

Superintendent Interview Questions:

Overview of the project

- Adolescence and young adulthood (ages 10-25) are crucial periods of the life course.
- Major developmental changes occur and unique opportunities exist for preventing risky behaviors and onset of common chronic conditions of adulthood.
- Habits and behaviors related to lifelong health are established, and mental health disorders and other chronic conditions may emerge.
- High-quality preventive services can play an important role in providing the support youth need to enter adulthood on a healthy footing.
- As part of the national Adolescent and Young Adult Health Collaborative Innovative and Improvement Network (AYAHC IIIN), NHPIP and NH MCH are collaborating to improve NH adolescent and young adult access to and quality of preventive health care visits.
- Project activities include: examining how school district policies address adolescent well-visits and conducting a pilot with two clinics to assess and identify strategies to enhance “youth centeredness.”
- As part of the school district policies work, we reviewed the available information online about your school district policies and based on our findings wanted a chance to discuss potential opportunities in your school district to address adolescent health.

Background

- The American Academy of Pediatrics recommends an annual comprehensive preventive visit. This visit includes a typical physical, but also includes screening and guidance for psychosocial and behavioral health concerns, mental health, substance use and sexual and reproductive health.
 - Completed by primary care physician
- A sports physical typically only receive a family and personal medical history, review current medications, and obtain vitals and physical health information such as height, weight, blood pressure, vision, joints, strength and flexibility.
 - Can be completed by any clinician (at a minute-clinic, etc.)

Verify information: Student athletes

- a. Nashua: Only one physical is required for the entire high school career
 - i. For any new student-athlete, the physical must be dated on or after July 1.
- b. Portsmouth: For Portsmouth, a physical exam must be completed every two years (this policy also applies to marching band)
 - i. Sports physicals offered at the schools

- 2) Could you please give a brief history of policy regarding annual preventive visits and sports physicals in your district? (e.g. Have they ever tried to institute annual preventive visits? What was the experience?)
 - a. Have you thought about expanding the current policy to all students instead of just sports/marching band?
- 3) What would you expect to be the benefits of a preventive medical visit policy?
 - a. What would be some of the barriers to implementing this type of policy?
 - b. How do you typically work with the school board about policy changes?
- 4) What other communication channels do you use with students/families to encourage health behaviors?
- 5) Is there anything else you think we need to know?