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

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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

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.
“...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.”


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?

Center for School, Health and Education

High School Dropout & Pushout

• Males ~ 45%
  ➢ Disciplinary Issues
  ➢ Income
  ➢ Poor Academic Performance
  ➢ Absenteeism
  ➢ School Disengagement

• Females ~ 55%
  ➢ Pregnancy
  ➢ Parenting
  ➢ Caregiving
  ➢ Income
  ➢ School Harassment
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

RAAPS-PH: Assessment of Factors Associated with Poverty

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

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

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
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