School-Based Health Centers: Proven Results

Research has shown that School-Based Health Centers (SBHCs):

**Improve Access to Health Care**
- SBHCs increase access to health care.\(^1\),\(^2\),\(^3\),\(^4\),\(^5\)
- SBHC users are likely to use primary care—both medical and behavioral health—more consistently.\(^6\),\(^7\),\(^8\),\(^9\)
- SBHC users are more likely to have yearly dental and medical check-ups.\(^10\),\(^11\)
- SBHC users are less likely to go to the Emergency Room or be hospitalized.\(^12\)

**Prevent Diabetes and Manage Asthma**
- Adolescent SBHC users engage in more physical activity and consume more healthy foods.\(^13\)
- SBHC staff can effectively screen students for important diabetes risk factors.\(^14\)
- SBHC users are less likely to have asthma-related restricted activity days.\(^15\)
- SBHC users are less likely to go to the Emergency Room or be hospitalized for asthma.\(^16\)

**Promote Positive Behavioral, Oral, and Reproductive Health**
- SBHC behavioral health services can improve users’ “Health-Related Quality of Life.”\(^17\)
- SBHC behavioral and oral health services can be more efficacious than community-based services.\(^18\),\(^19\)
- Adolescent girls who have access to an SBHC are more likely to get reproductive preventive care.\(^20\)
- SBHCs can reduce the unplanned pregnancy rate among adolescents.\(^21\)

**Improve Attendance, Behavior, and School Learning Environment**
- SBHCs reduce early dismissals from school.\(^22\)
- Using SBHC medical services is associated with better attendance.\(^23\)
- Students who use SBHC mental health services improve their attendance and behavior.\(^24\)
- The presence of an SBHC on a school campus is associated with features of a positive learning environment.\(^25\)

**Reduce Dropout and Support Academic Achievement**
- Using SBHC services is associated with reduced likelihood of high-school dropout.\(^26\)
- Students who receive SBHC mental health services improve their grades more quickly than their peers.\(^27\)
- States with SBHCs that serve as Medicaid providers have higher student achievement results.\(^28\)
- States that oversee health education and health services have higher test scores and lower dropout rates.\(^29\)

**Are a Smart Investment and a Better, More Efficient Way to Do Business**
- SBHCs are a cost-beneficial model that can lower Medicaid costs.\(^30\)
- By reducing ER visits and hospitalizations, SBHCs can reduce health care costs for children with asthma.\(^31\)
- School-based immunization initiatives not only prevent disease but can also save money for society.\(^32\)
6 Allison et al. (2007).
7 Kaplan et al. (1999).
10 Allison et al. (2007).
11 Kaplan et al. (1999).
12 Allison et al. (2007).
17 Guo et al. (2008).
27 Walker et al. (2010).
29 Vinciullo et al. (2009).