



Progress Report for 2017

Live Well Gratiot is a countywide initiative focused on improving the overall health and wellbeing of Gratiot County residents. Through the completion 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. Four health priorities were identified, including obesity, mental health, substance use and abuse, and utilization of health services. The *Live Well Gratiot* CHIP is currently in the second three-year cycle of a process that began in 2011. This annual report focuses on the achievements of the second year of the 2016-2018 CHIP.

Live Well Gratiot 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: Mid Michigan District Health Department, MidMichigan Medical Center – Gratiot, Gratiot Isabella RESD, Alma College, Gratiot Integrated Care Network, Gratiot County Substance Abuse Coalition, Girls on the Run, MSU Extension, Gratiot Great Start Collaborative, the St. Louis Farmers' Market, and Day Dream Inc.

This report describes the activities and progress within the identified health priorities of the *Live Well Gratiot* CHIP from April 2017 through March 2018. 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 Issue: Obesity

Goal: Reduce the prevalence of obesity for adults and youth in Gratiot County.

- Mid Michigan District Health Department (MMDHD) completed a comprehensive list of walking trails throughout the county, which is now posted on www.plotaroute.com, a trail mapping site.
- Members participated in a Promoting Active Communities (PAC) assessment, which will help the Gratiot-Isabella RESD (GIRESD) to enhance physical activity opportunities in the St. Louis area. PAC is a Michigan Fitness Foundation funded program.

- Members supported the efforts of *Girls on the Run*, a youth empowerment program for girls in grades three through eight. The girls learn life skills as they work towards participation in a 5K event. Adult volunteers were sought to mentor the participants.
- After visiting various county food sites, *Live Well Gratiot* began a collaboration with the St. Louis Farmer's Market. This resulted in planning for *Prescription for Health*, a nutrition program in which physicians "prescribe" healthy foods for their at-risk patients. A \$4300 grant was awarded by the Gratiot Community Foundation to support the program, which will begin in June of 2018.
- MidMichigan Medical Center – Gratiot partnered with Alma College to create a community fitness class as part of the Clinical Exercise Physiology major track. Patients were referred to the class from Scott Kastning, PA, office in Breckenridge. The class ran for 5 weeks and had 100% participation from the 6 members. When comparing the pre and post tests, the averages were all in the health improvement direction.

Priority Issue: Mental Health

Goal: Reduce the prevalence of untreated mental health disorders.

- The Gratiot Integrated Health Network (GIHN) worked to establish a new integrated care facility in St. Louis, providing both physical and mental health services for their consumers. It is scheduled to open in May of 2018.
- GIHN worked with the Mid-State Health Network to market the Healthy Michigan Plan and encourage enrollment.
- GIHN routinely used social media to increase awareness of mental health services.
- GIHN worked with the Gratiot County Substance Abuse Coalition (GCSAC) and health care providers to promote "no wrong door," a policy aimed at improving access to care for those experiencing mental health concerns as well as substance abuse issues.
- MidMichigan Medical Center-Gratiot (MMMCG) and GIHN worked collaboratively to introduce an ICDP tool that would allow the emergency department (ED) and GIHN to assess ED visits by GIHN consumers. The goal is to reduce ED recidivism.
- GIHN offered instruction in community settings by providing six Mental Health First Aid trainings between May 2017 through February 2018, and by participating in community events including walking groups, the MMMC-G Health and Safety Fair and a seasonal depression awareness event, featuring the movie "It's a Wonderful Life."
- QPR training (suicide prevention) was offered to staff at MidMichigan Medical Center – Gratiot and will continue to be offered in the fall.

Priority Issue: Substance Use and Abuse

Goal: Reduce alcohol, tobacco and other drug use.

- The Gratiot County Substance Abuse Coalition (GCSAC) utilized the “Above the Influence” campaign (ATI) to work with area schools. ATI strives to empower teens to resist the negative influences that can lead to risky behavior and substance abuse. Activities included:
 - An annual student art show held at Alma College, in which 41 canvases and 50 additional drawings were displayed.
 - ATI basketball nights hosted at Ithaca, Alma, Ashley and Fulton Schools.
 - Completion of three SYNAR tobacco vendor checks (0 sold to minors), 16 state tobacco vendor checks (0 sold to minors), 15 alcohol vendor checks (1 sold to a minor) and a *Read the Red* campaign, in which tobacco vendors are educated on how to verify identification and the legal age for purchasing tobacco products.
- GCSAC and GIHN collaborated in an “Early ID” program, with the goal of identifying youth who may be at risk for substance use. Referrals were received from five school districts, as well as 32 self-referrals. Suicide prevention (QPR) and prescription drug presentations were offered at area schools.
- Maternal smoking was addressed by MMDHD through education and sharing cessation resources with pregnant women in the Women, Infants and Children Program (WIC) and the Maternal Infant Health Program (MIHP). MMMC-G incorporated maternal smoking information in their *Pediatric Guides to Living Well*. The Michigan Tobacco Quitline was promoted actively by MMDHD, MMMC-G and GCSAC.

Priority Issue: Utilization of Health Services

Goal: Increase utilization of preventive health services

- MMMC-G worked with the American Cancer Society to provide volunteer drivers to transport patients to the oncology appointments. Drivers are now available in Gratiot and Isabella Counties.
- MMDHD has continued to provide 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 2017-2018, an average of 32 clients were enrolled on a quarterly basis, with an average of 49 contacts taking place. Clients are now seen regardless of their insurance coverage.
- MMMC-G has expanded telemedicine technology to 18 sites, with a total of 2,789 virtual visits. Telemedicine programs were used to monitor patient health status and relieve the stress and cost of travel to office visits. Programs involved include: general

neurology and acute stroke, pharmacy tech services, pain management, urology, respiratory care, infectious disease and cardiology.

- MMMC-G worked to improve health literacy and patient-provider communication by providing written discharge instructions and follow up phone calls to patients, providing handouts related to diagnosis, and promoting the Choosing Wisely campaign for patient self-advocacy in eight provider offices.
- A grant was approved by the Gratiot Community Foundation to bring the SANE (Sexual Assault Nurse Examiner) program to Gratiot County. This will be a collaboration with MidMichigan Medical Center – Gratiot, Child Advocacy Center, and other community partners.

The next *Live Well Gratiot* 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 Gratiot Collaborative Council which serves as the advisory group, and the ongoing work of the steering committee. *Live Well Gratiot* will continue to monitor the progress of its initiatives, adapt to changing trends and strive to improve the health and well-being of Gratiot County residents, so that they can reach their full health potential.

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Gratiot County, united in a culture of healthy living.