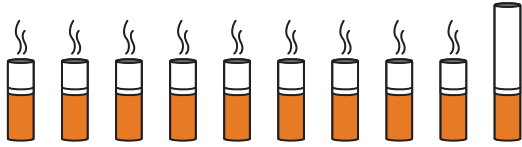




# School Based Health Center

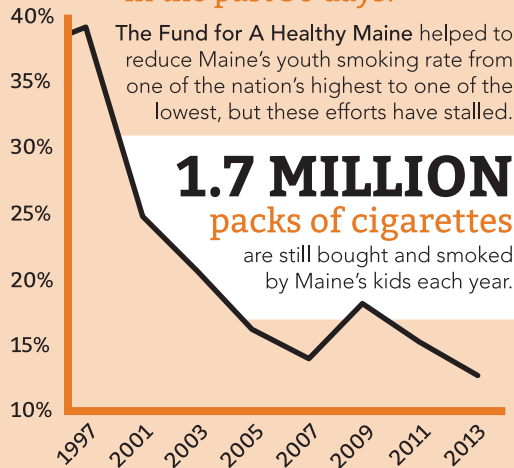
Located within the two public schools in Brewer, PCHC's School Based Health Centers (SBHC) provide over 1,000 students access to routine primary medical and dental care, mental health counseling services and health education, including preventative measures. The program is funded in part by Fund for a Healthy Maine. Data below reflects the 2013-2014 school year, unless otherwise stated.

## SBHC HELPS PREVENT: Tobacco Use

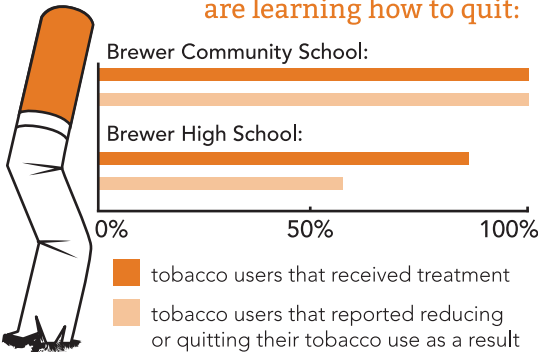


**NINE** OUT OF **TEN** **18** current regular smokers started smoking at or before the age of

Maine teens who smoked cigarettes in the past 30 days:



## ENROLLED SBHC STUDENTS are learning how to quit:



## Overall Enrollment in SBHC

PERCENTAGE OF STUDENTS ENROLLED PER GRADE:

**835** STUDENTS ENROLLED OUT OF 1681 STUDENTS TOTAL

GRADES K - 5 **51%**

GRADES 6 - 8 **55%**

GRADES 9 - 12 **45%**

**1,134** MENTAL HEALTH VISITS

**856** MEDICAL VISITS

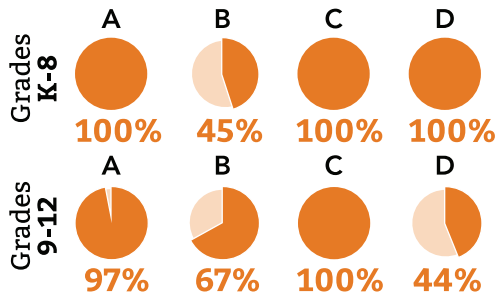
**153** DENTAL VISITS

## Nutrition and Obesity

**1 IN 3** Maine kids are overweight.

Maine is the most obese state in New England.

## ENROLLED SBHC USERS ARE IMPROVING:



- A:** physically inactive students who received intervention
- B:** students who increased their activity according to plan
- C:** students with poor nutrition who received intervention
- D:** students who improved their nutrition according to plan

## Students & Faculty Weigh In:

Quotes were submitted anonymously in 2014 SBHC surveys

"I learned that there is always someone here to help when I need it."

"Convenient, professional, high-quality care."

"I have seen significant ways that [the SBHC] has helped my students."

"I have barely any anxiety and my self-confidence has been higher than ever."



## Dental SERVICES AT SBHC:

**TWO HYGIENISTS + ONE DENTIST** TOGETHER HAVE HAD **216** STUDENT VISITS FROM SEPTEMBER 2014 THROUGH FEBRUARY 2015.

SOURCES FOR ALL INFORMATION: [PCHC.COM/SBHC](http://PCHC.COM/SBHC)