



# 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.<sup>1</sup>

**SBHCs reduced inappropriate emergency room use** among regular users.<sup>2,3</sup>

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.<sup>4</sup>

### 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.<sup>5,6</sup>

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.<sup>7</sup>

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.<sup>8</sup>

### 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.<sup>9</sup>

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.<sup>10</sup>

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