

Kansas Department of Health & Environment

Zero to age 21:

Information

Promoting

Success

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for Public Health Professionals working with Kansas Kids

Special Points of Interest:

- * Importance of Screening for Psychosocial Risk Factors
- * Sedgwick County Healthy Babies: New Service Delivery Model
- * SCHIP and Adolescents
- * Physically Fit Kids Do Better In School
- * Children Act Fast... So do Poisons!

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Please note on page 2 that the e-mail addresses of **ALL Children & Family Staff** have changed.

4th Annual Governor's Public Health Conference

By Jamie Klenklen, MCH Admin Consultant

The 4th Annual Governor's Public Health Conference will be held April 20-22 at the Marriott Hotel in Wichita. The advanced registration fee is \$195 and must be received prior to April 1. Late registration received after April 1 will be \$225. Walk-in registration fees on the day of the conference will be \$300. The general conference registration fee includes breakfast, lunch and breaks on Tuesday and Wednesday, as well as conference materials.

Monday, April 20 is an orientation session and is intended for new staff entering the public health field or the Maternal and Child Health (MCH) program within the past year. The fee to attend the orientation session is \$30 that includes lunch and session materials. The presenters will be the Bureau of Family Health State Title V MCH Program staff in conjunction with some of the staff from the Office of Local and Rural Health. The topics presented will provide a broad overview of MCH services and the framework that will enable participants to begin working with women, infants, children and adolescents in community settings. State and local resources for use in local health department programs will be reviewed. Bring your questions!

The general session begins on Tuesday, April 21 with the conference theme "Kansas: A Great Environment for Growing Healthy Families." Topics pertinent to the environment in which we live in, as well as health and safety challenges will be covered throughout the two-day conference. With the challenges facing our state and nation, public health looks forward

into the future with hope and innovative ideas to keep Kansas going green and providing a great environment for growing healthy families.

Conference highlights on Tuesday include:

- "Health Care Reform" by Senator Jim Barnett
- "Development of the National Public Health Accreditation Program" by Dick Morrissey, Interim Director of Health
- "Cribs for Kids" by Tonya Rose and Christy Schunn, SIDS Network of Kansas, Inc.

Wednesday highlights include the introduction of the new on-line Kansas MCH Manual. At noon, the Healthy Start Home Visitor recognition and awards will be presented. The day will conclude with David Perlmutter, PhD, presenting "How to Tell the Story of Your Success Via On-line Social-Interactive Media (OSIM)."

You can register at <http://ks.train.org> just search for course #1016364. Registration deadline is Wednesday, April 15. For information about the hotel, visit www.marriott.com. Special rates for the conference attendees are \$95 per night plus tax. Reservations may be made by calling the hotel directly at 316-651-0333 or toll free at 1-800-610-0673. Be sure to ask for the "Governor's Public Health Conference Room Block" or use the group code GPHGPHA. Reservations must be received by April 5. There is no charge for parking. All sleeping rooms are non-smoking.

Please contact any of the MCH staff for more information or if you have any questions.



WOMEN'S HEALTH

Joe Kotsch, Perinatal Consultant



Importance of Screening for Psychosocial Risk Factors

By Joe Kotsch, Perinatal Consultant

The American College of Obstetricians and Gynecologists recommend perinatal health care practitioners assess women for psychosocial risk factors. Some of the many psychosocial risk factors to be screened for during pregnancy and after delivery are:



- Intimate partner violence
- Presence of mental health conditions
- Unstable/poor housing conditions
- Adequate nutrition
- Access to a regular source of health care and a payor source
- Need for financial assistance
- Alcohol and/or substance use
- Unintended pregnancy
- Tobacco use
- Stress
- Safety concerns
- Clothing needs
- Transportation issues

Pregnant women will need help to manage any identified psychosocial stressors as part of a comprehensive system of care. These systems either are not accessible or when they are accessible, tend to lack the necessary capacity to meet the needs of a given community.

When screening women for the presence of psychosocial stressors, it is important to remember that all women should be screened regardless of social/educational status, race or ethnicity. Women should be screened at least once per trimester, since psychosocial issues may arise at any given time during the pregnancy.

This way important issues can be addressed as they arise in order to reduce poor birth outcomes. Once screening is completed, the health care provider should validate with these women any major issues, provide them information and make any suggestions for change on a case-by-case basis. The health care provider

should also make any referrals for further evaluation or treatment.

For any psychosocial risk factors identified during pregnancy, health care providers should consider the impact they may have on the health and welfare of the newborn and other family members when planning for discharge after delivery.

As providers of Maternal and Child Health (MCH) services, it is important to first identify psychosocial stressors and to address them with each client, and develop an individual plan that best meets the needs of their family. MCH services should link families with local resources whenever possible. Families should be followed up with to ensure they receive the services to meet their identified needs.

For more information on MCH Services go to: www.kdheks.gov/bcyf/download/MCH_2008_Summary.pdf.



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 Phone:
 800-332-6262 (Make a
 Difference)

We hope this newsletter continues to be a useful resource for you. We encourage you to give us your comments, feedback and suggestions. Previous editions of ZIPS can be found at: www.kdheks.gov/c-f/zips/.

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American Diabetes Alert Day is Tuesday, March 24. Observed the fourth Tuesday in March, designed to inform the public about the seriousness of diabetes. The American Diabetes Association encourages people to take the Diabetes Risk Test and find out if they or their loved ones are at risk for developing Type 2 diabetes.

The diagnosis of Type 2 diabetes comes seven to ten years after the onset of the disease. Early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke and amputation, or even death.

For more information, go to: www.diabetes.org/communityprograms-and-localevents/american-diabetes-alert.jsp.

Visit our website at www.kdheks.gov/c-f

“Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.”



CHILD HEALTH



Sedgwick County Healthy Babies: New Service Delivery Model for Meeting the Needs of Pregnant Women

Susan Wilson, Program Director, Health Babies – Sedgwick County Health Department

Healthy Babies (HB) is a free prenatal and postpartum group education and home visit program that serves moms in all zip codes in Sedgwick County. (www.sedgwickcounty.org/healthdept/healthybabies.asp)



Pictured: Two Healthy Babies clients bonding with their babies through the art of infant massage.

Our focus is on improving birth outcomes among high-risk moms by reducing the incidence of low birth weight (LBW) births and infant deaths. Special emphasis is placed on serving teen and first-time moms and clients are served through the prenatal and parenting periods, up through the child's second birthday.

Until the fall of 2008, Healthy Babies was known as a home visitation program. With increased caseloads and level funding, we began exploring other service delivery models in 2007. After over a year of research and intensive staff training on the positive impact of prenatal and parenting group education, Healthy Babies held its first group in October 2008. HB groups are a modified version of the CenteringPregnancy® and CenteringParenting® group models of care. According to research posted at www.centeringpregnancy.org/, the addition of prenatal and parenting group education has resulted in an increase in both staff and client satisfaction.

Healthy Babies receives referrals from over 60 community partners and we also receive a number of self-referrals. If a referral does not meet criteria for group (i.e.: physical disabilities that limit leaving the home or mental health issues that prevent group participation) or is unable to participate in group due to scheduling conflicts, the referral is enrolled for in-home or in-office individual visits. All group and home visit clients receive a Welcome Home visit by a registered nurse. Of our nine nurses and five community liaisons, three are bilingual. In addition, our nurse Project Manager speaks Arabic and she is proficient in signing English.

Healthy Babies services are not a replacement for prenatal care. Our first objective is to ensure that all moms who enter the program without a prenatal care provider are scheduled for a prenatal appointment within 45 days of program enrollment. HB providers assist the moms with completing eligibility paperwork for Medicaid and HealthWave and they also help work through other real

and perceived barriers to care, such as provider availability, child care and transportation and they provide education on the importance of attending prenatal care appointments.

Groups are made up of six to 12 women with similar due dates and they are often accompanied by the father of the baby or another support person. The group comes together in a circle for the main portion of the meeting. The circle promotes bonding, sharing of educational information and builds a support network for women who often have a limited peer-support network. These processes allow the moms to take a more active role in their own health and in their child's health via a combination of self-assessment, RN assessment and group support of the life changes that each woman is experiencing.



Pictured: Mothers and infants during group activities.

Topics covered during groups and individual visits include:

- Prenatal nutrition
- Labor and delivery
- Signs and symptoms of preterm labor
- Mother/child bonding
- SIDS and safe sleep environments
- Infant massage
- Infant and toddler development
- Prenatal and postpartum depression
- Smoking and the use of alcohol and drugs
- Family violence
- Breastfeeding
- Immunizations
- Car seat safety
- Completion of school
- Employment; budgeting
- Importance of the father's involvement in the baby's life
- Referrals to other community providers as needed

For more information about this service delivery model, contact Susan Wilson at 316-660-7386 or sewilson@sedgwick.gov, or contact Michele Spainhower, Group Education Project Manager, at 316-660-7172 or mSpainho@sedgwick.gov.



ADOLESCENT HEALTH

Jane Stueve, Adolescent and School Health Consultant



SCHIP and Adolescents

By Jane Stueve, Adolescent and School Health Consultant

Adolescents fall into a group of children that are eligible for health insurance but are not insured because parents are not always aware adolescents are eligible for the State Children's Health Insurance Program (SCHIP).

According to the U.S. Census Bureau, 13 percent of adolescents ages 11 through 18 were uninsured in 2006-2007. The uninsured rate among Kansas adolescents was 8 percent. This means that 25,669 adolescents in Kansas were uninsured in 2006-2007.

SCHIP, also known as Title XXI or HealthWave, provides health care coverage for low-income children living in families with incomes that exceed Medicaid limits. Our Kansas SCHIP program is administered by the Kansas Health Policy Authority (KHPA). In Kansas, a child may be eligible for SCHIP if they are under the age of 19, do not qualify for Medicaid, have family incomes under 200 percent of the federal poverty level, are not eligible for state employee health insurance and are not covered by private health insurance.

Nationally SCHIP enrolls 4 million children and adolescents a year. KHPA reports as of September 2007, 36,730 children were enrolled in SCHIP. The average cost per child per month is about \$140.

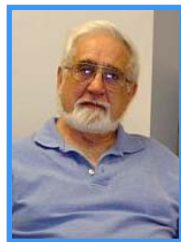
SCHIP coverage is needed by uninsured adolescents because as noted by the National Academy for State Health Policy (NASHP), adolescents are more likely to engage in high-risk behaviors that can affect their health and safety. NASHP reports an estimated \$700 billion is spent annually on preventable adolescent health problems, particularly with:

- Pregnancy
- Sexually transmitted infections
- Motor vehicle injuries
- Substance abuse
- Unintentional injuries
- Mental health problems

When an adolescent is insured, he or she is more likely to practice preventative care, get early diagnosis and treatment, avoid the emergency room for routine care and lose fewer productive days at school and work. Preventive care is less expensive than treatment.

HealthWave information is important for you to share with adolescents and their parents, because not only will it save Kansas money in the long run, it will contribute to the health and well being of adolescents.

For more information on enrolling in HealthWave, go to www.kansashealthwave.org/.



Ask Ken! ELECTRONIC SUBMISSION OF DATA & CVRS

Q. Has Form 8 changed on Web-MCH?

A. Yes. At first, Form 8 reported all pregnant women; now it reports only pregnant women and infants who are on Title XIX (Medicaid).

Q. Do I have to have all providers' titles listed on Web-MCH?

A. Yes. If a provider's name is listed and the title is listed properly, the user data may not be counted anywhere. Example, 'home visitor' is not listed as a paraprofessional on the list, so none of the reported users will be counted.

Q. Do we have to enter the insurance on the Demographic screen when we enter only an immunization for Web-IZ?

A. Yes. Insurance coverage information is a federal requirement.

Q. Do I have to enter immunizations in Web-MCH and Web-IZ?

A. No. If the only service to the client is an immunization, the only place you have to enter the date is in Web-IZ. All services other than immunization must be entered into Web-MCH.



SCHOOL HEALTH

Brenda Nickel & Jane Stueve



Physically Fit Kids Do Better In School

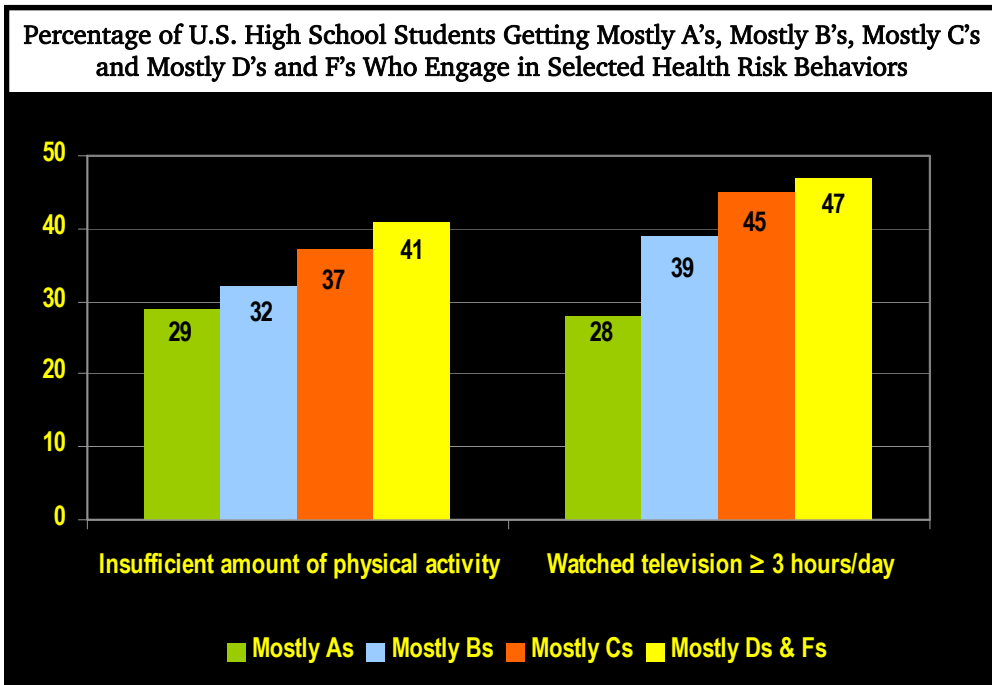
By Jane Stueve, Adolescent and School Health Consultant

A study by the Journal of School Health found a significant relationship between students' academic achievement and physical fitness. Results show that kids who are more physically fit scored better on standardized math and English tests than their less fit peers. The odds of passing both standardized math and English tests increased as the number of fitness tests passed increased, even when controlling for gender, race/ethnicity and socio-economic status.

For families and schools, these results suggest that investments of time and resources in physical activity and fitness training may not detract from academic achievement in core subjects and may even be beneficial. As advocates for healthy children ready to learn, we can question if the students are satisfied with existing physical activities and put our support with students, teachers and communities that are working to make health and education a partnership.

Recently I attended a conference presentation by Terry O'Toole, Ph.D, Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health (DASH). He examined the relationship between physical fitness and academic achievement. His presentation included the following slide:

For more information and ideas on incorporating physical activity into the classroom, go to Body and Mind! (BAM!) www.bam.gov/teachers/index.htm.



School Nurse Survey

The school nurse survey is on-line for the present school year at www.kdheks.gov/c-f/school.html. Please print survey and submit the data by May.

We are hopeful that next month we will have some preliminary data on the demographics of school nurses, number of children seen in the health office, referral information and levels of care.

If you have any questions regarding the survey, please contact Jane Stueve at 785-296-1308.



PUBLIC HEALTH



“Children Act Fast...So Do Poisons!”

By Jamie Klenklen, MCH Admin Consultant

The 2009 National Poison Prevention Week is March 15-21. Public Law 87-319 authorizes the President to designate the third week in March as National Poison Prevention Week. This week is nationally designated to highlight the danger of poisonings and how to prevent them.

More than 2 million poisonings are reported each year, with at least 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children under the age of 6 years. Most of these poisonings include products commonly found in the home.

National Poison Prevention Week is a good time for families to identify where potential accidental poisonings can occur in the home. To help prevent accidents, securely store cleaning products. Install childproof locks on cabinets to help keep your family safe. Parents

should keep items in their original containers and leave the original labels on the products. Read labels before use. Caregivers and grandparents should keep all household products and medicines locked up as well.

“Children Act Fast...So Do Poisons!” is the theme at the National Poison Control Center. This means parents must always be alert when using household chemicals when cleaning. Many incidents happen when adults are in the middle of cleaning but are distracted or interrupted by the telephone or the doorbell.

For more information, visit www.poisonprevention.org. Become actively involved in helping ensure the safety of children and adults in your home and community. The National Poison Control Center toll-free help number is 800-222-1222.



2009 Healthy Start Home Visitor of the Year Award

Nominate your Healthy Start Home Visitor to be recognized at the 2009 4th Annual Governor's Public Health Conference at the Marriott® Wichita at noon on Wednesday, April 22.

You may request a nomination form from Jamie Klenklen at 785-296-1234 or e-mail at jklenklen@kdheks.gov.

The deadline is April 1st.

EVENTS



RESOURCES

Save the date!

4th Annual KDHE Center for Health Disparities Conference: "Building Partnerships to Wellness" is on April 6 & 7 at Topeka Capitol Plaza Hotel/Maner Conference Center. More information regarding the program and deadlines coming soon.

2009 Governor's Conference on Mentoring Tuesday, April 14 at 8:30 a.m. - 4:30 p.m. Capitol Plaza Hotel – Topeka. There will be no charge to attend this conference; intended audiences include mentoring program staff, as well as school and community representatives interested in youth development. To learn more or to register to attend, visit: <http://mc.greenbush.org/default.asp?action=dispMeeting&mID=11463>.

The conference is co-hosted by Kansas Mentors and the Southeast Kansas Education Service Center at Greenbush. For more information or to register by phone, contact Becky Herlocker at 620-724-6281 or becky.herlocker@greenbush.org.

Like fruit, children
are sweetest just
before they turn bad.

—Dena Groquet

Kansas Nutrition Council 2009 Conference on April 16, Grand Prairie Hotel & Convention Center in Hutchinson, KS. For

more information go to www.sne.org/KansasNutritionCouncil.htm.

20th Annual Perinatal Association of Kansas (PAK) Conference will be held on Friday, June 19, in Wichita. Conference sessions will convene in the Cessna Education Center on the campus of Wesley Medical Center. This year's theme is: "Touching the Future with Perinatal Education." Presentations will include:

- Research on sleep characteristics in breastfeeding women
- A comprehensive panel discussion of newborn screening in Kansas
- A discussion of the "Tu Puedes Hacerlo" (You Can Do It!) program at Hunter Health Clinic designed for managing gestational diabetes
- Information on when to induce labor
- A discussion on how the paradigm of prenatal care may be changing

Register online by going to: www.kansasperinatal.org/.

Colorectal Cancer Risk Calculator A new online tool for calculating colorectal cancer risk in men and women age 50 or older has been launched, based on a new risk-assessment model developed by researchers at the National Cancer Institute (NCI), part of the National Institutes of Health. The website is www.cancer.gov/colorectalcanccerrisk/. People using this tool should work with their health care providers to interpret the results.

The Centers for Disease Control and Prevention (CDC) has released the report, "Sexually Transmitted Disease Surveillance, 2007," which can be found at: www.cdc.gov/std/stats07/. According to this report, approximately 19 million new infections occur each year, with almost half of them among young people 15 to 24 years of age.

Video Warns Parents about the Dangers of Flu: Families Fighting Flu, Inc. (FFF), together with the CDC, recently released a video documentary featuring parents who have tragically

had a child die as a result of influenza. The video carries a strong message, underscoring the fact that influenza is serious and more than 20,000 children are hospitalized every year due to flu-related complications and some tragically die. Vaccination is the best and most effective way to help prevent the spread of the disease and its potentially severe complications, especially for children ages 6 months through 18 years and children with chronic illnesses such as asthma. For more information, visit www.familiesfightingflu.org/.

Physical Activity Into the School Day Check out the National Association for Sports & Physical Education (NASPE) new website filled with resources for classroom teachers and physical educators alike! You'll find links to free activities and lessons devoted to before- and after-school programs, physical activity breaks during the school day, employee wellness and active transport at: http://iweb.aahperd.org/naspe/template.cfm?template=teacher_toolbox_nov08.html.



Happy St. Patrick's Day