

# 2018-2019, Newtown Middle School - School Based Health Centers, 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.

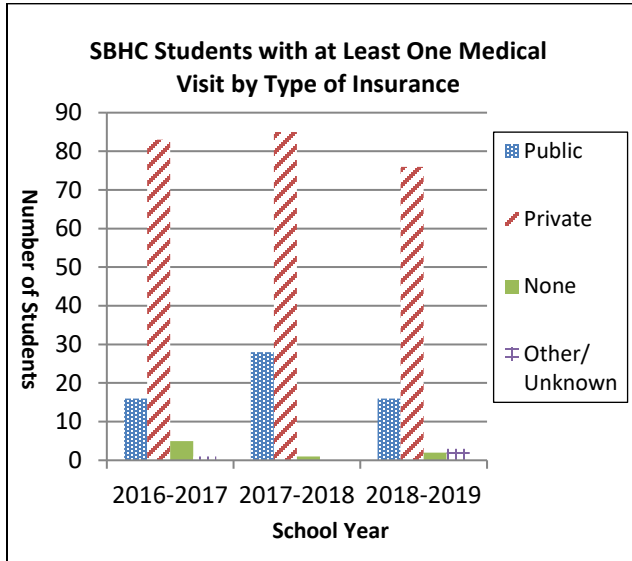
Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 19	\$209,704*	\$0	\$0	\$0	\$20,414	\$230,118
Estimated SFY 20	\$209,704*	\$0	\$0	\$0	\$25,000	\$234,704

*Sponsoring Agency:* Connecticut Institute For Communities – Greater Danbury Community Health Center

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

### How Much Did We Do?

Access and Utilization



### Story behind the baseline:

The total student population in 2016-2017 was 752, total enrolled in the School Based Health Center (SBHC) was 292 (39%). The number of students served for medical visits was 105 (14%) and 36% of enrollment with SBHC. In 2017-2018, total population was 711 and total enrolled in the SBHC was 344 (48%). The number of students served for medical visits was 114 (16%) and 33% of enrolled with SBHC.

In 2018-2019 the total student population was 683, total enrolled in the SBHC was 343 (50%). The number of students served for medical visits was 97 (14%) with 28% of enrolled students with SBHC.

Of the 105 students utilizing the SBHC for medical visits in 2016-2017, 16 (15%) had public insurance, 83 (79%) had private insurance, 5 (5%) had no insurance and 1 (1%) had other/unknown insurance status. Of the 114 students utilizing the SBHC for medical visits in 2017-2018, 28 (24%) had public insurance, 85 (75%) had private insurance, 1 (1%) had no insurance and 0 had other/unknown insurance status. Of the 97 students utilizing the SBHC for medical visits in 2018-2019, 16 (17%) had public insurance, 76 (78%) had private insurance, 2 (2%) had no insurance, and 3 (3%) had other/unknown insurance.

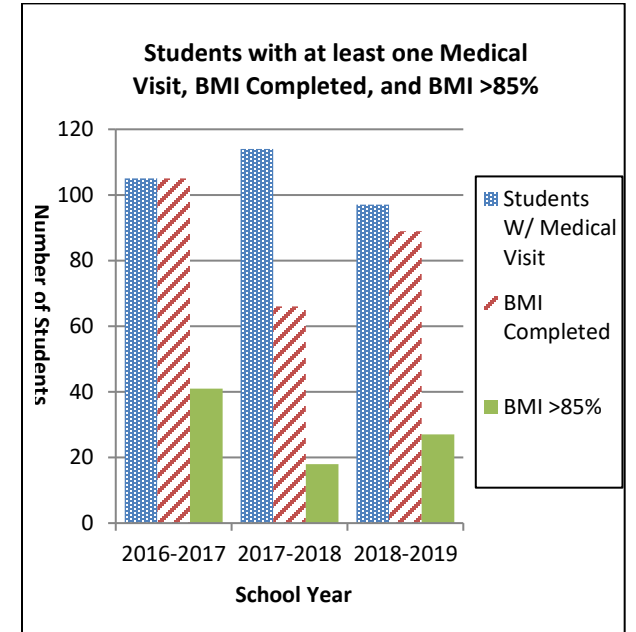
In 2018-2019, parents of students with no insurance were connected with the billing office at CT-Institute For Communities, Inc. to facilitate getting eligibility of CT. Medicaid.

Student Population, Enrollment, Number of Medical Visits and Number Served in Newtown Middle School 2018-2019				
Schools	Population	Enrolled	Medical Visits	Medical Served
Newtown MS	683	343	222	97

Trend: [▲]

### How Well Did We Do?

Identifying Obesity in SBHC Users.



### Story behind the baseline:

In 2016-2017, of 105 students who had a medical visit, 105 (100%) had a BMI completed. 41 (39%) had a BMI greater than 85 percentile.

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

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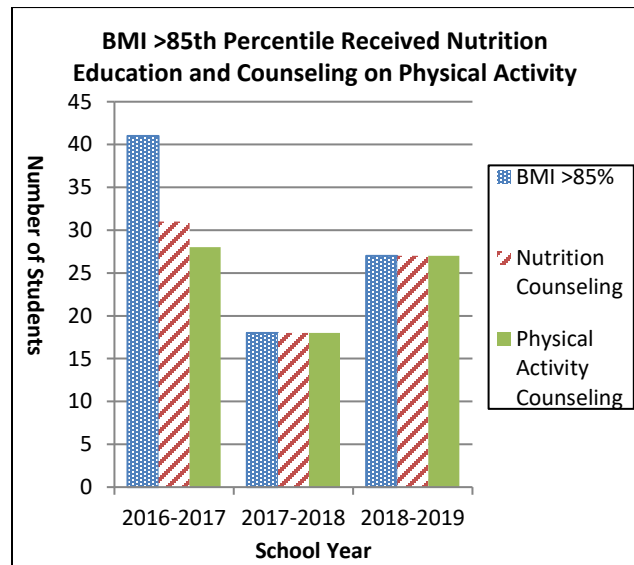
In 2017-2018, out of 114 with a medical visit, 66 (58%) had a BMI completed. 18 (27%) had a BMI greater than 85 percentile.

In 2018-2019, out of 97 with a medical visit, 89 (92%) had a BMI completed. 27 (30%) had a BMI greater than 85% percentile.

**Trend:** [▲]

#### Is Anyone Better Off?

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



#### Story behind the baseline:

At each student's initial visit, height and weight are taken and BMI's are calculated. As the number of students with a BMI >85% increased, the percentage of those students receiving counseling increased as well.

In 2016-2017, of the 41 students with a BMI >85%, 31 (76%) received nutrition counseling and 28 (68%) received physical activity counseling.

In 2017-2018, of the 18 students with a BMI >85%, 18 (100%) received nutrition counseling and 18 (100%) received physical activity counseling.

In 2018-2019, of the 27 students with a BMI of >85%, 27 (100%) received nutrition counseling and 27 (100%) received physical activity counseling.

Counseling was provided during follow-up visits and discussion with students about keeping a food diary was provided. Education handouts about healthy eating were provided to all students.

**Trend:** [◀▶]

#### Notes:

\* Reflects Department of Public Health Grant provided to all of the SBHC for Medical, Mental Health. Due to provider vacancy and impact on number of patient visits, in 2017-2018 and 2018-2019, it is difficult to determine trends through a year-to-year comparison.

#### Proposed Actions to Turn the Curve:

##### How Much Did We Do:

- Include enrollment form in every home packet and on school website. SBHC MA contacts parents for insurance updates.

##### How Well Did We Do:

- Students with a BMI of 85% or greater, will receive a Let's Go 5210 Plan for Healthy Living pamphlet and education on reading food labels, portion control and increasing exercise.

#### Is Anyone Better Off:

- In the upcoming year, students will receive a one on one interview on their knowledge of nutrition, food choices and physical activity.

#### Data Development Agenda:

1. Document in eClinical Works pre and post-test results for counseling on nutrition and physical health.
2. Document height and weight in eClinical works.
3. Narrative is written in eClinical Works regarding the education given.