

National Community Forum on Adolescent Health Care

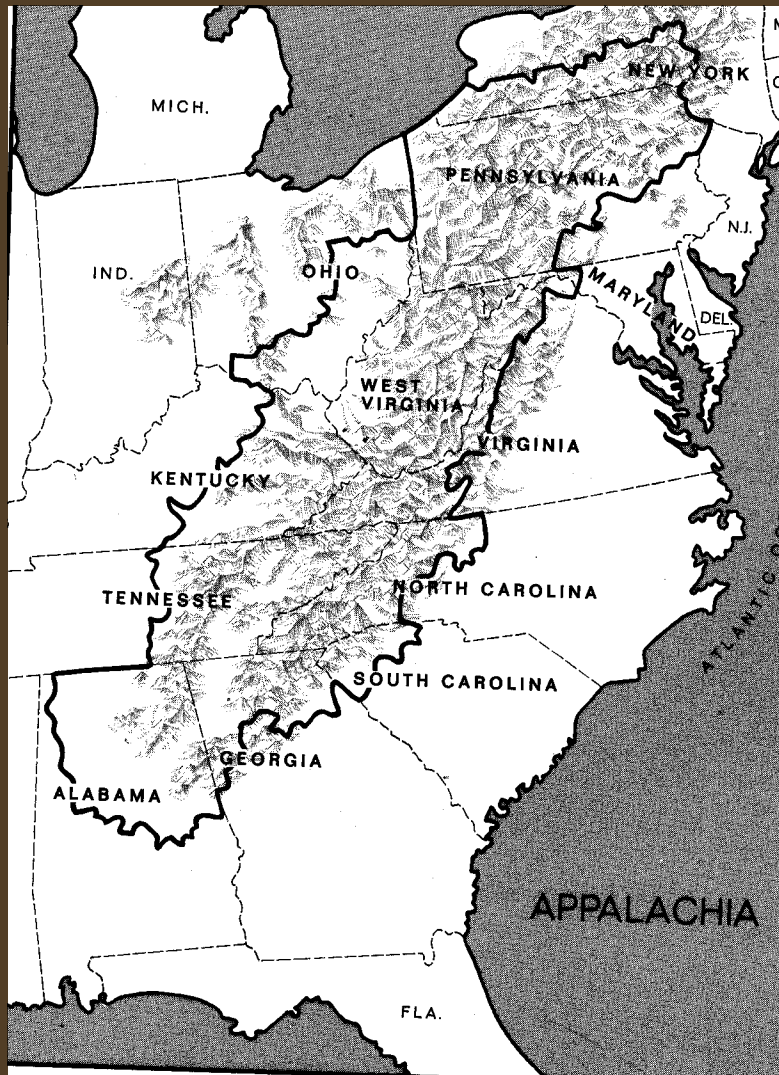
Rural Perspective from
Appalachia

November 6, 2006

Appalachian mountains 1200 miles Quebec to Alabama

Vital role in settlement of
the continent

Combine heritage of :
natural beauty,
distinctive culture,
economic deprivation
environmental
deterioration



1. Rural Teen Health Challenges

Rural / access
Poor / unhealthy lifestyle
Teen pregnancy / younger
Substance Abuse / crystal meth
Guns / violence
Nutrition / obesity
Sedentary life style / obesity
Unintentional injury / ATV
Mental Health / services inadequate

RURAL / URBAN 2X OBESITY

NEJM 05' Mr 17

2/3 of population have BMI over 30

BMI>45 decreases life expectancy over 20
years

COST OF OVERWEIGHT CARE

| | |
|----------------------------|--------------|
| Adult obesity care costs | \$70 billion |
| Diet products billion | 30 |
| Obesity treatment industry | ++++ |

Table II: Weight Control Interventions

Childhood Obesity Prevention Program

(CHOP) via CATCH grant

“Lets Get Moving” Fitness Fair

Various Camps ie. Boot Camps

Running Groups

Hiking/Biking/ Trails

Youth Athletic Leagues

Walk to School programs

Employee, School Fitness, Training Programs

Meal Planning Programs

Table III: School and Family Interventions

“Grab and Go” Lunches

Walking Programs

All-inclusive sports programs

More availability of school equipment/media

Improved physical education

Provide more time for physical activity

Limit for watching television

Remove television from bedroom

Limit computer and video game time

Food/activity diary

Praise, praise, praise

2. Community / Policy / Finance / Training

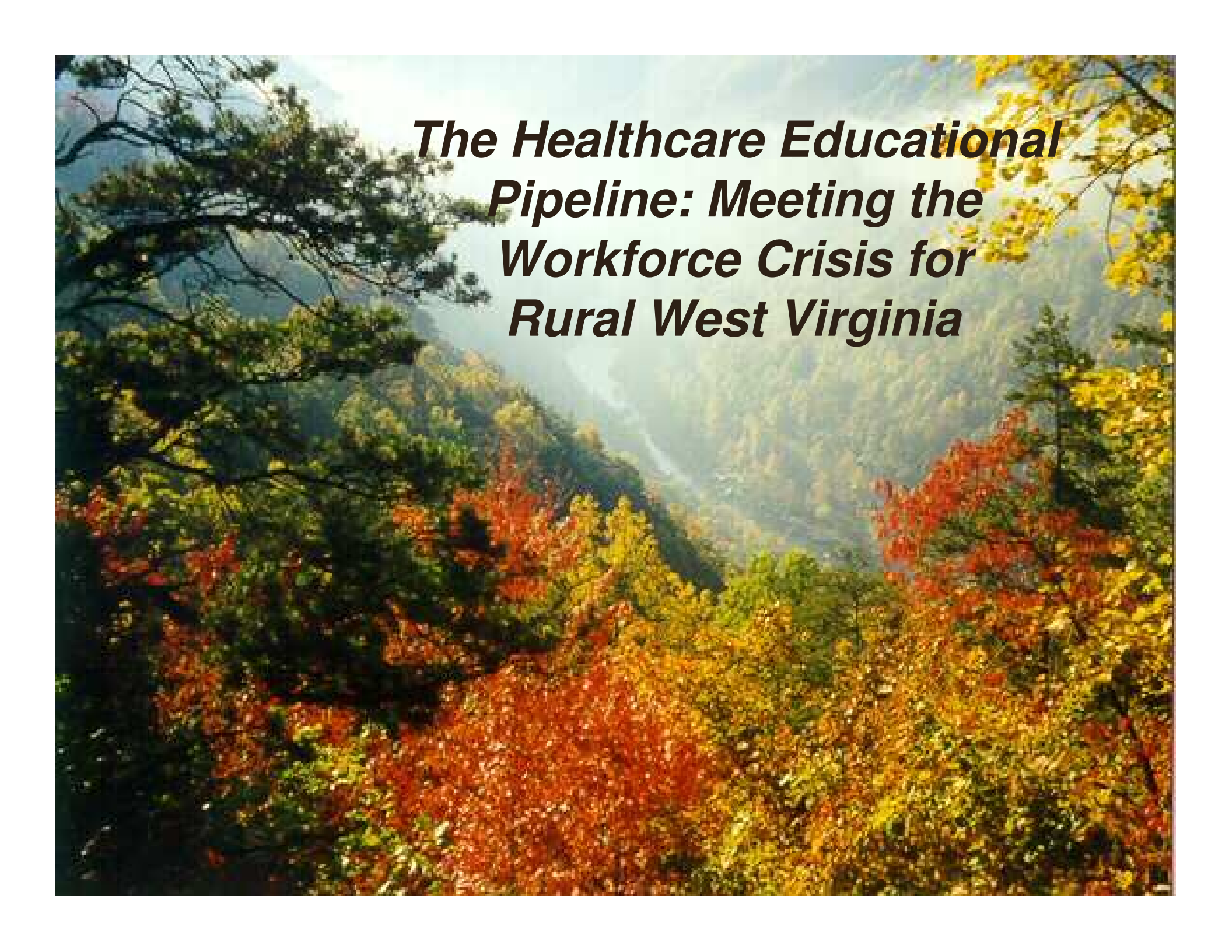
Rural Health Centers

State and Federally funded—many
affiliated with

School-based Health Center

Rural Health Center Services

- Medical patients 13,000/ month
- Dental 4,720 patients/ month
- Community service activities



***The Healthcare Educational
Pipeline: Meeting the
Workforce Crisis for
Rural West Virginia***

2. Community / Policy / Financial / Training

Rural Health Centers

RHEP

AHEC

HSTA

State and
Federal
Funding

School-based Health
Center

West Virginia

EDUCATIONAL PIPELINE



Public School
7-12 Grade

College

Advanced Education

Postgraduate

Community
Practice

Health Sciences and
Technology Academy
(HSTA)

WVRHEP
WVAHEC
Rural Rotations

Rural Precepting and
Visiting Clinicians

Rural Scholars

HCOP

Common Missions are fulfilling West Virginia's social contract with her people

West Virginia's Pipeline Programs are designed to educate, recruit, and retain quality health care professionals for service to rural communities to improve the health of the people.

2. Training Providers

Student rotations in rural services

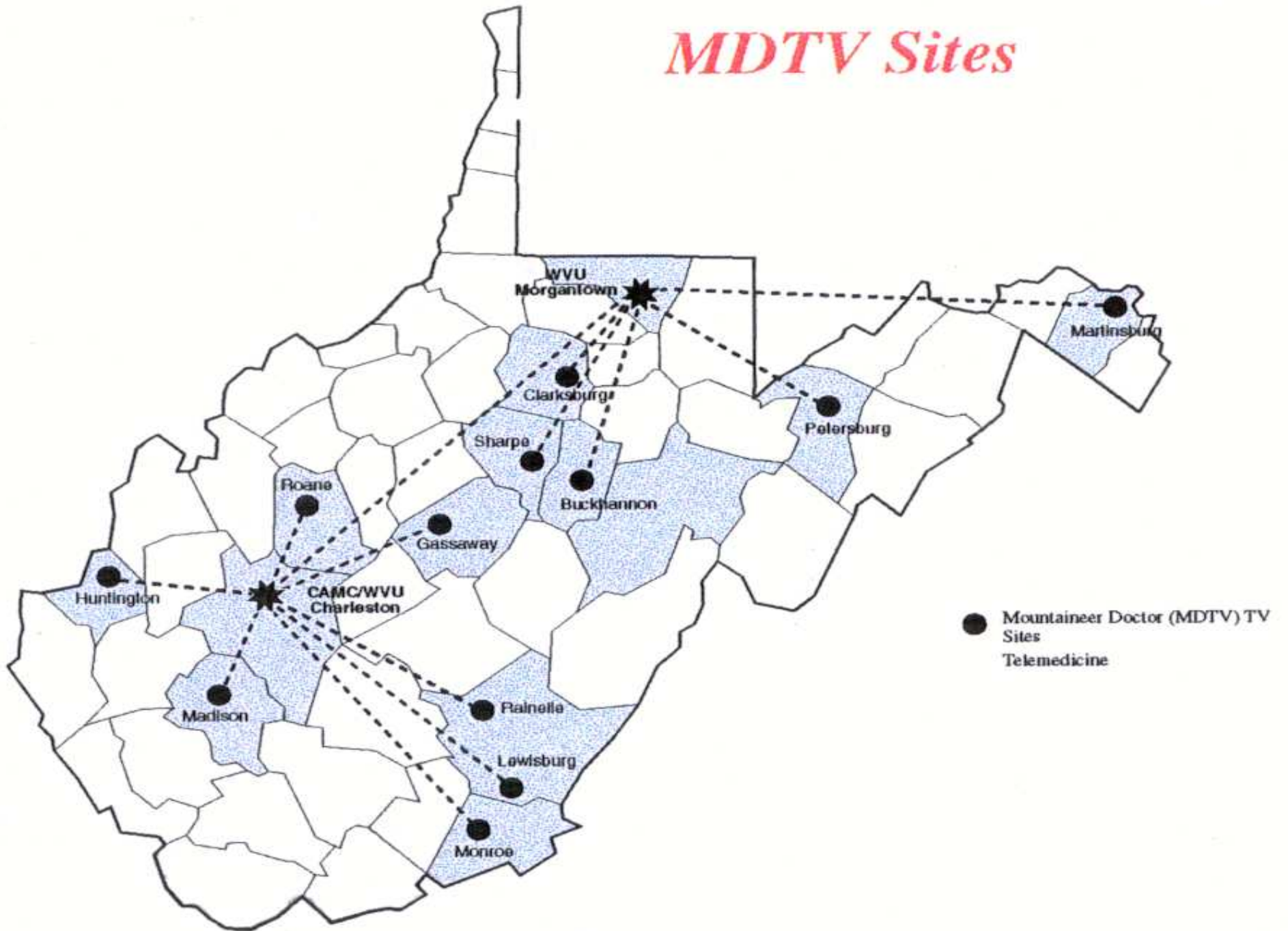
Integration of curriculum

Close contact with Universities

Visiting Clinician Program

MDTV and other technology

MDTV Sites



Technology will overcome rural
problems for patients ;
as well as physicians.

Full potential of MDTV has not been realized

Tele-radiology

Video-conferencing for psychiatry

Lectures Neurology, Adolescent Medicine

Focus on Kids via MDTV

PEP (AAP Project for over-wt adolescents)

Electronic records

3. Parent Consent / Adolescent Rights

**“Center for Adolescent Health
and the Law”**

A. English

K. Kenny

State Minor Consent Laws: Summary

WEST VIRGINIA

Checklist of West Virginia Laws¹

Minor Status

- ✓ Age of Majority
- ✓ Emancipated Minor
- Minor Living Apart
- ✓ Married Minor
- Pregnant Minor
- Minor Parent

Type of Care

- Emergency Care
 - General Medical Care
 - Family Planning & Contraceptive Care
 - ✓ Pregnancy Related Care
 - ✓ Abortion
 - ✓ STD/VD Care
 - Reportable Disease Care
 - ✓ HIV/AIDS Care
 - ✓ Drug/Alcohol Care
 - Outpatient Mental Health Services
-

3. Parent Consent / Adolescent Rights

**HIPPA is a barrier to communication
among the health care team**

4. Public / Private Partnership / Barriers

Lack information i.e. Immunization record

Difficult coding and timeing

Inadequate mental health service

Recognize counseling as a service

Support Quality care i.e. AAP projects,
Bright Futures, NichQ

4. Quality Improvement / Partner

Structure assessments, Collect data

Create measurements improvement

**Expand mental health service: training,
establish criteria for referral**

**Attend special teens i.e. abused,
dysfunctional families, developmental,
Overweight**

Listen to patient, parent, school

Partner with community



WV Pipeline Programs

- **Health Sciences and Technology Academy (HSTA)**
- **Health Careers Opportunity Program (HCOP)**
- **West Virginia Rural Health Education Partnerships (WVRHEP)**
- **West Virginia Area Health Education Centers (WV AHEC)**