

*2019 Community Health Needs Assessment*

**Building Healthy Communities**  
**MidMichigan Medical Center - Midland**



# Table of Contents

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Table of Contents.....	2
Introductory Remarks .....	3
Population Health .....	4
Our Communities .....	5
Community Health Needs Assessment.....	9
Demographics.....	11
Determinants of Health.....	12
Access to Care .....	14
Health Behaviors .....	17
Health Conditions .....	20
Prioritization Process.....	25
Identifying Priority Areas: The Final Step .....	26
Appendix A: Health and Human Service Council Members 2019 .....	28
Appendix B: Indicator Table .....	29

# Introductory Remarks

The Community Health Team of MidMichigan Health supports the Community Health Needs Assessment, or CHNA, as a key component of improving population health. Our assessments and corresponding plans are a reflection of the Mission, Vision, and Core Values of MidMichigan Health. We truly believe that health happens where we live, learn, work and play, and that all people should have the opportunity to make choices that allow them to live a long, healthy life, regardless of their income, education or ethnic background.

MidMichigan Medical Center - Midland completed their last CHNA in 2016, when MidMichigan Health foundational elements towards excellence in health care were being strengthened. These elements aligned with the Institute for Healthcare Improvement (IHI) belief that new designs can and must be developed to accomplish three critical objectives: improving the health of the population; enhancing the patient experience of care and reducing the cost of care. Additional focus on employee and provider satisfaction has further strengthened our foundation in what is now called in healthcare the “Quadruple Aim.”

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## Our Mission

Our Mission is to provide excellent health services to improve the quality of life for people in our communities.

## Our Vision

Our Vision is to celebrate the power of health throughout life - *with you.*

## Our Values

At MidMichigan Health, we hold these values to be fundamental:

**Excellence** - We offer nothing less than the best.

**Integrity** - We do the right thing, each time, every time.

**Teamwork** - We provide individual commitment to a group effort.

**Accountability** - We accept responsibility for all we do.

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# Population Health

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Each subsidiary addresses health and wellbeing within the communities served. Four portfolios of Population Health are addressed: Physical and Behavioral Health; Social and Spiritual Well-being; Community Health and Well-Being and Communities of Solutions.

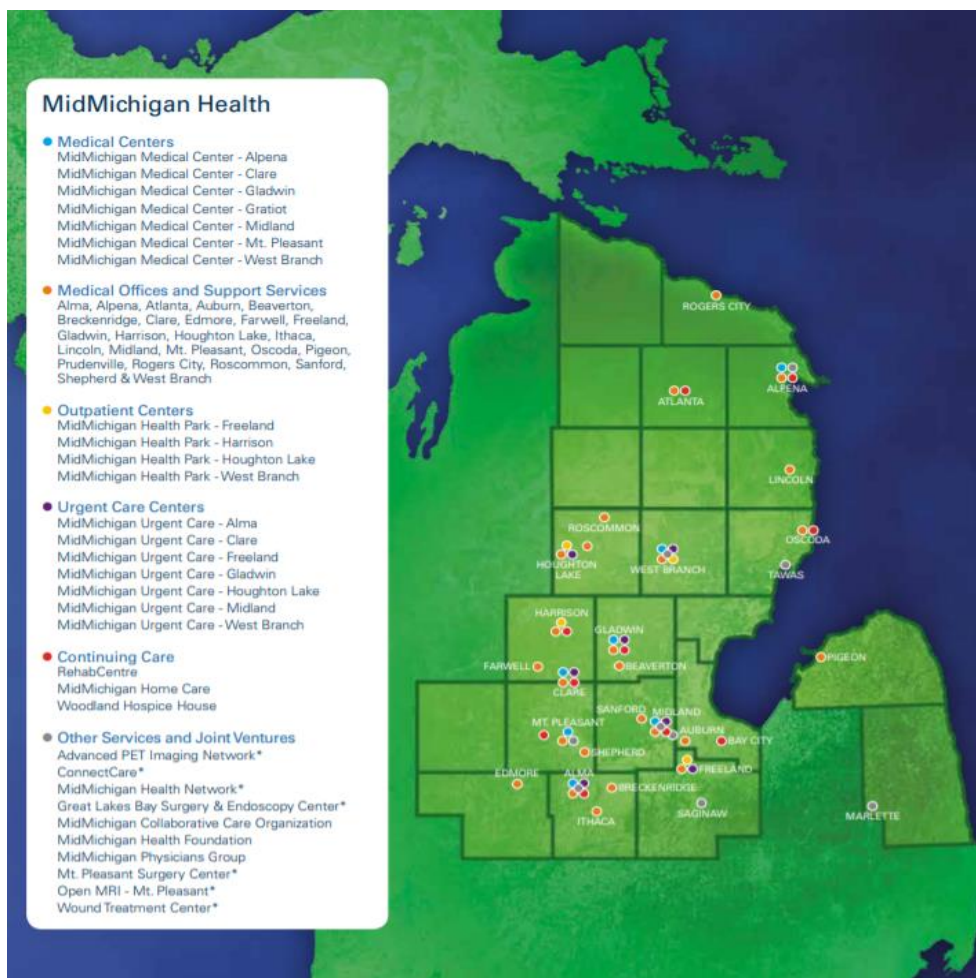


Source: Pathways to Population Health 2018

Portfolio one aims at improving the physical and or mental health of individuals served through quality measurement and performance improvement initiatives, as well as the use of patient care navigators and care managers in primary care offices and initiatives to improve access to care, like increased opportunities for telemedicine. Portfolio two addresses social and spiritual drivers of health and well-being, many of which are identified through systematic evaluation of Social Determinants of Health completed at several points of contact including: new patients, emergency department patients, annual physicals, post hospital discharges, referrals to care managers and patients who consistently do not show up for appointments to determine what barriers they may be encountering. Portfolio three activities aim to improve community health and well-being by community partners working together to assess data, determine focus areas of health and pool staff and resources to implement health improvement projects like increasing physical activity, access to healthy foods and reducing opioid usage. Portfolio four addresses our role as an anchor institution. We are the major employer in each community we serve and as such, we promote health and well-being by capitalizing on community assets and active engagement with regional initiatives.

# Our Communities

MidMichigan Health is a non-profit health system, headquartered in Midland, Michigan, affiliated with Michigan Medicine, the health care division of the University of Michigan. MidMichigan Health covers a 23-county region with medical centers in Alpena, Alma, Clare, Gladwin, Midland, Mt. Pleasant and West Branch. In addition to its medical centers, MidMichigan Health also offers both home health care and physician services, and has a strong commitment to medical education. MidMichigan Physicians Group provides urgent care and medical offices in more than 30 specialties and subspecialties including cardiology, hematology/oncology, orthopedics, vascular surgery, family medicine and more. The MidMichigan Health Foundation supports patients and families served by MidMichigan Health by raising funds for equipment, services and programs. Currently, MidMichigan has more than 7,400 employees, volunteers and physicians and provided more than \$144 million in community benefits in 2018.



## **MidMichigan Medical Center - Alpena**

A 139 licensed-bed hospital located in northeast Michigan on the shores of Lake Huron, Alpena's first community hospital opened in 1915 as the Donald McRae Hospital. It served until 1939, when a petition was passed to build a new public hospital. On April 16, 1940, a new 88-licensed bed hospital opened called Alpena General Hospital. On April 1, 2016, Alpena Regional Medical Center joined MidMichigan Health, making it the fifth Medical Center in the MidMichigan Health system. To reflect the hospital joining MidMichigan, the Medical Center changed its name to MidMichigan Medical Center - Alpena. Accredited by The Joint Commission, the Medical Center has approximately 1,000 employees, 200 volunteers and about 100 physicians. In 2017, the Medical Center in Alpena was recognized as a Top Rural Community Hospital by the National Rural Health Association, was named to the Becker's Hospital Review 2017 list of 100 Great Community Hospitals, and received Michigan's Quality Improvement Organization (MPRO) 2019 Governor's Awards of Excellence for outstanding achievement in Effective Reporting and Measurement in Outpatient Quality Reporting Acute Care Hospitals, as well as Hospital Value-based Purchasing Acute Care Hospitals.

## **MidMichigan Medical Center - Clare**

A 49 licensed-bed hospital, MidMichigan Medical Center - Clare, provides 24-hour emergency room coverage, inpatient care, outpatient care and urgent care services. Specialized inpatient units include, medical/surgical care, cardiac-monitored care, pediatrics, and a sleep diagnostics center. MidMichigan Medical Center - Clare provides Outpatient surgery including general, gynecological ophthalmological, orthopedic and podiatric surgeries. The medical center provides walk-in and occupational medicine care to area residents. The Medical Center's active medical staff consists of 18 physicians representing six medical specialties; 94 percent of the physicians are board certified in their medical specialty. The Medical Center is accredited by The Joint Commission and most recently received Michigan's Quality Improvement Organization (MPRO) 2019 Governor's Award of Excellence for outstanding achievement in Effective Reporting and Measurement in Outpatient Quality Reporting Acute Care Hospitals.

## **MidMichigan Medical Center - Gladwin**

MidMichigan Medical Center - Gladwin is a 25 licensed-bed critical access hospital providing general medical and surgical care for inpatients and outpatient services along with a 24-hour emergency room. Our urgent care services are provided at MidMichigan Health Park Gladwin, conveniently located on M-61 for the community. The Medical Center campus features a waterfall in a garden-like setting reflective of MidMichigan Health's emphasis on humanistic care. The waterfall and courtyard are enjoyed by Medical Center employees, patients and visitors. The quality of care at MidMichigan Medical Center - Gladwin is independently verified through accreditation from The Joint Commission. The Medical Center most recently was named one of the Top 100 Critical Access Hospitals in the United States by The Chartis Center for Rural Health in 2019 and most recently received the Michigan's Quality Improvement Organization (MPRO) 2019 Governor's Award of Excellence for outstanding achievement in Effective Reporting and Measurement in Critical Access Hospitals.

### **Michigan Medical Center - Gratiot**

MidMichigan Medical Center - Gratiot, a 96 licensed-bed hospital located in Alma, has provided care for Gratiot County and surrounding areas since 1955. More than 130 physicians and mid-level practitioners serve on the active medical staff in 21 different medical specialties. The hospital also provides an urgent care clinic and 24-hour emergency department. There are more than 621 employees and 250 volunteers. Joint Commission accredited, the hospital most recently received Michigan's Quality Improvement Organization (MPRO) 2019 Governor's Award of Excellence for outstanding achievement in Effective Reporting and Measurement in Outpatient Quality Reporting Acute Care Hospitals. The Medical Center received a B in patient safety from The Leapfrog Group for the Spring 2018 Hospital Safety Score.

### **MidMichigan Medical Center - Midland**

A 324 licensed-bed hospital located on 180 acres of wooded campus, MidMichigan Medical Center - Midland is the flagship of the MidMichigan Health system. From its beginning in 1944, the medical center has established itself as a leader in quality state-of-the-art health care. In August 2018, MidMichigan Medical Center - Midland was named one of the top Best Hospitals in Michigan by U.S. News & World Report - the only hospital in the Great Lakes Bay Region to make the list. Accredited by The Joint Commission, the Medical Center recently received Michigan's Quality Improvement Organization (MPRO) 2019 Governor's Award of Excellence for outstanding achievement in Effective Reporting and Measurement in

Outpatient Quality Reporting Acute Care Hospitals. In addition, the Medical Center was recognized as one of the nation's 2016 100 Top Hospitals® by Truven Health Analytics™, was one of a select few to earn the 2016 100 Top Hospital's Everest® Award and was recognized as one of the nation's 50 Top Cardiovascular Hospitals by Truven in 2017.

The active medical staff consists of 166 physicians, 99 percent of whom are board certified. They represent 32 medical specialties providing a full range of primary care as well as outstanding specialty care.

### **MidMichigan Medical Center - Mt. Pleasant**

MidMichigan Medical Center - Mt. Pleasant is a 128,000 square-foot facility conveniently located on M-20 near I-127. The medical center features a 24/7 Emergency Department, outpatient surgery center and a full range of outpatient services, including physician offices, lab, imaging and cardiovascular testing. It is fully-equipped and credentialed to provide care for all common emergency conditions, including heart attack, stroke and minor trauma. The department's trauma fast-scan ultrasound equipment can be used at the patient's bedside, with X-ray and CT scanning just a few feet away. An on-site laboratory enables fast turnaround of test results. A telemedicine program enables patients to receive expert consultations from neurologists and other specialists at Michigan Medicine for faster decision-making.

### **MidMichigan Medical Center - West Branch**

MidMichigan Medical Center - West Branch is an 88-bed acute care facility located on 44 acres of rolling countryside in Northeast Michigan. It has three operating suites, a 24-hour emergency department and a state-of-the-art imaging department. The Medical Center serves a broad region, with 30 zip codes in Ogemaw, Oscoda, Roscommon, Arenac and Iosco counties. MidMichigan Medical Center - West Branch has approximately 350 employees, 58 volunteers, 25 active staff physicians, as well as 12 associate staff physicians, 53 consulting staff physicians, 23 allied health professionals and 17 telemedicine physicians.

A convenient location just off I-75 as well as a commitment to quality healthcare are just a couple of the reasons why MidMichigan Medical Center - West Branch is a good choice for healthcare needs. The Medical Center offers state-of-the-art diagnostic imaging, surgical specialties, rehabilitation programs, educational courses specific to your condition and a revolutionary Wound Care Center. Also, the campus features walking trails and gardens that can be enjoyed by Medical Center employees, patients and visitors.

### **Community Served**



The community served will focus on MidMichigan Medical Center - Midland, located in Midland, MI. The service area in Midland County is comprised of zip codes: 48618 (Coleman), 48620 (Edenville), 48628 (Hope), 48640 (Midland), 48641 (Midland), 48642 (Midland), 48657(Sanford), 48667 (Midland), (48670) Midland), 48674 (Midland) and 48686 (Midland). Service for MidMichigan Medical Center - Midland extends to: 48706 (Bay) 48708 (Bay), 48611 (Auburn) and 48623 (Freeland).

## Community Health Needs Assessment

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The 2019 Community Health Needs Assessment for MidMichigan Medical Center - Midland is a comprehensive health status overview that will serve as the foundation of how to address health concerns within the communities served by MidMichigan Medical Center - Midland.

The IRS legislation mandating collaborative efforts provided an opportunity to broaden our scope to include further input from local social and human service organizations, community members, and our collaborative partners.

### **Phase I: Pre-Planning**

The majority of this effort included identification of hospital and community stakeholders in order to ensure alignment of health improvement priorities. Each member of the Community Health Team of MidMichigan Health participates in formal community collaborative groups where the focus is health improvement. The membership is identified by respective communities and includes non-profit, human service and government agency representatives (a listing of these groups appears in Appendix A. Having mutual goals and strategies help strengthen the health improvement initiatives and the community as a whole knowing shared priorities exist.

### **Data Collection & Interpretation**

Providing an accurate picture of each of our service communities dominated this phase. In order to do this, we investigated a variety of primary and secondary data sources. A grid of over 150 indicators from 20 different primary and secondary sources were utilized to build the data platform for each subsidiary (Appendix B). Data out of normal range against a benchmark is indicated in red on the table. Data was compared to current standards, our own perceptions and those of our collaborative partners and community members. In order to determine causes of health problems, data was categorized into 4 main areas:

1. Determinants of Health
2. Care Access
3. Health Behaviors
4. Health Conditions

Areas where health issues existed were revealed in two ways. First, when comparison of local quantitative data indicators against state of Michigan benchmarks resulted in poor performance and when themes of unacceptable health emerged from analysis of qualitative data.

### **Primary Data:**

A 2019 a Midland County Health Survey was conducted to understand the health and health needs of people living in Midland County. The 2015 Midland County Health Survey served as the basis for the 2019 survey. A Saginaw Valley State University (SVSU) team worked with the Health and Human Services Council (HHSC) of Midland County to adapt the survey, ensuring it met the needs of the HHSC and Midland County agencies, and collected data on any health issues/factors emerging since the previous data collection.

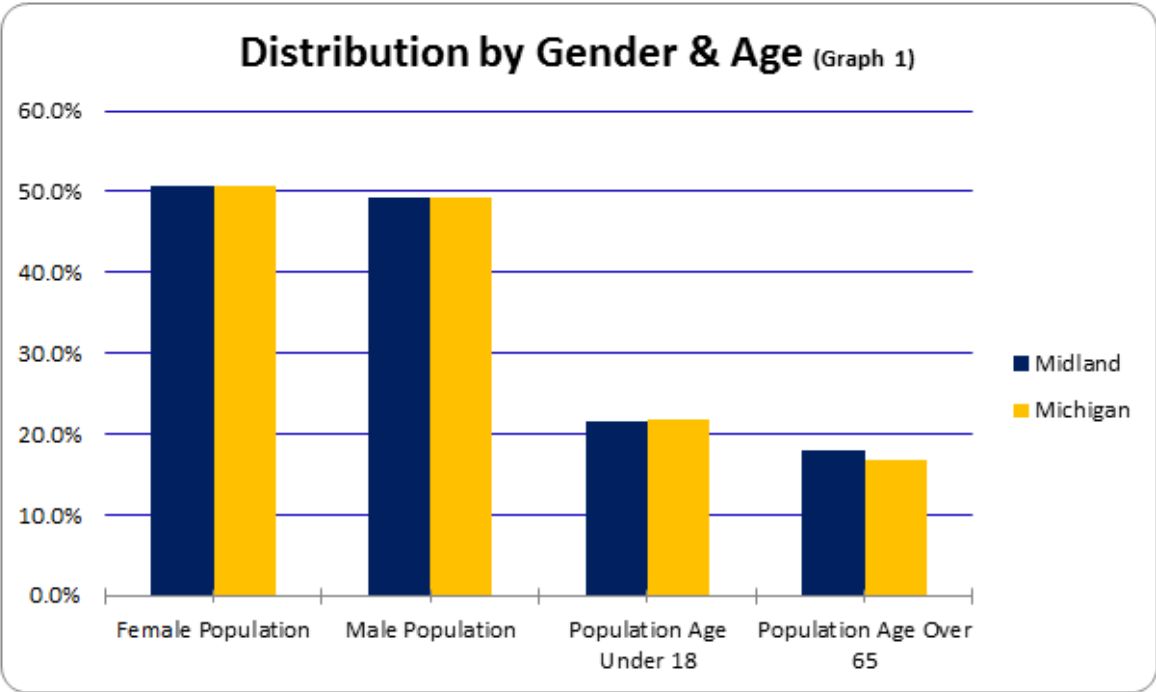
The SVSU team aimed to collect data from a sample across Midland County, including a representative sample from the city and greater county areas. The team used existing U.S. Census data to obtain population estimates for each township/city in Midland County to ensure appropriate representation from each location. Efforts were also made to obtain a sample that was representative of the Midland County population: age, race, education and income.

Data collection occurred via online and paper surveys. Qualtrics was used to administer the online survey and the link was advertised in the local newspaper and on HHSC agency websites and social media accounts. The paper survey was administered at various locations throughout Midland County. Participants either completed the survey on site or at home, returning it in a postage paid envelope. Site-specific locations for data collection were determined in collaboration with the HHSC of Midland County to maximize access for researchers to reach the target population. An incentive was offered to everyone who completed the survey (\$5 Meijer giftcard). The sample generated 759 responses for analysis (603 online, 156 paper).

# Demographics

Midland County is the 24<sup>th</sup> most populated county in Michigan. According to County Health Rankings there are 83,411 residents in Midland County. Of those, 21.5 percent are under 18 years of age and 17.9 percent are 65 and older. Females make up 50.7 percent of the population while males make up 49.3 percent. The median age in Midland County is 38.7 years of age. Of the population, 91.5 percent are white (non-hispanic) and 8.5 percent are non-white. In Midland County, the percentage of people who reported their health to be excellent was 11.4 percent and fair or poor was 12 percent.

Throughout Midland County there were 126 violent crimes per 100,000 and 9.8 social associations per 10,000 including civic, religious and political organizations, as well as fitness centers and business organizations, which is more than the average for Michigan. Of the population, 19.7 percent are single parent households and there were 17 confirmed cases of child abuse or neglect for ages 0-17. The percentage of Adults 65+ living alone is 40.6 percent. According to 2017 Kids Count Data, Children in out-of-home day care is 5.6 percent and 18.8 percent of students are in special education.



# Determinants of Health

Determinants of health are conditions in the environment in which people are born, work, live or play that can affect a wide range of health and quality of life outcomes.

## Economic Stability

ALICE is an acronym for Asset Limited, Income Constrained, Employed. Households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Combined, the number of ALICE and poverty-level households is 34 percent in Midland County compared to 29 percent for Michigan. According to Bureau of Labor and Statistics, the unemployment rate for Midland County is 4.8 percent, slightly worse than the unemployment rate for Michigan at 4 percent. The median household income in Midland County is \$57,117 and the per capita income is \$33,013. Forty-one percent of renters spend 35 percent or more of their household income on rent and 32 percent of students are eligible for free lunch. Seven percent of Midland County families are living below the poverty level. The food environment index is 8.2 percent, which is higher than Michigan at 7.1.

Midland County, 2017		
Town	Total HH	% ALICE & Poverty
Coleman City	647	61%
Edenville Township	1,035	40%
Geneva Township	432	33%
Greendale Township	685	42%
Homer Township	1,630	30%
Hope Township	616	37%
Ingersoll Township	986	30%
Jasper Township	415	43%
Jerome Township	1,968	36%
Larkin Charter Township	1,988	19%
Lee Township	1,525	41%
Lincoln Township	1,131	35%
Midland Charter Township	889	33%
Midland City	17,504	38%
Mills Township	679	42%
Mount Haley Township	694	38%
Porter Township	428	28%
Warren Township	734	48%

## Education

The high school graduation rate in Midland is 85.7 percent compared to 80.2 percent for Michigan. Thirty-four percent of the population in Midland aged 25 and above have a Bachelor's degree or higher, compared with 28.1 percent for the state. The American Community Survey reports 85.7 percent have graduated from high school and 93.6 percent of individuals 25 and older hold a high school degree or higher. According to the Behavioral Risk Factor Survey for Midland County, 96.1 percent of residents understand what health care professionals say and 96.1 percent understand the handouts they provide. Midland is fortunate to have post high school educational institutions located within the county including Northwood University, Davenport University, Delta College and many opportunities for skilled trades.

## Health and Health Care

Located in Midland, Michigan, MidMichigan Medical Center - Midland is the flagship of the MidMichigan Health system. Serving the community since 1944, the medical center in Midland provides facilities for patient care and medical services, including specialty services in heart and vascular care, cancer care, diabetes, neuroscience, orthopedics, diagnostic imaging, laboratory services, maternity care, mental health, inpatient and outpatient rehabilitation services, wound treatment, medical and surgical weight management and treatment for sleep disorders.

MidMichigan Medical Center - Midland has been continually advancing its heart and vascular capabilities since the open heart surgery program began in August 2007. MidMichigan has had more than 65,000 outpatient visits 3,000 inpatient discharges. The cardiovascular program accounts for 59 percent of MidMichigan Health's inpatient volume. In line with being named one of the nation's 50 Top Cardiovascular Hospitals by Truven Health Analytics™ in 2017, a new heart and vascular center will be fully operational in 2020. The center will consolidate Midland's off campus cardiology offices, non-invasive cardiovascular testing and interventional surgical heart and vascular services. An added expansion to the building incorporates MidMichigan Medical Center - Midland's full-service diagnostic and support areas, including lab and imaging. MidMichigan is also collaborating with Michigan Medicine on the development of the remaining space in the new building.

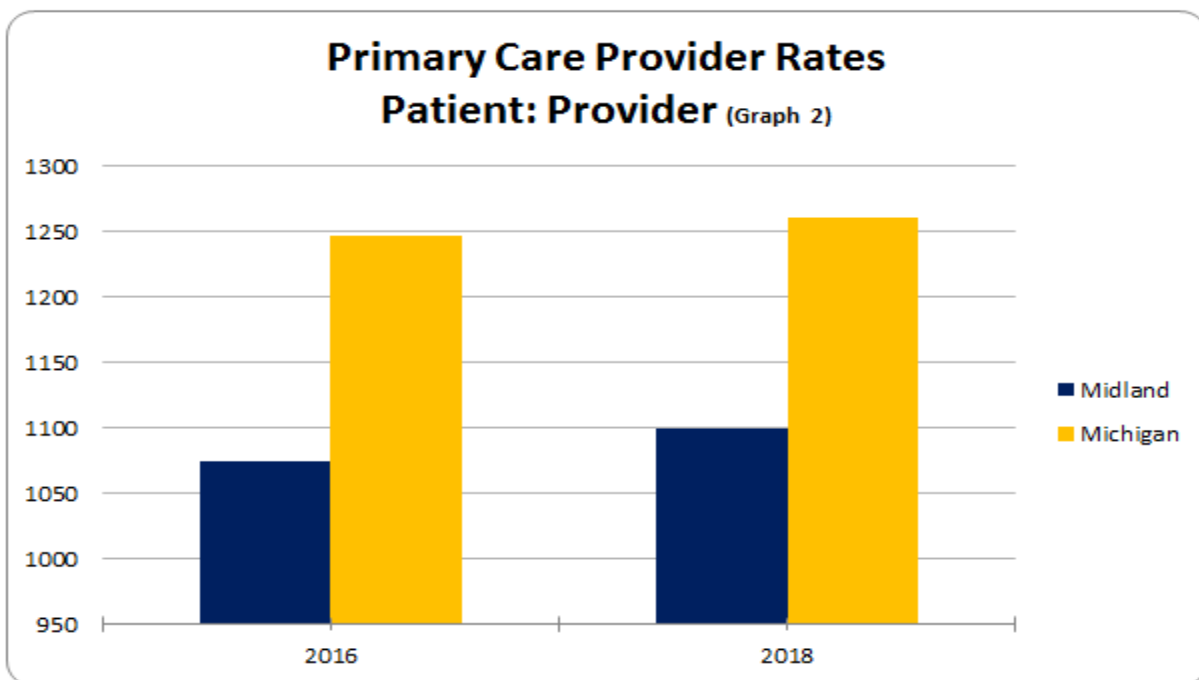
Through collaborative partnerships for mental health, behavioral health, dental care, specialty care and hospital services, patients have access to an extensive network of services in Central Michigan.

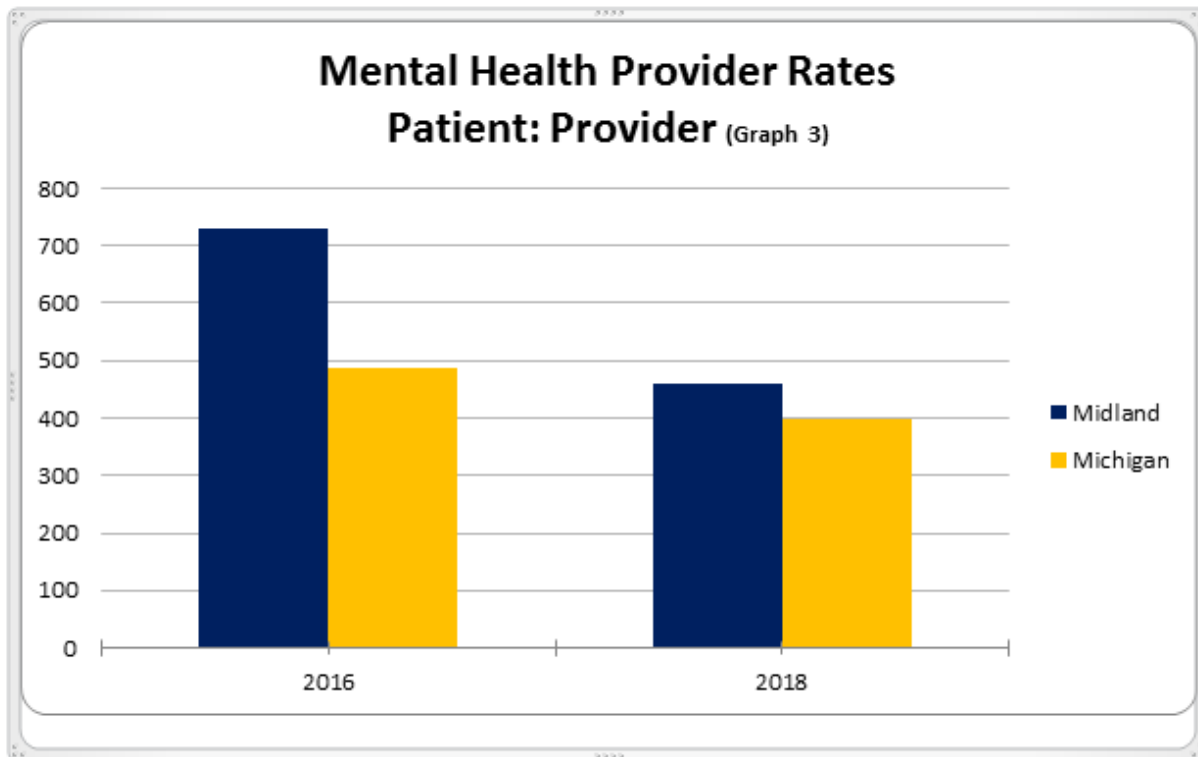
# Access to Care

If a community lacks access to care or health services, barriers to good health are created. A description of the current state of health care access follows, along with factors that affect care access and patient preferences for care utilization.

## Access to Health Services

The graph below shows the primary care provider rate in Midland County of 1,100:1 compared to the Michigan rate of 1,260:1. Additionally, the mental health provider rate is 460:1, which is higher than the Michigan of 400:1. Urgent care was the stated preference for health care location in Midland County. Health insurance is a key component to health; the uninsured rate for adults is six percent in Midland compared to the Michigan rate of 8 percent. The Midland County Survey reported a rate of two point five percent. The rate of uninsured children is three percent, equal to Michigan. The reported primary source of insurance was 24.1 percent Medicare and Medicaid, 67.7 percent Employee Sponsored Health Plans and 5.8 percent purchased on the Health Insurance Exchange. Of these, 48.7 percent had high deductible plans, and those with less income were more likely to be uninsured.





### Access to Care, Healthcare Coverage and Health Literacy

Respondents to the Midland County Health Survey were asked to indicate their primary source of insurance. The majority reported having an employer-sponsored health insurance plan at 67.7 percent, while 2.5 percent reported being uninsured. Trends in insurance status - insured versus uninsured - were investigated across all demographic characteristics. Those with less income were more likely to be uninsured.

Respondents who reported a primary source of insurance as an individual plan purchased on the health insurance exchange were asked additional questions. Those with premium supports under the ACA were 48.6 percent with 37 percent being able to afford health insurance premiums without ACA premium supports. Males were less likely to receive premium supports through the ACA.

Nearly half of respondents, 48.7 percent, who reported an individual plan purchased through the health insurance exchange or employer-sponsored health insurance had a high deductible plan. High deductible plans were more common with higher levels of education and income.

All participants, regardless of health insurance status, were asked about their ability to pay an \$8,000 Emergency Department bill. Male respondents and those with higher income and education levels were more likely to report being able to pay this bill.

### **Healthcare Provider Utilization: Patient Preferences**

Respondents to the Midland County Health Survey were asked who they preferred to see when they needed medical care. Options included Medical Doctor, Physician Assistant, Registered Nurse and Mental Health Professional. Respondents could select all that applied. A Medical Doctor was the most selected healthcare professional to see was a medical doctor at 79 percent. Preference for seeing a Medical Doctor increased with age, education and income. Preference for seeing a Physician Assistant was more common among women and increased with education and income. Preference for seeing a Mental Health Professional increased as education increased.

### **Healthcare Provider Utilization: Doctor**

Respondents were asked how many times in the past 12 months they had seen a doctor. Ninety-two percent reported seeing a doctor at least once. Females reported seeing a doctor more frequently than males within the last 12 months. As age increased, the number of times respondents saw a doctor within the past 12 months increased.

### **Healthcare Provider Utilization: Dentist**

Respondents to the Midland County Health Survey were asked how many times in the past 12 months they had seen a dentist. Eighty-three percent reported seeing a dentist at least once. As education and income level increased, the number of dental visits within the past 12 months increased.

### **Healthcare Provider Utilization: Counselor, Social Worker or other Behavioral Health Professional**

Respondents were asked how many times in the past 12 months they had seen a counselor, social worker or other behavioral health professional. Eighty-nine percent had not seen a counselor, social worker or other behavioral health professional within the past 12 months. As age decreased, the number of visits within the past 12 months increased. When asked how likely they would be to visit a doctor if they felt they had a mental health problem, 74.6



percent responded “very likely” or “somewhat likely.” Females and older respondents were more likely to visit a doctor if they felt they had a mental health problem. When asked how likely it was for them to visit a therapist if they felt they had a mental health problem, 71.5 percent responded “very likely” or “somewhat likely.” Female respondents and those with more education and income were more likely to visit a therapist if they felt they had a mental health problem.

## **Transportation**

Midland County has public transportation offered primarily by Midland Dial-A-Ride and Midland County Connection, which provided 107,181 and 55,181 trips in 2017 respectively. These agencies gave service to meet a large part of the transportation needs for seniors, persons with disabilities and low income riders in the city and county. Additional transportation services are provided by Senior Services, Midland County Educational Service Agency and Michigan Transportation Connection. Forty-two percent of residents in Midland surveyed indicated they were satisfied or very satisfied with transportation.

## **Health Literacy**

Respondents to the Midland County Health Survey were asked whether they understood 1) what their health care professional tells them and 2) the handouts they are given when they need medical care. Overall, 96.1 percent reported understanding information relayed to them from their health care professional and the handouts provided. Those with lower education and income levels were less likely to understand what their health care professional told them and the information in the handouts.

# **Health Behaviors**

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According to Healthy People 2020, individual behavior plays a role in health outcomes. For example, if an individual quits smoking, his or her risk of developing heart disease is greatly reduced. The data to follow is a reflection on health behaviors of Midland County residents in the areas of health care screenings, substance use, nutrition, and exercise.

## Preventative Health Care and Screening

Ninety percent of the Medicare population in Midland County received diabetes monitoring and 47 percent had a screening mammogram. Additionally, 69.3 percent of females ages 50-75 reported having had a screening mammogram in the last year.

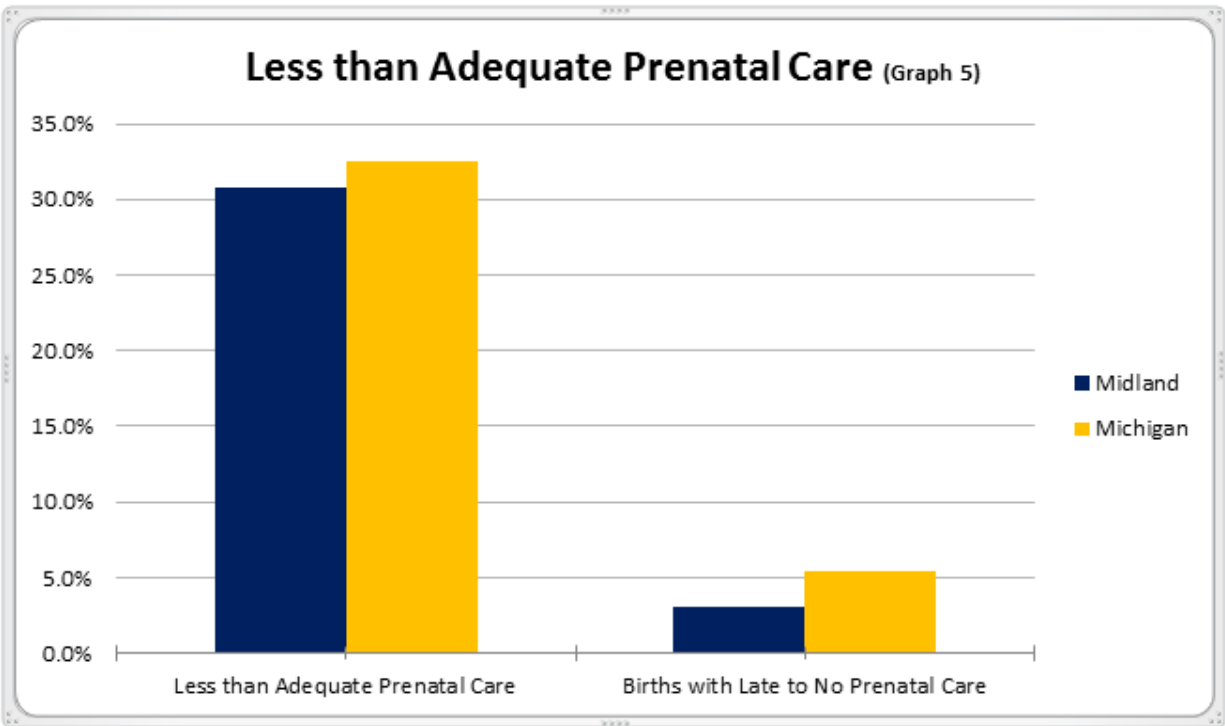
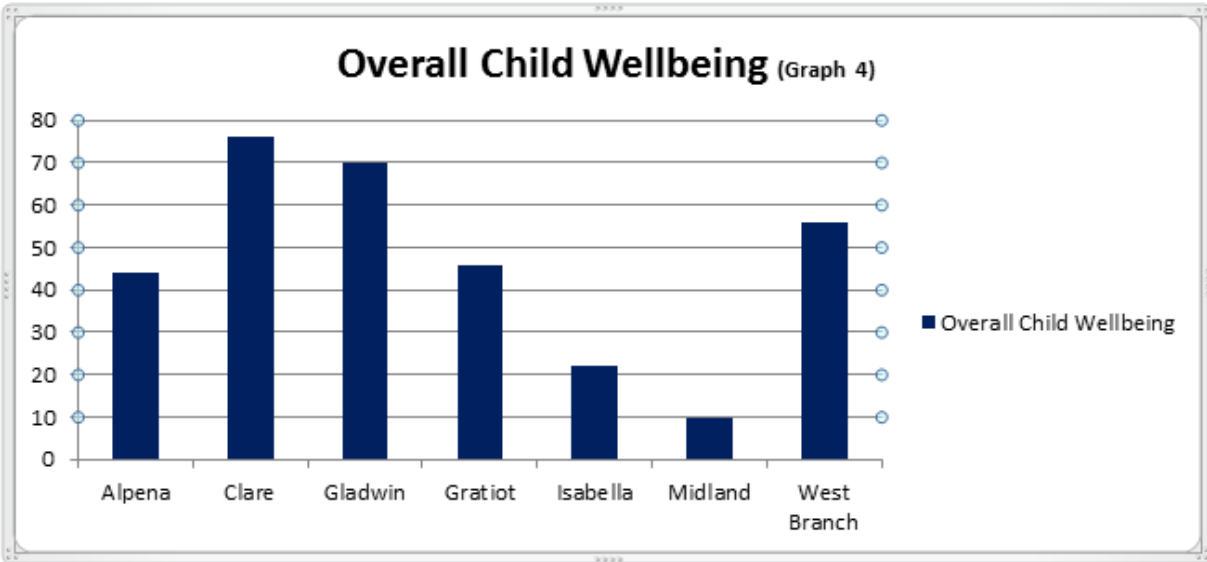
Female respondents to the Midland County Health Survey were asked how long it had been since their last pap test. Of females aged 21-64, 41.4 percent had a pap exam less than 1 year ago, 32.6 percent had one within the last 1-2 years, 9.7 percent had one within the last 3-5 years, 11 percent had not been screened in 5 or more years and 5.3 percent have never had a pap test. As education and income increased, the time since the last pap test decreased.

Male respondents were asked how long it has been since they were screened for colon cancer. Of the male respondents aged 50-75, 22.2 percent had been screened less than 1 year ago, 26.4 percent had been screened within the last 1-2 years, 15.3 percent had been screened within the last 3-5 years, 16.7 percent had not been screened in more than 5 years and 19.4 percent have never been screened for colon cancer. The time since the last colon cancer screening was not associated with any demographic characteristics.

Respondents were also asked if they received a flu vaccination for the 2018-2019 flu season, with 62.4 percent stating they had. Older respondents and those with more education and higher incomes were more likely to have received a flu vaccination. The female vaccination rate for the Human papillomavirus (HPV) is 51.3 percent compared to Michigan at 43.2 percent. Males were 51.3 percent compared to Michigan at 39.8 percent.

## Maternal Infant and Child Health

The annual Kids Count report from the Annie E. Casey Foundation measures 16 indicators of childhood well-being from the rate of low birthweights and teen pregnancy to third-grade reading abilities and the prevalence of single-parent families. Five out of the seven MidMichigan Health medical centers ranked in the bottom half for this measure, demonstrated in graph 4. Midland is ranked 10<sup>th</sup> in Michigan with 31 percent of pregnant mothers in the less than adequate prenatal care category, which is measured by if a mom received prenatal care in her first trimester and how many visits the mom had throughout her pregnancy, as seen in graph 5. Babies with low birth weight in Midland County is reported to be seven percent of all births, compared to eight point eight percent for Michigan.



## Substance Use

High School teens who ever reported binge drinking in Midland County is 8.8 percent, improved from 2016 of 12.9 percent. Those that report using marijuana is 11 percent, compared to 15.8 percent from 2016. Cigarette smoking for this group is 6.4 percent, compared with 10.4 percent in 2016. There was no report available on vaping use for teens in

Midland County. Adults reporting binge drinking is at 22 percent, compared to 21 percent for Michigan.

Adults reporting wanting or needing to cut back on alcohol consumption is at 15.7 percent, and those wanting or needing to cut back on drug use in the past year was at 9.5 percent. The number of Medicaid, Healthy MI or Federal Block Grant funded adults reported by 1016 for alcohol treatment in 2018 was 161, those treated for heroin was 159 and Methamphetamine was 512. Those seeking services from Family & Children's Services for alcohol related disorders in 2019 was 32 and 72 for substance use. County Health Rankings for adult cigarette smoking is 16 percent, compared to 20 percent for the state and 19.1 percent in 2016. Midland County Health Survey respondents were asked to report if they currently smoked cigarettes, used chewing tobacco, snuff or any form of smokeless tobacco or used e-cigarettes. Overall, 6.2 percent smoked cigarettes, 2.6 percent used smokeless tobacco and 3.7 percent used e-cigarettes. Births to mothers that report smoking during pregnancy is 19.4 percent, compared to 17.1 percent in the state.

## **Nutrition and Exercise**

The physical inactivity rate in in Midland County is 20 percent, compared to 22 percent for Michigan, and 81 percent have access to exercise opportunities within two miles of their residence. Sixty percent of the Midland County Health Survey respondents reported meeting physical activity guidelines of 150 minutes of moderate to vigorous physical activity per week. Males engaged in more weekly minutes of moderate to vigorous intensity physical activity and were more likely to meet the physical activity guidelines. Also, as education and income level increased, the percentage of individuals meeting physical activity guidelines increased. Fruit and vegetable consumption is 3.6 per day for adults compared to 5-9 recommended servings, with total fruit and vegetable consumption higher in older respondents and those with higher education and income levels. Referrals for food and meals were the number one requests for 211 Northeast Michigan for Midland at 31 percent.

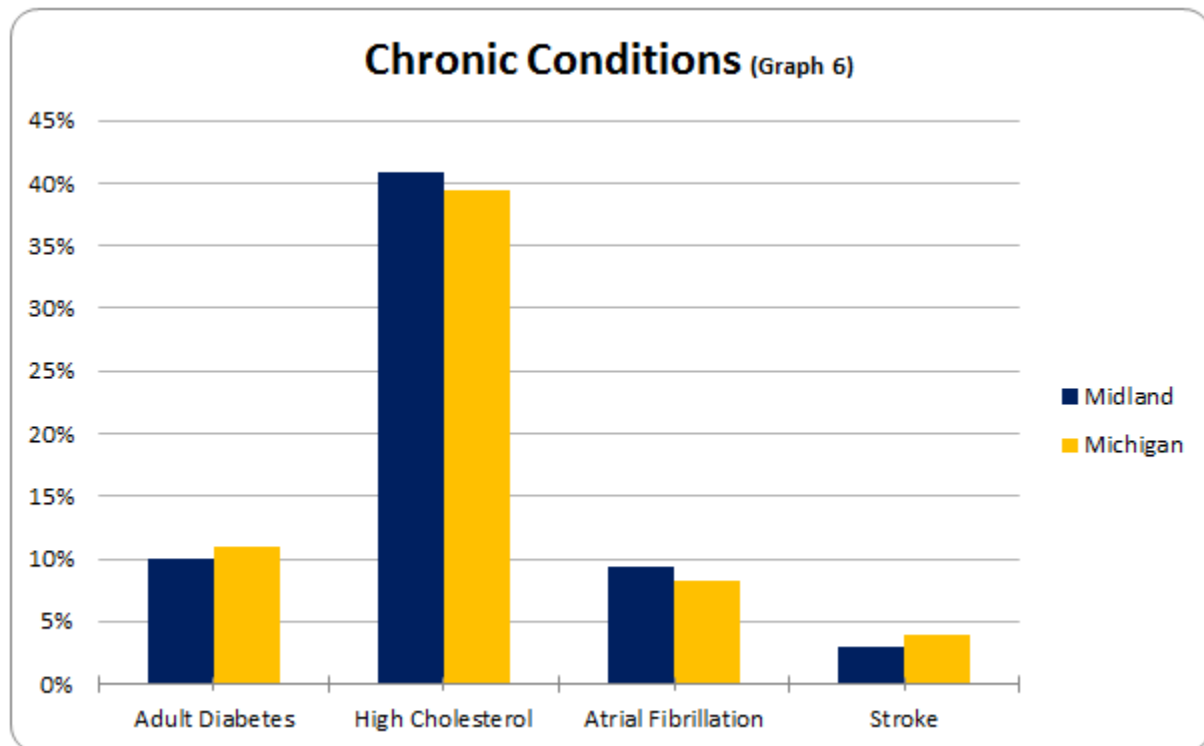
## **Health Conditions**

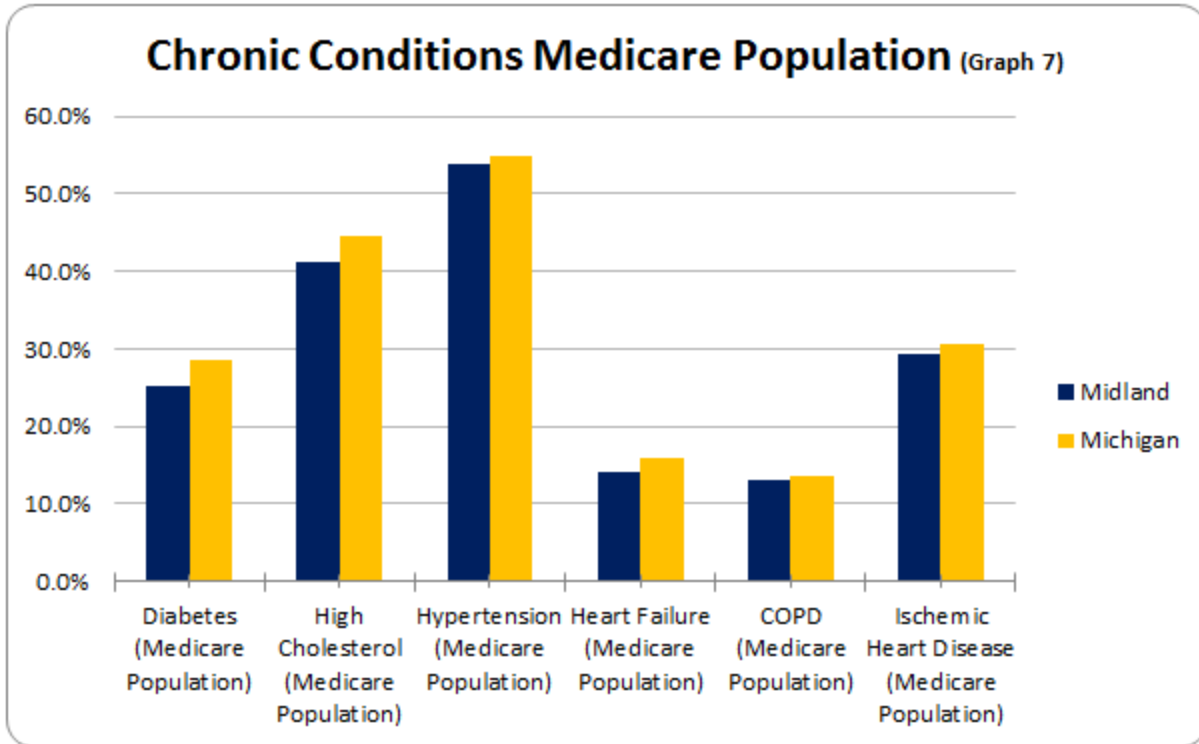
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Many public health and health care interventions focus on changing individual behaviors such as substance abuse, diet and physical activity. Positive changes in individual behavior can reduce the rates of chronic disease in the country.

## Chronic Conditions

Midland County's obesity rate is 32 percent which is equal to the Michigan average. This aligns with the reported BMI average of 29.1 percent from the Midland County Health Survey and 71.2 percent of adults who reported being overweight or obese. Forty-eight percent of adults were reported to have high cholesterol by the Michigan Behavioral Risk Factor Surveillance System and 41.1 percent from the Centers for Medicare and Medicaid Services. The prevalence of hypertension reported in the Midland County Health Survey was 29.9 percent, compared with the Medicare population at 53.9 percent. Heart disease is reported for 29 percent of the Medicare Population, and 14.1 percent have heart failure. The report for all adults with atrial fibrillation is 9.4 percent, stroke 2.9 percent and 13 percent have Chronic Obstructive Pulmonary Disease.





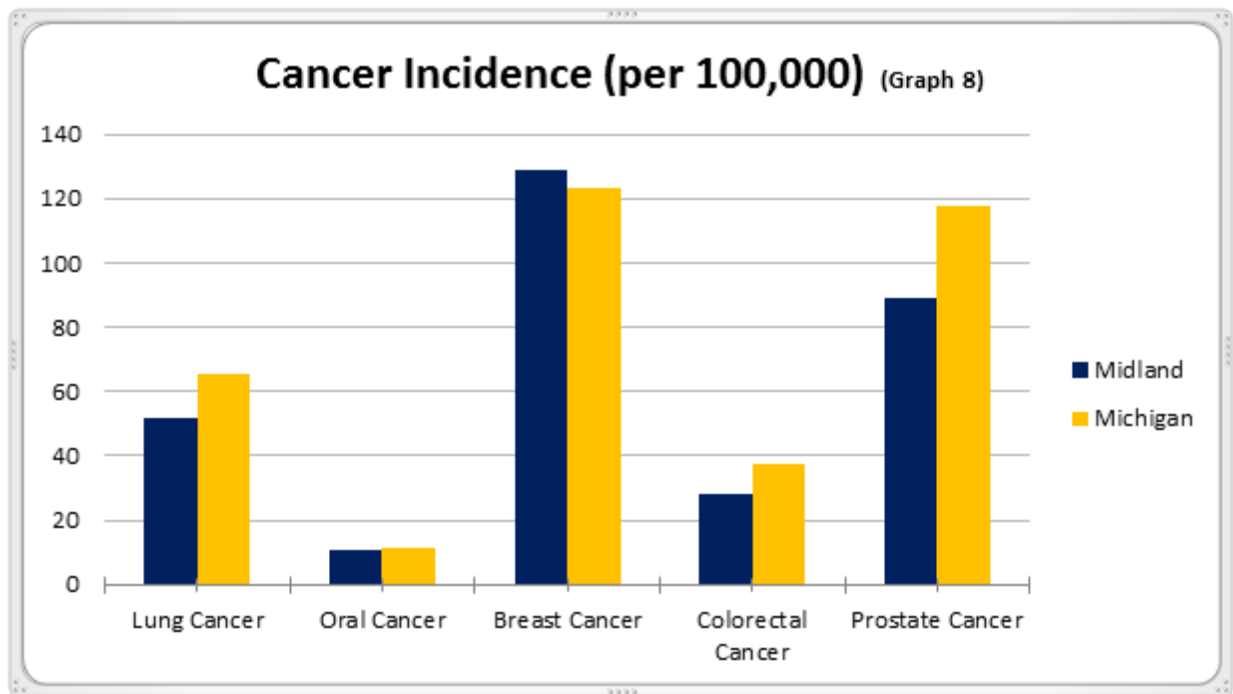
## Mental Health

In the past year, 25.9 percent of Midland County Survey respondents reported being diagnosed with depression, 29 percent with anxiety and 2.4 percent with a substance use disorder. Fourteen percent of respondents reported having been in recovery from a past mental health issue. Females and younger respondents were more likely to report being in recovery for a past mental health issue. The prevalence of depression was higher in females, younger respondents, those with less income and those living in the City of Midland. The prevalence of anxiety was higher in females, younger respondents and those with less income. Those with less education were more likely to report being diagnosed with a substance use disorder in the past year. There were 968 clients who sought mental health treatment at Family & Children’s Services of Mid-Michigan, with 150 documented encounters for anxiety disorders, 166 for mood disorders and 185 for adjustment disorders. Additionally, 311 patients were treated by Community Mental Health for Central Michigan for an anxiety disorder, 847 for a mood disorder and 74 for adjustment disorders.

## Cancer Incidence

Approximately 390 people per 100,000 population of Midland County have been diagnosed with some form of cancer and 9.1 percent of the Midland County Health Survey participants

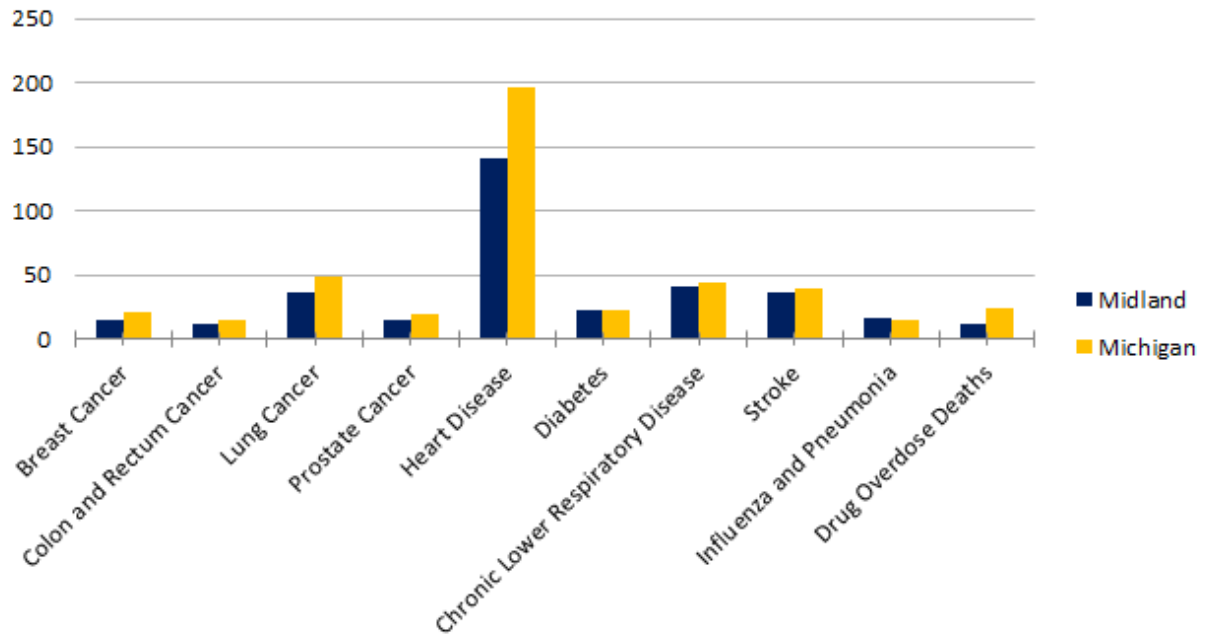
reported they have or have had cancer. The average age an individual was diagnosed with cancer was  $52 \pm 17.2$  years. Older respondents and those with less income were more likely to report being diagnosed with cancer. Among those with cancer, the most common types were breast cancer at 35.7 percent and melanoma (skin) cancer at 16.1 percent. Eight percent of the Medicare population has been diagnosed with cancer. The graph below shows the cancer incidence rates for Midland County.



## Mortality Rate

The graph below shows the mortality rates for cancers: Breast, Colorectal, Lung and Prostate. It also includes Heart Disease, Diabetes, Chronic Lower Respiratory Disease, Stroke, Influenza and Pneumonia and Drug Overdose Deaths.

### Mortality Rates (per 100,000) (Graph 9)





# Prioritization Process

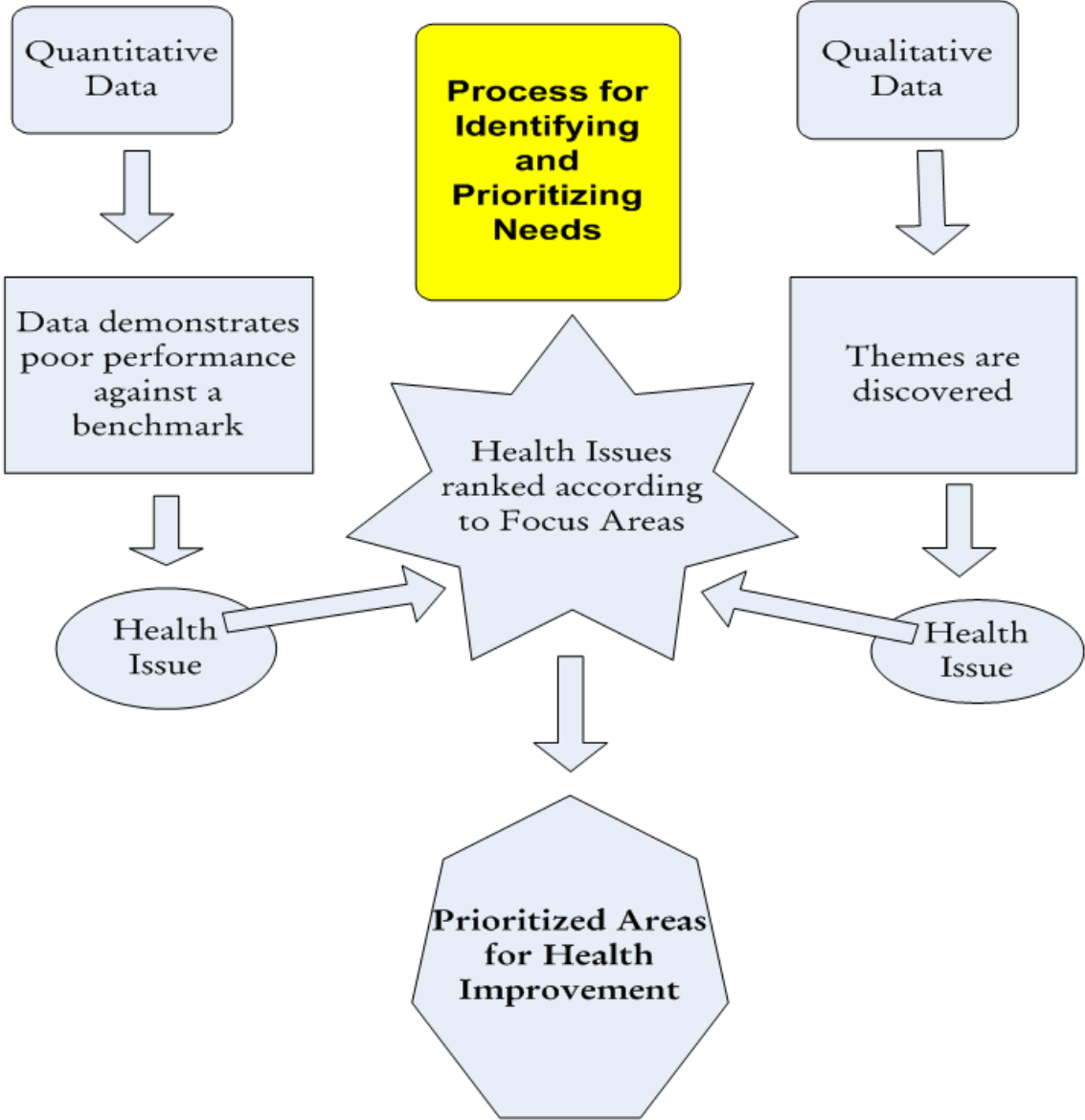


Diagram A1

Community health care needs were determined and prioritized by reviewing qualitative and quantitative data and ranking health issues according to focus areas. Once the focus areas were identified, further prioritization began. Indicators were selected based on their placement in the “acceptable” range when compared to hospital, local, state or national data. Priority areas were chosen by dividing similar indicators into groups. For example, indicators: adults who are obese, adults who are sedentary, diabetes in adults, high cholesterol, hypertension and pediatric obesity can be grouped together as obesity. The top priority areas for MidMichigan Health chosen by the Community Health Team and reviewed by the MidMichigan Health Population Health Collaboration Team and MidMichigan Medical Center - Midland Board on June 28, 2019 follow:

1. Chronic Diseases
2. Maternal/Infant/Child Health
3. Mental Health

## Identifying Priority Areas: The Final Step

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### **Assessment**

The written report will be provided in two parts: Part I: Data Collection, Evaluation, and Focus Area Prioritization and Part II: The Improvement Plan. The Community Health Team worked together throughout the process to develop the final product that provides an overview of the health system, corresponding data, data interpretation, focus area prioritization and implementation strategies that are subsidiary specific. The 2019 Community Health Needs Assessment established the foundation for developing the 2020-2021 Improvement Plan. Each subsidiary board will review the data and prioritize recommendations in June 2019. Once this approval has occurred, we will outline evidence based strategies for health improvement in the prioritized areas.

### **Improvement Plan**

We will begin the Improvement Plan upon approval of focus areas from each respective subsidiary board. We will also develop a process to track ongoing progress. The Improvement Plan will be contained in Part 2 of the CHNA report. We will participate with the Isabella Community Collaborative efforts in order to implement comprehensive strategies in our shared priority areas.

## **Evaluation**

Measurement against benchmarks will continue and a yearly report of outcome measures will be provided. Our plans will be modified as needed based upon public input and outcome measures. Reassessment will be ongoing as we work with our community to develop a regional data dashboard.

## **Reflection**

Various barriers emerged which hindered either the data collection or the prioritization processes for this report. For instance, data is not always collected on a yearly basis, resulting in data that is several years old. Also, some data is only available at a state level, making it difficult to discern need at a more local level. Data around age, ethnicity, gender and race is not available for all data indicators, which limits the ability to examine health disparities. There were also two areas where available data did not match our intuition: mental health and transportation needs. Utilizing these discoveries as a learning experience, we plan to work harder to obtain more local data for future assessments. Strategies will build upon the assets and resources of our health system and each community.

## **Conclusion**

The 2019 Community Health Needs Assessment has established the foundation developing the 2020-2022 Improvement Plan. Our next step will be to outline evidenced based strategies for health improvement in the prioritized areas. These strategies will build upon the assets and resources of our health system and each community.

Approval of the Health Priority Areas for 2020-2022 took place on June 28, 2019.

Addendum: This Report will be made publically available on [www.midmichigan.org](http://www.midmichigan.org), along with The Improvement Plan. This plan will also be filed with the Internal Revenue Service using Form 990 Schedule H.

## Appendix A

### Health and Human Service Council Members 2019

1016 Recovery Network	Midland County Educational Service Agency
211 of Northeast Michigan	Midland County Health Department
City of Midland Police Department	Midland County 42 <sup>nd</sup> Circuit Court, Family Division
Coleman Community Schools	Midland County Prosecutor's Officer
Community Mental Health for Central Michigan	Midland County Sheriff's Department
Community Volunteer	Midland County Youth Action Council
Family & Children's Services	Midland's Open Door
Faith Based Community	Police Department
Legacy Center of Community Success	MidMichigan Health
Michigan Department of Health and Human Services	National Alliance on Mental Illness
Midland Area Community Foundation	Senior Services – Council on Aging
Midland Business Alliance	Shelterhouse of Midland and Gladwin Counties
Midland City Council	The Dow Chemical Company
Midland County Board of Commissioners	United Way of Midland County

## Appendix B

Determinants	Demographics	Population	83,411	9,962,311.00	County Health Rankings	2019
		Female Population	50.7%	50.8%	County Health Rankings	2019
		Male Population	49.3%	49.2%	County Health Rankings	2019
		Population Age Under 18	21.5%	21.8%	County Health Rankings	2019
		Population Age Over 65	17.9%	16.7%	County Health Rankings	2019
		Population White (Non Hispanic)	91.5%	75.2%	County Health Rankings	2019
		Population Black or African American	1.3%	13.8%	County Health Rankings	2019
		Population Hispanic or Latino	2.8%	5.1%	County Health Rankings	2019
		Population American Indian or Alaskan Native	0.5%	0.7%	County Health Rankings	2019
		Poor or Fair Health	12%	17%	County Health Rankings	2019
		Excellent Health	11.4%	*	Behavioral Risk Factor Survey	2019
		Health Outcomes	9	*	County Health Rankings	2019
		Health Factors	9	*	County Health Rankings	2019
	Environment	Drinking Water Violations	Yes	*	County Health Rankings	2019
		Air and Water Quality: Satisfied or Very Satisfied	79.1%	*	Behavioral Risk Factor Survey	2019
		Liquor Store Density	7	1,632	County Business Patterns	2016
		Recreation and Fitness Facility Access (per 1,000)	0.14	*	US Department of Agriculture	2014
		Recreational Facilities: Satisfied or Very Satisfied	81.5%	*	Behavioral Risk Factor Survey	2019
		WIC- Authorized Food Store Access	12	21.7	US Department of Agriculture	2014
		Public Assistance Programs: Satisfied or Very Satisfied	44.1%	*	Behavioral Risk Factor Survey	2019
	Social Environment	Violent Crime Rate (per 100,000)	126	443	County Health Rankings	2019
		Neighborhood Safety: Satisfied or Very Satisfied	80.7%	*	Behavioral Risk Factor Survey	2019
		Social Associations (per 10,000)	9.8	9.9	County Health Rankings	2019
		Children in Investigated Families, Ages 0-17	106.3	113.8	Kids Count	2017
		Confirmed Victims of Abuse or Neglect, Ages 0-17	17	18.9	Kids Count	2017

		Children in Out-of-Home Care, Ages 0-17	5.6	4.8	Kids Count	2017
		Adults 65+ Living Alone	40.6%	43.9%	American Community Survey	2017
		Affordable Housing: Satisfied or Very Satisfied	39.8%	*	Behavior Risk Factor Survey	2019
		Single Parent Household	19.7%	28.1%	American Community Survey	2017
		Confirmed Victims of Abuse or Neglect, Ages 0-17	17	18.9	The Annie E. Casey Foundation	2017
	Education	High School Graduation	85.7%	80.2%	The Annie E. Casey Foundation	2017
		People 25+ with High School Degree or Higher	93.6%	90.3%	American Community Survey	2017
		People 25+ with Bachelor's Degree or Higher	34%	28.1%	American Community Survey	2017
		3 and 4 year Olds Not in Preschool	44.8%	52.9%	Kids Count	2017
		Students in Special Education	18.8%	14%	Kids Count	2017
		Understand What Health Care Professional Say	96.1%	*	Behavioral Risk Factor Survey	2019
		Understand Handouts Provided by Health Care Professional	96.1%	*	Behavioral Risk Factor Survey	2019
	Economy	Median Household Income	\$57,117	\$52,668	American Community Survey	2017
		Per Capita Income	\$33,013	\$28,938	American Community Survey	2017
		Children Living Below Poverty Level	12.7%	21.7%	American Community Survey	2017
		Families Living Below Poverty Level	7.4%	10.9%	American Community Survey	2017
		People 65+ Living Below Poverty Level	7.4%	8.2%	American Community Survey	2017
		Households with Cash Public Assistance	2.1%	2.8%	American Community Survey	2017
		Unemployment Rate	4.8%	4%	Bureau of Labor Statistics	2018
		Clients Currently Working	85%	*	Family & Children's Services of Mid-Michigan	2018
Food Stamp/SNAP Benefits in the Past 12 Months		12%	14.9%	American Community Survey	2017	
Renters Spending 35% or More of Household Income on Rent		40.6%	41.8%	American Community Survey	2017	
ALICE Total Households		7,842	1,128,012	United Way	2018	
% ALICE + % Poverty		38%	29%	United Way	2018	
Clients ALICE Population		89%	*	Family & Children's Services of Mid-Michigan	2018	
Students Eligible for Free Lunch Program		32%	46%	County Health Rankings	2019	

Care Access	Access to Health Services	Primary Care Physician Rate	1,100:1	1,260:1	County Health Rankings	2019
		Non-Physician Primary Care Provider Rate	810:1	1,064:1	County Health Rankings	2019
		Utilized Pregnancy & Post Pregnancy Services	68	*	Family & Children's Services of Mid-Michigan	2018
		Saw "Other" Health Care Professional in Past 12 Months: Never	78.7%	*	Behavioral Risk Factor Survey	2019
		Saw "Other" Health Care Professional in Past 12 Months: 1-9 Times	18.7%	*	Behavioral Risk Factor Survey	2019
		Saw "Other" Health Care Professional in Past 12 Months: ≥ 10 Times	2.7%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Provider: Medical Doctor	79%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Provider: Physician Assistant	38.8%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Provider: Registered Nurse	10.9%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Provider: Mental Health Professional	8.2%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Location: Urgent Care	42%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Location: Emergency Room	15.3%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Location: Clinic	6.4%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Location: Pharmacy	7.9%	*	Behavioral Risk Factor Survey	2019
		Preference in Health Care Location: Self-Treatment	23.5%	*	Behavioral Risk Factor Survey	2019
		Mental Health Provider Rates	460:1	400:1	County Health Rankings	2019
		Primary Source of Insurance: Employer-Sponsored Health Plan	67.7%	*	Behavioral Risk Factor Survey	2019
		Primary Source of Insurance: Individual Plan Purchased on the Health Insurance Exchange	5.8%	*	Behavioral Risk Factor Survey	2019
		Primary Source of Insurance: Medicare and Medicaid	24.1%	*	Behavioral Risk Factor Survey	2019
		Primary Source of Insurance: Uninsured	2.5%	*	Behavioral Risk Factor Survey	2019
		Uninsured Adults	6%	8%	County Health Rankings	2019
		Uninsured Children	3%	3%	County Health Rankings	2019
		Medicaid Paid Births Single Year	35.1%	43.5%	Michigan Department of Health and Human Services	2017
		Preventable Hospital Stays	3,652	5,188	County Health Rankings	2019
		No Health Care Access During Past 12 Months Due to Cost	12.2%	13.3%	Behavioral Risk Factor Surveillance System	2016
No Health Care Access During Past 12 Months: Cost	10.4%	*	Behavioral Risk Factor Survey	2019		

		No Health Care Access During Past 12 Months: Could Not Get Appointment	15.6%	*	Behavioral Risk Factor Survey	2019
		Saw Nurse in Past 12 Months: Never	45.7%	*	Behavioral Risk Factor Survey	2019
		Saw Nurse in Past 12 Months: 1-9 Times	51.5%	*	Behavioral Risk Factor Survey	2019
		Saw Nurse in Past 12 Months: ≥ 10 Times	2.8%	*	Behavioral Risk Factor Survey	2019
		Saw Dentist in Past 12 Months: Never	17.2%	*	Behavioral Risk Factor Survey	2019
		Saw Dentist in Past 12 Months: 1-9 Times	82.9%	*	Behavioral Risk Factor Survey	2019
		Saw Counselor, Social Worker or Behavioral Health Specialist in Past 12 Months: Never	84.8%	*	Behavioral Risk Factor Survey	2019
		Saw Counselor, Social Worker or Behavioral Health Specialist in Past 12 Months: 1-9 Times	10.7%	*	Behavioral Risk Factor Survey	2019
		Saw Counselor, Social Worker or Behavioral Health Specialist in Past 12 Months: ≥ 10 Times	4.5%	*	Behavioral Risk Factor Survey	2019
		Receive Premium Supports for Health Care Coverage	48.6%	*	Behavioral Risk Factor Survey	2019
		Affords Insurance Without ACA Premium Supports	37.1%	*	Behavioral Risk Factor Survey	2019
		On High Deductible Plan	48.7%	*	Behavioral Risk Factor Survey	2019
		Could Pay \$8,000 ER Bill	38.6%	*	Behavioral Risk Factor Survey	2019
		Fully Immunized Toddlers, Age 2	79.5%	<b>74.1%</b>	Kids Count	2018
	Transportation	Dial-A-Ride Annual Passenger Trips	107,181	*	Midland Area Transportation Study (2017)	2014
		County Connection Passenger Trips, Jan. 1-Sept.21, 2016	55,215	*	Midland Area Transportation Study (2017)	2016
		Public Transportation: Satisfied or Very Satisfied	41.5%	*	Behavioral Risk Factor Survey	2019
		Mean Travel Time to Work	21.1	<b>24.3</b>	American Community Survey	2017
		Households without a Vehicle	5.9%	<b>7.9%</b>	American Community Survey	2017
		Households with One Vehicle or Less	37.3	<b>43</b>	Midland Area Transportation Study (2017)	2017
	Top 10 Inpatient MS-DRGs	Normal Newborn	723	*	MidMichigan Health	2018
		Septicemia or Severe Sepsis without MV > 96 Hours	504	*	MidMichigan Health	2018
		Psychoses	445	*	MidMichigan Health	2018
		Major Joint Replacement or Reattachment Of	420	*	MidMichigan Health	2018
		Heart Failure & Shock with MCC	253	*	MidMichigan Health	2018



		Vaginal Delivery without Sterilization/DC without CC	243	*	MidMichigan Health	2018		
		Vaginal Delivery without Complicating Diagnoses	207	*	MidMichigan Health	2018		
		Perc Cardisvasc Proc with Drug-Eluting Stent W	192	*	MidMichigan Health	2018		
		Septicemia or Severe Sepsis without MV > 96 Hours	170	*	MidMichigan Health	2018		
		Acute Myocardial Infarction, Discharged Aliv	153	*	MidMichigan Health	2018		
		Other	7,279	*	MidMichigan Health	2018		
211	Top 10 Referrals for 211	Food/Meals	31%	*	211	2018		
		Utility Assistance	17.2%	*	211	2018		
		Housing	15%	*	211	2018		
		Clothing/Personal/Household Needs	7%	*	211	2018		
		Health Care	5.3%	*	211	2018		
		Transportation	4.8%	*	211	2018		
		Individual, Family and Community Support	4.4%	*	211	2018		
		Legal, Consumer and Public Safety Services	3.3%	*	211	2018		
		Income Support/Assistance	2.7%	*	211	2018		
		Information Services	2.3%	*	211	2018		
				211: Satisfied or Very Satisfied	42.8%	*	Behavior Risk Factor Survey	2019
Health Behaviors	Preventative Care	Diabetic Screening (Medicare Population)	90%	<b>86%</b>	County Health Rankings	2018		
		Mammogram Screening (Medicare Population)	47%	<b>43%</b>	County Health Rankings	2019		
		Mammogram Screening, Age 50-75: <1 Year	69.3%	*	Behavior Risk Factor Survey	2019		
		Mammogram Screening, Age 50-75: 1-5 Years	22.6%	*	Behavior Risk Factor Survey	2019		
		Mammogram Screening, Age 50-75: ≥ 5 Years	3.6%	*	Behavior Risk Factor Survey	2019		
		Mammogram Screening, Age 50-75: Never	4.4%	*	Behavior Risk Factor Survey	2019		
		Clinical Breast Exam, Age 18+: <1 Year	53%	*	Behavior Risk Factor Survey	2019		
		Clinical Breast Exam, Age 18+: 1-5 Years	30.9%	*	Behavior Risk Factor Survey	2019		
		Clinical Breast Exam, Age 18+: ≥ 5 Years	6.6%	*	Behavior Risk Factor Survey	2019		
		Clinical Breast Exam, Age 18+: Never	9.5%	*	Behavior Risk Factor Survey	2019		
				Pap Test in Past 3 Years, Age 18+	81.1%	<b>72.7%</b>	National Cancer Institute	2016

	Pap Test, Age 21-64: < 1 Year	41.4%	*	Behavior Risk Factor Survey	2019
	Pap Test, Age 21-64: 1-5 Years	42.3%	*	Behavior Risk Factor Survey	2019
	Pap Test, Age 21-64: ≥ 5 Years	11%	*	Behavior Risk Factor Survey	2019
	Pap Test, Age 21-64: Never	5.3%	*	Behavior Risk Factor Survey	2019
	Sigmoidoscopy or Colonoscopy Screening 50-75 years	70.6%	<b>71%</b>	Behavioral Risk Factor Surveillance System	2016
	Blood Stool Home Kit Males, Age 50-75: < 1	13.9%	*	Behavior Risk Factor Survey	2019
	Blood Stool Home Kit: Males, Age 50-75: 1-5 Years	20.3%	*	Behavior Risk Factor Survey	2019
	Blood Stool Home Kit Males, Age 50-75: ≥ 5 Years	17.7%	*	Behavior Risk Factor Survey	2019
	Blood Stool Home Kit Males, Age 50-75: Never	48.1%	*	Behavior Risk Factor Survey	2019
	Colon Cancer Screening Males, Age 50-75: < 1	22.2%	*	Behavior Risk Factor Survey	2019
	Colon Cancer Screening Males, Age 50-75: 1-5 Years	41.7%	*	Behavior Risk Factor Survey	2019
	Colon Cancer Screening Males, Age 50-75: ≥ 5 Years	16.7%	*	Behavior Risk Factor Survey	2019
	Colon Cancer Screening Males, Age 50-75: Never	19.4%	*	Behavior Risk Factor Survey	2019
	Pneumonia Vaccination (PPSV23 65+)	44.8%	<b>45.4%</b>	Michigan Department of Health and Human Services	2018
	Flu Vaccine	62.40%	*	Behavior Risk Factor Survey	2019
	Sexually Transmitted Infections (per 100,000)	234.4	<b>462.9</b>	County Health Rankings	2019
	HPV Vaccination - Females	51.3%	<b>43.2%</b>	MDHHS:Immunization Report Card	2018
	HPV Vaccination - Males	48.1%	<b>39.8%</b>	MDHHS:Immunization Report Card	2018
	Births with Late to No Prenatal Care	3.1%	<b>5.4%</b>	Kids Count	2016
	Less than Adequate Prenatal Care	30.8%	<b>32.5%</b>	Kids Count	2016
	Overall Child Wellbeing	10		Kids Count	2016
Behavioral Health	Percentage of High School Students who Ever Drank Alcohol	33.9%	*	Michigan Profile for Healthy Youth	2014
	Percentage of High School Students who Ever Tried Cigarette Mmoking	13%	*	Michigan Profile for Healthy Youth	2014
	Percentage of High School Students who Used Chewing Tobacco, Snuff or Dip During the Past 30 Days	3.3%	*	Michigan Profile for Healthy Youth	2014

		Percentage of High School Students who Ever Tried Marijuana	19.3%	*	Michigan Profile for Healthy Youth	2014
		Percentage of Middle School Students who Ever had Sexual Intercourse (County)	11.6%	*	Michigan Profile for Healthy Youth	2014
		Percentage of Students who were Physically Hurt on Purpose by Someone They were Dating or Going out with During the Past 12 Months	9.2%	*	Michigan Profile for Healthy Youth	2014
		Children Served by Community Mental Health	414	*	Community Mental Health for Central Michigan	2018
		Clients Treated by Family & Children's Services	37%	*	Family & Children's Services of Mid-Michigan	2018
		Adults Served by Community Mental Health	1,564	*	Community Mental Health for Central Michigan	2018
		Less Than 8 Hours of Sleep per Night	70.3%	*	Behavioral Risk Factor Survey	2019
		Seat Belt Usage	91.3%	*	Behavioral Risk Factor Survey	2019
		Sought Mental Health Treatment	968	*	Family & Children's Services of Mid-Michigan	2018
		Sought Substance Use Treatment	72	*	Family & Children's Services of Mid-Michigan	2018
		Crisis Services Clients	82	*	Family & Children's Services of Mid-Michigan	2018
		Adjustment Disorders	185	*	Family & Children's Services of Mid-Michigan	2018
		Alcohol Related Disorders	32	*	Family & Children's Services of Mid-Michigan	2018
		Anxiety Disorders	150	*	Family & Children's Services of Mid-Michigan	2018
		Attention Deficit Conduct and Disruptive Behavior Disorder	33	*	Family & Children's Services of Mid-Michigan	2018
		Developmental Disorders	13	*	Family & Children's Services of Mid-Michigan	2018
		Mood Disorders	166	*	Family & Children's Services of Mid-Michigan	2018
		Personality Disorders	26	*	Family & Children's Services of Mid-Michigan	2018
		Post Traumatic Stress Disorder Specific	35	*	Family & Children's Services of Mid-Michigan	2018
		Substance Related Disorders	51	*	Family & Children's Services of Mid-Michigan	2018

		Other	27	*	Family & Children's Services of Mid-Michigan	2018
		Adjustment Disorders	74	*	Community Mental Health for Central Michigan	2018
		Alcohol Related Disorders	10	*	Community Mental Health for Central Michigan	2018
		Anxiety Disorders	311	*	Community Mental Health for Central Michigan	2018
		Attention Deficit Conduct and Disruptive Behavior Disorder	203	*	Community Mental Health for Central Michigan	2018
		Delirium Dementia and Amnestic and Other Cognitive Disorders	4	*	Community Mental Health for Central Michigan	2018
		Developmental Disorders	155	*	Community Mental Health for Central Michigan	2018
		Disorders usually Diagnosed in Infancy, Childhood, or Adolescence	123	*	Community Mental Health for Central Michigan	2018
		Impulse Control Disorders not Elsewhere Classified	13	*	Community Mental Health for Central Michigan	2018
		Miscellaneous Mental Disorders	8	*	Community Mental Health for Central Michigan	2018
		Mood Disorders	847	*	Community Mental Health for Central Michigan	2018
		Personality Disorders	38	*	Community Mental Health for Central Michigan	2018
		Schizophrenia and other Psychotic Disorders	217	*	Community Mental Health for Central Michigan	2018
		Screening and History of Mental Health and Substance Abuse Codes	0	*	Community Mental Health for Central Michigan	2018
		Substance Related Disorders	8	*	Community Mental Health for Central Michigan	2018
	Teen Health	Teens who Binge Drink (Middle School)	1.9%	*	Michigan Profile for Healthy Youth	2014
		Teens who Binge Drink (High School)	8.8%	*	Michigan Profile for Healthy Youth	2014
		Teens who Smoke Cigarettes (Middle School)	2.2%	*	Michigan Profile for Healthy Youth	2014
		Teens who Smoke Cigarettes (High School)	6.4%	*	Michigan Profile for Healthy Youth	2014
		Teens who Use Marijuana (Middle School)	2.4%	*	Michigan Profile for Healthy	2014

					Youth	
		Teens who Use Marijuana (High School)	11%	*	Michigan Profile for Healthy Youth	2014
		Percent of Middle School Students who are Obese	14.4%	*	Michigan Profile for Healthy Youth	2014
		Percent of Middle School Students who are Overweight	15.2%	*	Michigan Profile for Healthy Youth	2014
		Percent of High School Students who are Obese	12.7%	*	Michigan Profile for Healthy Youth	2014
		Percent of High School Students who are Overweight	16.4%	*	Michigan Profile for Healthy Youth	2014
		Percentage of Middle School Students who were Physically Active for at Least 60 Minutes per Day on Five or More of the Past Seven Days	66%	*	Michigan Profile for Healthy Youth	2014
		Percentage of High School Students who were Physically Active for at Least 60 Minutes per Day on Five or More of the Past Seven Days	59%	*	Michigan Profile for Healthy Youth	2014
		Percent of High School Students who Saw a Doctor for an Exam when They were Not Sick or Injured in the Past Year	70.7%	*	Michigan Profile for Healthy Youth	2014
		Percent of Middle School Students who Watched Three or More Hours per Day of TV on an Average School Day	16.6%	*	Michigan Profile for Healthy Youth	2014
		Percent of High School Students who Saw a Dentist in the Past 12 Months	19.3%	*	Michigan Profile for Healthy Youth	2014
		Appointments Provided for Middle and High School Students (County)	915	*	Family & Children's Services of Mid-Michigan	2018
		Teen Pregnancy Rate (per 1,000)	15.9	<b>27.3</b>	Michigan Department of Community Health	2017
		Repeat Teen Births, Age 15-19	11%	<b>17.5%</b>	Kids Count	2016
		Child and Teen Deaths, Age 1-19	<b>27.4</b>	<b>26.7</b>	Kids Count	2017
	Substance Use	Adult Smoking	16%	<b>20%</b>	County Health Rankings	2019
		Exposure to Secondhand Smoke	12.4%	*	Midland County Health Survey	2019
		Tobacco Usage: Cigarette Smoking	6.2%	*	Midland County Health Survey	2019
		Tobacco Usage: Smokeless Tobacco	2.6%	*	Midland County Health Survey	2019
		Tobacco Usage: Smokeless E-Cigarettes	3.7%	*	Midland County Health Survey	2019
		Substance Abuse Services: Satisfied or Very Satisfied	42%	*	Midland County Health Survey	2019
		Births to Mothers who Smoked During Pregnancy	<b>19.4%</b>	<b>17.1%</b>	Kids Count	2016

	Alcohol Consumption (Days per Week)	2.3-4.7	*	Midland County Health Survey	2019
	Binge Drinking Adults	22%	21%	County Health Rankings	2019
	Alcohol Use in Past Year: Felt Like Wanted or Needed to Cut Back	15.7%	*	Midland County Health Survey	2019
	Alcohol Use in Past Year: Experienced Negative Consequences	8.1%	*	Midland County Health Survey	2019
	Alcohol Use in Past Year: Sought Treatment or Attended a Support Group	1.5%	*	Midland County Health Survey	2019
	Doses of Narcan Given by MidMichigan EMS, Midland City Fire Department, Law Enforcement, Midland County Township Fire Department	116	*	MidMichigan EMS	2018
	Drug Use in the Past Year: Prescription Drugs Not Prescribed	3.1%	*	Midland County Health Survey	2019
	Drug Use in the Past Year: Illegal Drugs	0.9%	*	Midland County Health Survey	2019
	Drug Use in the Past Year: Opioid Painkillers	8.7%	*	Midland County Health Survey	2019
	Marijuana Use in the Past Year: Medical Only	1.9%	*	Midland County Health Survey	2019
	Marijuana Use in the Past Year: Recreational Only	4.7%	*	Midland County Health Survey	2019
	Marijuana Use in the Past Year: Medical and Recreational	1.4%	*	Midland County Health Survey	2019
	Drug Use in Past Year: Felt Like Wanted or Needed to Cut Down	9.5%	*	Midland County Health Survey	2019
	Drug Use in Past Year: Experienced Negative Consequences	5.2%	*	Midland County Health Survey	2019
	Drug Use in Past Year: Sought Treatment or Attended a Support Group	4.3%	*	Midland County Health Survey	2019
	Going to a Doctor for Substance Abuse Problem: Somewhat or Very Likely	71.7%	*	Midland County Health Survey	2019
	Going to a Doctor for Substance Abuse Problem: Somewhat or Very Unlikely	17.3%	*	Midland County Health Survey	2019
	Going to a Therapist for Substance Abuse Problem: Somewhat or Very Likely	66.4%	*	Midland County Health Survey	2019
	Going to a Therapist for Substance Abuse Problem: Somewhat or Very Unlikely	19.7%	*	Midland County Health Survey	2019
	Treatment for Alcohol (Medicaid, Healthy MI or Federal Block Grant)	161	*	Ten16 Recovery Network	2018
	Treatment for Marijuana (Medicaid, Healthy MI or Federal Block Grant)	13	*	Ten16 Recovery Network	2018
	Treatment for Rx Drugs (Medicaid, Healthy MI or Federal Block Grant)	105	*	Ten16 Recovery Network	2018
	Treatment for Heroin (Medicaid, Healthy MI or Federal Block Grant)	159	*	Ten16 Recovery Network	2018
	Treatment for Cocaine/Crack (Medicaid, Healthy MI or Federal Block Grant)	17	*	Ten16 Recovery Network	2018
	Treatment for Methamphetamine (Medicaid, Healthy MI or Federal Block Grant)	512	*	Ten16 Recovery Network	2018
Nutrition and Exercise	Physical Inactivity	20%	22%	County Health Rankings	2019

	No Physical Activity	12%	*	Midland County Health Survey	2019
	Meets Physical Activity Guidelines	60.1%	*	Midland County Health Survey	2019
	Strength Training Exercises (per Week)	2.1%	*	Midland County Health Survey	2019
	Flexibility Exercises (per Week)	2.1%	*	Midland County Health Survey	2019
	Population with No Leisure Time Physical Activity	21.9%	<b>22.1%</b>	Centers for Disease Control and Prevention	2014
	Time Spent Playing with Children 30+ Minutes per Day	71.6%	*	Behavioral Risk Factor Survey	2019
	Low Income and Low Access to a Grocery Store	20.09%	*	US Department of Agriculture: Food Atlas	2015
	Food Purchased at Least Once Per Week: Food Pantry	1.2%	*	Midland County Health Survey	2019
	People 65+ with Low Access to a Grocery Store	2.69%	*	US Department of Agriculture: Food Atlas	2015
	Food Purchased at Least Once Per Week: Meals on Wheels	1.8%	*	Midland County Health Survey	2019
	Food Purchased at Least Once Per Week: Grocery Store	82.6%	*	Midland County Health Survey	2019
	Food Purchased at Least Once Per Week: Convenience Store	15.8%	*	Midland County Health Survey	2019
	Access to Exercise Opportunities	81%	<b>85%</b>	County Health Rankings	2019
	Children with Low Access to a Grocery Store (per 1,000)	0.19	*	US Department of Agriculture; Food Atlas	2014
	Farmers Market Density	0.02	*	US Department of Agriculture; Food Atlas	2016
	Fresh Produce and Other Healthy Foods: Satisfied or Very Satisfied	82.5%	*	Midland County Health Survey	2019
	Food Purchased at Least Once Per Week: Farmers Market	29.6%	*	Midland County Health Survey	2019
	Food Purchased at Least Once Per Week: Coop	1.6%	*	Midland County Health Survey	2019
	Fast Food Restaurant Density (per 1,000)	0.65	*	US Department of Agriculture; Food Atlas	2014
	Food Purchased at Least Once Per Week: Fast Food	34.5%	*	Midland County Health Survey	2019
	Food Purchased at Least Once Per Week: Restaurant	38%	*	Midland County Health Survey	2019
	Grocery Store Density	0.19	*	US Department of Agriculture; Food Atlas	2014
	Fruit and Vegetable Consumption per Day	3.6	*	Midland County Health Survey	2019
	Beverage Consumption: No Energy Drinks in past week	83.9%	*	Midland County Health Survey	2019

		Beverage Consumption: No Soda Drinks in past week	44.3%	*	Midland County Health Survey	2019
		Beverage Consumption: No Sugar-Sweetened Fruit Drinks	71.6%	*	Midland County Health Survey	2019
		Beverage Consumption: No Sugar-Sweetened Flavored Tea	82.9%	*	Midland County Health Survey	2019
		Food Environment Index	8.2	<b>7.1</b>	County Health Rankings	2019
		Child Food Insecurity Rate	13.6%	<b>16.3%</b>	Feeding America	2016
Health Conditions	Chronic Conditions	Adults who are Obese	32%	<b>32%</b>	County Health Rankings	2019
		Mean BMI	29.1	*	Midland County Health Survey	2019
		Adults who are Obese or Overweight	71.2%	*	Midland County Health Survey	2019
		Disability: Use Special Equipment	7.3%	*	Midland County Health Survey	2019
		Disability: Rely on Others for Help	12%	*	Midland County Health Survey	2019
		Fallen in Past 12 Months	24.5%	*	Midland County Health Survey	2019
		Injury From Fall in Past 12 Months	27.7%	*	Midland County Health Survey	2019
		Hypertension (Medicare Population)	53.9%	<b>54.99%</b>	Centers for Medicare and Medicaid Services	2015
		Autism Spectrum Disorders	<b>0.25%</b>	<b>0.19%</b>	Centers for Medicare and Medicaid Services	2015
		HIV Prevalence (per 100,000)	39	<b>175</b>	National HIV Surveillance System	2015
		HIV or AIDS Prevalence	0.9%	*	Midland County Health Survey	2019
		Kidney Disease	18.8%	<b>19.42%</b>	Centers for Medicare and Medicaid Services	2015
		Diagnosis: Depression	25.9%	*	Midland County Health Survey	2019
		Schizophrenia/Other Psychotic Disorders	3.6%	<b>4%</b>	Centers for Medicare and Medicaid Services	2015
		Hepatitis (Chronic Viral B&C)	0.54%	<b>0.68%</b>	Centers for Medicare and Medicaid Services	2015
		Osteoporosis	<b>5.4%</b>	<b>5.24%</b>	Centers for Medicare and Medicaid Services	2015
		Arthritis	28.2%	<b>32.6%</b>	Centers for Medicare and Medicaid Services	2015
		Alzheimers/Dementia	9.4%	<b>10.6%</b>	Centers for Medicare and Medicaid Services	2015
		Poor Mental Health Days (per 30 Days)	3.9	<b>4.4</b>	County Health Rankings	2019



		Asthma	9.4%	<b>9.67%</b>	Centers for Medicare and Medicaid Services	2015
		Prevalence of Asthma	14.2%	*	Midland County Health Survey	2019
		Babies with Low Birth Weight	7%	<b>8.8%</b>	Michigan Department of Community Health	2017
	Cardiovascular	Heart Disease Hospitalizations	<b>127.8</b>	<b>124.4</b>	Michigan Department of Community Health	2016
		Adult Diabetes	10%	<b>11%</b>	County Health Rankings	2019
		Prevalence of Type 1 and Type 2 Diabetes	10.3%	*	Midland County Health Survey	2019
		Prevalence of Pre-Diabetes/Borderline Diabetes	11.1%	*	Midland County Health Survey	2019
		Diabetes (Medicare Population)	25.2%	<b>28.59%</b>	Centers for Medicare and Medicaid Services	2015
		High Cholesterol	<b>40.8%</b>	<b>39.4%</b>	Behavioral Risk Factor Surveillance System	2015
		High Cholesterol (Medicare Population)	41.1%	<b>44.61%</b>	Centers for Medicare and Medicaid Services	2015
		Heart Disease (3 Year Average)	141.2	<b>197.9</b>	Michigan Department of Health and Human Services	2017
		Hypertension Hospitalizations (10,000 Population)	8.1	<b>15.5</b>	Behavioral Risk Factor Surveillance System	2016
		Hypertension (Medicare Population)	53.9%	<b>54.99%</b>	Centers for Medicare and Medicaid Services	2015
		Prevalence of Hypertension	29.9%	*	Behavior Risk Factor Survey	2019
		Heart Failure (Medicare Population)	14.1%	<b>15.82%</b>	Centers for Medicare and Medicaid Services	2015
		Prevalence of Heart Attacks	3.6%	*	Midland County Health Survey	2019
		COPD (Medicare Population)	13%	<b>13.7%</b>	Centers for Medicare and Medicaid Services	2015
		Atrial Fibrillation	<b>9.4%</b>	<b>8.2%</b>	Centers for Medicare and Medicaid Services	2015
		Ischemic Heart Disease (Medicare Population)	29.3%	<b>30.63%</b>	Centers for Medicare and Medicaid Services	2015
		Stroke	2.9%	<b>3.97%</b>	Centers for Medicare and Medicaid Services	2015
Prevalence of Stroke	3%	*	Midland County Health Survey	2019		
Mental Health	Children Served by Community Mental Health	721	*	Community Mental Health for	2018	

				Central Michigan	
	Adults Served by Community Mental Health	1,862	*	Community Mental Health for Central Michigan	2018
	Mental Health Services: Satisfied or Very Satisfied	47.2%	*	Midland County Health Survey	2019
	Feelings of Belonging: Home, Work, Community, Other Group/Place	90.6%	*	Midland County Health Survey	2019
	Feelings of Belonging: Cared About	97%	*	Midland County Health Survey	2019
	Going to a Doctor for Mental Health Problem: Somewhat or Very Likely	74.6%	*	Midland County Health Survey	2019
	Going to a Doctor for Mental Health Problem: Somewhat or Very Unlikely	15.7%	*	Midland County Health Survey	2019
	Going to a Therapist for Mental Health Problem: Somewhat or Very Likely	71.5%	*	Midland County Health Survey	2019
	Going to a Therapist for Mental Health Problem: Somewhat or Very Unlikely	17.2%	*	Midland County Health Survey	2019
	Adjustment Disorders	438	*	Community Mental Health for Central Michigan	2018
	Alcohol-Related Disorders	7	*	Community Mental Health for Central Michigan	2018
	Anxiety Disorders	807	*	Community Mental Health for Central Michigan	2018
	Mental Health Diagnosis: Anxiety	29%	*	Midland County Health Survey	2019
	Mental Health Diagnosis: Depression	25.9%	*	Midland County Health Survey	2019
	Attention Deficit Conduct and Disruptive Behavior Disorder	509	*	Community Mental Health for Central Michigan	2018
	Delirium Dementia and Amnestic and Other Cognitive Disorders	11	*	Community Mental Health for Central Michigan	2018
	Developmental Disorders	275	*	Community Mental Health for Central Michigan	2018
	Disorders Usually Diagnosed in Infancy Childhood or Adolescence	257	*	Community Mental Health for Central Michigan	2018
	Impulse Control Disorders Not Elsewhere Classified	26	*	Community Mental Health for Central Michigan	2018
	Miscellaneous Mental Disorders	9	*	Community Mental Health for Central Michigan	2018
	Concerns with: Memory, Concentration, Decision Making or Confusion When Driving	39.4%	*	Midland County Health Survey	2019
	Mood Disorders	1,513	*	Community Mental Health for Central Michigan	2018

		Personality Disorders	230	*	Community Mental Health for Central Michigan	2018
		Schizophrenia and other Psychotic Disorders	271	*	Community Mental Health for Central Michigan	2018
		Screening and History of Mental Health and Substance Abuse Codes	73	*	Community Mental Health for Central Michigan	2018
		Substance-Related Disorders	20	*	Community Mental Health for Central Michigan	2018
		Diagnosis: Substance Use Disorder	2.4%	*	Midland County Health Survey	2019
		Diagnosis: Recovery from Past Mental Health Issue	14%	*	Midland County Health Survey	2019
	Cancer Incidence Rate per 100,000 population	All Cancer	390	<b>449.5</b>	National Cancer Institute	2015
		Diagnosed with Cancer	9.1%	*	Midland County Health Survey	2019
		Prevalence Among Those Diagnosed: Breast	35.7%	*	Midland County Health Survey	2019
		Prevalence Among Those Diagnosed: Prostate	8.9%	*	Midland County Health Survey	2019
		Prevalence Among Those Diagnosed: Colorectal	8.9%	*	Midland County Health Survey	2019
		Prevalence Among Those Diagnosed: Lung	5.4%	*	Midland County Health Survey	2019
		All Cancer Medicare Population	<b>7.9%</b>	<b>7.83%</b>	Centers for Medicare and Medicaid Services	2015
		Lung Cancer	51.9	<b>65.6</b>	National Cancer Institute	2015
		Oral Cancer	11	<b>11.5</b>	National Cancer Institute	2015
		Breast Cancer	<b>128.8</b>	<b>123.4</b>	National Cancer Institute	2015
		Colorectal Cancer	28.1	<b>37.7</b>	National Cancer Institute	2015
	Prostate Cancer	88.9	<b>117.6</b>	National Cancer Institute	2015	
	Mortality Incidence Rate per 100,000 population	Mortality Ranking	9	*	County Health Rankings	2019
		Life Expectancy, Both Sexes	80.54 years	<b>78.26 years</b>	US Health Map	2014
		All Cancer	142.6	<b>172.7</b>	National Cancer Institute	2015
		Breast Cancer	15.5	<b>21.7</b>	National Cancer Institute	2015
		Colon and Rectum Cancer	11.1	<b>14.5</b>	National Cancer Institute	2015
		Lung Cancer	36.4	<b>48</b>	National Cancer Institute	2015
		Prostate Cancer	<b>14.1</b>	<b>19</b>	National Cancer Institute	2015

	Premature Death	5,800	7,600	County Health Rankings	2019
	Heart Disease	141.2	195.9	Michigan Department of Community Health	2017
	Diabetes	22.8	22.1	Michigan Department of Community Health	2017
	Chronic Lower Respiratory Disease	41.2	44.3	Michigan Department of Community Health	2017
	Stroke	36.2	39.2	Michigan Department of Community Health	2017
	Suicide	11.1	13.6	Michigan Department of Community Health	2017
	Influenza and Pneumonia	16.4	14.1	Michigan Department of Community Health	2017
	Infant	*	6.8	Michigan Department of Community Health	2017
	Drug Overdose Deaths	12	24	County Health Rankings	2019
	Drug Rate Death due to Heroin-Related Drug Poisoning	0.4	4.2	Michigan Substance Use Data Repository	2017
	Alcohol-Impaired Driving Deaths	39%	29%	County Health Rankings	2019
	Unintentional Injury Deaths	29.7	53.9	Michigan Department of Community Health	2017

## Part II: Community Health Improvement Plan

The MidMichigan Medical Center - Midland Community Health Improvement Plan for 2019-2022 was built upon previous plans to further reflect MidMichigan Health's Mission, Vision, and Core Values, as well as collaborative efforts with the community. The underlying premise for each MidMichigan Health subsidiary in completing previous plans was shared ownership for community health. While our previous CHNA's helped us identify focus areas for health improvement, the IRS legislation mandating collaborative efforts provided an opportunity to revisit our needs assessment and strategic planning processes. Part one of the Community Health Needs Assessment included a detailed investigation of quantitative and qualitative data from which areas for health improvement were chosen.

The following plan includes goals and evidenced based strategies to address three focus areas for health improvement, approved by MidMichigan Medical Center - Midland Board of Directors on October 25, 2019. This document reflects input from designated individuals in each community inclusive of, but not limited to, public health experts, representatives of low-income and medically underserved populations, and those suffering from chronic disease. The broadened scope from which we plan to function is inherent in the strategies which include internal health improvement initiatives of MidMichigan Medical Center - Midland and MidMichigan Health, as well as collaborative efforts of the hospital with public health, the University of Michigan, and our community partners. The following pages outline the Community Health Improvement Plan for MidMichigan Medical Center - Midland.

Addendum: This report will be made publicly available on [www.midmichigan.org](http://www.midmichigan.org), and will be filed with the Internal Revenue Service using Form 990 Schedule H.

<b>Health Focus Area: Chronic Disease Prevention and Treatment</b>				
<b>Goal: Educate, encourage and provide opportunity for improved health behaviors and increased access to healthy foods.</b>				
<b>Strategy</b>	<b>Action</b>	<b>Lead/Partners</b>	<b>Expected Output</b>	<b>Measure</b>
<p>1.1. Expand Prescription for Health Program.</p> <p>1.2. Explore means to connect patients to other healthy food sources in area.</p>	<p>1.1. Expand pilot program to reach an increased number of participants in Midland and the region.</p> <p>1.2. Connect patients to Double Up Food Bucks, Emergency Food Pantry, Food Bank of Eastern Michigan and Community Garden Sites.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• MSU Extension</li> <li>• Midland Health Department</li> <li>• MiHIA</li> <li>• SVSU Health Science Department</li> </ul>	<p>Improved knowledge of healthy eating.</p> <p>Increased access to and selection of healthy foods.</p>	<p><b>Short term.</b> Number of programs, participation rates.</p> <p><b>Long term</b> Increased fruit and vegetable purchase and consumption.</p> <p>Improved BMI's and decreased percentage of children and adults being overweight or obese or reporting high BMI's.</p> <p>Decreased consumption of fast food and sugary drinks.</p>
<p>2. Provide Diabetes Prevention Program</p>	<p>Expand number of Diabetes Prevention in-person and virtual offerings for adults at risk for diabetes.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Physicians Group Offices (in-person offerings)</li> <li>• MiHIA (virtual offerings)</li> <li>• Insurance funded (in-person and virtual offerings)</li> </ul>	<p>The number of participants for in-person and virtual classes will increase every year through 2022.</p> <p>Delayed onset of Diabetes and comorbidities attributable to Type 2 Diabetes.</p>	<p><b>Short term</b> Participation rates. Physical activity outcomes, average weight loss and program evaluations.</p> <p><b>Long term</b> Improved A1c and cholesterol numbers.</p>
<p>3. Offer MidMichigan Health Speaker's Bureau for healthy eating, exercise and weight management educational programming.</p>	<p>Provide subject matter experts and educational materials like "Twelve Weeks to a Better You."</p>	<ul style="list-style-type: none"> <li>• MidMichigan Medical Center - Midland Subject Matter Experts</li> </ul>	<p>A minimum of five programs per year will be provided to audiences, per request.</p>	<p>Number of requests.</p> <p>Participation rates.</p> <p>Program evaluations.</p>
<p>4. Provide healthy eating and exercise programming for school-aged children.</p>	<p>Offer Eat Healthy Move More, Go Outside, Kurbo and Lou E's Fit Club opportunities.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Medical Center - Midland</li> <li>• Legacy Center</li> <li>• MSU Extension</li> <li>• Greater Midland</li> <li>• Midland Healthy Weight Team</li> <li>• Great Lakes Loons</li> <li>• MiHIA Kurbo</li> </ul>	<p>A minimum of 500 school-aged children will be reached with programming.</p>	<p><b>Short Term</b> Participation rates.</p> <p><b>Long Term</b> Decreased percentage of middle school and high school aged children reporting overweight or obese and decreased BMI.</p>
<p>5. Provide education on recommended health care screenings.</p>	<p>Educate community members on suggested health care screenings at programs and events using the Women's and Men's Guides to Living Well and other resources.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• MPG Offices</li> </ul>	<p>Community members will be informed regarding recommended screenings.</p>	<p><b>Short Term</b> Number of resources distributed.</p> <p><b>Long Term</b> Increased participation in recommended screenings.</p>

<b>Health Focus Area: Maternal/Infant Health</b>				
<b>Goal: Prepare, Care and Support childbearing families in order to improve the health and well-being of childbearing aged women and infants.</b>				
<b>Strategy</b>	<b>Action</b>	<b>Lead/Partners</b>	<b>Expected Output</b>	<b>Measure</b>
<p>1.1. Increase proportion of pregnant women who receive early and adequate prenatal care.</p> <p>1.2. Provide consistent childbirth preparation education content to all staff and pregnant families.</p>	<p>1.1. Educate women of childbearing age regarding the importance of prenatal care.</p> <p>1.2. Explore implementation of a Centering Pregnancy Pilot.</p> <p>1.2a. Work with Community partners to register expectant parents for childbirth preparation, baby care boot camp, breastfeeding/safety and child/infant CPR classes.</p> <p>1.2b. Implement a consistent education initiative for all medical staff and patient education for inpatient and ambulatory.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• MPG and Non-Affiliated OB/GYN</li> <li>• Primary Care and Pediatric Offices</li> <li>• Great Start Collaborative</li> <li>• Family and Children’s Services, Midland.</li> <li>• Midland County Health Department</li> <li>• MidMichigan Health</li> <li>• MiHIA Centering Pregnancy</li> </ul>	<p>Improved pregnancy and postpartum behaviors.</p> <p>Improved health of mothers, babies and future health of children.</p>	<p><b>Short Term</b> Number of first time and overall prenatal visits.</p> <p>Number of staff members participating in education.</p> <p>Class participation numbers.</p> <p><b>Long Term</b> Decrease in percent of mothers in the less than adequate prenatal care category.</p> <p>Decrease in average number of low birth weight babies.</p>
<p>2. Increase abstinence from cigarettes among pregnant women.</p>	<p>Expand Tobaccos Cessation and Reduction in Pregnancy Treatment Program.</p>	<ul style="list-style-type: none"> <li>• MiHIA Region 5 Perinatal Quality Collaborative</li> <li>• MidMichigan Medical Center - Midland</li> <li>• MidMichigan Physicians Group</li> </ul>	<p>Increased numbers of women will decrease or stop abusing substances during pregnancy.</p>	<p><b>Short term</b> Decreased reported tobacco use cigarettes during pregnancy.</p> <p><b>Long term</b> Decrease in births to mothers who smoked or abused other substances during pregnancy.</p>
<p>3. Provide opportunity for follow-up care post discharge.</p>	<p>Educate expectant or postpartum mothers regarding needed programs (Maternal Infant Health Program, Healthy Beginnings Program and SNAP enrollment).</p>	<ul style="list-style-type: none"> <li>• MPG and Non-Affiliated OB/GYN</li> <li>• Primary Care and Pediatric Offices</li> <li>• MidMichigan Home Care</li> <li>• Midland Health Department</li> <li>• WIC</li> </ul>	<p>Increased utilization of community support services early in prenatal period and after delivery.</p>	<p><b>Short term</b> Reports of support service participation.</p> <p><b>Long term</b> Reduced rate of post neonatal deaths and deaths from unknown causes.</p>
<p>4.1. Increase the proportion of infants who are breastfed.</p> <p>4.2. Provide opportunity and support for breastfeeding across the breastfeeding continuum.</p>	<p>Provide consistent education to physicians, inpatient, outpatient health staff and educators regarding the benefits of breastfeeding.</p> <p>Increase breastfeeding support.</p> <p>Review Patient Portal options for more comprehensive follow-up access and options.</p>	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• Midland County Health Department</li> <li>• MidMichigan Medical Center - Midland</li> <li>• MidMichigan Physicians Group Offices</li> <li>• WIC</li> </ul>	<p>Increased number of moms will be discharged from hospital exclusively breastfeeding.</p> <p>Increased number of moms breastfeeding at 3 months, six months and one year.</p>	<p>Breastfeeding rates at initiation, discharge, three months, six months and one year.</p>

<b>Health Focus Area: Mental Health and Substance Use</b>				
<b>Goal Mental Health:</b> Lead, partner or support efforts to ensure a comprehensive system of care to meet the behavioral health of all at the right time, in the right place and with the right care.				
<b>Goal Substance Use:</b> Provide prevention, screening, assessment, treatment, education and support so all needs are met.				
<b>Strategy</b>	<b>Action</b>	<b>Lead/Partners</b>	<b>Expected Output</b>	<b>Measure</b>
1. Improve consumer access to mental health resources and treatment.	1.1. Promote mental health resources through the Hope Portal. 1.2. Assist in closing gaps in care through physician mental health assessment and referral education.	<ul style="list-style-type: none"> <li>• MidMichigan Medical Center - Midland</li> <li>• Midland CHIP Mental Health Subgroup</li> <li>• 211 of Northeast Michigan</li> </ul>	Increased referrals to mental health resources and treatment.	<b>Short term</b> Increased referral rates.  <b>Long term</b> Reported decrease in anxiety, depression and unhealthy means of coping.
2. Improve consumer access to substance use resources and treatment.	2.1. Provide resources for tobacco cessation, alcohol abuse, vaping and drug addiction. 2.2. Provide consistent messaging using a variety of tactics.	<ul style="list-style-type: none"> <li>• MidMichigan Medical Center - Midland</li> <li>• Mid Michigan Health Marketing</li> <li>• MPG Offices</li> <li>• Legacy Center</li> <li>• MCTV</li> <li>• Midland CHIP: Substance Use Disorder Subgroup</li> <li>• Midland Public Schools</li> </ul>	Increased referrals to substance use resources and treatment.  Decreased percentage of teens and adults 18 years and older that abuse substances.	<b>Short term</b> Increased referral rates.  <b>Long term</b> Decreased substance use rates (reported smoking, vaping, binge drinking) and alcohol impaired driving deaths.
3. Continue Project Assert (Alcohol and Substance Abuse Services, Education and Referral to Treatment).	3. Substance Use treatment services will continue in ER and inpatient setting.	<ul style="list-style-type: none"> <li>• Ten16 Recovery Network</li> <li>• MidMichigan Health</li> </ul>	Improved Care Coordination and access to substance use treatment.	Increased referral rates.
4. Identify/Screen for Social Determinants of Health, (SDOH) including Loneliness.	4a. Provide systematic evaluation of Social Determinants of Health needs for new patients, post ED and annual physical. 4b. Provide bi-directional referral to agencies answering needs reflected from SDOH Surveys.	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• 211 of Northeast MI</li> <li>• United Way</li> <li>• Midland Area Council on Aging</li> </ul>	Increased identification of SDOH needs.	Referral numbers and types of SDOH referrals satisfied.
5. Identify/Screen for depression/suicide and co-occurring substance abuse and mental health disorders.	Provide assessment for depression/suicide annually for those 12 years and older in primary care offices and at other health encounters as appropriate.	<ul style="list-style-type: none"> <li>• MidMichigan Health</li> <li>• Substance Use Disorder and Community Outreach Committee</li> <li>• MidMichigan Health</li> <li>• Midland CHIP</li> <li>• Ten16 Recovery Network</li> </ul>	Increased identification and treatment of those at risk for suicide.  Increased number of adults with co-occurring substance abuse and mental health disorders who receive treatment.	<b>Short Term</b> Number of teens and adults in treatment.  Decreased reports of anxiety and depression.  <b>Long Term</b> Decreased suicide rates.