

# WELL CHILD VISIT

## HEALTHY START PERFORMANCE MEASURE



### **Healthy Start Benchmark:**

Increase proportion of Healthy Start child participants who receive last age-appropriate recommended well child visit based on AAP schedule to 90%.

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### **Rationale**

Childhood is a rapid time of growth and change. The American Academy of pediatrics recommends regular well child visits to assess whether the child is meeting developmental milestones on hearing, vision, nutrition, sleep and growth, as well as to reduce the risk of serious disease and injury. These visits also provide an opportunity for additional age-appropriate preventive services such as immunizations, and screening and monitoring to detect developmental delays and follow up with early intervention services as needed. Parents should be given information on sleep, safety, childhood diseases, expectations for child growth and development, and have the opportunity to discuss any questions or concerns they may have about their child's health.

Healthy Start grantees can provide or refer Healthy Start participants for well child visits to support optimal child health and development.

This Resource Sheet provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners, and their staff in promoting the well child visit among Healthy Start participants.



Developed by JSI for the Healthy Start EPIC Center



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## Program Level Strategy

### Build Capacity to Promote the Well Child Visit

Strategies	Select Resources & Evidence-Based Practices
<p>Educate and train Healthy Start staff to be familiar with the components of a well child visit and periodicity schedules to recognize when Healthy Start child participants may be in need of a visit.</p> <p>Establish referral systems with local health care providers to coordinate well child visits for Healthy Start child participants.</p> <p>Develop a paper system or EHR reminder alert to inform Healthy Start program staff and participants of their needed well child visit.</p> <p>Establish a process or workflow in your program to screen Healthy Start participants on whether they are up to date with well child visits for their age.</p>	<p><a href="#">Recommendations for Preventive Pediatric Health Care</a></p> <p><a href="#">Toward Improving the Outcome of Pregnancy III</a></p> <p><a href="#">Bright Futures</a></p> <p><a href="#">Healthy Start Screening Tools</a></p>
<p>Screen and counsel Healthy Start participants on recommended immunizations for children including age appropriate immunizations, timing regimens and safety.</p>	<p><a href="#">Recommendations for Preventive Pediatric Health Care</a></p>
<p>Educate Healthy Start grantee staff on ACA requirement for health insurers to offer certain preventive health services free of co-pays or coinsurance, including well child visits.</p>	<p><a href="#">Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</a></p>



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## Individual & Family Level Strategies

### Screen for and Provide Education and Guidance on the Well Child Visit

Strategies	Select Resources & Evidence-Based Practices
<p>Screen Healthy Start participants on whether their child is up to date on well child visits.</p> <p>Provide information/education on the importance of a well child visit and refer to a pediatrician or primary care provider as indicated.</p> <p>Provide resources to Healthy Start participants and families on the importance and role of well child visits.</p> <p>Assist Healthy Start women participants to make a list of questions to ask the doctor about their child for each well visit.</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Is my child up to date on shots?</li><li><input type="checkbox"/> How can I make sure my child is getting enough physical activity?</li><li><input type="checkbox"/> Is my child at a healthy weight?</li><li><input type="checkbox"/> How can I help my child try different foods?</li></ul>	<p><a href="#">Healthy Steps</a></p> <p><a href="#">Bright Futures</a></p> <p><a href="#">Reach Out and Read</a></p> <p><a href="#">Healthy Start Screening Tools</a></p>
<p>Refer Healthy Start participants to a home visiting program to increase parent knowledge of early childhood development and provide early detection of developmental delays and health issues.</p>	<p><a href="#">Parents as Teachers (PAT)</a></p> <p><a href="#">Every Child Succeeds</a></p> <p><a href="#">Early Head Start- Home Visiting</a></p>



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## Individual & Family Level Strategies

### Screen for and Provide Education and Guidance on the Well Child Visit

Strategies	Select Resources & Evidence-Based Practices
<p>Motivate Healthy Start participants to maintain a healthy lifestyle for themselves and their children.</p> <p>Provide weekly workshops at home visits for Healthy Start women and children participants focused on promoting lifestyle improvements such as increased exercise, better nutrition, and daily reading.</p>	<p><a href="#">Toward Improving the Outcome of Pregnancy III</a></p> <p><a href="#">Healthy Steps</a></p> <p><a href="#">Reach Out and Read</a></p>
<p>Assist Healthy Start participants in enrolling in and obtaining health insurance to support access to health care and other preventive care services as needed.</p>	<p><a href="#">From Coverage to Care</a></p> <p><a href="#">Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</a></p> <p><a href="#">Health Insurance Marketplace</a></p>



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## Community Level Strategies

### Increase Awareness and Promotion of Well Child Visits to Community Organizations and Partners

Strategies	Select Resources & Evidence-Based Practices
<p>Provide outreach and education to promote awareness on the role of preventive well child visits among community partners and in the community.</p> <p>Partner with community programs that serve women, children, and families to promote awareness on the role of well child visits and coordinate timely well child visits as needed.</p>	<p><a href="#">Healthy Steps</a></p> <p><a href="#">Bright Futures</a></p>
<p>Promote awareness on the importance of well child visits among community partners, other programs serving women, children and families, and the public through social marketing</p>	<p><a href="#">Bright Futures</a></p>



### Healthy Start EPIC Center Webinar Resources:

[Ask the Expert: Parenting Children from Birth to Age 2](#)

[Ask the Expert: Learn the Signs. Act Early](#)

This Resource Sheet can be accessed electronically: <http://healthystartepic.org/>