

# Table of Contents

Introduction .....2

Nutrition, Physical Activity & Weight.....3

# Introduction

2013,

## Areas of Opportunity

# Nutrition, Physical Activity & Weight

5, 12 (30.6%), 17 (42.7%), 2011 (29.1%), 38.2, 50, 2006, 2008, 2011, 2014, 3,000, 17, 40, 2-17, 2011, 2006. (38.2, 28.6, 21.6, 15.4)

& ( )


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

### In Schools and Child Care Centers

1,393: the number of early childhood education courses taken by Delaware early care and education (ECE) providers through DEP Now!, a professional development and continuing education website hosted by the Delaware Institute for Excellence in Early Education. Three new courses were developed, reaching a potential of 4,227 providers.

1,500: the number of potential children and families reached as a result of the 12 child care centers and 22 family child care providers that participated in **\$1305**. \$1305 is a project to assess ECE providers within the City of Wilmington to identify the need and readiness for developing and/or improving a comprehensive nutrition and physical activity program; provide training and technical assistance to ECE providers within the City of Wilmington, creating and supporting improved nutrition and physical activity environments; and collect and measure data.

34,000: the number of children impacted by the courses that are part of Nemours Health & Prevention Services (NHPS) **Healthy Beginnings in Early Childhood Education** initiative.

### In the Community

Delaware Coalition for Healthy Eating and Active Living (DE HEAL): Nemours served on the board of directors for DE HEAL and continued to provide leadership for the Coalition's Environment and Policy Committee. In 2016, the committee continued its engagement in the update process for the New Castle County Unified Development Code, which includes regulations that guide development in the county. Since the launch of the update process in early 2015, committee members have participated in focus groups, submitted memos with recommendations, and presented to the Planning Board. The committee has educated on and advanced concepts that support healthy and complete communities, such as pedestrian, bicycle and transit improvements and interconnectivity between neighborhoods and compatible retail, service and institutional uses.

1,100: community residents who participated in community dinners and family fun nights through the coalition work of NHPS. The community dinners provided a healthy meal, health-related information from exhibitors, healthy food demonstrations, and promoted healthy eating and a sense of community spirit among local residents.

More than 1,500: children and families that received fresh produce from the 27 community gardens in Kent County. Foods harvested from the gardens are being given to community residents and are also being used for the community dinners, teaching families how to prepare the fruits and vegetables that are being grown in the gardens.

71,000: people living in Wilmington who have increased access to healthy food options and active living opportunities through the Partnerships to Improve Community Health (PICH) award. Through this initiative, four farms operated from May through October and an additional three operated indoors from October through December. Additionally, 20 stores were enrolled in the Healthy Corner Store program at year's end working to increase their stock of healthy products. To promote a healthier environment where residents can be safely active, partners utilized the partnership with Nemours to engage the community in design of new park spaces to include trail designs, equipment for all ages and space for community socializing. Three of six parks were completed in 2016, with the remaining three to be completed in 2017.

The PICH initiative uses a social marketing campaign, “This is Our NeighborGood,” aimed to increase awareness and use of community-based resources for health. Over 1,000 people have “liked” us on Facebook to learn about what is happening in the City of Wilmington to transform the places where Delawareans live, learn, work and play into healthy, connected and thriving communities.

30,000: the number of potential people reached through SNAP/Healthy Corner Stores.

Follow us on Facebook, Twitter and Instagram at [OurNeighborGood!](#)

## In Our Hospital

92,208 healthier meals were offered to patients this year. *Nemours Healthy Hospital* is a partnership between the hospital's Food and Nutrition Services departments, the hospital café, and NHPS to promote healthier food options for children and families spending time at the hospital. On average, 7,684 inpatient meals are served on a monthly basis. Based on dietary needs of all of our patients, the hospital's food service provider, Sodexo, has been able to adjust and enhance menus to include more fruits and vegetables, provide healthier meal choices, and decrease sugary beverage options creating a platform for a healthier food environment in a pediatric health care setting.

For patients, families and hospital staff, the *Nemours Healthy Hospital* team continues to support a healthier hospital café and vending services by strategic marketing of healthier food items to increase their accessibility and increasing healthier food options. Nutritional information is readily available for all menu items and healthier options are highlighted with the Mindful Wellness symbol. To encourage healthy beverage consumption, flavored water dispensing stations are now offered in the café. The vending machines hospital-wide continue to carry healthier options, with 85 percent meeting nutritional guidelines for wellness. As a result of these efforts, the healthy choice is now the easy choice for our patients, families and hospital Associates at the café and vending machines.





**Patient-Centered Medical Home (PCMH)** is designed to implement new processes and workflow standards for improving patient care. Nemours submitted applications for Becks Woods, Peoples Plaza and Middletown primary care practices and are anticipating scores from the National Committee on Quality Assurance by February 2017. As a result of the PCMH-recognized practices, more than 32,000 patients can expect increased access with higher satisfaction.

**The Nemours Student Health Collaboration** is making it easier for school nurses who work in Delaware public schools to be a part of the child's care team. School nurses can log onto NemoursLink®





## Resources and Space for Community Partners

### Office Space

- **Child Advocacy Center.** Nemours/Alfred I. duPont Hospital for Children provides free office space, security, welcome center staff, dining services, utilities and other support services to this organization, allowing all direct operational dollars to go directly to the delivery of services for abused children. The physician in charge receives no subsidy or salary offset for his work and offers expert testimony for the State Attorney General's Office at no cost. In addition, the salary of the social worker who provides case management services for all victims of child abuse who present at our hospital is partially subsidized by our Emergency Department.

# Mental & Emotional Health

.....

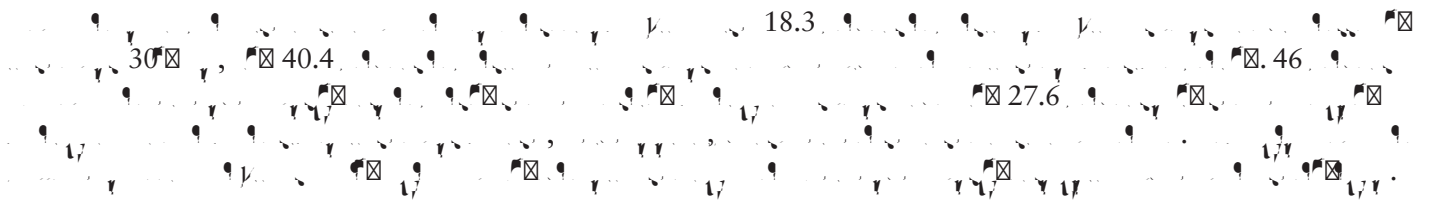
**Adolescent Depression Screening.** Our Nemours duPont Pediatrics primary care practices screened 7,735 patients with the adolescent depression screening tool, an 82 percent screening rate for all eligible patients. The adolescent depression screening tool helps providers to screen and assess depression and suicide risk in adolescent patients.

**Nemours Psychology** has demonstrated continued growth, hiring four new psychologists, one neuropsychologist and one licensed clinical social worker in 2016. These providers have extended services provided in the main hospital as well as primary care settings. The neuropsychologist and one of the psychologists are based at Nemours/Alfred I. duPont Hospital for Children and the other three psychologists and licensed clinical social worker are based in primary care. The Delaware Department of Services for Children, Youth and Families received a five-year Project LAUNCH grant, aimed at promoting holistic child health for young children in targeted zip codes in Wilmington. The Department of Psychology continues to support this work through a contract to enhance integrated primary care services at the Jessup St. and St. Francis clinics in several ways. Psychology is providing preventive care as part of well-child care, will provide parenting groups for common early childhood concerns, and has enhanced screening efforts in primary care related to behavior, development and trauma.



# Secondary Health Concerns

## Alcohol, Tobacco & Other Drugs



### Objective:

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

# Secondary Health Concerns

**Nemours/Alfred I. duPont Hospital for Children's Injury Prevention Program** attended 172 events reaching 37,343 children and adults. Events included health fairs as well as programs that educate on fire prevention, ATV safety, dog-bite prevention, child passenger safety, fall prevention, distracted driving, bike and school bus safety, and concussion prevention. The Child Passenger Safety Station checked 233 car seats. The Kohl's Cares grant helps support *The Kohl's Healthy Kids Injury Prevention Program* which educates the community on preventing unintentional injuries. The Nemours Safety Store continues to sell low-cost safety, health and wellness products and provides education on the use of the products. The Nemours Safety Store has partnered with numerous schools to provide low-cost helmets to families.

**Comprehensive Baseline Concussion Testing.** With concussions a growing concern among parents, coaches and health care providers of children and youth, Nemours adopted a comprehensive concussion awareness and baseline concussion testing program in the community. Parent education materials and information about concussion testing have been pushed out into the community, and *Concussion in the Classroom* materials are being distributed by physician liaisons in schools, community organizations and pediatric practices throughout the region. In addition, 328 children and youth received comprehensive baseline concussion testing this year.

**Navigating the Health Care System: Health Literacy for Adolescents** addresses the skills necessary for adolescents to become self-advocates for their health, and helps to improve their knowledge of the health care system. The health literacy curriculum was taught in 36 Health and Health Sciences classes in 13 high schools (eight public, four charter/technical, one private). Overall, 922 students participated and their knowledge of health care terminology and the health care system improved from a score of 62.5 percent on the pretest to 80 percent on the posttest. Nearly 95 percent of the students either agreed or strongly agreed that the lessons on health care were helpful and more than 90 percent of the students agreed or strongly agreed that they would know what to do better at their next doctor's visit.

**All-Terrain Vehicle (ATV) Safety Initiative.** Upon successful passage of strengthened regulations for recreational use of ATVs by children and adolescents in 2015, Nemours and other members of the ATV Safety Coalition shifted their attention to efforts to support enforcement of the new regulations, while also continuing to educate on the risks of children riding ATVs and promote safe riding behaviors. Nemours revised and reprinted the tip cards used during the advocacy phase to incorporate language on the new regulations. These are being distributed by Coalition members, including law enforcement agencies. Additionally, children and a member of the ATV Safety Coalition supported the initiative.

## Medical Education (Graduate, EMT, PICU, Interns)

**Pediatric Practice Program.** Medical students and resident physicians from Sidney Kimmel Medical College at Thomas Jefferson University participate in an advocacy component as part of their rotation. Some components of this program include:

- visits to community organizations to learn about programs and resources for patients
- hosting an annual Asthma Day to provide education for children and families about treatment and control of asthma
- pediatric outpatient block rotation with experiential assignments to promote health literacy
  - tour of the First State School for chronically ill children located in Wilmington Hospital, including discussion of quality of life for students living with chronic conditions
  - Babies R Us® Tour incorporating consumer advocacy and anticipatory guidance
  - homelessness simulation online activity to promote understanding of challenges to parents facing poverty and homelessness
- **community engagement and advocacy** through Jefferson Service Training in Advocacy for Residents and Students (JeffSTARS) projects
- **oral health** campaign at Wilmington Hospital Health Center with training in integration of dental caries prevention through oral health risk assessment, oral examination, anticipatory guidance, fluoride varnish and dental referral for children ages 1-5 years
- **performance improvement** – developmental screening using standardized Parents Evaluation of Developmental Screening (PEDS) (The additional Modified Checklist for Autism in Toddlers (MCHAT)) has been widely incorporated into the preventive care protocol, initially focusing on the nine-month well-child visit)
- **national immunization partnership (wave 2) with the American Pediatric Association (NIPA)** implementing a large-scale practice-based quality improvement program to prioritize HPV vaccination at every adolescent visit



Educational Programs in Biomedical Research.  
*Summer Research at Nemours:*

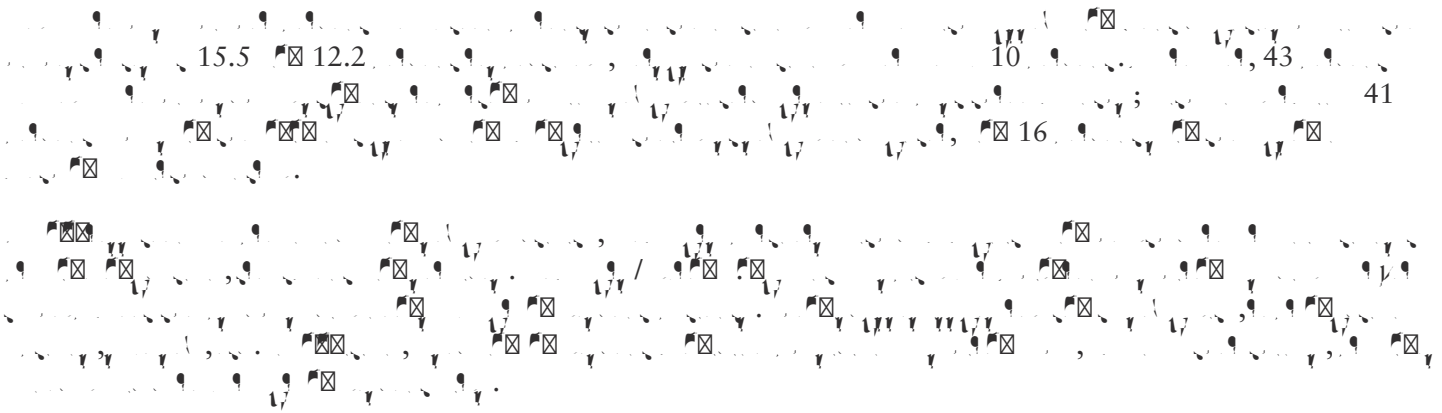
# Secondary Health Concerns

## Prenatal & Infant Health



# Secondary Health Concerns

## Sexual Activity



### 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.

**KidsHealth.** Through the KidsHealth.org website, children and adolescents can access more than 100 articles, fact sheets and modules to listen to which provide information about sexual health, puberty, menstruation and infections impacting teen girls and guys.

**Reducing Teen Pregnancy.** Nemours partnered with Upstream USA/Delaware Contraceptive Access Now (CAN), a public/private partnership designed to reduce unintended pregnancy in the state of Delaware. Our goal, which draws from and parallels the goals of Upstream/Delaware CAN, is to ensure that young women become pregnant only when they want to, and that the adolescent patients presenting in the Nemours Adolescent Medicine & Pediatric Gynecology Division are offered the full range of contraceptive methods and provided the method of their choice in a single appointment. Nemours primary care practices are committed to eliminating barriers and providing same-day access to the most effective contraceptives for adolescents. In 2016, Nemours primary care practices placed over 200 intrauterine devices/implants.

**Partnering With Other Organizations.** Within Nemours, members of our social work departments provide adolescents with information and education about risks, safe sex practices, birth control and other issues related to sexual activity. In cases

