



STATE OF HAWAII
DEPARTMENT OF EDUCATION
P.O. BOX 2360
HONOLULU, HAWAII 96804

Date: 03/16/2016
Time: 02:00 PM
Location: 309
Committee: House Education

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Bill: SB 2387, SD2 RELATING TO PHYSICAL EXAMINATIONS.

Purpose of Bill: Beginning with the 2017-2018 school year, requires a child to provide written documentation of a physical examination performed within twelve months prior to attending seventh grade at a public school. Requires DOH to provide information to assist students who do not complete the physical exam before December 31 of the seventh grade year and also requires DOH to provide consultations with those students' parents and guardians about health lifestyles and obtaining health insurance. Appropriates funds. (SD2)

Department's Position:

The Department of Education (Department) supports healthy lifestyles for Hawaii's youth and the intent of SB2387 SD2.

The Department is open to collaborating on a public campaign on this subject and exploring alternatives with the Department of Health (DOH) that would allow DOH staff to follow-up with families of students who require assistance or services to meet or are unable to meet the physical examination requirement mandates of this proposal.

This measure still imposes additional recordkeeping and accountability responsibilities on schools and increase workload of staff. As schools have very limited staffing, additional resources are required to implement this measure effectively. The department's current budget does not have the means to cover such additional expense. The Department would appreciate the consideration of an appropriation to address the recordkeeping and accountability responsibilities this measure will place on schools. Currently, all recordkeeping is done manually by the school health aides. The work day of a school health aide is 6.5 hours.

Prior to submitting a list to DOH, schools will need to:

- Inform parents/legal guardians about the new 7th grade requirement in advance of enrollment (e.g., written notice);
- Work with the school health aide (SHA) to ensure the SHA can review all new student

health records (Form 14) for complete immunization information and confirm proof of physical exam in a timely manner;

- Notify parents/legal guardians in writing about any compliance problems; and
- Maintain a database of students who have met and not met the requirements.

Additional funding would assist in providing the necessary supports to schools, and allow the school health aide to attend to the general health/first aid needs of students at a school throughout the school day.

Last year, the Department sought feedback from our Complex Area Superintendents and Principals on this measure. For your consideration, we would like to share some of those comments:

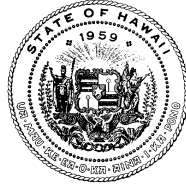
"I think the bill is good re: 7th graders having physical exams before attending school. It should be for all students in grade 7. However, I do see difficulty: No problem for families who live here long, have a job, transportation and have family doctors on hand as well as medical insurance. Just being able to have an appt would be a factor to consider. For many who are not as fortunate and struggle daily, there will be difficulties:

- 1. Scheduling appts. way in advance; so difficult to obtain appts. Walk-ins at sub clinics may be able to accommodate such.*
- 2. Our immigrant families worrying about doctor bills and may be very hesitant to move on it. Will need ELL personnel to help them understand what needs to be done.*
- 3. Transportation and where to go may be another factor for new families to the island*
- 4. insurance. Immigrant families may have difficulty with this." - CAS (Oahu)*

"If we are looking at identifying health issues with our students, there are free programs already in the communities that offer screening for students, especially low economic areas. If there is a clear purpose of why we are asking for a physical, I could better understand whether to support or oppose this bill. It would be a lot of man power at the school level to ensure all students submit and follow up the actual physicals are on record." - Maui Middle School Principal

"In polling my school principals most felt that any additional level of health screening would be beneficial but all were concerned about the huge compliance load on schools. How can we force people to pay for a physical if they cannot afford to do so? Is thus not another obstacle to providing a free compulsory education?" - CAS (Big Island)

Thank you for the opportunity to provide testimony on this measure.



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. Box 3378
Honolulu, HI 96801-3378
doh.testimony@doh.hawaii.gov

**Testimony in SUPPORT of SB2387 SD2
RELATING TO PHYSICAL EXAMINATIONS**

REPRESENTATIVE ROY M. TAKUMI
HOUSE COMMITTEE ON EDUCATION

Hearing Date: March 16, 2016

Room Number: 309

1 **Fiscal Implications:** The Department is tasked with contacting and providing follow-up notices
2 to parents or guardians of students who have not obtained a physical examination. An estimated
3 \$50,000 in staffing and resources will be necessary to implement the Departmental requirements
4 outlined in the bill. The Department will assess for the near future the feasibility and cost of
5 developing an electronic system for reconciling lists between the Departments and that will
6 conduct automated follow-up for parents and guardians of students.

7 **Department Testimony:** The Department of Health offers testimony in support of SB2387
8 SD2. The purpose of SB2387 SD2 is to connect adolescents back to their healthcare provider by
9 expanding the physical examination requirement. Currently, physical examinations are only
10 conducted upon entry into the school system. SB2387 SD2 expands the physical examination
11 requirement to also include entry into seventh grade. Grade seven coincides with current
12 immunization requirements and is a crucial time in a child's development. Private schools in
13 Hawaii, at least 10 other states, and many other local school districts have multiple physical
14 examination requirements. The current language in SB2387 SD2 would not withhold children
15 from attending school if a physical examination was not obtained by school entry, alleviating
16 concerns that this measure could exclude children from attendance due to non-compliance.

17 The Department requests amendments to the bill language to ensure that information
18 including student names and directory information be provided by the Department of Education
19 to the Department in an electronic format, such as an excel spreadsheet. Provision of the data in

1 an electronic format will ensure that the information is organized and easy to utilize by the
2 Department in order to provide follow-up notices. The Department also requests adding a
3 definition for physical examination. The Department also requests to amend the bill language to
4 include physician assistants on the list of providers who can perform a physical examination.

5 The Department offers support for SB2387 SD2 out of the interest for the health of our
6 students because increasing the physical exam requirement for school attendance provides a
7 broader, systematic approach to connecting children back to their primary care physicians.
8 Student health is positively associated with attendance, academic achievement, and graduation
9 rates. The policy also promotes utilization of the covered preventive health benefits established
10 by the Affordable Care Act (ACA). Due to the ACA, annual well child examinations are a
11 required covered benefit in all health plans.

12 Regular visits are preventive, so health needs can be assessed and addressed early.
13 According to the Trust for America’s Health, “Keeping people healthier is one of the most
14 effective ways to reduce healthcare costs,” (July 2008). Currently, the state expends \$470 million
15 a year on obesity-related medical costs, and \$770 million on diabetes-related medical costs.
16 Today in Hawaii, more than one in two adults [Behavioral Risk Factors Surveillance System
17 (BRFSS) 2014; 58.1%] and over one in four high school [Youth Risk Behavior Survey (YRBS)
18 2013; 28.2%] are overweight or obese. Diabetes and pre-diabetes rates have been steadily
19 increasing in Hawaii; nearly one quarter of all adults in Hawaii (24.1%) report having diabetes or
20 pre-diabetes.¹ By 2030 half of adults in Hawaii are projected to be obese without effective
21 interventions (2013, Trust for America’s Health). The additional physical exam requirements
22 offer physicians and healthcare providers together with parents and adolescents the opportunity
23 to address developmentally relevant physical and mental health issues.

24 **Offered Amendments:** The Department requests the following amendments to SB2387 SD2.

25 1) Page 3, Lines 2, 3, 4, 5, & 6:

26 “...the department shall electronically provide to the department of health a list of
27 students attending seventh grade who have not submitted appropriate written

¹ Hawaii Health Data Warehouse. Diabetes Prevalence - Categorical. Honolulu, Hawaii: Hawaii State Department of Health;2016

1 documentation, along with directory information as allowed under the federal
2 Family Educational Rights and Privacy Act.”

3 2) Page 4, Line 3. Addition of a definition for “physical examination”:

4 “(c) As used in this section, unless the context otherwise requires:

5 “Physical examination” means a well-child visit, provided by a licensed
6 physician, physician assistant, or advanced practice registered nurse to
7 assess a child’s physical, behavioral, developmental, and emotional status.
8 A physical examination should include, but not be limited to the following
9 areas: medical history, measurement (such as height, weight, blood
10 pressure), sensory screening (vision and hearing),
11 developmental/behavioral assessment, physical examination,
12 immunizations, anticipatory guidance (in areas such as injury prevention
13 and nutrition counseling), and dental referral. “Physical examination”
14 does not include a physical examination for athletes.”

15 3) Addition of physician assistant as providers who can perform a physical examination:

16 Page 2, Lines 2 and 3.

17 “...from a [~~icensed physician or advanced practiced registered nurse~~] licensed
18 physician, physician assistant, or advanced practiced registered nurse...”

19 Page 2, Lines 6 and 7:

20 “...from a [~~icensed physician or advanced practiced registered nurse,~~] licensed
21 physician, physician assistant, or advanced practiced registered nurse, or other
22 authorized representative of the...”

23 Page 2, Lines 16 and 17:

1 “...official written documentation from a [~~licensed physician or advanced~~
2 ~~practiced registered nurse]~~ licensed physician, physician assistant, or advanced
3 practiced registered nurse showing completion of a...”

4 Thank you for the opportunity to provide testimony.



UNIVERSITY OF HAWAII SYSTEM

Legislative Testimony

Written Testimony Before the
House Committee on Education
Wednesday, March 16, 2016 at 2:00 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

SB 2387 SD2 – RELATING TO PHYSICAL EXAMINATIONS

Chair Takumi, Vice Chair Ohno, and members of the Committee:

Thank you for an opportunity to testify in support of SB 2387 SD2, which requires children to undergo a physical examination prior to attending seventh grade beginning with the 2017-2018 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 2 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 ever 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 Hawai'i's youth is intimately linked to their health, 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 subsequent 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. Many national expert panels have recommended that youth visit their physicians regularly throughout childhood for preventive health care. However, in today's busy world this often does not happen; physicians frequently only see children and adolescents when they are sick or injured.

The Department of Education is concerned that this measure may exclude children from school due to non-compliance. The Senate has addressed this by adding language to the Bill, in the last hearing, that will (1) allow a child to attend school provisionally upon written notice that the child has an appointment for a physical exam, and (2) supports families who have not submitted forms with information about healthy lifestyles and obtaining health insurance.

Unaddressed but treatable health conditions, such as depression and uncontrolled asthma, contribute to school absenteeism. A seventh grade health screen would connect students, and their families, to a medical home that could address such conditions. Mandating 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.



Date: March 15, 2016

To: The Honorable Roy M. Takumi, Chair
The Honorable Takashi Ohno, Vice Chair
Members of the House Committee on Education

From: Jessica Yamauchi, Executive Director, Hawai'i Public Health Institute

Re: **Strong Support for SB 2387, SD2, Relating to Physical Examinations**

Hrg: March 16, 2016 at 2:00 pm at Capitol Room 309

Thank you for the opportunity to offer testimony in **strong support of** Senate Bill 2387, SD2, which requires children to undergo a physical examination prior to attending seventh grade.

The Hawaii Public Health Institute (HIPHI) supports and promotes policy efforts to create a healthy Hawai'i. 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 Hawai'i the healthiest place on earth. I also serve as co-chair of the obesity prevention task force which has worked on this issue for the last three years.

Currently, physical examinations are only conducted upon entry into the school system (usually in kindergarten). 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 our youth is intimately linked to their health, this additional health screening has great promise for improving the health of 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 Hawai'i 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. Annual well child examinations are a required covered benefit under the Affordable Care Act.



At least ten states have passed similar legislation, requiring physical exams beyond school entry. We, the Hawai'i Public Health Institute and obesity prevention task force **strongly support SB 2387, SD2**, and asks the committee to pass this measure.

Thank you for the opportunity to testify.

Respectfully,

A handwritten signature in blue ink that reads 'Jessica Yamauchi'.

Jessica Yamauchi, MA
Executive Director



Hawaii Chapter

March 14, 2016

AAP - Hawaii Chapter
P.O. Box 25817
Honolulu, HI 96825

Hawaii Chapter Board

President

R. Michael Hamilton, MD, MS, FAAP
Department of Pediatrics,
Hawaii Permanente Medical Group
2828 Paa Street
Mapunapuna Clinic, 2nd Floor
Honolulu, HI 96819
Phone : 808/432-5604
Fax : 808/432-5601
Email: Michael.R.Hamilton@kp.org

Vice President

Mae S. I. Kyono, MD, FAAP
1319 Punahou Street, 7th Floor
Honolulu, HI 96826
Phone: 808/780-5286
Fax: 808/983-6109
Email: mkyono@hawaii.edu

Secretary

Josephine Quensell, MD, FAAP
1319 Punahou Street, Suite 1050
Honolulu, HI 96826
Phone: 808/942-8144
Fax: 808/955-3827
Email: quensell@hawaii.edu

Treasurer

Milette Oliveros, MD, FAAP
1319 Punahou Street
Honolulu, HI 96826
Email:
Milette.Oliveros@kapiolani.org

Immediate Past President

Kenneth T. Nakamura, MD, FAAP
1319 Punahou Street, Room 743
Honolulu, HI 96826
Phone: 808/983-8020
Fax: 808/983-6343
E-mail: kennethn@kapiolani.org

Chapter Executive Director

Sharon Hicks
P.O. Box 25817
Honolulu, HI 96825
Phone: 808/282-4944
Email: haapsharon@gmail.com

Chapter Web site

www.hawaii.aap.org

AAP Headquarters

141 Northwest Point Blvd
Elk Grove Village, IL 60007-1098
Phone: 847/434-4000
Fax: 847/434-8000
E-mail: kidsdocs@aap.org
www.aap.org

Written Testimony from Michael Hamilton, President
RE: SB 2387 SD 2 Relating to Physical Examinations

Thank you for this opportunity to testify *in strong support* of SB2387 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.

SB2387 SD2 will ensure that all youth attending public school in Hawaii have a well child preventive health care visit at 7th grade entry. ***This bill will also help to ensure that adolescents will receive important immunizations already required by the Department of Health at 7th grade. While we know this is just the start, we think this bill strongly supports the medical home, optimal adolescent health and student achievement. Finally, 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 read "R. Michael Hamilton".

R. Michael Hamilton, MD, FAAP
President



March 16, 2016

TO: House Committee on Education
Rep. Roy M. Takumi, Chair
Rep. Takashi Ohno, Vice Chair

FROM: Dr. Vija Sehgal, Pediatrician and Chief Quality Office / Associate Medical Officer
Waianae Coast Comprehensive Health Center / 697-3457 or wcchc@wcchc.com

RE: **SB2387 SD2: Relating to Physical Examinations**

Thank you for the opportunity to submit testimony in support of SB2387 SD2 to mandate a physical examination for entry into seventh grade in the public school system.

The Waianae Coast Comprehensive Health Center (WCCHC), a Federally Qualified Health Center in Leeward Oahu, has over 600 employees working in clinics in Waipahu, Kapolei, Nanakuli and Waianae. Annually, we serve over 35,000 patients, of which 13,385 are school age children.

In line with the focus on improving adolescent health in SB2387 SD2, the health center was awarded grants to expand access and services to adolescents through a new adolescent clinic at the mall and two school based health centers in Waianae.

Looking at our electronic health record (EHR) information and the data gathered from focus groups for our adolescent clinic development, we know that preventive care visits steeply decline in the middle school years. In fact, the data shows a 20% drop off from annual elementary school physical exams (66%) to (45%) for middle school physical exams. These middle school years are when many preventable health issues develop that are intimately linked to academic achievement.

The American Academy of Pediatrics recommends that regular well-child physical exams should occur throughout childhood. This well-child exam is above and beyond the sports physical required for athletic participation. And, we feel it is important to note, the sports physical doesn't end up covering the many at-risk adolescents who don't participate in school-sponsored sports.

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 adolescent depression, obesity, pre-diabetes and substance abuse often go undiagnosed until a crisis occurs. SB2387 SD2 will create an opportunity to check in and follow-up with adolescents regarding weight, depression, alcohol and drug use.

SB2387 SD2 combines the physical assessment requirement into the same timeframe already required for immunization updates in the 7th grade. So, this bill doesn't create an additional burden for parents because they already need to submit the form 14 with updated immunizations. Additionally, we support language that was added during Senate consideration to (1) allow a child to attend school provisionally upon written notice that the child has an appointment for a physical exam, and (2) supports families who have not submitted forms with information about healthy lifestyles and obtaining health insurance.

Thank you for the opportunity to share our views on SB2387 SD2 and we urge the passage of the bill.



HPCA

HAWAII PRIMARY CARE ASSOCIATION

House Committee on Education

The Hon. Roy M. Takumi, Chair

The Hon. Takashi Ohno, Vice Chair

Testimony on Senate Bill 2387 SD2

Relating to Physical Examinations

Submitted by Dustin Stevens, Public Affairs and Policy Director

March 16, 2016, 2:00 pm, Room 309

The Hawaii Primary Care Association (HPCA), which represents the federally qualified health centers/community health centers in Hawaii, supports Senate Bill 2387, requiring children undergo a physical examination prior to beginning seventh grade.

In Hawaii, public education is student centered and grounded in a commitment to equity. Part of that equity depends on ensuring all children having the opportunity to pursue, and excel in, their education.

The number one cause most often provided by parents of children experiencing chronic absenteeism from public schools is healthcare. As a community, we must do more to ensure our students have access to and utilize such services. Asthma, vision, hearing, and depression are just a few of the myriad ailments that can be identified and responded through the course of basic preventive examinations.

Thank you for your consideration and the opportunity to testify.

To: The Honorable Roy M. Takumi, Chair
The Honorable Takashi Ohno, Vice Chair
Members of the House Committee on Education

Hrg: House Committee on Education, March 16, 2016, 2:00 pm, Room 309

Re: Support for SB 2387, SD2, Relating to Physical Examinations

Thank you for the opportunity to offer testimony in support of SB 2387, SD2, Relating to Physical Examinations.

This bill will require children to undergo a physical examination prior to attending seventh grade. Currently, physical examinations are only conducted upon entry into the school system (usually in Kindergarten). As academic success of Hawaii's youth is intimately linked to their health, this additional health screening has great promise for improving the health and academic progress of 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 Hawai'i 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 well-being 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 be barriers to learning. Physical exams are covered under the Affordable Care Act.

At least ten states have passed similar legislation, requiring physical exams beyond school entry. I support SB 2387, SD2, and asks the committee to pass this measure.

Thank you for the opportunity to testify.

SB 2387 SD2			
Name			
Courtney Voss		Jasmine Waipa	May Rose Dela Cruz
Rhiana Lau		Brian Driscoll	Ken Nakamura
Tyler Ralston		Lillian McCollum	Charlenee Caraang
Marilyn Gagen		Venkataraman Balaraman	Jerome Lee
Kim Swartz		Cynthia P Chow	Barbara Nosaka
Helen B		Jayson O'Donnell	Kanani Kilbey
Shilpa Patel		Patricia Fleck	Holly Kessler
Manuel Navalta		Bev Brody	Roella Foronda
Curtis Palmer		Annabelle Mateo	Nicole Kerr
Michael Kellar		Bryan Mih	Maile Goo
Kanani Kilbey		Jessica Steele	Srujana Rallabandi
Christopher La Chica		Denise Della	Danielle Boyer
Olelo pa'a Ogawa		Jennifer Zalla	Amber Driscoll
Michele Nihipali		Sharlene Chun-Lum	Forrest Batz,
Becky Gardner		Lenard Allen	Linda Bong