

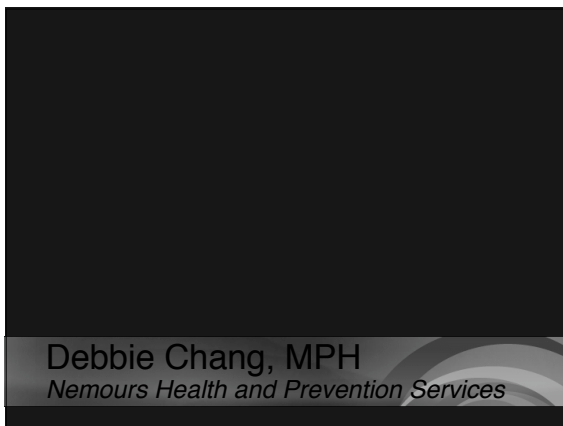
## **Health Reform: Improving Outcomes through an Integrated Child Health System**

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## **Faculty**

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## **Nemours Integrated Child Health System**

- **Nemours is a non-profit organization dedicated to children's health & health care**
- **Nemours operates Alfred I. duPont Hospital for Children and outpatient facilities in the Delaware Valley and specialty care services in Northern/Central Florida**

## **Nemours Integrated Child Health System**

- **Building new state-of-the-art Children's Hospital in Orlando area**
- **Less than 5% of our health care dollar is spent on prevention, yet 70% of health care costs are from chronic disease**

## **Nemours Integrated Child Health System**

- **Research indicates that a prevention oriented health system can reach greater numbers of children by using public health strategies to stimulate population-wide changes throughout targeted communities**

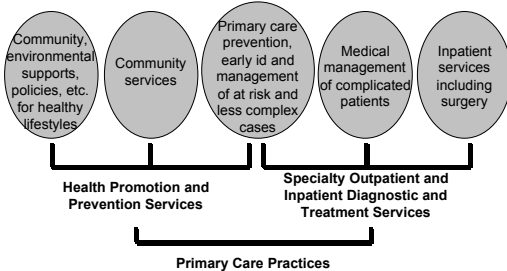
## Nemours Integrated Child Health System

- Nemours offers a continuum of care as health and prevention services are coupled with research, education, advocacy, and clinical treatment
- Nemours focuses on child health promotion and disease prevention to address root causes of obesity

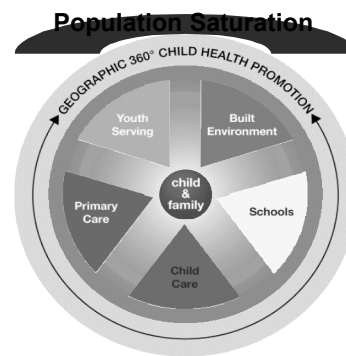
## Promoting Health & Prevention

Traditional Medical Model	Expanded Approach
Rigid biomedical view of health	Incorporate multifaceted view of health
Primary focus: Acute episodic illness	Chronic disease prevention/ management
Focus on individuals	Focus on communities/ populations
Cure as uncompromised goal	Prevention as primary goal
Focus on disease	Focus on health

## Nemours Continuum of Care: Childhood Obesity



## 360° of Child Health Promotion



## Implications for Health Reform

- Prioritizing national health care finance reform will assist in providing
  - A focus on health & quality outcomes
  - A sustainable funding mechanism
    - Further investment in health reform is needed because market forces in isolation fail to support prevention

## Implications for Health Reform

- Stimulus and support for state and local delivery system changes
  - Policy and practice changes
  - Multi-sectors where children spend time
  - Tools to implement changes
    - Knowledge dissemination
    - Community engagement/ coalitions
    - Social marketing

### **Delaware Child Care/After School Care**

- Specific **HEALTHY EATING** and **PHYSICAL ACTIVITY** behavior change for the 54,000 children in all licensed care
- Practice change - children in licensed care are
  - Consuming whole grains, 1%, or nonfat milk, water

### **Delaware Child Care/After School Care**

- Consuming only 1 serving of 100% juice per day
- Consuming limited sugary/fried foods
- Watching only 0-1 hour of TV per day
- Participating in 20 minutes of vigorous activity for every 3 hours in care

### **Delaware Child Care/After School Care**

- Supporting policy change
  - Nutritional regulatory change applicable to both family and child care center settings, through the Child and Adult Care Food Program (CACFP) and Office of Child Care Licensing (OCCL)

### **Delaware Child Care/After School Care**

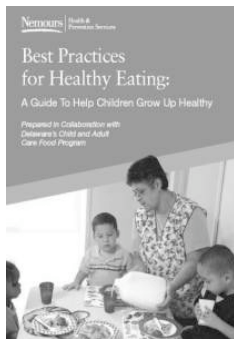
- Regulatory change to increase physical activity and limit screen time in all family and child care center settings, through the OCCL
- Enacted Delaware S.B. 222, establishing Stars for Early Success quality rating system, oversight, and voluntary compliance, including focus on physical and emotional health

### **NHPS Working to Support Practice Changes in Child Care**

- Data for Change Policy Briefs
  - NHPS released the first in a series of briefs - *Improving Children's Health through Delaware Child Care Policy*
  - Provide key constituencies & legislators the data to support the need for social change

### **NHPS Working to Support Practice Changes in Child Care**

- Best Practices Guide
  - NHPS collaborated with the Delaware Child and Adult Care Food Program (CACFP) to co-author, *Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy* embodying the Nemours 5-2-1 *Almost None* message



## **NHPS Working to Support Practice Changes in Child Care**

- **Best Practices Guide**
  - Provides recommended action steps
  - Endorsed by the USDA
- **Child Care Learning Collaborative**
  - 28 centers completed 5 sessions
  - Receive insight, experience from 4 pilot site champions

## **NHPS Working to Support Practice Changes in Child Care**

- **Child Care Learning Collaborative**
  - Receive hands-on techniques to imbed physical activity into the day, increase fruits and vegetables on the menu, and receive parental support for healthy foods brought into the center

**Debbie Chang, MPH**  
*Nemours Health and Prevention Services*