Central Michigan Regional Rural Health Network Development Planning

April 7, 2016
Central Michigan Regional Rural Health Network Development Planning

July 9, 2015
Acknowledgement

This presentation was prepared by the Central Michigan District Health Department (CMDHD) for the Central Michigan Regional Rural (CMRR) Health Network Development Planning project.

The project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number P10RH28456 for Rural Health Network Development Planning. This information and conclusions are those of CMDHD and should not be construed as the official position or policy of, nor should any endorsement be inferred by HRSA, HHS, or the U.S. Government.
Today’s Agenda

- Introductions
- Health Network Development Planning Project Updates
- County Health Rankings and Developing Measures
- Health Network Members’ Focus Populations
- Health Improvement Priority Area Teams
- Health Improvement Strategies
- Health Network Members’ Critical Needs and Gaps in Improving Health
- Next Steps in Health Network Development Planning
- Comments and Questions
Introductions
Central Michigan Regional Rural Health Network

Members and Participants

Health Care Providers

- Central Michigan District Health Department (CMDHD)
- Central Michigan University (CMU) Health Services
- Community Mental Health for Central Michigan
- District Health Department #10
- Isabella Citizens for Health, Inc.
- McLaren Central Michigan
- MidMichigan Collaborative Care Organization, LLC
- MidMichigan Community Health Services
- MidMichigan Medical Centers – Clare, Gladwin, and Gratiot
- Munson Healthcare Grayling Hospital
- My Community Dental Centers (MCDC)
- Spectrum Health Reed City Hospital
- St. Mary’s of Michigan Standish Hospital
- Sterling Area Health Center
Central Michigan Regional Rural Health Network Members

Academic Institutions Offering Health Professions Programs

- Central Michigan University (CMU) College of Medicine (CMED)
- Central Michigan University (CMU) The Herbert H. and Grace A. Dow College of Health Professions (CHP)
- Ferris State University College of Health Professions (CHP)
- Kirtland Community College
- Michigan State University (MSU) College of Human Medicine
- Mid Michigan Community College (MMCC) Health Sciences Program
Central Michigan Regional Rural Health Network Members

Social Needs Organizations

- 211 Northeast Michigan
- City of Mt. Pleasant Parks and Recreation Department Farmers' Market
- Central Michigan Pregnancy Services
- Clare-Gladwin Regional Education Service District (RESD) – Great Start
- EightCAP, Inc. 0-5 Head Start
- Great Start Collaborative - Gratiot-Isabella Counties
- Greater Lansing Food Bank
- Mecosta Osceola Transit Authority
- Michigan Health Improvement Alliance, Inc. (MiHIA)
- Michigan Primary Care Association (MPCA)
- Michigan State University (MSU) Extension
- Michigan Works! Region 7B and Northern Transformation
- Mid Central Area Health Education Center (AHEC)
Central Michigan Regional Rural Health Network Members

Social Needs Organizations (concluded)
- Mid Michigan Community Action Agency (MMCAA)
- Mid-Michigan Transportation Connection
- Mid-State Health Network (MSHN)
- Northern Lower Regional Area Health Education Center (AHEC)
- Region VII Area Agency On Aging (Region VII AAA)
- Ten16 Recovery Network
- Roscommon County Transportation Authority (RCTA)

Government Organizations
- Isabella County Board of Commissioners
- Michigan Department of Health and Human Services
- Michigan State Police
Additional Central Michigan Regional Rural Health Network Participants

Central Michigan County Health Improvement Workgroups

- Arenac County Health Advisory Committee
- Clare-Gladwin Health Improvement Planning Workgroup
- Isabella Health Improvement Planning Workgroup
- Roscommon County Health Improvement Planning Workgroup
Health Network Development Planning Project Updates
Health Network Development Planning Project Updates

- The Public Health Summit is scheduled for Monday, May 9th, at Central Michigan University College of Health Professions.
- Health Network Member Survey completed!
- Central Michigan Regional Rural Health Network Member Directory is online.
- Governance activities
- Health Resources and Services Administration update
- Advocacy versus lobbying
County Health Rankings and Developing Measures
County Health Rankings - Health Outcomes

2010 CHR (2005)
2011 CHR (2006)
2012 CHR (2007)
2013 CHR (2008)
2014 CHR (2009)
2015 CHR (2010)
2016 CHR (2011)
## 2016 County Health Rankings - Health Outcomes

<table>
<thead>
<tr>
<th>Measure</th>
<th>Michigan</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Outcomes</td>
<td>80</td>
<td>78</td>
<td>63</td>
<td>65</td>
<td>53</td>
<td>74</td>
<td>74</td>
</tr>
<tr>
<td>Length of Life</td>
<td>81</td>
<td>75</td>
<td>60</td>
<td>35</td>
<td>48</td>
<td>74</td>
<td>74</td>
</tr>
<tr>
<td><strong>Premature death</strong></td>
<td>7,200</td>
<td>9,700</td>
<td>8,700</td>
<td>7,500</td>
<td>6,900</td>
<td>7,200</td>
<td>8,600</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>73</td>
<td>78</td>
<td>59</td>
<td>77</td>
<td>56</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td><strong>Poor or fair health</strong></td>
<td>14%</td>
<td>14%</td>
<td>16%</td>
<td>15%</td>
<td>17%</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td><strong>Poor physical health days</strong></td>
<td>3.5</td>
<td>3.7</td>
<td>4.1</td>
<td>3.8</td>
<td>4.2</td>
<td>3.9</td>
<td>4.1</td>
</tr>
<tr>
<td><strong>Poor mental health days</strong></td>
<td>3.7</td>
<td>3.9</td>
<td>4.1</td>
<td>3.9</td>
<td>4.2</td>
<td>4.0</td>
<td>4.1</td>
</tr>
<tr>
<td><strong>Low birthweight</strong></td>
<td>8.0%</td>
<td>9.0%</td>
<td>8.0%</td>
<td>7.0%</td>
<td>7.0%</td>
<td>6.0%</td>
<td>7.0%</td>
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</table>
## 2016 County Health Rankings - Health Factors: Health Behaviors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Michigan</th>
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<th>Roscommon</th>
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</thead>
<tbody>
<tr>
<td><strong>Health Factors</strong></td>
<td>67</td>
<td>81</td>
<td>78</td>
<td>58</td>
<td>70</td>
<td>76</td>
<td></td>
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<tr>
<td><strong>Health Behaviors</strong></td>
<td>43</td>
<td>74</td>
<td>64</td>
<td>80</td>
<td>73</td>
<td>48</td>
<td></td>
</tr>
<tr>
<td>Adult smoking</td>
<td>18%</td>
<td>18%</td>
<td>20%</td>
<td>19%</td>
<td>22%</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>Adult obesity</td>
<td>31%</td>
<td>34%</td>
<td>31%</td>
<td>36%</td>
<td>30%</td>
<td>34%</td>
<td>32%</td>
</tr>
<tr>
<td>Food environment index</td>
<td>7.1</td>
<td>7.6</td>
<td>6.9</td>
<td>7.1</td>
<td>6.7</td>
<td>6.8</td>
<td>6.4</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>23%</td>
<td>24%</td>
<td>30%</td>
<td>30%</td>
<td>22%</td>
<td>28%</td>
<td>25%</td>
</tr>
<tr>
<td>Access to exercise opportunities</td>
<td>84%</td>
<td>58%</td>
<td>74%</td>
<td>62%</td>
<td>74%</td>
<td>52%</td>
<td>95%</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>20%</td>
<td>19%</td>
<td>17%</td>
<td>18%</td>
<td>23%</td>
<td>19%</td>
<td>17%</td>
</tr>
<tr>
<td>Alcohol-impaired driving deaths</td>
<td>30%</td>
<td>45%</td>
<td>43%</td>
<td>41%</td>
<td>34%</td>
<td>19%</td>
<td>33%</td>
</tr>
<tr>
<td>Sexually transmitted infections</td>
<td>453.6</td>
<td>96.9</td>
<td>143.1</td>
<td>125.6</td>
<td>378.1</td>
<td>180.4</td>
<td>195.0</td>
</tr>
<tr>
<td>Teen births</td>
<td>29</td>
<td>26</td>
<td>49</td>
<td>33</td>
<td>13</td>
<td>38</td>
<td>40</td>
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## 2016 County Health Rankings - Health Factors: Clinical Care

<table>
<thead>
<tr>
<th>Measure</th>
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<th>Arenac</th>
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</thead>
<tbody>
<tr>
<td>Clinical Care</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>68</td>
<td>73</td>
<td>82</td>
<td>56</td>
<td>60</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td>Uninsured</td>
<td>13%</td>
<td>16%</td>
<td>15%</td>
<td>16%</td>
<td>15%</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Primary care physicians</td>
<td>1,240:1</td>
<td>2,580:1</td>
<td>3,060:1</td>
<td>2,830:1</td>
<td>2,010:1</td>
<td>3,320:1</td>
<td>3,000:1</td>
</tr>
<tr>
<td>Dentists</td>
<td>1,450:1</td>
<td>2,190:1</td>
<td>3,830:1</td>
<td>5,080:1</td>
<td>2,140:1</td>
<td>11,580:1</td>
<td>2,180:1</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>450:1</td>
<td>640:1</td>
<td>1,140:1</td>
<td>1,160:1</td>
<td>490:1</td>
<td>1,780:1</td>
<td>1,140:1</td>
</tr>
<tr>
<td>Preventable hospital stays</td>
<td>59</td>
<td>68</td>
<td>72</td>
<td>80</td>
<td>63</td>
<td>53</td>
<td>64</td>
</tr>
<tr>
<td>Diabetic monitoring</td>
<td>86%</td>
<td>84%</td>
<td>87%</td>
<td>87%</td>
<td>88%</td>
<td>88%</td>
<td>91%</td>
</tr>
<tr>
<td>Mammography screening</td>
<td>65%</td>
<td>70%</td>
<td>64%</td>
<td>68%</td>
<td>63%</td>
<td>64%</td>
<td>73%</td>
</tr>
</tbody>
</table>
# 2016 County Health Rankings - Health Factors: Social and Economic Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Michigan</th>
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<th>Roscommon</th>
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</thead>
<tbody>
<tr>
<td><strong>Social and Economic Factors</strong></td>
<td>71</td>
<td>80</td>
<td>65</td>
<td>30</td>
<td>51</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>High school graduation</td>
<td>78%</td>
<td>86%</td>
<td>71%</td>
<td>80%</td>
<td>77%</td>
<td>85%</td>
<td>73%</td>
</tr>
<tr>
<td>Some college</td>
<td>66%</td>
<td>46%</td>
<td>53%</td>
<td>54%</td>
<td>68%</td>
<td>50%</td>
<td>55%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>7.3%</td>
<td>10.8%</td>
<td>9.7%</td>
<td>9.2%</td>
<td>5.8%</td>
<td>8.5%</td>
<td>11.3%</td>
</tr>
<tr>
<td>Children in poverty</td>
<td>23%</td>
<td>32%</td>
<td>39%</td>
<td>31%</td>
<td>22%</td>
<td>31%</td>
<td>34%</td>
</tr>
<tr>
<td>Income inequality</td>
<td>4.7</td>
<td>4.1</td>
<td>4.3</td>
<td>4.0</td>
<td>5.6</td>
<td>4.0</td>
<td>4.0</td>
</tr>
<tr>
<td>Children in single-parent</td>
<td>34%</td>
<td>29%</td>
<td>40%</td>
<td>29%</td>
<td>38%</td>
<td>35%</td>
<td>45%</td>
</tr>
<tr>
<td>households</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social associations</td>
<td>10.2</td>
<td>11.0</td>
<td>12.8</td>
<td>9.4</td>
<td>9.2</td>
<td>15.5</td>
<td>15.8</td>
</tr>
<tr>
<td>Violent crime</td>
<td>464</td>
<td>173</td>
<td>155</td>
<td>206</td>
<td>186</td>
<td>261</td>
<td>199</td>
</tr>
<tr>
<td>Injury deaths</td>
<td>61</td>
<td>72</td>
<td>66</td>
<td>76</td>
<td>40</td>
<td>59</td>
<td>71</td>
</tr>
</tbody>
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## 2016 County Health Rankings - Health Factors: Physical Environment

<table>
<thead>
<tr>
<th>Measure</th>
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<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Environment</td>
<td>27</td>
<td>49</td>
<td>64</td>
<td>54</td>
<td>56</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Air pollution - particulate matter</td>
<td>11.5</td>
<td>11.6</td>
<td>11.6</td>
<td>11.6</td>
<td>11.7</td>
<td>11.6</td>
<td>11.4</td>
</tr>
<tr>
<td>Drinking water violations</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Severe housing problems</td>
<td>17%</td>
<td>13%</td>
<td>19%</td>
<td>17%</td>
<td>25%</td>
<td>16%</td>
<td>17%</td>
</tr>
<tr>
<td>Driving alone to work</td>
<td>83%</td>
<td>82%</td>
<td>81%</td>
<td>82%</td>
<td>77%</td>
<td>79%</td>
<td>78%</td>
</tr>
<tr>
<td>Long commute - driving alone</td>
<td>32%</td>
<td>35%</td>
<td>35%</td>
<td>44%</td>
<td>15%</td>
<td>32%</td>
<td>28%</td>
</tr>
</tbody>
</table>
Sample Logic Model

**Inputs**
- Funding
- Program Staff
- Leadership Team/Together: We Can Health Improvement Council
- County Health Improvement Working Groups
- Additional Regional/Local Network Members and Facilitating Stakeholders

**Activities**
- Increase the number of K-12 schools with access to healthy food as recommended by the existing Michigan Nutrition Standards.
- Increase the number of children aged 3-5 who have access to 60 minutes of physical activity daily.

**Outputs**
- Summary report of baseline data collection and policy scans, invitation list of recruited partners, partnership agreements, technical assistance logs, policy change proposals, summary report of trainings and resources provided to partners, summary report of educational and promotional activities...

**Short Term Outcomes**
- 6,729 new K-12 students will have access to healthy foods
- 1,377 new children age 3-5 will have access to 60 minutes of daily physical activity

**Intermediate Outcomes**
- Decrease in obesity rates
- Increased levels of consumption of fruits and vegetables
- Increased levels of physical activity

**Long-Term Outcomes**
- Reduction in death and disability due to:
  - Heart disease
  - Stroke
  - Cancer
  - Diabetes
Sources for Outcome Measures

- Healthy People 2020
- Michigan Department of Health and Human Services Vital Records
- Community Commons and Central Michigan Regional Rural Health Network Community Health Needs Assessment
- County Health Rankings
- Behavioral Risk Factor Surveillance System (BRFSS)
- Michigan Profile for Healthy Youth (MiPHY)
- Additional favorites?
Health Network Members’ Focus Populations
Health Network Members’ Focus Populations

- Persons enrolled in Medicaid
- Persons with low or no income
- Females
- Families with children
- Persons age 18-64
- Males
- Persons age 18-24
- Persons living with chronic diseases
- Persons age 5-17
- Persons age 25-34
- Persons age 35-44
- Persons age 45-54
- Persons age 65+
- Persons enrolled in Medicare
- Regional population as a whole
Health Network Members’ Focus Populations

- Persons under age 18
- Persons age 55-64
- Persons with low or no income with low food access
- Families with teenage parents
- Gladwin County community members
- Persons with low food access
- Clare County community members
- Pregnant females
- Post-partum females
- Persons age 2-4
- Veterans
- Isabella County community members
- Persons age 0-2
- Persons with physical disabilities
- Illiterate persons / persons with low literacy
Health Network Members’ Focus Populations

- Persons without a high school degree
- Persons with a substance use disorder
- Persons with mental disabilities
- Nursing females
- Amish persons
- Homeless persons
- Osceola County community members
- American Indians
- Arenac County community members
- Roscommon County community members
- Hispanics
- Lesbian, gay, bisexual, transgender, and indeterminate gender persons
- Foreign-born persons
- Linguistically isolated persons
- Incarcerated persons
Health Network Members’ Focus Populations

Additional Populations of Focus

- Families with children 0 - 8 years.
- We take care of whoever comes through the doors
- All underserved populations
- College students
Health Improvement Priority Area
Teams

Health Improvement Strategies

Health Network Members’ Critical Needs and Gaps in Improving Health
Next Steps in Health Network Development Planning
Next Steps in Health Network Development Planning

- Keep posting events on the Community Calendar at www.together-we-can.org/calendar

- Help publicize the May 9th Public Health Summit and send in images for presentation. Next meeting is the final meeting.

- Review today’s meeting materials and send in updates regarding areas of focus, strategies, critical needs, and gaps as soon as possible and not later than April 19th.

- Two open spots for Member Spotlight presentations at the May 5th meeting.

- Re-review the Health Network Members’ Critical Needs and Gaps in Improving Health materials before the next meeting.
Questions and Comments