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**NIHCM  
FOUNDATION**

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**National Institute for Health Care Management Foundation  
Women's and Children's Health Update  
April 2006**  
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**Maternal and Child Health Resources Available on NIHCM Foundation Website**  
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[NIHCM Foundation](#) held a conference, "**Closing the Gaps in Health Care for Adolescents and Young Adults**," on January 10, 2006 in Washington, D.C., as part of its grant with HRSA's Maternal and Child Health Bureau. This forum brought together representatives from the public and private sectors to discuss current policy and programs focused on this age group, with a special emphasis on transition to adult care systems which poses unique problems for health care access and delivery. [Meeting presentations and additional resources](#) are now available on NIHCM Foundation's newly redesigned website. An overview paper on young adult health status, utilization and access will be available on NIHCM Foundation's website shortly. This paper, authored by Claire Brindis and her colleagues from the University of California, San Fransisco, will also include valuable information on current, innovative efforts by the public and private sectors to address health care coverage of young adults.

NIHCM Foundation is currently developing a new feature on its Maternal & Child Health Corner website. This feature, "[MCH Spotlight](#)" will share information about current health plan efforts on maternal and child health issues, including initiatives to reduce childhood obesity, improve well-child visits and increase preconceptual and interconceptual care for

women. NIHCM Foundation welcomes comments and suggestions for topics and resources to include on this page in the future.

[More Information on NIHCM Foundation's Work on Maternal & Child Health Issues](#)

### **HRSA Publishes Report on Health and Well-Being of Children**

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The Health Resources and Services Administration (HRSA) Maternal and Child Health Bureau sponsored the National Survey of Children's Health, conducted for the first time in 2003, which addresses multiple aspects of children's health and well-being—including physical and mental health, health care, and social well-being—as well as aspects of the family and the neighborhood that can affect children's health, on both the national and state levels. This report, [The Health and Well-Being of Children: A Portrait of States and the Nation 2005.](#)" presents the major findings from the survey at the national level and also includes a state-level analysis of key indicators for all 50 states and the District of Columbia.

### **Child Health Resources Available in Spanish**

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The MCH Library has produced a new edition of [Knowledge Path: Spanish-Language Health Resources](#) offering a selection of current resources to help health professionals, policymakers, researchers and families in Spanish. The Knowledge Path includes information and links to websites, electronic and print publications, webcasts and databases. Additional Knowledge Paths on other maternal and child health topics are also available from the [MCH Library](#).

NIHCM Foundation continues to promote [Bright Futures](#), a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves trusting relationships among the health professional, the child, the family, and the community as partners in health practice. Over 1.3 million copies of Bright Futures publications have been produced and 35,000 pediatricians nationwide are reached with these materials. Virtually every U.S. State and Territory has used Bright Futures since its inception in 1990. Bright Futures resources are now available in Spanish, including an activity book, encounter forms for families and health professionals and nutrition family fact sheets. All these resources are available [here](#).

### **Web-Based Curriculum Launched to Help Identify Perinatal Depression**

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The Virginia Department of Health in collaboration with the University of Virginia Office of Continuing Medical Education, with support from the Health Resources and Services Administration (HRSA), has created the Perinatal Depression Web-Based Curriculum. The curriculum was designed to help health professionals identify, treat or refer women with perinatal depression. The curriculum is available for free at <http://www.perinataldepression.org>.

### **Health Plan Initiatives Promote Child Health in their Communities**

Highmark launched a Web-based demonstration project, [Health eTools for Schools](#), designed to monitor student Body Mass Index (BMI) and improve school nutrition and physical activity programs. The eTool offers access to nutrition and physical education modules and provides a place for participating schools to exchange best practices, share experiences and collaborate in designing wellness policies. Highmark will conduct a year-end evaluation to assess the program's effectiveness and determine future deployment in schools across Pennsylvania. More information about Highmark's leadership on this project is available [here](#).

BlueCross BlueShield of Tennessee and the Governor's Council on Physical Fitness and Health created [BlueCross WalkingWorks for Schools](#), a program aimed at improving children's health through physical activity during the school day. The program outlines a walking regimen of at least five minutes at times during the day convenient for the teacher. Parents are encouraged to help children continue their walking routine at home. Students and teachers at 121 elementary schools in Tennessee are currently participating in the second phase of this pilot program. Nutritional information and a walking log are [available](#).

Premera Blue Cross and major medical groups statewide completed a third year of collaborative efforts to improve health-care quality in Washington. For the first time, Premera's 2005 Quality Score Card also reports clinic performance on a group of important health outcomes – revealing dramatic improvements. Premera originally developed its Quality Score Card in 2002 with several prominent Washington medical groups. When initially published online, the 2004 Quality Score Card delivered the first collaboratively developed quality and satisfaction benchmarks published exclusively in an independent PPO environment. The 2005 Score Card measured improvements in well-child visits for individual medical groups and found a 34 percent improvement in the recommended rate of well- child visits for infants in the first 15 months of life. [The Quality Score Card results](#) are available online.

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 redesigned web site at [www.nihcm.org](http://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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