:just health™

Making health data useful for DASH 1308 programs

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National Center for Technologic Innovation

CDC

National Network of STD Clinical Prevention Training Centers

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National Center for Technologic Innovation

National Network of STD Clinical Prevention Training Centers

CDC

envision new mexico

SCHOOL-BASED HEALTH ALLIANCE

CALIFORNIA STD/HIV PREVENTION TRAINING CENTER

Three Perspectives

Evaluation Perspective

Evaluation Perspective

- Making data useful
- Developmental
- Relevant
- Collaborative

Evaluating SBHCs

Needs Assessment	Services	Outcome
What do patients looks like going in to SBHC?	What happens at the SBHC?	Is anyone better off?
Student Health Questionnaire	Patients Visits Oddslot	Saved instructional time Patient feedback: • satisfaction • engagement • health outcomes • academic outcomes

Evaluating SBHCs

Needs Assessment	Services	Outcome
What do patients looks like going in to SBHC?	What happens at the SBHC?	Is anyone better off?
Student Health Questionnaire ↓ Electronic Student Health Questionnaire (eSHQ)	Patients Visits Codes	Saved instructional time Patient feedback: • satisfaction • engagement • health outcomes • academic outcomes

Clinical Perspective

Design Principles

- Create user-friendly, efficient, accurate data collection experience
- Provide immediate feedback
- Produce population-level reporting
- Support integration with other data systems (e.g. EHR)

- Use > Collect
- Make technology work for people
- Solve the problem of not enough time, too much information

The Just Health Equation

Collect *new* information	+	Relate it to *existing* information	=	Create custom *reports*
• Home/School • Health Behaviors • Safety/Injuries • Feelings/Well-Being • Sexual Health • Substance Use		• Counseling messages • Motivational Interviewing prompts • Clinical guidelines • Provider profile		• Individual Alert • Population

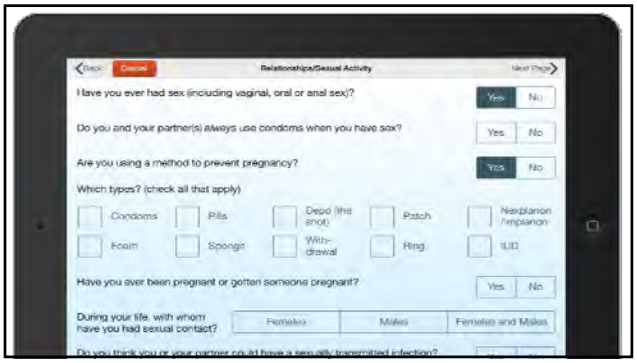
Before Just Health

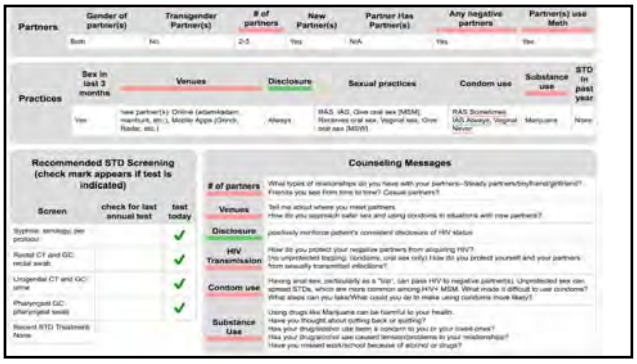
Electronic Student Health Questionnaire (eSHQ)

Broad risk screen for adolescents in primary care settings

Tablet-based Sexual History Application (TaSHA)

Focused risk screen for men in HIV clinical settings





eSHQ → Just Health

What's Inside Just Health

- Bright Futures Guidelines
- HEEADSSS
  - Home environment
  - Education and employment
  - Eating
  - Activities
  - Drugs,
  - Sexuality, Suicide/depression, and Safety

What's Inside Just Health

- PHQ-9
- GAD 7
- CRAFFT
- CDC Clinical STD Guidelines
- Motivational Interviewing Prompts

What's Inside Just Health

- Home/School
- Health Behaviors
- Safety/Injuries
- Feelings/Well-Being
- Sexual Health
- Substance Use
- Development/Future Plans

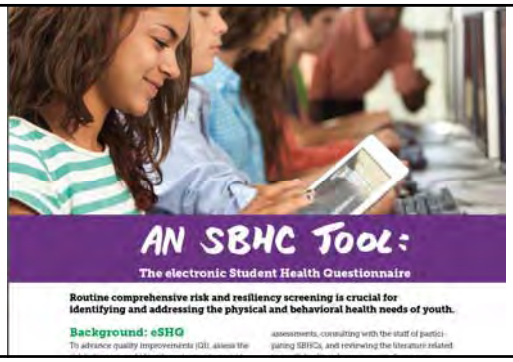
What's Inside Just Health

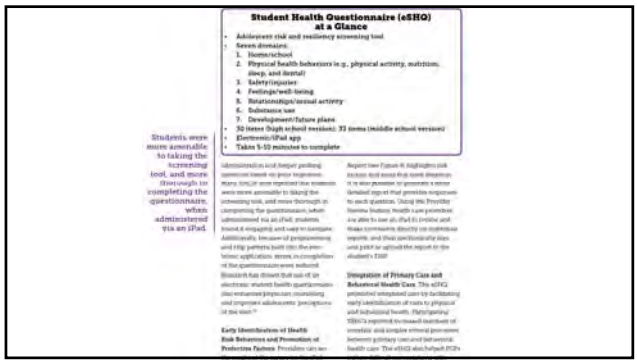
- Skip Logic
- Middle School, High School, University Versions
- English and Spanish

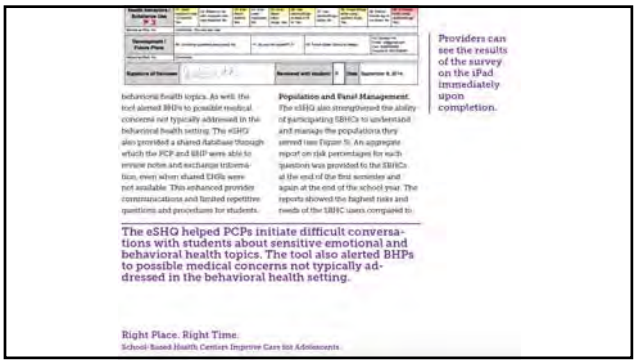
Current Status and Evaluation

Current Status

- eSHQ in 36 sites in NM and CO with over 6,000 surveys synched in 2014-2015
- eSHQ in 49 SBHCs in NM and CO with 5,000 surveys synched to date 2015-2016
- TaSHA piloting in three HIV clinics on west coast
- Just Health piloting in three university clinics on east coast







Just Health Vision

Just Health is a means to an end

- New + Existing = Reports
- Design Principles
- ↑ efficiency and accuracy

Means →

- Improve communication
- Reduce stigma
- Improve quality of care

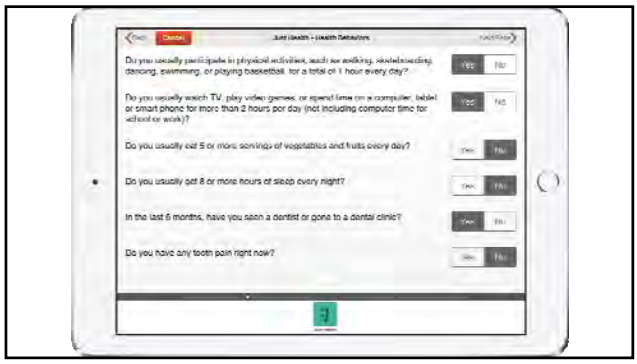
End

:just health™

sexual health is :just health™

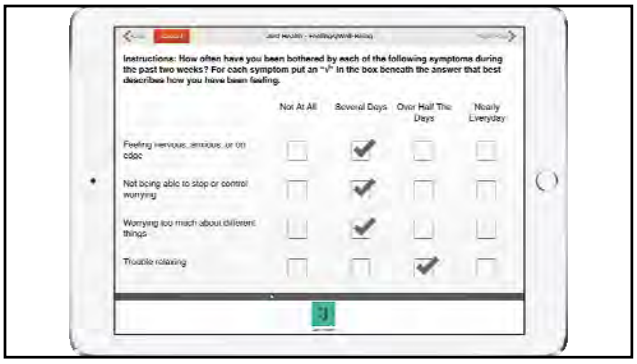
mental health is :just health™

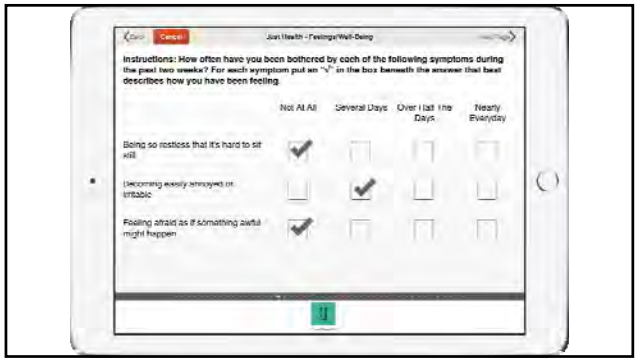
A Tour of Just Health

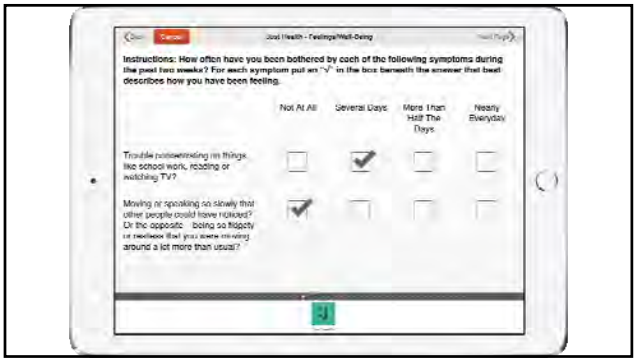

Do you usually participate in physical activities, such as walking, skateboarding, dancing, swimming, or playing basketball, for a total of 1 hour every day?
Yes
No
Do you usually watch TV, play video games, or spend time on a computer, tablet or smart phone for more than 2 hours per day (not including computer time for school or work)?
Yes
No
Do you usually eat 5 or more servings of vegetables and fruits every day?
Yes
No
Do you usually get 8 or more hours of sleep every night?
Yes
No
In the last 6 months, have you seen a dentist or gone to a dental clinic?
Yes
No
Do you have any tooth pain right now?
Yes
No

Is there someone at home, school, or anywhere else who has made you feel afraid, threatened you or hurt you?
Yes
No
Have you ever been physically, sexually or emotionally abused?
Yes
No
In the past 12 months did your significant other/spouse ever hit, slap or hurt you on purpose?
Yes
No
Have you ever carried a weapon (gun, knife, club, etc.) to protect yourself?
Yes
No
Have you ever been in foster care, a group home, or homeless?
Yes
No
Have you ever been in jail or in a detention center?
Yes
No

Do you often worry about or feel like something bad might happen?
Yes
No
Are you often tense, stressed out, and/or have difficulty relaxing?
Yes
No


Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "√" in the box beneath the answer that best describes how you have been feeling.
Not At All
Several Days
Over Half The Days
Nearly Everyday
Feeling nervous, anxious, or on edge
Not being able to stop or control worrying
Worrying too much about different things
Trouble relaxing


Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "√" in the box beneath the answer that best describes how you have been feeling.
Not At All
Several Days
Over Half The Days
Nearly Everyday
Being so restless that it's hard to sit still
Becoming easily annoyed or irritable
Feeling afraid as if something awful might happen

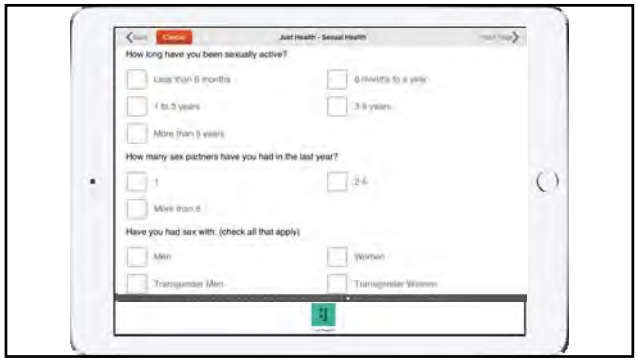

Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "√" in the box beneath the answer that best describes how you have been feeling.
Not At All
Several Days
More Than Half The Days
Nearly Everyday
Trouble concentrating on things, like school work, reading or watching TV?
Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you were moving around a lot more than usual?

Have you ever purposefully hurt yourself without wanting to die, such as cutting or burning yourself?
Has there been a time in the **past month** when you have had serious thoughts about ending your life?
Have you **ever**, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt?

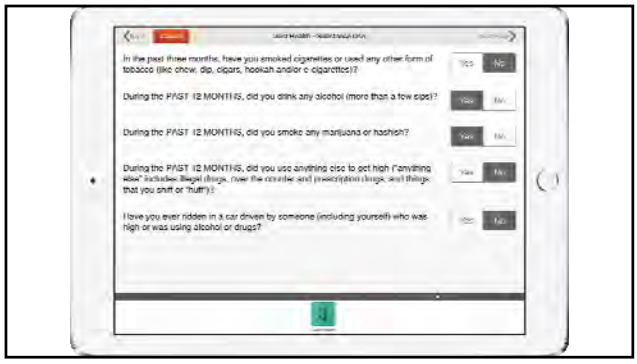
Have you ever had sex? (This includes oral, anal and vaginal sex)
Are you currently sexually active? (This includes oral, anal and vaginal sex)

Do you think you are you attracted to:
Men
Women
Both

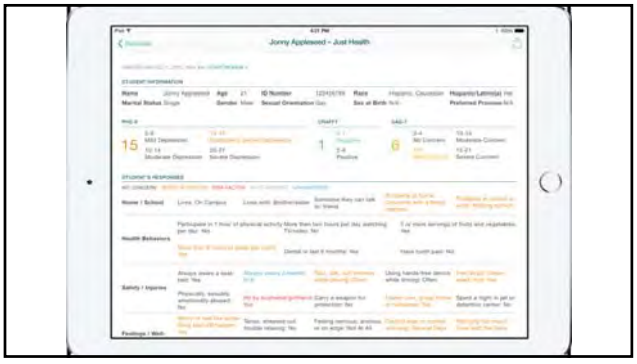
Are you using a method to prevent pregnancy?
Which types? (check all that apply)
Condoms
Pills
Depo (the shot)
Patch
Nexplanon/ Implanon
Foam/ Spermicide
Sponge
Pulling out
Ring
IUD


How long have you been sexually active?
Less than 6 months
6 months to a year
1 to 3 years
3-5 years
More than 5 years
How many sex partners have you had in the last year?
1
2-5
More than 5
Have you had sex with: (check all that apply)
Men
Women
Transgender Men
Transgender Women

Do your sex partner(s) have sex with both men and women?
Do you know or think your partner may have had sex with someone other than you, while you were in a relationship with them?
Do you think you or your partner could have a sexually transmitted infection?



Just Health Reports



Aggregate Web-Based Reports

Reports

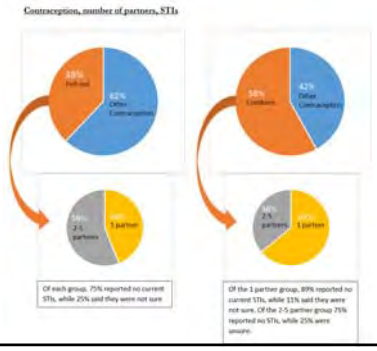
Feelings & Wellbeing				
Worry or feel like something bad will happen	Risk	55%	27%	
Tense, stressed, trouble relaxing	Risk	59%	40%	
Feeling down, depressed, irritable, hopeless?	Risk	59%	34%	24% (every day for 2 weeks over the past year)
Less enjoyment or interest?	Risk	64%	37%	
Thought, planned, or attempted suicide	Risk	36%	11%	15%, 7% (thought about, attempted suicide)
Thought about hurting yourself on purpose		14%	18%	16% (had hurt themselves)

Reports

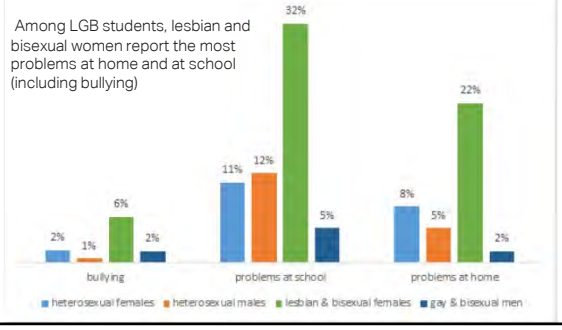
Health Behaviors & Substance Use				
Used tobacco in past 12 months	Risk	32%	12%	11% (in last 30 days)
Drank alcohol more than a few sips	Risk	27%	19%	31% (in last 30 days)
Used marijuana	Risk	23%	14%	20% (in last 30 days)
Used other drugs (cocaine, crack, heroin, ecstasy, meth, pills, or inhalants)	Risk	14%	3%	
Ridden in a car with someone who was impaired	Risk	18%	12%	18% (with someone who had been drinking)
Used alcohol to relax or fit in	Risk	18%	7%	
Used alcohol or drugs alone	Risk	18%	7%	
Forget things while using drugs or alcohol	Risk	14%	5%	
Family or friends tell you to cut down	Risk	9%	5%	
Been in trouble while using drugs or alcohol	Risk	14%	6%	

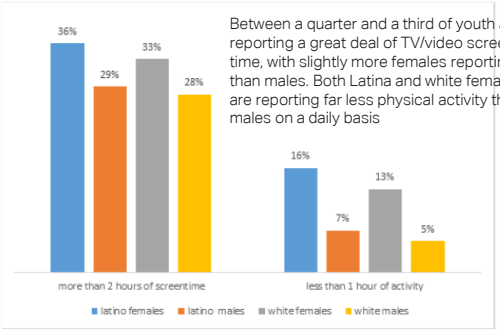
Reports

Reports



Among LGB students, lesbian and bisexual women report the most problems at home and at school (including bullying)





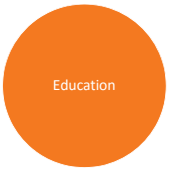
Between a quarter and a third of youth are reporting a great deal of TV/video screen time, with slightly more females reporting than males. Both Latina and white females are reporting far less physical activity than males on a daily basis

Questions

What is the relationship between

- Demographics (gender, sexual orientation)
- Conditions (safety, homelessness)
- Substance Use
- Sexual Behavior
- Mental Health

Education Perspective



Synergy of Interests

- CDC
- Just Health
- SBHCs

→

- Primary Care Settings
- Broad to Focused Screen
- Universal Screening
- Prevention & Education
- Early Intervention

Efficacy (a work in progress)

- Broader surveillance (location and patient)
- More efficient and accurate data collection
- More comfort in disclosure
- Improve provider ability to use data

More Synergy

- Just Health
- SBHCs
- Schools

→

- Improved outcomes for youth
- Address barriers to academic and social success including those related to health

Efficacy (still in progress)

- Broader surveillance (location and patient)
- More efficient and accurate data collection
- More comfort in disclosure
- Improve provider ability to use data
- Use of data by other stakeholders including schools for:
  - Needs assessment
  - Education and health promotion
  - Advocacy
  - Policy

Voices from the field

- How do patients like using it?
- How do providers use it for clinical use?
- How is aggregate data used?

A voice from the field

Devra Fregin
Director of Practice Management
Kids First Health Care
Denver, Colorado

Another voice from the field

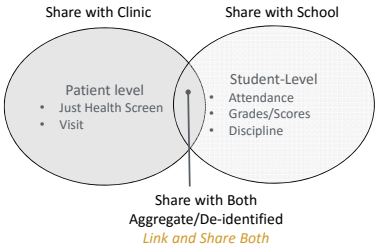
Merry Hummell
Center Coordinator
Health and Wellness Center at Centennial
330 East Laurel Street
Fort Collins, CO 80524

Other Field Voices

Just Health and DASH 1308

- Exemplary Sexual Health Education
- Access to Key Services
- Safe and Supportive Environments
- Policy

Data Sharing



How to get Just Health

- Annual license:
  $3,000 to $5,000 per year based on number of sites
- iPads:
  $500/each plus accessories (tether, case, locks, keyboards)
- Options
  - Add other data collection tools (family history, consent forms)
  - Integrate service data
  - Integrate educational data

Just Health for Education

JH now → JH next

School Setting:
- Education and Prevention
- Needs Assessment and Priorities
- Attitudes and Knowledge

Making Data Useful Equation

Collect *new* information	+	Relate it to *existing* information	=	Create custom *reports*
New things we want to know		Things we already know		Putting the right data in the right hands in the right format at the right time.

And that's Just Health

- It's an app
- It's a set of principles for how to make data useful
- It's a movement to normalize sexual health and mental health

Healthy Kids
Healthy Adults

:just health™

Questions?
Discussion

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