

Calhoun County School Wellness Program



2012-2013 School Year



Calhoun County School Wellness Program

Mission: All children will have access to quality health care through school-based health services.



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Dear School Wellness Program Partners,

The Calhoun County Public Health Department remains committed to the charge of assuring that the students in our schools are healthy and ready to learn. In helping to fulfill this awesome shared responsibility in our community, we are pleased to present to you the 2012-2013 School Wellness Program (SWP) Annual Report.



Since the program's expansion during the 2011-2012 school year, the SWP continues to serve an economically diverse population of students by providing access to school-based nursing services across nine school districts. The SWP has demonstrated a significant impact on the overall health and well-being of our students. The SWP is not only impacting the health of our students, but also expanding their knowledge of healthy behaviors and reducing classroom absenteeism.

In response to the 2011 SWP Annual Evaluation, guidelines and evidence-based standards of care have been developed to ensure continuity of care, education, and data collection throughout the county. The school nurses have been charged with:

- improving immunization rates
- providing education on monthly health topics
- addressing chronic diseases/conditions
- standardizing medication administration
- addressing childhood obesity
- reducing absenteeism
- supporting up-to-date data collection via electronic medical record keeping

During the 2012-2013 school year, the SWP continued its efforts to tackle childhood obesity by promoting better nutrition and increased physical activity through education. The 5-2-1-0 program was introduced to promote a positive change in health behaviors. In partnership with Bronson Battle Creek Hospital, the *Feelin' Good Mileage Club* was implemented in seven Calhoun County elementary schools to provide and encourage daily physical activity.

A focus is placed on student success including reducing student absenteeism, supporting students who live with chronic diseases (e.g., asthma), ensuring all students are up-to-date on their required vaccinations, and referring for mental health services when needed. As you will see throughout this report, the numbers are impressive.

I look forward to the upcoming 2013-2014 school year and continuing to pursue our mission of assuring that all children have access to quality health care through school-based health services.

Sincerely,

A handwritten signature in black ink that reads "James A. Rutherford". The signature is written in a cursive, flowing style.

James A. Rutherford, MPA
Health Officer



Dear School Wellness Supporters,

I am writing to thank you for your support of the School Wellness Program. As you know, schools are under pressure to achieve. No matter how well teachers are prepared to teach, no matter what accountability measures are put into place, no matter what governing structures are established for schools, educational progress will be limited if students are not motivated and able to learn. Health-related problems play a major role in limiting motivation and ability to learn. Healthier students are better learners.

The goal of the school nurse is to build and maintain a healthy school community by implementing strategies that promote student, family, staff, and community health and safety to improve the likelihood that students are both physically and emotionally prepared for school.

The school nurses are proud of their accomplishments toward this goal. The nurses continue to obtain a high immunization compliance, provide education to prevent the spread of illness and to promote healthy eating and activity, provide screening for healthy weight, assist in reducing absenteeism, monitor chronic disease, deliver community promotion of good health habits for a lifetime, and make connections between students and families and medical providers, community resources, and school staff. They are the link between health and education in Calhoun County. School nurses maximize students' potential for learning.

Several changes planned for the 2013-2014 school year include expanding full-time school nurse hours to 40 hours per week and a part-time school nurse to develop and implement MERT (Medical Emergency Response Team) within the schools. The MERT-assigned school nurse will be certified to train five to seven individuals within each school on CPR, first aid, and medical emergency treatment (e.g., asthma attack, injury, low blood sugar). A significant update to our Electronic Medical Record (EMR) software (HealthOffice Anywhere) was completed this summer. The HealthOffice Anywhere is fully web-based, accessible on multiple devices, such as an IPAD, and has a fully integrated Windows interface. Functionality allows greater ease in reporting, customizing and accessing letters and educational materials, and scanning in medical documents to allow for a completely electronic medical record.

Once again, thank you school administrators and staff, parents, students, stakeholders, and funders for your support of the School Wellness Program. It has been our pleasure to serve the health needs of our school communities. We look forward to continue this coordinated effort to keep our students healthy and ready to learn.

Sincerely,

A handwritten signature in black ink that reads "Cheryl Czerney". The signature is written in a cursive style and is placed on a white rectangular background.

Cheryl Czerney, MSN, RN, CPNP
School Wellness Program Director
Calhoun County Public Health Department

Calhoun County Public School Student Population Characteristics

	Calhoun County	Michigan
Free/Reduced price lunch eligible ¹	55.0%	48.0%
Percent of children in poverty ²	25.0%	21.8%
Median income for families with children under 18 years ²	\$43,765	\$59,905
Percent of students with disabilities ¹	14.2%	13.6%
Graduation rate ¹	73.5%	76.2%
Teen pregnancy rate per 1,000 females aged 15-19 years ³	58.3	44.4
Primary care provider rate per 100,000 residents ⁴	60.2	92.4
Percent of children with no health care coverage ²	3.2%	4.2%
Percent of children on Medicaid or other public means-tested insurance program ²	46.8%	38.1%

1. 2011 Michigan Student Data System, Center for Educational Performance and Improvement
2. 2009-2011 American Community Survey 3 Year Estimates, U.S. Census Bureau
3. 2011 Michigan Resident Geocoded Birth and Induced Abortion Files
4. 2011-2012 Area Resource File, Health Resources and Services Administration

The School Wellness Program (SWP) serves an economically diverse population of students in Calhoun County, with more than half of all students eligible for the national Free and Reduced Lunch Program, a good indicator of low income status. Additionally, a quarter of all children in Calhoun County are living at or below the federal poverty limit, currently set at \$23,283 for a family of four. Calhoun County’s student population faces several unique health challenges, including a larger proportion of students with a disability, a high teen pregnancy rate, and a greater proportion of children relying on Michigan Medicaid or other public health insurance program compared to the State of Michigan. Additionally, there is less availability of primary care providers such as family practice, general practice, internal medicine, and pediatric physicians (M.D. & D.O) in Calhoun County. The lack of primary care providers in our county may result in long wait times for appointments and delays in receiving necessary preventive care. Altogether, these data indicate that students in our community are facing a greater level of need and a lesser level of access to health care services, underscoring the importance of programs like the SWP to reach this vulnerable population.

\$0.09

The average cost per student per day for Calhoun County Public Schools to participate in the School Wellness Program

School Wellness Program Dashboard: 2012-2013 School Year

The SWP provides access to school-based nursing services for 16,080 students in 36 different schools, across nine school districts included in the Calhoun Intermediate School District (CISD). Currently, there is approximately one nurse for every 1,707 students in schools participating in the SWP, although this ratio varies by district. During the 2012-2013 school year, over half of all students visited their school nurse at least once and 16.8% of students who accessed school nursing services were considered frequent users (five or more visits per school year). Among all students, 43.0% received an office visit, 18.7% were administered a medication by their school nurse, and 16.0% received a routine health screening. Routine health screenings, such as blood pressure checks, blood glucose checks, dental health, growth and development, and head lice screening, can identify underlying health problems before they become urgent medical concerns for students and their families.

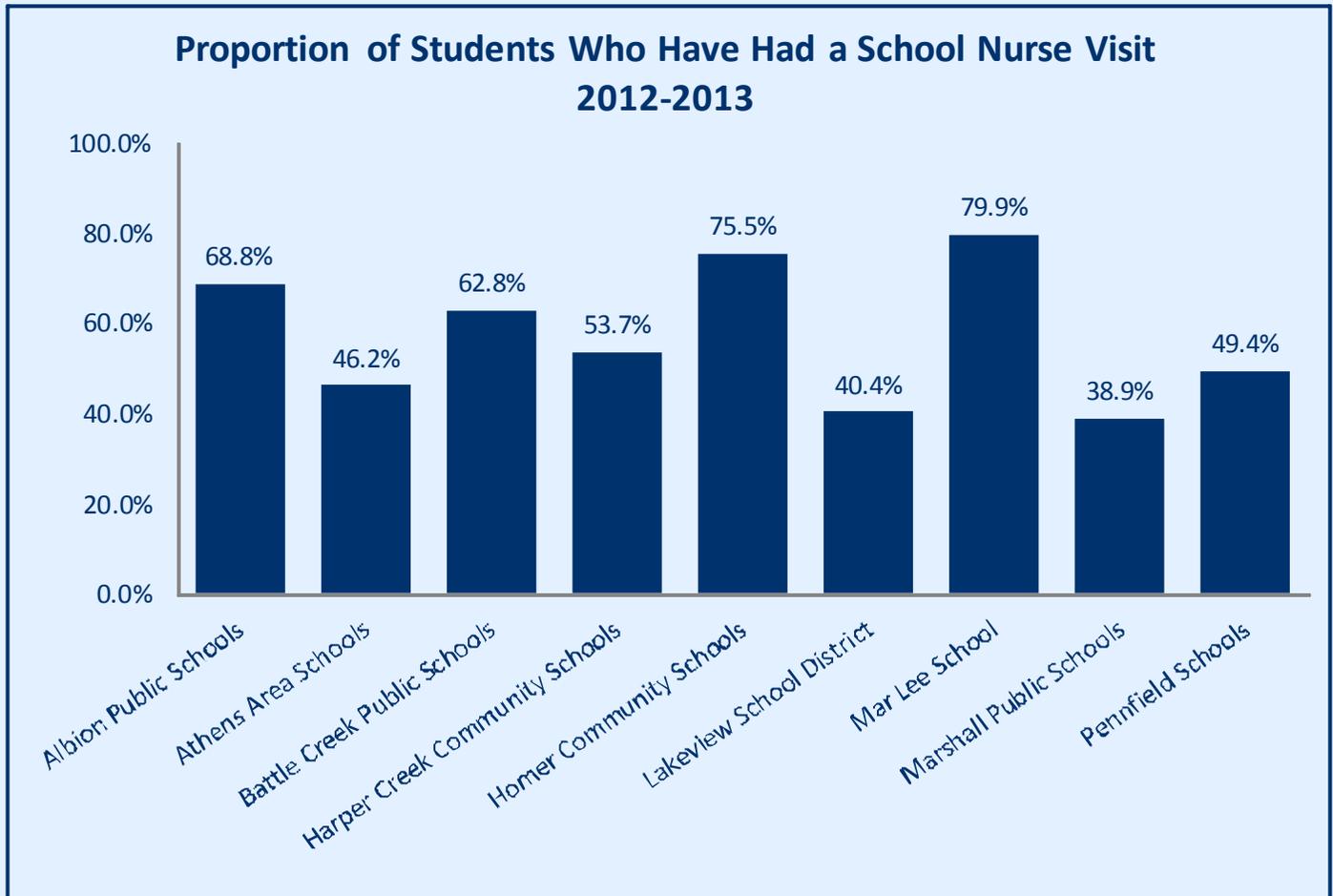
Total student population	16,080
Unduplicated clients	8,311
Percent of students who received services	51.7%
Percent of students who were frequent users ..	16.8%
Total number of office visits	19,850
Medications dispensed	8,617
Health screenings	4,659
Vaccines administered	1,151
Health education sessions	807
Referrals given	738
Nurse to student ratio	1:1,707

When school nurses detect a medical, emotional, or social concern that requires additional treatment or services, they assure that students receive an appropriate referral for needed community resources. School nurses also work with students and their families to address barriers they may face in accessing community resources. In this way, school nurses serve as an important bridge of communication between the educational community and the healthcare community. During the past school year, school nurses provided 738 referrals to physicians, dentists, occupational and speech therapists, social workers, counselors, vision and hearing specialists, and other community resources.

School nurses often go above and beyond their mandated responsibilities to ensure that students have the resources they need to be in their best health and to be productive at school. For example, when a new student with recently diagnosed diabetes transferred into a Lakeview elementary school, Jennifer Weis, a school nurse, was on-hand to guide that student and her family through the disease management process. Weis learned that the student did not have access to a blood sugar monitor at school and was borrowing a family member's insulin to treat herself. The school nurse acted quickly to link that student to a primary care physician and enroll the student in Medicaid and Children's Special Health Care so she could get her

School Wellness Program Dashboard: 2012-2013 School Year

insulin covered. Weis also discovered that the student's family was struggling with transportation issues and often ran out of medication and supplies before they were able to find a way to get to a pharmacy. Weis worked with the family and medical supplier to ensure that the student could have her medicine and supplies shipped to her home. Weis also provided education and training to the student as well as school staff members on the appropriate technique for administering her insulin. Thanks to the efforts of the school nurse, this student, and many like her, now has the knowledge and tools to effectively manage her chronic condition.



Childhood Obesity: A Growing Concern

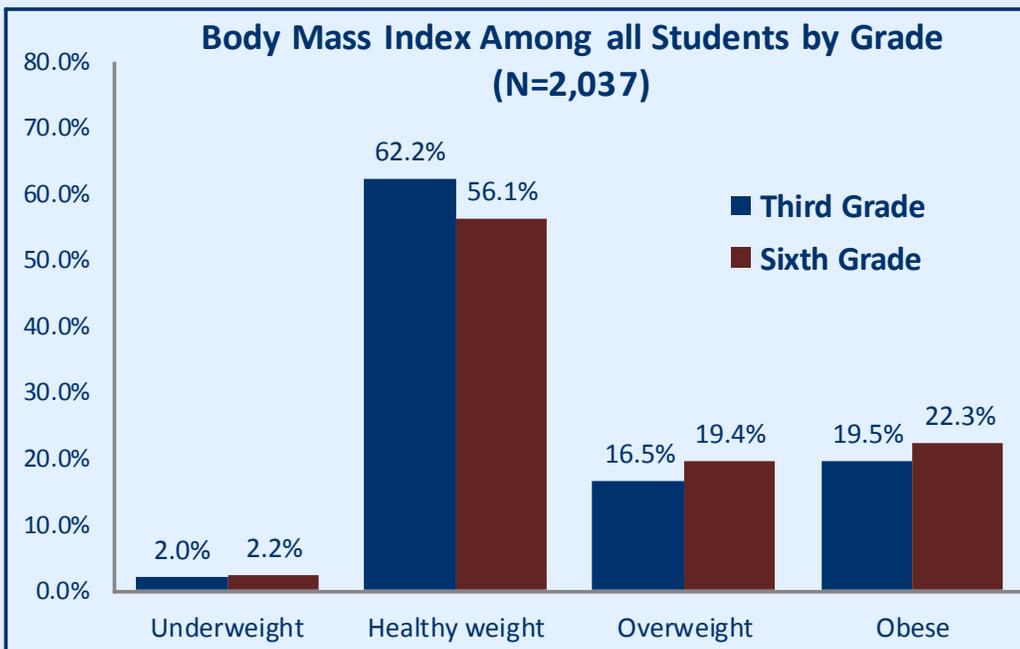
Childhood overweight and obesity have been increasing throughout many communities in recent decades. In fact, some studies have indicated that the rate of obesity has tripled compared to the previous generation. Obesity increases the risk of many harmful health effects for children including high blood pressure, type II diabetes, and asthma, just to name a few. The first step toward reversing the obesity trend is understanding exactly how this condition is affecting children in our own community.

During the previous school year (2011-2012) our school nurses facilitated the first ever county-wide obesity surveillance system among elementary school students using a probability sample of 223 randomly selected third grade students from 10 public schools in Calhoun County. The data gathered from this project provided public schools and public health agencies alike a benchmark estimate of the prevalence of childhood obesity in our community.

During the 2012-2013 school year, the SWP was able to expand the obesity surveillance system to include both third and sixth grade students in Calhoun County public schools. Additionally, instead of relying on a probability sample, school nurses were able to record the height and weight of roughly 80% of all third grade students and 70% of all sixth grade students attending schools participating in the SWP. Parents were allowed to opt-out if they did not want their student to participate. The transition to census sampling not only provides a more accurate estimate of the prevalence of obesity, but allows school nurses to provide valuable information to students and their parents about their weight status.

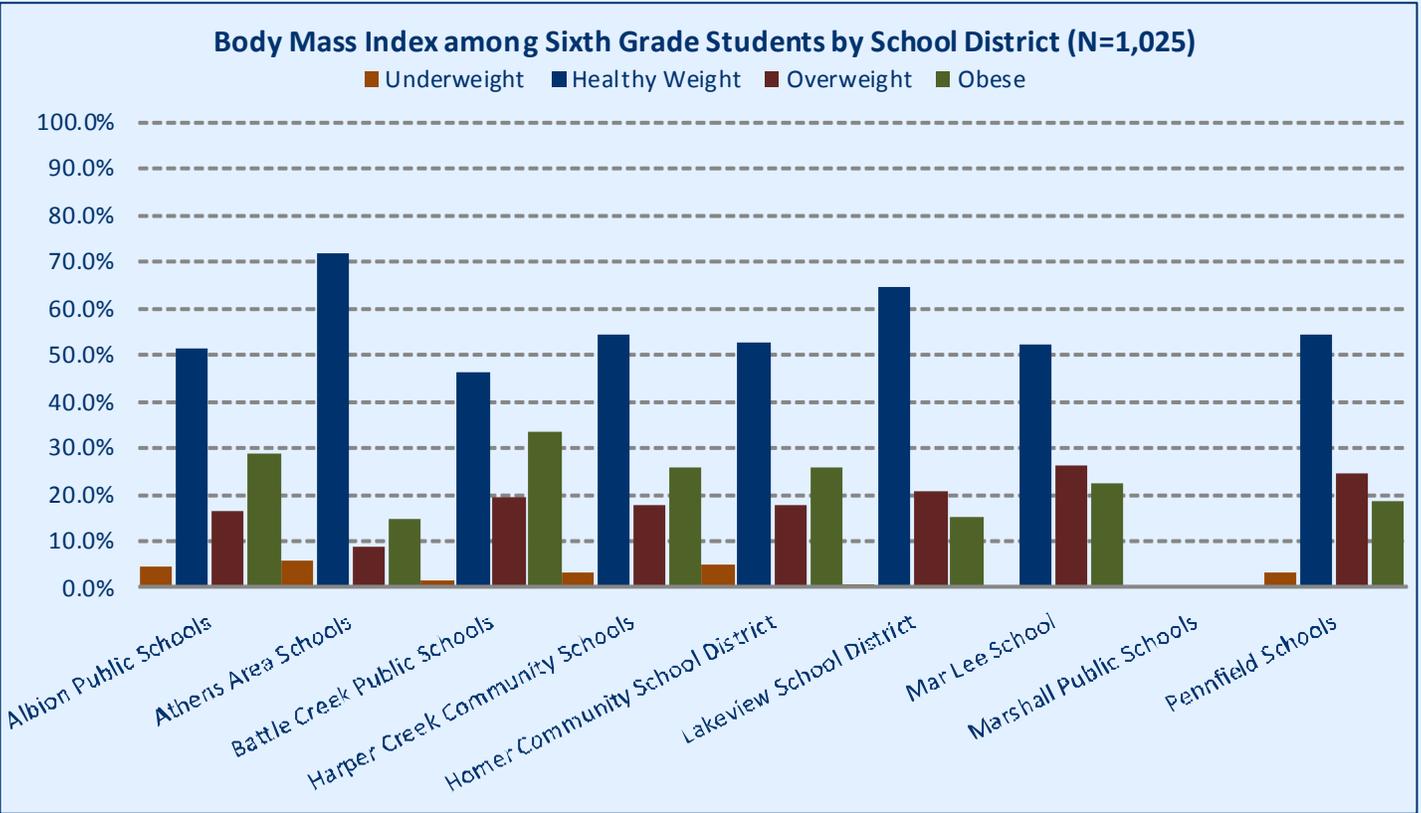
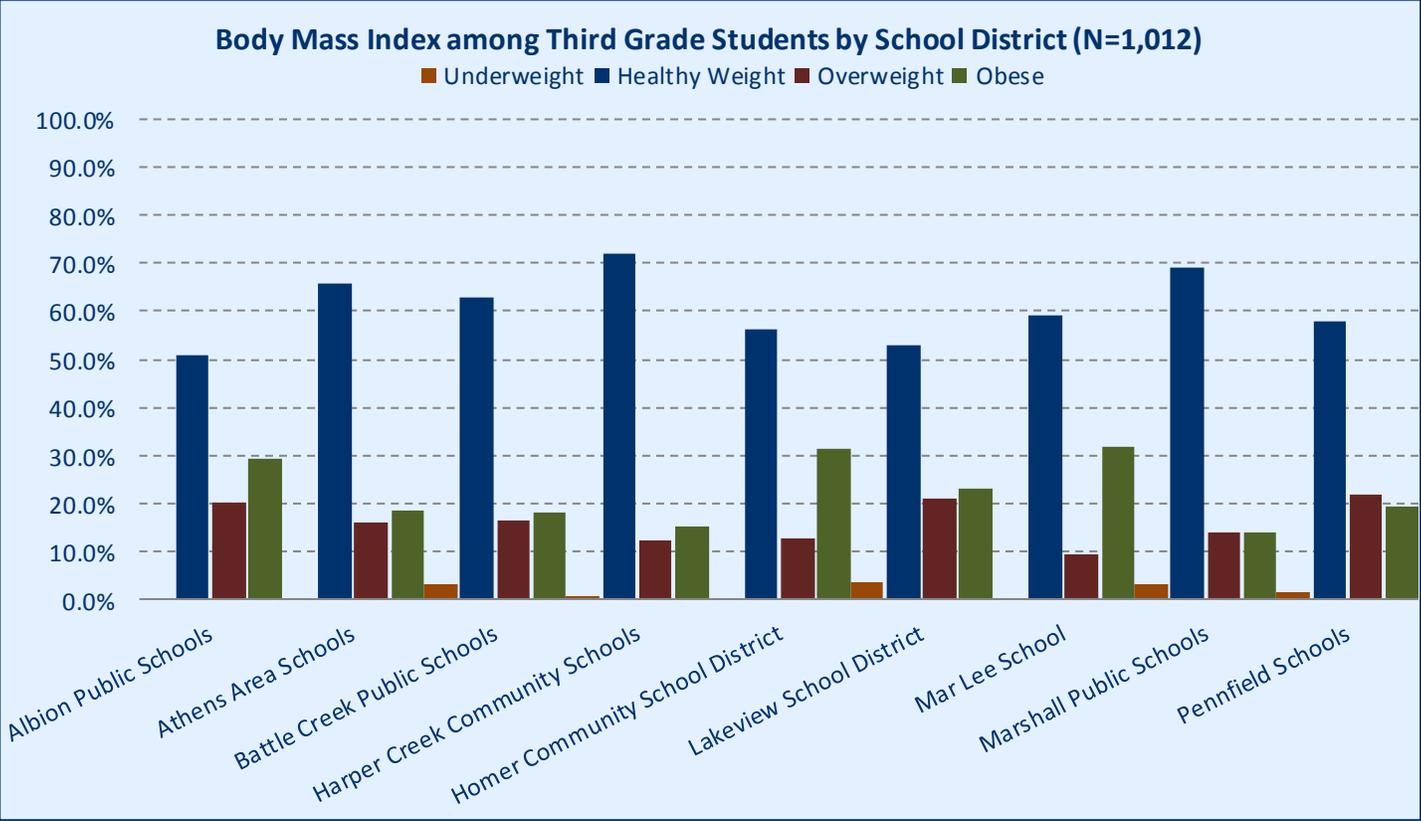
Results demonstrated that 19.5% of third grade students are obese and an additional 16.5% are classified as overweight. Only 62.2% of third grade students are currently at a healthy weight. Comparatively, sixth grade students were slightly more likely to be obese (22.3%) and overweight (19.4%), and slightly less likely (56.1%) to be at a healthy weight.

Although there are many factors that may contribute to obesity in children, poor nutrition and lack of physical activity are two of the most important. However, school nurses are working to promote better nutrition and physical activity in public schools through education and supporting additional opportunities for physical activity. During the 2012-2013 school year alone, the SWP held 332 health education sessions and events focused on nutrition and exercise.



Body mass index (BMI) is a measure used to determine childhood overweight and obesity. It is calculated using a child's weight and height. BMI does not measure body fat directly, but it is a reasonable indicator of body fatness for most children and teens.

Childhood Obesity: A Growing Concern



Marshall Public Schools did not participate, therefore no data are available.

5-2-1-0 Program

The SWP seeks to help each student achieve their best possible state of health and wellness through education and prevention. During this past school year, the SWP introduced a nationally-recognized, evidence-based education program, 5-2-1-0 which emphasizes the importance of healthy eating and active living. The 5-2-1-0 program is based on a consistent and easy to remember message; each day, eat five or more fruits and vegetables, have less than two hours of recreational screen time, get one or more hours of physical activity, and drink zero sugary beverages. School nurses conducted several lessons and fun activities throughout the school year to teach and remind students to eat a nutritious diet and stay active.



Summary Table of Results

Servings of fruits/vegetables per day	Increased	★
Days ate dinner together with family per week.	Decreased	
Days ate breakfast per week.	No effect	
Days physically active for 60+ minutes per week	Increased	★
Number of times consumed fast food/takeout per week.	No effect	
Hours per day watched TV/movies.	Decreased	★
Hours per day played video/computer games.	No effect	
Servings per week of 100% juice.	Decreased	★
Servings per week of water.	No effect	
Servings per week of fruit-flavored/sports drink.	No effect	
Servings per week of whole milk.	Decreased	★
Servings per week of non-fat/reduced-fat milk.	No effect	
Servings per week of soda/pop.	No effect	
Servings per week of diet soda/pop.	Decreased	★
Servings per week of energy drinks.	No effect	

5-2-1-0 Program

Students were asked to fill out a brief survey to evaluate their health behaviors before and after the 5-2-1-0 program. There were 830 sixth-grade students among all schools who completed both the pre-intervention and post-intervention assessment surveys. Of the total sample, there were 420 females (50.7%) and 408 males (49.3%). Two students did not disclose their gender. The average age of respondents was 11.6 years (SD=0.6 years). A non-parametric statistical test of association, the Wilcoxon Matched-Pairs Signed-Ranks Test, was used to determine if there was a significant change in health behaviors among students who received the 5-2-1-0 education program.

An overview of the results are shown in the table on the previous page. Health behaviors marked with a star indicate a positive change. As indicated, sixth grade students were significantly more likely to eat more fruits and vegetables, be physically active more days per week, and spend fewer hours watching television or movies. Students also drank fewer servings of fruit juice, whole milk, and diet soda. The American Academy of Pediatrics (AAP) suggests limiting fruit juice consumption to no more than 8-12 ounces for children 7 to 18 years old because excessive fruit juice consumption has been linked to obesity and tooth decay. The AAP also supports choosing low-fat or nonfat milk in place of whole milk. There was a small decrease in the average number of days students ate dinner together with their families, however

Prevalence of Health Behaviors Among Sixth Grade Students Before and After 5-2-1-0 Education

	Before	After
5 or more fruits or vegetables a day	8.8%	12.1%
2 hours or fewer of recreational screen time a day	27.1%	31.0%
1 or more hours of physical activity each day	26.2%	36.0%
0 sugar-sweetened beverages consumed a day	8.7%	10.6%

it is unclear how this behavior affects weight, nutrition, or health.

Overall, health behaviors among students were markedly improved. The SWP will continue to offer the 5-2-1-0 education to students during the upcoming school year in order to promote and sustain long-term behavior change.



Feelin' Good Mileage Club

The *Feelin' Good Mileage Club* (FGMC) is a daily physical activity program for youth, which exercises students' bodies and regenerates their minds for better classroom performance. Students are encouraged to walk, jog, or run on a designated course during their recess or noon-hour break over the course of 12 weeks. Accumulated mileage is recorded and awards given based on individual and class-aggregated covered distance. Additionally, healthy cooking demonstrations were held at FGMC schools to educate students and their parents about the importance of making healthy choices in the kitchen. The FGMC is based on individual performance and not competition. Children become fit and learn to change behaviors by setting and achieving personal goals.

The FGMC was made available through support from Bronson Battle Creek Hospital and in partnership with the SWP. The program was implemented in seven Calhoun County public elementary schools during the 2012-2013 school year, including six SWP schools: Beadle Lake Elementary, Coburn Elementary, Dudley STEM School, Prairieview Elementary, Urbandale Elementary, and Valley View Elementary. An additional four schools were enlisted for the evaluation of the



FGMC and served as a control group with which to compare results of participatory schools. Among all schools, 461 third grade students (317 participating in the FGMC and 144 in the control group) had their body

Change in Health Behaviors among Third-grade Students

	Baseline	12 Weeks	Positive Change
Eat 5 or more fruits and vegetables a day	51.6%	59.1%	★
Eat dinner at table with family once a week	70.6%	68.8%	
Eat breakfast every day	80.6%	84.2%	★
Play sports or go to gym class 3+ times a week	69.9%	73.5%	★
Play outside every day	56.3%	81.7%	★
Eat fast food more than once a week	39.4%	34.4%	★
Watch TV or movies every day	40.5%	29.1%	★
Play video games every day	35.5%	27.6%	★
Have a TV in bedroom	67.4%	67.7%	

Feelin' Good Mileage Club

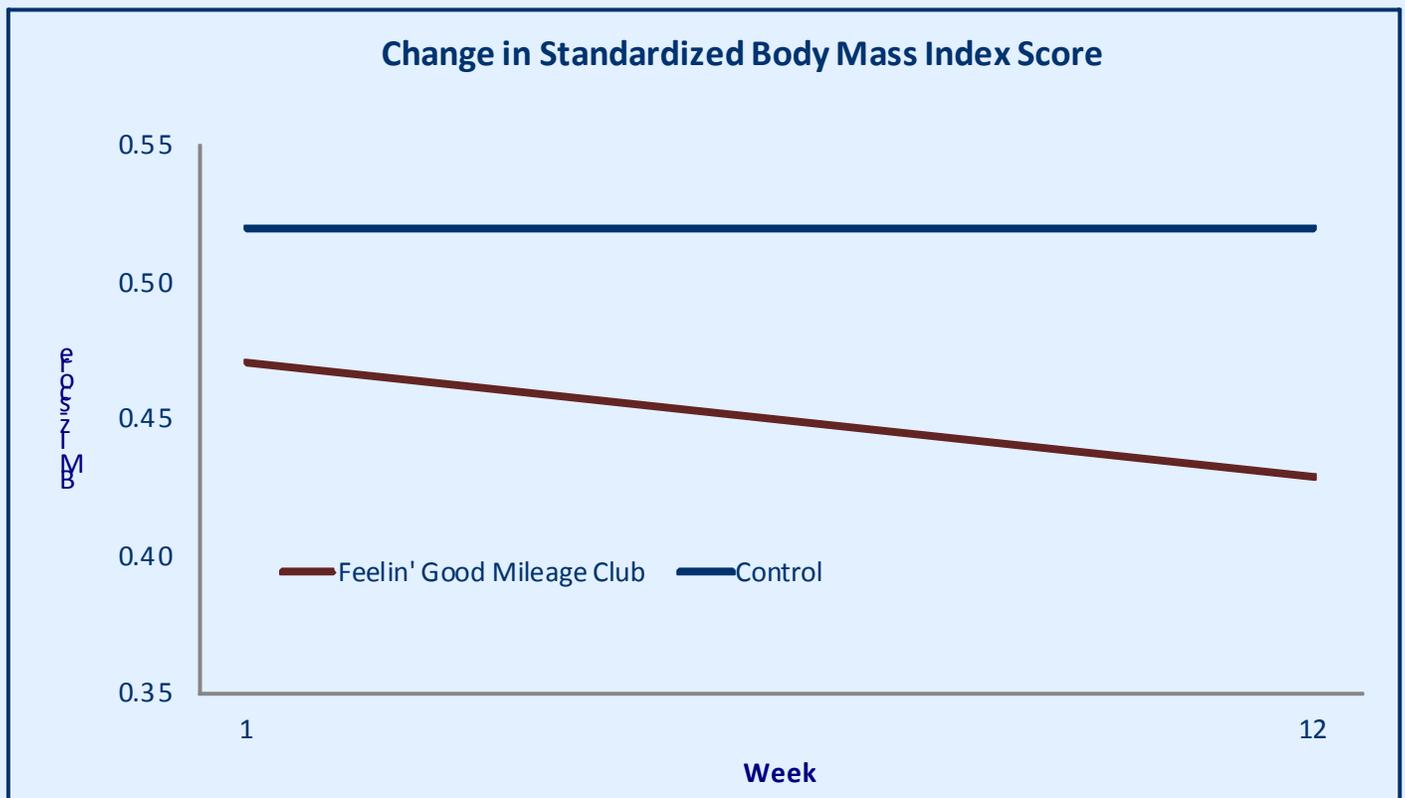
mass index score measured before and after the 12 week period. Students also completed a short survey about their physical activity and nutrition behaviors before and after the program.

Altogether, students participating in the FGMC walked a total of 5,277 miles over the 12 weeks, equating to an average of 16.9 miles per student. Students participating in the FGMC had a marginal decrease in their standardized BMI score relative to students in the control group, as displayed in the graph below. Furthermore, the proportion of students who ate five or more fruits and vegetables a day, played sports or went to gym class three or more times a week, and played outside every day increased. The proportion of students who reported that they ate fast food more than once a week, watched television everyday, or played video games every day decreased.

Teachers and faculty at participating schools gave the FGMC high marks. For example, more than 95% of school staff members who responded to an evaluation



survey reported that the students enjoyed the program, that the program improved their students' health, and that they would recommend the program to other schools. The SWP is excited to have been part of this venture and look forward to expanding the opportunity to participate to additional Calhoun County schools.

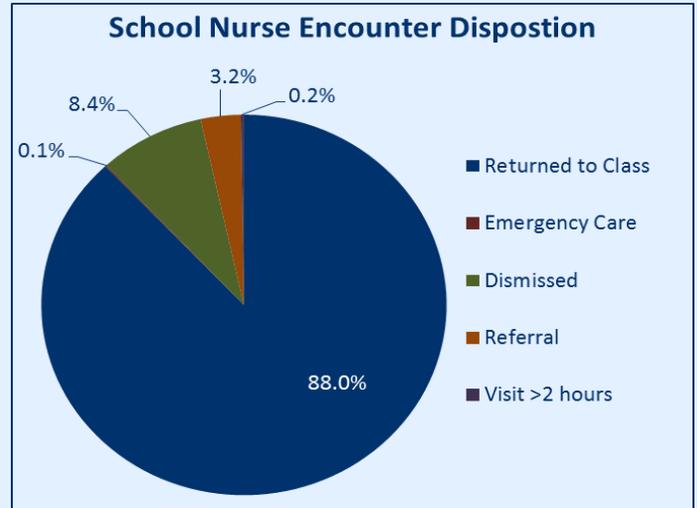


Focus On Student Success: Reducing Absenteeism

Many studies have demonstrated a connection between student wellness and academic performance. The Calhoun County SWP strives to support student academic achievement by reducing absenteeism due to illness and injury. The goal of the school nurse is to maximize each student's learning time by treating, managing, and preventing conditions in the school setting that would otherwise force a student to miss class. Out of a total 19,242* school nurse encounters, 88.0% (16,934) resulted in the student returning to class. Only 8.4% (1,621) of nursing encounters resulted in students being dismissed from school to home. These results indicate that school nurses are instrumental in keeping students with minor health needs in school.

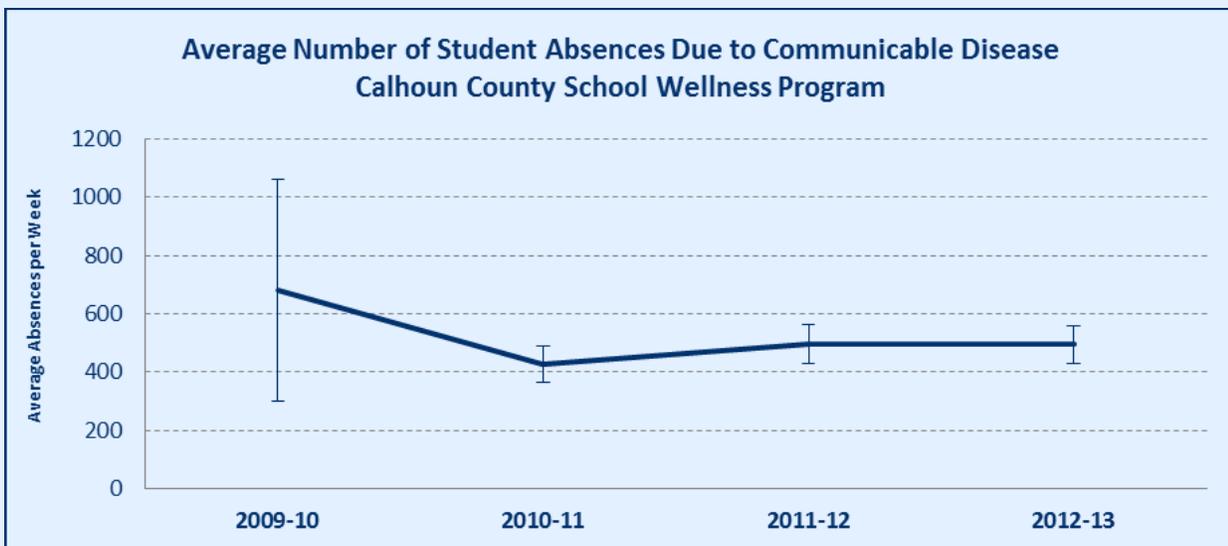
The SWP also tracks the number of student absences due to communicable disease. These data allows us to evaluate the success of infection control measures that school nurses have implemented, such as education on proper handwashing and improved follow-up of students who have fallen behind on their required or recommended vaccinations. The average number of student absences per week was calculated for all schools enrolled in the SWP for the 2009-2010, 2010-2011, 2011-2012, and 2012-2013 school years. The average was adjusted for fluctuations in the student population size over the four-year period.

Results demonstrate a net decrease of 187 in the average number of student absences per week over the past four



academic years. There were an uncharacteristically large number of student absences during the 2009-2010 school year due to H1N1 pandemic influenza and a precipitous drop after that period. A small uptick in student absences was observed between the 2010-2011 and 2011-2012 school years. This increase is most likely attributable to improved compliance with reporting requirements among several schools due to assistance and education provided by SWP nurses. The average number of student absences appears to have reached a plateau at roughly 495 absences per week among all schools combined. The SWP will continue to track this data in the future in order to evaluate secular trends.

*Includes office visits, immunizations, medication administration, and special need visits



Chronic Conditions Affecting Academic Performance

The SWP seeks to support students who are living with chronic diseases by helping to manage their conditions within the school setting. School nurses provide clinical monitoring, such as blood glucose and blood pressure checks, as well as disease management education. School nurses work with students and staff members to develop individualized health plans for students with special health needs and review plans to ensure that students have the medications they need at school and are receiving the appropriate doses at the correct times. School nurses also provide training to staff on what to do in an emergency and how to administer life-saving medications.

Roughly one out of every eleven students in Calhoun

County public schools reported that they had a diagnosis of asthma. National research studies have demonstrated that childhood asthma is a leading cause of school absenteeism.¹ However, school nurses are working to reduce absenteeism by working closely with students to ensure they have access to their prescribed medications at school, know how to use their medication appropriately, and educating school staff about reducing exposure to common asthma triggers. Additionally, school nurses provide support and management to students with a variety of other health conditions, ranging from mental health conditions such as depression and anxiety to potentially life-threatening food allergies.

Prevalence of Reported Chronic Conditions Among Calhoun County Students

	N	%
Asthma.....	1,461	9.1%
Diabetes.....	46	0.3%
Seizures.....	109	0.7%
Attention Deficit/Hyperactivity Disorder.....	1,254	7.8%
Mental Health and Psychosocial Disorders.....	255	1.6%
Food and Life-Threatening Allergies.....	478	3.0%
Other Chronic Disease.....	482	3.0%

Diabetes includes both insulin dependent and non-insulin dependent diabetes mellitus. The allergies category includes nut allergy, peanut allergy, shellfish allergy, unspecified food allergy, any life-threatening allergy or allergy that may cause an anaphylactic reaction. The allergies category does not include environmental, seasonal, medication, latex, chemical, and insect bite allergies unless specified as "life-threatening" or an anaphylactic reaction is specified. Mental health and psychosocial disorders include depression, anxiety, eating disorders, autism spectrum disorder, and unspecified mental health disorder. Other chronic diseases include unspecified cardiac disorders, hypertension, heart murmur, hematologic disorders, unspecified gastrointestinal disorder, cerebral palsy, unspecified congenital defect, unspecified orthopedic disorder, unspecified neurologic disorders, unspecified musculoskeletal disorders, hypoglycemia, migraine headache, bladder and bowel dysfunction, Downs Syndrome, connective tissue disease, leukemia, unspecified metabolic disorder, kidney disease, rheumatoid arthritis, immunosuppression, cancer, and history of stroke.

1. American Lung Association, Epidemiology and Statistics Unit, Research and Program Services. *Trends in Asthma Morbidity and Mortality*. January 2009.

Immunization Coverage

Vaccines Administered During 2012-2013 School Year	
Influenza	361
Hep A	146
Tdap/Td/DTap*	162
IPV.....	17
MMR.....	22
Hep B	7
Varicella	77
PCV7/PCV13.....	0
MCV	186
HPV	173

The table above contains abbreviations for hepatitis A vaccine (Hep A), tetanus, diphtheria, and acellular pertussis vaccine (Tdap), tetanus and diphtheria vaccine (Td), diphtheria, tetanus and acellular pertussis vaccine (DTap), inactivated polio vaccine (IPV), measles, mumps, and rubella vaccine (MMR), hepatitis B vaccine (Hep B), 7-valent pneumococcal conjugate vaccine (PCV7), 13-valent pneumococcal conjugate vaccine (PCV13), meningococcal vaccine (MCV), and human papilloma virus vaccine (HPV).

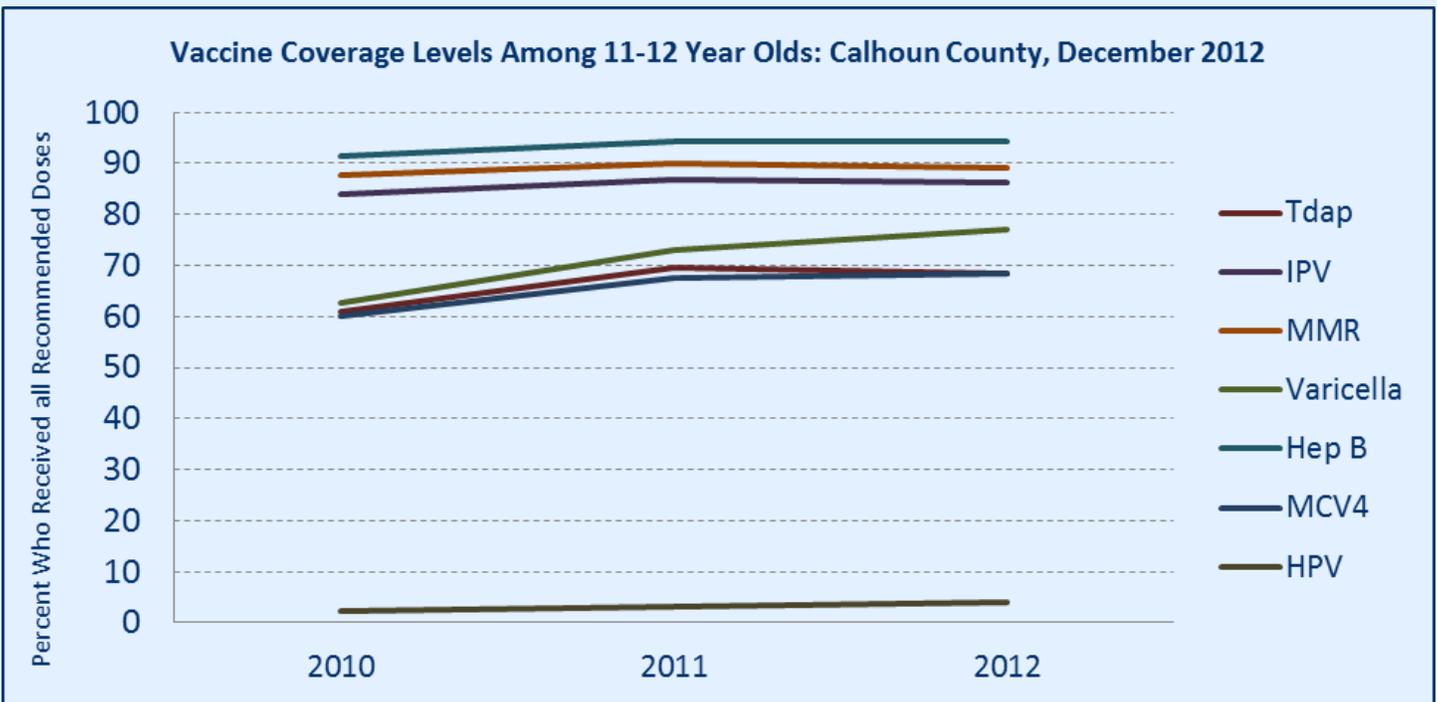
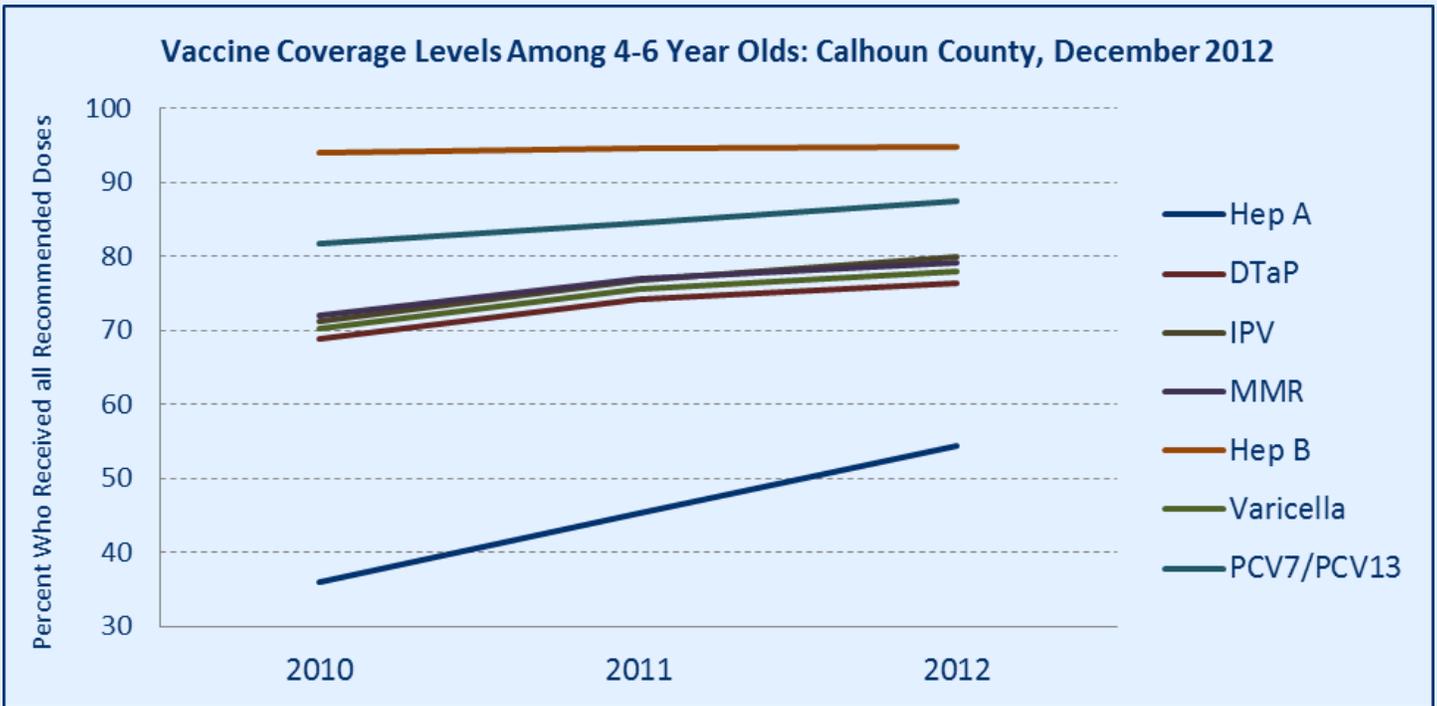
Our school nurses are charged with ensuring that every student is up-to-date on their required vaccinations. Timely vaccinations are one of the most effective strategies to combat the spread of preventable communicable diseases and students within the state of Michigan are required to provide documentation that they have received certain immunizations prior to entering school. Nurses review student vaccine records, educate students and their families about recommended vaccines, provide vaccines on-site, and work with parents and health care providers to make sure students follow-up on time.

The school nurse administered 1,151 vaccines to students during the 2012-2013 school year, representing a 48% increase in the number of administered vaccine doses from the previous academic year. A total of 554 students (3.5% of all students) received one or more doses of vaccine. The most commonly administered vaccinations were for seasonal influenza, Meningococcal Disease, Human Papilloma Virus, Tetanus, Diphtheria, Pertussis, and Hepatitis A.

Between 2010 and 2012, immunization coverage levels increased for seven vaccines recommended by the Advisory Committee on Immunization Practices (Hep A, DTaP, IPV, MMR, Hep B, Varicella, and PCV7/13) among children ages 4-6 years in Calhoun County according to the Michigan Care Improvement Registry (MCIR). The largest increase was observed in the proportion of children who received at least two doses of the Hepatitis A vaccine. Among children 11-12 years, immunization levels increase for seven recommended vaccines as well (Hep A, Tdap, IPV, MMR, Hep B, Varicella, MCV, and HPV).

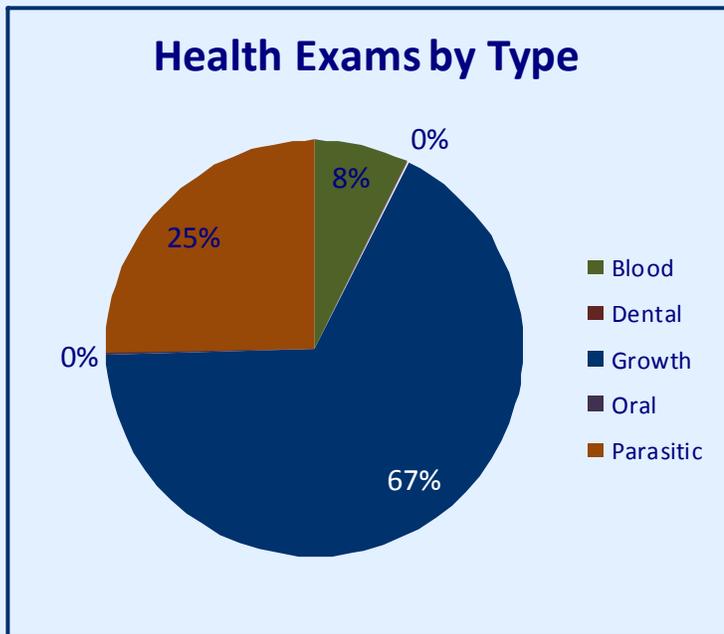


Immunization Coverage



**Data for 4-6 year old age group represents the percentage of children in that age group who have received all recommended DTaP vaccinations. Data for 11-12 year old age group represents the percentage of children in that age group who have received all recommended Tdap vaccinations.*

Health Exams by Type



Timely health exams can identify potential health problems before they become serious medical issues. School nurses provide education and referrals to community health providers for students who may have complex health needs. Our school nurses performed 4,659 health exams during the 2012-2013 school year. The largest proportion of screenings were for growth (height and weight measurements), followed by parasitic exams (checks for head lice), and blood exams (blood pressure and glucose screening). Dental and oral exams combined made up less than half a percent of the total exams.

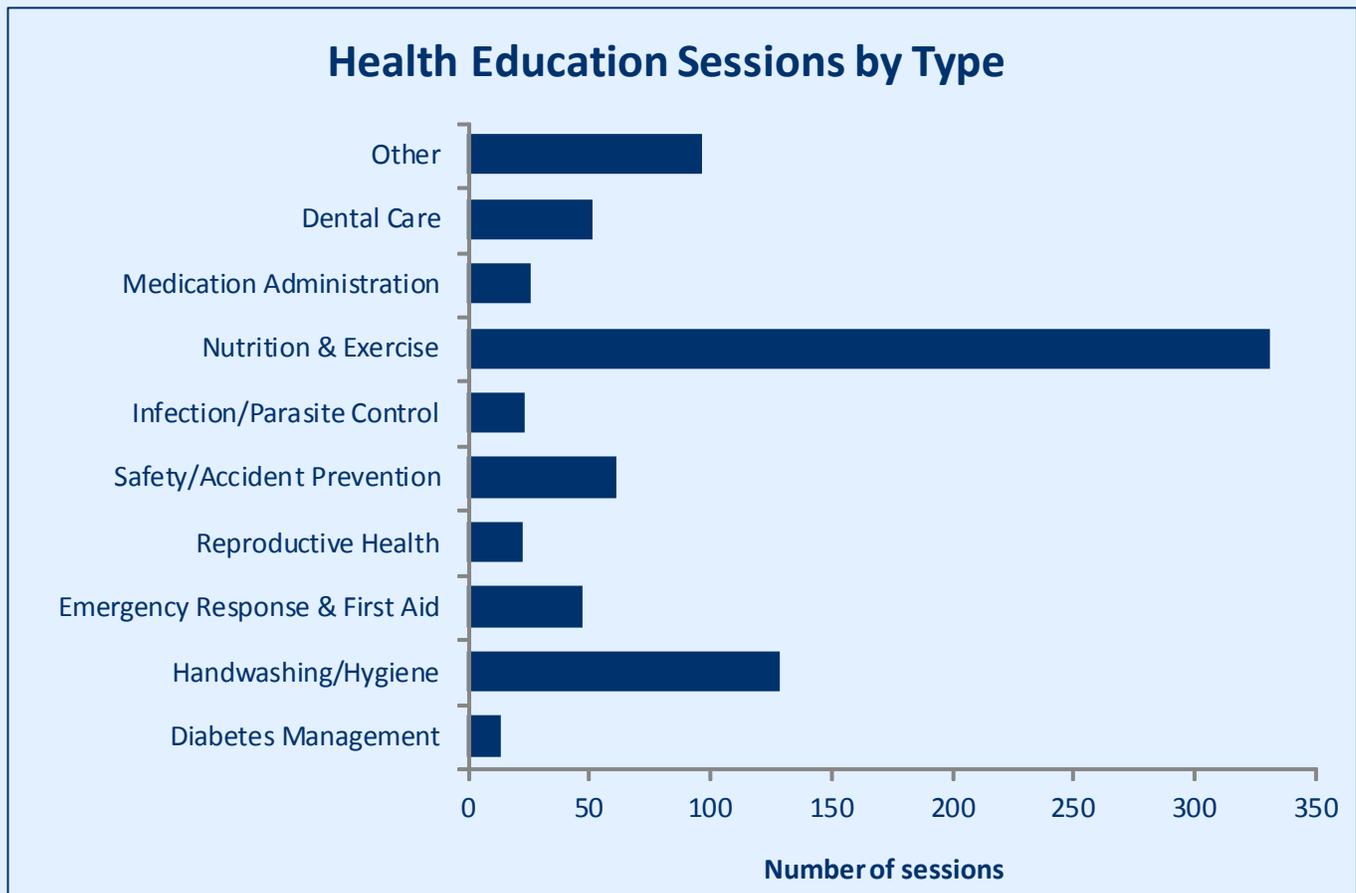
Mental Health Services

Through a partnership with Summit Pointe, the SWP was able to link students in two Battle Creek Public Schools with access to school-based mental health services. Summit Pointe provided two licensed social workers for an average of 26.5 hours per week to students at Dudley STEM Elementary School and Northwestern Middle School. Students were referred to the SWP social workers either through a depression screening tool, The Child Depression Scale, or through the school interventionist, school counselor, teachers, principal, or parents. Concerns about the family and home environment were primary reasons for parents seeking mental health services for their children. Teachers cited academic underachievement and behavioral problems as major contributors to their reasons for referring students. The most frequent diagnoses among students in

Northwestern Middle School were anger/conduct issues, attention deficit hyperactivity disorder (ADHD), depression, and anxiety. The most frequent diagnoses among students in Dudley STEM Elementary School were ADHD, adjustment disorder, oppositional defiant disorder, depression, and anxiety. Both social workers cited the cooperative and supportive school environment as a major strength of the program. The table below highlights some important metrics of this program.

	Dudley Elementary	Northwestern Middle School	Total
Average hours per week providing services	8	18.5	26.5
Students referred through Child Depression Scale	4	36	40
Students who had a counseling session	16	29	45
Total number of individual counseling sessions	106	199	305
Total number of group counseling sessions	144	30	174

Health Education



Providing high-quality health education is a vital part of the SWP mission. During the 2012-2013 school year, school nurses provided a total of 807 health education sessions to students, faculty, staff members, parents, and community members. School nurses provide education in a variety of formats, from school-wide presentations to small group and one-on-one sessions for students and staff who require specialized training. The most popular educational topics were nutrition and exercise (332 sessions) and handwashing and hygiene (129 sessions).

Calhoun County Public Health Department School Wellness Program

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Calhoun County Public Health Department

Randy Davis

Marshall Public Schools

Mary Gehrig

Calhoun Intermediate School District

Cheryl Hinds

Fountain Clinic

Lisa Hazel

Oaklawn Hospital

Sharon Hostetler

Albion Health Care Alliance

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United Way of the Battle Creek and Kalamazoo Region

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Family Health Center of Battle Creek

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Chris Miller

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Calhoun County Foundation Alliance

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