



Healthy Students = Strong Learners

About the documentary

Healthy students are more likely to attend school, earn better grades, and graduate from high school.^{1,2} However, many students have trouble accessing even the most basic health care. Schools are uniquely situated to provide health care to students and schools have already taken action to provide this care. In collaboration with WVIZ/PBS ideastream, Regional Educational Laboratory (REL) Midwest created a [25-minute television documentary](#) that explores school-based health care (SBHC) in Ohio and presents evidence that links SBHC to better academic outcomes for students.

The documentary highlights efforts across Ohio to improve the health and academic outcomes of students in public schools by expanding access to health care. Experts Matthew Linick, PhD (REL Midwest), Rebecca Sustersic Carroll (Health Policy Institute of Ohio), Mary Kay Irwin (Nationwide Children’s Hospital), and Anna Miller (Ohio Department of Education) discuss research on effective and evidence-based SBHC practices and policy considerations important to making an effective SBHC system work.

The program also features the stories of districts that are implementing SBHC models throughout Ohio, the state’s [SBHC support toolkit](#), and interviews with school district and healthcare professionals, including the MetroHealth mobile clinic and dental clinics at the Cleveland Metropolitan School District; the Nationwide Children’s Hospital program at East High School in Columbus, Ohio; the Holzer Family Medical Clinic at the Alexander Local School District in Albany, Ohio; and the Primary Health Solutions clinic at Hamilton City School District in Hamilton, Ohio.

Intended audience

REL Midwest created this documentary as a tool for state policymakers, district leaders, school staff, and organizations involved in developing and providing SBHC, as well as community members, parents, and students. The documentary focuses on examples from Ohio, but the information and evidence shared in the program offer important learnings for people and groups based outside the state. REL Midwest hopes viewers will watch the program and use the following questions as a starting point for a discussion on how to improve students’ academic outcomes by providing SBHC.

You need to meet the basic health and human needs of a person before you can start teaching them how to do long division.

—Matt Linick, PhD, Senior Researcher,
REL Midwest



Scan the QR code to watch the documentary.

SEE PAGE 2 FOR THE DISCUSSION QUESTIONS.

1 Vernez, G., Krop, R. A., & Rydell, C. P. (1999). The public benefits of education. In *Closing the education gap: Benefits and costs* (pp. 13–32). Santa Monica, CA: RAND Corporation.
2 Basch, C. E. (2011). Healthier students are better learners: High-quality, strategically planned, and effectively coordinated school health programs must be a fundamental mission of schools to help close the achievement gap. *Journal of School Health, 81*(10), 650–662.

