

Calhoun County School Wellness Program

A thens Area Schools



2011-2012 School Year



Calhoun County School Wellness Program

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



Contents

Director's Message	3
School Year Highlights	4
Student Population Characteristics	5
Program Dashboard	6
Childhood Obesity Surveillance	7
Reducing Student Absenteeism	8
School Staff Satisfaction Survey	9
Parent Satisfaction Survey	10
Immunization Coverage	11
Chronic Conditions Among Students	11
Health Exams	12
Health Education	12-13
School Wellness Committee	14

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 style and is placed on a white rectangular background.

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

Photo (left) courtesy of Doug Allen, Battle Creek Shopper News

Dear Athens Community,

I thank the communities of East Leroy and Athens for allowing me to be a part of this school district. I have thoroughly enjoyed working with staff, parents, and students and have especially appreciated the opportunity to provide health education. Throughout the year, I worked with Walt Schalau, using the Michigan Model curriculum, to teach to students about good handwashing, healthy eating, exercise, the risks of tobacco and inhalants, and how to resist peer pressure. Teachers and staff were provided information about hygiene, head lice prevention, and specific diseases and were educated **on how to detect and treat anaphylactic reactions. “Heads Up” concussion literature was distributed** to all coaches and provided a presentation for parents and staff at Kids Time regarding healthy eating tips, WIC services, and the benefits of exercise.

Furthermore, I provided flu vaccine clinics for staff and required immunizations to students throughout the year. Body mass index measurements were performed as part of a countywide initiative to assess students who are at risk of obesity or overweight and followed-up this screening with information for the parents from the CDC outlining healthy lifestyle habits and weight management. Students were also treated for illnesses and injuries and were provided ongoing monitoring and care for those with asthma, cardiac problems, bleeding disorders, allergies, seizures, and communicable diseases. I worked to ensure that every student is covered by medical insurance by contacting and providing information on coverage options to every parent with children who are not covered.

I have enjoyed being a part of the Coordinated School Health Committee and look forward to continuing this effort. CPR training planning and fund seeking continues for the district staff and hope to have this finalized by the beginning of the 2012-2013 school year. I look forward to being a part of the Athens family next year. If at any time you have questions, please feel free to contact me.

Thank you again,

Macie VanderWaal, RN, BSN
School Nurse

Athens Area Schools

Student Population Characteristics

	Athens Area School District	Michigan
Free/Reduced price lunch eligible ¹	50.3%	46.5%
Percent of children in poverty ²	12.4%	20.5%
Median family income for families with children under 18 years ²	\$67,314	\$57,053
Percent of students in special education ¹	12.1%	13.0%
Primary care provider rate per 100,000 residents ³	64.4	113.2
Percent of students who transferred between school districts during academic year ¹	4.4%	9.2%

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 (Calhoun County estimate)

More than half of all students in the Athens Area School (AAS) District are eligible for the Free and Reduced Lunch Program, a good indicator of low income status. Although Athens scores higher compared 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.

\$0.22

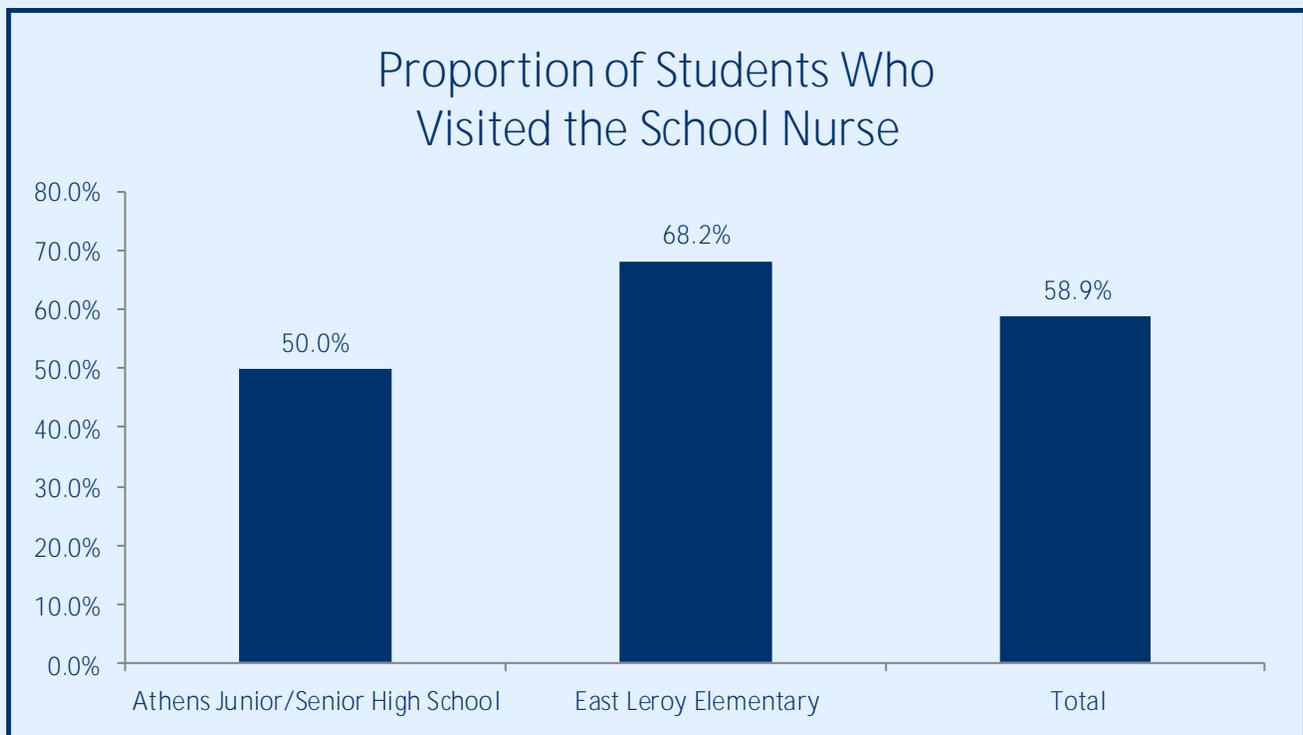
The average cost per student per day for Athens Area Schools to participate in the School Wellness Program

School Wellness Program Dashboard: 2011-2012 School Year

Total student population	640
Unduplicated clients	377
Percent of students who received services	58.9%
Percent of students who were frequent users	12.5%
Total number of office visits	635
Medications dispensed	431
Health exams	320
Vaccines administered	13
Health education sessions	23
Referrals given	89
Nurse to student ratio	1 : 640

The Calhoun County School Wellness Program (SWP) provides access to school-based nursing services for 640 students in AAS. During the 2011-2012 school year, more than half of all students visited their school nurse at least once and 12.5% 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 nurse provided 320 exams for growth and development and head lice as well as 89 referrals to dentists, physicians, counselors, health insurance providers, social workers, and other community resources.

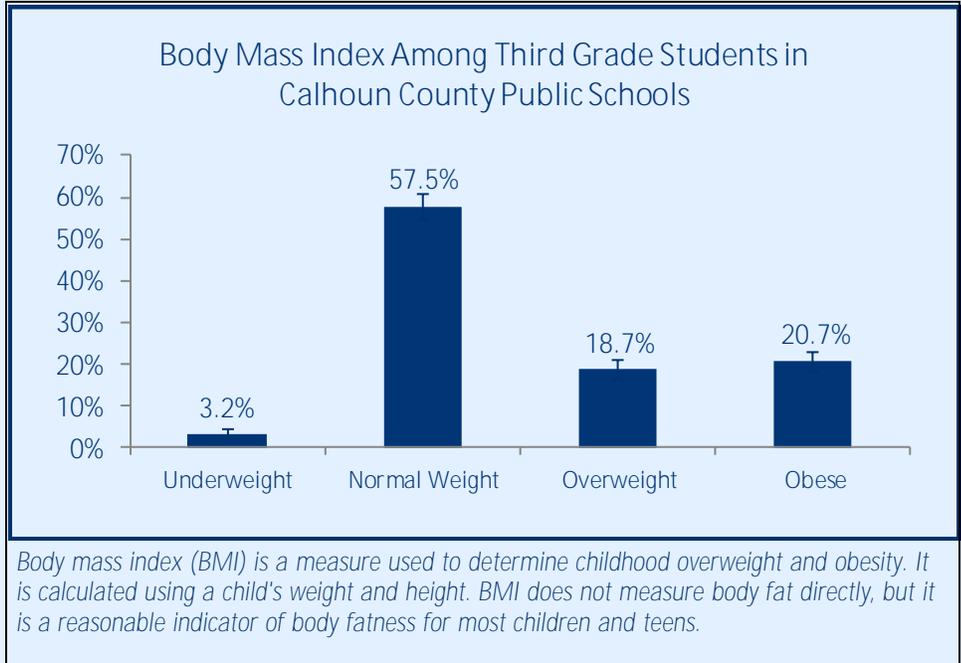


Childhood Obesity: A Growing Concern

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 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 to 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 4 health education sessions to 143 AAS students on healthy nutritional choices and ways to be more active.

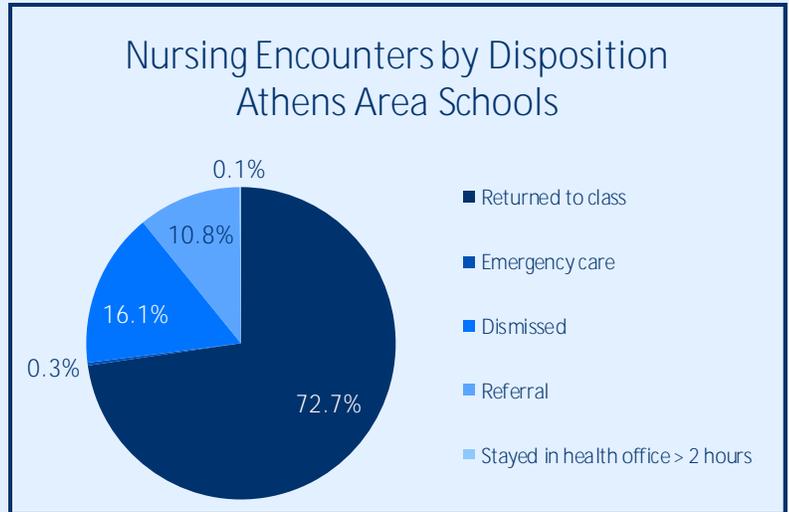


Focus On Student Success: Reducing Absenteeism

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 678⁺ school nurse encounters, 72.7% resulted in the student returning to class. Only 16.1% 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.

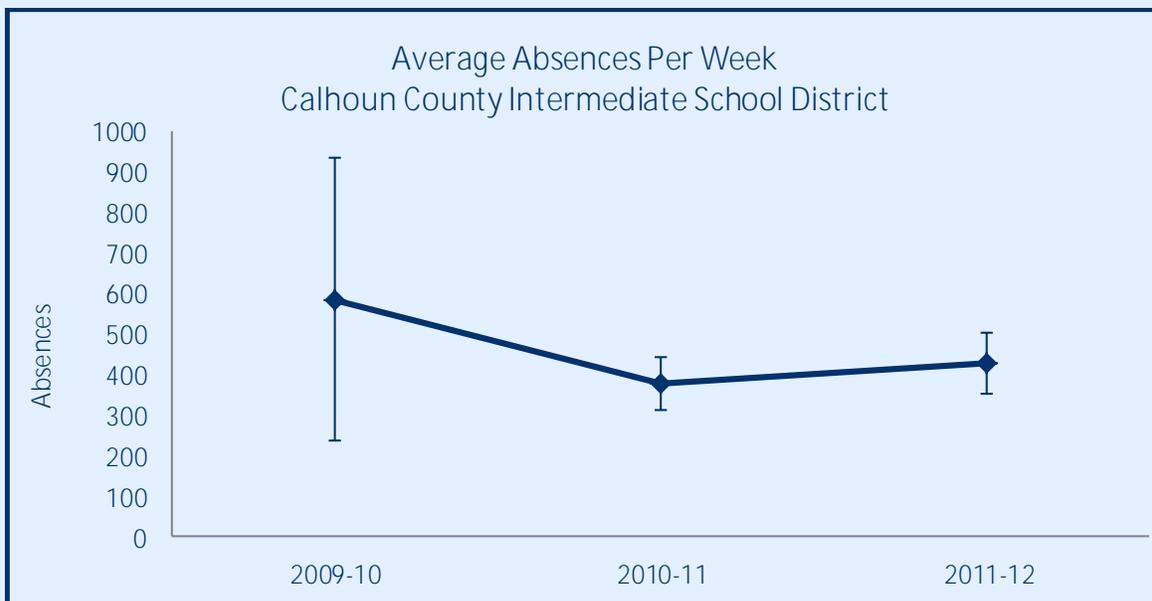
The SWP also tracks the number of student absences due to communicable disease. Analysis of this data allows us to evaluate the success of infection control measures that school nurses have implemented such as education on proper handwashing and better follow-up of students that have fallen behind on their required vaccinations. The average 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



School Staff Satisfaction Survey Results

This school year, we launched an online survey for all teachers, school secretaries, school administrators, paraprofessionals, and other staff members to complete in order to evaluate school **employees' satisfaction with the SWP**. 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.

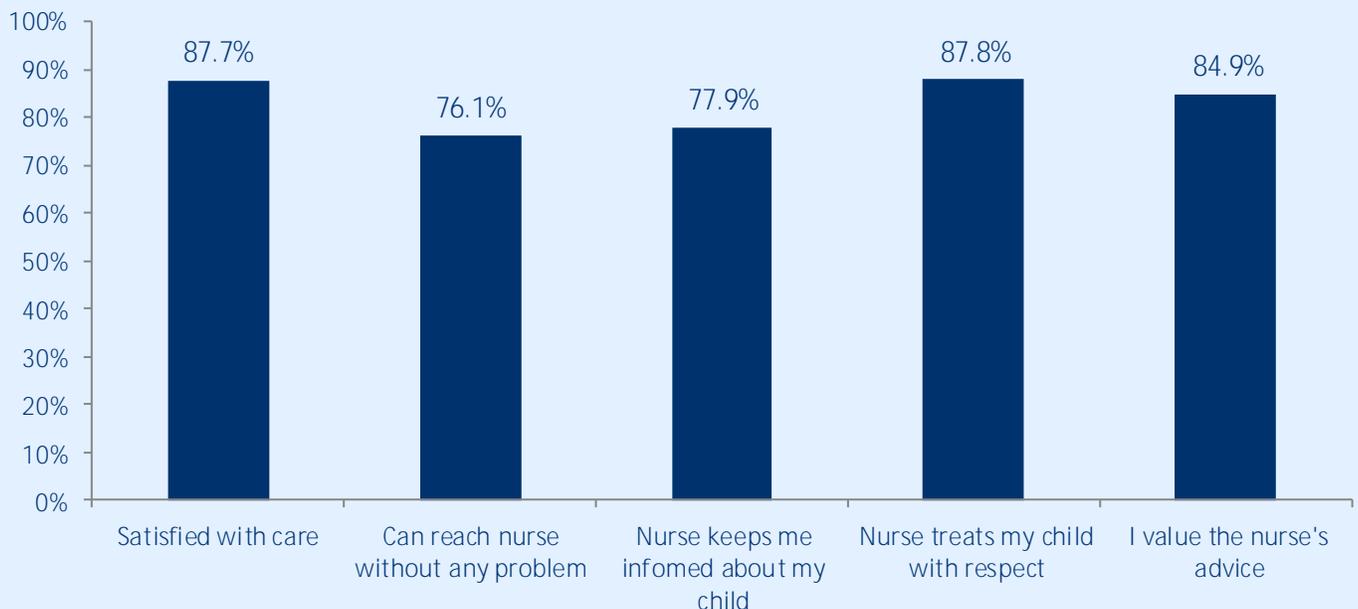
A significant proportion (19.4%) of parents reported that they depended on the school nurse when their child could not access their usual source of medical care. These results

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



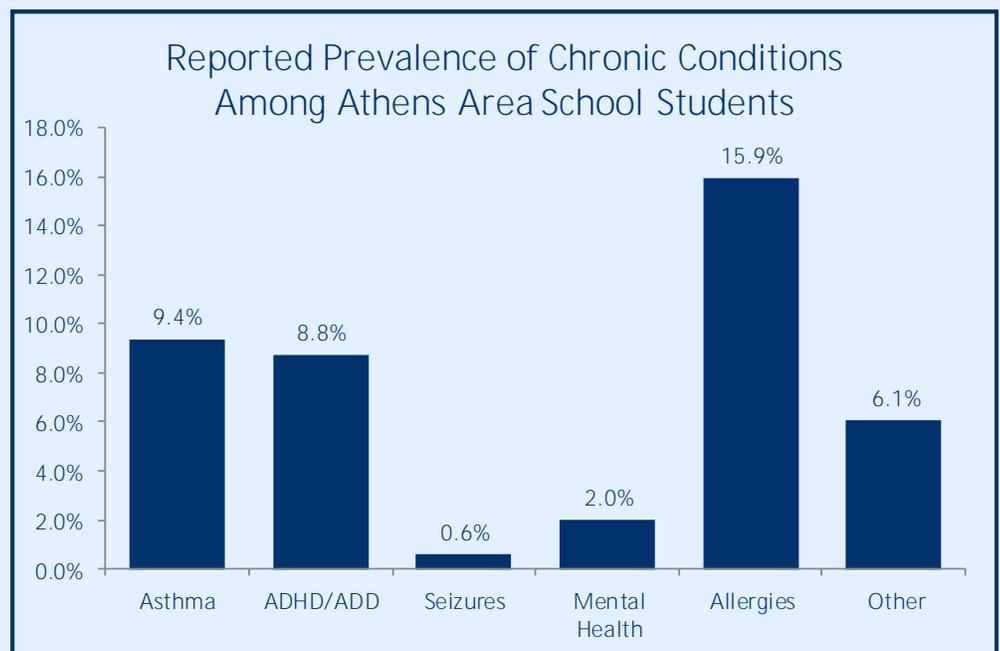
Immunization Coverage

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 required vaccines among children in Calhoun County according to the Michigan Care Improvement Registry (MCIR). The school nurse administered 13 vaccines to students during the 2011-2012 school year, including 2 vaccines against seasonal influenza.

	Vaccines Administered through SWP	2011 Coverage Levels		2010 Coverage Levels	
		4-6 Years	11-12 Years	4-6 Years	11-12 Years
		Number	%	%	%
Influenza	2	n/a	n/a	n/a	n/a
Hep A	0	45.2	n/a	36.0	n/a
DTap	1	74.2	82.2	68.9	78.6
Tdap/Td	3	n/a	69.6	n/a	61.0
IPV	1	76.8	86.7	71.2	84.0
MMR	1	76.9	90.0	72.1	87.7
Hep B	0	94.6	94.3	94.1	91.4
Varicella	2	75.5	72.9	70.3	62.7
PCV7/PCV13	0	84.6	n/a	81.7	n/a
MCV4	3	n/a	67.6	n/a	60.1
HPV	0	n/a	3.2	n/a	2.2

Chronic Conditions Affecting Academic Performance

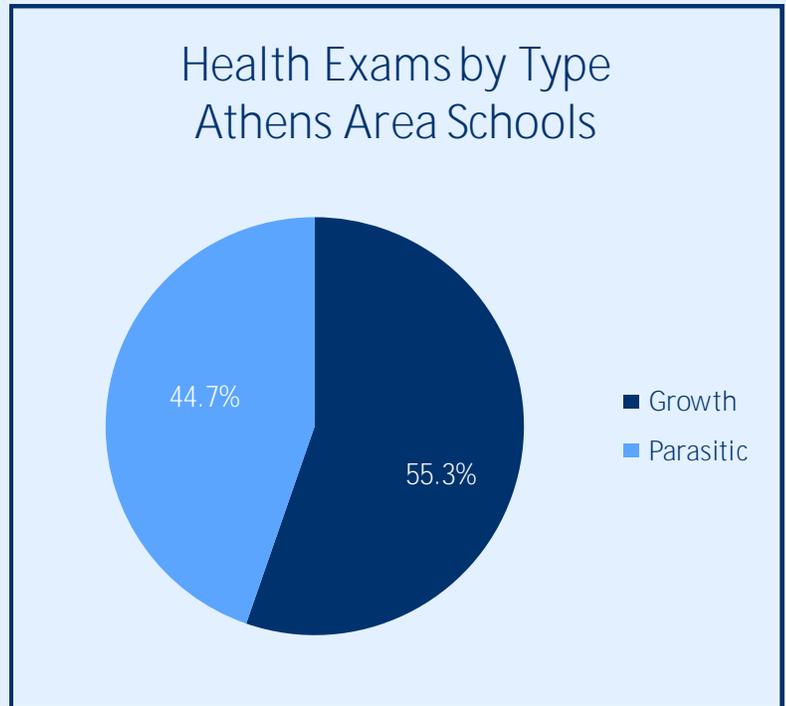
The most common condition reported among AAS students was allergies followed by asthma. School nurses work with students and staff to develop individualized health plans for students with special health needs. School nurses also provide training to staff on what to do in an emergency and how to administer life-saving medications.



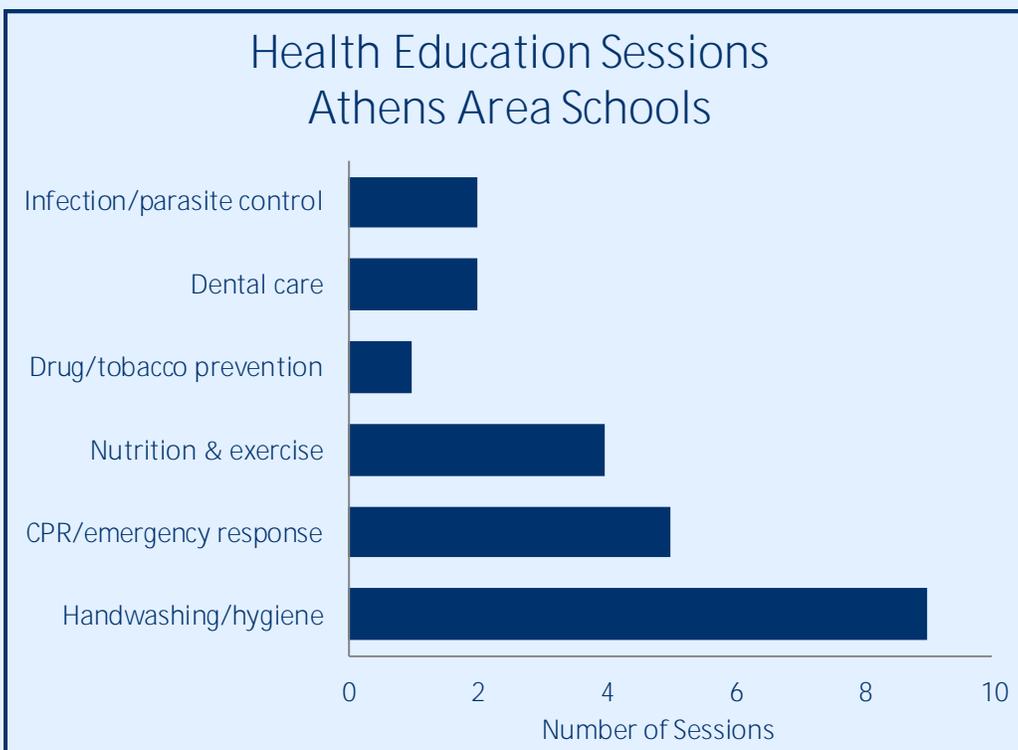
Health Exams by Type

The AAS school nurse performed 320 health exams during the 2011-2012 school year. Health exams include both population-wide screening programs and individual exams depending on a student's health needs. The largest proportion (55.3%) of screenings were growth exams (height and weight measurements), followed by parasitic exams (checks for head lice).

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.



Health Education



During the 2011-2012 school year, the AAS school nurse provided a total of 23 health education sessions and events to students, faculty/staff members, parents, and community members in AAS. School nurses provide education in a variety of formats, ranging from school-wide presentations to one-on-one sessions for students and staff who need specialized training.

The most popular educational topics (by attendance) for AAS were handwashing & hygiene (11 sessions), nutrition &

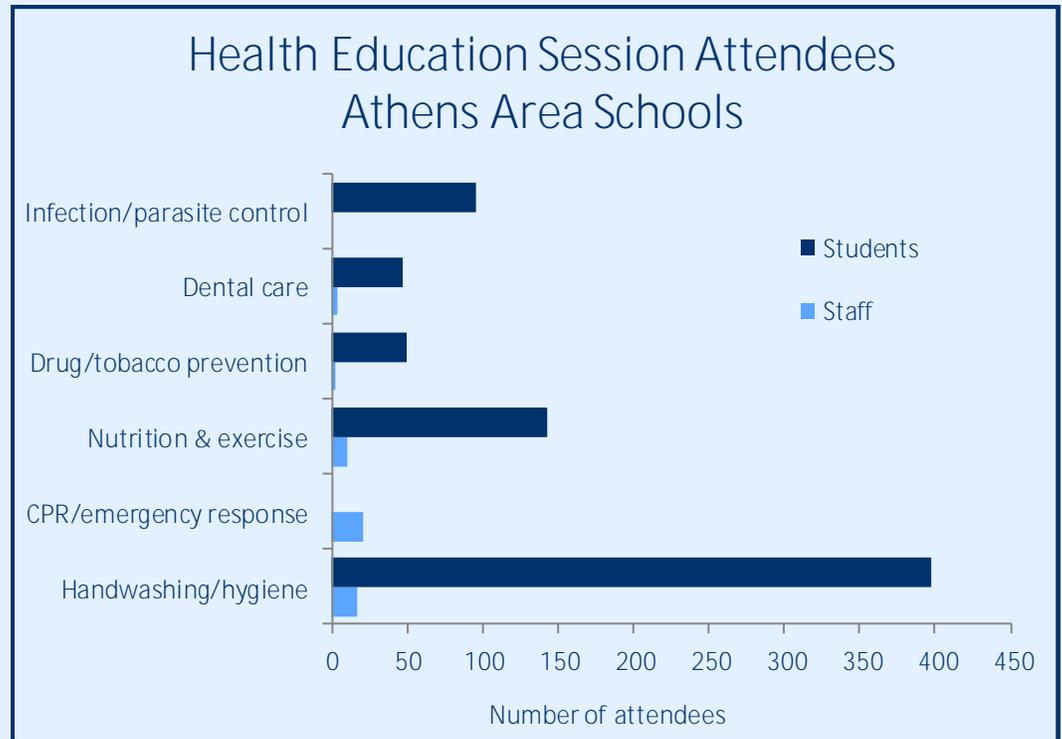
Health Education (continued)

exercise (4 sessions), infection/parasite control (2 sessions), and drug/tobacco use prevention (1 session). The school nurse also provided 5 small-group training sessions for 21 school AAS staff members on cardiopulmonary resuscitation (CPR), first aid, and emergency response.

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 7 health education sessions in AAS focused on nutrition, exercise,

head lice prevention, and proper handwashing, reaching a total of 285 students.



“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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