



IMPACT REPORT

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Letter from the CEO

“Don’t fear failure. Fear being in the exact same place next year as you are today.” –unknown

As we wrap up the second quarter of the year, MiHIA continues to expand and transform the way we approach improving the health of our region. Change is not effortless and often requires strength and energy.

As tempting as it is to stay in the comfort zones we know so well, to continue to succeed, producing positive outcomes and drive improvements, we must take a concerted and proactive approach. Actions from each of us needs to occur.

As our MiHIA Team, partners and regional stakeholders continues to expand we must all become ready to act as leaders, explorers and visionaries. This is an opportunity to produce positive outcomes for our communities. Let’s visualize who we want to be, what we want our region to achieve and collaborate to accomplish it—together!!

Beth Roszatycki

Beth Roszatycki
Chief Executive Officer, MiHIA

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MiHIA Welcomes New Associate Director Charbonneau-Ivey Brings Support and Leadership that will Aid in the Fulfillment of MiHIA's Mission



On June 5, MiHIA welcomed Trisha Charbonneau-Ivey as its new Associate Director. Charbonneau-Ivey will lead the core initiatives and projects aligned to the Quadruple Aim of improving patient experience, population health, cost of care, and provider well-being. As the new Associate Director, Charbonneau-Ivey comes to us with a bandwidth of experience and will facilitate the progress of the MiHIA strategic business plan, focusing on elevating relationships and partnerships within our community to enhance MiHIA's ability to succeed.

To learn more about Charbonneau-Ivey, we asked her a few questions about what she is excited about the most, what she is looking to do in her role and what she loves to do when she isn't working: **As the new Associate Director, what are the three things you are excited to start working on?**

I am very excited to begin work on the opioid priority area. I have a background working in behavioral health, specifically and more recently, on a grant funded systems change effort to reduce opioid misuse and abuse through implementing Screening Brief Intervention and Referral to Treatment with primary care providers. It is very exciting to take what I have learned from that experience and bring it to the whole 14 county region we serve at MiHIA.

I am thrilled to begin working on the

“Healthier & Happier Families: Preventing and Fighting Childhood Obesity” project made possible by a grant through the Allen Foundation. This funding opportunity will help us to work with our community partners to engage youth and their families to improve their overall well-being. This will be done via a mobile platform that provides participants with support in learning healthy eating habits and exercise to help them lose weight and reduce their BMI – all to help children maintain good health or get on track to better health.

I am passionate about population health and working with our Population Health Strategy Team. They are an incredible group dedicated to making positive and long-lasting systems change for our regional community. We have some very exciting projects and initiatives underway for 2017. One of the projects that launched in May, the Health Dashboard 4.0, is a treasure for our region. This is a powerful tool for MiHIA and our community partners to obtain critical data about our region, as we leverage, find the best practices being implemented, and funding sources that will help us become healthier.

In relation to our Quadruple Aim focus, how does your background and the relationships you have built contribute to these four focuses?

Population Health – Improving the health of the population and addressing

the social determinants of health through systems change has been a large focus of most of my career. The value of addressing those determinants, is that it allows us to be better equipped to focus on the root cause of health care concerns in our community, and respond with sustainable systems change. Addressing cost of care is an opportunity that I am very excited to delve into much more deeply. My graduate degree is in Health Administration and Leadership and much of our education concentrates on the impact cost of care has on overall population health.

Patient Experience – I have had the privilege of spending much of my career working with people of all ages including the very healthy as well as those with chronic health conditions. I deeply respect the value we place at MiHIA on ensuring the voice of the consumer in the collaborative work we pursue and in our infrastructure.

Provider Well-Being – I have had the honor speak to students and professionals on the topic of compassion fatigue and compassion satisfaction over the course of my career. I have also led a group in my past employment dedicated to the prevention, intervention and elimination of compassion fatigue among providers. We were dedicated to implementing best practices to support provider well-being.

While you are not at work, what do you enjoy doing as a hobby?

I am a bit eclectic in my hobbies. I love nature! My husband and I live on wooded property, which allows us to be close to nature every day. The beach or any place near a body of water is my favorite place for relaxation. I love to read and have been a member of a book club for many years. My husband and I love classic car restoration and modification. I grew up working in my father's automobile repair shop and have a deep appreciation for classic automobiles. I enjoy running 5Ks with my friends. We have a lot of fun looking for themed or charity runs to support in the region.

The Health and Economic Initiative of the Great Lakes Bay Region

MiHIA and the Great Lakes Bay Regional Alliance Partnering to Build a Healthy Population AND Healthy Economy

Project Director: Beth Roszatycki

Leaders from across the Great Lakes Bay Region are increasingly recognizing the powerful intersection between health and the economy. The mission of the Health & Economic Initiative of the Great Lakes Bay Region is to improve health outcomes and increase sustained economic growth in our communities.

MiHIA and the Great Lakes Bay Regional Alliance (GLBRA) will collaborate to lead this initiative with both organizations mission being deeply committed to critical elements of health and economic growth.

Beth Roszatycki, Chief Executive Officer (CEO) of MiHIA has been named the Director for this multi-year initiative while remaining in her current role as CEO for MiHIA.

“Being in the Project Director role has been a great experience so far and I look forward to diving deeper into advancing the goals of the initiative. The continued partnership between MiHIA, the Great Lakes

Bay Regional Alliance and organizations throughout the region to create a healthier population and healthier economy is amazing to see,” Roszatycki shared. “Leaders in our community are working together to create change for healthier lives and economic growth, and I couldn’t think of a more rewarding and purposeful initiative to be a part of.”

These organizations will also partner with ReThink Health, a firm created by the Rippel Foundation, to assist with gathering community input, assessing our assets and developing health ecosystems maps that illustrate leverage points for improving health and delivering economic benefits. The maps will allow us to simulate intervention in existing systems, understand why some interventions fail and provide new ideas for achieving desired outcomes. The firm has experience with similar efforts and the Initiative will also have a longstanding commitment to study elements that drive improved population health.

MiHIA Launches Tool to Help Improve the Health of Our Region

Health Dashboard 4.0 Offers a Profound Insight on Broad Health Opportunities and Gaps in MiHIA Region

Health Dashboard Project Lead: Beth Pomranky

RCHNA Project Lead: Katie Trotter

Hospital systems, universities, local public health, social service organizations, and businesses all need access to population health trends to better interpret and communicate information to their community and relevant stakeholders. On May 22, MiHIA launched the enhanced Health Dashboard 4.0 to aid in the continuous improvement of the health and well-being of our community. This enhancement to the Dashboard, which was created eight years ago, will provide regional health data to not just health professionals, but to anyone with internet access. The Dashboard is customizable and can be structured to fit our regional needs.

MiHIA’s Health Dashboard 4.0 was purposely designed to help encourage collaboration amongst health professionals, community service providers, health departments, educational institutions and patients – ultimately creating a platform in the region to assess community health needs, identify best practices and interventions to improve

health outcomes, and track and evaluate program performance.

The Dashboard 4.0 is an incredible resource for MiHIA and community partners as we build a Regional Community Health Needs Assessment (RCHNA). MiHIA was recently awarded the funds from the Michigan Health Endowment Fund to conduct a RCHNA. The Dashboard 4.0 is a powerful tool for MiHIA and community members as this assessment is developed and will provide our community with a single standardized format for assessing health needs.

“This partnership with the Michigan Health Endowment Fund to develop a common approach to understanding the needs of the communities to improve health outcomes is an extraordinary and innovative opportunity,” said Katie Trotter, Project Leader for the RCHNA grant. “A shared assessment across our region will position our communities for positive improvements, enable better shared initiatives for common needs and facilitate translation of successful

interventions between counties.”

The Steering Team has recently released a call for team members with key skill sets necessary to complete the RCHNA. Those skill sets include ambassadors, data organizers, collectors and evaluators, and community health improvement plan developers. The Steering Team will begin convening to work on the initial aspects of the project. Over the next 90 days we will begin designing the process for the RCHNA by identifying the evidence-based framework to be used. The team will begin by designing strategies and methodologies for the collection of qualitative data, completion of root cause analysis of quantitative data and the completion of asset mapping. The full process will take approximately 18 -24 months to complete.

Information on the Michigan Health Endowment Fund can be found at www.mhealthfund.com and information on the enhanced Dashboard can be found at <http://mihia.org/dashboard4.html>

MiHIA's Annual Dig It! Project Creates First Community Garden Program in Sanilac County

Marlette Regional Hospital Partners with MiHIA to Bring Community Members Together

Project Coordinator: Katie Trotter



Population Health

MiHIA celebrates its third year of partnering with a community to bring garden access to their citizens. This year, the Marlette Regional Hospital provided adoptive plots to community members and businesses around their area along with

seeds, water and tools to use throughout the season.

“The community came together very quickly to support this project. Businesses took part in donating the supplies needed and one local company volunteered to do soil testing and to serve as a hotline to answer questions about planting and care for plants,” said

Dan Babcock, CEO of Marlette Regional Hospital. “We are grateful for the partnership with MiHIA, to help improve the quality of health in the community we serve.”

All participating community members have their plots planted with seed and starter plants. These gardens are an avenue to teach a healthier lifestyle to community members as consuming fresh fruits and vegetables can lead to healthier individuals.

“This Dig it! project has been very fun to see come together. When this project started to form, members of the community quickly worked together to provide the resources needed to make this possible,” said Katie Trotter, Project Leader. “One of MiHIA’s top priorities as an organization is to positively impact population health and community gardens are a great way to increase access to fresh food and awareness of healthy living. I love seeing this project come together each year in different communities!”

Learn more about the 2017 Dig It! Community Garden project at www.mihia.org/index.php/current-projects/dig-it. Interested in bringing this project to your community next year? Contact MiHIA at admin@mihia.org.

MiHIA Recognizing Excellence within Organizations across Central Michigan Striving to Achieve a Healthy Culture

MiHIA's “Community Health Excellence Award” Scorecard is Coming Soon!

Team Leader: Peggy Sczepanski

Co Chair: Tracy Metcalfe



Population Health



Cost of Care

MiHIA's Community Health Excellence Award was introduced in 2016 to recognize organizations within the region that are striving for and achieving outstanding health and well-being through programs, policies and education. This year, MiHIA has expanded the effort to not only acknowledge organizations already achieving health excellence, but also to inspire, guide and encourage organizations

interested in strengthening their organizational and community health offerings.

MiHIA is inviting community groups and organizations throughout our 14-county region to assess their health offerings, practices and policies, using the MiHIA Community Health Excellence Award Healthy Culture Scorecard. Organizations can use the scorecard as a tool to get started incorporating impactful health offerings, or as an on-

going model for creating organizational improvements towards health excellence.

“Everyone can participate! This assessment is built on an evidence-based framework designed by the US Centers for Disease Control and Prevention,” said Peggy Sczepanski, Health Promotion Coordinator at Dow Chemical and MiHIA Population Health Team Leader. “Delivering best practice health promotion offerings within MiHIA’s partner organizations will help improve the health of our regional population and save money for employers instituting these programs.”

Assessments will be collected August through October 31, 2017. MiHIA will be hosting workshops in August and September to provide guidance and support for those interested in completing an assessment, and building a culture of health within their organization.

Recognition and achievements will be publicly announced during the 9th Annual Health Conference on January 26, 2018 at SVSU.

To learn more, visit www.mihia.org/index.php/projects/community-health-excellence-award.

Regional Diabetes Prevention Program Continues to Impact the Lives of Community Members

Lifestyle Coaches and Participants Share About Their Experience

Project Lead: Beth Pomranky



Population Health

MiHIA's Regional Diabetes Prevention Program (DPP), graciously funded by the Strosacker Foundation, continues its efforts to prevent or delay the onset of Type 2 diabetes among people with pre-

diabetes in central Michigan. DPP has been a strong program within the community for the past two years and has provided an opportunity for participants to learn strategies for incorporating physical activity and healthy eating into their daily life

Over the last 2 years, MiHIA's regional DPP has impacted 405 individuals who have enrolled in or have completed the 16-weekly sessions followed by 6-8 monthly sessions. One DPP participant who was part of the Bay County Health Department's "New Year New You" (NYYN) DPP program shared that "In the scheme of things, sixteen weeks is a relatively short time. I feel that the last sixteen weeks in which I participated in the NYYN program offered by my employer has been sixteen weeks very well spent. During this time, through my coaches and program materials, I was able to learn valuable information about healthy eating, making the right choices, engaging in regular exercise and activities and being honest with myself. All these elements combined resulted in a positive change in lifestyle for me. While I agree that "life" sometimes has a way of getting in the way of living a healthy lifestyle, accepting this fact and armed with the knowledge provided by NYYN, my initial goals were met.

I am now reaching for another goal and continued success. I was able to lose 20 pounds during the program but my personal benefits also include heightened self-esteem, reduced blood pressure, better sleeping at night and fewer digestive issues.

Thanks to NYYN for providing the tools I need for success and good health!"

These DPP sessions are led by Lifestyle Coaches, including Liz Warmbier of the Bay County Health Department who shared "What I enjoy most as a Lifestyle Coach is that every participant joins the group with their own life story- their own experiences, their own personal goals, their own personal struggles and their own past/current achievements. I like that with everyone's differences, we all come together with one common goal- better health and wellness. The program focuses on more than a number on the scale you won't be embarrassed about; it focuses on nutritional foods, stress management, positive thinking, and mindful eating. I believe that the personal experiences participants bring to the group as well as the topics covered encourage long term success in health and wellness and a healthier community which is the ultimate goal."

DPP aspires to make a difference in the lives of the individuals within our community. The impact as you can see is outstanding and we hope to continue to see this effect as we move forward.

"As the Health Officer of Bay County and a Board Member of MiHIA, I strongly applaud the efforts to tackle such a complex and important issue of chronic disease prevention as we are currently doing with the Diabetes Prevention Program," said Joel Strasz.

"DPP is the perfect example of the intersection where public health efforts of the community we live in meet with the personal and clinical health goals of our individual residents.

I am proud of the efforts of my staff as they work within the community on this important project."

If you are interested in becoming a trained DPP Lifestyle Coach, enroll in one of MiHIA's 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/diabetesprevention-program> or see page 7.

MiHIA Provides Marketing Intern Experience Not Found in the Classroom

A Letter From: Kaitlin Horn, Public Relations Undergraduate from Central Michigan University



During the Winter 2017 semester, I served as MiHIA's Marketing and Communications Intern through which I was able to be part of a variety of projects, events and initiatives. After starting off the internship doing live social media at the Live Your Life on Purpose event and 8th Annual Health Conference, I quickly transitioned into my primary responsibility of creating monthly social media content calendars. By doing so, my social media writing and graphic design experience increased dramatically.

One of the most exciting parts of working as an intern for MiHIA was how it allowed me to create content I had never been able to deeply explore in the classroom. For example, I created my first extensive media list of News Professionals all throughout Michigan. I began to notice an increase in speed and efficiency in my research abilities. Toward the end of my time with MiHIA, I was able to touch on measuring analytics and simplifying raw data as well.

In addition to my internship, I served as an account executive for MiHIA through Central Michigan University's student-run public relations firm, PR Central. I first heard of MiHIA through this organization, and I truly owe my experiences to that initial, successful encounter. My primary responsibility as an account executive was modifying and suggesting improvements that could be made on the website in order to offer a more user-friendly experience. Oftentimes, my office work would overlap into my internship, allowing me to grow much closer to MiHIA.

My experience as a Marketing and Communications Intern with MiHIA was something so much more fulfilling than I had expected. The guidance, dedication and accessibility I was shown by Lisa Thompson, MiHIA Communications and Marketing Lead; Beth Roszatycki, CEO; and Beth Pomranky, Operations Manager made it very possible for me to succeed as an intern and for that, I will always be grateful. They taught me many things about MiHIA and public relations while also giving me constructive feedback that allowed me to grow creatively and professionally.

My experience with MiHIA gave me a deeper look into the inner workings of nonprofit health organizations, inspiring me to potentially pursue a career in the healthcare field. I am looking forward to working as an account executive for MiHIA for one final semester before I graduate this December.

Upcoming Events

3rd Annual Great Lakes Bay Region Symposium

Join the Michigan Health Improvement Alliance, Inc. (MiHIA) and Merck for the 3rd Annual Great Lakes Bay Region Symposium to explore how actions taken now can further improve our health and economic outcomes.

- When: Thursday, September 28, 2017
- Location: Central Michigan University College of Medicine - Saginaw Educational Building, Saginaw, MI
- Guest Speaker: Scott Foster, President of Wellco
 - Scott Foster, B.A.A is President of Wellco, and an invited speaker on the topics of making sense of new health care strategies and health-wellness ROI. He is a columnist for Corp Magazine, consultant to the State Of Michigan, and Founding Chairperson of the Michigan Wellness Council. Mr. Foster is a Certified Health Promotion Director from the Cooper Clinic and Certified Lipid Clinic Facilitator from Midwest Heart Specialist, and a former hospital cardiology manager and health educator

Learn more or register visit www.mihia.org/index.php/events.

Midwest Forum on Hospitals, Health Systems and Population Health

Mark your calendar for a three-day forum that will explore innovative models for transforming the healthcare system to support the health of Americans. The forum will bring together nearly 300 Midwestern leaders from health care, public health, social services, and other sectors to engage in a broad dialogue around integrating clinical, community health, and prevention strategies to solve complex health issues.:

- When: November 29-December 1
- Location: The Westin Michigan Avenue, Chicago, IL

Learn More: www.mhc.org/2017/04/07/save-date-midwest-forum-hospitals-health-systems-population-health/

9th Annual "Region's Health and Health Care Systems: Communities Achieving Excellence and Accountability" Conference

Health leaders from across the Great Lakes Bay Region will come together for this conference to learn about the pressing topic of population health management related to the on-going delivery of care.

- When: Friday, January, 26, 2018
- Location: Saginaw Valley State University, Alan W. Ott Auditorium, Saginaw, MI
- Guest Speakers: Dr. Ray Fabius, Co-founder of HealthNEXT, and Daniel Wolfson, Executive Vice President and COO of the ABIM Foundation.
 - Dr. Ray Fabius, Co-founder of HealthNEXT and the Principal founder of Ab3Health LLC. He has served as the Chief Medical officer of Truven Health Analytics and was the Global Medical Leader for General Electric. Dr. Fabius has served on the HEDIS Respiratory and Behavioral Health Measurement Advisory Panel. He is currently a faculty member and Distinguished Fellow of the American College of Physician Executives and a founding member and VP of Health Internet Ethics, which established the standards for health website accreditation.
 - Daniel Wolfson, Executive Vice President and COO of the ABIM Foundation. Daniel B. Wolfson is Executive Vice President and COO of the ABIM Foundation. Previously, Mr. Wolfson served for nearly two decades as the founding president and CEO of the Alliance of Community Health Plans (formerly The HMO Group). Previously, Mr. Wolfson was the Director of Planning and Research at the Fallon Community Health Plan. Mr. Wolfson received his master's degree in Health Services Administration from the University of Michigan, School of Public Health.

Learn more or register visit www.mihia.org/index.php/events.

Diabetes Prevention Program (DPP) Lifestyle Coach Training

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).

Fall Training

- When: Wednesday, August 29 and Thursday, August 30 from 9:00 a.m. - 4:00 p.m. ET
- Location: Bay County Building (Bay City, MI)
- Learn more or register visit www.mihia.org/index.php/events.

Winter Training

- When: Tuesday, December 12 and Friday, December 15 from 9:30 a.m. - 4:30 p.m. ET
- Location: Center of Hope (Saginaw, MI)
- Learn more or register visit www.mihia.org/index.php/events.

For more information, please contact MiHIA's DPP Project Coordinator, Beth Pomranky, at b.pomranky@mihia.org