



NIHCM
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WOMEN'S AND CHILDREN'S HEALTH UPDATE

February 27, 2003

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1. [About the Women's and Children's Health Update](#)

National Institute for Health Care Management Research and Educational Foundation (NIHCM Foundation) is pleased to forward a copy of our new electronic "Women's and Children's Health Update." You previously may have received the hard copy, "Child Health Update." The electronic Update will continue to report quarterly on relevant issues for women's and children's health.

The Update is produced under NIHCM Foundation's cooperative agreement, "Managed Care's Partnership for Information and Communication," with the U.S. Health Resources and Services Administration's Maternal and Child Health Bureau (MCHB).

Exchanging information, insights and expertise among key stakeholders — health plan executives, maternal and child health experts and public officials — is a central purpose of the project. This kind of interaction is a critical step in implementing innovative practices to better meet the health care needs of women and children.

If you would like to highlight activities and information from your health plan or organization on the next Women's and Children's Health Update, please e-mail submissions to nihcm@nihcm.org.

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2. [The prevalence of childhood overweight increases to 15%](#)

Recent analysis of the 1999-2000 National Health and Nutrition Examination Survey (NHANES) shows that an estimated 15% of children (ages 6 to 19 years) are overweight. The prevalence of childhood overweight has more than doubled since the mid-1970s. The study indicates that an additional 15% of children are at risk of becoming overweight. More information about the analysis can be found at

<http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm#Table 1>.

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3. [NIHCM Foundation conference, "Childhood Obesity: Advancing Effective Prevention and Treatment"](#)

Under its grant with MCHB, NIHCM Foundation is working to increase awareness of the childhood obesity epidemic, its cost, and the availability of effective prevention and treatment not only to health plans and public health officials, but also to families, schools, health care professionals, and child health advocates. The Foundation will hold a forum on April 9, 2003 in Washington, D.C. to bring together stakeholders to discuss the advancement of effective prevention and treatment programs. More information on the conference will be posted shortly at <http://www.nihcm.org/childframe.html>

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4. [AHRQ and AAP release a fact sheet to prevent medical errors in children](#)

The Agency for Healthcare Research and Quality (AHRQ) and the American Academy of Pediatrics (AAP) recently partnered to release a fact sheet to increase patient awareness of medical errors specifically for children. The fact sheet entitled, "20 Tips to Help Prevent Medical Errors in Children," which is based on evidence-based medicine, has been disseminated to members of AAP and other stakeholder groups representing children and families. Tips focus on avoiding errors pertaining to medicines, hospital stays, and surgery. For more information about the fact sheet, go to <http://www.ahrq.gov/consumer/20tipkid.htm>.

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5. [Health Plan Initiatives](#)

WellPoint Health Networks has teamed up with the American Dietetic Association (ADA) to develop a user-friendly print and Web-based guide that will support America's youth in achieving and maintaining a healthy weight. The guide is intended for both families and health professionals to address childhood overweight. The guide is a key component of WellPoint's broader national "Healthy Parenting Initiative," which focuses on empowering families with information and resources to lead healthier lives. For more information on the initiative, visit WellPoint's Web site at http://www.wellpoint.com/press_room/special_reports/health_parenting.asp.

Highmark Blue Cross Blue Shield estimates it spent \$778 million in 1999 on 15 co-morbidities closely related to obesity. More than 29% of those costs, or \$229 million, can be directly attributable to obesity. The plan has developed a comprehensive, proactive approach to addressing obesity. The multi-pronged approach includes promoting KidShape, a program that focuses on lifestyle changes to combat childhood obesity, taking a leadership role in developing a regional strategy that will include physician training, and launching a media campaign to raise awareness and engage the community in taking action. Highmark has also partnered with public schools to promote physical education and nutrition. More information about Highmark's efforts can be found at <https://www.highmark.com/hmk/comm/kidshape.jsp>.

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6. [George Washington University's Center for Health Services Research and Policy \(CHSRP\) releases a pediatric managed care training module](#)

The Center for Health Service Research and Policy (CHSRP) at George Washington University (GWU) has developed a new pediatric managed care training module. The module is designed as a tool and learning course for payers, providers, state and local health departments, and children's health advocates. It provides instruction and tips on how to write and negotiate managed care contracts for pediatric services as well as links to relevant web sites and publications to ensure that children receive quality care. The purchasing specifications offer technical assistance and optional language that can be used either in their entirety or on an item-by-item basis and integrated into

other purchasing documents. The specifications are available for those who want to write new contracts or revise, clarify, or add new language to their current contracts. For more information, go to <http://www.gwhealthpolicy.org/pedsmod/pages/index.html>.

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7. Bright Futures at the AAP

The American Academy of Pediatrics (AAP) now holds the cooperative agreement from MCHB to promote the use of Bright Futures among pediatric health providers and the public. As a part of this initiative, *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* was developed to provide comprehensive health supervision guidelines, including recommendations on immunizations, routine health screening, and anticipatory guidance. AAP highlights groups around the country who are putting Bright Futures into practice. If your health plan, agency, or practice is currently using Bright Futures, please contact Darcy Steinberg, MPH, Laura Thomas, MPH, CHES, or Linda Paul, MPH at (847) 434-4000 or e-mail brightfutures@aap.org. To order Bright Futures materials, please call (888) 227-1770 or visit the Bright Futures website at <http://www.aap.org/brightfutures/bfpubs.htm>.

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