker to be confirmed. NIHCM Foundation will also produce an Overview Paper on the topic this fall, that will include a description of select best practices. For electronic webinar registration or to share an exemplary health plan program that you wish to be considered for inclusion in the paper please visit <http://www.zoomerang.com/survey.zgi?p=WEB226P5WASE75>.

On May 14, 2007, **NIHCM Foundation** presented its Thirteenth Annual Health Care Research and Journalism Awards. The winners of this year's **Research Award** were Kate Bundorf and Mark Pauly for their paper "[Is Health Insurance Affordable for the Uninsured?](#)" published in the *Journal of Health Economics*. The winners of the **Journalism Awards** were Jane Hansen for her article published in the *Atlanta Journal-Constitution* "Through Hell and High Water" (General circulation:) and Robert Lowes' article in *Medical Economics*, "Crisis in Health Care: Does Vic Wood Have the Answer?" (Trade Publication). Nancy Chockley, President and CEO, NIHCM Foundation also announced a new award to be given out in 2008 for excellence in broadcast journalism, recognizing the contributions of both radio and television reporting. A \$10,000 prize accompanies each award. For more information visit <http://www.nihcm.org/awards>.

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## **New Research and Resources to Improve Maternal Health**

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The [Maternal and Child Health Bureau](#) launched a website, "[Depression During and After Pregnancy: A Resource for Women, Their Families, and Friends.](#)" The website was developed to increase awareness and understanding of the impact and pervasiveness of perinatal depression among health professionals and women. The site offers tips to identify perinatal depression, steps to successfully treat it, links to support services and additional resources, and a devoted section to assist families and friends of affected new mothers.

New research calls for increased screening for mental disorders among pregnant women who are unable to quit smoking. A [study](#) funded by the National Institute of Health's [National Institute on Drug Abuse \(NIDA\)](#) determined an association between mental disorders and nicotine dependence among pregnant women. Of the 1,516 pregnant women studied, 21.7 percent used cigarettes, 57.2 percent of whom were nicotine dependent. Nicotine dependent women were more likely to meet criteria for at least one mental disorder; significant associations were observed for dysthymia (a chronic depressive condition), major depressive disorder, and panic disorder. According to Dr. Nora D. Volkow, NIDA Director, understanding such co-morbidities "may shed light on why some women are unable to abstain from smoking during pregnancy even though they understand the negative health impact for them and their unborn child." By identifying these women through thorough screenings, health care professionals can provide treatment and target successful smoking cessation attempts to improve fetal health.

An [article](#) published in the April 2007 issue of the [American Journal of Preventive Medicine](#) describes findings from a longitudinal study of physical activity changes among pregnant women. Researchers observed a decrease in physical activity during pregnancy (9.6 to 6.9 hours/week) and increase during the postpartum period (8 hours), and an increase in insufficiently active lifestyle prevalence from 12.6% (pre-pregnancy) to 21.6% (during pregnancy) to 21.7% (postpartum). Postpartum weight retention, longer working hours during pregnancy and postpartum period, and increased childcare needs were noted as predictors of insufficient activity. Finally, authors concluded that walking is a popular and practical activity as it is easily worked into the daily routine and is efficacious in reducing disease risk. Therefore, the authors suggest walking should be a targeted activity for interventions during and after pregnancy.

The [University of Minnesota School of Public Health's](#) National Maternal Nutrition Intensive Course focuses on the improvement of maternal and infant health through the delivery of risk-appropriate high-quality nutrition services. The course, offered onsite or through distance education, is designed for health care professionals including nurse practitioners and physicians who serve preconceptional, pregnant, postpartum and breastfeeding women. Major topics include Health Disparities, New WHO Growth Standards, Management of Preexisting Diabetes during Pregnancy, and Model Programs and Best Practices; continuing education hours are redeemable. Additional information and registration is available at <http://www.sph.umn.edu/cptheo/events/mnic/home.html>.

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## **Efforts to Improve Adolescent Health**

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[Incenter Strategies](#), an affiliate of the [Maternal and Child Health Policy Research Center](#), released a new report profiling innovative programs delivering integrated primary care for

adolescents. [“Under One Roof: Primary Care Models that Work for Adolescents,”](#) describes three exemplary programs, in different health care settings, that offer comprehensive, interdisciplinary models of physical, behavioral, and reproductive health care in a format designed to welcome adolescents and respond to their particular needs. [Mount Sinai Adolescent Health Center](#), New York City (hospital based model); [Wake Teen Medical Services](#), Raleigh, NC (office-based model); and [Erie Teen Health Center](#), Chicago, Illinois (community health center model) tailor their services to adolescents’ unique needs through multidisciplinary staffing, team-based approaches, staff sensitivity, adolescent-friendly environments, and a focus on positive youth development. The report also presents data on program effectiveness and identifies financing challenges of various adolescent-health care arrangements.

A [report](#), produced by the [Substance Abuse and Mental Health Services Administration’s Partnership for Youth Transition \(PYT\) Initiative](#), describes five PYT community-based transition programs aimed at ensuring continuity of care for adolescents with mental and emotional difficulties. Topics include: the unique challenges of moving from adolescence to adulthood for adolescents and young adults diagnosed with a serious emotional disturbance or serious mental illness, matching services to the needs of adolescents and young adults, and the Transition to Independence Process Model. The report also includes data from an evaluation of the PYT projects, policy recommendations, and a list of resources and contacts.

Two new reports, produced by the [Forum for Youth Investment](#), provide tools to evaluate adolescent health program impact and quality. [“Measuring Youth Program Quality: A Guide to Assessment Tools”](#) compares nine program-observation and quality-improvement tools and describes their purpose, history, structure, methodology, and technical proprieties. [“Building Quality Improvement Systems: Lessons from Three Emerging Efforts in the Youth-Serving Sector”](#) examines three existing assessment and improvement strategies and provides a framework to assist in formulating key questions when planning for program quality improvement efforts.

On April 16, 2007, the [National Institutes of Health \(NIH\)](#) launched the Teen-LABS observational study that will evaluate the benefits and risks of bariatric surgery in adolescents. Recognizing that the reasons for overweight are complex, influenced by such factors as genetics, environment, eating and physical activity habits, the study aims to determine whether adolescence is the best time to intervene with this surgical therapy. Over the next five years, researchers in four medical centers around the country will enroll 200 adolescents scheduled for bariatric surgery and compare their data to 200 adults who had bariatric surgery after being obese since their teen years. Information will be collected on the pre-operative and two year post-operative status of the participants, including measures of body composition, body fat, cardiovascular risks, sleep apnea episodes, diabetes indicators, depressive symptoms, quality of life, eating habits, and nutritional status. Serum, plasma urine and genetic sample will also be stored for future studies. For more information contact Rosie Miller, RN, CCRC, Study Coordinator at rosemary.miller@ccmc.org.

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**Improving Healthcare Delivery to Children**  
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On the June 8, 2007, the Expert Committee on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity, released [recommendations for the management of overweight and obese children](#). Beginning in 2005, the committee evaluated scientific data on assessment, prevention and treatment of overweight and obese children and subsequently

composed 22 recommendations for health care professionals to implement in their practices. The committee is comprised of representatives from fifteen health professional organizations, and was convened by the [American Medical Association \(AMA\)](#).

A workshop at the [National Initiative on Children's Healthcare Quality's \(NICHQ\) Annual Forum](#) outlined a framework for transformational change in the way that Well Child Care is delivered. The new framework emphasizes new technologies, improved developmental and behavioral screening, team-based care, and tiered reimbursement based on bio-psychosocial risk. An [E-forum](#) of the workshop is available as are [video highlights](#) of workshop panel discussions featuring Scott Gee, MD, Kaiser Permanente; Rudy Kadota, MD, Chief of Pediatrics, Kaiser Permanente; David Bergman, MD, Stanford University School of Medicine, Board Member, NICHQ; Paula Duncan, MD, VCHIP, University of Vermont College of Medicine; Steve Schoenbaum, MD, Senior Vice President, The Commonwealth Fund; and Nora Wells, Director of National Programs, Family Voices, Inc.

The [Children's Safety Network](#) released two sets of fact sheets on Injury Prevention Programs. "[Injury Prevention: What Works? A Summary of Cost-Outcome Analysis for Injury Prevention Programs](#)" summarizes incidence and cost savings of interventions to prevent injuries due to motor vehicles, impaired driving, open-flame/burns, and violence. "[Childhood Injury: Cost and Prevention Facts](#)" provides cost benefits for various injury prevention activities including injury prevention counseling by pediatricians, bicycle helmets, child safety seats, poison control centers, sobriety checkpoints, and speed limits.

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**Health Plan Initiatives**  
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[The Highmark Caring Foundation](#), an affiliate of [Highmark Inc.](#), launched a [new website](#) to assist children with chronic conditions or special health care needs and their families find resources and support. The user-friendly website, [Care Coordination for Children with Special Health Care Needs and Their Families](#), provides medical, education and community-based resources to assist children and their families navigate the maze of available services. [The Highmark Foundation](#) awarded \$356,250 over three years to [The North Side Christian Health Center](#), a federally-qualified health center look-alike, to provide pediatric services through the organization's Children's Health Department. The center, which currently turns away three to five pediatric visits a day due to unavailability of a pediatrician, will use the money to fund a physician dually certified in pediatrics and primary care. Low income and uninsured children from birth to 18 years will have access to comprehensive pediatric services including well child check-ups, routine preventive care, immunizations, sick visits/same day visits and management of chronic illnesses such as asthma, diabetes, lead poisonings, sickle cell anemia and obesity.

[Horizon Blue Cross Blue Shield of New Jersey's](#) latest podcast focuses on Women's Health. The podcast, which is part of Horizon's *Making Healthcare Work* series, includes information about maintaining good health, suggested lifestyle changes to prevent disease, recommended timing for doctor visits, and preventive health screenings. To listen to the podcast, visit <http://www.horizon-bcbnsj.com/podcast/index.asp> and follow the instructions listed.

[The Wellmark Foundation](#) awarded \$574,147 in grants to 10 organizations. Three projects, under the priority area of "Health Literacy," are aimed at developing health education curriculum in local schools. Sanford Health Foundation will create a coordinated health

education curriculum to be used in South Dakota schools after an initial pilot within the Brandon Valley School District. Sioux Falls School District will implement a health literacy education project including lessons on nutrition, oral health, mental health, immunizations and safety, aimed at both elementary school students and their families. Finally, for students with developmental disabilities who have diabetes or are at risk for the disease, the University of South Dakota will implement a nutrition education project that will include education materials at appropriate readability and literacy levels to educate these students on healthy lifestyle choices.

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

CityMatCH will host its 17th Annual Urban MCH Leadership Conference, "Building the Best Environments for Families and Children", from August 26-28 in Denver, Colorado. Registration and a conference agenda are now available at http://citymatch.org/apps/conf_agenda.php.

The **Healthy Teen Network** will hold its annual conference, "On Their Turf: Creative Approaches for Supporting Teens & Young Families," from November 14-17 in Chicago, Illinois. For more information please visit the [conference website](#).

NIHCM Foundation will attend the **American College of Preventive Medicine's** (ACPM) Adolescent Health Coalition meeting on July 17, 2007. The Coalition's membership includes national health professional, advocacy, and research organizations that either deliver adolescent health programs or identify adolescent health improvement as an organizational goal. The [coalition's goals](#) and a [list of members](#) is available on ACPM's website.

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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 is available on our newly designed web site, <http://www.nihcm.org>.

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