



Nemours/Alfred I. duPont Hospital for Children
**Community Health Needs Assessment
Implementation Plan**

Adopted on December 10, 2013

Nemours[®] Alfred I. duPont
Hospital for Children

Wilmington, Delaware

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About Nemours

Nemours is the nation's only integrated children's health system, with two free-standing hospitals, Nemours/Alfred I. duPont Children's Hospital in Wilmington, Del., and Nemours Children's Hospital in Orlando, Fla. Nemours serves children and families from across the U.S. and other countries through 36 primary and specialty care clinics in Delaware, Florida, New Jersey and Pennsylvania.

Nemours is putting its expertise to work in improving pediatric care in the Delaware Valley through coordinated patient- and family-centered care that includes medical services, biomedical research and graduate medical education, dedicated to a high standard of quality and safety outcomes. As a top tier, integrated children's health system, Nemours continues to invest in addressing the needs of the whole child, connecting policy and prevention to the highest levels of specialized care for the most complex pediatric patients.



Our mission at Nemours is to provide leadership, institutions and services to restore and improve the health of children. We do this through care and programs not readily available to children and families, and with one high standard of quality and distinction regardless of the recipient's financial status.

Your child. Our promise. is the foundation of Nemours' commitment to do whatever it takes to help children grow up healthy and reach their full potential. It is also how we carry forward a proud legacy of serving children and their families for more than 70 years. We are grateful for and honor the trust that families place in us, and are committed to our pledge to treat every child as we would our own.

We are a leader in research focused on children's health and education for pediatricians and families, and the leading provider of educational children's health media in English and Spanish. Nemours' award-winning KidsHealth website contains thousands of articles, animations, games and other interactive features to help families better manage their health. KidsHealth.org receives more than 25 million visits monthly and partners with other nonprofits and educators to help families and caregivers understand and more effectively manage children's health issues.

Nemours is focused on serving as a pre-eminent voice for children's health care focused on the whole child and actively engaged in population health and children's health advocacy initiatives. Over a decade ago, Nemours Health and Prevention Services (NHPS) was created to work with partners throughout the state of Delaware to improve the health and well-being of all children in the state. Today, we continue to work with schools, child care centers, primary care practices and state, local and community leaders to create healthier environments for all children. It is our goal that, as a result of these efforts and others, Delaware's children will be in a healthier weight range and will practice healthier behaviors that will carry them into adulthood.

"It has been my firm conviction throughout life that it is the duty of everyone in the world to do what is within his power to alleviate human suffering."

—Alfred I. duPont, Nemours' Founder



Introduction

What began in 1940 as a pediatric orthopedic institute is now a world-renowned full-service children's hospital. Today, families from all over the globe turn to Nemours/Alfred I. duPont Hospital for Children (N/AIDHC) to care for their kids. As the first location of one of the nation's largest pediatric health systems, we're considered one of the safest children's hospitals in the country with some of the best doctors and best

nurses around. *U.S. News & World Report* ranks us among the nation's Best Children's Hospitals in eight specialties, including cardiology and orthopedics. At N/AIDHC you'll find the full spectrum of inpatient and outpatient pediatric care. We are committed to helping children grow up healthy and achieve their full potential. Through integrated, advanced clinical care and leading-edge research, education, and prevention — Nemours treats the whole child, not just the condition. And no matter what the child's needs, families are always at the center of our care.

Nemours today is uniquely positioned to address the needs of medically complex and chronically ill children from preadmission to post-discharge by providing coordination of access to integrated, subspecialty pediatric care with one comprehensive electronic health record, in one location. This aspect of Nemours' care eliminates the need for parents to take their medically complex child to multiple provider locations and laboratories for care, reducing opportunities for gaps in communication that could adversely affect a child's diagnosis and treatment plan.

At Nemours/Alfred I. duPont Hospital for Children you can expect:

- advanced inpatient and outpatient pediatric care in more than 30 specialties
- Delaware's only Pediatric Trauma Center
- intensive and acute pediatric care in a family-centered, kid-friendly environment
- pediatric research that helps advance breakthroughs and cures
- free valet parking and concierge services
- convenient service in your community through our care network, Nemours duPont Pediatrics

Higher Standards in Children's Health Care

Every parent wants the best for their child. At N/AIDHC we work hard to provide excellent care for kids. Keeping our promise to do whatever it takes has earned Nemours a place among the most respected pediatric health care systems in the nation.

Pediatric Patient Care

- Our pediatric specialty programs were named among the nation's best for 2013-2014 by *U.S. News & World Report*. Pediatric specialties include cancer, cardiology & heart surgery, diabetes & endocrinology, gastroenterology, nephrology, neurology & neurosurgery, orthopedics and pulmonology.
- 152 Nemours physicians were ranked among the Best Doctors in America® for 2011-2012 by Best Doctors®, Inc.

- Our family-centered care ranks in the top 20 percent in key patient satisfaction areas.
- The Nemours/Alfred I. duPont Hospital for Children nursing program was granted Magnet status in 2012 by the American Nurses Credentialing Center (ANCC) in recognition for its professional nursing excellence.

Quality & Safety

- N/AIDHC was recognized by The Leapfrog Group for being in the top 11 percent of safest pediatric hospitals in the country.
- N/AIDHC has patient survival rates that are 66 percent better than the national benchmark, one of many excellent quality and safety outcomes that N/AIDHC rigorously measures and compares to other pediatric health care providers across the country.

Health Information & Technology

- Nemours' advanced Electronic Health Record (EHR) technology works seamlessly across multiple locations.
- N/AIDHC and Nemours are among the "Most Wired" hospitals and health systems in the *U.S. Hospitals and Health Networks* magazine, 2013.
- N/AIDHC was awarded the HIMSS Davies Organizational Award of Excellence from the Healthcare Information and Management Systems Society (HIMSS).
- Nemours Center for Children's Health Media is the creator of KidsHealth.org — the #1 most-visited website devoted to children's health.

Associate Satisfaction

- Our Delaware locations were named among America's 150 Top Workplaces by WorkplaceDynamics, LLP, through a national survey of Nemours' Associates.

Patient Satisfaction

At Nemours, we consider families the most important members of every child's care team. We truly care about what our patients and families think and feel and are committed to always being collaborative, respectful and compassionate.

One of the ways we ask for our families' feedback is through satisfaction surveys conducted by Press Ganey, a research firm that surveys patient-families from more than 7,000 health care organizations. Press Ganey helps us measure our performance in relationship to other pediatric health care providers, and this enables us to identify ways that we can improve the patient and family experience.

Every specialty has its own way of measuring success. Many of our specialties rank in the top 20 percent of patient satisfaction, which shows how well we're listening to our patients and families, and how well we're taking care of children.

Some of the key patient satisfaction indicators are:

- Likelihood of recommending Care Provider
- Explanation of problem or condition
- Concern for questions or worries
- Patient and family confidence in Care Provider

The specialties that rank in the top 20 percent of patient satisfaction are:

- allergy
- behavioral health
- cardiology
- dermatology
- developmental pediatrics
- diagnostic referral service
- endocrinology
- gastroenterology
- genetic disorders
- hematology/oncology
- infectious disease
- nephrology
- ophthalmology
- otolaryngology
- physical medicine and rehabilitation
- plastic surgery
- psychology and psychiatry
- pulmonology
- rheumatology
- pediatric surgery
- urology
- weight management

Committed to Family-Centered Care

At Nemours, we're committed to making family-centered care the cornerstone of our health system. That means we acknowledge and address the needs, concerns, beliefs, opinions and feelings of our patients, parents, families and guardians. Parents and families are included in their child's care and the decision-making process every step of the way.

We encourage and support parents and families in actively participating in their child's care and decision-making at whatever level the parent and family chooses. We understand that "one size does not fit all" when it comes to children's health.

We include parents, children and families and ask them for feedback as we strive to be the best health system we can be. We collaborate with parents and children to help us deliver care, design our facilities, educate our staff, and develop and evaluate policies and programs.

Participation & Collaboration

We welcome ideas and advice from patients and families about how to best deliver family-centered care. We include families as part of the child's care team — after all, no one knows the child better than the parents and families who care for them.

- Family Advisory Council (FAC) — At the heart of family-centered care is the belief that when kids, families and health care providers work together, our children get the best care possible. Our FAC is made up of a diverse group of families and Nemours' Associates (employees) who have intimate experience with many of the inpatient and outpatient services available at N/AIDHC. The goal is to gain insights from the families that will advise Nemours on our policies and practices, empower families to share their thoughts, and advocate on behalf of the families to promote the diverse needs of families caring for children with chronic medical conditions.
- Youth Advisory Council (YAC) — We are very fortunate to have a vibrant group of kids ages 10 to 18 who commit their time and talents to making the hospital a better place for our patients and families. Each month, the YAC comes together to have a say in how the hospital is run — to work on projects and share opinions, concerns and ideas for improving our care in all kinds of ways.



We also have a variety of other family-centered programs, including the Family As Faculty Program, Family Ambassador Program, Family Centered Round, and our *Family Voices Newsletter*. Each of these efforts highlights Nemours' commitment to our patients and their families, and to providing the care that they need and want.

Quality and Safety Outcomes

Achieving excellence as a children's health system is a team effort. We work together across specialties, clinics and hospitals to give children care that's among the safest, most caring and compassionate.

We rigorously measure and compare our results to other pediatric health care providers across the country. We're able to look at how we're doing by tracking and analyzing information about our patients' outcomes, which is how our care affects the children we treat. We're proud to say we're doing better than the national average in many of our specialties and processes.

And we're always looking for new ways to improve on how we do things. It's part of our promise to provide outstanding care and to achieve the very best outcomes we can for our patients and families.

NemoursOne: Our Electronic Health Records

The electronic health record (EHR) is a secure, online environment that connects all phases of care for our patients — inpatient, outpatient, at home and at the referring physician's office. Only 1.1 percent of hospitals in the country have achieved the level of advancement and distinction of NemoursOne, our electronic health record system.

Using our EHR, we've been able to:

- Improve communication among our clinicians, our referring physicians and patients and families,
- Reduce prescription error rates throughout our system and
- Track Body Mass Index (BMI) for all patients to chart our obesity initiatives, to name a few.

The traditional medical record was a single folder that held all of the documents relevant to a particular doctor's care of a patient. However, only one person could have access to that chart at one time. With our advanced electronic health record, crucial information about the patient's care can be used by anybody trying to make decisions for the best interest of the patient, anywhere in Nemours.

For Families

MyNemours

- Nemours recognizes the importance of parents and families as decision makers in the care of their own children. MyNemours gives parents and caregivers online access 24/7 to the most current information that Nemours has about the child in a fully secure setting.

For Health Care Professionals

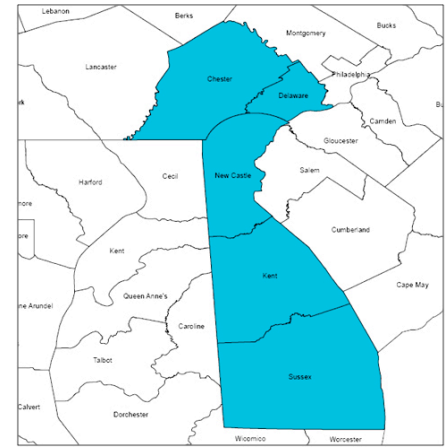
NemoursLink

- Primary care or referring physicians can use NemoursLink to securely access information about the care provided by our Nemours medical team. NemoursLink makes it easy for primary care and referring physicians to monitor the patient's progress anytime, day or night.

During 2012-2013, Nemours embarked on a journey to identify the child and adolescent health needs of the community. Nemours engaged Professional Research Consultants, Inc. to conduct a Child & Adolescent Health Needs Assessment (CHNA) with the goal of gathering data to assist in determining the health status, behaviors and needs of children and

adolescents in the immediate service area which includes households with children in New Castle, Kent and Sussex counties in Delaware, as well as Chester and Delaware counties in Pennsylvania. For this report, these counties represent the total service area (TSA) for N/AIDHC.

The assessment was comprised of both qualitative and quantitative data including a customized local child and adolescent health survey, focus groups, public health data, vital statistical data and other benchmark data on the health of children in the Delaware Valley. The following areas of opportunity represent the significant health needs of children and adolescents in the community, based on the information gathered through this study:



AREAS OF OPPORTUNITY IN DELAWARE VALLEY

- Access to Health Services
- Alcohol, Tobacco & Other Drugs
- Health Education
- Mental & Emotional Health
- Nutrition, Physical Activity & Weight
- Prenatal & Infant Health
- Sexual Activity

After reviewing the information gathered through this Community Health Needs Assessment, Nemours evaluated and prioritized the top health needs of children in the Delaware Valley area. The community data was evaluated for each of the seven significant health issues identified (see Areas of Opportunity above) using the following criteria:

magnitude — the number of children affected, as well as differences from state/national data or Healthy People 2020 objectives

seriousness — the degree to which a health issue leads to death, disability or loss of quality of life

impact — the degree to which the health issue affects/exacerbates other health issues

feasibility — the ability to reasonably impact the issue, given available resources

consequences of inaction — the risk of exacerbating the problem by not addressing at the earliest opportunity

This process yielded the following top priorities for Nemours/Alfred I. duPont Hospital for Children to address in improving the health of the community's children:

- Nutrition, Physical Activity & Weight
- Access to Health Services
- Mental & Emotional Health

Our immediate focus will be on the top priorities identified through our process; however, Nemours believes that we have a responsibility to our communities to address all seven health concerns identified in the study. Through direct services, or in partnership with other health care or community leaders in the area, we are committed to addressing the health and wellness needs identified for children in the Delaware Valley.

Nutrition, Physical Activity & Weight

Overview

Obesity and nutrition was identified by families surveyed in our TSA, as well as by focus group participants, as the number one perceived health issue for children and teens. More than 50 percent of those surveyed believe community resources are insufficient and/or not available for obesity and nutrition. While the prevalence of overweight and obese children in the TSA is less than the national average, it is significantly higher in Sussex County at 38.2 percent. The prevalence of overweight and obesity is notably higher among boys (29.1 percent) ages five through twelve (30.6 percent) and ethnic minorities (Hispanic: 42.7 percent and African-American: 38.2 percent). The assessment also shows that consumption of fruits and vegetables and daily physical activity for the TSA is less than the national average.



This data is similar to the findings from the 2011 Delaware Survey of Children’s Health (DSCH), sponsored by Nemours. DSCH is a surveillance instrument administered by telephone to more than 3,000 Delaware households with children ages birth through age 17. Administered in 2006, 2008 and 2011, the DSCH provides data on various health trends including weight status, consumption of healthy foods, activity levels, use of screen media and parental understanding of a child’s weight. Though the DSCH sample size is much larger than the sample size of the CHNA, findings from the DSCH suggest that 40 percent of Delaware children, ages 2-17, were overweight or obese in 2011, a figure that is unchanged in terms of statistical significance since the first sampling of the population in 2006. Additional findings from the DSCH can be found at www.nemours.org/dsch.

Given that Sussex and Kent counties noted the highest percentage of overweight or obese children (38.2 percent and 28.6 percent respectively) and the highest percentage of obese children (21.6 percent and 15.4 percent respectively) among the five counties surveyed, Nemours is currently focusing its efforts within the state of Delaware with regards to obesity. Through NHPS and other divisions of Nemours, programs aimed at healthy behaviors and healthy weight among children are being piloted in Delaware for future spread and scale outside of the state.

Objectives:

1. Increase the percentage of Delaware children in a healthy weight range.
2. Increase the percentage of Delaware children reporting targeted health behaviors including healthy eating, active living and positive relationships.
3. Increase education and awareness around targeted health behaviors that positively impact a child’s healthy weight.

Implementation Strategies:

- A. Build **Wide Dissemination and Targeted Saturation of Community Health Promotion and Disease Prevention Programs** that target childhood obesity prevention.
- B. **Leverage Community Partnerships** to disseminate messaging around healthy eating and active living.

Evaluation:

1. Monitor self-reported BMI (height and weight) and targeted health behaviors among 5th, 8th and 11th grade public school students in the three-county area in Delaware through the Delaware School Survey (DSS), conducted annually by the University of Delaware, and statewide through the middle and high school Youth Risk Behavior Survey (YRBS), conducted biennially by the University of Delaware.
2. Monitor the number of children reached through Nemours’ community health promotion and disease prevention programs that target childhood obesity prevention.

Wide Dissemination and Targeted Saturation of Community Health Promotion and Disease Prevention Programs

As a leader in child health, Nemours has shown a strong commitment to fighting obesity among children and to promoting healthy eating and active living as methods for keeping children within a healthy weight range. Nemours established the Nemours Health and Prevention Services (NHPS) division in 2004, with a unique focus on helping children grow up healthy in Delaware with an initial effort to combat obesity in children. Through a variety of programs in schools, communities, child care centers and primary care sites, Nemours and NHPS seek to address the community's need by building awareness and providing education in the areas of child nutrition, physical activity and weight where children live, learn and play. A sample of current and planned future programs is included below.

Healthy Beginnings in Early Childhood Education (ECE)

NHPS' *Healthy Beginnings ECE* project aims to improve environments, policies and practices to support healthy behaviors in early childhood education (child care) settings. Our approach includes working with statewide partners to improve child care regulations; conducting training to increase ECE professionals' knowledge of nutrition, physical activity, screen time and infant feeding regulations and best practices; and creating healthier environments that support children's daily access to active play, healthy food and healthy beverages, as well as support for breastfeeding. Key project goals include:

- Improving child care regulations to improve the health and safety of 44,000 children in licensed child care,
- Providing training opportunities to support ECE professionals in implementing the child care regulations,
- Incorporating Nemours' training and resources into institutes of higher education that are providing pre-service and continuing education for ECE professionals,
- Increasing sustainability and access to continuing education through the development of an online learning platform.

As a result, the majority of ECE environments in Delaware will promote and support healthy habits.

Delaware Small Communities: Community Transformation Grant (CTG)

CTG is designed to transform the school environment in six Delaware school districts with the state's highest rates of children living in poverty. Participating school districts include Christina, Colonial, Laurel, Red Clay, Seaford and Woodbridge. Through grant funding from the Centers for Disease Control (CDC), the CTG project works in partnership with targeted school districts and community partners to develop and implement policy, infrastructure and programmatic changes that will result in positive changes in weight, eating behaviors, physical activity and the social emotional wellness of the students in that district.

Key objectives include increasing the number of schools with school-wide physical activity plans, implementing 10-minute classroom "energizers" of physical activity throughout the day for elementary and middle school students, and increasing the number of schools with written nutrition promotion plans in their cafeterias. This effort contributes to a coordinated school health approach that enables schools to promote health using a sustainable model shared by multiple stakeholders. Finally, working with school district and school level leaders, we are attempting to extend the makeup of wellness committees to include medical and behavioral health professionals.

Food of the Month

Food of the Month is a school-based project funded in part by the federal Supplemental Nutrition Assistance Education Program (SNAP-Ed), in partnership with the University of Delaware, that seeks to increase the number of students with positive attitudes toward healthy foods and increase student knowledge of and exposure to healthy options as part of a balanced meal. Allowing students the opportunity to see, taste and learn about the foods served in their lunch lines results in them being more likely to try new foods in general. NHPS works with school leaders in up to 45 Delaware elementary schools to develop a calendar of healthy foods to be promoted monthly, develops materials and information on nutrition, coordinates with the school cafeterias to serve the healthy “food of the month,” assists with conducting taste tests of identified foods and supports promotion of the foods in grocery stores.

Nemours Healthy Vending

The goals for *Nemours Healthy Vending* are to partner with state, county and local government, community organizations, health care facilities, and businesses to influence nutrition policies that support healthy eating; and to provide technical assistance and tools for the implementation of the *Nemours Healthy Vending* (and Nemours Healthy Concessions) Guidelines. NHPS published *Nemours’ Healthy Vending Guide* in 2010 and in that year collaborated with the Delaware State Parks and the Delaware Division of Public Health (DPH) to increase healthy beverages in vending machines, and foods and beverages in concessions and camp stores through the *Munch Better in DE State Parks* project. NHPS partnered with DPH, the Division of Visually Impaired (DVI) and the Business Enterprise Program (BPE) to pilot *Healthy Vending* in the First State at three state agencies, one in each county, for 2010-2012. With lessons learned from that work, NHPS plans to expand our reach to other sites state-wide by creating an easy-to-use tool kit and working with our community partners. This project will also take advantage of our role in health promotion, specifically healthy eating to support health at our hospitals and other Nemours facilities.

DPH/UD Healthy Lifestyles Interventions

DPH awarded a three-year contract to the University of Delaware (UD) and the Sussex County Health Promotion Coalition to implement a community capacity-building program that addresses the rising rates of overweight, obesity and related chronic diseases in Delaware. NHPS is working as a subcontractor to UD to promote healthy eating and active living through existing relationships with community-based organizations, county coalitions and schools in Kent County.



The goals of this project include: 1) reducing the rate of obesity through nutrition and physical activity interventions; 2) reducing the rates of specific chronic diseases (e.g., heart disease, diabetes); and 3) increasing health and wellness programs that target the reduction of health disparities and produce a change in personal health practices. Specific activities included with this effort include recruiting Kent County community members, conducting train-the-trainer sessions for the *Family Habits for Healthy Lifestyles* program and strengthening the parenting involvement in *Coordinated Approach to Child Health (CATCH)*, an evidence-based health, nutrition education and physical activity program currently being taught in the schools across the nation.

School-Based Physical Activity (Make School a Moving Experience)

The goal of this effort is to work with Delaware public schools, K-12, to increase physical activity among students to recommended levels. Increasing physical activity in schools is a key strategy for increasing the percentage of Delaware children classified as having a healthy weight. This project includes tailored strategies for the different school levels – elementary, middle and high. At the elementary level, we have the data and experience to know what strategies can work to increase physical activity. We also know that schools need ongoing support to implement these strategies and ensure that they become embedded. Therefore, we aim to help elementary schools previously engaged with the *Make School a Moving Experience* (2009-2012 PEP grant) to maintain their progress in implementing at least 150 minutes of physical activity per week. This will involve both policy and programmatic efforts. At the middle and high school levels, NHPS will leverage successful practices in healthy eating and physical activity, based on lessons learned from other projects and activities. Once we know which strategies will be most effective for students in this age group, we will continue to spread the policies and practices in public schools throughout the state.

Leverage Community Partnerships to Disseminate Messaging

For decades, Nemours has viewed itself as a community convener, helping to organize and align various organizations and partners throughout Delaware for the common goal of children’s health. Working with community partners at the state, county and local levels Nemours has played an influential role in the development of community infrastructures across the state that are capable of disseminating messages, supporting healthy activities, and empowering children and families to practice healthy behaviors. Below please find specific examples of such community partners.

Active Delaware

Throughout the state of Delaware, a variety of public, private and nonprofit entities are working to promote active living. Collaboration and better coordination among these entities would result in a more effective use of resources and reach greater numbers of residents with the message to be physically active. To this end, Nemours’ *Active Delaware* project seeks to improve the coordination of active living initiatives throughout the state by creating and maintaining an inventory of programs; tailoring education and outreach to target high-need populations; and developing evaluation strategies for measuring recreation amenity usage and physical activity. To assist in this effort, Nemours is working with community coalitions and other partners across Delaware to participate in marketing, education and evaluation; developing and implementing a marketing campaign; and designing and implementing evaluation and surveillance tools. Through this work, our goal is to increase physical activity for children in Delaware, as well as among their families.

Eat, Play, Live

Nemours’ department of Weight Management at N/AIDHC, along with NHPS, is partnering with YMCA, Highpoint and Christiana Care to conduct *Eat, Play, Live*, a community-based exercise and nutrition program at the YMCA for children with obesity and their families. In addition to addressing the community need for services in nutrition, physical activity and weight management, the program seeks to help families acquire the skills to manage weight, increase their child’s self-esteem, and provide an ongoing community resource to treating physicians. This collaboration is currently in the pilot feasibility phase, with the short-term goal being the program found feasible and acceptable as evaluated by family focus groups. The intermediate goal is to show improvement in the metabolic markers of obesity-related comorbidities, with the longer term goal of Body Mass Index (BMI) reduction overall.

Nemours’ Partnerships

Since 2006, NHPS has invested in the development of a community infrastructure in each of Delaware’s counties, including the city of Wilmington, to promote health and wellness for the children of the state.

The collective goal for the coalitions is to build a permanent network of partners and organizations to: 1) affect changes in policies and practices to promote child health, leading to a population-level impact on outcomes 2) extend Nemours' reach in the community 3) invest in resources that will be self-sustaining within five years of development 4) promote organizational change to maximize community impact and 5) provide a platform for integration and expansion of Nemours' clinical priorities. NHPS' current and ongoing coalition work includes:

- Healthy Kids Delaware – A network of organizations and individuals in New Castle County that was formed to bring together people with a shared interest in children's health and advocacy for children's health issues. Key focus areas include food access and the creation of school gardens.
- South Wilmington Planning Network – A coalition of organizations promoting healthy eating, active living and healthy lifestyles in South Wilmington, a primarily low income, African-American community of about 2,000 residents. The South Wilmington Planning Network also serves as part of the Asthma Leadership group under the current CMMI grant.
- West Side Grows – Nemours is currently leveraging the partnership with *West Side Grows Together*, a grassroots coalition of more than 1,000 community residents and representatives from 21 organizations and businesses that have developed a plan to revitalize the West Side of Wilmington. Their intent is to improve the quality of life, health and well-being of the more than 11,000 children and families who live there and the businesses that operate there.
- Kent Kids – A group launched in 2012 with an infrastructure that is designed to promote and sustain healthy behaviors and environments for children throughout Kent County. Kent Kids also serves as part of the Asthma Leadership group under the current CMMI grant.
- Sussex County Health Promotion Coalition (SCHPC) – With more than 150 partnering organizations as members, SCHPC is the most mature of the coalitions and enables NHPS to leverage resources to maximize the impact of organizations working in child health promotion in and across Sussex County. SCHPC also serves as part of the Asthma Leadership group under the current CMMI grant.

Access to Health Services

Overview

According to our needs assessment, our TSA experienced higher than the national average levels of children who went without insurance coverage at some point in the past year at 7.3 percent, and significantly higher among low-income and African-American populations at 15.5 percent and 14.1 percent respectively. In addition to insurance instability experienced in our TSA, families also experienced difficulties in obtaining medical care in the past year. The three greatest barriers to access to health care reported in the study were inconvenient office hours, getting a doctor's appointment and the cost of prescriptions, all statistically similar to the U.S. survey. Among the 32.6 percent of children who needed to see a specialist in the past year, 24.9 percent had a major or moderate problem obtaining specialty care for the child in the past year. In addition, 19.6 percent reported that it took 20 or more days to get an appointment.



Objectives:

1. To provide coordinated, comprehensive and culturally appropriate care to children and families of the Delaware Valley.
2. To increase access to primary, specialty and subspecialty health care for children in the Delaware Valley.

Implementation Strategies:

- A. Implement **New Models of Care and New Technology** to support coordination of care
- B. Create **Programs and Initiatives** to increase access to primary and specialty care
- B. Conduct **Screenings and Community Events** to bring children's health specialists into the community
- B. Provide **Resources and Space for Community Partners** dedicated to children's health

Evaluation:

1. Monitor access to and usage of Nemours satellite operations and specialty programs.

New Models of Care and New Technology

In response to the evolving health care landscape, Nemours recognizes the need for improving health care quality, as well as increasing access and equality for all children in the Delaware Valley area. One method of improving access is through application of innovative models or technologies that better coordinate care and information sharing for all patients. Within the TSA, Nemours is involved in a number of efforts to address these issues and expand access throughout the area, including:

Supporting Family-Centered Medical Home (FCMH)

Recent family-centered medical home success stories show reduced emergency department use, decreased hospital admission rates and improved quality outcomes in their patients. FCMH provides patients with enhanced access to care, the ability to develop and sustain quality relationships with their provider and health care team as well as building relationships with specialists to expand care in the community. It also allows Nemours' practices to become proactive in the care of their patient population, and the ability to shift the care from emergency care to prevention and health promotion. In 2013, Nemours began working towards securing accreditation from

the National Committee for Quality Assurance (NCQA) as an FCMH. The NCQA Recognition program is an innovative program for improving primary care. It uses a set of standards and gives practices information regarding organizing care around patients, working in teams and coordinating and tracking care over time. Receiving NCQA recognition allows providers to potentially receive a higher level of reimbursement from states and insurers that have implemented medical homes, and ultimately improves access to care for children and their families throughout the state. Our goal is to achieve NCQA recognition by the end of 2014 for three pilot clinics, and for these clinics to serve as models for additional Nemours' clinics moving forward.

Student Health Collaboration

School nurses provide essential nursing care to children, many of whom have complex medical conditions that require careful management and care coordination. Delaware is somewhat unique in mandating a full-time registered nurse in every school. As such, Delaware school nurses are positioned to be functionally involved in children's health care on a day-to-day basis, making them a key player in the child's health care team. Recognizing this, a multidisciplinary team from Nemours, the Delaware Department of Education and Delaware School Nurses Association was formed to develop a means to facilitate the exchange of critical medical/educational information between school nurses and Nemours' clinicians. Using NemoursLink® (a secured web-based portal), this program improves the communication between school nurses and Nemours' providers by providing the nurses with access to the student's electronic health record with proper parental consent. After close to three years of collaboration, 227 school nurses have NemoursLink® access and over 1,000 Nemours' patients have enrolled in this groundbreaking program this school year. This summer Nemours was fortunate to receive the Friends of School Nursing Award from the Delaware School Nurses Association. Recipients of this award have partnered with the Delaware School Nurses in improving the health and educational success of children and advancing school nursing.

Optimizing Health Outcomes for Delaware's Children

Through the funding of the Center for Medicare and Medicaid Innovation (CMMI) Optimizing Health Outcomes for Delaware's Children Innovation Challenge Cooperative Agreement, Nemours is leading a new phase of health system transformation – to build on broadening its mission from medical care to include health promotion and disease prevention and further deepen the integration of clinical care and population health. Funding to applicants for innovative ideas seeks to achieve the CMS Mission: “As an effective steward of public funds, CMS is committed to strengthening and modernizing the nation's health care system to provide access to high quality care and improved health at lower cost.” The specific aim of this project is to reduce asthma-related emergency department use among pediatric Medicaid patients in Delaware by 50 percent and asthma-related hospitalizations by 50 percent by 2015 with incremental declines in 2013 and 2014. It is Nemours' plan that the model of care currently being used for asthma will be applied to other disease classifications in the future.

Programs and Initiatives

In addition to our innovative models of care, Nemours currently supports a wide variety of programs and initiatives aimed at increasing access to services for all patients and families. Our goal throughout these efforts is to reduce barriers in access to care for all children, including medically complex children, and to provide a seamless and integrated experience for all.

Nemours Financial Assistance Plan and Nemours Uninsured Discount Program

Since opening our doors, Nemours has remained committed to providing our patients and families with the care that they need and want, when they need and want it. This commitment includes those without financial access. In 2012, Nemours provided more than \$13.1 million in charity care services so that children needing care could receive it without financial barriers. Through our commitment to our patients, Nemours will continue to provide this assistance to those in need each year.

Nemours Pediatric Palliative Care

This program provides access to a specialized area of medicine that focuses on providing comfort and improving the quality of life of children with serious or life-threatening illnesses. It addresses the emotional and physical symptoms of patients with severe conditions – from the time of diagnosis of the illness and throughout the course of treatment. The Nemours pediatric palliative care team provides a compassionate, supportive and organized approach to care that’s geared toward helping the child’s whole body, mind and spirit. Caring for a child with a medically complex or chronic illness means caring for the whole family, as parents are involved in each step of the care journey.

Transition of Care Service

Nemours conducts a transition of care program for patients who age out of the Nemours system at age 18, helping the patients and their families prepare for receiving care outside of Nemours. Patients come to the program from all three counties in Delaware, as well as from Chester County in Pennsylvania. Clinical consultation is available Monday, Tuesday, Thursday and Friday mornings from 9 a.m. to noon, during which the transition of care team works with the patient and family to plan for their eventual transition from pediatrics and address medical and nonmedical issues. In 2013, the program worked with over 150 patients, and this number is expected to grow each year.

A member of the Nemours Transitions of Care team also serves in the community to educate others as part of the *Healthy Transitions* series. Coordinated by the UD Center for Disability Studies, in partnership with Delaware Family Voices and Nemours, the group offers an educational three-part series on transition, presented at local high schools in Delaware.

Language and Interpreter Services

One of the most important aspects of delivering family-centered care is making sure families are informed, in a way they can understand, about what’s happening with their child’s health at every step.

To help families be the very best advocates for their kids’ care, Nemours provides a variety of language and interpreter services, including:

- Spanish: Our compassionate, face-to-face Spanish language interpreters are on-site at the hospital Monday through Friday from 7:30 a.m. to 11 p.m. We also can often provide families with printed educational materials translated into Spanish.
- Other Languages: When a referring doctor lets us know that an interpreter will be required for a patient, we will either arrange to have a face-to-face interpreter here for the visit or an interpreter on the telephone who speaks the family’s language.
- Phone Interpreter Service: Nemours’ phone interpreter service is available in almost every language — 24 hours a day, 7 days a week for both inpatients (staying in the hospital) and outpatients (coming in for an appointment or procedure then going home).
- American Sign Language: We also meet the communication needs for deaf children and families, providing an American Sign Language (ASL) interpreter when needed.

Ronald McDonald House of Delaware (RMHD)

Because of the regional nature of pediatric services, children and families come from throughout the region, across the country and around the world to receive services at N/AIDHC. In 2012, we provided families from 41 states and 17 countries with medical care for children with rare and unique conditions. For families to have access to these relatively rare medical resources, they require a place to stay while their child is receiving care. RMHD provides a “home away from home” for families of seriously or chronically ill or injured children receiving treatment at area hospitals by offering nurturing and supportive environments where families can stay together and find comfort. Since their doors opened in June 1991, they have welcomed more than 35,000 families.

Through Nemours’ partnership with RMHD, families have access to a location to rest and regroup, allowing parents

and guardians to stay near their children. Facilities at RMHD include guest rooms, laundry rooms, showers, kitchenettes with free coffee and vending machines, computers with high speed Internet, and other amenities. A statement from the American Academy of Pediatrics emphasizes the positive effects of family presence during a child's hospital stay. Both children and parents experienced decreased levels of stress, children were discharged earlier, and recovery time was reduced.

Nemours' Pain Relief and Wellness Program

One in four children will experience chronic pain during their childhood or adolescence. To address the challenges faced by children and families in accessing resources for the diagnosis and treatment of acute and chronic pain, Nemours has created a comprehensive pain relief and wellness program. The goal of the program is for patients and their families to learn strategies to optimize their ability to participate in all of their life pursuits. The program will combine the best of complementary and conventional therapies to create holistic solutions for these children/teens as well as address the current issue of fragmented and expensive care in the current system. A pilot program started in 2013 using a defined population of patients to refine the care model based on patient experience and feedback. With that experience, Nemours will work with insurance and public payers to discuss creative models of payment in hopes that the program will expand to full implementation in 2014.

Growing to Increase Access

To increase access to care for families in the Main Line suburbs of Delaware, Chester and Montgomery counties, Nemours expanded its services in 2013 with the opening of a new specialty care center. Since 2008, Nemours duPont Pediatrics, Newton Square has provided families of Delaware, Chester and Montgomery counties access to medical experts from N/AIDHC. With the 2013 opening of Nemours duPont Pediatrics, Bryn Mawr across from Bryn Mawr Hospital, we provide expanded specialty care along with imaging, therapy and surgery. Every detail in the facility has been designed to enhance a superior health care delivery experience for patients and families. Many Nemours' specialists have offices in the building to make presurgical consultations and follow-up appointments more convenient. Nemours' physical, occupational and speech therapy and sports medicine rehabilitation services are provided in a specially designed gym. This facility includes more than 3,500 square feet of therapy space featuring a plyometric and agility area, 27-yard indoor running lane and a comprehensive concussion testing and management program.

Office of Health Equity and Inclusion

Nemours is dedicated to fulfilling its promise to care for every child as we would our own. To do so, today more than ever, this requires having a deeper understanding of different cultures so we can partner with diverse patients and families to ensure the best care. In 2012, Nemours established the Office of Health Equity and Inclusion at N/AIDHC. The office focuses on six key areas to deliver our promise of respect and equitable, best care for all children and families; these include:

- Quality – we monitor quality of care and patient satisfaction by race, ethnicity, language, socioeconomic status, sexual orientation and gender identity, and all ways in which we may be different, in order to identify and implement strategies to eliminate health care disparities within the communities we serve.
- Cultural competence – we teach Associates, at every level, to be culturally competent and sensitive to the needs of our diverse patient population, emphasizing that disparities are about outcomes not intentions.



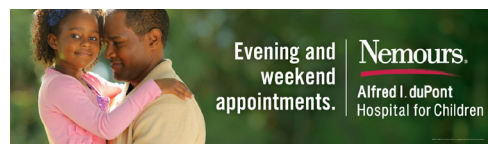
- Community engagement – we engage diverse community groups and businesses through community outreach and participation in community events.
- Workforce diversity – we promote hiring and mentoring of diverse individuals for a workforce that better reflects the patient population we serve.
- Language proficiency and health care literacy – we evaluate and ensure the provision of language and literacy services to support families in navigating the health care system, understanding the care we provide, and taking an active part in decisions for the health of their children.
- National leadership in health care equity research – we engage in grant writing, research and scientific publication to advance health equity at a national level.

Extended Practice Hours in Nemours duPont Pediatric Locations

Recently, in response to patient requests, Nemours began offering extended practice hours on nights and weekends at the N/AIDHC campus in addition to many of its satellite locations that provide specialty and primary care. This included a billboard campaign to alert patients and their families to the new extended opportunities for access.

Alfred I. duPont Hospital for Children Expansion

To expand acute and critical care capacity and support treatment capabilities and growth of emergency and trauma care, N/AIDHC is in the process of expanding its footprint. The new Expansion will add approximately 450,000 square feet to the campus and will be directly accessible to the existing hospital building. Groundbreaking occurred in August 2011, with completion of construction planned for 2014.



- The private, family-centered, technologically advanced patient rooms in the new Expansion will replace most of the existing semi-private medical/surgical and pediatric intensive care rooms and ventilator beds now in the 27-year-old wing of the hospital.
- The new Emergency Department will provide additional treatment capacity to accommodate continued growth, improve workflow and support the Hospital's planned elevation of State Trauma designation from Level II to Level I.
- The addition of a centralized, rooftop helipad will promote continuity of care by providing easy access to the hospital's operating rooms, inpatient beds and Emergency Department, all with minimal exposure to outdoor elements.
- Additional family-centered services, spaces and amenities will provide children and their families with supportive services to make their experience more comfortable, accessible and therapeutic.
- A reconfigured atrium entrance will facilitate access to all services and help to create a "Main Street" that will better enable navigation and ease wayfinding in the hospital.
- The addition of underground parking will provide weather coverage and accommodate the growth in visitation to the campus.

Screenings and Community Events

In addition to increasing access to our primary and specialty care services, Nemours is committed to expanding our presence in the communities we serve and providing resources in broader settings to help families access the care they need. We do this by providing screenings and physicals, as well as through participation and providing health education resources at community events.

Special Olympics

In October 2013, Nemours' clinical Associates from orthopedics, oncology and Day Medicine/Professional Development volunteered a day to perform physicals for Special Olympians in Delaware. The Special Olympics preparticipation physicals provided assistance to groups of athletes that could not participate otherwise. This event sponsored at the Delaware National Guard base enabled more than 50 Delaware Special Olympians to participate in this year's program. Nemours looks forward to continuing this participation in years to come.

Annual “Hear We Go” 5K and Family Fun Day

The Nemours Annual “Hear We Go” 5K and Family Fun Day is held on the grounds of the Nemours Mansion and Gardens the first Saturday in May, which is also Better Speech and Hearing Month. Our mission is to improve the quality of life for children and families who are affected by hearing loss. Support from this event benefits programs and services at N/AIDHC related to hearing loss and hearing conservation for children in our community. This event has raised nearly \$90,000 since its inception in 2009. In past years, purchases of equipment for therapeutic intervention for children diagnosed with auditory processing disorders, a visual reinforcement audiometry to be used in the Center for Pediatric Auditory and Speech Sciences, and support of the 2nd Annual Audiology Conference were some of the ways that we used proceeds from the “Hear We Go” 5K.

Primary Eye Care and Screenings

While Nemours is not currently performing primary eye care, N/AIDHC is in the process of hiring an optometrist and plans to begin participating in community eye screenings at that time.

Delaware Blood Bank’s Blood Drive

Nemours has held summer blood drives since 2010. The summer blood drives are held once or twice every summer between the months of June and August, when blood supply is lower than usual. There are 100 appointments available each day, with slots typically filled or 90 percent full, resulting in an average of 70-75 blood donations per day. Each donation can benefit up to three people since one unit of blood can be separated into three (red blood cells, plasma and platelets). To date, Nemours has been able to help more than 1,200 patients in need of blood through our on-site blood drives. Nemours will continue to host the summer blood drives annually, with the potential for additional drives throughout the year as feasible. We also invite The Blood Bank of Delmarva to speak at new hire orientations and encourage new Associates to become members.

Resources and Space for Community Partners

Working within the community, organizations and groups often require physical space for meetings, events and other activities. Nemours is pleased to open our doors to these community groups and to provide facilities free of charge, whether at N/AIDHC, NHPS or any of our satellite locations.

Child Advocacy Center

Nemours is committed to caring for the physical and emotional needs of victims of child abuse. In 1996, the Children’s Advocacy Center (CAC) of Delaware opened its first center location here in our hospital, providing children in New Castle County with immediate, integrated medical care and support in a child-friendly, secure environment. Today, the CAC, with centers serving all of Delaware’s kids, expedites child abuse investigations and prosecution by coordinating:

- forensic interviews with children and witnesses
- mental health evaluations and referrals
- medical exams
- community outreach
- advocacy and prevention

These critical services help reduce the devastating effects child abuse has on children, families and the community. We’re proud to play a part in this important program.

Paralympic Training Site

Nemours was recently approached by a representative of the U.S. Paralympics organization about the potential to become a designated Paralympic Training Site. Currently there are no Paralympics training facilities in the state of Delaware. Based on a recommendation from a multidisciplinary group including therapy services, orthopedics, social work and Child life, Nemours is developing a plan to achieve training site designation. Requirements to become a designated club site include providing a minimum of 40 days of training events, with participants of all ages, with at least one Paralympics competition sport included. For Nemours, bocce ball, swimming, karate and weightlifting have been identified as being of highest potential. This would expand Nemours' current program offerings in karate and swimming, and would allow Nemours to work with partners throughout the community to meet this need for the state.

Community Meeting Space

N/AIDHC, NHPS and satellite Nemours' locations continue to provide free space for meetings of their membership or for community-facing events for the following organizations or associations:

- Candlelighters of DE
- Down Syndrome Support Group
- Asperger's Support Group
- Brain Injury Support Group
- Bereavement Quilting Support Group
- Jr. League of Wilmington
- Transplant Family Fun Day
- Delaware Dreams Picnic
- Oncology Scrapbooking
- Leukemia & Lymphoma Society Art Workshop
- Cochlear Implant Holiday Party
- Sib Shops
- PA-AAP Resident Career Day
- Oncology Prom
- Sonography of the Infant Hip
- Trauma Conference
- SWAT Star Program
- IBD Awareness Day
- British Ortho Society Lunch
- CP Conference
- Urology Visiting Professor
- Ortho Family Fun Day
- Pediatric Board Review (every 3 days)
- Transplant Holiday Party
- DE State Police Party
- DE Assn of Neonatal Nurses
- ECMO Skills Conferences
- Crisis Prevention Related to Autism
- Pediatric Perianesthesia Nursing Update
- Vestibular Training Course
- NICU Conference
- AAPC (American Academy of Professional Coders)
- Kinfolk Meetings
- Morquio Conference
- Research Symposium
- School & Office Nurse Update
- SEE Program (epilepsy)
- Robert Warren Memorial Seminar
- Stress Pain Skills Group
- Social Skills/Autism Group
- Parent/Child Conduct Clinic
- DE Youth Concussion Summit
- Kaleidoscope Conference
- Physical Therapy Conference
- Student Nursing Groups from several schools in our area.
- CP Advisory Council
- Ortho SWANK Family Seminar
- APHON Chapter Meeting
- Pain Management Group
- Bariatric Information Night
- Oncology Sibling Bereavement Group
- Family Advisory Council
- Chronically Cool Families Support Group
- Cohn's & Colitis Foundation Meeting
- Cardiac Family Advisory

Mental & Emotional Health

Overview

The majority of our TSA ranked mental health Excellent/Very Good for children age five through 17, with only 5.6 percent of parents believing that their child's mental health is Fair or Poor. This is much lower (more favorable) than the national average of 10.28 percent. Parents report that 10.4 percent of teens, 10.6 percent of mid/high income and 10.2 percent of low income have needed mental health services in the past year, compared to 9.2 percent in the overall TSA. However, this is still lower than the national average of 13.1 percent.

Parent awareness of mental health services in the TSA is lower than the national average of 68.8 percent; however Kent County is significantly above the national average at 70.6 percent. Also, within the TSA parents report significantly less awareness than the national average of local parenting education programs, at 40.3 percent, and lowest in New Castle County at 38.5 percent. Further, 13.3 percent of those surveyed reported using a local parenting education program which is lower than the national survey of 18.5 percent.

Strong relationships between parents and children can have a significant impact on a child's overall mental health status. Based on the 2012 Delaware School Survey (DSS), conducted by the University of Delaware, only 96 percent of fifth grade students report that they get along well with their parents. A copy of the 2012 DSS results is available at <http://www.udel.edu/cdas/Files/2012StateReport.pdf>



Objectives:

1. Positively impact the mental health status of children in Nemours' total service area.

Implementation Strategies:

- A. Conduct **Parenting Seminars and Deliver Effective Resources** aimed at promoting positive relationships between parents and children.
- B. **Conduct Relevant Health Screenings** for children throughout the state.

Evaluation:

1. Monitor mental and emotional health indicators, including self-reported strength of family relationships among 5th, 8th and 11th grade public school students in the three-county area in Delaware through the Delaware School Survey (DSS), conducted annually by the University of Delaware, and statewide through the middle and high school Youth Risk Behavior Survey (YRBS), conducted biennially by the University of Delaware.

Parenting Seminars and Deliver Effective Resources

To engage parents across the community, Nemours provides a variety of seminars, trainings and resources to assist in the development of stronger relationships between parents and children. The goal of these parent engagement strategies is not only to improve the strength of the parent-child relationship but to increase the opportunities for communication between children and their families on a variety of health-related issues, including mental and emotional health.

Growing Together Seminars

Free *Growing Together* parenting seminars are offered at various locations throughout the Delaware Valley. The purpose of the seminars is to meet the parents where they are and to address their concerns on various parenting topics related to their child's mental and emotional health.

Partners help to host and promote the seminars among their families and in the community. Recent seminars include:

- *Growing Together: Rainy Day Play* hosted at the Delaware Children's Museum
- *Growing Together: Parenting the Plugged-In Child* hosted at the Delaware Children's Museum
- *Growing Together: Raising a Friendly Kid* hosted at the Delaware Children's Museum
- *Growing Together: Raising a Confident Kid* hosted at St. Aloysius Academy in Bryn Mawr, Pa.
- *Growing Together: Parenting the Plugged-In Child* hosted at Ursuline Academy in Wilmington, Del.

Nemours' Parent Training Courses

As part of the Community Transformation Grant (CTG), Nemours is working through local schools to facilitate parent training courses on positive behavior modification techniques. The training consists of one eight-hour day (didactic) and one half-day training (teach-back). Once the participants successfully complete the training they are required to offer two parent trainings during the 2013-14 school year, with the audience being fellow parents.

KidsHealth.org

Nemours Center for Children's Health Media maintains KidsHealth.org, the most visited children's health website receiving more than 300 million visits annually. KidsHealth.org offers more than 10,000 articles, animations, movies, fact sheets, recipes and more (in English and Spanish) around a wide range of medical, emotional, behavioral, safety and developmental topics. The site has separate areas with age-appropriate content created specifically for parents, kids and teens. Parents can access the site for free and find information on a variety of health issues, which they can then discuss with their children.

Conduct Relevant Health Screenings

Along with providing resources to ensure that children have strong relationships with parents and caregivers, Nemours works within schools, primary care practices and other settings to conduct screenings for health issues which may impact the mental and emotional health of a child.

Nemours BrightStart!

Research is clear that the earlier children at risk of reading failure are identified and given appropriate assistance, the better their long-term outcomes. By starting developmentally appropriate reading readiness programs at an early age, Nemours BrightStart! can help when preventive action has the best chance of success. Nemours BrightStart! develops unique programs and tools targeting young children at risk for reading failure, to identify and teach them effectively at an early age. The Nemours BrightStart! early literacy program uses a three-step process: screen; provide developmentally appropriate, targeted instruction; and rescreen. Reading failure is a major child health issue that can be seen in conjunction with mental health and emotional issues. Children with developmental issues often also have difficulty with reading. The program goes beyond the classroom to assist parents, teachers, health care providers, community leaders and policy makers in understanding key concepts and actions that will promote reading success for all. To date, the short-term results of the Nemours BrightStart!

curriculum have shown an average 140 percent gain in Reading Readiness for program participants from fall to spring of the pre-K year. Initial results in longitudinal data show that a majority of children are on track with peers through third grade. There has been limited but promising work in Delaware that supports the efficacy of the Nemours BrightStart! Program as well.

Developmental Screenings

As part of our efforts toward developing a family-centered medical home, Nemours is engaged in an initiative to increase the rate of preventive screenings in order to detect concerns early and link patients to appropriate community-based interventions. Research and a policy statement from the American Academy of Pediatrics (AAP) indicates that using a validated developmental screening tool is essential for early identification of developmental and behavioral problems, and is an essential first step in getting children enrolled in quality early intervention services. To address this issue, Nemours has provided materials, training and technical assistance to the 10 Nemours duPont Pediatrics primary care practices, the Continuity Clinic at N/AIDHC and the Nemours primary care clinic at TJU to support completion of developmental screenings at the 9-, 18- and 30-month well-child visits. Additionally, Nemours is collaborating with the DE AAP and the DE Division of Public Health to share Nemours' training materials and technical assistance model to increase the number of community physicians integrating the use of a validated developmental screening tool within the recommended well-child visits. In the future, Nemours plans to apply a similar model of training and technical assistance to adolescent depression screening in Delaware Nemours duPont Pediatrics primary care practices.

Statewide Behavioral Health Plan

To address the perceived gap in care for children 3-5 years of age with behavioral and/or developmental problems, Nemours is working with the state and community to assess this need and to develop a plan for action. Presently, the proposed plan includes implementation of a developmental behavioral disorder clinic in Northern Delaware as well as the first phase of development for a county behavioral health cohort (of a psychologist and mental health professionals) for Sussex County. Nemours also proposes to add providers with a wide range of training and expertise both at N/AIDHC and at primary care settings throughout the state. Nemours may also partner with community physicians to provide educational opportunities and options.



Adolescent Depression Screenings

Screening adolescents for depression at regular intervals during well visits is recommended by the American Academy of Pediatrics and is supported by the Affordable Care Act. The purpose of providing depression screening in primary care is to have a trusted professional trained to use a sensitive tool in a nonstigmatized setting to detect symptoms of depression early, and provide access to the appropriate treatment. This is of particular concern in the state of Delaware where 11 teens committed suicide and another 116 made attempts on their own lives during the first quarter of the year 2012.

For this reason, NHPS will collaborate with Elise Fallucco, MD, (Nemours Children's Clinic, Jacksonville) to provide empirically supported training to ~40 Nemours duPont Pediatrics providers (MDs, DOs, PNP's, PAs) in administering and scoring a standardized depression screening tool for adolescents and initiating treatment. We will also provide technical assistance to providers on screening, counseling and referring patients for services. Working in conjunction with Nemours duPont Pediatrics, N/AIDHC Behavioral Health, Nemours Children's Clinic, Jacksonville Department of Psychiatry and University of Delaware Health Theater, the aim of this quality improvement initiative is for at least 75 percent of adolescent patients of Nemours duPont Pediatrics to receive screening for depression at well visits once the program is implemented.

SECONDARY HEALTH CONCERNS

Alcohol, Tobacco & Other Drugs

Overview

Similar to national findings, 18.3 percent of high school students (in Delaware only) report smoking a cigarette at least one day during the 30 days preceding the survey, and 40.4 percent of high school students (in Delaware only) report having at least one drink of alcohol. A total of 46 percent of Delaware high school students have ever used marijuana, with 27.6 percent reporting that they have used marijuana one or more times in the past month. These findings are significantly higher than national findings.



Objectives:

1. Decrease the number of high school students using alcohol, tobacco or other drugs.

Implementation Strategies:

- A. **Partner With Community and Health Care Organizations** to provide education, treatment and services related to alcohol, tobacco and other drugs.
- B. Provide **Health Education for Patients and Families** in our community.

Evaluation:

1. Monitor self-reported alcohol, tobacco and drug use among 8th and 11th grade public school students in the three-county area in Delaware through the Delaware School Survey (DSS), conducted annually by the University of Delaware, and statewide through the middle and high school Youth Risk Behavior Survey (YRBS), conducted biennially by the University of Delaware.

Partner With Community and Health Care Organizations

American Lung Association

As part of the Community Transformation Grant (CTG), Nemours is partnering with the American Lung Association (ALA) in addressing tobacco use in the middle and high schools participating in CTG. The ALA is training two students from each middle school and high school to be school ambassadors for tobacco use and tobacco cessation so they can engage youth and families. Additional activities include:

- *Kick Butts* – Tobacco prevention training for elementary, middle and high schools, including on-site trainings for seven middle schools and seven high schools in Year 1. An additional six middle schools and five high schools will be trained in Year 2.
- *“N-O-T” (Not on Tobacco)* – a teen tobacco-cessation training that will be conducted in seven high schools and seven middle schools in Year 1, and in an additional 11 schools in Year 2.

Referrals to Local Mental Health Providers

Within Nemours, social workers assess patients for alcohol and drug use specifically among patients admitted to the trauma service. Research shows that people are more amenable to seeking help for their substance abuse issues when there is a crisis, even if it isn't directly related to the trauma. When there are potential indicators of drug or alcohol use or abuse, Nemours' social workers explore these issues with the patients. Patients who require services are then referred on the patient's behalf to local mental health providers, community partners such as Alcoholics Anonymous, Aquila, Brandywine Counseling, Children and Families First and Child Guidance. Nemours also works with school wellness centers to ensure that children and adolescents have access to the information and resources that they need. Nemours' social workers also provide information and education about these issues, warning signs, risks associated and other resources.

Health Education for Patients and Families

[KidsHealth.org](https://kidshealth.org)

Through the KidsHealth.org site, operated by Nemours Center for Children's Health Media, children and adolescents can access over 10,000 articles, animations, movies, factsheets, recipes and more (in English & Spanish) around a wide range of medical, emotional, behavioral, safety and developmental topics. This includes information about alcohol, tobacco and the use of other drugs.

Health Education

Overview

Similar to national findings of 8.6 percent, 8.8 percent of parents in the TSA identified the Internet as their primary source of health care information for children. However, Sussex County ranked below the national average at 5.4 percent. Though nearly all parents in the TSA reported having access to the Internet (98.2 percent), access is less prevalent among low-income households and among Hispanic households. In addition, TSA parents report significantly less awareness than the national average of local parenting education programs, at 40.3 percent, and lowest in New Castle County at 38.5 percent. Further, 13.3 percent of those surveyed reported using a local parenting education program which is lower than the national survey of 18.5 percent.



Objectives:

1. Increase the amount of available health information and resources for children, families and community health care providers for various health needs.

Implementation Strategies:

- A. Provide **Health Education for Patients and Families** both within our walls and in the community.
- B. Foster the **Education of Future Health Care Leaders**.

Evaluation:

1. Monitor hits on KidsHealth.org and related Nemours' health education sites.

Health Education for Patients and Families

KidsHealth.org

Nemours runs KidsHealth.org through its Center for Children's Health Media. KidsHealth.org is a website with more than 10,000 articles, animations, movies, fact sheets, recipes and more (in English & Spanish) around a wide range of medical, emotional, behavioral, safety and developmental topics. The site has separate areas with age-appropriate content created specifically for parents, kids and teens. All content is reviewed and regularly re-reviewed for accuracy and balance by Nemours' pediatricians and experts in the subject matter. Content topics are determined by Nemours' experts, suggestions and questions submitted by parents, kids, and teens and topics surfaced through diagnostic codes in our electronic health record. The site is free to use, requires no registration and is free of advertising. In 2012 KidsHealth.org received a total of 194,268 visits from Delaware.

KidsHealth in the Classroom

The Nemours Center for Children's Health Media provides *KidsHealth in the Classroom*, a website that provides educators and homeschooling parents and guardians with free, easy-to-use health curriculum materials for prekindergarten through Grade 12. These materials are aligned to National Health Education Standards (NHES) and facilitate teaching, discussion, activities, extensions and testing around a variety of topics including those identified as core community needs. Additionally, *KidsHealth in the Classroom* provides free Special Needs Fact Sheets to help classroom teachers better understand various health conditions that can affect learning, and use teaching strategies to help special needs students do their best in school. The site requires no registration and is free of advertising. In 2012 *KidsHealth in the Classroom* had a total of 6,222 visits from Delaware's teachers.

KidsHealth Video Library

Nemours also maintains the largest library of pediatric education videos. These videos are available at the bedside of Nemours/Alfred I. duPont Hospital for Children patients via the GetWellNetwork and post-discharge via MyNemours and they help families understand health issues that require hospitalization. Often these conditions require lifelong management (e.g., asthma, diabetes); intensive home management (e.g., tracheotomies, g-tubes); or acute episodic care (e.g., cancer, scoliosis). KidsHealth videos address both the physical and emotional needs of families with children with health problems. The KidsHealth team works with Nemours' clinicians and clinicians from the approximately 40 children's hospitals that also use the videos to determine what topics are most needed; and once a topic has been selected, what aspects of care and compliance should be covered for the best outcomes. Without the commitment of Nemours, there would not be such a high-quality, comprehensive video library available to Nemours' patients and other patients outside of Nemours' service areas. It is directly attributable to the nonprofit mission of Nemours that this educational resource is created, maintained and distributed to our communities. In 2012, 4,299 videos were viewed by inpatients at N/AIDHC; as of September 2013, inpatient usage was at 3,800 views YTD.

KidsHealth *im* program

Nemours KidsHealth provides its expertise and content for the *im* program, which is offered through the Michael Phelps Foundation and run at Boys & Girls Clubs and Special Olympics programs throughout the world. Specifically, KidsHealth creates lesson plans and activities for two of the five components of the program – *im Healthy* teaches about nutrition and activity; and *im Successful* teaches about goal setting and overcoming obstacles. The other three components – *im safe*, *im fun*, and *im fast* – are provided by the Michael Phelps Swim School and are all about basic water safety and swimming. Including the pilot programs in 2010, more than 3,000 children have gone through the *im* program. More than 75 percent passed the Water-Safety Review. 88 percent of participants were 12 or younger; 65 percent were African-American or Latino (2-3 times more likely to accidentally drown than Caucasian children). 98 percent of participants said they can better set and achieve goals (*im successful*) and 94 percent said they know more about health and nutrition after going through the *im* program (*im healthy*). In 2012: 185 participants went through the *im* program at the Greater Milford Boys & Girls Club in Delaware. Milford also had 181 participate in 2011.

Healthy Literacy in Adolescents Project

Adolescent health literacy and advocacy is emerging as a key health need across the nation. To address this challenge, NHPS recently launched the Health Literacy in Adolescents project. The effort will focus on adolescents and consist of the development of a health education curriculum on how to navigate the health care system and developing skills to engage in healthy lifestyle behaviors. The main focus of the project is to develop a train-the-trainer model that will result in the curriculum being delivered in a classroom setting.

Through completion of the health literacy modules, adolescents will be better able to navigate the health care system by understanding their personal and family medical history, knowing their health care provider and insurance information, able to schedule their own health care appointments, and better equipped to be an educated health care consumer. New Castle County (NCC) high schools may use this curriculum in their health classes in order to meet the Delaware Health Education Standards with relevant and timely information.

The Nemours/Alfred I. duPont Hospital for Children’s Injury Prevention Program

This program is dedicated to keeping children safe. Every 30 seconds a child dies from an injury and most of these injuries are preventable. Our team helps educate the community on preventive measures to help keep children safe. Unintentional injuries remain the number one cause of death in children ages 0 to 14 years. Our focus areas are child passenger safety, concussion prevention, bicycle safety, fire prevention/safety, poison prevention, home safety, fall prevention and pedestrian safety. The program promotes child passenger safety by conducting free weekly car seat checks, distributing car seats throughout the service area to families demonstrating a need, and promoting child passenger safety to parent organizations and community groups. Our bicycle education efforts include a comprehensive bicycle program for schools that includes didactic and interactive activities, distribution of bicycle helmets throughout the service area to those demonstrating a need, conducting bicycle rodeos, distribution of bicycle safety brochures developed by the Trauma Program, and the development and utilization of a bicycle safety video game. Our program is a partnership with Kohl’s Cares for Kids, a grant program from Kohls that helps financially support our program. We also work closely with Safe Kids New Castle County and serve as the lead agency. Our primary partners are Christiana Care and Bellevue State Park and they are involved in the planning process for Safe Kids Day.

Concussion Awareness

Within the community, there is a growing need for education about concussions. The N/AIDHC Center for Sports Medicine is therefore working to educate parents, teachers, school nurses, coaches, athletic trainers and school administrators about concussions; how to recognize them, signs and symptoms, what to do and return to



play guidelines. To raise awareness and promote education, Nemours has partnered with various schools in the area to show an award-winning 96-minute documentary about concussions entitled “Head Games” followed by a question-and-answer session with a Nemours’ sports medicine physician. Currently, our partners include Middletown High School, Delaware School Nurse Association, Delaware Athletic Trainer Association, University of Delaware Athletic Trainers Association and Unionville High School.

Concussion Screening Program

Recognizing that their student athletes were returning to play before being completely recovered from a concussion, Salesianum High School approached Nemours for concussion resources and education. As a result, Nemours has partnered with Salesianum to introduce a concussion screening program for all student athletes who are involved in contact sports.

The program educates parents about concussions and enrolls athletes in the screening program so that young athletes are protected from returning to play before they are fully recovered. It includes a complete comprehensive screening on all athletes so that, if they sustain a concussion, the baseline results are available and able to be used in building a return-to-play plan.

Reach Out and Read

Reach Out and Read's thousands of doctors and nurses promote early literacy and school readiness to young children and their families in all 50 states. Each year, medical providers at the nearly 5,000 *Reach Out and Read* program sites nationwide distribute 6.5 million books to children and invaluable literacy advice to parents. *Reach Out and Read* currently works with more than 12,000 children in Delaware across 11 different locations, including Christiana Care, Dover Air Force Base and Westside Family Healthcare. Seven Nemours' sites participate in *Reach Out and Read*, providing more than 12,000 books per year to Delaware children from six months to five years old.

The TWIST Campaign

The TWIST Campaign is an effort to provide education and raise awareness around testicular torsion and its consequences. Nemours developed materials and worked with the Delaware Department of Education to disseminate them to all school nurses in public, charter and private schools throughout the state. Educational materials were also provided to athletic directors, coaches and wellness centers in all three counties of Delaware. The materials are available in both English and Spanish, and are targeted to children and their parents. In the coming year, Nemours hopes to partner with community organization Children and Families First to promote additional dissemination of TWIST through their sex education programs in elementary schools across the state.

The Nemours Safety Store

The Nemours Safety Store provides safety education and sells household safety items and equipment. Families can purchase childproofing items, baby car seats, bike helmets, water safety equipment, athletic gear and much more, at a lower cost than traditional retailers. Plus, families also receive personalized attention and product demonstration from the Nemours staff.

The Food of the Month

This program seeks to educate parents on the importance of adding certain groups of food to their diet in order to ensure they are receiving the nutrients they and their children need to grow, work and learn. Nemours' goal is to educate families, promote the use of certain foods and encourage parents to try new things with their family. A monthly newsletter is provided to the school districts for their resource educators to share with parents either via Web or hard copy. The second piece of education distributed through the schools is a parent packet that describes how to eat healthy as a family from choosing the right foods, to buying on a budget, recipe ideas and table topics to spark mealtime conversation. In order to promote healthy foods to families and community members, we have partnered with ShopRite at Christiana Crossing to promote the Food of the Month with a specialized table, recipe tastings, cooking classes for children, grocery tours and ideas with ingredients all marketed together.



We are also working on incentives such as coupons and other ideas. We hope that the marketing and recipes will entice parents to purchase these and feel empowered to make healthy choices for their family.

Online Facebook Chats

Nemours offers a variety of information and educational opportunities for parents to address their need for resources, get questions answered, and address their concerns about various health-related topics. Live online Facebook chats are held throughout the year with physicians and educators who can provide expert advice in a given health topic. Recent chat topics have included discipline, asthma and breastfeeding, with additional topics to be determined through a parent survey on the Nemours Facebook page.

Nemours BrightStart!

Research is clear that the earlier children at risk of reading failure are identified and given appropriate assistance, the better their long-term outcomes. By starting developmentally appropriate reading readiness programs at an early age, Nemours BrightStart! can help when preventive action has the best chance of success. Nemours BrightStart! has developed unique programs and tools targeting young children at risk for reading failure, to identify and teach them effectively at an early age. The Nemours BrightStart! early literacy program uses a three-step process: screen, provide developmentally appropriate, targeted instruction and rescreen. To date, the short-term results of the curriculum have shown an average 140 percent gain in Reading Readiness for program participants from fall to spring of the pre-K year. Initial results in longitudinal data show that a majority of children are on track with peers through 3rd grade. There has been limited but promising work in Delaware that support the efficacy of the Nemours BrightStart! Program as well.

Education of Future Health Care Leaders

Nemours is committed to educating the pediatric health care providers and leaders of tomorrow. As an academic institution, we maintain a commitment to health education that extends to physicians, nurses, researchers and the wealth of other clinicians that care for our patients every day.

Graduate Medical Education (GME)

Nemours hosts physician residents and medical students from a number of local medical education programs annually. Through their rotations within our hospital, they expand their knowledge in a real-world setting and prepare the foundation for caring for children in the future. During the 2012-2013 academic year, Nemours hosted fellows from Christiana Care Health System and Thomas Jefferson University Hospital. In addition, medical residents from the following institutions participated in the Nemours program:

- Christiana Care Health System
- Thomas Jefferson University Hospital
- Baystate
- Cooper
- Mercy Catholic Medical
- Crozer Chester
- Conegmaugh Memorial
- PCOM
- Bryn Mawr
- St. Francis
- Underwood Memorial
- Georgetown
- UMDNJSOM
- St. Luke's
- St. Joseph's
- St. Christopher's
- University of Florida
- Hahnemann University
- Albert Einstein
- York
- Lankenau
- Temple
- Sinai
- East Carolina University

Additionally, Nemours hosts medical students from programs including:

- Arcadia University
- Boston University
- CCOM
- Chicago Medical School
- Del Tech Community College
- Drexel University (Hahnemann)
- Duquesne University
- Kansas City University of Medicine & Biosciences
- Lake Erie College of Osteopathic Medicine
- LaSalle University
- Meharry Medical College
- Mercer University-SOM
- Midwestern University
- New York Medical College
- Northeastern Ohio University College of Medicine
- PCOM
- Penn State College of Medicine
- Temple Hospital
- The Commonwealth Medical School
- TJUH
- Touro University-College of Osteopathic Medicine
- UMDNJ
- University of Connecticut
- University of Delaware
- University of Maryland School of Science
- University of New England
- University of the Sciences in Philadelphia
- West Chester University
- University of Pennsylvania

Emergency Medical Technician (EMT) & Paramedic Education

Multiple Nemours' Associates have provided education opportunities for the various EMTs and paramedics in the state, delivering lectures as well as two national courses: Pediatric Education for Prehospital Providers (PEPP) and Special Children's Outreach and Prehospital Education (SCOPE).

Pediatric Intensive Care Unit (PICU) Education

In the PICU, our nurses serve as resources to adult trauma nurses from Christiana Hospital, a Level-1 trauma center in Delaware. Nurses from Christiana spend two to three days with PICU nurses getting firsthand knowledge about trauma care in the pediatric population. The nurses are given resources to utilize in their management of pediatric patients in their hospital and are shown evidence-based practice that fuels the practice in our PICU. They are taught how to calculate weight-based medications and drips/infusions that are routinely administered. The benefits of N/AIDHC nurses' educational input is ongoing, as new nurses joining Christiana's team seek out the learning experience offered by the N/AIDHC PICU.

Community Translational Research (CTR)

Nemours, along with Christiana Care Health System (CCHS), the University of Delaware (UD) and the Medical University of South Carolina (MUSC), has received \$25 million to support the growth of clinical and translational research over the next five years. The total includes almost \$20 million from the National Institutes of Health (NIH) and \$5 million from the State of Delaware, with an additional \$3.3 million in matching funds provided by the four participating institutions. The NIH funding is provided via the Institutional Development Award (IDeA) program, which builds research capacity in states that historically have had low levels of NIH funding. The grant will allow the collaborators to recruit faculty in priority areas, develop programs for mentoring and faculty education, set up an epidemiology and biostatistics clearinghouse to help people design their studies and electronically track data, and engage community groups and individuals in research to improve treatment and health outcomes.

Young Marines

The Young Marines is a youth education and service program for boys and girls, ages 8 through 18. This program promotes the mental, moral and physical development of its members while encouraging character building, leadership and a healthy, drug-free lifestyle. In November 2013, members of the Nursing Professional Development Team had an opportunity to work with and provide training to the Young Marines of New Castle County, Delaware. A 5-hour training session consisting of adult CPR/AED training and advanced First Aid was offered to 17 Young Marines and three adults. The attendees learned that when given properly and immediately to sudden cardiac arrest victims, CPR can save lives and empowers you to help someone in need. This training enabled the young participants to gain their advanced first aid ribbon and skills that will last a lifetime. Nemours looks forward to continued work with the Young Marines moving forward.

Nemours' Intern Research Projects

Through the Nemours Office of Health Equity and Inclusion, a variety of interns are conducting research projects aimed at increasing education and awareness around the community's top health care needs. This work will help to educate the pipeline of future health care providers in delivering culturally competent care while minimizing disparities in outcomes. Current research projects include, but are not limited to, the following:

- *Lower Regional Pediatric In-Hospital Mortality Albeit Racial/Ethnic Disparities* – Pediatric mortality continues to vary by race/ethnicity in the U.S., and the pediatric mortality rate for racial/ethnic minorities tends to be higher for this population as reflected in the results of the community health needs assessment. However, it is not fully understood what predisposes the population to such variances. This current study seeks to assess the prevalence of pediatric mortality, racial/ethnic disparities in mortality, as well as the predisposing factors for the health disparities.
- *Racial-Ethnic Differences in Childhood Higher Body Mass Index: Insurance Status Explanatory Model* – The study seeks to examine the prevalence of obesity/overweight using higher BMI, to assess racial/ethnic variance in overweight/obese prevalence, and to determine whether or not insurance status explains the variance. Understanding the predisposing factors to obesity/overweight among diverse populations is essential in developing and implementing intervention programs in addressing this epidemic in our nation.

Prenatal & Infant Health

Overview

The infant mortality rate in our TSA of 7.2 per 1,000 live births is higher than the national average of 6.5 per 1,000 live births; Delaware County being the highest with an infant mortality rate of 9.4 per 1,000 live births. In the non-Hispanic African-American population, this increases to 14.1 per 1,000 live births. Between 2005 and 2009, 9 percent of Delaware births were low-weight, which is higher than the national average of 8.2 percent.



Objectives:

1. Positively impact the infant mortality rate in the Delaware Valley area and among the Non-Hispanic African-American population.

Implementation Strategies:

- A. Increase **Education and Awareness** of prenatal and infant health issues among health care providers in the Delaware Valley.

Evaluation:

1. Monitor the infant mortality rate using annual data from the Delaware Department of Health and the Pennsylvania Department of Health.

Education and Awareness

Healthy Beginnings: Early Feeding

Early nutrition is a significant contributor to healthy child development. Through the *Healthy Beginnings: Early Feeding* project, Nemours seeks to educate families about typical baby behavior and appropriate feeding practices from birth to age two. Through a coordinated effort on behalf of various departments within Nemours, the organization is promoting appropriate early feeding through education and training, collaboration with key stakeholders and community organizations, policy and advocacy, as well as through the development of a comprehensive, high-quality workplace lactation support program for Nemours' Associates. In addition, Nemours is working with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to provide training and technical assistance to WIC staff on appropriate feeding and is collaborating with labor and delivery hospitals throughout the state to promote "Baby Friendly" designations.

Safe to Sleep®

The *Safe to Sleep®* campaign, formerly known as the *Back to Sleep* campaign, has helped educate millions of caregivers — parents, grandparents, aunts, uncles, babysitters, child care providers, health care providers and others — about how to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. Since the start of the campaign, SIDS rates in the United States have decreased by almost 50 percent, both overall and within various racial/ethnic groups. However, SIDS remains the leading cause of death for U.S. infants one month to one year of age.

Through outreach activities, collaborations and partnerships, *Safe to Sleep*® has helped to spread safe sleep messages to millions of people in communities throughout the world. Nurses are among the most trusted advisors and role models for families, especially on the subject of infant health and sleep safety. SIDS is the leading cause of death among infants from one month to one year of age, but there are ways to reduce the risk. In 2014, our Nemours' Pediatric Intensive Care Unit (PICU) nurses will be trained on the latest SIDS risk-reduction techniques and how to communicate effectively with parents and other caregivers to make a difference in the lives of patients across Nemours' service area.

March of Dimes of Delaware

Nemours/duPont Hospital for Children has been partnering with the March of Dimes for years within the TSA and has partnered with the March of Dimes of Delaware in various fundraising activities. As per March of Dimes regulations all funds raised within the State of Delaware stay within the state and fund research, educational opportunities and support services for parents, caregivers and families. Funds are also allocated to the education of medical and nursing staff in the latest developments and findings regarding neonatal and perinatal diagnosis, treatments and plans of care for high-risk newborns. The collaborative efforts between the organization, staff and community have been impressive and lead to phenomenal fundraising levels thus providing much-needed support and resources to the most vulnerable population of our state.

The Nemours Partners in Perinatal Management Program

As part of the Nemours Partners in Perinatal Management program, we offer fetal testing and specialist consultations for babies *in utero* (in the mother's womb). We work with expectant parents facing a possible congenital condition or defect and try to get an early fetal diagnosis to guide the next steps. Nemours also connects expectant parents with medical professionals who can provide medical care and treatment after the baby's birth. Nemours' commitment to serving children even before birth illustrates our dedication to children and their families at every stage of life.

Nemours Office of Health Equity and Inclusion

Through the Nemours Office of Health Equity and Inclusion, a variety of interns are conducting research projects aimed at increasing education and awareness around the community's top health care needs, including prenatal and infant health. Current research is underway with the Lower Regional Pediatric In-Hospital Mortality Albeit Racial/Ethnic Disparities study. Pediatric mortality continues to vary by race/ethnicity in the U.S., and the pediatric mortality rate for racial/ethnic minorities tends to be higher for this population as reflected in the results of the community health needs assessment. However, it is not fully understood what predisposes to such variances. This current study seeks to assess the prevalence of pediatric mortality, racial/ethnic disparities in mortality, as well as the predisposing factors for the health disparities.

Sexual Activity

Overview

A total of 10.9 percent of 2007-2009 births in Delaware were to teenage mothers under the age of 20, with Sussex and Kent counties having the highest rates with 15.2 and 12.2 percent respectively. This is higher than the national average of 10.3 percent. Among high school students in Delaware, 43 percent had sexual intercourse in the past three months; 41.3 percent of those did not use a condom during their last sexual intercourse and 16.1 percent did not use any method to prevent pregnancy.



Objectives:

1. Increase education around treatment and services related to teenage pregnancy and sexual activity.

Implementation Strategies:

- A. **Partner With Community and Health Care Organizations** to provide education, treatment and services related to teenage pregnancy and sexual activity.

Evaluation:

1. Monitor self-reported sexual activity indicators among 8th and 11th grade public school students in the three-county area in Delaware through the Delaware School Survey (DSS), conducted annually by the University of Delaware, and statewide through the middle and high school Youth Risk Behavior Survey (YRBS), conducted biennially by the University of Delaware.

Partner With Community and Health Care Organizations

Partnering With Organizations

Within Nemours, members of our social work team provide adolescents with information and education about risks, safe sex practices, birth control and other issues related to sexual activity. In many cases, physicians also provide this information to their patients. In cases where patients require additional services or information, referrals are made on the patient's behalf to the adolescent medicine department, local health care providers such as OB/gynecologists and community agencies such as Planned Parenthood. In cases where patients have experienced previous sexual abuse Nemours also makes referrals to Survivors of Abuse in Recovery (SOAR), an agency that specializes in those issues. Nemours also works with school wellness centers to provide information for the adolescent population.

KidsHealth.org

Through the KidsHealth.org site, operated by Nemours Center for Children's Health Media, children and adolescents can access more than 10,000 articles, animations, movies, fact sheets, recipes and more (in English & Spanish) around a wide range of medical, emotional, behavioral, safety and developmental topics. This site includes a specific section for adolescent health, and includes information on sexual health.

Additional Efforts to Benefit and Support the Health of Our Community

Boards and Leadership

Engrained in our Nemours' culture is a commitment to serve the community by providing our talents and leadership to community organizations. Our administrators, physicians and Associates serve organizations in the community, including but not limited to:



- American Red Cross – Delmarva Peninsula
- Bike Delaware
- Blood Bank of Delmarva
- Breastfeeding Coalition of DE
- CEO Roundtable of Growth
- Child Care Capacity-Building Program
- Children's Advocacy Center
- Crohn and Colitis Board
- DE Center for Horticulture
- DE Communities in School
- DE HEAL Coalition
- DE TAC
- Delaware Children's Museum
- Delaware State Fair
- Delaware Zoological Society
- Delmarva Safety Association
- Equality Delaware
- Family Care Solutions Inc.
- Farm to School
- First State Community Action Agency
- Governor's Parks & Recreation Council
- Head Start
- Kids Count of DE
- Kiwanis Club
- Latin American Community Center
- March of Dimes
- NCC Head Start
- NCCo. Police Athletic League
- Reliance Grante
- Rodel Foundation (RTT - vision 2015)
- Ronald McDonald House
- Seaford Kiwanis Foundation
- Slaughter Neck Community Action
- Sussex Outdoors
- Team Nutrition
- Voices for DE Education
- Welcome Full Gospel, INC
- Widener School of Law
- Woodland United Methodist Church

Community Events and Sponsorships

Recognizing the expertise and important work of community public health organizations, Nemours has committed resources to numerous organizations and events. Additional events and sponsorships include:

- AACPDM Exhibit Manager
- Adopt A Pig
- American Diabetes Association
- American Heart Association
- ARMC Mainland Auxiliary
- ARMC/Trauma
- Arthrogyrosis Multiplex
- B+ Foundation
- Baby Steps
- Biggs Museum
- Bike Delaware
- Blue Dot Services
- Boys & Girls Club
- Brain Injury Association of DE
- Brainstorming Team c/o BIAD
- Caitlin Robb Foundation
- Citizen's Hose Company
- Congenital HeartWalk Headquarters
- Connecting Generations
- DE Academy of Medicine
- DE Athletic Trainers Assoc.
- DE Chamber of Commerce
- Delaware Academy of Medicine
- Delaware Adolescent Program, Inc.
- Delaware Alliance for Nonprofit Advancement
- Delaware Association for the Education of Young Children
- Delaware Association of Women's Health, Obstetric and Neonatal Nurses
- Delaware Dept of Agriculture
- Delaware Nature Conservancy and Delaware Greenways, Inc
- Delaware School Nurses Association
- Delaware State Fair
- Delaware Trauma Symposium
- El Centro Cultural
- ELSO Office
- Epilepsy Foundation of DE
- Families SMA, McKenna's Gala
- FARE Northeast Regional Office
- Food Bank of Delaware
- Garnet Valley Men's Lacrosse
- Henrietta Johnson Medical Center
- Inspira Health Network
- Latin American Community Center
- Leukemia & Lymphoma Society
- Leukemia Research Foundation
- March of Dimes
- Metropolitan Wilmington Urban League
- Mission Kids
- MLH Neonatology
- Nanticoke Health Systems
- New Castle County Department of Community Services
- Nuestras Raices Delaware
- Prenatal Diagnosis Institute
- Schreiber Pediatric Rehab Center
- South Jersey Healthcare
- South Wilmington Planning Network
- Sussex County Walks
- Sussex Outdoors
- The 21st Century Fund for Delaware's Children
- UCP of Philadelphia
- United Cerebral Palsy of DE
- Valley Forge Education Serv.
- VSA Memorial Day Classic
- Western Sussex Boys & Girls Club
- Westside Family Healthcare