



October 2011

Children Connection

National Child Passenger Safety Week, (September 15,—24, 2011)

The South West Valley, (Riverton, Herriman, West Jordan, South Jordan, Draper, Bluffdale, Eagle Mountain, Saratoga Springs, Lehi), are some of the largest areas of population growth in our State. During National Child Passenger Safety Week at Primary Children's Outpatient Services at Riverton, certified car seat technicians provided a community car seat safety checkpoint.

“Our goal is to make sure all children are secured in an appropriate car seat and that car seats are installed properly every trip, every time,” stated Tim Cosgrove, Child Advocacy specialist and coordinator of the Riverton community car seat check point. “With young couples starting families, and grandparents becoming grandparents for the first time it is a good opportunity to provide information for the safe transportation of passengers in one of the state's fastest growing areas.

“Motor vehicle crashes are the leading cause of injury and death in our state, and it is important that children are being transported safely. We will continue to sponsor free community car seat checks at the Primary Children's Riverton the third Thursday of each month. Please call for an appointment at 801-662-2277, (CARS).”

Medicaid Reform

A new report from The National Association of Children's Hospitals (NACHRI) provides telling information about Medicaid: the single largest health insurer for children from low-income families. Medicaid is also the primary source of health care for low-income adults and persons with disabilities.

Medicaid is a critical health care program for children from

families of at least four members with a combined income below \$29,726. In Utah, Medicaid provides health insurance for 165,664 children; 30 million children are covered nationwide.

While Medicaid is paid for by the federal government, it is a joint program with costs shared by the federal and state governments. Seventy-one percent of the total cost of Utah's Medicaid program is paid for by the federal government with the state picking up 29 percent.

Under broad federal guidelines, each state establishes its own standards for Medicaid eligibility, benefits package, and provider payment rates, although the states must meet certain minimum standards and benefits. During the Utah State legislative 2011 session, SB 180 - Medicaid Reform was passed. It looks for ways to modify the Medicaid program in a way that maximizes replacement of the fee-for-service delivery model with one or more risk-based delivery models. There were many public hearings and task forces looking at the proposed changes. The Utah Department of Health recently submitted a request for waivers from federal statutory and regulatory laws necessary to implement those proposed changes. They are waiting for feedback from the Centers for Medicare and Medicaid Services within the United States Department of Health and Human Services.

Everyday doctors and nurses at Primary Children's Medical Center are working to save lives regardless of a child's family income or health insurance coverage. About 40 percent of all the patients treated at Primary Children's Medical Center are Medicaid patients. Medicaid payments to all children's hospitals are already low; covering only about 77 percent of what providing care actually costs. While reforms may be necessary, it is most important that children are protected to ensure that they are able to receive timely and quality health care when they are most vulnerable.

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Decrease Childhood Obesity

Obesity is the second cause of preventable death in the United States. A recent report from the Center for Disease Control reports over 60 million Americans, 20 years and older are obese. 9 million children and teens ages 6-19 are overweight. Economic experts say that we are spending over \$150 billion annually treating obesity-related conditions. Being overweight or obese increases the risk of health conditions and diseases including: breast cancer, coronary heart disease, type II diabetes, sleep apnea, gall-bladder disease, osteoarthritis, colon cancer, hypertension, and stroke.

Here are some ideas to help you and your family adopt a more healthy lifestyle:

- Ask your doctor what a healthy weight is for you and if you need to make any adjustments to your eating and activity routine.
- If you need to lose weight or learn new eating and exercise habits, ask for help. Doctors, dietitians, and physical fitness experts can help you learn the right way to lose weight and change habits.
- Find a sport or activity you enjoy and do it! Basketball, soccer, jumping rope, dancing, Zumba, and karate are just a few. Join a team, play with a friend or practice by yourself.
- Keep a log of your activity. Write it down in a journal or make a graph. Have a competition with your friends or yourself to see how many minutes, steps, or repetitions you can log.
- All foods are okay once in a while. But if you're eating fast food more than once a week, try to find some healthy alternatives. Can you bring a healthy sack lunch? Choose smaller portions of fast food? Carry fruit with you to compliment your fast food?
- Learn to cook. People who know how to cook have better options for eating well.

For more information go to: <http://www.cdc.gov/cdctv/ObesityEpidemic/>

Safe Kids Walk This Way

In the United States, pedestrian injury is a leading cause of injury and death for children ages 1 to 14. In 2009, an estimated 13,000 children were injured and a total of 244 child pedestrians lost their lives. In Utah during 2009, there were 158 children (ages 0-14) injured and NO child pedestrians were killed. However, in Utah during 2010, 6 child pedestrians died.

Midvale City recently received a grant from Safe Kids USA to convene a task force to identify conditions that can be improved, raise awareness, and educate children and parents about safe pedestrian behavior and cross walk safety. The task force will be made up of members from Safe Kids, FedEx employee volunteers, public officials, public agencies, community organizations and parents. The goal of the initiative is to prevent pedestrian-related injury to children.

Safe Kids Worldwide and program sponsor FedEx created Safe Kids Walk This Way to teach safe behavior to motorists and child pedestrians and create safer, more walkable communities.

Want to be a Child Advocate?

If you have any questions regarding child advocacy efforts, or if you would like to join Primary Children's Medical Center grassroots advocacy group, "Children Connection" or, have friends and family members that would like to join call Tim Cosgrove at: 801.662.6582, or email at tim.cosgrove@imail.org or you can go to www.primarychildrens.org, click on Child Health and Safety, then click on Child Advocacy, then click on Sign-Up.

Thanks for being a child advocate! Have a safe and fun summer!

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