

Beaumont

HEALTHY COMMUNITIES INITIATIVE

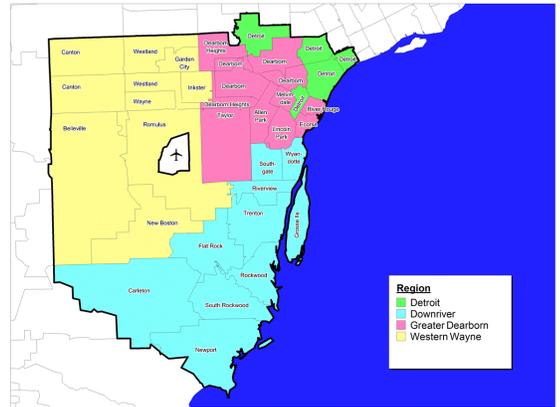
BUILDING HEALTH and WELLNESS ONE COMMUNITY at a TIME



Community Health Crisis: Diseases of Lifestyle

Today, our nation faces a crisis due to the burden of chronic disease. Nearly 50% of Americans live with at least one chronic illness and treatment of people with chronic conditions accounts for more than 75% of the \$2 trillion spent annually on medical care in the United States.

Chronic conditions such as heart disease, diabetes, cancer, stroke, obesity and arthritis affect work, family and overall quality of life. These “diseases of lifestyle” can be prevented or reversed through *promotion of healthy lifestyles*.



Of the 83 counties in Michigan, Wayne County ranks lowest for health outcomes and health factors.

Beaumont’s **Healthy Communities Initiative** is a bold vision with a focus on promoting, supporting and sustaining healthy lifestyles.

Healthy Communities Background: Assessing Community Needs

Under the Affordable Care Act, IRS Requirements stipulate that 501 (c) (3) tax-exempt hospitals:

- Must conduct a Community Health Needs Assessment (CHNA) every three years
- Must include input from “persons representing the community served by the hospital facility,” including those “with special knowledge or expertise in public health”
- Must identify health needs, determine priorities and develop an *implementation strategy* for each hospital site.

Accordingly, in 2013 and again in 2016, Beaumont led an extensive CHNA encompassing communities surrounding its Dearborn, Taylor, Trenton and Wayne hospitals. The CHNA process included focus groups and interviews across the region along with data analysis of more than 100 health indicators. The assessment process resulted in identification of health priority areas to be addressed in communities served by Beaumont over the coming years:

- Diabetes**
- Cardiovascular disease**
- Obesity**

The long range goal of Healthy Communities is to improve population health and reduce healthcare costs.

Beaumont implemented the Healthy Communities Initiative in order to best address and make progress on these identified health priority areas.

Addressing Chronic Disease: Beaumont Healthy Communities

Research suggests there is a strong connection between “place” and health, and that the best way to impact chronic disease is by improving conditions in communities that make healthy eating and active living easier, safer and more accessible. Beaumont launched Healthy Communities in partnership with the cities and school districts of **Trenton, Taylor (2014), Wayne and Dearborn (2015)**, in order to promote, facilitate and create sustainable opportunities for healthy lifestyles, and “move the needle” on population health. Beaumont will continue to engage and partner with communities and schools in creating and sustaining healthy communities across Wayne, Oakland and Macomb counties.

Healthy Communities is a multi-sector collaboration that emphasizes change at multiple levels and has a strong focus on community engagement and ownership.

Healthy Communities Structure and Function

Healthy Communities is a place-based initiative that encourages residents to lead healthier lives --and provides resources to help. Its integrated framework coordinates primary healthcare, public health and community interventions; and emphasizes a shared responsibility for community health, while encouraging residents to take active roles in their own health.

Each Healthy Community features a formalized **Healthy Community Coalition** with membership including residents and representatives of local government, schools, business, health care, social service, faith based and other community organizations. Coalition members meet regularly and work collaboratively to optimize the reach of existing programs; and support development of new programs, events and land use that promote healthy living in their communities. The coordinated, collective approach taken by each coalition allows individual members to have a greater influence on the health of their community than they would achieve by acting individually.

Mayors, City Councils, and School Superintendents, sign a memorandum of understanding that health will be considered in all decisions.



“This is an ongoing commitment. As long as we are a community, our goal will be to be a healthy community.”

-Dearborn Mayor Jack O’Reilly

Healthy Community Strategies

Four key principles drive strategies for improvements within each Healthy Community:

- Address community health needs through partnerships
- Implement large scale interventions in multiple settings
- Reach diverse population groups in order to promote health equity
- Make interventions sustainable

Because each community has its own distinct culture, resources, dynamics, and social and economic landscapes, coalition members develop programs and strategies to fit the unique needs and strengths of their own Healthy Community.



HEALTHY DEARBORN



Healthy Dearborn is dedicated to helping everyone in our community have equal access to healthy foods, health care and green space so that they can live full, active lives. Beaumont Health, the City of Dearborn, Dearborn Public Schools and many others have partnered to create a thriving culture of health that will improve our quality of life today and in the years to come.

CREATING A HEALTHY COMMUNITY TOGETHER – JOIN AN ACTION TEAM TODAY!

HEALTHY SCHOOLS Designing educational activities to promote healthy eating and active living before and after school.	HEALTHY FOODS Making sure everyone has access to healthy foods and information about healthy diets.	HEALTHY AT PLAY Connecting people to safe, green spaces, parks and recreation places to be active.
HEALTHY AT WORK Supporting employers and employees in making healthy choices at work.	HEALTHY TRANSPORTATION Creating walkable and bike-able neighborhoods.	

Come & join us! Healthy Dearborn partners are listed on the other side. For more information, (313) 421-0762 or sara.ghicher@beaumont.org

Current Beaumont Healthy Community Coalition Action Teams: Dearborn, Wayne, Taylor, Trenton

In order to develop a strategic plan for promoting healthy eating and active living, each Healthy Community Coalition forms four to five “Action Teams” that work together to develop unique goals and objectives. These teams implement strategies aligning with their coalition’s mission and vision, and their community’s needs. Coalition Action Teams and their general points of focus include:

Workplace teams support employers and employees in healthy living by developing and providing information, tools and resources that increase access to healthy choices and opportunities at work.

Schools teams support children and their families by creating in-school and outside of school opportunities and environments that support healthy eating and active living.

Healthy Foods/Healthy Eating teams focus on increasing knowledge, awareness and availability of healthy food choices; and ensuring all community members have access to healthy foods.

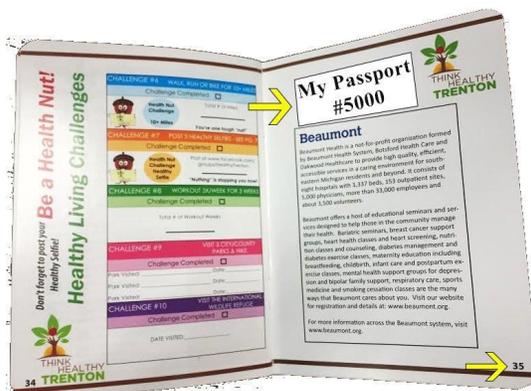
Non-Motorized Transportation/Built Environment teams focus on developing walk-able and bike-able communities.

Active Living/Recreation teams focus on enhancing physical assets; developing opportunities for physical activity; and connecting community members to green spaces, parks and recreation venues.

What Healthy Communities are Doing

Healthy Community Coalitions and their Action Teams serve as the forum for combining resources and connecting residents with healthy new opportunities. Ongoing efforts and accomplishments include:

- Development of Healthy Community websites and Facebook pages providing community members with an inventory of healthy living information, resources and upcoming opportunities
- Development and delivery of worksite wellness presentations for employers, (e.g. data on employer savings and benefits; and information and resources for on-site healthy foods, active workplaces and health education)
- Collaboration with local restaurants to develop and promote healthy entrees
- Development and promotion of neighborhood walking clubs
- City-wide distribution of Healthy Community “Passport” booklets with information, resources, challenge programs and incentives



- Scheduled bicycle tours, development of a park-linked bicycle rental program, “Ride with the Mayor” and police guided family bike rides
- Published routes for walking/biking tours
- Development of a specially marked “sharrow” route (that creates a shared lane environment for bicycles and cars) connecting resident cyclists to 60 miles of bike paths spanning several Metroparks
- A church-based 5K run/walk event
- A school district Healthy Community logo contest and healthy food curriculum for schools
- Farmer’s Market collaborations including “Walk with the Mayor,” health screening and interactive health education programs
- Implementation of community gardens
- Development of recognition programs for employers promoting healthy living.

Let's Walk Taylor Together




HEALTHY TAYLOR

Walking is good medicine.
Walking for as little as 30 minutes a day can benefit your joints, alleviate back problems, lessen worry and tension and add years to your life!

Healthy Taylor wants to help you make walking a part of your fitness routine. Gather a group of neighbors, friends, co-workers or family and let's walk Taylor together.

How we can help.
Get your group together and designate a leader. If you would like, pick a name for your group. Select a day of the week and a time to walk regularly. Pick up your free walking kit and register your group at Taylor Recreation Center.

Your kit will contain a pedometer for the leader of the group, lanyards and tracking logs for each member along with tips for making the most of your walks.

Next step: Walk. Turn in your tracking log for a chance to win prizes. It's that easy!



Taylor Recreation Center
22805 Goddard Rd. | Taylor, MI

For more information, call
City of Taylor Recreation Center
734-374-8900



Beaumont

PASSPORT



THINK HEALTHY TRENTON

A Partnership with
The City of Trenton
Trenton Public Schools
Beaumont Health

www.healthytrenton.org



HEALTHY DEARBORN FAMILY BIKE RIDE

10 a.m. Sunday, October 18, 2015
Ford Community & Performing Arts Center
15801 Michigan Ave., Dearborn

- Family-friendly police-guided bike ride through the heart of Dearborn
- Free access to The Center's fitness area, rock climbing wall and pool
- Snacks and safe bicycling handouts for kids and adults
- Registration begins at 9:30 a.m.

Presented by
Beaumont Health
Beaumont • Rolland • Oakwood

www.cityofdearborn.org/healthydearborn **313-943-2285**

Optimizing the Reach of Effective Programs

In addition to generating *new* programs and opportunities that support healthy living, each Healthy Community Coalition serves as a conduit furthering the reach of *existing* programs into diverse and vulnerable populations.

Cooking affordable and healthy meals just got easier!



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY



Beaumont hospitals have a longstanding tradition of reaching outside hospital walls to support the community through targeted health and wellness programs. Evidence based and award winning Beaumont outreach programs currently addressing identified health priorities include:

- **Coordinated Approach To Childhood Health (CATCH)**
Designed for elementary and middle school aged children in after-school and summertime settings, Catch Kids Club (CKC) sessions include nutrition education, hands on healthy snack preparation and structured physical activity.
- **Cooking Matters™**
Cooking Matters™ teaches families how to shop for and prepare healthy meals on a limited budget, and maximize benefits received through public nutrition programs. Classes include hands-on preparation and demonstrations led by trained chefs and registered dietitians. Participants receive groceries at each session so they can practice what they learned in class at home.
- **Cooking Matters at the Store™**
Facilitated by a Registered Dietitian at the grocery store, this 90 minute interactive program focuses on behaviors that assist participants toward making healthy food purchases. Each session ends with the \$10 Challenge, where participants receive a \$10 coupon and use the skills they've learned to purchase a healthy meal for four.
- **Heart Health Screening**
Beaumont's Heart Health Screening program includes blood pressure, blood glucose, and both total and HDL cholesterol measurements. Participants receive on-the-spot counseling specific to their results. Those with "high risk" results receive post-screening follow up to ensure they've shared their results with a physician and provide assistance in finding a physician, if needed.



Beaumont's Community Health department was founded in the belief that the entire region benefits when people are physically, mentally and emotionally healthy.

- **Diabetes PATH (Personal Action Toward Health)**

Diabetes Personal Action Toward Health (PATH) is an evidence-based program for type 2 diabetics and their caregivers. Diabetes PATH is designed to enhance participants' confidence in managing their disease. Participants learn to balance blood sugar; avoid complications from diabetes; improve communication skills with family members and health care providers; decrease stress; and create personal action plans for healthy lifestyles.

- **My Choice...My Health Diabetes Prevention Program (DPP)**

My Choice...My Health Diabetes Prevention Program (DPP) is a lifestyle change program designed for pre-diabetic community members. DPP focuses on improved food choices, physical activity, stress management and identification of barriers to lifestyle change. Participants meet as a group with a trained lifestyle coach for one year and work toward goals to lose 5-7% of their starting body weight and increase brisk physical activity to 150 minutes each week.

- **Beaumont Child and Adolescent Health Centers**

Six Beaumont Child and Adolescent Health Centers (CHAC) are addressing the special medical and psychosocial needs of children and teens in underserved areas. While a growing body of evidence suggests that access to primary health care in schools can improve both health status and learning readiness, Beaumont's school-based and school-linked CHACs are located in areas where families face challenges such as lack of transportation and health insurance. A variety of services include primary medical care and preventive services; chronic disease management; Medicaid outreach and enrollment; early intervention and psychosocial services; award-winning classroom-based and summertime health promotion, violence prevention and substance abuse prevention programs; and referral services.



CHOICE...MY HEALTH[®]
Diabetes Prevention Program

Host Location
Oakwood Physical Therapy and Wellness Center
17101 Rotunda Drive
Dearborn, MI 48124

Date
Information session on Thursday, June 16, 2016
Weekly sessions start on Thursday, June 30, 2016

Time
6:30-7:30 p.m.

Register
Visit www.oakwood.org/classes or call 800.543.WELL(9355)

Cost
This workshop is sponsored by the Ford Motor Company Fund and is offered at no cost.

Small steps can prevent diabetes
Becoming more active and losing a moderate amount of weight can help you change your family history. The **My Choice... My Health: Diabetes Prevention Program[®]** will help you take steps to prevent type 2 diabetes.

- Find your healthy weight
- Stay motivated
- Control your portions
- Be part of a group
- Move those muscles
- Take back negative thoughts
- 16 weekly sessions followed by monthly maintenance sessions

© National Kidney Foundation of Michigan, 2016. All rights reserved. This program is for people who have not been diagnosed with diabetes.



As the U.S health care system transforms, hospitals are playing a greater role in building a culture of health in their communities.

Collective Impact: A Shared Agenda for Action

At the core of the Healthy Communities Initiative, and foundational to its success, is the methodology upon which we base our work. Healthy Communities employs **collective impact**, an approach to solving complex social challenges. This model requires the commitment of a group of individuals from different sectors to a common agenda for solving a social problem at scale.

In 2015, Beaumont strengthened the Healthy Communities Initiative framework, establishing a county-spanning **Healthy Communities Leadership Coalition**. With nearly 100 regional leaders and experts from all sectors, the Leadership Coalition includes representatives of more than 40 organizations –each committed to the collective impact philosophy as a mechanism toward change.

The overarching goal of the Healthy Communities Leadership Coalition is to **support and guide local Healthy Community Coalition efforts, and drive health improvement forward across Wayne County.**

With backbone support from Beaumont Health, Leadership Coalition members have worked together to identify a mission, vision, high level goals, priority strategies and potential measures for tracking progress on goals. Together these elements form a shared agenda for engaging in mutually reinforcing, effective activities.

In 2016, as part of Leadership Coalition efforts, The University of Michigan - Ann Arbor, The University of Michigan - Dearborn and Wayne State University are coming together to embed researchers in Healthy Communities Leadership Coalition workgroups to evaluate the impact of health initiatives being implemented.

Five Conditions for Collective Impact

- **Common agenda**
- **Shared measurement**
- **Mutually reinforcing activities**
- **Continuous communication**
- **Backbone support**

We believe the passion, commitment and involvement of the community in embracing and advancing this initiative will motivate and drive change in other communities.

Betty Priskorn



For more information on the Beaumont Healthy Communities Initiative or to learn how to become involved in a Healthy Community Coalition, please contact:

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