



RUTH  
AND  
NORMAN  
RALES

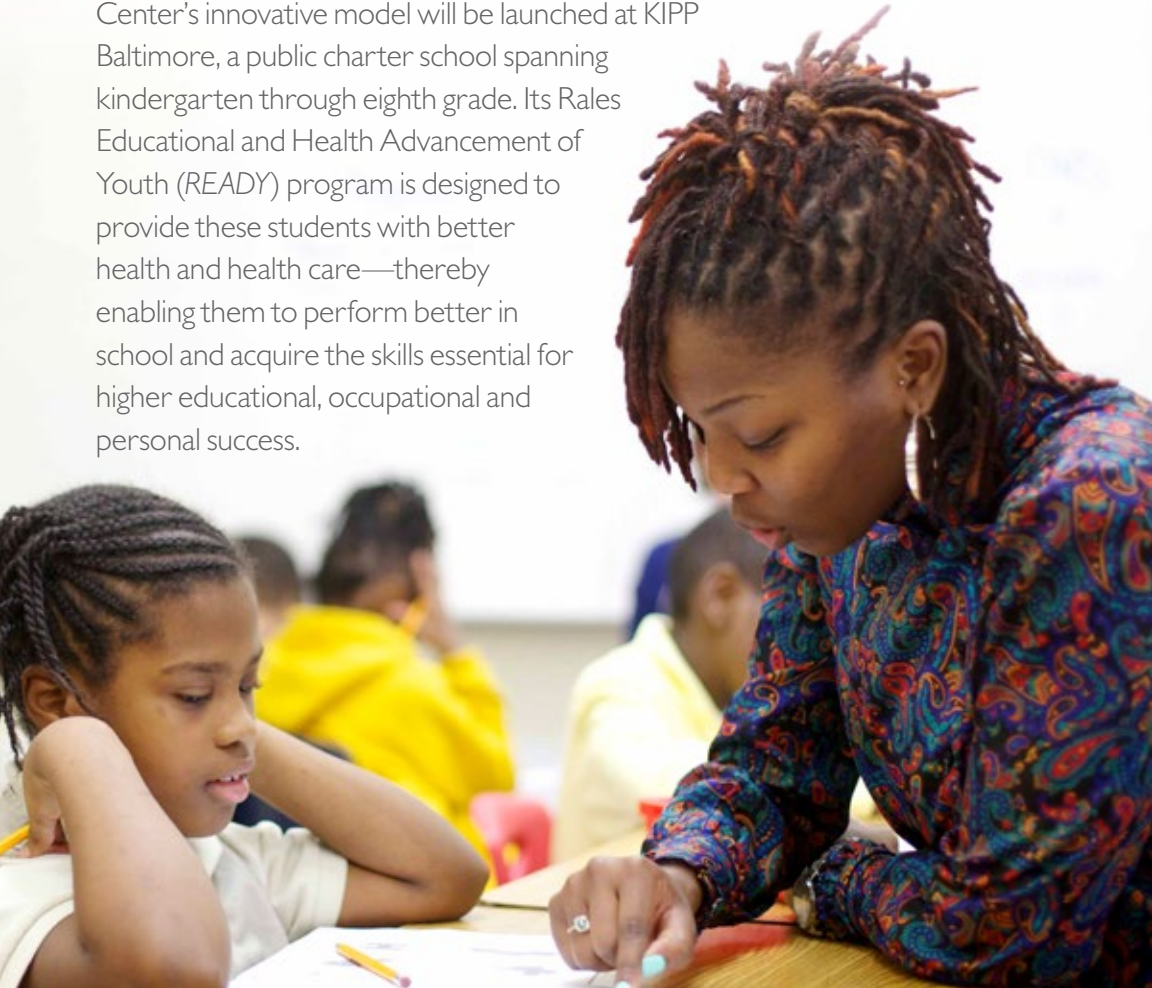
**Rales**  
**Center**  
for the Integration  
of Health  
and Education



**JOHNS HOPKINS**  
CHILDREN'S CENTER

JOIN US AS A PHILANTHROPIC PARTNER TO BOOST HEALTH AND ACADEMIC ACHIEVEMENT FOR BALTIMORE YOUTH.

**W**eaving comprehensive health services right into the school environment, the Ruth and Norman Rales Center for the Integration of Health and Education is redesigning school-based health programs to improve the health of — and thus the academic achievements and lifelong prospects for — children living in economically disadvantaged communities. The Rales Center’s innovative model will be launched at KIPP Baltimore, a public charter school spanning kindergarten through eighth grade. Its Rales Educational and Health Advancement of Youth (READY) program is designed to provide these students with better health and health care—thereby enabling them to perform better in school and acquire the skills essential for higher educational, occupational and personal success.



“If children’s health is poor... so, too, is their ability to learn.”

## The Need

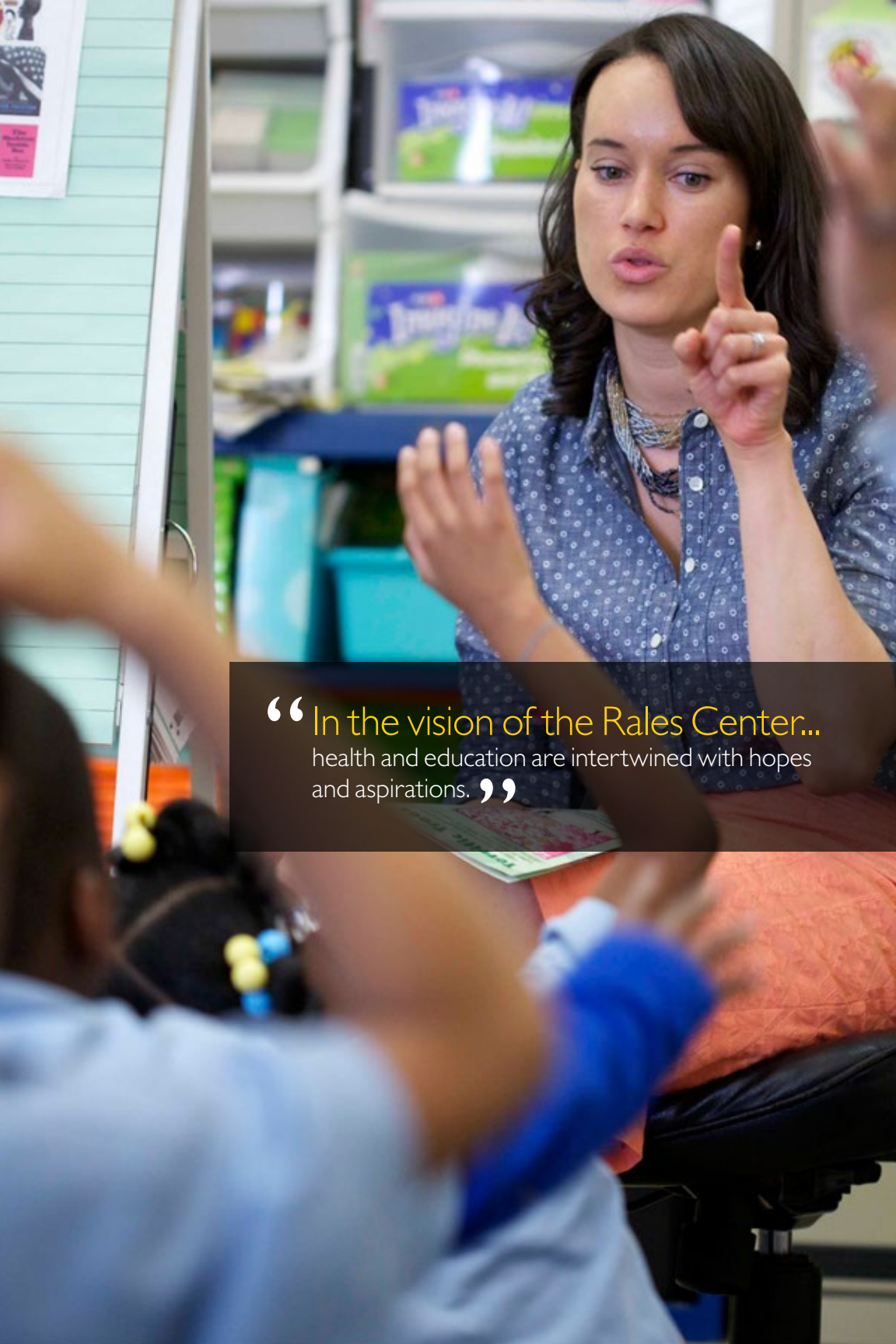
**Children living in poverty suffer disproportionately from a wide range of health problems.**

- The American Academy of Pediatrics identifies poverty as one of the gravest threats to child health.
- Nationwide, an estimated 50 percent of students in poverty have a chronic health condition, such as obesity or asthma, or a behavioral or learning problem.
- Children from low income/underserved communities are at substantially higher risk for chronic diseases and other physical ailments, including acute illnesses and impaired growth.
- Rates of immunization are lower among children living in economically disadvantaged areas.

**Children’s health and their educational performance are highly interconnected.**

The World Health Organization stresses that one of the most effective ways to help youth reach their full academic potential is to reduce health disparities.

While there has been significant focus on closing the gap in academic achievement between American school children from higher-income and those from lower-income communities, not enough attention has been paid to health disparities as strong contributors to differences in school performance.



“In the vision of the Rales Center... health and education are intertwined with hopes and aspirations.”

## The Current Model of School Health Misses a Critical Opportunity

School health programs could exert a major impact on children’s lives. Their presence in the place where children spend the majority of their time creates unique daily access that no other organization enjoys. In partnership with educators, administrators, social workers and others in the school environment, school health providers like Johns Hopkins could help children in ways that truly improve their health and wellness and accelerate academic achievement.

Research by Sara Johnson, Ph.D., M.P.H., and colleagues in the Johns Hopkins Division of General Pediatrics and Adolescent Medicine and the Johns Hopkins Bloomberg School of Public Health has shown that the stress of poverty, trauma, and/or family dysfunction elicit biological changes in some children that can directly affect the way in which their brains and immune systems function, and how their bodies respond to stress. These adaptations may increase their risk for chronic diseases, undermine their cognitive development, and reduce their ability to self-manage their health and emotions.

Further, healthy behaviors learned in childhood, such as proper nutrition and regular exercise, set the stage for children’s future mental and physical health, predisposing them to good health and functionality in adulthood. Thus, carefully designed school health programs have the opportunity to exert a major and lasting impact.

## Our Vision: A Focal Point for Innovation

Established as a program of the Johns Hopkins Children’s Center at Johns Hopkins Medicine, the Ruth and Norman Rales Center for the Integration of Health and Education will be a national leader in, and an advocate for, children’s health and health care that is anchored in the context of their schools. It offers a fundamentally new way of viewing primary care, wherein health and psychosocial care are embedded in children’s lives, alongside their academic learning. The models it develops and demonstrates will tailor health care to the needs of urban children in poverty, and will encompass basic health — including oral and mental health — services, prevention, and health education and healthy behaviors.

The Rales Center will develop, implement, evaluate and disseminate its new approach to children’s health, showing how health and education can advance hand in hand within the school environment. As it demonstrates this approach in Baltimore, the Rales Center will build a foundation of good physical and mental health for vulnerable children in our community—a foundation that supports healthy behaviors and bolsters academic, occupational, social and athletic performance throughout childhood and into adulthood.

# Academic Achievement and Health for Healthy Futures



**Full-service school clinic** to meet physical, oral and mental health needs



**Nutritional and physical activity programs** to promote healthy school environment



**School health curriculum** to promote healthy behaviors



**Parent-teacher conferences that include health** to connect parents, providers and educators



**Chronic illness programs** to promote disease self-management and reduce absenteeism



**Wellness programs and school health campaigns** to improve readiness to learn

## The *READY* Model Weaving Health into the Fabric of Learning

The Rales Center draws upon scientific expertise at Johns Hopkins in program development and evaluation to develop innovative models for school health. Center faculty are designing, implementing and evaluating new programs to improve the impact and cost-effectiveness of models that weave together health and education services. We are creating these approaches in collaboration with key community, public sector and academic partners. After we test their effectiveness locally, our aim is to prepare them for adoption nationwide to catalyze changes in school health and primary care for underserved children.

The Rales Center's first initiative is to demonstrate at KIPP Baltimore—a public charter school located in the Baltimore neighborhood of Park Heights—a new model that truly transforms school-based health services for children from underserved communities.

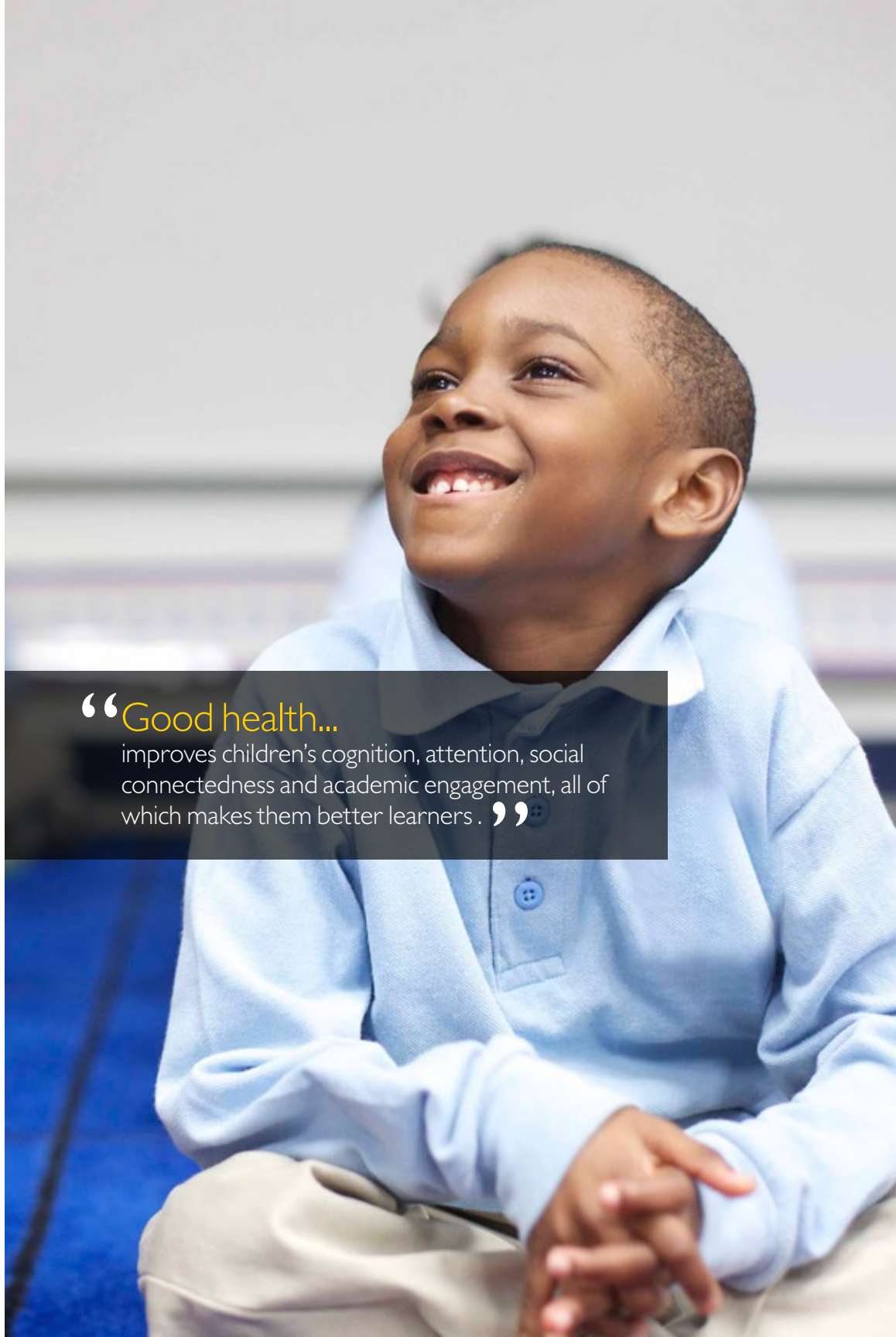
The *READY* model differs in important ways from traditional school health programs, in which clinics are simply housed within schools. Traditional programs have little capacity to seek out and follow those children most in need of their services; staffing constraints limit their ability to provide a stable source of primary care. The *READY* model, by contrast, fully integrates health into the school environment, curriculum and activities that engage students on a daily basis.

## Making Health a School Priority

The *READY* model attends to children's health in a wholly new way. It provides continuity of care; embeds health awareness within children's lives, families and communities; individualizes services to address each child's unique health needs; and makes each child's good health—including mental and dental health—a school priority.

- Schools implementing the *READY* model will have a full-service health center, staffed by a physician, nurse practitioner and a school nurse.
- The clinic will provide routine assessments of each student's developmental progress, vision and hearing tests, dental screenings, screenings for behavioral problems, immunization updates, chronic disease management for conditions like asthma and diabetes, and group and individual mental health counseling.
- Parent/teacher conferences for each child will include an individualized student health review, led by a school-based health professional who knows the child.
- Physical activity will be an integral part of the regular schoolday, and health education will be incorporated into academics.
- Chronically ill children will be monitored and taught to better self manage their conditions.
- A parent liaison will connect families with supportive community resources, such as adult health programs, mental health services, pharmacies, community athletic facilities and healthy cooking classes.
- A nutritionist will evaluate school and off-site meals, help incorporate healthy and appealing foods into school and home menus, and encourage healthy eating.

In piloting the *READY* model at KIPP Baltimore, the Rales Center will rigorously evaluate the model's health and related economic impacts, with a focus on changes in rates of chronic disease, well-child care, obesity and substance use, as well as in children's health-related knowledge and immunization rates.



“Good health... improves children's cognition, attention, social connectedness and academic engagement, all of which makes them better learners.”

## Why KIPP?

Established in 2002, KIPP Baltimore has always had a deep commitment to fostering both the academic success and the health and well-being of all its students. KIPP Baltimore's two current schools, KIPP Harmony Academy and KIPP Ujima Village Academy, serve students in kindergarten through eighth grade. Of the 1,450 students enrolled in KIPP Baltimore schools, 85 percent are eligible for free or reduced-price meals and 98 percent are African-American. KIPP Ujima Village Academy has consistently been one of the highest-performing middle schools in Baltimore, and both KIPP schools have provided students with counseling services. KIPP Baltimore is part of the national KIPP network of public charter schools, educating 59,000 students in 162 schools. KIPP's track record in Baltimore and around the country makes the program an ideal partner with which to pilot the *READY* model. KIPP Baltimore was selected for the pilot because of its receptiveness to innovation in school health, and it serves the student population targeted by the Rales Center's health-in-education approach.



**1,450 STUDENTS ENROLLED  
IN KIPP BALTIMORE  
SCHOOLS**



**85% ELIGIBLE FOR FREE OR  
REDUCED-PRICE LUNCH**



**96% OF KIPP STUDENTS  
OUTPERFORM THEIR  
LOCAL SCHOOL  
DISTRICTS IN READING,  
AND 92% IN MATH**





“We’re planting the seeds...  
for healthier and more abundant futures.”

## Demonstration of the *READY* Model

We will initially incorporate the *READY* model into the two schools constituting KIPP Baltimore—Harmony Academy and Ujima Village Academy. Combined, these schools enroll more than 1,400 predominantly African-American students from kindergarten through eighth grade.

The Rales Center will be directed by Tina Cheng and Sara Johnson from the Johns Hopkins Children’s Center.



**Tina Cheng, M.D., M.P.H.**, division director of general pediatrics and adolescent medicine at the Johns Hopkins, is vice chair of pediatrics at Johns Hopkins Children’s Center and chair of pediatrics at Johns Hopkins

Bayview Medical Center. She leads the DC-Baltimore Research Center on Child Health Disparities, a partnership with Howard University and Children’s National Medical Center. Her areas of focus are child health disparities, violence prevention and primary care models to promote positive youth development and family health.



**Sara Johnson, Ph.D., M.P.H.**, associate professor of pediatrics and public health at Johns Hopkins, is an expert in the social determinants of child and adolescent health. In particular, she studies the influence

of poverty and stress on children’s brain development, behavior, learning and self-regulation. She also studies family-based strategies to promote early language development, literacy and school readiness in underserved Baltimore families.

## A Partnership-Based Strategy

A partnership between the Johns Hopkins Children's Center and the Division of General Pediatrics and Adolescent Medicine in the Johns Hopkins University School of Medicine, the Rales Center is a highly collaborative organization, one that will benefit from the many strengths and the broad expertise of The Johns Hopkins University.

Our valued philanthropic partner, the Norman and Ruth Rales Foundation, has provided a founding gift to help launch the Rales Center and implement the *READY* model at KIPP Baltimore. The Rales Foundation also has committed to generous matching funds to encourage additional philanthropic support.

Community partnerships are pivotal to the success of the Rales Center and to its initial project, the signature *READY* model at KIPP Baltimore. Partners include the City of Baltimore, Baltimore City Public Schools, the Maryland State Department of Education, the Division of Pediatric Dentistry at the University of Maryland School of Dentistry, the state of Maryland, and the Maryland Department of Health and Mental Hygiene.

## Invest in Us

Join us as a philanthropic partner. The Rales Center will match every donation until we reach our \$6 million goal.

**Left to right, Rales Center directors Sara Johnson and Tina Cheng, with Joshua Rales**



“The goal of the Rales Center... is to lay a foundation of good physical and mental health and to plant the seeds of lifelong healthy behaviors among underserved children. In doing so, we aim to empower them to achieve more—academically and socially—as they transition from childhood to adulthood.”

— JOSH RALES, PRESIDENT OF THE NORMAN AND RUTH RALES FOUNDATION



## PLEASE JOIN US!

We have a vision. We have a carefully laid plan. Help us ensure that a child's place of birth does not determine his or her trajectory in life.

**We need you as a philanthropic partner.**

All gifts to the Rales Center for the Integration of Health and Education will be matched by the Norman and Ruth Rales Foundation, until we reach our total goal of \$6 million. These philanthropic funds will allow us to launch the Rales Center, demonstrate the *READY* model at KIPP Baltimore and establish a long-term plan for sustaining the center after its initial five years.

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To discuss your role in improving children's health, academic performance and life prospects, please contact:

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The Ruth and Norman Rales Center  
for the Integration of Health and Education

[www.ralescenter.hopkinschildrens.org](http://www.ralescenter.hopkinschildrens.org)



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