



UNIVERSITY OF HAWAII SYSTEM

Legislative Testimony

Written Testimony Presented Before the
Senate Committee on Education
and
Senate Committee on Commerce, Consumer Protection and Health
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SB 2387 – RELATING TO PHYSICAL EXAMINATIONS

Chairs Kidani and Baker, Vice Chair Harimoto and members of the committees, thank you for an opportunity to testify in strong support of SB 2387, which requires children to undergo a physical examination prior to attending seventh grade beginning with the 2017-2018 school year.

Almost three-fourth (3/4) of all adolescent mortality is a result of motor vehicle accidents, homicide, suicide, and unintentional injuries (CDC, 2010). Unhealthy lifestyles and risk factors for chronic disease, such as smoking, poor nutrition, and mental health problems, begin in childhood and adolescence and track into adulthood. Youth are also at risk for suicide from underlying depression. In 2011, among youth in Hawai'i:

- 29.5% reported that they felt sad or hopeless almost every day for 2 or more weeks in a row
- 15% said they would attempt suicide in the past 12 months
- 1 in 4 are overweight or obese, and in some communities over 50% of adolescents are overweight or obese
- 37% reported that they ever had sexual intercourse

Except for routine immunizations and mandated sports physicals, many youth do not receive health screening for depression or chronic health conditions such as obesity. As academic success of Hawai'i's youth is intimately linked to their health, annual health screening of school age youth has great promise for strengthening the fabric of society. Research shows that poor health such as mental health disorders, uncontrolled asthma, poor nutrition and sleep disorders are closely linked to poor academic outcomes.

On the other hand, research also shows that academic success is a primary predictor of adult health outcomes. For example, in Hawai'i, the prevalence of diabetes among

those who did not graduate from high school is 10.6%, twice that of those who graduated from college (4.8%).

Primary care providers are in a unique position to screen for chronic disease risk factors and behaviors and provide guidance, brief counseling and care coordination for the adolescent and his/her parents. Many national expert panels have recommended that youth would see their physicians regularly throughout childhood for preventive health care. However, in today's busy world this often does not happen; physicians frequently only see children and adolescents when they are sick or injured.

Mandating annual health screening by a primary care provider as they enter their adolescent years offers great promise for advancing the health of our keiki, ensuring that they are healthy and ready to learn.

Thank you for this opportunity to testify.