



IMPACT REPORT

1 Q 2016 REPORT

Letter from the CEO



BETH ROSZATYCKI

The timing of our First Quarter IMPACT Report, in May, couldn't be better as everything around us is bursting into life and blooming, which seems perfectly aligned to where we are as an organization. So many of the efforts we have been working on, watching over, and anticipating are coming to fruition.

In this edition, we announce the arrival of Community Health Excellence Awards in the MiHIA region, a program that uses evidence-based measures to promote health excellence standards, and recognize those who are leading the way in developing healthier workplaces and communities. This is a tremendous

achievement for MiHIA, and reflects hours and hours of work from community members, dedicated partners on our Population Health Team as well as the MiHIA Board of Directors and Staff.

In another important area, MiHIA is expanding on our Choosing Wisely education campaign. We are familiarizing consumers with resources and educating them on how to make smart and affordable health care decisions focusing on community organizations as well as employers. Chemical Bank is a 2016 partner. They have contributed a \$5,000 sponsorship to continue spreading the Choosing Wisely® educational campaign not only within their corporation but across our communities; we thank them for their commitment to improving the region.

Finally, we have powerful updates to share from our Million Hearts initiative, Diabetes Prevention Program, and Community Gardens efforts. The latter are blooming in Midland – literally and figuratively! – at 3 locations, and we are intending to pursue additional community Garden Sites throughout the MiHIA region.

I am honored to be a part of these regional efforts to advance a thriving and healthy community. Thank you for your support! Enjoy the First Quarter IMPACT Report from your MiHIA Team.



Beth Roszatycki
Chief Executive Officer, MiHIA

MiHIA's Population Health Team

Community Health Excellence Awards

Project Leader: Mary Kushion



MARY KUSHION

"If we want to see positive change in the health of our region, we must recognize and celebrate excellence, inspiring others to do the same."

MiHIA's Population Health Team has been active in a variety of efforts over the past 3 months, including the launch of the MERCK Call to Action Speaker Circuit, exploring a new software platform for the MiHIA Dashboard and a project that has been near and dear to our hearts: Community Health Excellence Awards.

We have known that if we want to see positive change in the health of our region, we must recognize and celebrate excellence, inspiring others to do the same. The Community Health Excellence Award model, used nation-wide, is a program that will help us do exactly that.

MiHIA's Community Health Excellence Awards are designed on a framework that is based on evidenced-based programs, strategies and interventions. We use a system of metrics that are proven to create health improvements and are welcoming

community sectors within the region to apply. Not only can we recognize those who are already successful in promoting health, but we can also educate others on how to improve their practices.

In the first quarter of 2016, we have the criteria developed for 3 sectors - small businesses, K-12 schools and faith-based communities. We will be adding sectors in the 2nd quarter of 2016 as we continue to develop the criteria for more groups. Those interested in applying can visit mihia.org/index.php/current-projects/community-health-excellence-award for more details. We encourage you to spread the word!

Special thanks to our dedicated Population Health Team members who worked diligently on the Community Health Excellence Award development, and continue to commit to its success!

MiHIA's Population Health Team

Community Health Excellence Awards

Stephanie Leibfritz RN, MS, Community Health Manager, MidMichigan Medical Center-Midland (co-chair)

Katherine Dollard Program Director, Midland County, Community Mental Health for Central Michigan (co-chair)

Beth Roszatycki, CEO, MiHIA

Catherine Baase M.D., Chief Health Officer, Dow Chemical; Chairperson, MiHIA Board of Directors

Mary Kushion, Population Health Strategy Team Leader, MiHIA

Shanna Hensler, Community Health Education Coordinator, MidMichigan Medical Center-Gratiot

Barbara MacGregor, CEO, Bay and Saginaw Health Plans

Shelby Gutkowski, Student, Central Michigan University

Molly Jorden, Student, Central Michigan University

John Ulrich, Student, Alma College

Haley Henris, Student, Alma College

Ernikka Johnson, Student, Alma College

MiHIA Choosing Wisely®

Chemical Bank Steps Up for Consumers

Project Leader: Katie Trotter



“By partnering with Choosing Wisely® our employees can become more educated and make better healthcare choices. Better decisions result in lower healthcare costs and healthy, contributing community members.”

BOB RATHBUN

Chemical Bank Chief Operating Officer, Customer Experience

Chemical Bank has stepped up with a \$5,000 regional sponsorship, partnering with MiHIA to continue Choosing Wisely® efforts in the 14-county MiHIA region. Choosing Wisely® project leader Katie Trotter says the impact of the campaign continues to grow and is moving the needle on MiHIA's "Triple Aim" focus – better care, better health, and affordable care.

“Chemical Bank saw the benefits for their employees right away,” says Trotter. “Their investment in the program will hopefully help other employers to learn more and get involved as well. Chemical Bank has been a great partner, and we love their desire to help a broader community.”

Chemical Bank Chief Operating Officer – Customer Experience Bob Rathbun says that when they first learned about the campaign from MiHIA, the content was powerful and clearly important to adopt.

“Many times when a person has a health care issue, they are prescribed a litany of tests, which take time and can be expensive.



An initiative of the ABIM Foundation

What's helpful with Choosing Wisely® is that it gives patients tools and evidence to know if those tests are actually necessary, and have constructive conversation with their health care provider.”

Choosing Wisely® is a national campaign spearheaded by the American Board of Internal Medicine (ABIM) and the Robert Wood Johnson Foundation, in partnership with Consumer Reports. Lists of tests which are commonly prescribed but are often unnecessary, along with other campaign resources, are available at on MiHIA's website at bit.ly/1QDE6wk.

“Chemical Bank continues to be a self-funded insurance provider, as are other employers in our region,” says Rathbun. “By partnering with Choosing Wisely® our employees can become more educated and make better healthcare choices. Better decisions result in lower healthcare costs and healthy, contributing community members.”

MiHIA Diabetes Prevention Program

2015 By The Numbers

Project Coordinator: Beth Pomranky



“I find hope in this (DPP) program - it can be done in small steps over time.”

– Cathy Healy, St. Mary’s of Michigan Participant

Cathy Healy watched her father die at a young age, due to complications from diabetes and pulmonary vascular disease (PVD). She signed up for the MiHIA Diabetes Prevention Program (DPP) at the St. Mary’s of Michigan partner site, motivated by the fact that she wanted her story to be different.

Cathy is 1 of 295 people enrolled in a MiHIA DPP class across the Midland, Bay, and Saginaw counties. But she’s not the only one seeing amazing progress or taking control of her health.

Patricia and Andy Carey enrolled in the DPP program together.

“Going through the program, I saw the emotional connection I have to food,” shared Patricia. “Understanding my relationship with food and having the book from the program to refer to, I feel I’ll be able to stay on track and avoid diabetes.”

Andy Carey reported that his cholesterol numbers dropped, and he was able to stop taking all of his blood pressure medications.

“We will be retiring in a few years. I want to be healthy to enjoy that time in our life - we’ve worked so long to get there. I want to be able to keep up with the grandkids!”

Producing Impact in 2015

- 14 MiHIA partner organizations supporting DPP efforts.
- 7 Providing sites implementing DPP classes.
- 295 Individuals enrolled in a DPP class.
- 24 DPP classes currently active.
- 3.0% Average Percent BMI change per participant completing Core Phase.
- 5.3% Average Percent Weight Loss per participant completing Core Phase.
- 6.2% Average Percent Weight Loss per participant in Saginaw County.
- 1,367 Total Weight Loss by participants in Midland County.
- 58% Percentage of risk reduction of pre-diabetic participants developing Type 2 Diabetes in the Midland, Bay, and Saginaw counties.

Our Team: Partnering for Prevention

- Aetna
- Bay County Health Department
- Covenant HealthCare, including Coveant 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
- St. Mary’s of Michigan

Million Hearts® Initiative

Mid-Project Progress Report

Project Leader: Katie Trotter



“Our partners are using improved processes to identify uncontrolled and undiagnosed hypertension to combat heart disease. We’re gaining momentum in improving heart health strategies.” – Katie Trotter

In 1Q 2016, the collaborative Million Hearts® initiative made significant strides towards improving heart health for Saginaw County residents.

MiHIA partners Health Delivery Inc. and St. Mary’s of Michigan launched new and improved protocols designed to better identify people with pre-hypertension or hypertension.

Within the two systems, 5 clinics are now actively using this process to link patients with the most appropriate intervention.

“Our partners are using improved processes to identify pre-hypertension and combat heart disease,” says Katie Trotter, MiHIA Project Leader. “We’re gaining momentum in improving heart health strategies across Saginaw, and we’re excited to help coordinate these efforts.”

The Saginaw County Department of Public Health and HealthPlus of Michigan, two more MiHIA partners

involved with Million Hearts®, are actively connecting the dots to refer people into the program.

“This referral work is so great,” says Trotter. “It’s helping us as a community build out the patient-centered medical home model, where anyone who influences the patient’s health and well-being is linked into what we call their ‘care community.’”

“We’re just beginning, and already there is a lot to be proud of. We’re looking forward to the next steps and the additional impact we can have.”



Partner Organizations

Health Delivery Inc.

HealthPlus of Michigan

Michigan Department of Health and Human Services (MDHHS)

Michigan Public Health Institute (MPHI)

Saginaw County Department of Public Health

St. Mary’s of Michigan