



# IMPACT REPORT

1 Q 2017 REPORT



## Letter from the CEO

*“Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.” – St. Francis of Assisi*

**BETH ROSZATYCKI**

We continuously see the positive impact MiHIA has on the region. With each initiative we lead or partner on, we improve our community by making possible what many think is impossible. The year 2017 is already off to a dynamic start creating impactful change.

The first quarter Impact Report outlines just how the following initiatives are impacting our communities:

- MiHIA’s Health Dashboard is getting enhanced, also receiving a ‘new’ name - Dashboard 4.0. This Dashboard will be embedded on the MiHIA website and available to anyone with internet access. It will help empower communities to use information to make positive change, save time in data collection to allow our region to see where barriers and challenges exist and to move much more quickly to finding and addressing the root causes for the poor health outcomes in the region.
- Recently, we have joined forces with the Great Lakes Bay Region Alliance (GLBRA) in a strategic partnership to improve the Quadruple Aim. Our collaboration will focus on not just health outcomes but sustained economic development. Check out page five for all the details.
- Our CenteringPregnancy Program has held five multi-week courses since November 2016 to help improve the overall infant mortality rate in Saginaw county.
- The Diabetes Prevention Program (DPP) has created change for participants by producing 15 passionate lifestyle coaches who have educated 274 community members on healthy ways to reduce the likelihood or severity of Type 2 Diabetes. Our goal is to reduce the likelihood of Type 2 Diabetes by potentially 58% in not just the Midland, Bay and Saginaw area but our entire region.
- The 8th Annual Health Conference hosted in January at SVSU brought together health leaders in our region on the pressing topic of population health management, providing methods and techniques of how our communities can achieve transformational system change ultimately improving health; and
- ‘Call to Action’ speaker circuit kicks off its second year. This initiative will bring local health leaders to your community to educate and raise awareness on available health improvement programs, resources and the actions they can take to improve the health status and quality of live for those living in central Michigan.

We continue to make progress every day, doing what is necessary in our community to improve the health of our region.



**Beth Roszatycki**  
Chief Executive Officer, MiHIA

# Health Dashboard 4.0 - Launching in May to Strengthen Population Health and Bring Community Health Needs Assessment to Our Region

Empowering central Michigan to improve the well-being of our communities

*Project Lead: Beth Pomranky*

In May 2017, MiHIA in collaboration with regional partners will launch an enhanced Health Dashboard 4.0 to provide consumers and health professionals with easy access to population health data. This Dashboard will bring community health-related statistical data, local resources and a wealth of information into one, accessible and user-friendly repository.

“It has been my dream to bring the Healthy Communities Institute (HCI) data platform to MiHIA for the past 5 years!” said Mary Kushion, owner of Mary Kushion Consulting, LLC and member of MiHIA’s Dashboard Implementation Core Team. “The MiHIA region will now have direct and centralized access to hundreds of data sources, promising practices and funding opportunities. We will be able to see where health improvements are needed within the region, learn how others successfully addressed those issues and where to seek financial resources to implement positive changes. It is cliché, but it truly is a ‘dream come true’ for the region and I am proud of MiHIA and its partners for making it possible!”

This web-based tool HCI will provide:

- Interactive, visual tools to compare demographic and secondary data on health factors and quality of life to local, state, and national goals and prior values in a sidebyside view.
- Customizable, web-based information of data and tools to help hospitals, health departments, and communities collaborate to assess community health needs, identify best practices and interventions to improve health outcomes and track and evaluate program performance.
- Instruments for users to become community health champions and impact community health planning and outcomes.

“The Health Dashboard 4.0 provides an invaluable centralized source of information about population health and well-being,

specific to central Michigan. The Dashboard is designed to be easily accessible by individuals, and organizations to understand different aspects of the population health and well-being in our region,” said Dimitrios Zikos, Assistant Professor of the Health Administration Program at Central Michigan University and member of MiHIA’s Population Health Team and Dashboard Implementation Core Team. “This Dashboard 4.0 will be an asset towards an effort to encourage evidence based community health assessment and improvement activities, driven by comprehensive and up-to-date data. It is also unique in that provides to users the option to upload their own local community health data. This feature will make users active participants of the effort and will contribute toward the development of a large and comprehensive, invaluable community health data repository for central Michigan.”

Eight years ago, MiHIA created a Health Dashboard to provide data, benchmarks, and trends to health care providers, professionals and consumers. The goal was to have a central source for health data to help support their work and research. This enhanced Dashboard will provide upgrades to users within the region the ultimate “one stop shop” for health data. This customizable, web-based information system will provide the data and tools to help health care systems, health departments, and communities collaborate to assess community health needs, identify best practices, and interventions to improve health outcomes and track and evaluate program performance. This Dashboard equips its users with the instruments necessary to impact community health planning and outcomes, and become a community of health excellence.

“I am very excited to have this enhanced Dashboard 4.0 available,” said Sarah Kile, Executive Director of 211 Northeast Michigan and member of MiHIA’s Population Health Team and Dashboard Implementation Core Team. “Having health data available in an easy accessible way is essential to create a healthier community.”

## CenteringPregnancy Continues to Improve the Health of Expectant Mothers and Newborns in Saginaw County

More than 34 mothers have utilized this program

*Project Lead: Deanna Seemann*



### Patient Experience



In November 2016, the CenteringPregnancy program kicked off its first multi-week course, with six expectant mothers at CMU Health in Saginaw. Since then they have launched five

CenteringPregnancy groups serving more than 34 women. CenteringPregnancy is an evidence-based program that leads groups of 8-12 women, all with similar delivery dates, through the prenatal care process.

Susan McElhaney, a participant in CenteringPregnancy, is 29 weeks along in her third pregnancy. She decided to join this program because it was more hands on than receiving traditional OB care.

“I have found this program very beneficial because I am surrounded by other women who are going through the same thing as me, and have received great tips and advice from everyone in the program,” said McElhaney. “It has encouraged me to talk to my support person more often because to answer the questions from each session, I need his input. I have really enjoyed these sessions.”

CenteringPregnancy continues to enable

expectant mothers to feel at ease and a deeper opportunity for their care providers and group members to get to know each other on a more meaningful level. Members of the group have formed lasting friendships and are connected in ways not possible in traditional care.

“Centering is an empowering experience that encompasses everything I love about women’s health,” said Michelle Bader, CNM, CMU College of Medicine. “The interaction of the group, that includes women and their support systems, encourages the sharing of experiences, fosters a sense of community and provides quality care during the life changing event of pregnancy.”

To learn more about CenteringPregnancy visit <http://mihia.org/index.php/projects/centeringpregnancy>.

## Population Health’s “Call to Action for Population Health” Speaker Circuit Inspires Community Members to Take Charge of Their Health

Health and Community leaders from across the region speak on health

*Project Leads: Peggy Sczepanski, Jennifer Lutes and Janelle Murraray*



### Cost of Care

The MiHIA “Call to Action for Population Health” speaker circuit is an educational endeavor targeted at equipping and energizing people to take charge of their health, and more broadly, transform the health of their community. 2017 marks the second year MiHIA has coordinated the Speaker Circuit.

MiHIA’s Population Health team designed a powerful regional presentation that articulates health challenges and practical action steps to address them. With county-specific detail, and global comparison information, attendees will learn how to immediately take action to improve their own health and impact the health of their communities.

“Population health will be at the core of the health care delivery in the near future and beyond, no matter how the system will evolve in the US,” said Dr. Sethu Reddy, CMU College of Medicine. “It will require a lot of collaboration and trust within

the community and it’s good to have a co-operative organization such as MiHIA to facilitate improved population health in Central Michigan.”

Speakers that are part of this circuit are volunteers from the community, ranging from physicians and health educators to business and community leaders. The common thread between all speakers is their deep care for the people who live in our region and for improving the health of our region on a large scale.

For more information, visit [www.mihia.org/index.php/projects/call-to-action-speaker-circuit](http://www.mihia.org/index.php/projects/call-to-action-speaker-circuit).

# Diabetes Prevention Program: Improving Participants Health with the help of dedicated Lifestyle Coaches

Coaches in the region help participants improve their health

*Project Lead: Beth Pomranky*



## Population Health

One of MiHIA's Strategic Priority is chronic disease prevention. For over two years MiHIA has focused their energy around the Diabetes Prevention Program (DPP). DPP encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of Type 2 diabetes among people with prediabetes in the United States. During the year-long program, which consists of 16-weekly core sessions followed by 6 to 8-monthly post-core sessions, participants are taught strategies for incorporating physical activity into daily life and eating healthy.

"We are ecstatic that we have currently 405 individuals enrolled in or have completed a DPP class," said Beth Pomranky, Operations Manager of MiHIA and project lead of DPP. "Based on our Medicare pilot data, this program has helped save \$1,052,050 (\$2,650 per participant) in health care fees. As these individuals remain free of a diabetes diagnosis, estimates predict \$3,136,300 in health plan savings (\$7,900 per participant) annually. I think the data speaks volumes of how we have improved the health of our region."

Not only have we made an impact through savings in health and healthcare costs, but through MiHIA's trained DPP Lifestyle Coaches as well. These coaches work with participants to identify emotional barriers and situations that can sabotage their success in the program. The group process encourages participants to share coping strategies for dealing with these challenging situations and creates a support system for all those involved.

Kellie Froelicher RN, BSN, community health educator for MidMichigan Health and faith community nurse for the Memorial Presbyterian Church, is one of the Lifestyle Coaches in the region MiHIA serves. Kellie was one of the first 15 Lifestyle Coaches to be trained through MiHIA's DPP grant project and has been a coach for more than two years.

Froelicher shared that "working with the Diabetes Prevention Program has been a wonderfully rewarding experience. I have had a chance to work with individuals who are learning to make a difference in their health by changing to a healthier lifestyle. Diabetes is a condition where the individual's choices can make a drastic difference in disease progression. The participants from classes provided by MidMichigan Health demonstrated that better choices lead to a decrease in risk factors for diabetes through improved glucose and hemoglobin A1c numbers. Additionally, these class participants reported a change in attitude and energy and some participants reported decreases in risk factors for other conditions such as heart disease through improved lipid profiles and blood pressures. Others report being taken off medications that were previously needed to treat these conditions. It has been exciting to see the changes through the program. An increase in self-image and self-confidence is seen while the program progresses. Even those who do not lose the weight they would like to lose report that the program has given them knowledge and resources and the support system that they can use to continue with a healthy lifestyle throughout their lives."

Currently MidMichigan Health has three health sites for the DPP, including MidMichigan Medical Center-Midland, Community Mental Health of Central Michigan and Memorial Presbyterian Church. Lifestyle Coaches make the impact of creating change in our community.

"Kellie has been a huge advocate for the Diabetes Prevention Program," said Stephanie Leibfritz, RN, MS, community health manager at MidMichigan Medical Center-Midland. "Her tenacity in landing the program at both Community Mental Health of Central Michigan and Memorial Presbyterian Church is to be commended. Her keen ability to mesh each session with needs of individual participants has been instrumental in the success of our program completion rates."

If you are interested in becoming a trained DPP Lifestyle Coach, enroll in one of quarterly trainings. This training is two days and features an interactive, small group format with hands-on facilitation techniques on classroom management, insight from actual coaches on best practices and real-life experiences. To learn more visit <http://www.mihia.org/index.php/projects/diabetes-prevention-program> or see page six.

## MiHIA to Partner with Great Lakes Bay Region Alliance on New Initiative for the Community to Improve Health and Sustain Economic Development

Regional focus to improve health and sustain economic development in the Great Lakes Bay region

*Project Lead: Beth Roszatycki*



### Cost of Care

MiHIA and the Great Lakes Bay Region Alliance (GLBRA) are joining forces to lead an effort to improve population health and sustain economic development in the Great Lakes Bay Region. The intent is to determine

opportunities at the crossroads of better community health and increased economic success.

Healthcare represents nearly 20 percent of our region's economy and is intertwined with our investments and outcomes in education and infrastructure, with an impact on every individual, every family and every business in the region. This new partnership will involve collaboration with a variety of community sectors including regional leaders in health,

business and education to develop a portfolio of opportunities for the region to pursue.

"MiHIA is eager to partner with the GLBRA to pursue the Quadruple Aim and enhance our economic vitality. I will be leading the project within my current role as CEO of MiHIA," said Beth Roszatycki, Chief Executive Officer of MiHIA. "This joint stewardship across communities will lead to transformative change, healthier lives and regional economic growth."

## MiHIA Held 8th Annual 'Region Health and Health Care Systems: Communities Achieving Excellence and Accountability' Conference

Top health leaders spoke on pressing topic of population health

In January, more than 175 health leaders from across the Great Lakes Bay Region came together for the 8th Annual "Region Health and Health Care Systems: Communities Achieving Excellence and Accountability" Conference.

This conference helped attendees learn about the pressing topic of population health management related to the on-going delivery of care. Top speakers, Robert Fortini, PNP, Chief Clinical Officer of Bon Secours Medical Group, and Ray King, MD, Senior Vice President and Medical Affairs & Chief Medical Officer of Allegiance Health, provided case examples related to their experiences in leading change.

The presentations at the conference provided participants with take a ways to enhance their efforts toward improving quality and patient care experiences in the region.

"I was impressed with the work that Mr. Fortini and his group were doing to focus on quality of care and good outcomes – transitioning away from fee for service. Their approach to utilize a multi-faceted team approach to patient outcomes is noteworthy and potentially a plan for future health care delivery," said Michael Krecek, Director and Health Officer at the Midland School District. "Dr. King also was very impressive. I was heartened to see true partnership between health care and public health, working collaboratively to develop a population health strategy to improve health in the Jackson community. This is a unique approach in Michigan and I wish them much success."

In its eighth year, this annual conference continues its mission from the beginning to be an avenue of information for health care providers in our region.

# MiHIA Event

## Register today to become a Diabetes Prevention Program (DPP) Lifestyle Coach

As MiHIA continues to improve the health of our community, we are looking for individuals who would like to be trained to become DPP Lifestyle Coaches. This training will follow the National Diabetes Prevention Program (NDPP) curriculum developed by the Centers for Disease Control and Prevention (CDC). NDPP encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of Type 2 diabetes among people with pre-diabetes in the United States.

When: Tuesday, May 16 and Friday, May 19 from 9:00 a.m. - 4:30 p.m. ET

Where: Ascension | Michigan St. Mary's - Center of HOPE (Saginaw, MI)

Cost: \$500.00 per person and will be invoiced prior to the training

The 2-day, in-person DPP Lifestyle Coach Training features:

- An interactive, small group format with hands-on facilitation techniques on classroom management, insight from actual coaches on best practices and real-life experiences
- Lifestyle Coach Facilitation Guide, Coaches Manual, and Participant Manual
- DPRP Guidelines Tutorial (Review of DPRP Standards and Operating Procedures)
- Delivered by DPP Master Trainers, using CDC-recognized National DPP curriculum
- Lunch plus light refreshments and snacks

Register today on MiHIA's website or contact MiHIA's DPP Project Coordinator, Beth Pomranky, at [b.pomranky@mihia.org](mailto:b.pomranky@mihia.org).

## Want to learn more about what is going on at MiHIA?

Visit us at [www.mihia.org](http://www.mihia.org)

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