

# PAYING ATTENTION TO ADOLESCENTS AND YOUNG ADULTS – COVERAGE ISSUES AND SPECIAL CONCERNS WHEN IMPLEMENTING THE AFFORDABLE CARE ACT

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- English A, Park MJ. The Supreme Court ACA Decision: What Happens Now for Adolescents and Young Adults? 2012.  
[www.nahic.ucsf.edu](http://www.nahic.ucsf.edu)

# Overview: Adolescents & Young Adults

- Special concerns
- Health status
- Health care system issues
- Health care utilization
- Health insurance status
- Outreach
- Consent
- Confidentiality

# Special Concerns

- Adolescents vs. young adults
  - Age
  - Developmental status
  - Legal status
  - Health insurance status
- Social context
  - Familial support
  - Institutional relationships
  - Living situations

# Health Status 1

- Major health problems largely preventable
- Behavioral links
- Critical period to prevent chronic conditions of adulthood
  - ▣ Diseases related to tobacco use
  - ▣ Obesity
  - ▣ Dental caries
  - ▣ Hearing loss

# Health Status 2

- Motor vehicle crashes
  - Drinking & driving
- Violence
  - Homicide & fighting
- Reproductive and sexual health
  - STDs
  - HIV/AIDS
  - Pregnancy

# Health Status 3

- Mental health concerns
  - Major depressive episodes
  - Suicide attempts & suicide
- Substance abuse
  - Binge drinking
  - Marijuana & other illegal drugs
  - Prescription medications

# Health System Issues

- Acute care favored over prevention
- Financing/insurance difficult to navigate
- Shortage of providers trained/comfortable with caring for adolescents & young adults
- Age-linked legal requirements mismatched with developmental/social characteristics
  - Consent
  - Loss of eligibility/change in insurance
  - Change of primary care clinician



# Health Care Utilization

## □ Adolescents

- 40% of adolescents had a past year well-visit

- Among those very few received recommended preventive services (2001-2004)

- 54% received care in a medical home (2007)

- 46% for those with mental health condition

- 35% for those with mental health AND physical health condition

## □ Young adults

- Lowest rates of ambulatory care visits

- Very high rates ER visits

# Health Insurance Status 1

- Adolescents & young adults insured at lower rates than younger children
- 2011 continuous health insurance coverage for at least a year
  - ▣ 89.3% of adolescents (ages 10-17)
  - ▣ 66.7% of young adults (ages 18-25)
- 2011 uninsured full-year or part-year
  - ▣ 11.7% of adolescents (ages 10-17)
  - ▣ 32.3% of young adults (ages 18-25)

Source: UCSF analysis of National Health Interview Survey

# Health Insurance Status 2

- 2011 full year coverage
  - ▣ Private coverage
    - 56.7% of adolescents (ages 10-17)
    - 51.5% of young adults (ages 18-25)
  - ▣ Public coverage
    - 32.6% of adolescents (ages 10-17) [Medicaid & CHIP]
    - 15.2% of young adults (ages 18-25) [Medicaid]

Source: UCSF analysis of National Health Interview Survey

# Outreach

- The ACA contains a provision requiring states to engage in outreach to vulnerable populations:
  - “...conduct outreach to and enroll in Medicaid/CHIP vulnerable and underserved populations, including unaccompanied homeless youth, children with special health care needs, pregnant women, racial and ethnic minorities, rural populations and individuals with HIV/AIDS.” § 2201(b) (amending 42 U.S.C. § 1397aa).

# Consent

- Parental or guardian consent usually required for minors < age 18
- Alternatives to parental consent
  - ▣ Court, foster parent, social worker, probation officer
  - ▣ Minor consent
    - Based on status (examples)
      - Living apart from parents
      - Emancipated
    - Based on services (examples)
      - Contraception, STD, mental health, substance abuse

# Confidentiality

- Research findings have documented privacy concerns of adolescents & young adults
- Consent requirements affect confidentiality
  - Minor consent based on status
  - Minor consent based on services sought
- Confidentiality protections affected by state & federal laws
  - HIPAA
  - Title X Family planning
  - State minor consent laws
- Confidentiality requirements ill-matched with insurance claims & billing procedures

# Conclusion

- Adolescents & young adults present special characteristics & concerns
  - ▣ Development
  - ▣ Legal status
  - ▣ Health status
- Characteristics & concerns influence
  - ▣ Health care utilization
  - ▣ Health insurance coverage
- Special attention is required to ensure needs met