



**NIHCM
FOUNDATION**

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

NIHCM Foundation will host a webinar, "[Pediatric Mental Health Care: Strategies to Integrate Early Identification and Treatment into Primary Care](#)" on Thursday, December 4, 2008 from 1:00-2:30PM (EST). This webinar will explore 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 will also discuss 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 will highlight current health plan and health plan foundation efforts to support the integration of mental health services into primary care. Please [CLICK HERE](#) for the full agenda and registration information.

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 socialmarketing and messaging techniques health plans can use to reach adolescents. Additional information including [presentations and a video archive](#) is available on our website.

Access to Health Insurance for Women and Children

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The [U.S. Census Bureau](#) released the latest data on the number of Americans without health insurance. The number of people without health insurance dropped last year for the first time since 2004, largely due to expanded government coverage for children. The number of uninsured individuals fell to 45.7 million in 2007 from 47.0 million in 2006. The numbers of uninsured children declined from 8.7 million to 8.1 million or from 11.7 percent to 11.0 percent. This improvement was a reflection of increased coverage for children under government health insurance programs, which rose from 29.8 percent in 2006 to 31.0 percent in 2007. Please see <http://www.census.gov/hhes/www/hlthins/hlthin07.html> for more information.

The latest 2007 data on health coverage and demographics for the nation and all 50 states have been updated on Kaiser's [statehealthfacts.org](http://www.statehealthfacts.org) and the Foundation's [Kaiser Commission on Medicaid and the Uninsured's](#) interactive Medicaid and Children's Health fact sheets. Go to <http://www.statehealthfacts.org/children.jsp> to learn such things as the distribution of children by insurance status, Medicaid and SCHIP enrollment and health status indicators for your state.

A new report, *[A Needed Lifeline: Chronically Ill Children and Public Health Insurance Coverage](#)*, released by the [Robert Wood Johnson Foundation](#) and conducted by researchers at [SHADAC](#), shows that having health insurance makes an enormous difference in whether kids receive the care they need, especially if they are chronically ill. Data for the study were drawn from the 2007 [National Health Interview Survey \(NHIS\)](#) and the [National Center for Health Statistics \(NCHS\) National Survey of Children with Special Health Care Needs \(CSHCN\)](#). Key findings include: (1) Approximately 9 percent of children were uninsured. About one-third of insured children were covered by public insurance, and 60 percent were covered by private insurance. (2) More children with insurance visited a doctor (91%) within the last year than did uninsured children (69%). Additionally, 77 percent of insured children had a "well child" checkup within the last year compared to 45 percent of uninsured children. (3) Of the approximate 10 million chronically ill youth, about 3.6 million had public health insurance and obtained health care services at a similar level as those with private insurance. The full report is available at <http://www.rwjf.org/coverage/product.jsp?id=33671>.

In June 2008, the [Kaiser Commission on Medicaid and the Uninsured](#) released a new issue brief, "[Uninsured Young Adults: A Profile and Overview of Coverage Options](#)." Young adults, aged 19-29, have the highest uninsured rate of any age group and comprise 29% of all uninsured people. This report examines health coverage for young adults, as well as their health status, access to care, and the financial burdens they encounter when paying for care. It also provides an overview of public and private approaches to expand health coverage for young adults. The issue brief is available at <http://www.kff.org/uninsured/7785.cfm>.

## Electronic Media and Youth

Technology is useful for developing social and communication skills but can pose risks to adolescent health and safety. To help parents and educators better understand and address these risks, the Centers for Disease Control and Prevention (CDC) has released a new report, "[Electronic Media and Youth Violence: A CDC Issue Brief for Educators and Caregivers](#)," that focuses on the phenomena of electronic aggression. The brief summarizes what is known about young people and electronic aggression, provides strategies for addressing the issue with young people, and discusses the implications for school staff, education policy makers, and parents and caregivers. The report as well as additional resources on youth violence prevention are available at [http://www.cdc.gov/ncipc/dvp/electronic\\_aggression.htm](http://www.cdc.gov/ncipc/dvp/electronic_aggression.htm).

The [Future of Children's](#) Spring 2008 journal issue focuses on Children and Electronic Media. One article, "[Media and Risky Behaviors](#)," by Liliana Escobar-Chaves and Craig Anderson evaluates research findings on the influence of electronic media on five adolescent health risk behaviors identified by the CDC—obesity, smoking, drinking, sexual risk taking and violence. This article as well as the full journal issue is available at [http://www.futureofchildren.org/pubs-info2825/pubs-info\\_show.htm?doc\\_id=674322](http://www.futureofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=674322).

## HIV and STD Prevention in Women and Adolescents

The [CDC](#) has issued a new report, "[Trends in HIV- and STD-Related Risk Behaviors Among High School Students, United States, 1991-2007](#)." Using data from nine biennial national Youth Risk Behavior Surveys, the report analyzes changes in HIV- and STD-related risk behaviors among U.S. high school students. The study finds that current high school students are less likely to be sexually active and are more likely to use condoms than students who were in high school in 1991. View the report at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5730a1.htm>.

An expert panel of the [American College of Obstetricians and Gynecologists](#) (ACOG) is advising doctors to have frank discussions with patients about all of their sexual activities and counsel them on STD risks. Although many people engage in "noncoital" sexual activities, such as oral sex, mutual masturbation, and anal sex, in an attempt to prevent pregnancy and reduce the risk of sexually transmitted infections (STIs), these sex acts still come with varying degrees of STI risk, and it is important for people to protect themselves. View the ACOG press release at [http://www.acog.org/from\\_home/publications/press\\_releases/nr09-01-08-2.cfm](http://www.acog.org/from_home/publications/press_releases/nr09-01-08-2.cfm). The full report, "[Addressing Health Risks of Noncoital Sexual Activity](#)," is available to subscribers in the September 2008 issue of *Obstetrics & Gynecology*.

The director of the CDC's [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#), Dr. Kevin Fenton, is authoring a blog, "[Health Protection Perspective](#)," that serves as a forum for exchanging ideas about prevention, research, and CDC's efforts to reduce health disparities, increase program collaboration and service integration, and improve global health. View the blog at <http://www.cdc.gov/nchhstp/blog/default.htm>.

## Childhood Obesity Prevention

The [U.S. Department of Health and Human Services](#) (HHS), the [Ad Council](#), the [National Basketball Association](#) (NBA), and the [Boys and Girls Clubs of America](#) (BGCA) are launching a contest on the video-sharing Web site [YouTube](#) to promote healthy eating and active living

among teens and young adults. Part of an ongoing HHS obesity prevention campaign the [Small Steps video contest](#) encourages individuals between the ages of 14 and 24 to submit original videos demonstrating the power of taking small steps to improve one's health. The 10 videos viewed most frequently between October 8 and October 28 will be judged by a panel of advertising professionals, health officials and representatives from the BGCA and NBA. The grand prize winner will receive \$2,500 in cash and NBA merchandise, while four runners up will each receive \$500 in NBA merchandise. Learn more about the initiative at <http://www.smallstep.gov/index.htm>.

A report by the [Center for Public Education](#) (CPE) says elementary schools, particularly those in urban areas and those that serve predominantly low-income populations, are cutting back on recess time. CPE's analysis of federal data shows that 90 percent of elementary schools devote between 24 minutes and 30 minutes per day to recess. However, 20 percent of school districts included in the report said they had decreased the amount of time dedicated to recess since the federal [No Child Left Behind](#) (NCLB) law was enacted in 2001. Recess at schools reporting reductions fell from an average of 184 minutes per week in 2001 to 144 minutes per week in 2007. View the CPE report at [http://www.centerforpubliceducation.org/site/c.kjJXJ5MPlwE/b.4406649/k.D50A/Time\\_out\\_Is\\_recess\\_in\\_danger.htm](http://www.centerforpubliceducation.org/site/c.kjJXJ5MPlwE/b.4406649/k.D50A/Time_out_Is_recess_in_danger.htm).

Two years after the federal government required schools to implement wellness policies, the nonprofit group [Action for Healthy Kids](#) has released a report, *Progress or Promises? What is Working For and Against Healthy Schools*, that outlines progress to date and challenges to be surmounted. The report is the result of original field research and key contributions from voices of authority in children's health, education and school wellness. It also includes an important essay by former U.S. Surgeon General and Founding Chair of Action for Healthy Kids David Satcher, MD, PhD. The report notes that nearly 70 percent of the wellness policies adopted by school districts fail to meet minimum federal requirements. And though school administrators and food service professionals say that they have made great strides toward improving student wellness, 82 percent of parents contend that schools could do more. Access the full report at [http://www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php).

## **Health Plan Initiatives and Tools**

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[Anthem Blue Cross](#), collaborating for a third year with the California Governor's [Council on Physical Fitness and Sports](#), is launching a 15- week statewide mobile outreach campaign designed to get children moving and empower them to make healthy lifestyle choices. The [Anthem Blue Cross Live Like a Champion Tour](#) brings interactive games and challenging sports- themed activities to help children bring out their "inner champion." The Tour launches on September 6th and is traveling to local community and special events, YMCAs, Boys and Girls Clubs and other after-school program locations in 10 cities throughout California. Special effort is focused on reaching out to underserved communities.

The [Highmark Foundation](#), through the [Highmark Healthy High 5](#) School Challenge, recently awarded nearly \$526,000 in grants to 65 elementary, middle and high school across Pennsylvania during the second quarter of 2008. The grants will support programs that address bullying prevention and self- esteem, improve nutrition education, enhance nutrition choices and provide opportunities for physical activity.

[Blue Cross Blue Shield of Minnesota Foundation](#) awarded \$528,000 in grants to organizations across the state under its Growing Up Healthy: Kids and Communities and Healthy Together: Creation Community with New Americans initiatives. Grantees include: [Ready 4 K](#) for the

Parent Empowerment Project to increase parents' and care providers' knowledge about early childhood education and promote health awareness by training parent leaders from Somali, American-Indian, Latino, African- American and South East Asian communities; [Project FINE](#) for Diversity Youth Quest to promote youth development among immigrant and refugee families in Winona County; and [Jewish Family & Children's Service of Minneapolis](#) for the Coordinated Health Program, which proves social adjustment and mental health outreach through a collaboration of three agencies that serve the Twin Cities' Russian-speaking immigrant population.

The [Horizon Foundation for New Jersey](#) and the [New Jersey YMCA State Alliance](#) are launching a new fitness and nutrition initiative for children in after- school programs. Supported by \$1 million from the Horizon Foundation, Healthy U will teach staffers at 359 YMCAs in the state how to implement the [Coordinated Approach to Child Health](#) (CATCH) program. The goal of the initiative is to reduce childhood obesity rates in 18,000 New Jersey children by 10 percent over four years. Read the press release at http://www.horizonblue.com/community/community_foundation_about_press.asp?article_id=881.

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.

An updated fact sheet, "[Demographics: Adolescents and Young Adults](#)," produced by the [National Adolescent Health Information Center](#) (NAHIC) at the University of California, San Francisco, with support from the [Maternal and Child Health Bureau](#), highlights trends and presents data on racial and ethnic make- up, poverty rates, family structure types, school-enrollment rates, the median age of first marriage, and childbearing among unmarried young adult females. The fact sheet can be downloaded at <http://nahic.ucsf.edu/downloads/Demographics08.pdf>.

The June 2008 edition of [Child Law Practice](#) (CLP), published by the [American Bar Association \(ABA\) Center on Children and the Law](#), focused on youth suicide and self harm. Suicide is the third most common cause of death for youths aged 15-19. Moreover, adolescents who had been in foster care at some point in their lives were almost four times as likely as other adolescents to have attempted suicide. This issue of CLP provides advocates with information to identify risk factors and prevent youth violence. The issue is available at <http://www.abanet.org/child/suicideprevention.pdf>.

On August 21, 2008 the [National Association of County and City Health Officials](#) (NACCHO) hosted a webcast entitled "[Internet-Based HIV/STI Prevention Interventions for Adolescents](#)." This 90-minute webcast provided participants with background information on adolescent internet use as well as strategies for how local health departments can leverage the power of the internet to target adolescents for HIV/STI prevention. Access this webcast and all previous

HIV/STI prevention webcasts at <http://www.naccho.org/topics/hpdp/infectious/hiv/webcasts.cfm>.

[Healthy Teen Network](#) has released a series of "[FAST](#)" fact sheets. These succinct fact sheets cover such topics as the unique needs of young fathers, the role of supportive housing, the needs of children born to teen parents, and more. The fact sheets are available for download at http://www.healthyteennetwork.org/index.asp?Type=B_BASIC&SEC={3EEAA079-A14B-482D-B17D-895AD0CEBFE4}.

[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.

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Contact Information

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