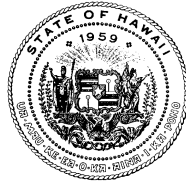


SB2387

Measure Title:	RELATING TO PHYSICAL EXAMINATIONS.
Report Title:	Physical Examination; Education
Description:	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. Provides for provisional attendance if an exam is scheduled.
Companion:	HB1948
Package:	None
Current Referral:	EDU/CPH, WAM
Introducer(s):	BAKER, KEITH-AGARAN, KIDANI, NISHIHARA, TOKUDA, English, Espero, Gabbard, Galuteria, Ihara, Riviere



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

**Testimony COMMENTING on SB2387
RELATING TO PHYSICAL EXAMINATIONS**

SENATOR MICHELLE N. KIDANI
SENATE COMMITTEE ON EDUCATION

SENATOR ROSALYN H. BAKER
SENATE COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH
Hearing Date: February 12, 2016 Room Number: 229

Fiscal Implications: The Department of Health (DOH) defers to the Department of Education on the fiscal implications, recognizing that this measure may necessitate resources above current levels.

Department Testimony: The Department of Health offers comments on SB2387. The purpose of SB2387 is to connect adolescents back to their healthcare provider by expanding the physical examination requirement. Currently, physical examinations are only conducted upon entry into the school system. SB2387 expands the physical examination requirement to also include entry into seventh grade. Grade seven coincides with current immunization requirements and is a crucial time in a child's development. Private schools in Hawaii, at least 10 other states, and many other local school districts have multiple physical examination requirements.

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

1 Regular visits are preventive, so health needs can be assessed and addressed early.
2 According to the Trust for America’s Health, “Keeping people healthier is one of the most
3 effective ways to reduce healthcare costs,” (July 2008). Currently, the state expends \$470 million
4 a year on obesity-related medical costs, and \$770 million on diabetes-related medical costs.
5 Today in Hawaii, more than one in two adults [Behavioral Risk Factors Surveillance System
6 (BRFSS) 2014; 58.1%] and over one in four high school [Youth Risk Behavior Survey (YRBS)
7 2013; 28.2%] are overweight or obese. Diabetes and pre-diabetes rates have been steadily
8 increasing in Hawaii; nearly one quarter of all adults in Hawaii (24.1%) report having diabetes or
9 pre-diabetes.¹ By 2030 half of adults in Hawaii are projected to be obese without effective
10 interventions (2013, Trust for America’s Health). The additional physical exam requirements
11 offer physicians and healthcare providers together with parents and adolescents the opportunity
12 to address developmentally relevant physical and mental health issues.

13 The Department is aware of the DOE’s concerns that the adoption of this measure may
14 exclude children from attendance due to non-compliance. Should this measure move forward,
15 the DOH is willing to collaborate with the DOE and external partners, such as health care
16 providers, community health centers, and health plans, to conduct communication campaigns
17 with schools and communities to help bring awareness to the new requirements and increase
18 compliance.

19 Thank you for the opportunity to provide comments.

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



UNIVERSITY OF HAWAII SYSTEM

Legislative Testimony

Written Testimony Presented Before the
Senate Committee on Education
and
Senate Committee on Commerce, Consumer Protection and Health
Friday, February 12, 2016 at 12:30 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

SB 2387 – RELATING TO PHYSICAL EXAMINATIONS

Chairs Kidani and Baker, Vice Chair Harimoto and members of the committees, thank you for an opportunity to testify in strong support of SB 2387, 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, 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. Many national expert panels have recommended that youth would see 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.

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.



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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, 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. Many national expert panels have recommended that youth would see 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.

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.



Senate Committee on Education

The Hon. Michelle N. Kidani, Chair

The Hon. Breene Harimoto, Vice Chair

Senate Committee on Commerce, Consumer Protection, and Health

The Hon. Rosalyn H. Baker, Chair

The Hon. Michelle N. Kidani, Vice Chair

Testimony on Senate Bill 2387

Relating to Physical Examinations

Submitted by Dustin Stevens, Public Affairs and Policy Director

February 12, 2016, 12:30 pm, Room 229

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.



Date: February 11, 2016

To: The Honorable Michelle N. Kidani, Chair
The Honorable Breene Harimoto, Vice Chair
Members of the Senate Committee on Education

The Honorable Rosalyn H. Baker, Chair
The Honorable Michelle N. Kidani, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

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

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

Hrg: February 12, 2016 at 12:30 pm at Capitol Room 229

Thank you for the opportunity to offer testimony in **strong support of** Senate Bill 2387, 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, 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 Hawaii's 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 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.

This initiative has been a priority for the statewide obesity prevention task force for the last three years and believe now is the optimal time to pass this legislation. There are preliminary plans for education regarding seventh grade vaccination requirements. Passing this measure now is ideal since education around the physical examination requirement could be combined with education for vaccine requirements. At least ten states have passed similar legislation, requiring physical exams beyond school entry. We, the obesity prevention task force and the Hawaii Public Health Institute **strongly support SB 2387**, 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". The signature is fluid and cursive.

Jessica Yamauchi, MA
Executive Director



Hawaii Chapter

AAP - Hawaii Chapter

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Honolulu, HI 96825

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February 10, 2016

Written Testimony from Michael Hamilton, President

RE: SB 2387 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 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 dark ink, appearing to be "R. Michael Hamilton".

R. Michael Hamilton, MD, FAAP
President

To:

The Honorable Michelle N. Kidani, Chair Committee on Education
The Honorable Breene Harimoto, Vice Chair Committee on Education
Members, Senate Committee on Education

The Honorable Rosalyn H. Baker, Chair Committee on Commerce, Consumer Protection,
and Health

The Honorable Michelle N. Kidani, Vice Chair Committee on Commerce, Consumer
Protection, and Health
Members, Senate Committee on Commerce, Consumer Protection, and Health

From: Cristeta Ancog MD

RE: Strong support for SB 2387 relating to Physical Exams

Thank you for an 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.

I am a board certified pediatrician, with 25 years of practice on the Waianae Coast. Currently, children are only required to receive a comprehensive physical exam prior to kindergarten entry, or when the child first enters school. Although the American Academy of Pediatrics recommends yearly well-child exams, many children visit their doctors only when they are very sick. Many *never* come in to see their doctors.

From the ages of 11-15, adolescents experience significant changes physically, emotionally and socially. 7th grade Physical exams are an opportunity to assess and address adolescent issues early, including nutrition, physical fitness, mental and sexual health. This is an ideal time to update adolescent immunizations. Comprehensive physical exams involve much more than is covered in a visit for an acute illness or even for sports clearance. In addition to prevention counseling on drinking/drug use, sexual activity, smoking and other high risk behaviors, we also identify and treat issues relating to obesity, diabetes and cardiovascular health. Physical exams reconnect children and parents to their healthcare providers and medical home, in order to provide continuity of care

Since the Affordable Care Act covers physical exams, parents will not incur additional cost for this visit. This bill also gives parents 12 months prior to 7th grade to get the physical done, and even a 3 month “grace period” after that. There don’t seem to be any barriers to getting this exam.

A 7th grade PE will improves adolescent health and well-being. Most importantly, we all know that healthy children have better school attendance which leads to improved school performance.

I strongly urge you to pass this bill.

Sincerely,

Cristeta Ancog M.D.

Fellow, American Academy of Pediatrics

98-1941 F Kaahumanu St

