

## 2018-2019, Norwalk - School Based Health Centers, Medical Services (grades 9-12)

Brien McMahon High School and Norwalk High 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.

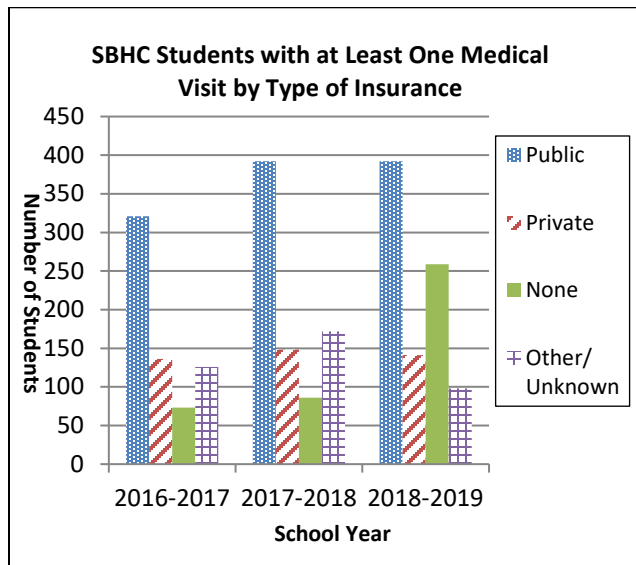
Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 19	\$263,921*	\$0	\$0**	\$0	\$84,648	\$348,569
Estimated SFY 20	\$263,921*	\$0	\$0**	\$0	\$84,648	\$348,569

*Sponsoring Agency:* Human Services Council Inc.

*Partners:* CASBHC, DPH, DMHAS, DCF, School Based Health Alliance, School Administration and Faculty, Norwalk Community Health Center, Family & Children's Agency, Norwalk Health Department, Children & Family Guidance, Norwalk Hospital, Norwalk Board of Education, Students and Parents, School Nurses

### How Much Did We Do?

Access and Utilization



Of the 890 students utilizing the SBHC for medical visits in 2018-2019, 392 (44%) had public insurance, 141 (16%) had private insurance, 259 (29%) had no insurance, and 98 (11%) had other/unknown insurance status.

In 2018-2019, there were considerable efforts made to acquire health access for students who were enrolled in SBHC. This resulted in an increase of 22% in students with public insurance since 2016-2017 (from 321 to 392).

The SBHC Clinician made a visit to parent meetings and orientations to inform the students and parents about both the Mental Health and Medical services offered at the SBHC.

Student Population, Enrollment, Number of Medical Visits and Number Served in Utopia's 3 High schools 2018-2019				
Schools	Population	Enrolled	Medical Visits	Medical Served
Norwalk HS	1,801	558	1,388	391
Brien McMahon HS	1,830	660	1,833	499
<b>Total</b>	<b>3,631</b>	<b>1,218</b>	<b>3,221</b>	<b>890</b>

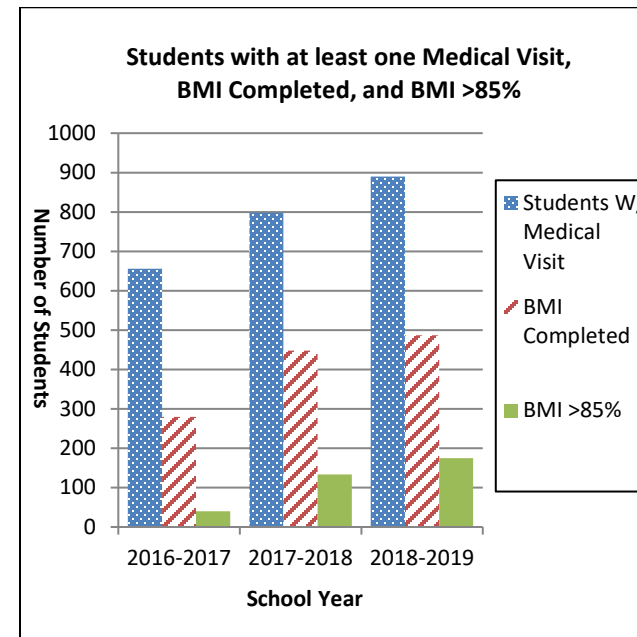
**Trend:** [▲]

### Story behind the baseline:

In 2018-2019 the total student population for both high schools was 3,631, and the total enrolled in the School Based Health Centers (SBHCs) was 1,218 (34% of population). The number of students served was 890 or 25% of the total population and 73% of enrollment. The average number of visits was 3.6 (3,221 visits for 890 served).

### How Well Did We Do?

Identifying Obesity in SBHC Users.



### Story behind the baseline:

During the school year 2018-2019, 890 students had at least one medical visit and 487 (55%) had a BMI completed during one of these medical visits. Of those, 175 (36%) had a BMI greater than the 85 percentile.

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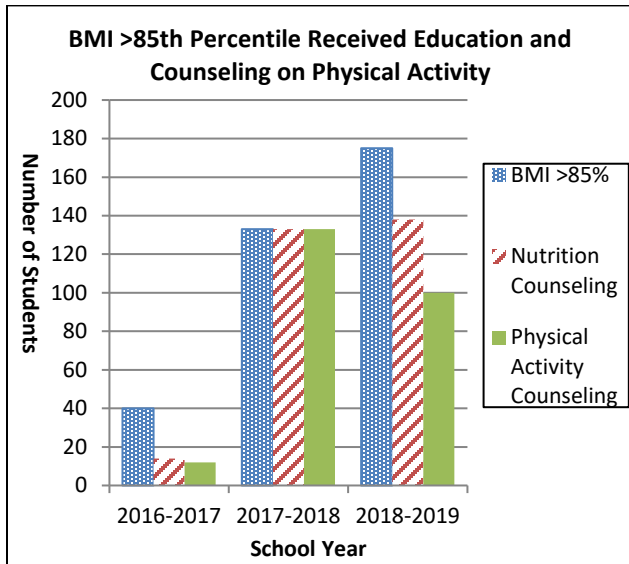
Brien McMahon High School and Norwalk High School

There was an increase in the number of students getting a BMI calculated since 2016-2017 when (289 of 656 or 44%) to 2018-2019 (487 of 890 or 55%) school year.

**Trend:** [▲]

### Is Anyone Better Off?

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



### Story behind the baseline:

All students with a BMI >85% are offered counseling in both nutrition and physical activity. As the number of students with a BMI >85% increased, the percentage of those students receiving counseling increased as well. In the 2016-2017 school year, of the 40 students with a BMI >85%, 14 (35%) received nutrition counseling and 12 (30%) received physical activity counseling. During the 2018-2019 school year, of the 175 students with a BMI >85%, 138

(79%) received nutrition counseling and 100 (57%) 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 funding provided to all of the SBHC for Medical, Mental Health, and Dental Services.

\*\* Maternal and Child Block Grant

### Proposed Actions to Turn the Curve:

#### How Much Did We Do:

- Survey staff to assess their knowledge of available Mental Health and Medical services at the SBHC.
- Screen all enrolled students to assess how many of our students are found at risk and inform the students of our Medical and Mental Health services

#### How Well Did We Do:

- Provide professional development on weight management and counseling on nutrition and physical activity.

#### Is Anyone Better Off:

- In the upcoming year a survey and interview will be done on those students who did not receive counseling to find out why, and what else could be done to help the students live a healthier lifestyle.

#### Data Development Agenda:

1. Document in EHR pre and post-test results for counseling on nutrition and physical health.

2. Document on EHR actual weight loss.
3. Work to ensure EHR data can be extracted and sent to DPH. (Also list any changes that are being made (if any) to the EHR to better collect data.)

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