

Connecting Point

A MID MICHIGAN DISTRICT HEALTH DEPARTMENT NEWSLETTER



June 2013

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Visit www.mmdhd.org for more information on agency programs, services and health issues.



MMDHD, Community Partners and the Affordable Care Act

In addition to expanding coverage to 32 million previously uninsured Americans, the Affordable Care Act aims to improve population health and quality of care while containing costs. Hospitals and physicians will be reimbursed partially on their ability to improve the health outcomes of those they serve. In order to accomplish this, clients (including at-risk individuals) will have to receive timely access to high quality, well-coordinated health and social services.

Many states, including Michigan, are encouraging health and social services providers to collaborate more to support healthy outcomes. One of the models being suggested is the "Community HUB" model (also referred to as "community pathways" and "community linkages"). In part, a HUB is a community-based clearinghouse for referrals between health and human service providers. The HUB interconnects the data systems of service providers and connects with outcome data from the health care system. Rather than providers of health and social services continuing to work in silos, the model requires them to work collaboratively, reaching out to those at greatest risk and connecting them to evidenced-based interventions, with a focus on early treatment and prevention. Through communication, collaboration and built-in incentives, the HUB increases the efficiency and effectiveness of care coordination services.

There are three overarching principles included in the model:

- **Find:** Identify those at greatest risk.
- **Treat:** Ensure that they receive needed evidenced-based health and social services (eg. Prenatal care, immunizations, chronic disease management, parenting education, housing, food, clothing).
- **Measure:** Document and evaluate benchmarks and final outcomes.

There are more than 25 Community HUBs across the Nation and some have generated significant savings for health care systems, enhanced reimbursement for health providers and consequently brought new dollars to human service providers.

Recognizing that human service agencies can do more to support the work of health care providers in our service area, MMDHD leadership held one-on-one meetings with leaders from the health and human services agencies to discuss the HUB concept to determine interest. In late April, a larger group was convened to discuss the model in more detail. The result was overwhelming interest in continuing to move forward. As a result, the health department is convening a small working group that will work to develop a concise proposal on a model for the MMDHD service area to share with partners and potential funders.

For more information, please contact Andrea Tabor at 989/831-3639 or atabor@mmdhd.org.

Michigan's Health and Wellness 4 x 4 Plan

The goal of the Michigan Health and Wellness 4 x 4 Plan is for every Michigander to adopt health as a personal core value. The plan describes the approach that the State of Michigan will undertake in addressing wellness and obesity. Central to the plan is the 4 x 4 tool which can be used to maintain and/or attain health. The 4 x 4 tool recommends the practice of four healthy behaviors and keeping four health measures in control. The four healthy behaviors are: maintain a healthy diet, engage in regular exercise, get an annual physical exam and avoid all tobacco use. The four measures are: body mass index (BMI), blood pressure, cholesterol level and blood sugar/glucose level.

MMDHD received funding this fiscal year to work with partners in Clinton County to engage community organizations and leaders to support the implementation of the 4 X 4 Plan, create environments in multiple sectors to increase the availability of healthy food and access to physical activity, and use the 4 X 4 campaign messages to coordinate a multi-faceted community wide campaign. For more information on the 4 X 4, visit <http://www.michigan.gov/healthymichigan>.

Monthly Healthy Living Recommendations

Dr. Robert Graham, MMDHD Medical Director, and the Board of Health have provided these healthy living recommendations for May.

Recommendation of the Board of Health:

1. Norovirus is a common cause of diarrheal illness. People with diarrhea should not prepare food for others. Everyone should wash their hands before eating, before preparing food, and after going to the bathroom.
2. Bat Proofing Your Home: To prevent exposure to bats in the home, everyone should close all avenues of access for bats into their home.
 - ⇒ Screens and doors should be in good repair
 - ⇒ Loose siding should be tightened or replaced
 - ⇒ Fascia should be inspected and entry spaces closed
 - ⇒ Regularly inspect attic screens and vents and close entry spaces
 - ⇒ Chimney bricks should be pointed and screens placed over the stack pipe
 - ⇒ Bats found in the home should be carefully captured, humanely euthanized and tested for rabies.

Tobacco Cessation Resources

Quitting tobacco use is known to be one of the most difficult habits to break. According to the Centers for Disease Control, 20.5% of Michigan adults currently use tobacco products. While this number has declined over the years, it still places far too many individuals at risk for cancer, cardiovascular disease, poor health quality and shortened life span.

Fortunately, with new technology and the trend towards evidence based practices, there are now many more resources available for individuals who wish to quit. Proven to be both effective and convenient, these resources make cessation efforts less stressful and more successful. These programs include:

- **Michigan Tobacco Quitline**—telephone counseling and nicotine replacement therapy for eligible patients
1-800-QUIT-NOW (1-800-784-8559)
- **www.smokefree.gov**—several smart phone apps and text message programs
- **www.ffsonline.org** and **www.becomeanex.org**
- internet based programs

For more information about these and other cessation programs, visit www.mmdhd.org or www.michigan.gov/tobacco.

Children's Special Health Care and Medicaid Health Plan Coordination

Children's Special Health Care (CSHCS) is a program within the Michigan Department of Community Health and MMDHD. Its purpose is to provide case management services for children and some adults with chronic health issues, and who have special health care needs. Among the benefits of CSHCS are assistance with: paying specialty medical bills, coordinating services from multiple providers, learning about specialty providers, coordinating health insurance benefits and covering co-pays or deductibles.

In October of 2012, CSHCS clients who were eligible to receive Medicaid Health Plan (MHP) benefits were required by the State of Michigan to enroll in a health plan. On April 1, 2013, clients already assigned to Medicaid health plans and who were eligible for CSHCS, were then required to enroll in CSHCS as a means of coordinating services and meeting clients' needs. As of May 2013, 630 unduplicated clients within the MMDHD region have been served this fiscal year by CSHCS.

Medicaid health plans servicing the MMDHD area include:

Clinton	Gratiot	Montcalm
McLaren	McLaren	McLaren
Meridian	Meridian	Meridian
Physicians Health Plan	Molina	Molina
		Priority Health

For more information about Children's Special Health Care Services, contact one of the following public health representatives:

Clinton	Laureen Simon	989-227-3121
Gratiot	Kim Peters	989-875-1014
Montcalm	Jamie Sorgenfrei	989-831-3643

For more information about these and other Health Department programs, contact:

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