

Let's Not Forget the Children Who Self Manage Their Chronic Illnesses

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Objectives

- Review health of children in US.
- Highlight the literacy of children in US.
- Review number of children in US self manage their chronic illness.
- Highlight some of challenges & solutions to address challenges.
- Demonstrate Health-ettes, one tool, to support the success of children who self manage.
- Questions and answers.



Children Health U.S.

- 74 million children under the age of 18.
- 10% lack any health insurance.
- 5% children had reportedly missed 11 or more days of school in the previous year.
- 16% children & adolescents are overweight.
- 34% at risk for being overweight.

Children Health U.S. con't

- App 14% diagnosed with asthma.
- 9-12% suffer from respiratory allergies.
- Children 3-17 years old – 8% learning disability and 7% attention deficit/hyperactivity disorder.

Your Experiences



Yardsticks--Literacy Skills among Children

- 2/3 of 8th and 12th graders read below the Proficient level. *(National Assessment of Educational Progress (NAEP), 2007)*
 - Minority children even more disturbing.
 - 11% African American >
 - 14% Hispanic >
 - 18 % American Indians >
- Reading at
or above
Proficient
Level

Yardsticks con't

- RAND Education – identifies major challenges states and districts – No Child Left Behind (NCLB) achievement goals.
- “Fewer than half of all students reach proficiency standards for reading on state assessments”.

Literacy and child health - 2009

- 1267 articles reviewed.
- 215 met criteria.
- 1 in 3 adolescent and young adults low health literacy.
- Most child health information written above 10 grade level.

Arch Pediatric Adolescent Medicine, Feb. 2009

Self-management

- Desirable goal 15% to 20% of children and adolescents who have significant ongoing health care needs related to chronic illnesses. (CDC, 2006)
- Most research – older populations – burden and costs of chronic illness and disability are increasingly evident.

Self Management con't

Children and Adolescents

- Economic
- Quality of life Costs of chronic illness
- Disability
- Developmental Delay
- Behavior Problems

Definition of Self Management

- Living with a chronic illness.
- Adherence to treatment regime
- *Intention – to improve well being and strengthen self-determination and participation in health care, while reducing inappropriate health care utilization and health care cost. (CDC,2006)*

Chronic illnesses among children

- Asthma
- Heart Disease
- Obesity
- Sickle Cell Disease
- Hemophilia
- HIV



Chronic Illnesses among Children con't

- Forms of Cancer
- Diabetes
- Cystic Fibrosis
- End Stage Renal Disease
- Cerebral Palsy
- Migraine
- Epilepsy



Challenges

- Asthma - estimated 6.2 million children under 16 years old. (lack of access to available prevention medication)
- Diabetes - Type 1 - 1 in every 400-600 children/adolescents. (need for self management)
- Cystic Fibrosis - prevalent among Caucasians and Ashkenazi Jews – 1 in 25 people. (chronic management)

Challenges con't

- End Stage Renal Disease – 15 per million 0 – 19 years in the U.S. (lack of self care)
- Migraine - 5% of school age children (self monitoring and self management)
- HIV/AIDS - 1.1 million (need to manage a regimen of medication that requires strict (95%) adherence).

Solutions

- Active engagements of both young people and their parents.
- Attention towards the psychosocial needs of the child.
- Developing and delivering low literacy health information.
- Better measures of health literacy in child health.

Solutions con't

- Interdisciplinary Collaboration
- Intervention Research

Health-ettes

- Supports children and adolescents efforts to manage chronic illnesses (asthma, diabetes, and obesity)!
- Reinforces the health messages every day!
- Encourages simple, positive changes in behaviors.



Health-ettes con't

- Tailored children and adolescents.
- Utilize health literacy principles.
- Design engaging.
- Developing and delivering low literacy health information.
- Empower youth to engage in health promotion behaviors!



Partners and Media Coverage



Featured in Atlanta Life Magazine

Received Best Website Award

Health-ettes, Inc -Receive Best Website award-National Health Wellness and Prevention Congress

Michelle Obama's "Let's Move!" Campaign

Featured on Dr. Fitness and the Fat Guy



“Children between the ages of 3 and 18 can seek, comprehend, evaluate, and use health information, especially if materials, are presented in ways that are age appropriate, culturally relevant and socially supported”.

Borzekowski, Dina, “Considering Children and Health Literacy: A Theoretical Approach”, Pediatrics, 2009

Questions ????????

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