

STATE OF HAWAII
DEPARTMENT OF HEALTH
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Testimony in SUPPORT of HB0578, SD1
RELATING TO HEALTH
SENATOR JILL TOKUDA, CHAIR, SENATE
COMMITTEE ON WAYS AND MEANS

Hearing Date: April 1, 2015 Room Number: 211

1 **Fiscal Implications:** None for DOH.

2 **Department Testimony:** The Department of Health (DOH) supports House Bill 578, Senate
3 Draft 1 (HB0578 SD1). The purpose of HB0578 SD1 is to connect adolescents back to their
4 healthcare provider by expanding the physical examination requirement. Currently, physical
5 examinations are only conducted upon entry into the school system in kindergarten. HB0578,
6 SD1 expands the physical examination requirement to also include entry into seventh grade.
7 Grade seven was chosen because it coincides with current immunization requirements. This bill
8 follows the lead of other states and Hawaii private schools who have multiple physical
9 examination requirements throughout a child's educational journey.

10 The Department offers comments in the interest of the health of our students because
11 increasing the physical exam requirement for school attendance provides a broader, systematic
12 approach to connecting children back to their primary care physicians. The policy also promotes
13 utilization of the covered preventive health benefits established by the Affordable Care Act
14 (ACA). Due to the ACA, annual well child examinations are a required covered benefit in all
15 health plans.

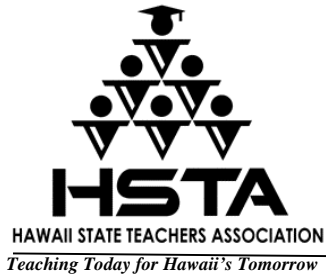
16 The proposed increase in the physical exam requirements is congruent with the policy
17 priority set forth by the Obesity Prevention Task Force. The Task Force, co-chaired by our late
18 Director Loretta Fuddy developed and recommended legislation pursuant to Act 269 (SB2778
19 CD1), Session Laws of Hawaii 2012. The policy to expand physical examination requirements

1 for public school students was proposed to reinforce a culture of wellness and preventive health
2 care.

3 Currently, the state expends \$470 million a year on obesity-related medical costs, and
4 \$770 million on diabetes-related medical costs. Today in Hawaii, more than one in two adults
5 [Behavioral Risk Factors Surveillance System (BRFSS) 2012; 56%] and over one in four high
6 school [Youth Risk Behavior Survey (YRBS) 2013; 28.2%] are overweight or obese. The adult
7 diabetes rate in Hawaii is 8.4% and an additional 12.9% have been diagnosed with pre-diabetes
8 (2013 BRFSS). By 2030 half of adults in Hawaii are projected to be obese without effective
9 interventions (2013, Trust for America’s Health). According to the Trust for America’s Health,
10 “Keeping people healthier is one of the most effective ways to reduce healthcare costs,” (July
11 2008).

12 The adoption of this measure entails family and community engagement. The additional
13 physical exam requirements offer physicians and healthcare providers together with parents and
14 adolescents the opportunity to address developmentally relevant physical and mental health
15 issues. Regular visits are preventive, so health needs can be assessed and addressed early. The
16 requirements of HB0578, SD1 embraces the whole child to assure they are healthy and ready to
17 learn.

18 Thank you for the opportunity to provide testimony.



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TESTIMONY BEFORE THE SENATE
COMMITTEE ON WAYS AND MEANS

DATE: WEDNESDAY, APRIL 1, 2015

RE: HB 578, HD2, SD1 – PHYSICAL EXAMINATION REQUIRED FOR ALL
INCOMING SEVENTH GRADE STUDENTS

PERSON TESTIFYING: JOAN LEWIS, VICE PRESIDENT
HAWAII STATE TEACHERS ASSOCIATION

The Honorable Chair Jill Tokuda, Vice Chair Ron Kouchi and Members of the Committee:

The Hawaii State Teachers Association (HSTA) supports **HB578, HD2, SD1** requiring written documentation of a physical examination performed within the twelve months prior to attending seventh grade.

HSTA believe that the Department of Education has a responsibility to address the needs of the whole child rather than only academic achievements. Yet, in order for students to excel and achieve they must be mentally and physically at their optimum.

HB 578, HD2, SD1 provides for a students healthy start at a difficult adjustment time as they move into middle/intermediate school. HSTA supports initiatives which increase services for students to improve learning capabilities.

HSTA supports **HB578, HD2, SD1**



Hawaii Chapter

March 30, 2015

Written Testimony from Michael Hamilton, President

AAP - Hawaii Chapter

5414 Kirkwood Place
Honolulu, HI 96821

Hawaii Chapter Board

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RE: HB 578 SD1 Relating to Education

Thank you for this opportunity to testify *in strong support* of HB 578 SD1 which will establish a policy mandating documentation of a physical examination, by a licensed physician or advanced practice registered nurse, at entry to the 7th grade.

The Hawaii Chapter of the American Academy of Pediatrics is a voluntary organization of over 200 pediatricians in Hawaii. Our mission is to attain optimal physical, mental and social health and well being for infants, children, adolescents and young adults in Hawaii.

Adolescence is a period of tremendous physical, emotional and social change. During this period youth can develop numerous health issues, the majority of which are preventable. High-risk health behaviors that contribute to the most common causes of morbidity and mortality among young adults are often established in childhood and adolescence. These include smoking, drinking/drug use, high-risk sexual practices, unhealthy nutrition, lack of sleep and physical inactivity. These behaviors are also intimately linked to academic failure and achievement.

Primary care practitioners, pediatricians, family physicians and nurse practitioners who have a long-standing relationship with families, are ideally suited for preventing problem behaviors. The adolescent well child visit creates a safe environment where adolescents can feel comfortable talking to their doctor about their health and wellness. The American Academy of Pediatrics has advocated that child should have regular "Well Child" physical exams throughout childhood. In adolescence, they should receive appropriate screening and guidance for alcohol and drug use, depression and suicide, sexuality and reproductive health issues as well as obesity, diabetes and cardiovascular disease. However, this cannot be done in a 10-minute sick visit for a cold.

Too many adolescents are now *only* seen by their primary care provider for the occasional sick visit. The reasons are many. Prior to the Affordable Care Act, some health insurance policies did not cover preventive healthcare visits for children. The Hawaii Department of Education has mandated documentation of a comprehensive physical exam *only* at kindergarten entry. In turn, many busy, over-taxed parents have not prioritized preventive healthcare visits. It should not be surprising then that many public school students have not had a comprehensive physical exam for years. It should also not be a surprise that depression, obesity, pre-diabetes, substance abuse too often go undiagnosed until a crisis occurs.

HB 578 SD1 will ensure that all youth attending public school in Hawaii have a well child preventive health care visit at 7th grade entry. While we know this is just the start, we think this bill strongly supports the medical home, optimal adolescent health and student achievement. In addition, the bill enhances the working relationship between adolescents, their parents, and the health and educational systems in Hawaii.

Sincerely,

A handwritten signature in black ink, appearing to be "R. Michael Hamilton".

R. Michael Hamilton, MD, FAAP
President



To: The Honorable Jill N Tokuda, Chair, Committee on Ways and Means
The Honorable Ronald D Kouchi, Vice Chair, Committee on Ways and Means
Members, Senate Committee on Ways and Means

From: Jessica Yamauchi, Executive Director

Date: March 31, 2015

Hrg: Senate Committee on Ways and Means; Wednesday, April 1, 2015 at 1:30 p.m. in Rm 211

Re: **Support for HB 578, HD2, SD 1, Relating to Education**

Thank you for the opportunity to offer testimony in **support of** House Bill 578, HD2, SD 1, which requires children to undergo a physical examination prior to attending seventh grade, and provides for provisional attendance with written documentation if a child is in progress of undergoing a physical examination and sets a deadline for submittal of documentation of completion of such examination.

The Hawaii Public Health Institute (HIPHI) supports and promotes policy efforts to create a healthy Hawaii. HIPHI weaves silos into working relationships as an effective network, ensuring that we come together across sectors to advance collaboration and innovation in public health and work towards making Hawaii the healthiest place on earth.

Currently, kindergarten is the only time when students are required to have a health assessment in order to attend public school. In contrast, students attending private schools are assessed every one to two years. While physical examinations are conducted for sports activities, those types of examinations are limited and not as comprehensive as a health assessment. As academic success of Hawaii's youth is intimately linked to their health, this additional health screening has great promise for improving the health our youth. Research shows that poor health such as mental health disorders, uncontrolled asthma, poor nutrition and sleep disorders are closely linked to poor academic outcomes. Further, obesity is becoming more of an issue each year, with as many as one in four children in Hawaii already being considered overweight or obese, contributing to medical expenditures that totaled more than \$470 million in 2009 alone.

The routine physical assessment of students is important for monitoring the health and wellbeing of our keiki. Conducting an additional physical assessment at the benchmark of entering seventh grade greatly aides in addressing and preventing health-related issues such as childhood obesity, smoking, and dealing with stress, as well as maintaining a current schedule of vaccinations. Vision and hearing are also screened, which can interfere with learning. The physical exam helps link the child back to their medical home, which has shown an improvement in health for a variety of outcomes. Primary care providers are in a unique position to screen for chronic disease risk factors and behaviors and provide guidance, brief counseling and care coordination for the adolescent and his/her parents. Under the Affordable Care Act, these physical exams would be done free of charge for all of Hawaii's keiki.

Hawaii Public Health Institute supports HB 578, HD2, SD 1, and asks the committee to pass this measure. Thank you for the opportunity to testify.

Respectfully,

A handwritten signature in black ink that reads 'Jessica Yamauchi' in a cursive script.

Jessica Yamauchi, MA
Executive Director



UNIVERSITY OF HAWAII SYSTEM

Legislative Testimony

Testimony Presented Before the
Senate Committee on Ways and Means
Wednesday, April 1, 2015 at 1:30 p.m.

By

Robert Bley-Vroman, Chancellor

And

Jerris R. Hedges, MD, Dean

And

May Okihiro, MD, Professor of Pediatrics

John A. Burns School of Medicine

University of Hawai'i at Mānoa

HB 578 HD2 SD1 – Relating to Education

Chair Tokuda, Vice Chair Kouchi, and Members of the Committee:

Thank you for an opportunity to testify *in support of* HB 578 HD2 SD1, which requires children to undergo a physical examination prior to attending seventh grade beginning with the 2016-2017 school year.

Almost three-fourth (3/4) of all adolescent mortality is a result of motor vehicle accidents, homicide, suicide, and unintentional injuries (CDC, 2010). Unhealthy lifestyles and risk factors for chronic disease, such as smoking, poor nutrition, and mental health problems, begin in childhood and adolescence and track into adulthood. Youth are also at risk for suicide from underlying depression. In 2011, among youth in Hawai'i:

- 29.5% reported that they felt sad or hopeless almost every day for two or more weeks in a row
- 15% said they would attempt suicide in the past 12 months
- 1 in 4 are overweight or obese, and in some communities over 50% of adolescents are overweight or obese
- 37% reported that they never had sexual intercourse

Except for routine immunizations and mandated sports physicals, many youth do not receive health screening for depression or chronic health conditions such as obesity. As academic success of Hawaii's youth is intimately linked to their health, annual health screening of school age youth has great promise for strengthening the fabric of society. Research shows that poor health such as mental health disorders, uncontrolled asthma, poor nutrition and sleep disorders are closely linked to poor academic outcomes. On the other hand, research also shows that academic success is a primary predictor of adult health outcomes. For example, in Hawai'i, the prevalence of diabetes among those who did not graduate from high school is 10.6%, twice that of those who graduated from college (4.8%).

Primary care providers are in a unique position to screen for chronic disease risk factors and behaviors and provide guidance, brief counseling and care coordination for the adolescent and his/her parents. In the ideal world, youth would see their physicians regularly throughout childhood for preventive health care. However, in today's busy world this often does not happen; physicians often only see children and adolescents when they are sick or injured.

Thus mandating annual health screening by a primary care provider as they enter their adolescent years offers great promise for advancing the health of our keiki, ensuring that they are healthy and ready to learn.

Thank you for this opportunity to testify.

HB578

Submitted on: 3/30/2015

Testimony for WAM on Apr 1, 2015 13:30PM in Conference Room 211

Submitted By	Organization	Testifier Position	Present at Hearing
Bev Brody	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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