

Health and Well-being of Children

San Antonio Non-Profit Council (Goodwill)

Wednesday, February 18



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Director of Health*

San Antonio Metropolitan Health District



Highlight use of data

- Metro Health was asked to talk about data and children's health. We will present some highlights from our 2007 Health Profiles report.
- Health Profiles provides local data by county, city, zip code, school district, and census tracts detailing by race, gender, age, disability, and education. Information is provided on demographics, maternity, child/youth and communicable diseases.
- Data is used to recognize trends, inform policy makers, suggest allocation of resources, conduct research, respond to community questions, develop programs and highlight health disparities.

Overview

- Child Health begins with maternal health. For example, 28% of Bexar County births are to mothers with less than a H.S. education.
- Health disparities include unnecessary illness, disability or early death which stem from socioeconomic, educational, geographic, and housing inequalities.*
- “An adequate education is critical for reducing disparities. It assures financial security, health literacy, good health and global competitiveness.”*

*The Public Health Approach to the Elimination of Disparities in Health, David Satcher, M.D., Ph.D.

Root Cause Of Health Disparities: Low Educational Attainment

- Education is one of the strongest predictors of health.*
- Health problems associated with dropping out of school are pregnancy, substance abuse, mental illness and behavioral problems.*
- In Bexar County, the high school dropout rate for Hispanics is 43%, African Americans is 37%, and Non Hispanic Whites is 23%**.
- 10% of Hispanics and 18% of African Americans in Bexar County have earned a 4-year college degree, compared to 36% for non Hispanic Whites***.



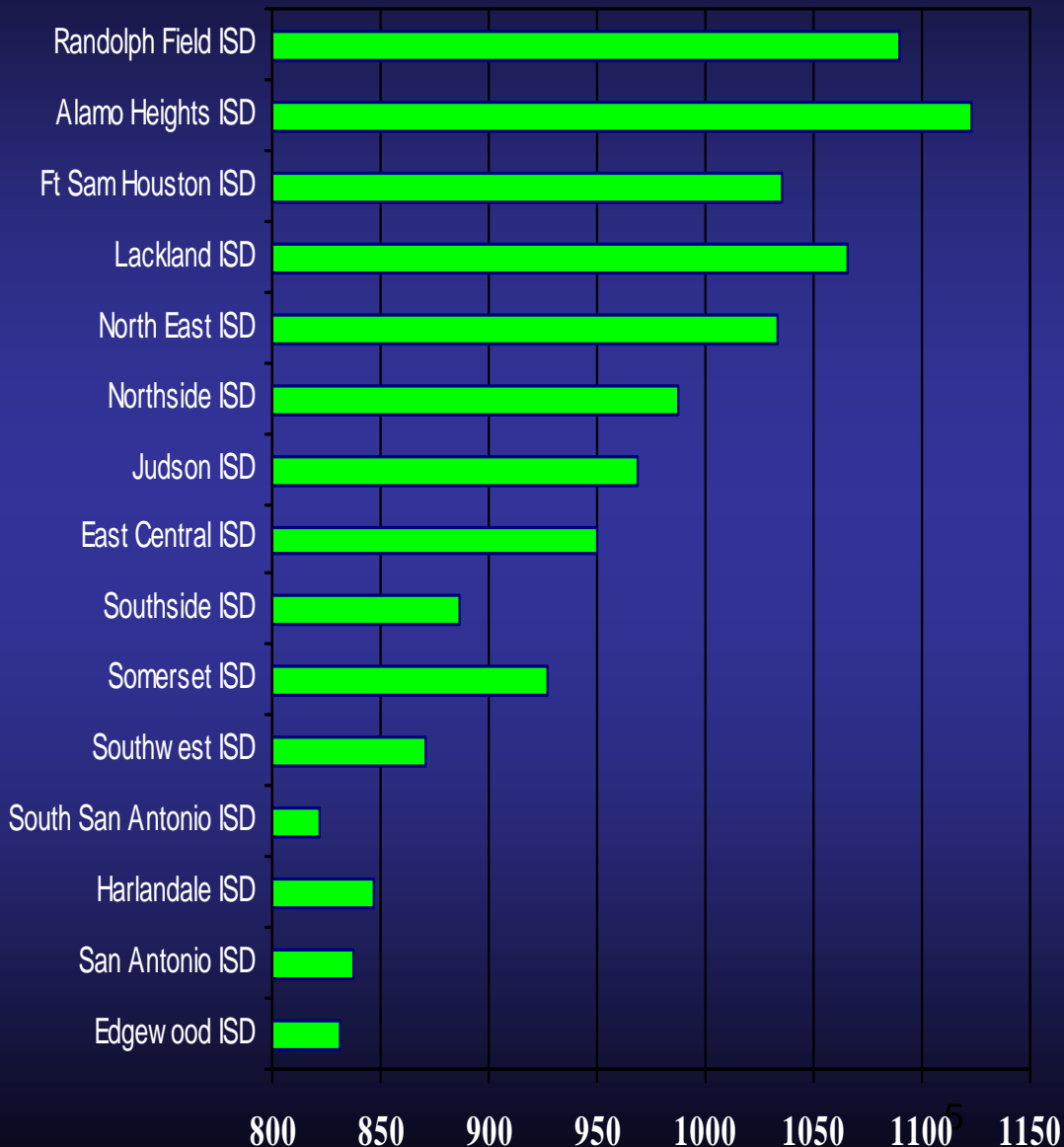
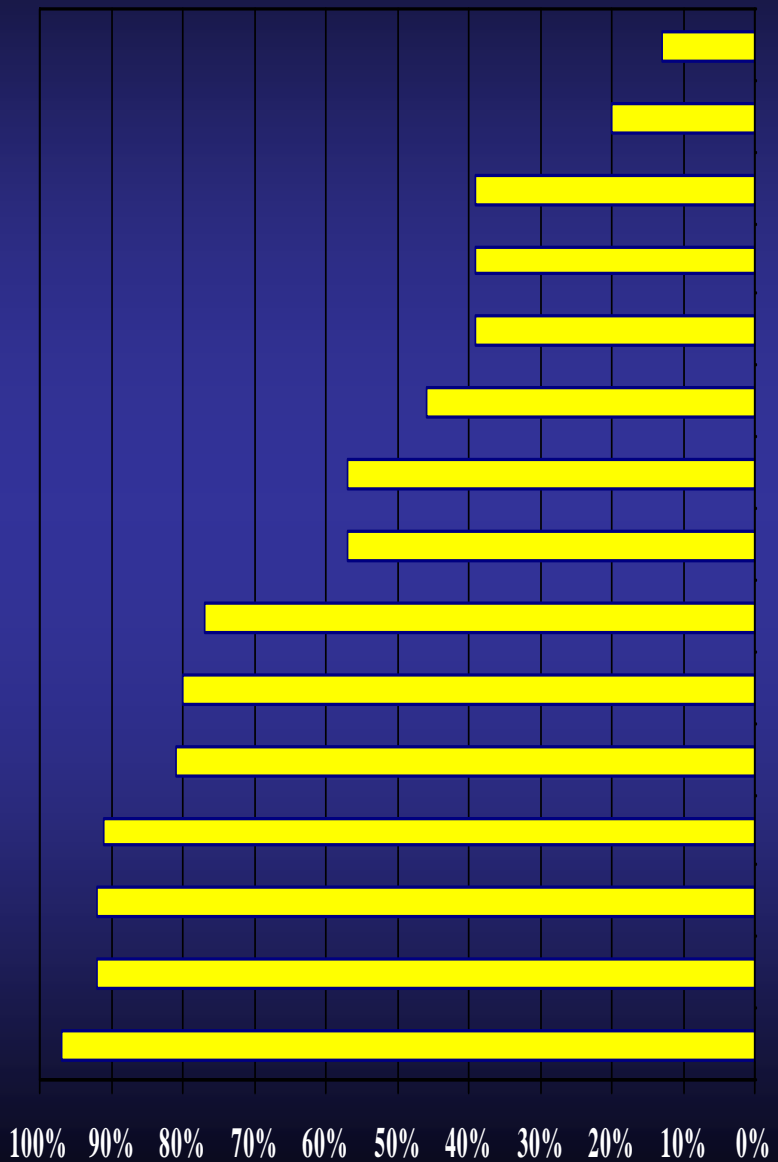
* Freudenberg N, Ruglis J. Reframing school dropout as a public health issue. *Prev Chronic Dis* 2007;4(4).
www.cdc.gov/pcd/issues/2007/oct/07_0063.htm

**Intercultural Development Research Association 06 /07 school year

***2000 Census

% Economically Disadvantaged Children by School District 2007-2008

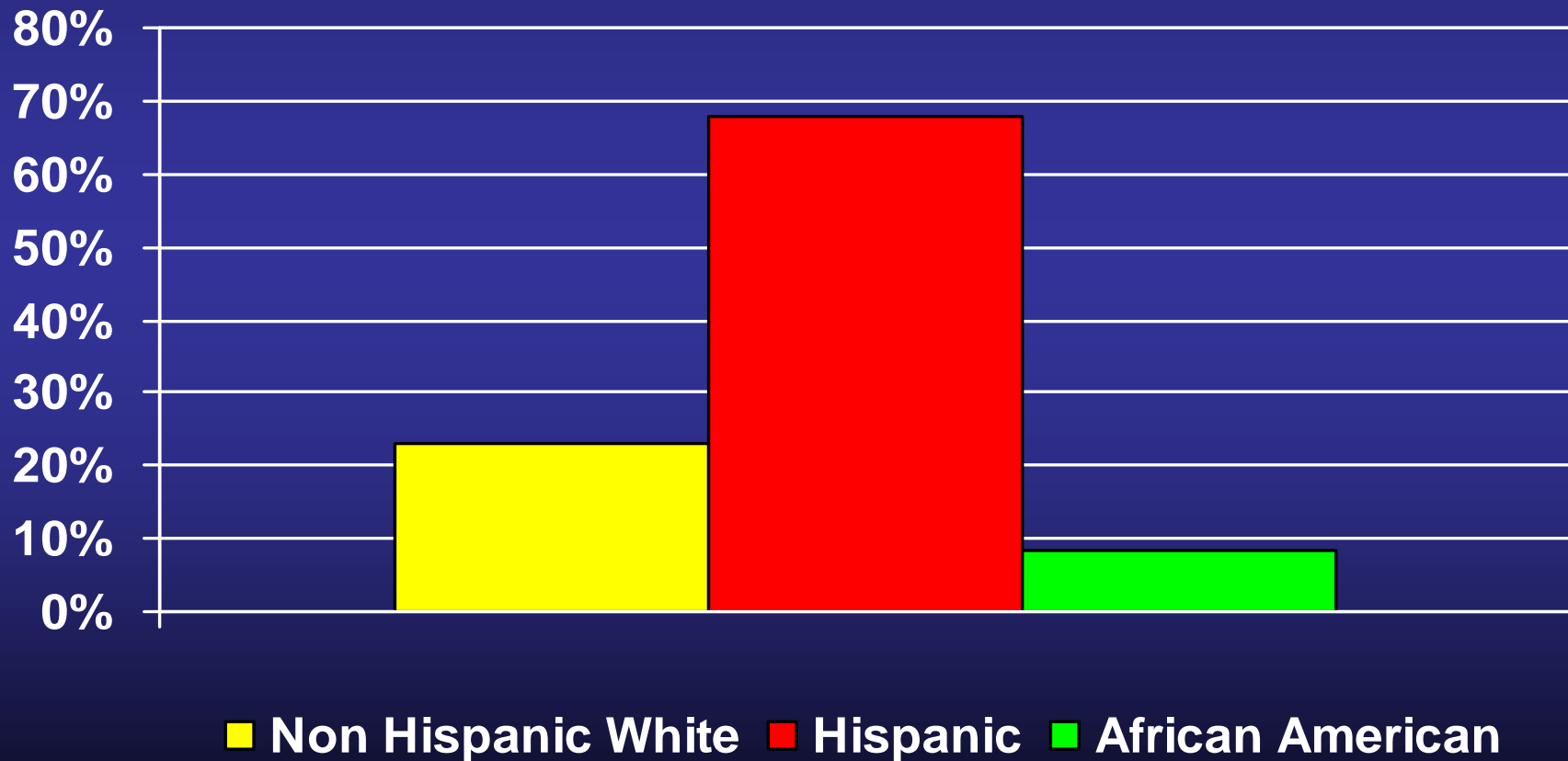
SAT Mean Total Score by School District 2007-2008



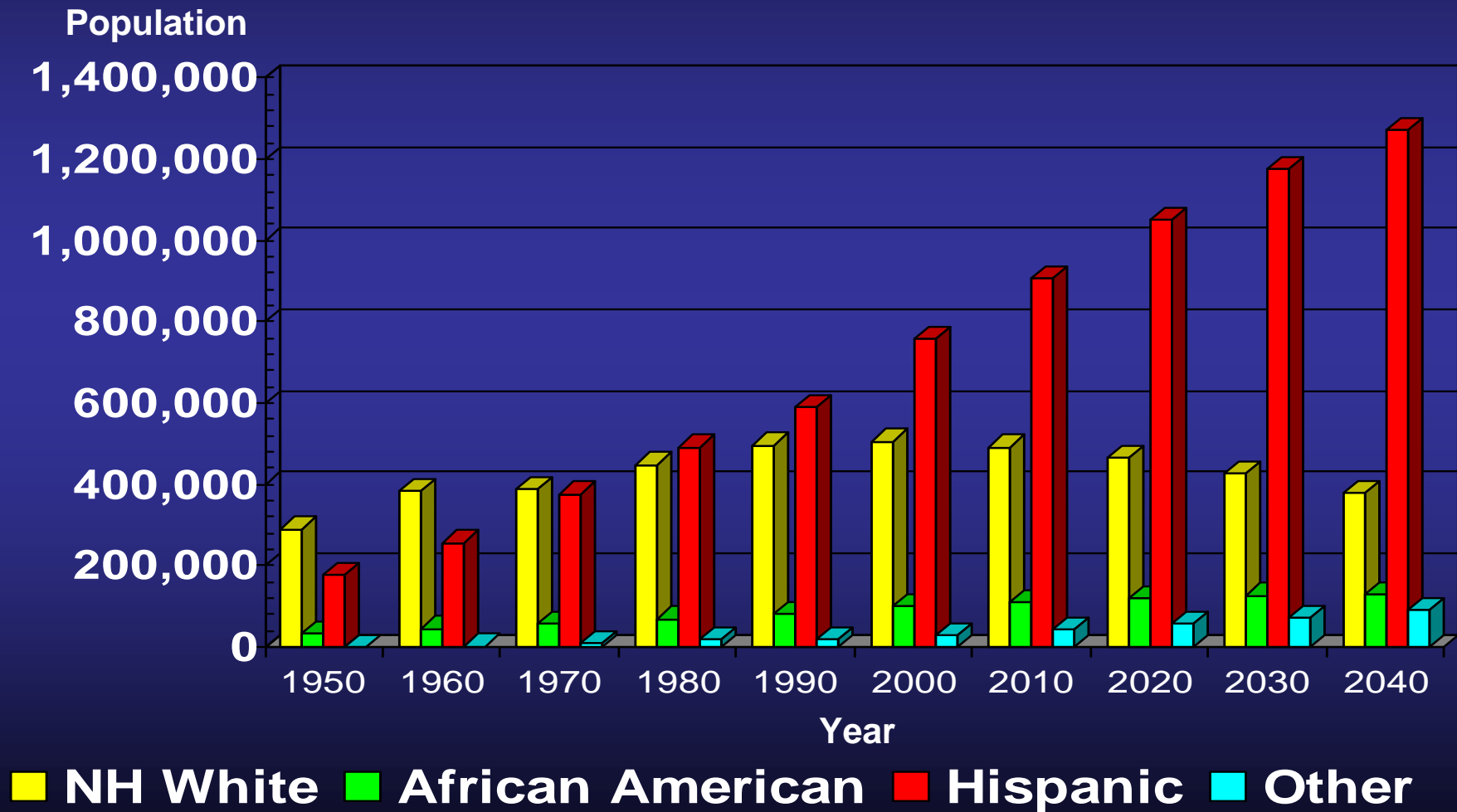
Bexar County Special Education Services By Disability 2007-2008

Learning Disability	14,649	41%
Speech Impairment	7,245	20%
Other Health Impairment	4,626	13%
Emotional Disturbance	4,011	11%
Mental Retardation	2,054	6%
Autism	1,809	5%
Auditory Impairment	405	1%
Orthopedic Impairment	379	1%
Noncategorical Early Childhood	300	1%
Visual Impairment	182	1%
Traumatic Brain Injury	76	0%
Total	35,736	100%

Bexar County Children Under The Age Of 5 Years

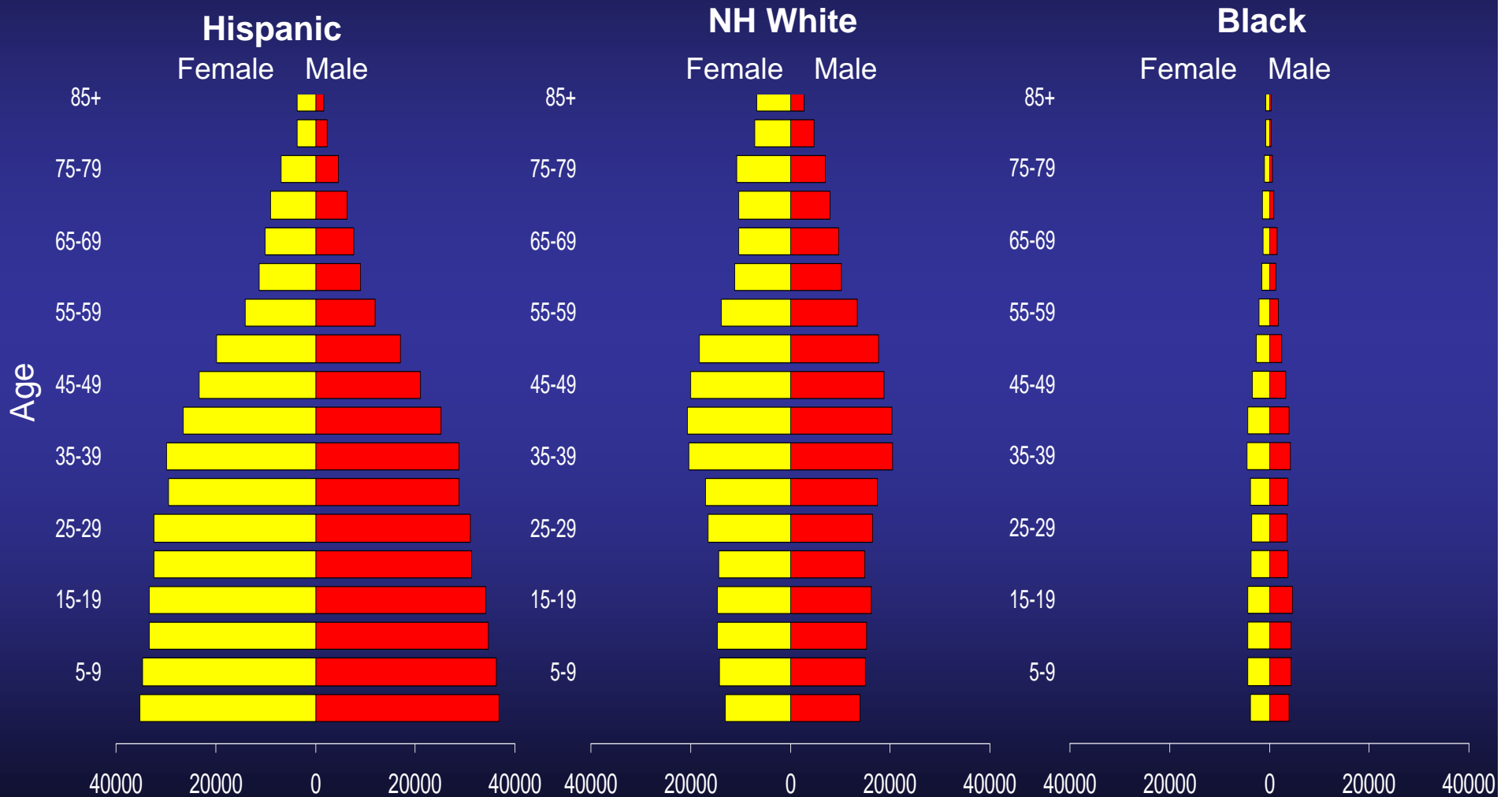


Projected Population of Bexar County by Race and Ethnicity, 1950-2040



Source: U.S. Census and Texas State Data Center

Bexar County Age Distribution (Hispanic, NH White & African American)







Source: 2000 Census

Maternal Disparities

- Some of the most powerful influences on pregnancy outcomes are related to what occurs before pregnancy.
- Single mothers and their children are among the poorest in our community.
- Unplanned childbearing, financial issues, substance abuse, depression, domestic violence, and legal status may contribute to the delay in seeking prenatal care.
- Based on a 2007 survey conducted in San Antonio, among 400 survey participants, 72% of mothers claimed they did not plan to get pregnant.

Bexar County Scorecard – Maternal Health

Maternal Indicators	YR 2007	HP 2010	Status
Total Births	27,156		
Mother's Age <18	1,393 5.1%	5%	
Low Birth Weight <2500g	2,546 9.4%	< 5%	
Late Prenatal Care > 1st Trimester	7,421 27.3%	<10%	
Births to Single Mothers	11,836 43.6%		
Premature <37 Weeks	3,465 12.8%	7.6%	
Medicaid Births*	13,619 50.2%		
Births to mothers BMI 30 & above before pregnancy	6,797 25.0%		
Births occurring < 24 mos previous birth	4,745 17.5%		
Births to mothers with < high school / GED education	7,513 27.6%		

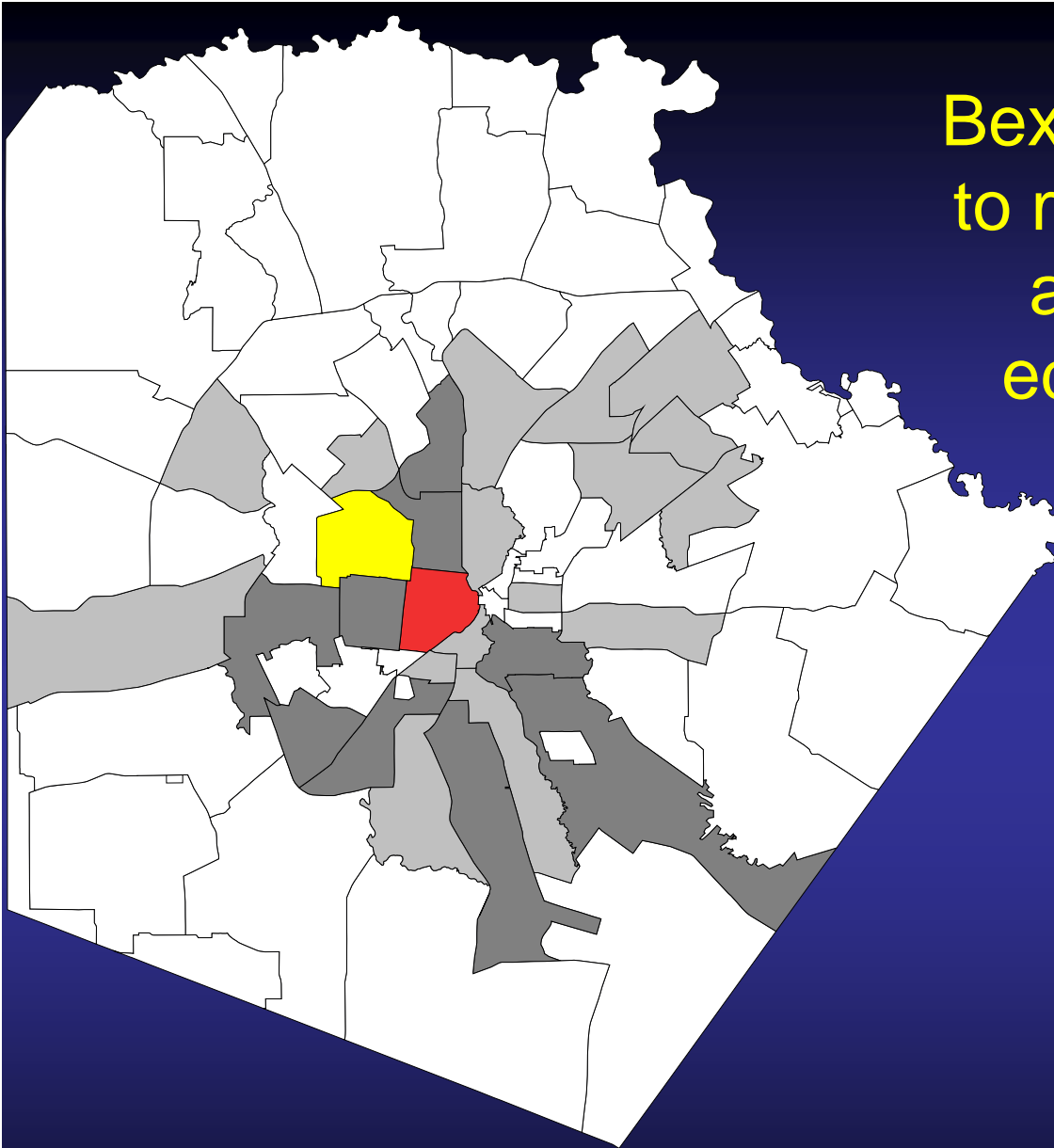
- Preliminary data subject to change
- * Does not include Emergency Medicaid.

Bexar County 2007 Births to Mothers <22 Yrs. by Birth Order and Age

Birth Order	1	2	3	4	5	6	not given	Total
Age of Mother								
12								
13	10							10
14	62	1						63
15	196	9						205
16	372	42	3					417
17	552	130	11	3	1		1	698
18	742	227	58	3				1,030
19	874	346	102	17	1			1,340
20	807	484	192	41	9			1,533
21	646	527	234	83	25	3		1,518
Total	4,261	1,766	600	147	36	3	1	6,814

* Birth order of infant not given in birth record

Bexar County 2007 Births to mothers with less than a high school / GED education by zip code

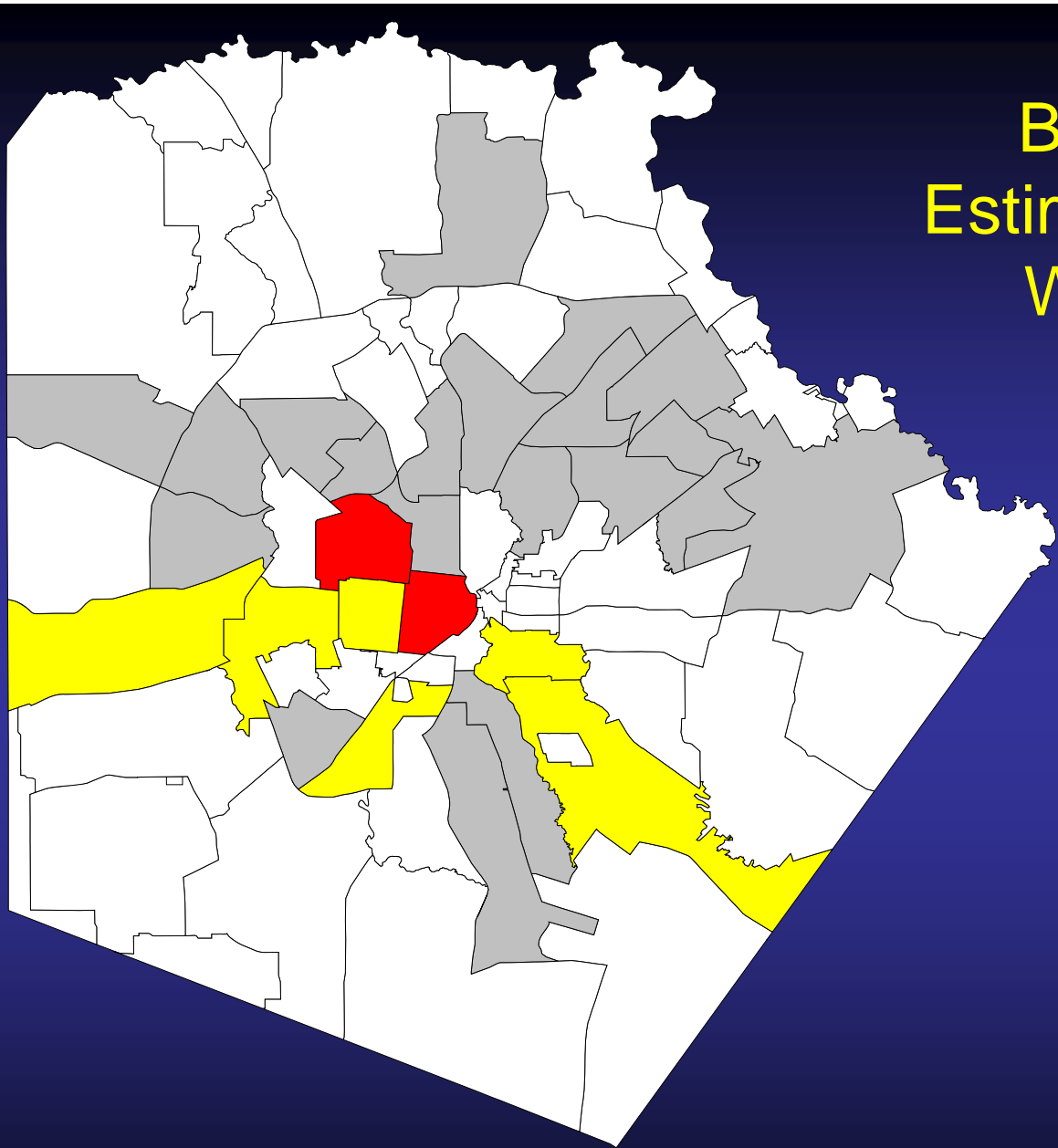


of Births

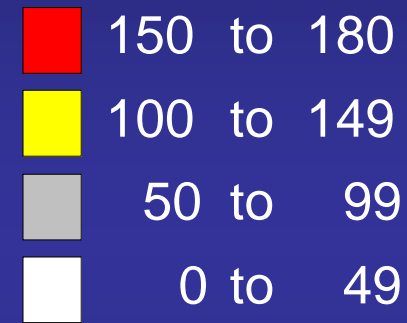
	600 to 709
	400 to 599
	200 to 399
	100 to 199
	0 to 99

7,513 births; about 17% were age <18

Bexar County 2007 Estimated Premature <37 Weeks by zip code



Number of Births



Bexar County 2007 Births by Race & Ethnicity

	White non Hispanic Mothers	%	African American Mothers	%	Hispanic Mothers with a SSN %	*Hispanic Mothers without SSN %
Total Births	6,005		1,669		16,398	2,352
Mothers Age <20	321	5%	287	17%	2,832	302 13%
Single Mother Births	1,302	22%	1,062	64%	8,377	983 42%
Late Prenatal Care > 3 mth	947	16%	420	25%	3,771	960 41%
Medicaid Births**	1,621	27%	1,074	64%	10,629	160 7%
Mothers Ed Yrs < 12	396	7%	356	21%	5,066	1,628 69%
Premature <37 Weeks	624	10%	274	16%	2,287	208 9%
Low Birth Weight Infants	458	8%	260	16%	1,580	185 8%
Births to mothers BMI 30 & above before pregnancy	1,109	18%	396	24%	4,713	516 22%
% <4 prenatal visits	169	3%	148	9%	1,037	182 8%
Breastfed	5,031	84%	841	50%	9848	2081 88%

*We Used a Lack of a SSN and Hispanic

* Does not include Emergency Medicaid

Public Health's Role: Call Attention To Health Disparities

- Generations ago, the public relied on public health to stop the spread of disease, improve sanitation and act as a safety net.*
- This generation needs public health to address root causes of poor health outcomes and to maintain the success of past generations.
- Health Disparities - where someone works, where they go to school, or where they live - determines a whole host of factors that can affect health.

* The Public Health Approach to the Elimination of Disparities in Health, David Satcher, M.D., Ph.D.

Place Matters



Where A Child Lives May Be One Of The Most Powerful Predictors Of Child Health Outcomes*

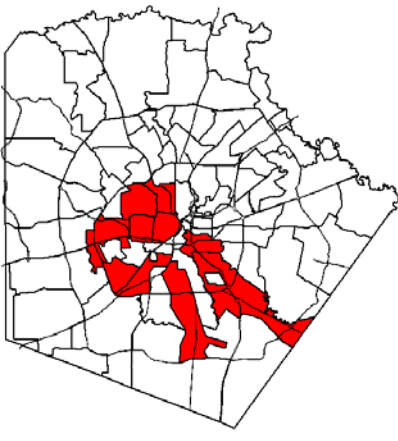
* Integrating Pediatrics and Public Health, Jeffrey Goldhagen, MD, MPH
PEDIATRICS Vol. 115 No. 4 April 2005, pp. 1202-1208

The Choices We Make Are Shaped by the Choices We Have

- Place Matters
 - if you have playgrounds, parks, and other safe places to exercise.
 - if you have access to healthy affordable foods.
 - if you might be exposed to physical or chemical agents.
 - if there's a high rate of violence or crime in your neighborhood.

2007 Health Disparities

10 Zip Codes of 72 (area in Red) account for 30% of population,
% of Bexar County Totals



82% Hispanic, 3%
African American
Median Household
Income \$26,824

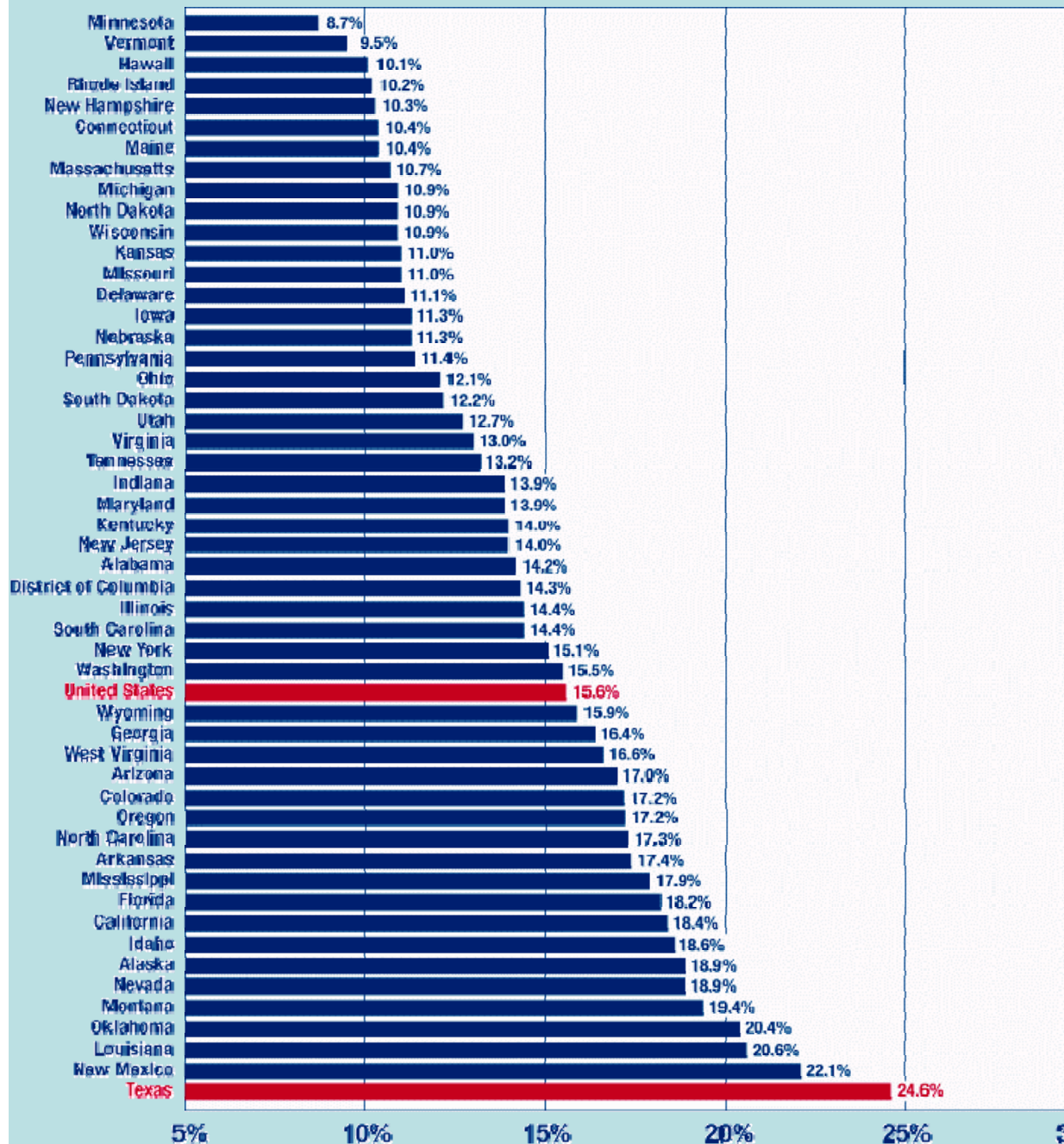
	<u>% of County</u>	
Births to mothers with < HS/ GED ed.	3,770	50.2%
Births To Mothers Age <18	694	49.9%
Confirmed Victims of Child Abuse/Neglect	2,490	44.5%
Medicaid Births	5,922	43.5%
Single Mother Births	5,034	42.6%
Domestic Violence	4,963	41.7%
Juvenile Probation	4,201	40.2%
Births To Mothers BMI 30+ before pregnancy	3,045	38.7%
Births within 24 Months Of Previous Birth	1,827	38.6%
Late Prenatal Care Births	2,826	38.1%
Premature Births <37 Weeks	1,260	36.4%
Low Birth Weight Births	887	34.8%

Health Insurance Is a Family Matter

- The lack of coverage for even one family member can threaten the well-being of the family unit, including members with coverage.
- Children in uninsured families receive fewer medical, dental and preventive services.
- Children in families with an uninsured parent are less likely to receive appropriate care whether or not the child is uninsured.

Kenneth I. Shine, M.D.
Executive Vice Chancellor for Health Affairs
The University of Texas System

Percent Uninsured in Each State in 2008



Source: U.S. Census Bureau, *Current Population Reports*, March 2009.

Texas Leads the Nation in Uninsured Rates

Source: *The Uninsured: A Hidden Burden on Communities and Employers*, April 2005—Office of the Comptroller of Texas

Coverage Matters

- About 24.3% (372,000) are uninsured in Bexar County. How many are underinsured?*
- A 2007 study published in JAMA concluded that uninsured people were less likely to receive any medical care after an accidental injury or the onset of a new chronic condition.
- Among the working uninsured, medical bills factor in half of all personal bankruptcy filings**.

*U.S. Census: *Income, Poverty, and Health Insurance Coverage in the United States: 2006*, Source: *The Uninsured*, Texas State Comptroller's Office, April 2005.

** Code Red Texas

Children's Health Insurance Coverage

- Texas' share of uninsured children is higher than the U.S. average.
- 21% of Texas children were uninsured, compared to 11% nationally. *
- Nearly three-quarters of uninsured children (73.9%) in Texas live in households where at least one family member works full-time, year-round.**
- Nearly two-thirds of the uninsured children in Texas are probably eligible for Medicaid or the Children's Health Insurance Program.

Access To Quality Health Care

- African Americans and Hispanics are most likely to be uninsured and underinsured in the U.S.
- Access to quality health care, while critical to the elimination of disparities in health, is not sufficient. In fact, access to quality health care accounts for only 15%-20% of the variation in morbidity and mortality.
- Behavior or lifestyle accounts for more than 40% of the variation in health outcomes or outcomes in morbidity and mortality.

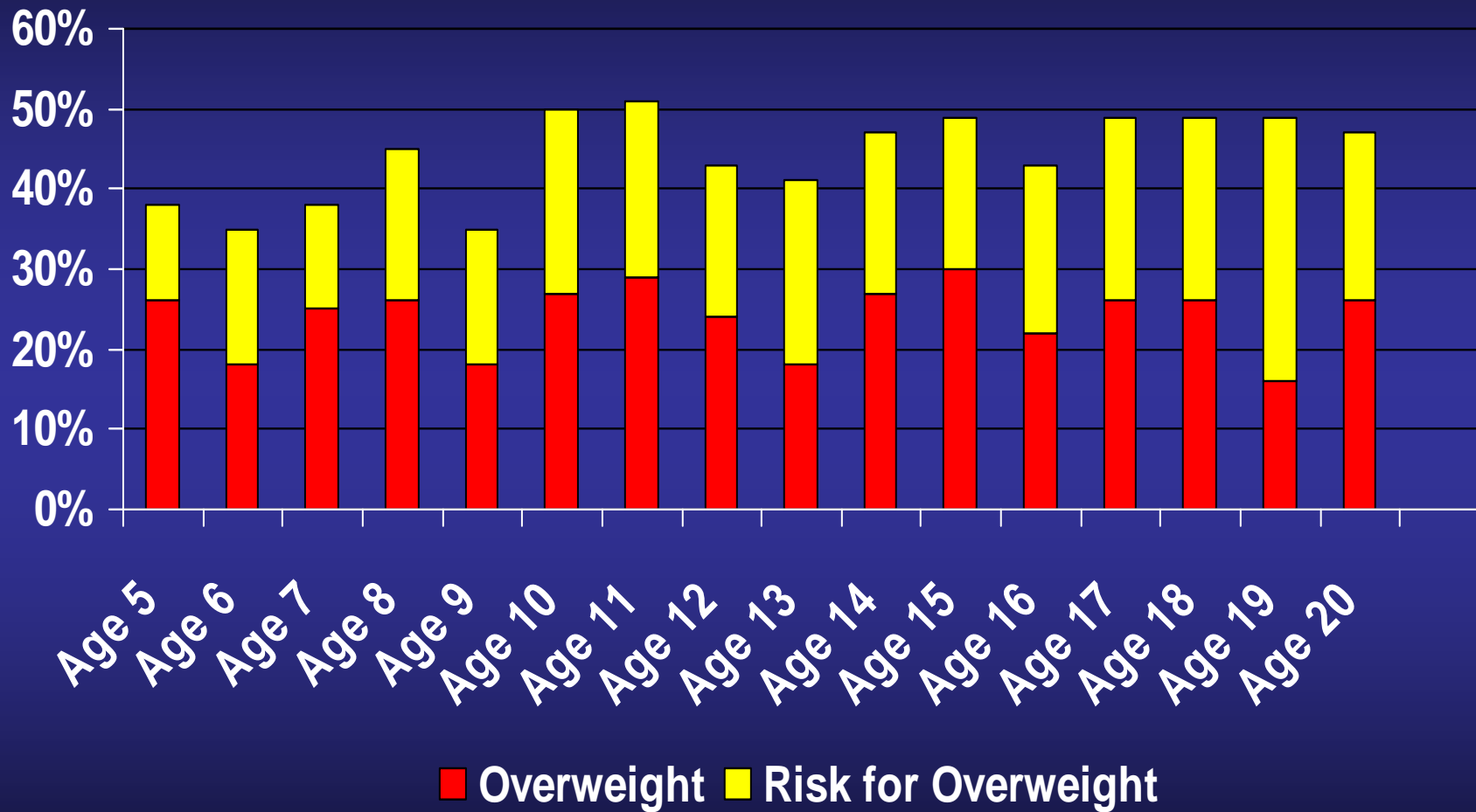
Health is More than Health Care



- Preventable chronic diseases are linked to smoking, obesity, lack of exercise, and drug and alcohol use.
- Among children and adolescents, obesity is more common in Hispanic and African Americans.
- Lack of physical activity, a major risk factor for obesity, is notably higher among African American and Hispanic children especially with parents who have lower incomes.
- Pressures on families to minimize food costs and acquisition and preparation time, resulting in frequent consumption of convenient foods that are high in calories and fat.

(Physical activity levels among children aged 9-13 years--- United States, 2002, MMWR 2003; 52[33]: 785-8) (Centers for Disease Control and Prevention. NHANES 1999-2000; JAMA 2004; 291:2847-50)

Body Mass Index for a Local ISD Ages Pre K to High School

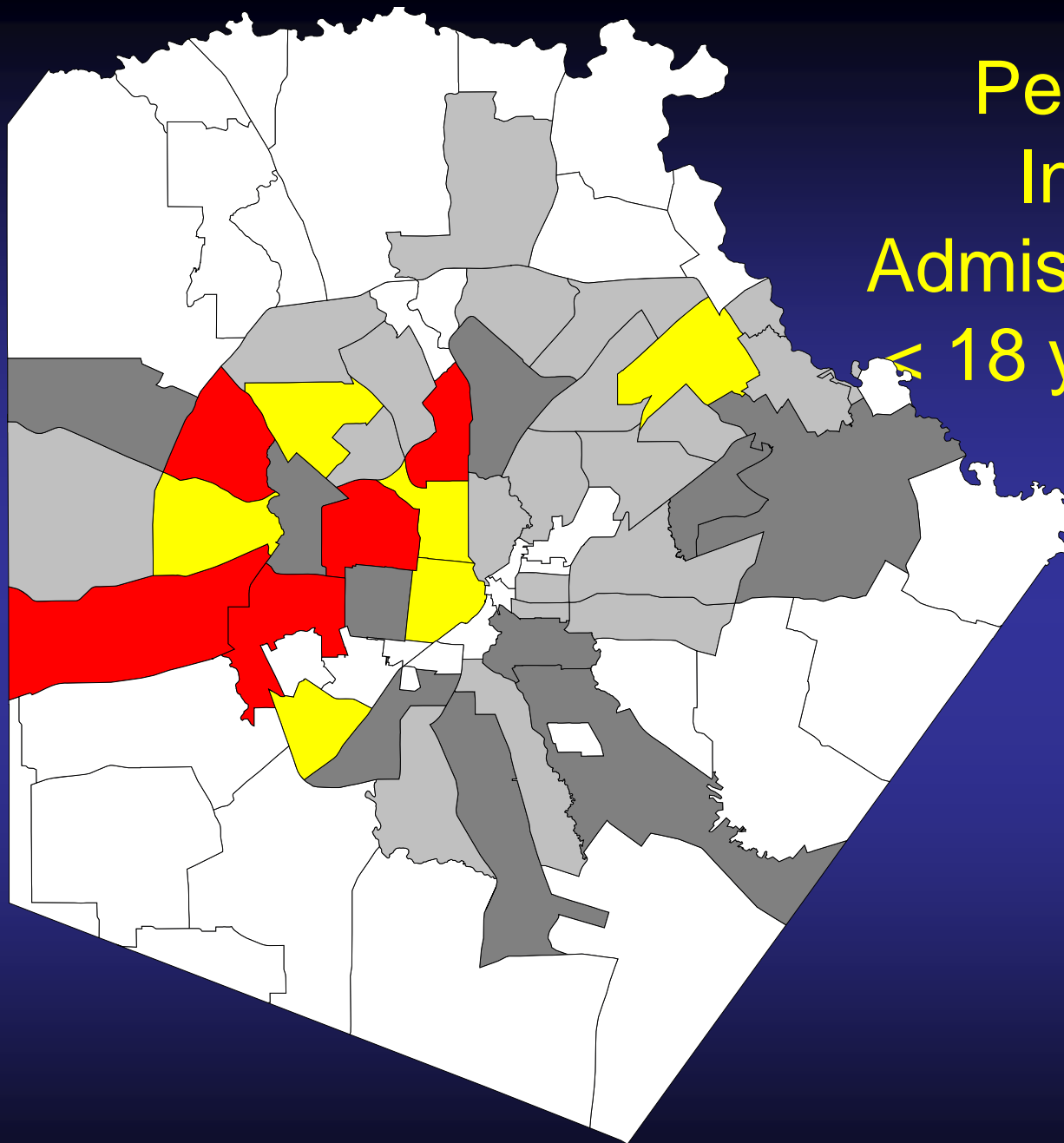


Project Healthy Schools 2001-2002. Local ISD is about 80% Hispanic. Data was collected for 2,282 students out of a total of 2,825 by Nurses, Nurse assistants, Volunteer retired nurses and included weight, heights, age, and gender.

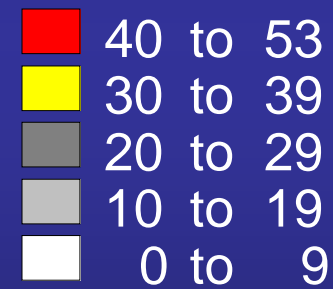
Physical Environment

- African American and Hispanic children are far more likely to grow up in communities near toxic waste sites than the majority population.
- The impact of some environmental toxins has been well documented, the removal of lead from gasoline was one of the great public health achievements of the last century.
- Asthma disproportionately affects minority children with regards to emergency department visits, hospitalizations and deaths, even though there is little difference in prevalence among African Americans and Hispanics when compared to whites.

Pediatric Asthma Inpatient 2007 Admissions Patient age ≤ 18 years by zip code



of cases

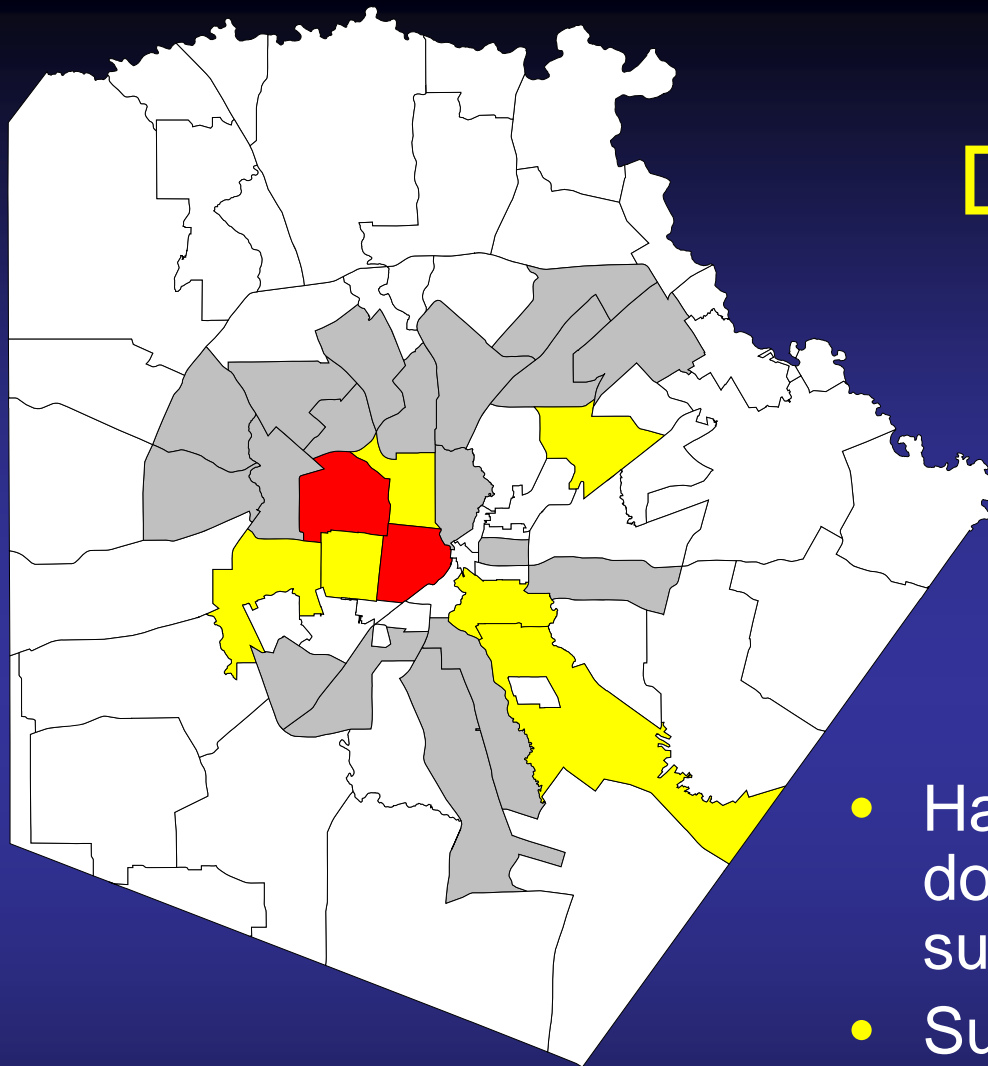


City-wide hospitalization data (excluding military hospitals)

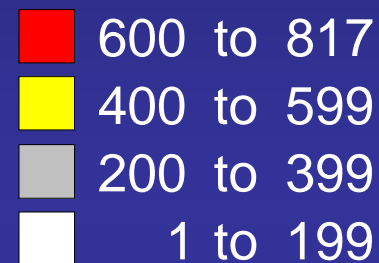
Social Environment

- Studies over a period of years show that children exposed to violence were more likely to be victims or perpetrators of the same kind of violence later in their lives, **even when controlling for socioeconomic status**.
- Disasters in our environment such as hurricanes are known to increase the risk for post traumatic stress disorder (PTSD).
- Altogether, environmental factors account for between 20-25% of the variations in outcome in morbidity and mortality in most studies.

2007 SAPD Domestic Violence by Zip Code



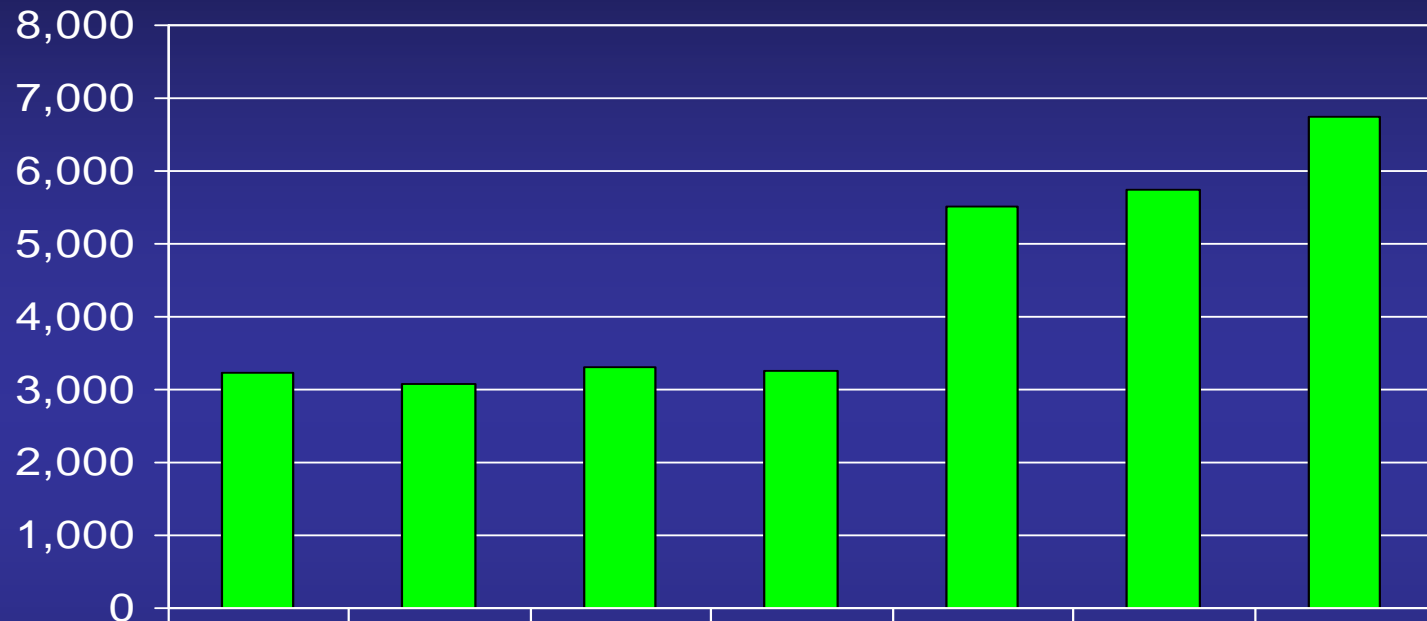
Number of cases



- Half of men who commit acts of domestic violence also have substance-abuse problems.*
- Substance abuse exhibited by 81% of families reported for child maltreatment*

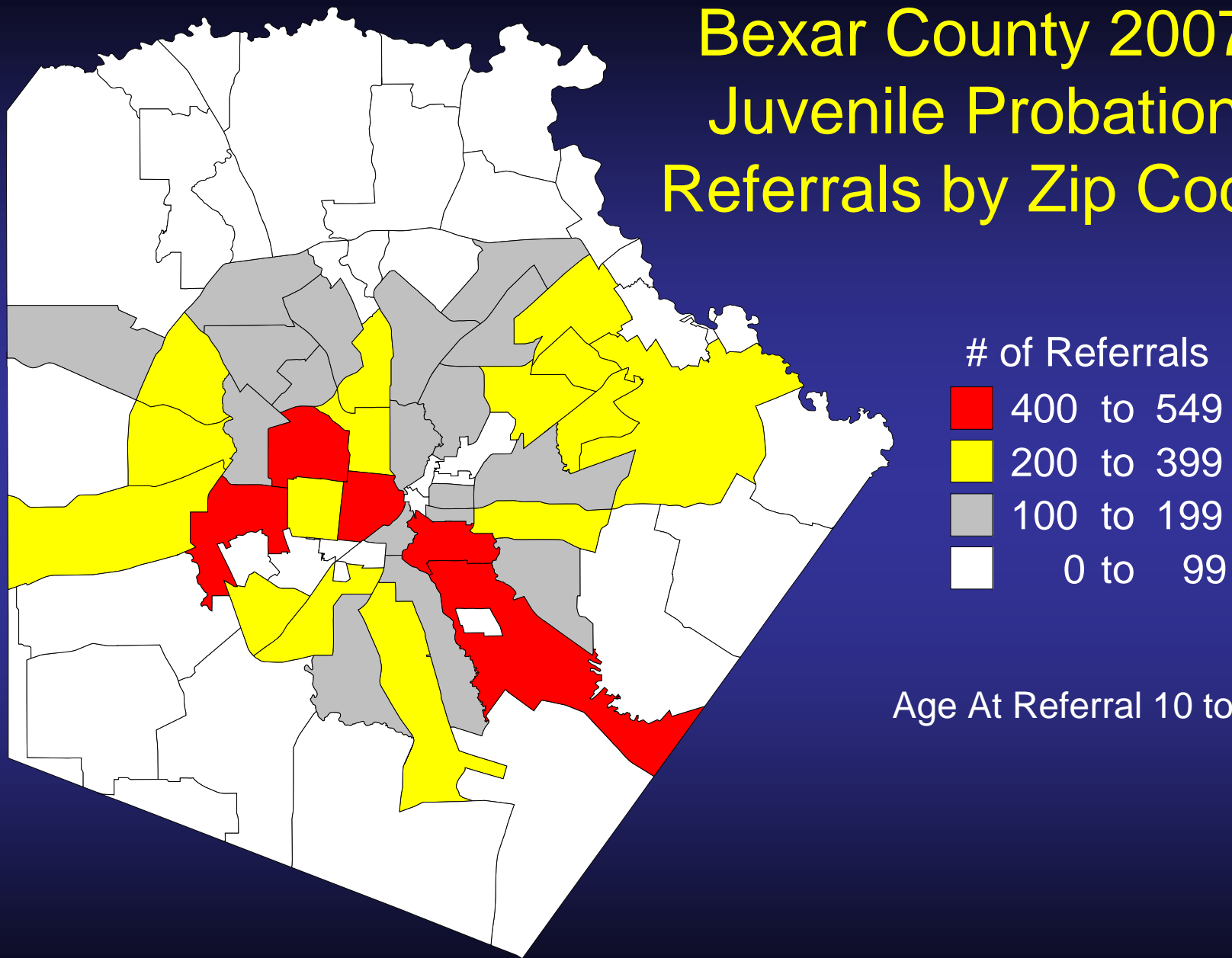
* U.S. Department of Health & Human Services *Integrating Pediatrics and Public Health, Jeffrey Goldhagen, MD, MPH ,PEDIATRICS Vol. 115 No. 4 April 2005, pp. 1202-1208**

Bexar County Victims of Child Abuse/Neglect

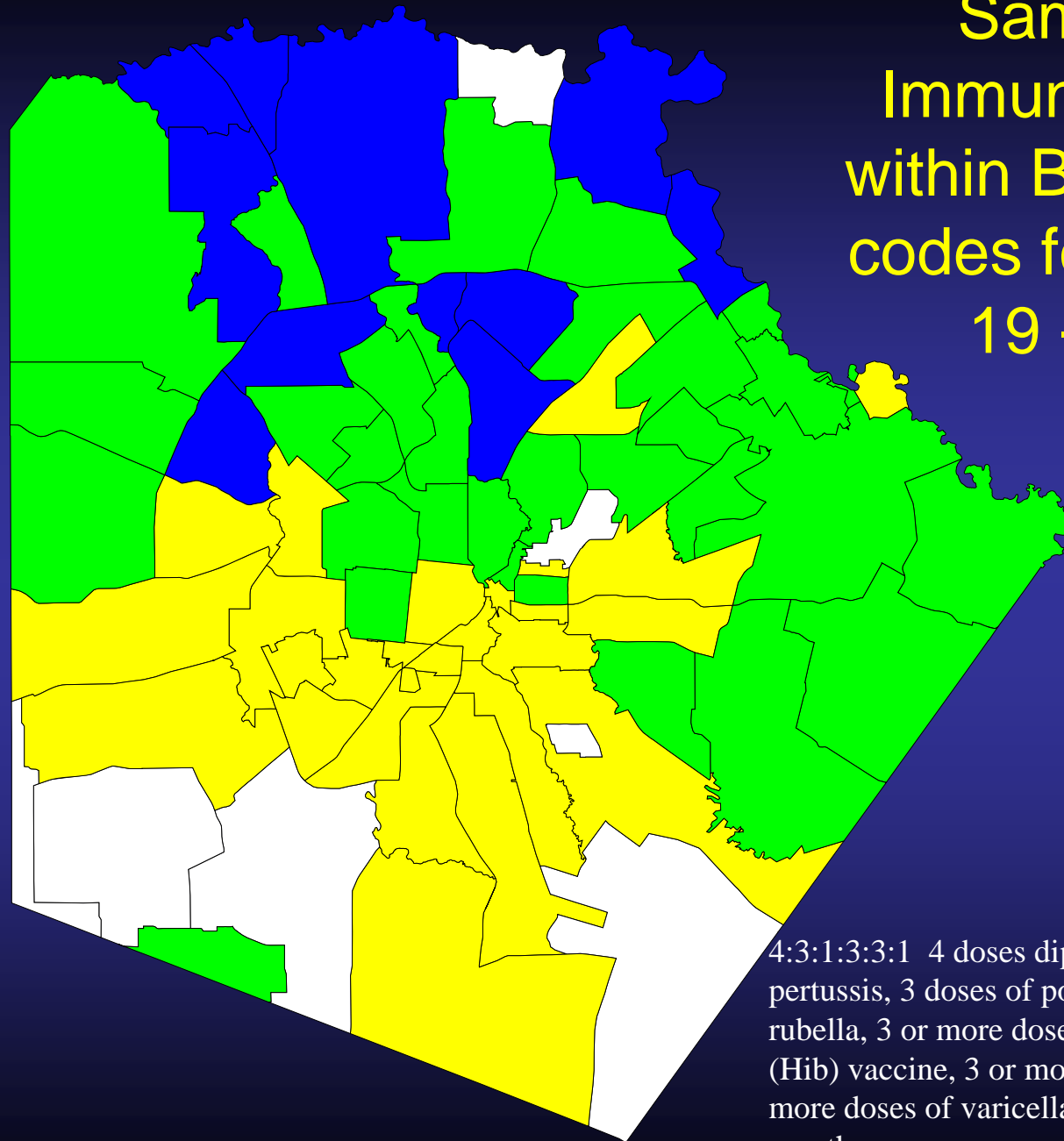


	Year 2001	Year 2002	Year 2003	Year 2004	Year 2005	Year 2006	Year 2007
■ Unduplicated Confirmed Victims	3,226	3,066	3,305	3,249	5,511	5,755	6,733

Bexar County 2007 Juvenile Probation Referrals by Zip Code



Sample of 2007 Immunizations Rates within Bexar County zip codes for children ages 19 - 35 months



- 60% to 69%
- 70% to 79%
- 80% to 88%
- Insufficient Information

4:3:1:3:3:1 4 doses diphtheria and tetanus toxoids and pertussis, 3 doses of poliovirus, 1 dose of measles-mumps-rubella, 3 or more doses of Haemophilus influenzae type b (Hib) vaccine, 3 or more doses of hepatitis B vaccine, 1 or more doses of varicella vaccine received at or after age 12 months

Lack of Prevention Can Lead to Early Deaths

- Studies reveal uninsured patients do not receive primary treatment for life-threatening/chronic conditions (heart disease, hypertension, diabetes)*.
- In Bexar County, approximately 31% of all deaths occurred among persons aged <65 years. Nationally, this is about 17%**
- In Bexar County, the leading cause of death among those ages 45 - 64 is lung cancer, with African Americans having the highest rate. Hispanics have twice the rate of early death due to diabetes compared to Non-Hispanic Whites.

** MMWR February 20, 2004 / 53(06);121-125

*Code Red Texas

Summary

- It's impossible in this short time to address all the issues of early care & education, child abuse & neglect, parenting and children's health.
- Our goal for this presentation is to encourage discussion regarding health and daily living conditions that affect the overall well-being of Bexar County's children.
- We ask you to consider what problems contribute to unmet health needs? What needs are not being met?

Urgent Issues

- High School dropout rate and the disparity in academic achievement across school districts.
- Unplanned births, late prenatal care, and low-weight births.
- The lack of affordable basic medical / dental care and mental health services.
- Food insecurity, lack of affordable housing, a living wage, freedom from discrimination, parental involvement in child's learning, affordable childcare, neighborhood safety, and family violence.

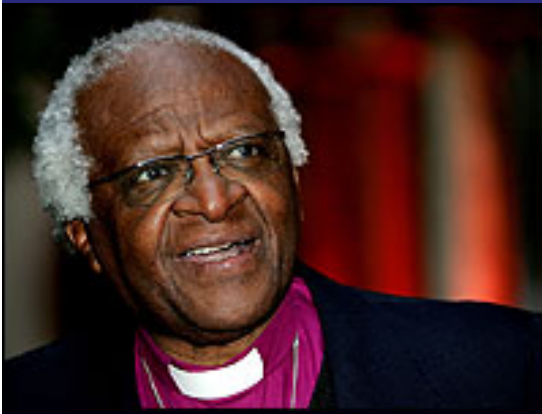


Archbishop Desmond Tutu

Reclaiming Youth at Risk

“We must look on children in need not as problems but as individuals with potential....

I would hope we could find creative ways to draw out of our children the good that is there in each of them.”



Archbishop Desmond Tutu, photographed in May 2005. *Getty Images* -Paul Hawthorne