

Impact Report

1Q 2015



Letter from the CEO



BETH ROSZATYCKI

In our first quarter IMPACT Report, you'll notice a central theme – pre-diabetes is prevalent in our region. Some may not be familiar with this term, or what the implications of preventing diabetes can mean from a patient's perspective. Pre-diabetes is evident when blood sugar is abnormally high, but there aren't enough symptoms to label it as diabetes. **1-in-3 residents in the MiHIA region are pre-diabetic.** That's a startling number, and a scary one.

Here's the good news: MiHIA has actively resourced national experts and is implementing measures to combat this epidemic. From the extremely successful 6th Annual Health Conference to the launch of our Diabetes Prevention Program, MiHIA is at work for the health of our region. We hope you are inspired by the power of collective impact in action as you read this issue.

Beth Roszatycki

MiHIA Diabetes Prevention Program Update

Implementation is Underway

MiHIA is implementing the CDC (Centers for Disease Control) National Diabetes Prevention Program. This is a year-long program that consists of 16 weekly core sessions followed by 8 monthly post-core sessions for the remainder of the year.

This work, funded by the Charles J. Strosacker Foundation, is based on an evidenced-based model that predicts compelling outcomes. Based on 500 participants graduating from the DPP Course there will be a projected: annual savings \$2,059,000, 5-7% weight loss per participant, and 58% of the people will avoid developing Type II diabetes.

Long-term, we should be able to improve clinical outcomes related to diabetes. System changes will allow us to better detect and treat pre diabetes, and in addition, these system changes could be used as a model for other chronic disease prevention projects.

The MiHIA Diabetes Prevention Program will kick off in April 2015.

Partner organizations include: Aetna, Bay County Health Department*, Blue Cross Blue Shield of Michigan, Covenant Healthcare* (including Covenant PHO Partners), Dow Chemical Company*, Dow Corning Corporation, Health Delivery, Inc.*, HealthPlus of Michigan, McLaren Bay Region, MidMichigan Health*, Midland County Department of Public Health, Saginaw County Community Mental Health Authority, Saginaw Pathways to Better Health, and St. Mary's of Michigan*.



Currently, 15 Lifestyle Coaches have been trained and will be delivering the program onsite at 6 partner organizations in a variety of convenient locations throughout Midland, Bay, and Saginaw counties.

Individuals can be enrolled within the program through a variety of options. Physicians and providers can refer patients into the program by completing and submitting the Provider Referral form (located on the MiHIA website) to Viridian Health Management. If a participant is qualifying for the program by taking the risk questionnaire, they can call Viridian at 1-855-717-8813 to enroll or to receive more information on how to enroll.

This initial Diabetes Prevention Project has provider sites in Bay, Midland, and Saginaw counties, but will benefit all residents in the MiHIA region as the cost of diabetes is passed along in the form of higher insurance premiums, taxes and reduced earnings; the greatest impact being in the Bay, Midland and Saginaw counties which include over 390,000 residents.

Visit www.MiHIA.org to learn more contact Beth Pomranky, MiHIA DPP Project Coordinator, at b.pomranky@mihia.org

**indicates organizations that will be offering on-site program classes.*

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6th Annual Health Conference

National Expertise; Commendations for MiHIA

Over 200 health and health care system leaders from the Great Lakes Bay Region and beyond convened at Saginaw Valley State University in January for the region's 6th Annual Health Conference.

National system change leaders Dr. Fred Bloom, who served as Chief, Care Continuum and Medical Director, Quality and Performance for the very innovative and successful Geisinger Health Plan, and Dr. David Marrero, research leader for the National Institute of Health and CDC funded diabetes prevention research, were featured speakers.

"When you have a community collectively aligned and tackling health problems, it is a privilege to come and speak to them," said Dr. Bloom, when asked about his presence at the conference. "The fact that this region has MiHIA and a commitment to population health management based on all the Triple Aim elements is exciting."

Dr. Bloom's presentation and insights focused on the need for redesigning the provider network, in a sustainable manner that includes coordination with payers and a variety of community systems and services. He recommended that providers start this redesign with a team-based model and broader access to care, with payers and others in the medical neighborhood supporting case management. He encouraged participation and coordination across a wide range of stakeholders, including community agencies, physician networks, and even local pharmacies.

Bloom also affirmed the value of MiHIA's existence in the region. "You can be tremendously successful by applying these new collaborative models, such as MiHIA embodies. Communities must have close and active partnerships to be successful."

Dr. Marrero brought his deep expertise and interest in preventing Type II diabetes to the Annual Conference, drawn by the very specific work being done through MiHIA across the region to implement diabetes prevention programming.

"Type II Diabetes is the public health crisis of our time," said Marrero. "It's the 7th leading cause of death in the United States, and it eats up a full 25% of our health care costs. We know we also have 89 million adults – or 35% of all adults – in the U.S. with pre-diabetes, so it is absolutely imperative that we address these people before it's too late."

Dr. Marrero also commented on the power of MiHIA's activity in the region, stating that half the battle in implementing diabetes prevention programs is getting people on board and aligned.

"MiHIA puts you miles ahead of most communities in this respect," Marrero stated.

In his presentation, Dr. Marrero shared some of the more easily implementable strategies communities can leverage in tackling diabetes prevention, including: providers actively promoting diabetes education, community groups organizing and training lifestyle coaches to support others, and looking at community policies that align with diabetes prevention, such as school lunch options or grocery stores offering incentives for healthy food purchases.

"The good news is that very small changes have huge impact," Marrero concluded. "We know that for most people, a 5%-7% reduction in weight reduces the risk of Type II Diabetes by 60%-70%."

In the eloquent and timeless words of Nike, we need to "Just Do It."



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– DR. FREDERICK J. BLOOM, JR.,
NATIONAL SYSTEM CHANGE LEADER



"Half the battle (in impacting pre-diabetes) is getting people on board and aligned. MiHIA puts you miles ahead of most communities in that respect."

– DR. DAVID MARRERO,
NATIONAL SYSTEM CHANGE LEADER

Choosing Wisely Project Report

Phase I Concludes; Phase II Work Begins



An initiative of the ABIM Foundation

MiHIA's current Choosing Wisely® grant funding from the Robert Wood Johnson Foundation (RWJF) and ABIM Foundation commenced on March 31, 2015. Since its beginnings in 2012, the campaign has grown

from 9 medical specialty societies to more than 70, including organizations representing virtually every facet of medicine, nurses, and physical therapists. Consumer Reports has created a broad set of patient-friendly materials based on the society Choosing Wisely recommendations, and assembled a coalition of dozens of organizations that promote the messages and recommendations of Choosing Wisely to consumers. The project has been used to inform and influence physicians and patients, focusing on awareness of the Choosing Wisely recommendations and the problem of overuse.

The main initiative of the project was to help clinicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. **In the course of MiHIA's campaign, over 1,700 medical professionals and 800,000 consumers were provided with Choosing Wisely education and resources.** We applaud the power of our partners in collaborating so successfully on the campaign.

MiHIA Choosing Wisely Project Leaders Gary Bilotti and Katie Trotter gave special recognition to the Saginaw County Medical Health Society for their educational efforts through newsletters, presentations, and annual health fair.

Now, as a potential Phase 2 for Choosing Wisely, a new grant has been made available from RWJF. The 34-month grant would bring \$315,000 to the region, and would focus on reducing the utilization of selected tests and treatments discouraged by Choosing Wisely. The goal for each project would be to achieve a 20% reduction in utilization, and would involve delivery systems, hospitals, and medical groups working in collaboration with multi-stakeholder community-based groups and physician-led organizations.

MiHIA, in partnership with Covenant Healthcare, MidMichigan Health and the Saginaw County Medical Society, has submitted a proposal to be considered for funding. The project would impact 8 MiHIA counties: Bay, Clare, Gladwin, Gratiot, Isabella, Midland, Saginaw and Tuscola counties. MiHIA Project Leader Katie Trotter gave kudos to the

hospitals involved, as they are engaging Physician Champions to integrate Choosing Wisely principles throughout their health systems and integrating Choosing Wisely prompts into their Electronic Health Records.

The funding announcement will be made in May of 2015.

MiHIA's Choosing Wisely campaign reached over 1,700 medical professionals and 800,000 consumers.



Community Gardens Project Update

MiHIA Partners Focused on Improving Population Health

Three community garden sites will be launched in Midland County, thanks to efforts of MiHIA's Population Health Team, and grant funds from The Dow Chemical Company's weGive program. The community garden project is aligned to Dow's Community Success priorities of Environmental Stewardship and Community Enrichment.

Lack of access to fresh fruits and vegetables has been identified as a barrier to healthy eating habits within MiHIA's region, which includes Midland, where the obesity rate is 30%. Adults with a household member participating in a community garden consumed fruits and vegetables 1.4 times more per day than those who did not participate.

The Greater Midland Community Center, the Community Mental Health for Central Michigan (Midland branch), and Windover High School will utilize Dow employee volunteers to create sources for fresh fruits and vegetables, sustainable use of vacant land, and heightened awareness of environmental stewardship. Each of the three sites will engage a broad spectrum of people in the on-going garden sustainment, including children, the elderly, those with limited mobility, and staff.

The project purposefully supports MiHIA's regional health improvement strategy, which has identified community gardens as one of the critical areas needed to improve our regional health status.



National Quality Forum Site Visit

MiHIA Helps Shape National Action Guide Tool

On March 31, MiHIA hosted the National Quality Forum (NQF). Created in 1999, the National Quality Forum (NQF) is a not-for-profit, membership-based organization working to catalyze improvements in health and healthcare.

During a portion of this visit there was a Population Health Share Fair, providing education on work that is underway in the MiHIA region to positively impact population health and make improvements in healthcare.

“This was absolutely a showcase of collaboration,” said MiHIA Population Health Team Leader Mary Kushion. “We had 13 organizations come to share their efforts on behalf of MiHIA. Not only did we give the NQF group substantial content, but we demonstrated the power of our collective impact model in action.”

Allen Leavens, Senior Director at NQF, stated that the visit was very helpful in terms of refining and elevating their Action Guide, which outlines 10 steps any community can take to help with their health improvement efforts.

“We had great learning on the different activities that MiHIA groups are doing here in Michigan. [We’re] hoping to incorporate their feedback into improvements into the Action Guide,” Leavens said.

Beth Roszatycki, MiHIA CEO said the Action Guide was useful, and that MiHIA was pleased to be selected as one of the test sites nationally.

“We’re fortunate to be able to help develop, provide feedback, and implement the Action Guide at the ground level. This is a huge opportunity for MiHIA and our partners across the 14 counties of our region.”

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– BETH ROSZATYCKI, MIHIA CEO