

## MAC Binder Section 8 – MCO Initiatives

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Located online at <http://chfs.ky.gov/dms/mac.htm>

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#### **1 – WellCare MCO Initiative\_Nov2016:**

WellCare partnered with the Marshall County Health Department to expand their Team Ultra program in two county elementary schools, Sharpe and Central Elementary. Team Ultra teaches students about physical activity, good nutrition, and good character at once a week 90 minute sessions. WellCare was able to provide a grant to expand the program eliminating the waitlist. Team Ultra participants saw a 12% decrease in overweight and obese children, compared to a 26% increase in the non-participant population. WellCare has again partnered with the Marshall County Health Department for the 2016-2017 school year.

**MCO Initiatives for the Medicaid Advisory Council (MAC)**

**Title of Initiative:** Team Ultra

**MCO Name:** WellCare Health Plans

**Date Submitted to DMS:** 11/1/2016

**Please ensure your Narrative includes, but is not limited to the following:**

**Description of Initiative including: Population Being Targeted, Date of Implementation (past, current, future), Status, Region(s), and Funding Source. Use as much space as necessary (this will supplant your presentation).**

Social and economic factors create barriers to positive health outcomes. To address member needs and strengthen the communities we serve, Community Advocacy identifies gaps in the social safety net and works with local communities to fill the gaps.

WellCare partnered with the Marshall County Health Department to expand their Team Ultra program in two county elementary schools to connect students with after school physical activities. Team Ultra revolves around teaching students about physical activity, good nutrition, and good character.

Marshall County, located in Region 1, is a rural area in far western Kentucky. It has one public school district which, during school year 2012-2013, had an enrollment of 4,649 students. The opportunities for after school activities, outside of organized sports, are limited. As of 2011, the county had a higher percent of children overweight (18%) and obese (25%) than the state average. The county does not have organizations such as the YMCA or public fitness centers for school aged children.

In 2005, the Marshall County Health Department created Team Ultra to increase physical activity in school aged children. The program started in one elementary school and has grown into all six elementary schools in the county for 3rd-5th graders. As part of the program, students stay with adults from the Health Department, school system, and other community agencies for one and half hours after school one day a week. The program is very popular and has a long waiting list. Sharpe and Central Elementary Schools had the longest waitlists when WellCare stepped in and provided a grant to expand the program offering at those two schools.

Participants in Team Ultra see many positive health outcomes over their non-participating peers. WellCare Community Investment allowed for a total of 240 additional hours of Team Ultra programming at Sharpe and Central Elementary Schools in the 2014-2015 school year. Due to the grant from WellCare, the two schools were able to eliminate their waitlists. 292 students were eligible for the Team Ultra Field Day in 2015, which required them to miss 5 or fewer sessions throughout the year.

Social and economic factors create barriers to positive health outcomes. To address member needs and strengthen the communities we serve, Community Advocacy identifies gaps in the social safety net and works with local communities to fill the gaps

Team Ultra participants saw a 12% decrease in overweight and obese children, compared to a 26% increase in the non-participant population. Girls who participated showed the greatest decrease in obesity (13%) and overweight (12%), for a total percent change of -25%. Third graders has the greatest percent weight decrease by grade level, with a 6% decrease in obesity and a 29% decrease in overweight, for a total percent change of -35.%

WellCare has again partnered with Marshall County Health Department for the 2016-2017 school year. Funding has been given to continue to fill the gap in the county to allow all children eligible to participate in Team Ultra. Data collection will also focus on quantifying cost savings to health plan in order to test payment models as a future funding source.