

## 2015-2016 Newtown School Based Health Center - Medical Services (Grades 7-8)

Newtown Middle School

*Quality of Life Result:* All Connecticut children will grow up in a stable environment, safe, healthy and ready to succeed.

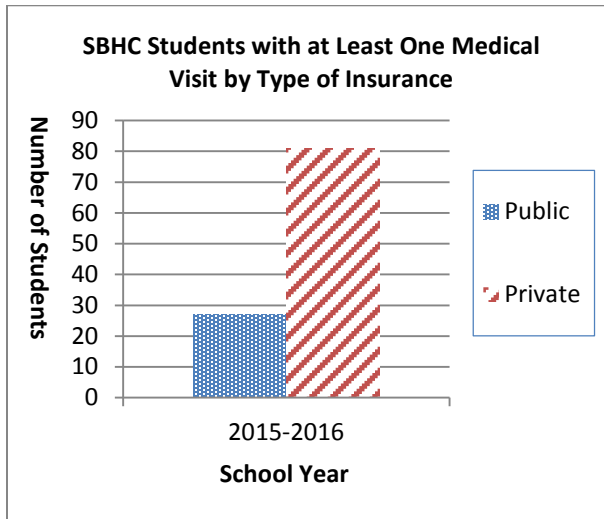
*Contribution to the Result:* School Based Health Centers provide healthcare for school age students, so that they are healthy and ready to learn.

Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 16	\$198,211*	\$0	\$0	\$0	\$23,379	\$221,590
Estimated SFY 17	\$190,921*	\$0	\$0	\$9,000**	\$35,000	\$234,921

*Partners:* Parents, Students, CASBHC, DPH, DSS, DMHAS, The CT Chapter of the AAP, School Based Health Alliance, Board of Education, Local Health Department, School Nurses, School Administrators and Faculty, Newtown Center for Support and Wellness,, Newtown Family and Youth Services.

### How Much Did We Do?

Access and Utilization



Of the students served, 27 (25%) were publically insured and the other 81 (75%) were privately insured. Should a student not have insurance, he/she would be referred to the HUSKY representative at the CT Institute for Communities for assistance.

The SBHC clinician visited every health class to inform the students about the medical and mental health services offered at the SBHC.

Students' Population, Enrollment, Medical Visits and Students Served at Newtown Middle School				
Schools	Population	Enrolled	Med Visits	Med Served
Newtown MS	808	356	249	108
<b>Total</b>	<b>808</b>	<b>356</b>	<b>249</b>	<b>108</b>

Trend: [ ◀ ▶ ]

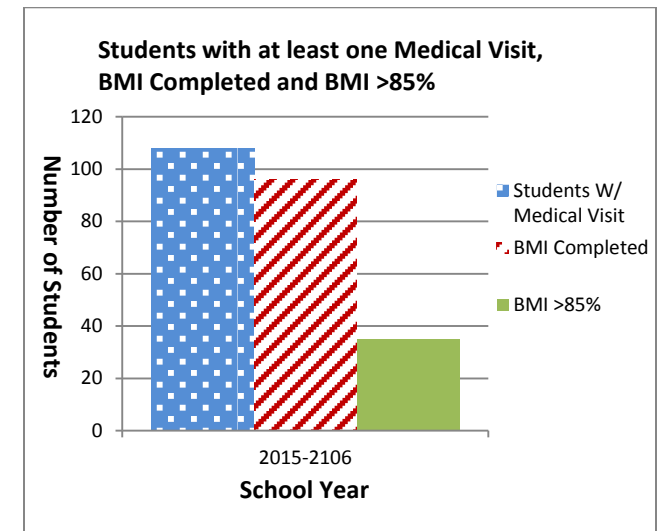
### Story behind the baseline:

Although licensed in 2014-2015, 2015-2016 marked the Center's first full year of operation. All data provided is baseline.

In 2015-2016 the school population was 808 and the total enrolled in the School Based Health Center (SBHC) was 356 (44%). The total number of students with 1 or more visits was 108 (30% of enrollment and 13% of the school population).

### How Well Did We Do?

Identifying obesity in SBHC Users.



### Story behind the baseline:

At each student's initial visit, height and weight are taken and BMI's are calculated.

In 2015-2016, 108 unduplicated students had a medical visit at the SBHC. Of those, 96 (89%) had a BMI calculated. Of those, 35 (37%) had a BMI >85%.

Trend Going in Right Direction? ▲ Yes; ▼ No; ◀▶ Flat/ No Trend

# 2015-2016 Newtown School Based Health Center - Medical Services (Grades 7-8)

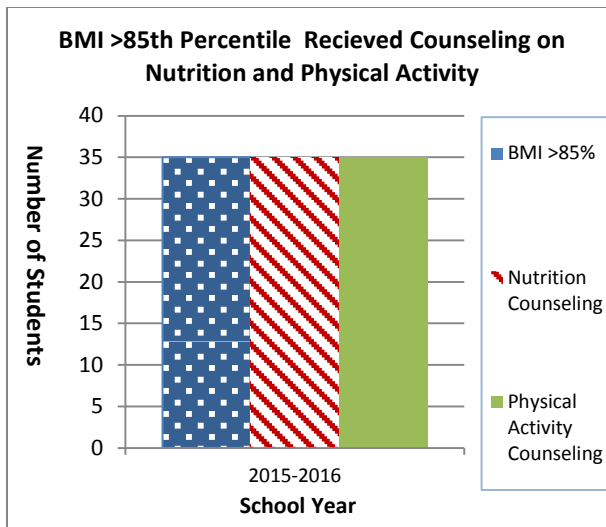
## Newtown Middle School

The data provided for 2015-2016 indicates that a little more than a third of the students seen for medical visits had a **BMI >85%**. This data will be used to shape future programming to address this issue

Trend: [◀▶]

### Is Anyone Better Off?

BMI > 85<sup>th</sup> Percentile and Counseling on Nutrition and Physical Activity



### Story behind the baseline:

In 2015-2016, 35 students had a BMI > 85%. Of those, 35 (100%) received individual counseling related to nutrition and physical activity. A Let's Go 5210 pamphlet is discussed and distributed to the students. Health eating at home is discussed. A Portion Control activity is conducted during lunch periods. The SBHC also has, on display, literature on fitness and nutrition.

Trend: [◀▶]

### Notes:

\* Reflects funding provided to all the SBHC for Medical and Mental Health.

\*\* \$9,000: Newtown-Sandy Hook Community Foundation Grant to Support Newtown Middle School Mental Health Services

### Proposed Actions to Turn the Curve:

#### How Much Did We Do:

- SBHC staff will increase awareness of the SBHC through articles in the school newspaper, attendance at open houses, and lunchtime bi-monthly health promotion/education activities designed to reach all students.

#### How Well Did We Do:

- Students with a BMI of 85% or greater will receive *Let's Go 5210*, a plan for Healthy Living; referrals to the UCONN College of Agriculture, Health and Natural Resources Extension in Bethel, CT; and/or referral to a nutritionist for further education when necessary for students and families that need additional education and support.

### Is Anyone Better Off:

- Pre and post tests will be developed to determine if students increased their knowledge of nutrition and physical activity as the result of the counseling provided.

### Data Development Agenda:

1. Document in eClinical Works pre and post test results for counseling on nutrition and physical activity.
2. Work to ensure that EMR data can be extracted and sent to DPH.