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February 12, 2014

RCCHI: Perinatal and Child Health: Opportunities for Improvement

The Children's Agenda

• Independent, non-partisan advocacy organization in Monroe County focused on children and youth 0 to 21 years
• “What’s needed most and works best”: effective programs and policies based on data about what is hurting children
• No affiliation or funding from government or service providers

AAP Community Pediatrics Training Initiative (CPTI)

• Empower pediatricians and young doctors to become leaders and advocates to improve the health of all children in their communities
• Have worked with more then 80 departments of pediatrics and healthcare institutions, hundreds of faculty, and thousands of health professional trainees in the past 8 years

Health challenges of U.S. children

• Infant mortality: U.S. rank is 51st in the world
• Mental illness: 20% suffer from diagnosable illness
• Poverty: > 1 in 5 live in poverty; worst of all industrialized nations
• Child abuse: Nearly 6 M reported; 5 deaths/day
• Obesity: 1 in 3 children overweight or obese
• Teen pregnancy: worst rates in developed world

Graph of the day: The United States has a really high infant mortality rate

The Washington Post

FIGURE 2.1 Infant mortality rates in 27 year intervals, 2001-2009.
SOURCE: Data abstracted from U.S. Dept. of Health and Human Services, Centers for Disease Control and Prevention.
Jean Twenge, PhD:
• Continuous upward trend in mental health issues in the U.S. over the past 40 years
• The average American child is more anxious now than child psychiatric patients in the 1950’s

The “Millennial Morbidities” for Children and Youth (Richmond, Palfrey)
• Mental Health Issues
• Violence and Child Abuse
• Health Disparities
• Obesity
• Teen Pregnancy
• Injuries

What About New York State?
• We have some of the best health care in the country: 15 medical schools and 30 pediatric residency training programs
• History of progressive leadership
  -- Abolitionist Movement
  -- Women’s Rights
  -- Marriage Equality
  -- Gun Control

We must be doing better, right?

We rank 29th of the 50 states for overall child health and well being

McKeown Thesis: Importance of Social Determinants of Health
Life expectancy greatly increased in the past 100 years
➢ not because of life-extending medical care
➢ but because of non-medical factors affecting infants and children

And in Monroe County: A Decade of Decline
• Monroe County’s infant mortality rate behind most industrialized nations and the U.S. national rate: WORSE
• 25% of Monroe County’s children live in poverty; 15.1% live in concentrated poverty: WORSE
• Reports of child abuse and neglect increased by 23% from 2003 - 2011: WORSE
• 41% fewer kids served by child care subsidies in 2011 than in 2002: WORSE
• Hospitalizations due to assault: WORSE
Life-long Impact of Social Determinants/ Life Course Perspective
Fetal & Developmental Programming

- Experiences early in life can influence health and functions for life
- Developmental origins of health and disease
- Timing (sensitive and critical period) and trajectory

Life Course Health Impact of Childhood Adverse Experiences

- Scared Sick: The Role of Childhood Trauma in Adult Disease
- CDC Adverse Childhood Experiences (ACE) Studies

Lifelong Health— or Not:
Centers for Disease Control (CDC) Adverse Childhood Experiences (ACEs) Studies

ACEs include: child abuse or neglect, a parent with substance abuse problem or mental health disorder, parental separation or divorce, incarcerated parent or guardian

Summary
- Perinatal and Child Health is poor in the U.S. and NYS compared with other countries and states
- Early childhood health and well-being is critical to adult health

Summary
- Kids’ health problems are mostly preventable: choices we make, not fate
  -- Other countries have made different choices
  -- Other states and communities have made different choices
  -- We know how to help for many of these problems
Considerations: what do we do now?
Given the Millennial Morbidities, prevalence of child health disorders, importance of early childhood experiences, and NYS interests, including DSRIP:
• Focus on Mental/Behavioral Health for children and adolescents and parents
• Focus on Improving Maternal and Child Health at the earliest stages through programs like the Nurse Family Partnership and other home visitation programs

Nurse Family Partnership: What’s the Difference?
For 1000 Families:
• 140 fewer children will be hospitalized/use EDs for injuries;
• 3 fewer children will die;
• 75 fewer expectant mothers will suffer from pregnancy-complications;
• 110 fewer instances of repeat unplanned pregnancies will occur;
• 160 fewer children will develop language delays/need remedial help in school;
• 140 fewer children will suffer child abuse and neglect;
• 170 fewer children will develop behavior/mental health problems.

Perinatal and Child Health: Needed Now
Many things we need can wait. The child cannot. Now is the time his bones are being formed, his mind is being developed. To him we cannot say tomorrow, his name is today.
~ Gabriela Mistral Nobel Laureate

Barker Hypothesis
Birth Weight and Coronary Heart Disease

POLICY IS LAGGING BEHIND RESEARCH
Brain growth versus public expenditures on children ages 0-18
90% of public expenditures occur after age five, after up to 90% of brain development has occurred.