



Progress Report for 2015

In response to new legislation associated with the Affordable Care Act which requires non-profit hospitals to conduct a community health assessment, the Mid-Michigan District Health Department (MMDHD) approached the local health care system, MidMichigan Medical Center – Gratiot, to conduct a comprehensive community health assessment (CHA) and develop a community health improvement plan (CHIP). This initiative officially kicked off in the summer of 2011 and was given the name Live Well Gratiot.

In the third year of the CHIP, a steering committee comprised of staff from the Mid-Michigan District Health Department, MidMichigan Medical Center Gratiot, Alma College, Gratiot County Community Mental Health, the Gratiot County Substance Abuse Coalition and Child Advocacy provided oversight and led the CHA process. An advisory committee consisting of members from the Gratiot Collaborative Council, representing over 20 organizations, was available to convene to assure community input and advocacy.

This report represents activities that have taken place during Year III (March 2015 – February 2016) of the Live Well Gratiot CHIP. The Year I and Year II progress reports can be accessed at: <http://www.mmdhd.org/healthassessment.html>. The Live Well Gratiot CHIP and CHA can also be found at the same internet link.

Live Well Gratiot Timeline:



Strategies that are not specific to the Live Well Gratiot Plan, but are supportive of the priority areas, are identified throughout by an asterisk (*). We wish to recognize the contributions of community organizations that strive to improve the health and well-being of Gratiot County residents.

Priority Area: Access/Utilization of Health Services

Strategy 1 – Implement a navigation system to connect at-risk individuals to health care and community based services (via a Community HUB model).

As a result of the implementation of the Pathways to Better Health” program, a HUB project in coordination with the Ingham Health Plan, MMDHD was able to hire a community health worker (CHW) for Gratiot County in October of 2014. The role of the CHW is to provide case management services for at-risk residents who have two or more chronic health conditions. The ultimate goal is to enhance prevention and cost savings by increasing the number of individuals receiving care through primary care physicians and not through hospital emergency rooms. From October 2014 through September 2015, 128 individuals were referred and 82 individuals were enrolled in the Pathways to Better Health Program. The leading social pathways addressed were: food assistance, utilities, family assistance, housing and transportation. The leading medical referrals were: primary care, specialty services, mental health, dental health and vision care.

Strategy 2 – Promote existing information repositories (such as 2-1-1).

- 2-1-1, in partnership with United Way, connects individuals with information and resources for essential services through a 24 hour phone center. In 2015, Gratiot County 2-1-1 was contacted 843 times by area residents. The leading inquiries for assistance included: utility assistance; housing; income support; food/meals; legal, consumer and public safety services; and healthcare. The leading unmet needs were: housing; income support; utility assistance; clothing and personal needs; transportation; and individual, family and consumer support.
- In January of 2015, MidMichigan Health implemented online Health Risk Assessments that allow individuals to take a five minute health assessment in order to see if they are at high risk for certain conditions. Since the initiation of the assessments, there have been a total of 3,960 completions. The results of the risk assessments include:
 - Lung Cancer – 405
 - Breast Cancer – 702
 - Peripheral Artery Disease – 555
 - Weight Loss – 245
 - Heart Health – 1445
 - Hip and Knee Pain – 607Colorectal cancer was added to the list of risks in March of 2016.
- The MidMichigan Health Line received 4,231 phone calls from February 2015 through March 2016 regarding physician referrals.
- *Masonic Pathways offers the “Live Better At Home” call center (1-800-321-9357), which provides health and wellness resources to Gratiot County residents. The database contains 35,000 Michigan and nationwide resources in the areas of healthcare,

senior care, housing, social support and financial resources. A new website, www.livebetterathome.com also helps individuals to navigate healthcare solutions.

Strategy 3 – Support initiatives that enhance public transportation.

- *The Alma Transportation Center expanded services beyond the Alma and St. Louis areas in August of 2015. Out of town service to Ithaca became available on a scheduled basis. Transportation between St. Louis and Breckinridge also became available upon request.

Strategy 4 – Support the establishment and sustainability of a Free Clinic.

- From September 2015 to August 2016, 245 individuals were seen at the Gratiot County Free Clinic. Of those, 64 were new patients and 181 were returning patients. The clinic averaged five patients per week. There are currently 367 patients on the clinic's caseload. The most frequent diagnoses seen were hypertension, pain, diabetes, hyperlipidemia, hypo/hyper thyroid and anxiety/depression.

Strategy 5 – In support of the recognition that mental health is an important component of overall health, promote the National Anti-Stigma Campaign locally.

- Gratiot County Community Mental Health incorporated anti-stigma efforts into all of its initiatives. Classes were open to the general public, with opportunities for community members to learn about mental health and integrated health. Community fairs provided information about GCCMH and its services, and general information on mental health was given. Initiatives included: Alma College Campus and Community Fair, DHHS Back-to-School Fair, EightCAP Back-to-School Fair, Gratiot County Fair for Youth, Diabetes Support Group, Youth Yoga Days, Walk-a-Mile Advocacy Walk in Lansing, nutrition classes, walking groups, Gratiot CMH Self Care Fair, Wellness and Business Expo, Rotary Club presentation, and Mental Health First Aid trainings.

Priority Area: Obesity

Strategy 1 - Implement a Community-Wide Campaign to Increase Physical Activity.

- To be address in future implementation planning.

Strategy 2 - Enhance places for physical activity and combine with informational outreach.

- *The Mid Michigan Community Pathways continued to pursue the construction of a motor-less pathway running through Ithaca, Alma and St. Louis, running parallel to U.S. 127. The goal of this grant funded project is to eventually connect the Fred Meijer Heartland Trail in Alma to the Pere Marquette Trail in Clare.

Strategy 3 – Enhance local farmer's markets.

- *The St. Louis Farmer's Market was formed in the Fall of 2015 in a partnership with the St. Louis Middle of the Mitten Association and the Gratiot Chamber of Commerce. The market will be open commencing June 2, 2016 through October 27, 2016.

Strategy 4 – Engage city officials to adopt a Complete Streets ordinance/policy. (Policies that support the design of accessible and safe streets that encourage physical activity in small geographic areas.)

- Addressed in the Year 1 and Year II Progress Reports.

Priority Area: Tobacco Use

Strategy 1 – Support the continuation of tobacco vendor education and tobacco compliance checks.

- Tobacco vendor education was completed in March of 2015. One hundred percent of Gratiot area vendors received education packets through the Gratiot County Substance Abuse Coalition.
- In 2015, 20 compliance checks were completed with no resulting tobacco sales to minors.

Strategy 2 – Support the continuation of annual SYNAR checks.

- In February of 2016, Gratiot County was selected to participate in the federal SYNAR checks for the year. Three vendor sites were selected to be checked in June of 2016.

Strategy 3 – Raise awareness of the State’s Tobacco Quitline and available smart phone applications that support smoking cessation.

- MidMichigan Medical Center – Gratiot has implemented a Tobacco Cessation Program which utilizes Tobacco Cessation Facilitators using the American Lung Association Freedom from Smoking Program. This is available for employees as well as community members.
- Members of the Tobacco Free Gratiot Coalition promoted the Michigan Tobacco Quit Line by providing promotional materials to area businesses and agencies, including Rite Aid, Meijer, MidMichigan Medical Center-Gratiot, Fulton Alternative Education, Walgreens, Alma College, Mid Michigan District Health Department and area high schools.

Strategy 4 – Implement smoke free policies/ordinances in public parks and beaches throughout Gratiot County.

- The GCSAC has initiated contact with the cities of St. Louis and Ithaca to consider the adoption of smoke free park ordinances.

Strategy 5 – Through working with organizations/worksites, encourage workers to go smoke-free at work and home.

- To be considered in future implementation planning.

Strategy 6 – Utilize “Above the Influence” programs within schools.

- Through the efforts of the Gratiot County Substance Abuse Coalition, the *Above the Influence* program is active in five of the six public school districts in Gratiot County. ATI empowers teens to resist the negative influences that might lead to drug use.
- An Above the Influence Art Show was held in May of 2015 at Alma College. The art expresses what keeps students "above the influence" and substance free. Over 40 canvases and 60 individual art pieces were displayed.

Priority Area: Alcohol & Drug Use

Strategy 1 – Engage school leaders in substance abuse prevention activities targeting youth.

- Five of six county school districts participated in the MiPHY survey in 2014-2015. The GCSAC is encouraging all six county school districts to participate in the 2016-2017 survey.

- Ithaca, Ashley, St. Louis, Alma and Fulton Schools all utilize the Above the Influence program.

Strategy 2 – Support the current media campaign targeting youth regarding the prevention of underage drinking.

- Five of the county school districts participated in this year’s Sticker Shock campaign during their homecoming weeks. The Sticker Shock campaign strives to discourage adults from furnishing alcohol to minors.

Strategy 3 – Support the continuation of alcohol compliance checks in Gratiot County.

- In coordination with local law enforcement, 15 alcohol compliance checks were conducted throughout the county. Three vendors sold alcohol to minors.
- Tobacco and alcohol vendor education packets were provided to 100% of Gratiot County vendors (46 in all) by the Gratiot County Substance Abuse Coalition in March of 2015.

Strategy 4 – Increase the number of medication drop-off sites in the county from two to three and promote the locations.

- The Breckenridge Police Department added a prescription drop box. Gratiot County now has four drop-off sites.

Strategy 5 – Promote the use of “screening, brief intervention and referral for alcohol, tobacco and drugs.” (Recommended that screening be done at multiple providers (e.g., primary care, MMDHD, CMH, COA, Child Advocacy, other human service agencies)

- This strategy will be carried out in July of 2016.

In today’s environment of shrinking budgets, optimizing talent and vision of collaborative partners is crucial to community health improvement. We believe health is a part of everything and to improve health and solve complex community problems, we must work together. Thank you to our community partners who have participated in this process.