

Marshall County is a rural area in Kentucky and the opportunities for after-school activities, outside of organized team sports, are limited. Team Ultra was created by The Marshall County Health Department in response to a request from the Kentucky Department of Public Health to increase physical activity in school-aged children. The mission of Team Ultra is to teach students about physical activity, good nutrition and upstanding character traits. WellCare has been in partnership with Team Ultra by filling the funding gap to ensure all students in the county who wanted to participate could. The program began with one elementary school and has grown into all six county elementary and middle schools.

Between 9/1/2016 and 1/6/2019, **136** students received **2,441** total services.

The top services received were school based supports, free and reduced cost dental care, county or community health department offered services, endocrine-specific support service and supplemental nutrition assistance program.



Among these participants, the average age was **11.5** years old and **46.8%** were female.

On average, WellCare members who participated in Team Ultra have:

0.72 chronic conditions, including:



10.1% diagnosed with asthma
5.0% diagnosed with obesity

0.6 behavioral health issues, including:



10.1% diagnosed with depression
19% diagnosed with some other mental illness
30.4% diagnosed with severe emotional disorder
2.53% diagnosed with bipolar disorder

The following **reduction** in healthcare **utilization and costs** and **improvement** in some health **outcomes** were observed in one-year post interaction.*



35.9% reduction in emergency visits.



32.5% reduction in non-emergent emergency visits.



98.3% increase in routine child health exams.



81% reduction in visits related to acute lower respiratory infections.

*One year pre and post interaction analysis was performed on members with an initial interaction date between 9/1/2016 and 01/30/2018.