



The Benefits of School-Based Health Care

Healthy Kids Learn Better

Research and evaluations have demonstrated that school-based health centers represent cost-effective investments of public resources.

SBHCs Reduce Health Care costs

Research shows that investments in **SBHCs generate savings through reduced use of high cost services**, thereby increasing access without increasing overall Medicaid expenditures.¹

SBHCs reduced inappropriate emergency room use among regular users.^{2,3}

A study found a **reduction in Medicaid expenditures** related to inpatient, drug and emergency department use due to the usage of school-based health centers.⁴

SBHCs Increase Health Care Access

SBHCs Target harder-to-reach populations. Two studies found **adolescents were 10-21 times more likely to come to a SBHC for mental health services** than the community health center network or HMO.^{5,6}

A study of school-based health centers found a **significant increase in health care access by students who used school-based health centers**: 71% of students reported having a health care visit in past year who had access to a SBHC versus 59% of students who did not have access to a SBHC.⁷

A study of student users of health centers found that **students who reported depression and past suicide attempts were significantly more willing to use the clinic for counseling services**. Those with perceived weight problems reported more willingness to use a school clinic for nutrition information than those who did not feel overweight. Sexually active students were willing to seek information on pregnancy prevention and to have general disease checks.⁸

SBHCs Improve School Performance

A study of elementary school-based health centers found a **reduction in hospitalization and an increase in school attendance** among inner-city school children for asthma.⁹

Adolescents who received counseling services in a school-based health center significantly **decreased their absenteeism and tardiness**, while those not receiving counseling slightly increased their absence and tardiness rates.¹⁰

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