

Healthy Montcalm Progress Report 2017



Healthy Montcalm is a countywide initiative focused on improving the overall health and wellbeing of Montcalm County residents. Through the completion of a community health assessment process that utilized current health data and input from community partners, a community health improvement plan (CHIP) was developed to serve as a framework for action. The *Healthy Montcalm* CHIP is currently in the second three-year cycle of a process that began in 2011. Five health priorities were identified: Prevention and Wellness, Mental Health Advocacy, Substance Abuse Prevention, Access to Care and Child and Family Health. This annual report focuses on the achievements of the second year of the 2016-2018 CHIP.

Healthy Montcalm would like to thank and recognize the community partners who routinely met to review and implement the CHIP during the past year. This steering committee included: the Mid-Michigan District Health Department, Spectrum Health United Lifestyles, Sheridan Hospital, the Montcalm Prevention Collaborative, the Montcalm Care Network, Cherry Health Prevention Services, the Montcalm County Great Start Collaborative, MSU Extension, the Greenville Community Foundation and Montcalm Community College.

This report describes the activities and progress within the identified health priorities in the *Healthy Montcalm* CHIP from January 2017 through December 2017. The CHIP is an evolving document, recognizing that time alters the strategies and activities that are achievable. It also allows for new strategies and activities to be considered and acted upon, based on changing trends and community needs.

Priority Area: Prevention and Wellness

Goal – Reduce the prevalence of obesity for adults and youth in Montcalm County.

- The Montcalm County Great Start Collaborative (MCGSC):
 - Provided information on *Ounce of Prevention* via their website. This program offers a healthy nutrition curriculum for health care providers to share with the parents of pediatric patients.
 - Shared tips on healthy eating and low cost activities through the monthly Parent Coalition newsletter and on Facebook.
 - Created an up-to-date local food pantry guide to share with residents and community partners.
 - Partnered with MSU Extension to provide a *Cooking Matters* class through the *Parent University* initiative. Parents were provided with a grocery list of healthy food items and were given a recipe on how to use them.

- Partnered with Montcalm Care Network (MCN) to provide wellness opportunities for families through Wellness Works fitness center.
- Shared information on playground and recreation activities with MCGSC partners and families, via Facebook, website and flyers.
- Received a Trusted Advisor Grant (TAG), which allowed for two family yoga classes to be held in Greenville and Vestaburg.
- MSU Extension (MSUE):
 - Shared information and referral processes for evidence based nutrition programs with 56 staff at WIC (Women, Infants and Children), the Department of Health and Human Services (DHHS) and the Stanton Sparrow Medical Clinic.
 - Reached 881 people via Facebook with posts about healthy eating, using SNAP benefits, food safety and farmers' markets.
 - Completed a six week evidence based series of classes with 87 adults and 490 youth on eating healthy and increasing physical activity.
 - Offered one-time nutrition and physical activity presentations which served 238 adults and 165 youth.
- Spectrum Health United Lifestyles (SHUL):
 - Offered opportunities for learning to cook and eat healthy food through their Mediterranean Way and Tasty Tuesday classes.
 - Provided physical activity classes for seniors, including Tai Chi for Arthritis and Tai Chi for Diabetes.
- The Sheridan Hospital Rehabilitation Department offered exercise classes for seniors at the Central Montcalm Community Church. An average of 15 to 20 participants was seen weekly.
- *Healthy Montcalm* began exploring the concept of creating a food hub, which would promote the production and distribution of healthy, local food. Steps taken included reviewing local food resources, visiting specific food sites (farms, community gardens, food pantries) and engaging local food service experts. An initial meeting to learn more about food hubs and begin planning a food summit was held in November of 2017.

Priority Area: Mental Health Advocacy

Goal – Increase access to mental health services through advocacy and education.

- The Montcalm Care Network (MCN):
 - Trained 436 individuals in *Mental Health First Aid* throughout the year.
 - Saw referrals for mental health and substance use disorders increase by 15.5% over the previous year by educating community members and health care providers about the referral process.
 - Promoted the “no wrong door” concept through the Health360 Clinic. This whole health approach, integrating behavioral and physical health, served 218 individuals in 2017.
- Spectrum Health enhanced their primary care practices by adding behavioral specialists to six of their clinics.

Priority Area: Substance Abuse Prevention

Goal – Reduce tobacco, alcohol and other drug use.

- Cherry Health Promotion Services (CHPS):
 - Offered *Project Success*, a school based program in which students are taught skills to set and achieve goals in school and in life. A second facilitator was hired in order to help reach all school districts in the county.
 - Collaborated with the Mid Michigan District Health Department (MMDHD) to update the Read-the-Red card, which was distributed to 79 tobacco vendors in Montcalm County. The cards are a reminder to check ID before selling tobacco products. A fact sheet regarding the FDA Deeming Rule, which regulates Electronic Nicotine Delivery Systems (ENDS), was also developed and distributed to increase awareness for vendors.
 - Conducted tobacco compliance checks, visiting 35 tobacco vendors. The non-sale rate was 80%. No vendors sold to minors in two federal SYNAR checks.
 - Facilitated IMFAN (Ionia Montcalm Families against Narcotics), which conducts months forums to support families dealing with addiction.
- The Montcalm Prevention Collaborative (MPC), formerly YOUTHINK Montcalm:
 - Created a new logo, website and social media presence to enhance outreach.
 - Began new initiatives in the area of youth leadership in schools related to substance use prevention issues.
 - Collected 1,250 pounds of prescription medication through the Drug Disposal Program.
- The Montcalm Care Network (MCN):
 - Provided training to area residents and distributed 431 Narcan kits countywide during the year. Narcan is used for the emergency treatment of opioid overdose.
 - Provided Narcan kits and training to persons leaving the jail, through the efforts of a recovery coach.
- Spectrum Health United Lifestyles (SHUL):
 - Offered the *Safe Drive* program, in which 90% of all 9th grade students in the county were instructed on the effects of driving under influence via simulation exercises.
 - Offered a sharps disposal program, in which 194 sharps were collected in the first six months of the CHIP. After being briefly discontinued, the program resumed at three Spectrum Health clinic sites, with funds for sharps containers provided by MPC.
- MMDHD collected a total of 173 sharps containers during 2017.
- The Montcalm County Great Start Collaborative (MCGSC):
 - Promoted Strengthening Families Protective Factors through the quarterly Connections newsletters, which was emailed to over 1,550 individuals.
 - Developed and shared materials to increase parental awareness skills in addressing tobacco, alcohol and other drug use. Cessation and resiliency skill information was distributed in over 400 packets sent home with Great Start Readiness Program (GSRP) students.

Priority Area: Access to Care

Goal – Increase access/utilization of primary and preventive health services.

- Mid Michigan District Health Department:
 - Provided community health worker (CHW) services through the *Pathways to Better Health* program. With changing program requirements and challenges in working with various health plans, MMDHD plans to transition to a self-sustaining program in order to better serve clients. In 2017, an average of 24 clients was enrolled on a quarterly basis, with an average of 29 contacts taking place. Clients are now seen regardless of their insurance coverage.
 - Routinely surveyed clients regarding insurance coverage, and worked with the Michigan Department of Health and Human Services to assist those who were not enrolled.
 - Partnered with the Montcalm Care Network to provide medical services through the Health 360 Clinic, serving 218 individuals in 2017.
- Spectrum Health United Memorial and Kelsey Hospitals:
 - Expanded telehealth technology in order to overcome transportation barriers for patients. Over 1,200 visits took place in the first six months of 2017. There are plans for expansion through schools.
 - Added four new primary care providers during 2017.
- Sheridan hospital added two nurse practitioners in 2017.

Priority Area: Child and Family Health

Goal – Strengthen early family development and support, especially as it relates to health for children and youth.

- MSU Extension (MSUE) offered the *Fuel Up to Play 60* program, which was held at Central Montcalm Upper Elementary and Middle Schools, as well as at Carson City Middle and High Schools. Focusing on creating a healthier school environment, activities such as Breakfast for Everyone, Indoor Active Recess, and a Move-a-Thon were initiated.
- Spectrum Health United Lifestyles (SHUL) led the Montcalm County School Wellness Team, which worked to promote healthy snacks and increased healthy activities for students. The team worked throughout the school year to provide school districts with a forum in which to solve wellness issues.
- The Montcalm Great Start Collaborative (MCGSC):
 - Promoted high quality childcare and preschool by reaching out to 400 families via the MCGSC website, Facebook posts and parent coalition newsletters.
 - Received a Trusted Advisor Grant (TAG) in which to promote home visiting opportunities for helping families.
 - Implemented a six week SNAP Ed nutrition series for the Great Start Readiness Program, serving 24 classrooms.
 - Served over 500 children through the *Connections Program*, which helps parents to complete Ages and States developmental assessment questionnaires for their children.

- Issued the *Connections Newsletter*, which was sent to over 300 families on a quarterly basis, and focused on promoting Strengthening Families Protective Factors.
- Promoted dental health by: providing tooth brushes, brushing activities and oral health education in GSRP classrooms; partnering with MMDHD to provide oral health screenings in 24 GRSP classrooms; and providing 1000 dental health bags at the Heritage Village Trick or Treat event and for summer take home.

The next *Healthy Montcalm* community health assessment process (Cycle 3) will commence in the fall of 2018. This process will involve the analysis of county and state health data, community input from the Montcalm Human Services Coalition, which serves as the advisory group, and the ongoing work of the steering committee. *Healthy Montcalm* will continue to monitor the progress of its initiatives, adapt to changing trends and strive to improve the health and well-being of Montcalm County residents, so that they might reach their full health potential.

For more information on Community Health Assessment and *Healthy Montcalm*, contact:

- Cheryl Thelen, Health Educator II, MMDHD, at (989)831-3634, or cthelen@mmdhd.org
- Rex Hoyt, Data Analyst, MMDHD, at (989)831-3627, or rhoyt@mmdhd.org
- Or visit www.mmdhd.org

Montcalm County is an empowered community, where people are engaged in leading healthy, active lives.