

Calhoun County School Wellness Program



2011-2012 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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School Wellness Program Partners:

I am pleased to provide to you the following year-end report pertaining to the Calhoun County School Wellness Program. Included in this report you will find the school year highlights, student population demographics, and program dashboard data. In addition, this report includes the results of a school staff satisfaction survey as well as results from the parent satisfaction survey that was administered earlier this year.



The Calhoun County School Wellness Program provides access to school-based nursing services for over 17,000 students in Calhoun County. During the 2011-2012 school year, roughly half of all students visited their school nurse at least once and approximately 20% visited their school nurse more than five times throughout the year.

One of the significant accomplishments that staff implemented this past school year was the completion of our first ever countywide obesity surveillance of elementary school students within Calhoun County. Our school nurses measured the height and weight of 223 randomly selected third grade students from 10 public schools. Results from this survey indicated that approximately 21% of our third-graders are obese and an additional 19% are overweight. The results of this surveillance initiative, which will become an annual initiative, will help us to target specific populations, develop health education curriculum, and track progress with childhood obesity in Calhoun County.

What is most exciting about the Calhoun County School Wellness Program is that we are assuring that our students are healthy, in the classroom, and are ready to learn. Between 2010 and 2011, immunization coverage levels among children in Calhoun County have increased according to the Michigan Care Improvement Registry (MCIR). Our school nurses administered 778 vaccines to students throughout the year. These are kids that most likely would have missed these vaccines without the intervention of our school nurses.

In partnership with the Kellogg Community College Nursing Program, we were able to extern a total of 70 student nurses into the program this past year. These student nurses help to facilitate the health education programs that are provided within our schools throughout the year. This past year, 4,331 students were provided with education sessions that focused on nutrition, exercise, dental care, head lice prevention, and other health topics.

I look forward to the upcoming 2012-2013 school year and continuing with this very valuable and impactful program within our schools as we continue 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, slightly slanted style.

James A. Rutherford, MPA
Health Officer
Calhoun County Public Health Department



“The program is not only responsive care but preventive care, educating the kids along with parents. (Our school nurse) provides parents counsel and ways to find kids the help they need. I believe this district would suffer a great loss professionally, academically, socially, and in all areas of health without the nurse program.”

-Calhoun County Elementary School Educator

Dear Stakeholders,

This has been an exciting inaugural year for the Calhoun County School Wellness Program. You will agree that based on the following data, school nurses make a difference toward good health for our students. Healthy students are in school and ready to learn.

The school nurses promote wellness and facilitate the resolution of health concerns which create barriers to learning. They relate a positive coordinated effort toward improved health of our students. **It truly takes a school community to impact students’ activities toward healthy living. We share a common goal, that is, improved learning through better health.** It has been our pleasure serving the health needs of students at school, home, and in the community.

Thank you to school administrators and staff, parents, students, stakeholders, and funders for your support of the School Wellness Program in Calhoun County and in our mission to enhance the educational potential of all students through access to quality school/community health services. We look forward to a long, successful relationship to keep our students healthy and ready to learn.

Healthy children learn better- school nurses make it happen.

Sincerely,

Cheri Czerney, MSN, RN, CPNP
Interim School Wellness Program Manager

Calhoun County Public School Student Population Characteristics

	Calhoun County	Michigan
Free/Reduced price lunch eligible ¹	47.9%	46.5%
Percent of children in poverty ²	23.6%	20.5%
Median family income for families with children under 18 years ²	\$44,562	\$57,053
Percent of students in special education ¹	14.8%	13.0%
Primary care provider rate per 100,000 residents ³	64.4	113.2
Percent of children with no health care coverage ²	2.8%	4.4%
Percent of children on Medicaid or other public means-tested insurance program ²	36.5%	35.7%

1. 2011 Michigan Student Data System, Center for Educational Performance and Improvement
2. 2006-2010 American Community Survey 5 Year Estimates, U.S. Census Bureau
3. 2009-2010 Area Resource File, Health Resources and Services Administration

About half of all students in Calhoun County are eligible for the Free and Reduced Lunch Program, a good indicator of low income status. Although Calhoun County is similar to Michigan as a whole in terms of socioeconomic factors, the primary care provider rate is much lower. Primary care providers include family practice, general practice, internal medicine, and pediatric physicians (M.D. & D.O). The lack of primary care providers in our county may result in long wait times for appointments and delays in receiving necessary preventive care.

\$0.10

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

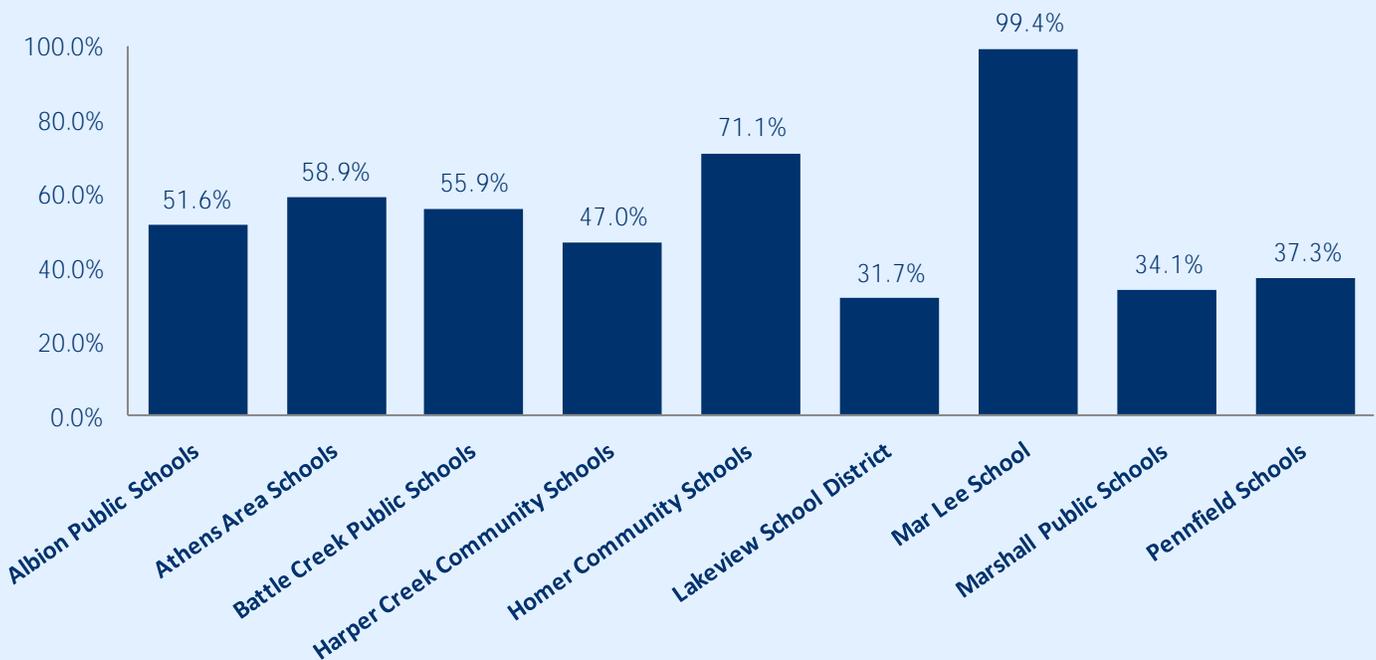
School Wellness Program Dashboard: 2011-2012 School Year

Total student population	17,066
Unduplicated clients	7,718
Percent of students who received services	45.2%
Percent of students who were frequent users	18.2%
Total number of office visits	21,977
Medications dispensed	8,292
Health screenings	4,238
Vaccines administered	778
Health education sessions	556
Referrals given	941
Nurse to student ratio	1:1,330

The Calhoun County School Wellness Program (SWP) provides access to school-based nursing services for 17,066 students in the Calhoun Intermediate School District (CISD). During the 2011-2012 school year, nearly half of all students visited their school nurse at least once and 18.2% of students were frequent users (5 or more visits per school year).

In addition to providing care for acute medical needs such as illness and injury, the school nurses also ensure that students receive necessary health exams. Health exams may identify potential underlying medical conditions. The school nurses provided 4,238 exams for growth and development, blood pressure, blood glucose, dental needs, and head lice as well as 941 referrals to dentists, physicians, occupational therapists, counselors, social workers, and other community resources.

Proportion of Students Who Have Had a School Nurse Visit



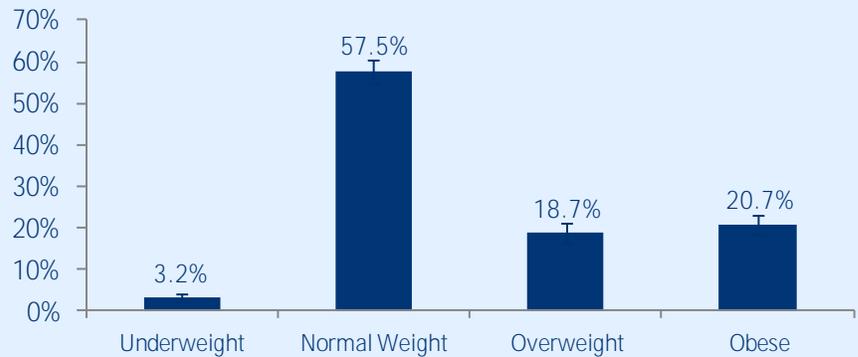
Childhood Obesity: A Growing Concern

Childhood overweight and obesity have been increasing across the nation. In fact, some studies have indicated that the rate of obesity has tripled compared to the previous generation. Obesity increases the risk of harmful health effects for children including high blood pressure, type 2 diabetes, and asthma.

The first step in reversing the rising tide of obesity is understanding exactly how this condition affects children in our community. To accomplish this goal, our school nurses have facilitated the first ever countywide obesity surveillance system for elementary school students. School nurses measured the height and weight of 223 randomly selected third grade students from 10 public schools in Calhoun County during the 2011-2012 school year.

Results demonstrated that 20.7% of third grade students are obese and an additional 18.7% are classified as overweight. Only 57.5% of students were at a healthy weight. Furthermore, the data indicated that students were 80% more likely to be above a healthy weight if they attended a school where 40% or more of students are eligible for the Free and Reduced Lunch (FRL) program. Eligibility for FRL program is dependent on a **student's family income**, therefore, the data suggest that low-income children may be at a higher risk of overweight and

Body Mass Index Among Third Grade Students in Calhoun County Public Schools



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.

obesity. These data indicate a slightly, but not significantly, higher rate of obesity compared to the national estimate of 18.0% (95% CI: 16.3%-19.8%) among 6-11 year olds from the 1999-2010 National Health and Nutrition Examination Survey.

Although there are many factors that cause childhood obesity, poor nutrition and lack of physical activity are the two most important. School nurses are working to promote better nutrition and physical activity in public schools. During the 2011-2012 school year, the SWP provided 94 health education sessions to 2,779 public school students on healthy nutritional choices and ways to be more active.



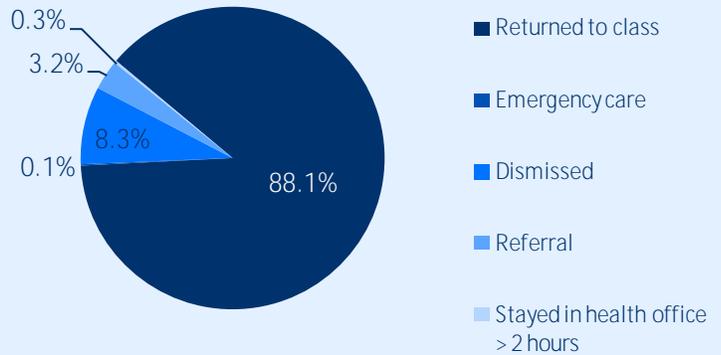
Focus On Student Success: Reducing Absenteeism

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 poor health. 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 21,651* school nurse encounters, 88.1% resulted in the student returning to class. Only 8.3% of students were 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. Analysis of this data allows us to evaluate the success of infection control measures that school nurses have implemented such as education on proper handwashing and better follow-up of students that have fallen behind on their required vaccinations. The average

Nursing Encounters by Disposition



number of student absences per week was calculated for each school enrolled in the SWP for the 2009-2010, 2010-2011, and 2011-2012 school years. The average was adjusted for fluctuations in the student population size over the three-year period.

Results demonstrate a net decrease of 156 in the overall average number of student absences per week district-wide over the past three years. There were wide variations in the average number of student absences during the 2009-2010 school year due to H1N1 pandemic influenza. Nevertheless, initial results are encouraging. 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

Average Absences Per Week
Calhoun County Intermediate School District



School Staff Satisfaction Survey Results

In order to evaluate school employees' satisfaction with the SWP, we launched an online survey for all teachers, school secretaries, school administrators, paraprofessionals, and other staff members to complete. We had 405 responses from school staff across the Calhoun Intermediate School District and gathered valuable feedback. The majority of school staff and administrators were very satisfied with the SWP and the services the school nurse provides to students in their school (right table). Roughly 16% of school administrators and 14% of other staff members indicated that they would like the nurse to be available more hours per week or on a full-time basis.

School Administrator & Staff Perceptions of the School Nurse

	Strongly Agree or Agree
I am satisfied with the services the school nurse provides	84.7%
I feel comfortable asking the school nurse questions about a student's health*	83.6%
The school nurse understands my role in the school	78.3%
The school nurse understands what student health information I need to do my job	80.7%
The school nurse has helped reduce the amount of time I spend providing health services to students	72.4%
I know what is expected of me when dealing with student health and safety concerns*	79.3%
When I contact the school nurse, I receive the help I need*	91.1%
The school nurse responds to requests in a quality manner**	100.0%
The school nurse responds to requests in a timely manner**	100.0%
I can contact the school nurse without any problem**	92.1%

*among school staff only

**among administrators only

“I believe our school nurse program is a very important part of our school on a day-to-day basis. There is not a day goes by that a student here does not need the school nurse for a variety of reasons.”

-Calhoun County Public High School Educator



What Parents Are Saying

To ensure that the SWP is **meeting our students' needs**, we launched a Parent Satisfaction Survey this year to evaluate **parents' perceptions of our program**. Surveys were sent to all parents of elementary school children. A total of 540 parents responded, providing us with invaluable information about how we are currently performing and what we can do to improve our services.

Overall, parents gave the SWP outstanding feedback with approximately 88% of parents reporting that they were satisfied or very satisfied with the care the school nurses provide to

their children. Parents were much more likely to report being comfortable **with the school nurse's knowledge about administering medications (84.4%)** compared to other school staff members (62.4%). Roughly half of parents reported communicating with the school nurse either on the phone (55.2%) or in person (52.9%) during the current school year.

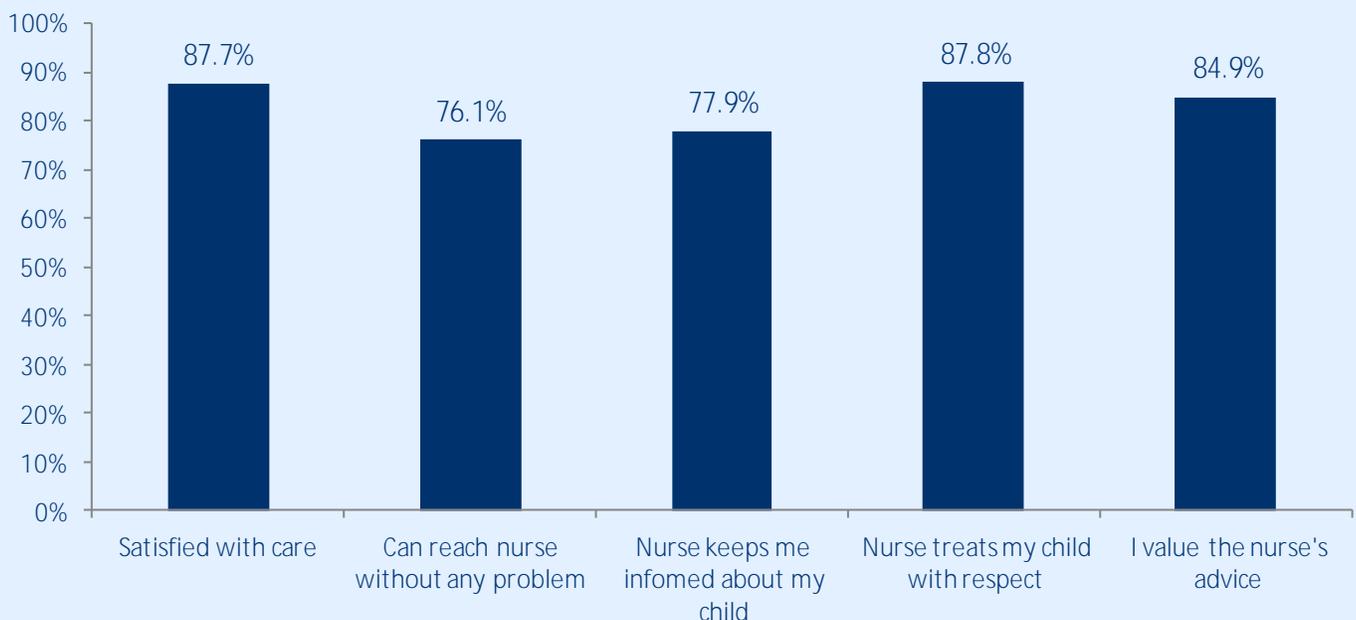
A significant proportion (19.4%) of parents reported that they depended on the school nurse when their child could not access their usual source of medical care. These results highlight the importance of

the SWP to act as a stopgap for children who cannot receive care due to lack of health insurance, inability to pay, or long wait-times for pediatric appointments.

"It is comforting to know that if my child needed medical attention at school, a knowledgeable, trustworthy person will be there to help them out. As a parent, it is one less thing I have to worry about!"

-Calhoun County Public Elementary School Parent

Parent Satisfaction Survey Results



Immunization Coverage

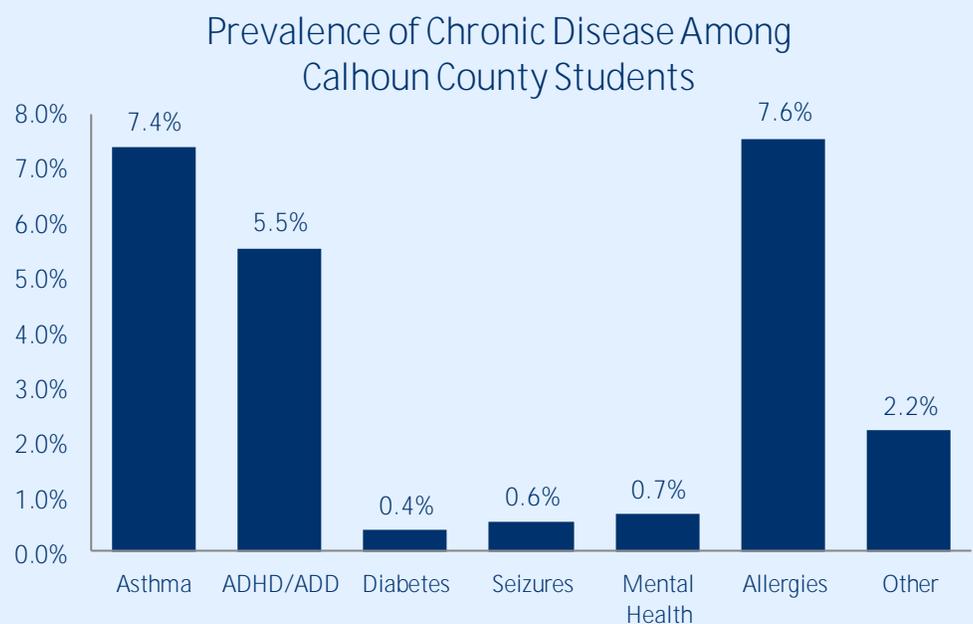
Our school nurses are charged with ensuring that every student is up-to-date on their required vaccinations. Nurses provide vaccines on-site and work with parents and health care providers to make sure students follow-up on time. Between 2010 and 2011, immunization coverage levels increased for 10 recommended vaccines among children in Calhoun County according to the Michigan Care Improvement Registry (MCIR). The school nurse administered 778 vaccines to students during the 2011-2012 school year, including 168 vaccines against seasonal influenza.

	Vaccines Administered through SWP Number	2011 Coverage Levels		2010 Coverage Levels	
		4-6 Years %	11-12 Years %	4-6 Years %	11-12 Years %
Influenza	168	n/a	n/a	n/a	n/a
Hep A	53	45.2	n/a	36.0	n/a
DTap	17	74.2	82.2	68.9	78.6
Tdap/Td	147	n/a	69.6	n/a	61.0
IPV	23	76.8	86.7	71.2	84.0
MMR	27	76.9	90.0	72.1	87.7
Hep B	13	94.6	94.3	94.1	91.4
Varicella	144	75.5	72.9	70.3	62.7
PCV7/PCV13	1	84.6	n/a	81.7	n/a
MCV4	164	n/a	67.6	n/a	60.1
HPV	22	n/a	3.2	n/a	2.2

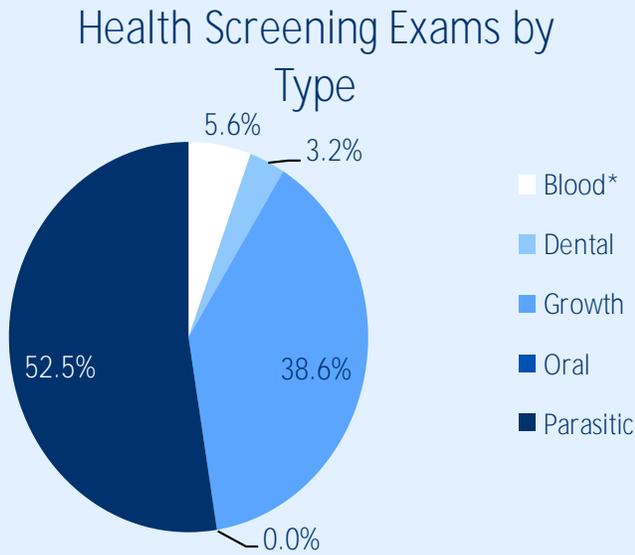
**Data abstracted from HealthMaster.*

Chronic Conditions Affecting Academic Performance

The most common condition among students was allergies which includes environmental, food, and insect allergies. School nurses work with students and staff to develop individualized health plans for students with special health needs. School nurses also provide training to staff on what to do in an emergency and how to administer life-saving medications.



Health Exams by Type



Our school nurses performed 4,238 health exams during the 2011-12 school year. The largest proportion of screenings were parasitic exams (checks for head lice), followed by growth exams (height and weight measurements), and blood exams (blood pressure and glucose screening). Dental and oral exams together made up about 10% of the total exams.

Timely exams can identify potential health problems before they become serious medical issues. School nurses provide education and referrals to community health agencies for students who may have health concerns.

*Blood exams include blood glucose and blood pressure testing

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 during this past school year. Summit Pointe provided two licensed social workers for an average of 8 hours per week (16 hours combined) 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 or school counselor. The most frequent diagnoses of students in these two schools include adjustment disorder, attention deficit hyperactivity disorder (ADHD), depression, anxiety, and mood disorders.

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 number of hours per week providing services	8	8	16
Students referred through Child Depression Scale	9	25	34
Students who had a counseling session	29	12	41
Total number of counseling sessions	367	179	546

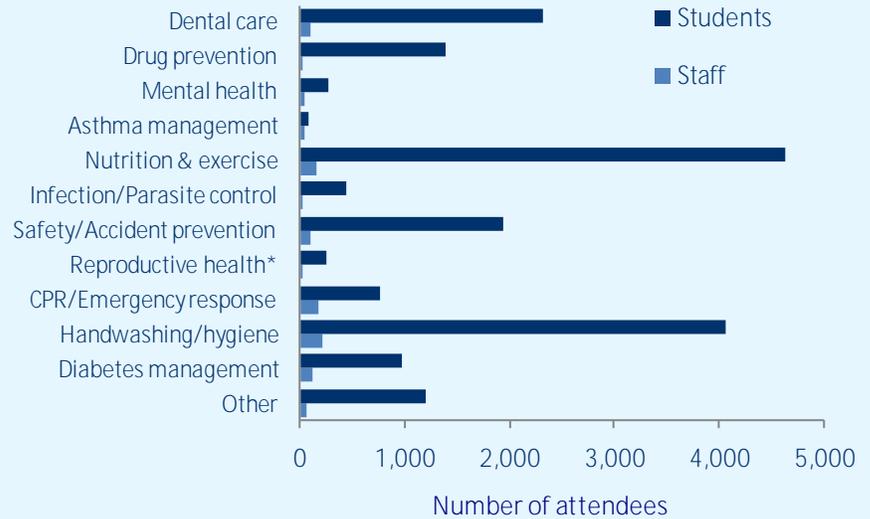
Health Education

During the 2011-2012 school year, school nurses provided a total of 561 health education sessions to students, faculty/staff members, and parents/community members. School nurses provide education in a variety of formats, from school-wide presentations to one-on-one sessions for students and staff who need specialized training. The most popular educational topics were nutrition and exercise (125 sessions) and handwashing and hygiene (135 sessions).

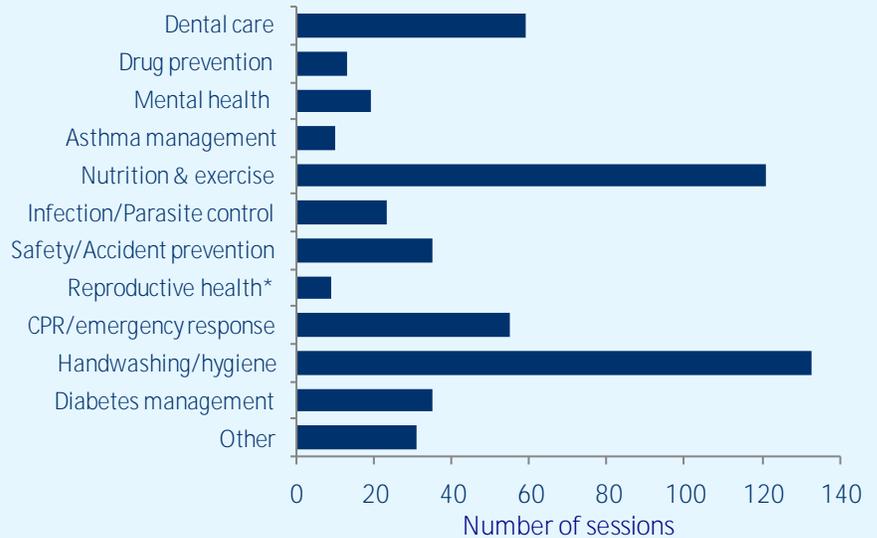
This past school year, the SWP formed a new partnership with the Kellogg Community College (KCC) Nursing Program in an effort to bring nursing students into area public schools. This partnership not only provided a valuable externship opportunity for future community nurses, but also helped to facilitate health education for public school students. KCC nursing students assisted on 112 health education sessions focused on nutrition, exercise, dental care, head lice prevention, safety, and other health topics, reaching a total of 4,331 students.

*Reproductive health must only be taught by a certified health educator in the state of Michigan.

Health Education Session Attendees



Health Education Sessions by Type



“Our school nurses are doing a great job! The health fair, “Better Health, Better Education” was fantastic. The school nurses brought organizations from the whole community to celebrate good health and to help educate the community on services available.”

-Calhoun County Public School Educator

Calhoun County Public Health Department School Wellness Program

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Ruth Carr
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Cynthia Cook
Calhoun County Intermediate School District

Cheri Czerney
Calhoun County Public Health Department

Theresa Dawson
Kellogg Community College & Miller College

Sharon Davids
Calhoun County Public Health Department

Randy Davis
Marshall Public Schools

Mary Gehrig
Calhoun County Intermediate School District

Cheryl Hinds
Fountain Clinic

Lisa Hazel
Oaklawn Hospital

Sharon Hostetler
Albion College Health & Wellness Action Team

Matt Lynn
United Way of Greater Battle Creek

Dianne Kalnins
Family Health Center

Terance Lunger
Calhoun County Intermediate School District

Chris Miller
Regional Health Alliance Leadership Cabinet

Carol Petredean-DiSalivio
Calhoun County Foundation Alliance

Paulette Porter
Battle Creek Community Foundation & Regional Health Alliance

Victoria Reese
Calhoun County Public Health Department

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