



Center for
School,
Health and
Education



***PUBLIC HEALTH AND
SCHOOL-BASED HEALTH
CARE: IT MATTERS!***

Albert Shanker Institute
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**Healthy People 2020
Objectives**



- Increase the proportion of students who graduate with a regular diploma 4 years after starting 9th grade
- Graduation is a leading indicator of adult health





Graduation IS a Public Health Priority!!!

- APHA Policy #20101

- **Public Health and Education: Working Collaboratively Across Sectors to Improve High School Graduation as a Means to Eliminate Health Disparities**



Graduation *IS* a Public Health Priority!!!

ROLE OF CSHE

Advancing school-based health care as a comprehensive strategy for preventing school dropout and improving graduation rates for the K-12 population.





PUBLIC HEALTH

“...refers to all organized measures ... to **prevent disease**, **promote health**, and **prolong life** among the population as a whole. Its activities aim to **provide conditions** in which people can be healthy and **focus on entire populations**, not on individual patients or diseases. Thus, public health is concerned with the **total system** and not only the eradication of a particular disease.”

Source: World Health Organization <http://www.who.int/trade/glossary/story076/en/>



PUBLIC HEALTH STRATEGIES

- Surveillance
- Prevention/Wellness Strategies
- Implement Solutions
- Awareness/Educate and Inform
- Develop/Assess Health and Education Policies
- Build Networks and Partnerships





**PUBLIC HEALTH
DISTINGUISHES**

SYMPTOMS

FROM UNDERLYING

CAUSES



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Unpacking School Dropout *WHY?*



APHA
AMERICAN PUBLIC HEALTH ASSOCIATION

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High School Dropout & Pushout

- **Males ~ 45%**
 - Disciplinary Issues
 - Income
 - Poor Academic Performance
 - Absenteeism
 - School Disengagement
- **Females ~ 55%**
 - Pregnancy
 - Parenting
 - Caregiving
 - Income
 - School Harassment



APHA
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Significant Social Factors in Urban Schools

Middle School



- **17% had sex/18% unsafe**
- **30% sad or nothing to look forward to**
- **24% carried a weapon**
- **46% got in trouble because of anger**
- 35% missed school for work, transpo or care
- 34% less than a C in one or more classes

High School

- **51% had sex/25% unsafe**
- 39% missed school for work, transpo or care
- **35% carried a weapon**
- **32% felt sad or hopeless**
- **28% got in trouble because of anger**
- 21% smoked marijuana or other street drugs
- 32% less than a C in all classes



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RAAPS-PH: Assessment of Factors Associated with Poverty



- Homelessness
- Intermittent Electricity
- Intermittent running water
- Hunger
- Literacy

- Caregiving Responsibility
- Grades
- Abusive dating situation
- Asthma?





POVERTY?? 51%!!

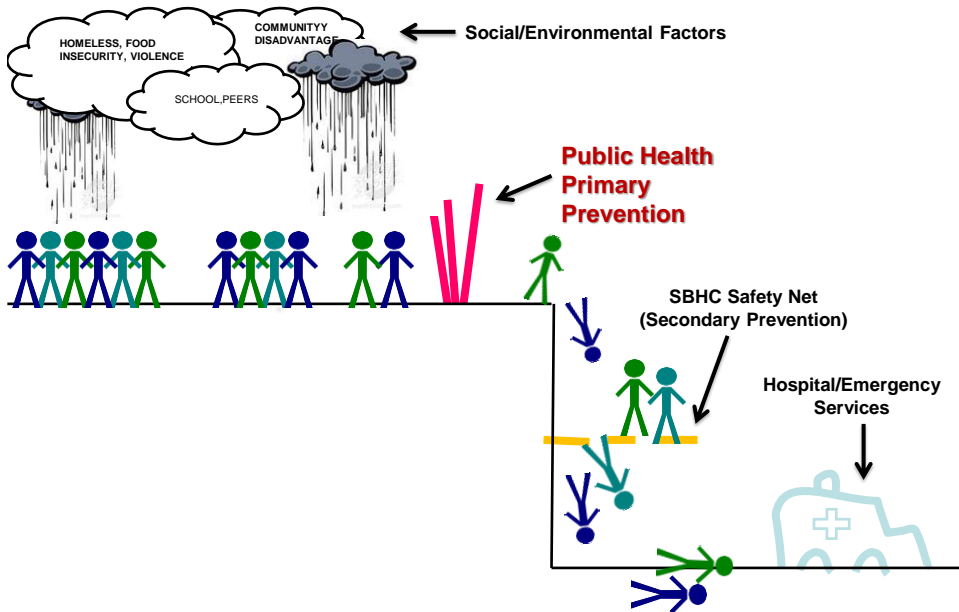
A principal pathway for how poverty influences physical disease is elevated chronic physiological stress.

Relative to their more advantaged peers, low income children have more:



- sympathetic nervous activity (e.g. elevated blood pressure);
- elevated hypothalamic pituitary adrenal axis activity (e.g., dysregulated cortisol);
- dysregulated metabolic activity (e.g. elevated adiposity);
- greater inflammation indicative of compromised immune function

Evans & Kim, 2013



Adapted from Jones CP et al. *J Health Care Poor Underserved* 2009



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EVIDENCE ON SCHOOL- BASED HEALTH CENTERS



- Sexually active adolescents were more likely to accept and use contraception when provided by a SBHC
- Students, teachers and parents who have a SBHC rated academic expectations, school engagement, safety, and respect significantly higher than in schools without a SBHC.
- The mere presence of a SBHC positively impacts the overall school climate and learning environment.



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EVIDENCE ON SCHOOL- BASED HEALTH CENTERS



- Attract harder-to-reach populations, especially racial minorities and males
- Do a better job of getting them services such as mental health care, risk assessments and early intervention
- Adolescents were 10-21 times more likely to come to a SBHC for mental health services than a community health center





EDUCATIONAL INDICATORS & SBHCS



- Decreased absenteeism (50%)
- Decreased tardiness (25%)
- Increased grade point average
- **African American males were 3X more likely to stay in school!**
- **Early evidence of impact on school suspensions**



SBHCs & SNs: At the Intersection of Health and Education





IMPACT OF STRESS ON LEARNING



Chronic stress is linked to over 50% of all absences, and....

- Impairs attention and concentration
- Reduces cognition, creativity, and memory
- Diminishes social skills and social judgment
- Reduces motivation, determination, effort
- Increases impulsive behavior and likelihood of depression

Resulting in a greater likelihood the student will underperform academically

Source: Jenson, E. (2009). Teaching with Poverty in Mind.

