Thinking As a Whole: 
HealthPartners’ 
System-wide Approach to 
Children’s Health

Improving the health and well-being of children and their families from pregnancy to adolescence
Speakers Today

Dr. Andrea Singh, MD
Chair of Pediatrics, Park Nicollet
Co-chair, Children’s Health Initiative

Dr. Charlie Lais, MD
OB/GYN Division Medical Director, HPMG
Co-chair, Children’s Health Initiative
What the science says...

80% of a person’s brain is developed by age 3.
By age 5, a child’s brain will have grown to 90% of its adult size.
Why it matters...

2/3 of students who cannot read proficiently by the end of 4th grade will end up in jail or on welfare.

More than 60% of youth age 17 and younger have been exposed to crime, violence and abuse either directly or indirectly.

As many as 50% of children with a developmental delay will not be identified by the time they enter kindergarten.

At least 80% of new mothers experience the “baby blues” and about 15% of mothers experience postpartum depression anytime in the first 12 months after delivery.
Promote early brain development
Provide family-centered care
Strengthen communities
**Areas of focus**

**Promote early brain development**
- Play, talk, read, sing
- Social-emotional development
- Healthy Beginnings

**Provide family-centered care**
- Breastfeeding promotion
- Postpartum depression
- Standard workflows

**Strengthen communities**
- Adolescent health
- Reducing disparities
- Family and community connections
CHI at a Glance

Children’s Health Initiative (CHI) Steering Committee
Andrea Walsh (Chair); Andrea Singh, MD (Co-Lead); Andrea Winter (Co-Lead); Charlie Lais, MD (Co-Lead);
Amy Rudolf; Annelise Heitkamp; Beth Averbeck; Charlie Fazio; Donna Zimmerman; Elyse Kharbada, MD; Jason Maxwell, MD;
Jessica Larscheid; Joan Bissen; Juliana Tillema; Kara Brandell; Kenzie Burback; Nancy Taff; Rochelle Johnson;
Shannon Neale, MD; Steve Scallon, MD; Thia Bryan; Tom Kottke, MD

CHI Operations Team
Andrea Singh, MD (Co-Lead); Andrea Winter (Co-Lead); Charlie Lais, MD (Co-Lead);
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Leah Greene; Maggie Wacker, Maureen McConnell; Meg Johnson; Nancy Taff; Quinn Kitchen-Miller; Steve Scallon, MD; Sonya Steiner; Thia Bryan

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Completed work in 2019

- **Postpartum Depression Screening:** Alignment with behavioral health managing outreach to moms
- **Healthy Beginnings:** Expanded coverage to St. Cloud THC use during pregnancy and breastfeeding messaging
- **Adolescent Health:** Questionnaire, parent & teen letter Pilot of electronic capture of teen questionnaire
- **Pediatric Standard Work:** Jaundice Smartset 18-21 Well Child Smartset Sports Physicals
- **Breastfeeding Support:** Expansion of Mom & Baby Café – Q4 Aligned patient education materials
- **Family and Community Connections:** Maternal and newborn home visit assessment
- **Pregnancy Standard Work:** Navigator redesign rollout – Q4 Standardized workflows for both inpatient and outpatient
- **Reducing Disparities:** Perinatal Scorecard

**Healthy Beginnings:**

- **Questionnaire, parent & teen letter**
- Pilot of electronic capture of teen questionnaire

**Postpartum Depression Screening:**

- Alignment with behavioral health managing outreach to moms

**Breastfeeding Support:**

- Expansion of Mom & Baby Café – Q4
  - Aligned patient education materials

**Reducing Disparities:**

- Perinatal Scorecard

**Pediatric Standard Work:**

- Jaundice Smartset
- 18-21 Well Child Smartset
- Sports Physicals

**Family and Community Connections:**

- Maternal and newborn home visit assessment
Ongoing Work and Opportunities During COVID-19
Introducing: Little Moments Count

build a baby’s brain.

each little moment of connection with a child—particularly in the first 1,000 days—has a tremendous impact on brain development.
Built by Many – Across MN

who’s partnering with Little Moments Count?

African American Babies Coalition
Allina Health
American Academy of Pediatrics, Minnesota Chapter
BeautyWell
CentraCare
Children's Minnesota
City of St. Paul
Greater Twin Cities United Way
HealthPartners
Hennepin County
Hennepin Health
Joyce Preschool
M Health Fairview
MacPhail Center for Music

Minnesota Children's Museum
Minnesota Coalition for Targeted Home Visiting
Minnesota Department of Health
Minnesota Public Radio
Northside Achievement Zone
Park Nicollet
Reach Out and Read Minnesota
Sanford Health
St. Paul Public Libraries
Think Small
University of Minnesota
Way to Grow
Ziesmer Consulting

MADE POSSIBLE BY

HealthPartners®
Resource: Talk, Play, Read, Sing

Parent Activity Sheets

Little Moments Count activity tip sheets

talkling activities to fuel language development

talk during routines

talk to other adults

talk in your native language

talk about everyday things

talk about your favorites

talk about sharing

download talk

play activities to build creativity and confidence

tell stories

tell stories to your child

play with different types of toys

play a game and enjoy

create opportunities

play in a routine

download play

reading activities to build memory

read aloud every day

read to the child to read stories

read to the child to read books

make up stories

share new stories

download read

singing activities to activate a baby’s brain

sing any song

sing with your child

get into the routine to sing along

sing with your child

sing with your child

download sing
More Resources - Examples

• Example community connections and resources
  – Help Me Grow referral path for parents with child development worries
  – Food access resource links
    • SNAP, WIC, Food pantries and free meals
  – Housing support links
  – Quality childcare (Parent Aware)
  – Childcare financial support links

• Child development information
  – Links to ages and stages info
  – Fun activity ideas
  – Food introduction resources

• Lactation (breastfeeding) support information

• Trusted parenting websites and apps

• Scholarship information for activities and cultural institutions

www.littlemomentscount.org
Parenting education built for busy parents:

Turn everyday moments into learning opportunities for your child!

Parents who sign up for Think Small ParentPowered Texts receive three messages per week with fun facts about your child’s development, and easy to implement tips on how to encourage intentional learning in the everyday moments like snack time, going to the store, or getting ready for bed.

Think Small ParentPowered Texts provides continuous support to parents throughout the year, doesn’t require a great deal of time, and covers all areas of development—social-emotional, health, literacy, and math skills.

All messages are based on your child’s birthdate (mm/dd/yyyy). Guaranteeing as your child grows, your messages will always be appropriate for their development.
Text Program Bookmarks

download English

download Spanish

download Somali

HealthPartners

CHILDREN’S HEALTH
Little Moments Count For Employees

To inform and engage 26,000 HealthPartners colleagues on Little Moments Count, an initiative that encourages reading, talking, singing, and playing to build brain development in children.
For Employees:

3,601 internal page visits
126 internal visits to website
104 song submissions
22 photo submissions

MacPhail Event
Surprise & Delight Posters:

Displayed in:
- Elevators
- Stairways
- Conference Rooms
- Hallways
- Bathroom Stalls
- On refrigerators
- Copy areas
- Coffee areas
Some key links for more info

- [Children’s Health Initiative 2019 Report](#)
- [Little Moments Count website](#)
- [Reach Out and Read MN](#)
- [Harvard Center For the Developing Child Videos](#)
Questions?
References

References Cont’d


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References to slide 5

1. https://twin-cities.umn.edu/news-events/research-brief-opioid-affected-births-rural-residents-are-increasing-both-rural-and


4. https://www.pnas.org/content/115/44/11209


