The Center for Advocacy and Outreach: Taking the mission of Blank Children’s Hospital beyond the walls.

The Center for Advocacy and Outreach at Blank Children’s Hospital is a statewide resource for education and information regarding children’s issues. We use the expertise of our healthcare staff to enhance the development of safe and healthy children in our community. We also advocate to our legislators on behalf of children and families, to ensure the laws that are passed work to improve the health and safety and children and youth.

For more information, please contact:
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What is a Pediatric Health Risk Assessment?
A Pediatric Health Risk Assessment (HRA) is a web-based questionnaire used to gather information on children's health behaviors and habits. In the 10-15-minute assessment, children are asked variety questions covering the topics of:

• General Health
• Activity and Exercise
• Eating Habits
• Stress and Coping
• Personal Safety
• Sleep Habits
• Dental health

Children ages 13-17 are also asked questions regarding drug, alcohol, and tobacco use.

After a child completes an HRA, he/she is provided with valuable feedback in the form of an individual or aggregate report.

What is an Individual Report?
The individual report, which is generated immediately after a child has completed their HRA, provides comprehensive, child-specific results. This report highlights positive health and safety behaviors, summarizes any potential health risks, and includes tips which can be used to support healthy development. While it is not a substitute for a doctor's visit, it can be used as a conversation starter at a health check-up to address areas of concern.

What is an Aggregate Report?
After HRAs have been completed by a group of children, an aggregate report can be generated. This report shows combined, de-identified data and presents information in a series of graphs. It does not include information specific to a child and personal health information is not shared.

Aggregate data is useful in identifying healthy, moderate risk, or high risk areas for groups of children or teens and can be used to monitor the health risks of a group over time. Teachers or club leaders may find this report especially valuable to guide curriculum or program planning.

Why is Blank Children’s Hospital Offering a Pediatric HRA?
The Center for Advocacy and Outreach at Blank Children's Hospital has a vision to improve the well-being of all children, and we are committed to improve the lives of children and families beyond the walls of our hospital. Since health behaviors learned as children often become lifelong habits, it is imperative to teach our kids how to grow into healthy adults.

How is a Child’s Personal Health Information Protected?
The best modern technology is used to protect personal health information. This technology meets industry standards, federal guidelines, and complies with HIPAA (Health Insurance Portability and Accountability Act) requirements. The Health Risk Assessment website has restricted access and requires a unique username and password to log in. Data collected is always presented in de-identified, aggregate form and only a Health Risk Assessment Coordinator has access to a child's individual report. All information collected on the HRA is stored in secure servers with policies and procedures to maintain the safety and security of information.

Who Can Use a Pediatric HRA?
The Pediatric HRA is available to all children ages 6-17 and can be used in a child’s household, a classroom, or a club-based setting. It has been used in elementary, middle, and high schools in central Iowa, along with after-school programs, YMCAs, 4-H clubs, shelters, and resource centers. The assessment has been as far-reaching as North Carolina, and has been used within Iowa Health System and the Blank Children’s Hospital Obesity Clinic.

In 2007, Blank Children’s Hospital became the first children’s hospital in the nation to implement a Pediatric Health Risk Assessment program!