



*MyMichigan Medical Center Clare*

# **COMMUNITY HEALTH NEEDS ASSESSMENT**

## **2022**



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# Letter to Community



June 2022

Dear Community Members and Partners,

*At MyMichigan Health, our Purpose Statement is: "Creating Healthy Communities – Together."*

Community health improvement is a daunting challenge. In fact, it is far too great for any single organization to achieve. However, it can be achieved together with the help of community partners like you. Whether in the public health, foundation, nonprofit organization, government or the health care sector, or those with first-hand experience that live, work, play and age within our communities – all can make a difference.

The Community Health Needs Assessment (CHNA) process is one way to make a difference. The CHNA offers a valuable opportunity to listen and gain input on what health concerns matter most to those in our communities. As part of that process, we seek the most impactful, evidence-based ways to work together to improve the health of our communities. Collectively, we have worked hard to address key priorities identified in previous CHNAs to move the needle on health indicators. As a result, we have implemented programs and developed new processes to provide care and affect social determinants of health to those most in need. We are proud of what we have accomplished thus far, but also understand there is still much work to be done.

It is through our CHNA process, using data and stakeholder input, that we measure and obtain a detailed snapshot of our region's health needs and how best to address barriers to achieving a healthy life. We know that individuals and families can best achieve a healthy life when they are able to make positive health choices in settings where barriers to health are addressed and removed.

MyMichigan Health takes its role as an anchor institution, a community leader and trusted partner in our communities very seriously. We know that we serve as a major employer, purchaser, leader and participant in interconnected relationships with you, for the good of our community's health.

MyMichigan Health understands its responsibility to set standards of care not only in our clinical settings, but also in the towns, community centers and classrooms where we serve. Our efforts to strengthen and integrate our clinical and community programs, together with our community partners, is how we become successful in our challenge to improve health.

It is our pleasure to provide this 2022 MyMichigan Medical Center Clare Community Health Needs Assessment. In accordance with policy, the Board of Directors reviewed and approved this report on April 27, 2022. We invite you to explore this report and join us as we engage in addressing the critical health issues in our community.

Sincerely,

Marita Hattem-Schiffman  
President, Central Region

Donald Schurr  
Chair, Board of Directors

Mary Greeley  
Vice President, Population Health

# Acknowledgements to Partners

MyMichigan Medical Center Clare is pleased to share with you the 2022 Community Health Needs Assessment (CHNA). We adopted and modified the Mobilizing for Action through Planning Partnerships (MAPP) process to meet the needs of MyMichigan Health, our medical centers, our partners and the community. This is a community-driven strategic planning process for improving community health. This report represents our commitment to identifying and addressing the barriers in our communities that impact health.

MyMichigan Medical Center Clare would like to give a special thank you to all of those who have been involved in the development of the CHNA. This includes members of both our Internal and External Advisory committees, as well as MyMichigan Health’s Community Health department. All of these partners took part in an extensive process that included planning, collecting and analyzing data and prioritizing that data to identify the top strategic health issues that our communities face. Collecting qualitative and quantitative data through our process enabled us to have a deep understanding of the challenges that our community faces.

This understanding enables us to develop our Community Health Improvement Plan (CHIP) that will guide our efforts over the next three years to impact health outcomes in our communities.

## Thank you to our Community Health Needs Assessment Partners

Clare-Gladwin RESD	United Way of Clare & Gladwin Counties
Clare-Gladwin Great Start Collaborative	MDHHS
Clare Public Schools	Clare Area Chamber of Commerce
Farwell Public Schools	Northern Michigan Alliance for Children
Ten16 Recovery Network	Clare County Transit Corporation
211 Northeast Michigan	MSU Extension
Central Michigan District Health Department	MidMichigan Community Health Services
Greater Lansing Food Bank	

# Executive Summary

The Community Health Team of MyMichigan Health supports the Community Health Needs Assessment (CHNA) as a key component of improving population health. Our assessment and corresponding plans are a reflection of the purpose and core values to MyMichigan 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, health life, regardless of their income, education or ethnic background.

MyMichigan Medical Center Clare, with the help of community partners, conducted this CHNA using a modified MAPP process that assessed the current health status of the community based on identified needs according to benchmark comparisons in secondary public health data, primary data collected through community surveying for community input and the development of a Community Health Improvement Plan (CHIP). The process included several community partners that collected, reviewed and analyzed public health data, completed and distributed the community health surveys and assisted in both identifying priorities and setting goals for the 2022 CHIP.

## Community Health Status

The communities within Clare County are all predominately rural and share common themes in demographics and health indicators. Clare County has a more aging population with a higher proportion of persons over the age of 45 ages when compared to surrounding counties. The community is more homogenized and less diverse in terms of racial and ethnic composition, and has a great number of households living in poverty. According to data researched, the Clare County community struggles with issues related to chronic condition management and treatment, behavioral health, access to health care services and Social Determinants of Health.

## Community Health Survey

A Community Survey was conducted January - March 2022, surveying residents of Clare County. Once collected, the Community Survey data was analyzed to identify health indicators that were consistent across the county. Key themes that emerged from this process were ongoing issues related to chronic conditions such as diabetes, obesity, and high blood pressure, as well as concerns with access to care for mental health and primary care services. Problems related to housing, food insecurity, broadband access – all related to Social Determinants of Health – emerged as well.

## Community Health Improvement Plan

By recommendation from the External Advisory Committee, MyMichigan Health's Central Region Board of Directors approved the following focus areas for the 2022 Community Health Improvement Plan:

*Chronic Disease Prevention*

*Mental Health & Substance Use*

*Access to Care & Social Services*

# Overview of MyMichigan Health

MyMichigan Health, a non-profit health system headquartered in Midland, Michigan, is a leader in providing award-winning, high-quality care to the 25-county region it serves. With Medical Centers in Alma, Alpena, Clare, Gladwin, Midland, Mt. Pleasant, Sault Ste. Marie and West Branch, MyMichigan also has affiliations with Medical Centers in St. Ignace and Mackinac Island. MyMichigan Health provides a full continuum of care across a wide array of settings, including urgent care centers, home health, virtual care, as well as medical offices in more than 30 specialties and subspecialties including cardiology, family medicine, hematology/oncology, neurosciences, orthopedics, pediatrics, vascular surgery and more. MyMichigan Health demonstrates its commitment to the future of medicine by partnering with leading institutions to offer medical education programs that train medical students, physicians, nurse practitioner and physician assistant students, nursing students and other clinical experts from our region. Its more than 8,800 employees, volunteers, health care providers and other personnel work together to create healthy communities through solutions designed to meet the ever-changing needs of the 981,000 residents in the health system’s 25-county service area. In fiscal year 2021, MyMichigan Health provided \$78 million in community benefits, as well as supported its patients and families with new equipment, services and programs with funds raised by the MyMichigan Health Foundation.



Figure 1: Five Foundational Elements

**Our Communities**

**MyMichigan Health**

- Medical Centers**
  - MyMichigan Medical Center Alma
  - MyMichigan Medical Center Alpena
  - MyMichigan Medical Center Clare
  - MyMichigan Medical Center Gladwin
  - MyMichigan Medical Center Midland
  - MyMichigan Medical Center Mt. Pleasant
  - MyMichigan Medical Center Sault
  - MyMichigan Medical Center West Branch
  - Mackinac Straits Hospital\*\*
  - Mackinac Island Medical Center\*\*
- Medical Offices and Support Services**
  - Alma, Alpena, Atlanta, Auburn, Bois Blanc Island\*\*, Breckinridge, Cheboygan\*\*, Cedarville, Clare, Drummond Island, Edmore, Farwell, Freeland, Gladwin, Harrison, Ithaca, Kinross, Lincoln, Mackinaw City\*\*, Midland, Mt. Pleasant, Oscoda, Pigeon, Prudenville, Rogers City, St. Ignace\*\*, Sault Ste. Marie, Sanford, Shepherd and West Branch
- Health Parks**
  - Bay, Freeland, Gladwin, Harrison, West Branch
- Urgent Care Centers**
  - Alma, Alpena, Clare, Freeland, Gladwin, Houghton Lake, Midland, West Branch
- Walk In Care**
  - Bay, Sault Ste. Marie
- Continuing Care**
  - Rehab Centre
  - MyMichigan Home Care
  - MyMichigan Hospice
  - Woodland Hospice House
- Long Term Care**
  - Sault Ste. Marie, St. Ignace\*\*
- Other Services, Partners, Joint Ventures**
  - Advanced PET Imaging Network\*
  - ConnectCare\*
  - Great Lakes Bay Surgery & Endoscopy Center\*
  - MidMichigan Community Health Services
  - Mt. Pleasant Surgery Center\*
  - MyMichigan Collaborative Care Organization
  - MyMichigan Health Foundation
  - MyMichigan Health Network\*
  - MyMichigan Medical Group
  - Open MRI Mt. Pleasant\*
  - Wound Treatment Centers\*

\*Joint Ventures  
\*\*Not affiliated with University of Michigan Health

Figure 2: Our Communities

Feedback is welcomed via [CommunityHealth@mymichigan.org](mailto:CommunityHealth@mymichigan.org)

# Overview of Community

MyMichigan Medical Center Clare serves a robust Central Michigan region, with a variety of recreation and vacation opportunities. With a population of 30,771, Clare County is a primarily rural community located in Michigan’s Lower Peninsula. Although the county is comprised of many different townships and communities, the small cities of Harrison, Clare and Village of Farwell are among its largest communities. Named after County Clare in Ireland, the county is most well known for their Irish heritage and its natural history. Home to Mid Michigan College, the county offers widespread education and recreation opportunities, including bike trails, sporting opportunities and many local nautical experiences. Considered to be “Where the North Begins,” Clare County provides great tourism and “getaway” opportunities for all!

Located within the city of Clare is the county’s sole hospital - MyMichigan Medical Center Clare - a 49 licensed-bed hospital accredited by the Joint Commission. Built in 1937, MyMichigan Medical Center Clare has been serving Clare County and the surrounding counties for over eight decades. Recently updated with the latest surgical technology, the medical center offers a full range of services, including emergency care, heart and vascular services, orthopedics, CT, Lab, imaging and more. In 2019, the medical center received the Governor’s Award for Outstanding Achievement in Effective Reporting and Measurement: Outpatient Quality Reporting Acute Care Hospitals. With more than 300 employees, volunteers, physicians and other personnel, the medical center strives to be a leader in community involvement through volunteer efforts, community giving and living MyMichigan Health’s purpose – “Creating Healthy Communities – Together.”



Figure 3: Clare County Food Distribution

## Community Served at MyMichigan Medical Center Clare

The service area in Clare County is comprised of zip codes: 48617 (Clare), 48622 (Farwell), 48625 (Harrison), 48632 (Lake) and 48633 (Lake George).

# Framework/Methodology

The Community Health Needs Assessment (CHNA), while a requirement every three years under the Patient Protection and Affordable Care act for our tax-exempt status, is an important reflection of MyMichigan Health’s mission, vision, core values and the system’s goal to become a leader in our regions to improve the health of our communities. Community is a foundational element in MyMichigan Health’s strategic plan, and we believe that all people should have the opportunity to make healthy choices for a long, prosperous life, despite an individual’s socioeconomic status, education or background. The CHNA, as a key component for identifying top health concerns in a given area, will be vital in accomplishing the four objectives of the “Quadruple Aim”: Improve health outcomes in the community, enhancing patient experience, enhancing provider experience and reducing the cost of care. The primary purpose for the Community Health Needs Assessment for MyMichigan Medical Center Clare is to gain an understanding of the health needs caused by disparities in social determinants of health (SDOH) as well as strengths in the given service area. We do so by analyzing a large and specific collection of data and community input in the region which includes Clare County. With this understanding of the needs in our communities, we are equipped to develop a three-year strategic plan to improve the health outcomes in our communities and build health improvement capacity for the future health of its residents.

## 2022 CHNA Process

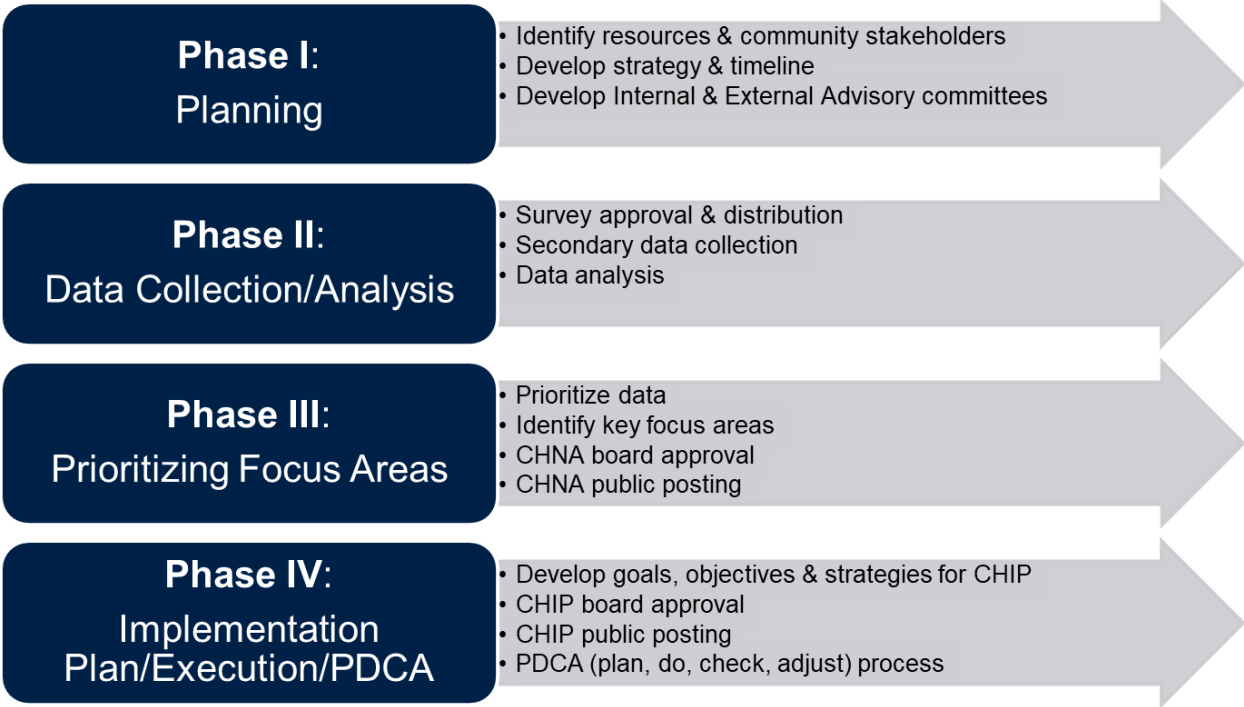


Figure 4: 2022 CHNA Process



### Phase I: Planning for the CHNA strategy

Identifying resources and community stakeholders within MyMichigan Medical Center Clare’s service area is a critical component to the CHNA. The Community Health team participates in community collaborative groups that are comprised of local organizations and community leaders who focus on the health of the residents. Phase I of the CHNA process includes the development of a strategy and timeline to be approved by MyMichigan Health’s Central Region (Alma, Mt. Pleasant, Clare) Leadership Team, who will be utilized as an internal advisory committee, and the president of MyMichigan Medical Center Clare.

### Phase II: Data collection and analysis

Forms of primary and secondary data from the Clare County service area are utilized to perform analysis. **Primary data** will include the input of those representing the local communities. This local input will be provided through a survey comprised of questions that are intended to provide an overview of the perceived health needs of community members. **Secondary data** will include public health indicators that are collected to determine the demographics and health status of the region serviced by MyMichigan Medical Center Clare. Once data is collected, it will then be analyzed to identify indicators that are out of range of the established benchmark. Those health indicators identified as out of range will be indicated in red on the included table (Appendix B). This data will then be categorized to determine areas of focus where health issues existed.

### Phase III: Prioritizing Focus Areas

This phase involves using specific analytic practices to determine focus areas and decide our top priorities in order to develop an implementation plan. Each indicator from primary and secondary data will be scaled and categorized into a subset piece of data to determine where our needs are in our community and how we can address them. The Community Health team will work with internal and external sources to determine focus areas and provide a communication document that can be reviewed. This data and focus area prioritization will be presented to the External Advisory Committee, as well as the MyMichigan Health Central Region (Alma, Mt. Pleasant, Clare) Leadership Team (Internal Advisory Committee) for suggestion and comment. When agreed, it will then be collected and presented to MyMichigan Health’s Central Region Board of Directors for final approval and placed on the MyMichigan Health website for public view and comment.

### PHASE IV: Develop Implementation plan/execution/PDCA

Once the data and focus areas are approved, the next step will be to develop a comprehensive, three year implementation plan that outlines specific goals, objectives and strategies to improve the health outcomes of the community. Review of the focus areas and data analysis will determine what our goals will be, and objectives will be created with those goals in mind and strategies to complete.



Figure 5: PDCA Cycle

# Community Survey Process

A 2022 Community Health Needs Assessment survey was conducted in Clare County to better understand the health needs and the vitality of the communities served. The 2022 Midland Health Survey (generated by a team at Saginaw Valley State University) served as the basis for the 2022 survey in Clare County. The Community Health team at MyMichigan Medical Center Clare worked with the External Advisory committee (compromised of leader representatives of community social service, education, public health and public policy agencies) to adapt the survey to ensure it met the needs of MyMichigan Health and the partnering agencies.

The community survey opened to the public on January 3, 2022 and subsequently closed on March 15, 2022. Efforts were made to obtain a sample of data that was representative of each community and zip code. Data collection occurred both online and via paper surveys. Microsoft Forms was used to administer the online survey and the link was sent via email to agencies, organizations and e-mail contact lists from each organization. The survey was also advertised on agency social media pages. The paper surveys were administered at various locations throughout the county and provided to organizations with harder to reach populations with limited access to internet. Participants completed the paper surveys at home and returned it in a postage paid envelope. Table 1 shows the demographic profile of the survey respondents.

All those who participated in the survey were offered a Marathon Gasoline gift card (\$10 value) as compensation for their time completing the survey. The sample generated a total of 148 survey responses for analysis. These totals included 96 online surveys and 54 paper surveys.

2022 Community Survey Demographics		
Gender	Female	79%
	Male	21%
Sexual Orientation	Heterosexual/Straight	95%
	Homosexual/Gay/Lesbian	0%
	Bisexual	3%
	Unspecified/Other	2%
Age	Median Age	52 years
Race	Black or African American	2.9%
	Asian or Asian American	0.0%
	American Indian or Alaskan Native	0.7%
	Native Hawaiian or Other Pacific Islander	0.0%
	White or Caucasian	96.4%
	Unspecified/Other	0.0%

Table 1: 2022 Community Survey Demographics

# Demographics

According to County Health Rankings, there are over 9 million residents in Michigan, with 30,771 residing in Clare County.

## Population by Gender and Age (2019)

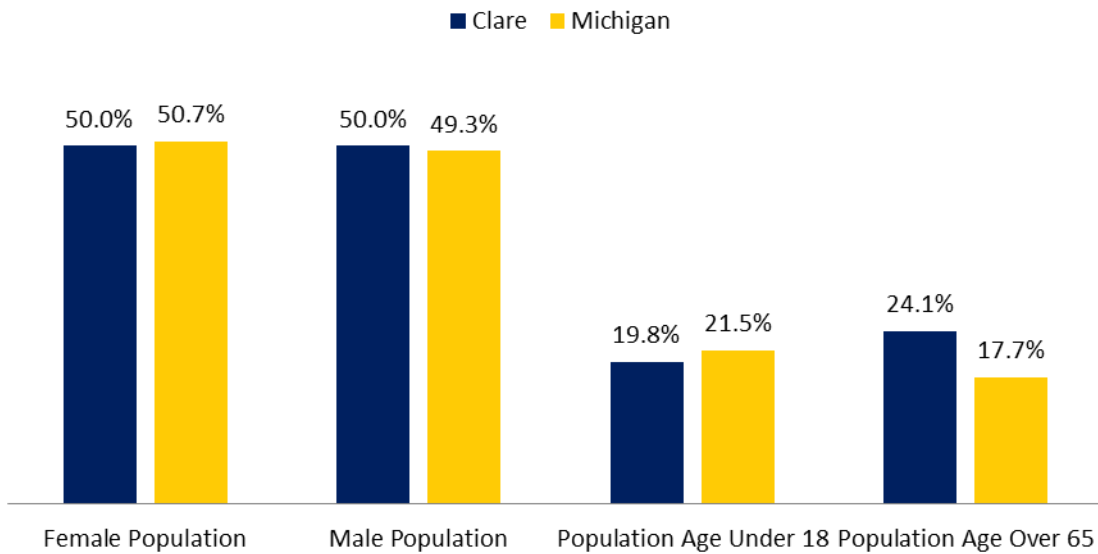


Figure 6: Population by Gender and Age, 2019

## Population by Race (2019)

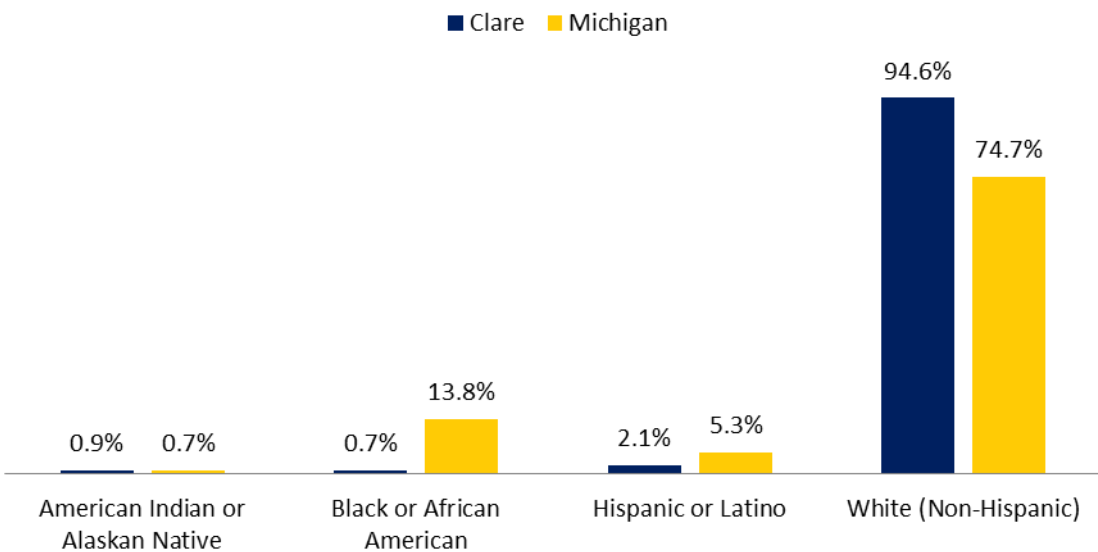


Figure 7: Population by Race, 2019

# Social Determinants of Health

The Social Determinants of Health (SDOH) are classified as conditions in the environment in which people are born, work, live or play that affect their health and quality of life outcomes. Areas often included in SDOH frameworks include healthcare access and quality, education access and quality, social and community context, neighborhood and built environment and economic stability.



Figure 8: Social Determinants of Health

## Economic Stability

Key issues within the economic stability function of SDOH include poverty, employment, food security, housing stability and ALICE populations. ALICE is an acronym for Asset Limited, Income Constrained, yet Employed, and describes households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (i.e., those working, yet still struggling to have their basic needs met).

## Poverty Status 5-year estimates

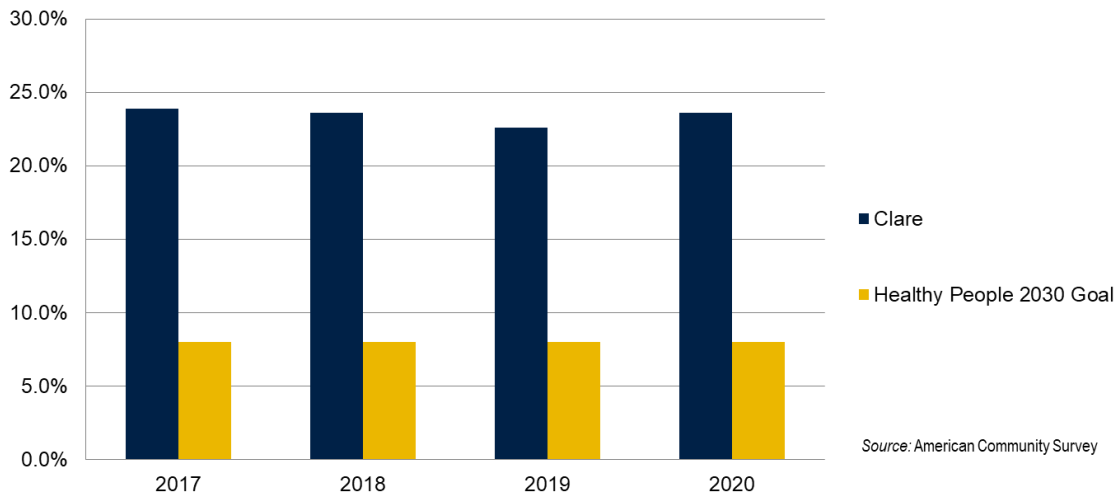


Figure 9: Poverty Status, 2017-2020

Unemployed Workers (Ages 16+), 2021	
Clare	Michigan
6.4%	4.2%

Table 2: Unemployed Workers, 2021

ALICE Populations Clare County 2019		
Location	Total HH	% Below ALICE Threshold
Arthur Township	229	32%
City of Clare	1,298	52%
City of Harrison	869	67%
Franklin Township	359	53%
Freeman Township	429	48%
Frost Township	552	55%
Garfield Township	799	58%
Grant Township	1,243	36%
Greenwood Township	410	40%
Hamilton Township	860	58%
Hatton Township	339	52%
Hayes Township	1,708	62%
Lincoln Township	789	60%
Redding Township	144	67%
Sheridan Township	510	36%
Summerfield Township	156	53%
Surrey Township	1,315	52%
Winterfield Township	190	61%

Table 3: Clare County ALICE Households, 2019

### Housing Security

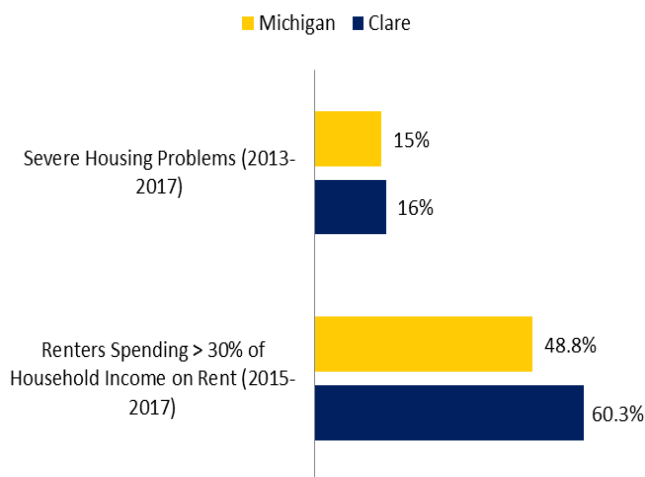


Figure 10: Housing Security

### Food Security

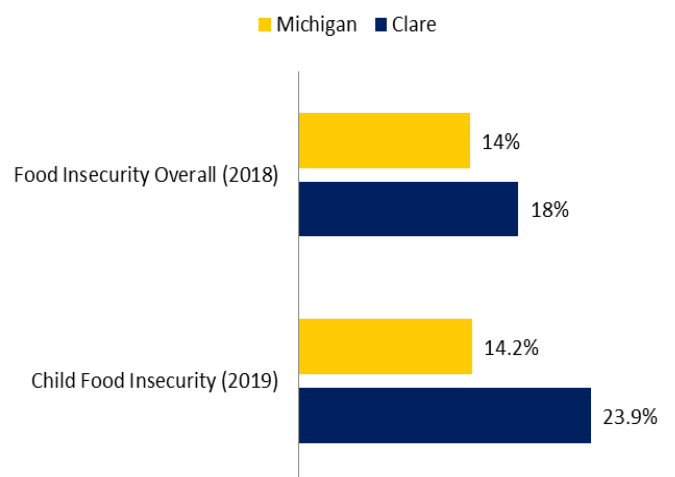


Figure 11: Food Security

## Education

Education status is a key function within the SDOH framework. Key issues such as graduation rates, enrollment in higher education, language and literacy and early childhood education all play a vital role in the health and well-being of a community.

### People 25+ with... (2019)

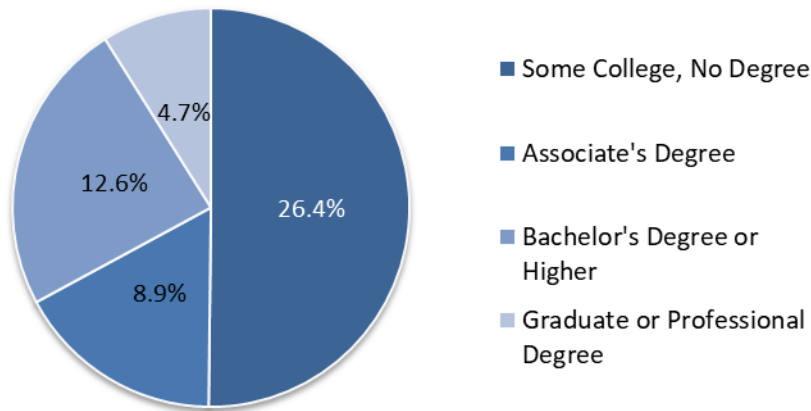


Figure 12: Continuing Education, 2019

3 and 4 Year Olds <u>Not</u> in Preschool (2019)	
Clare	63.6%
Michigan	52.5%

Table 4: Three & Four Year Olds Not in Preschool, 2019

### % of High School Dropouts 2021

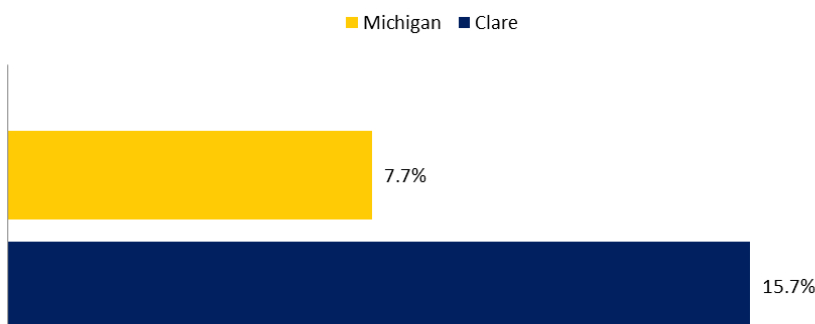


Figure 13: Percentage of High School Dropouts, 2021

## Neighborhood and Built Environment

There are important connections between where an individual lives and their health and well-being. Factors such as neighborhood safety, transportation access, housing quality and standards and air and water quality all play an important role in determining one's health status.

### % of Adults with Access To...

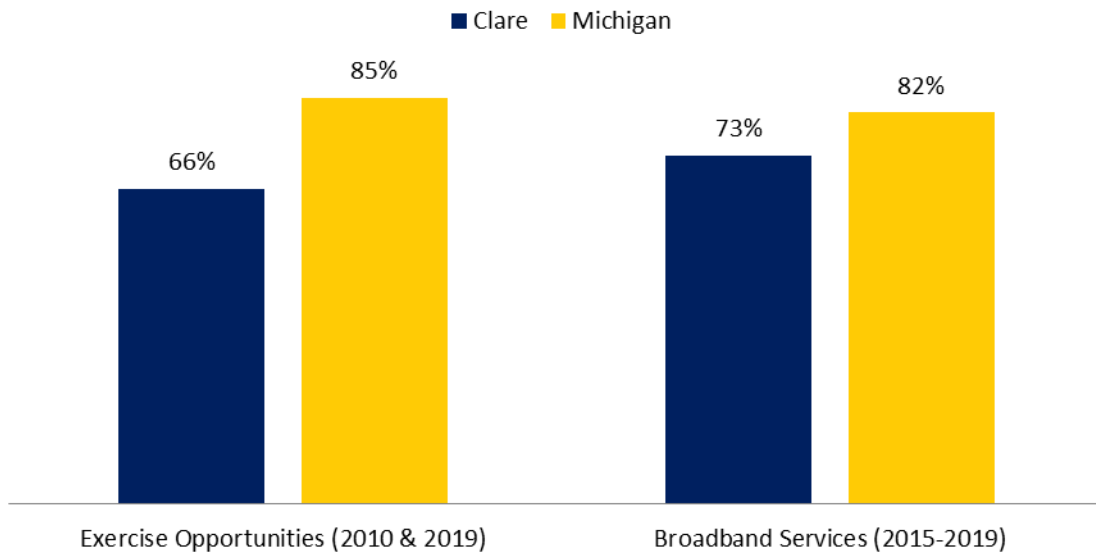


Figure 14: Percentage of Adults with Access to Services

### Safety Data (per 100,000 population)

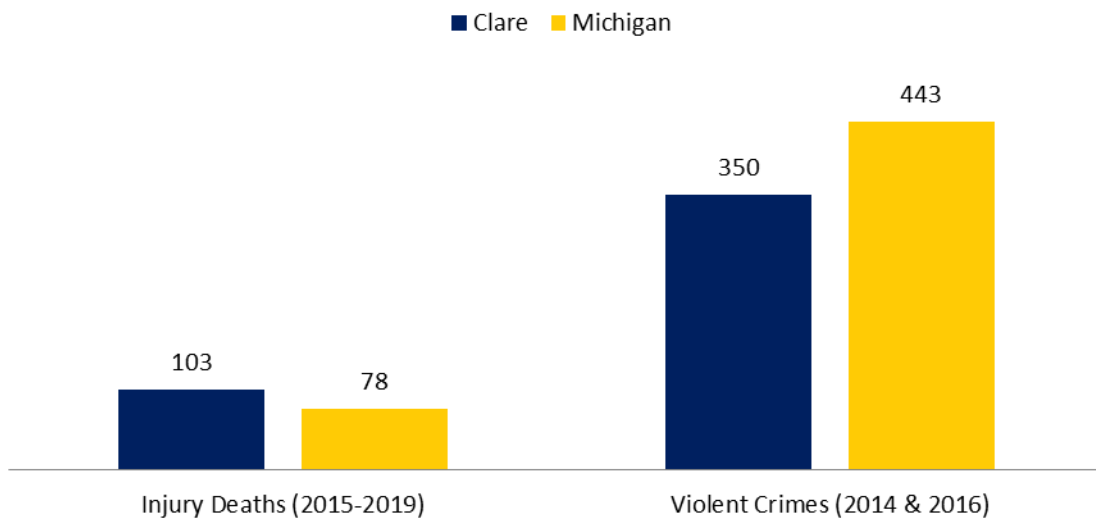


Figure 15: Safety Data per 100,000

# Health Behaviors

Individual behavior plays a vital role in health outcomes. Health Behaviors are often times defined as the actions that affect our health. These actions could include behaviors that lead to improvements in health, such as physical activity, healthy eating and participating in preventive health care. Equally, actions that lead to detriments in our health are also considered health behaviors. These actions include behaviors that increase our risk of disease development, including increased alcohol intake, substance misuse and delaying prenatal care.

## Preventive Care

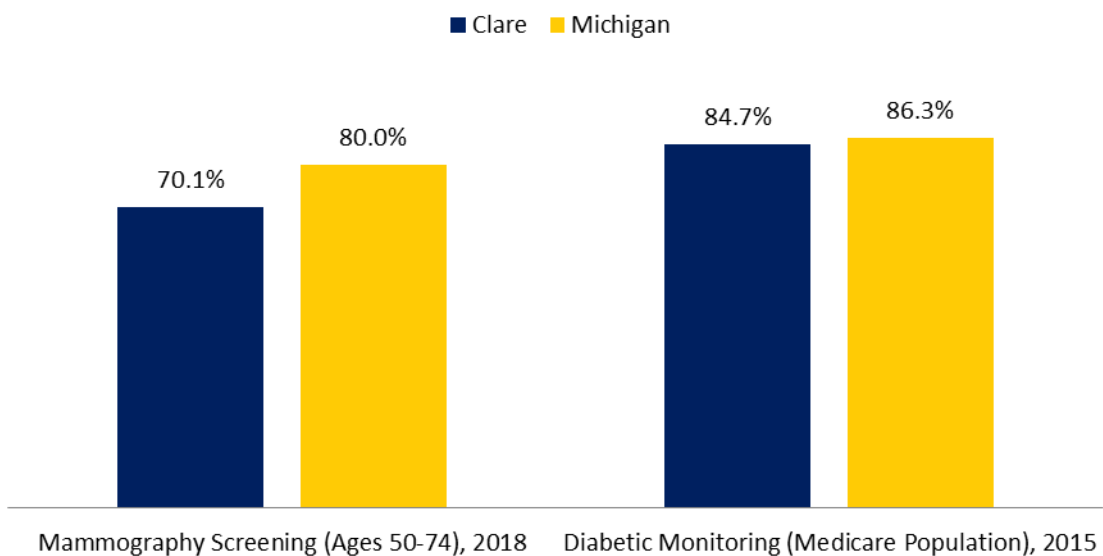


Figure 16: Health Behaviors - Preventive Care

## 2022 Community Survey Result



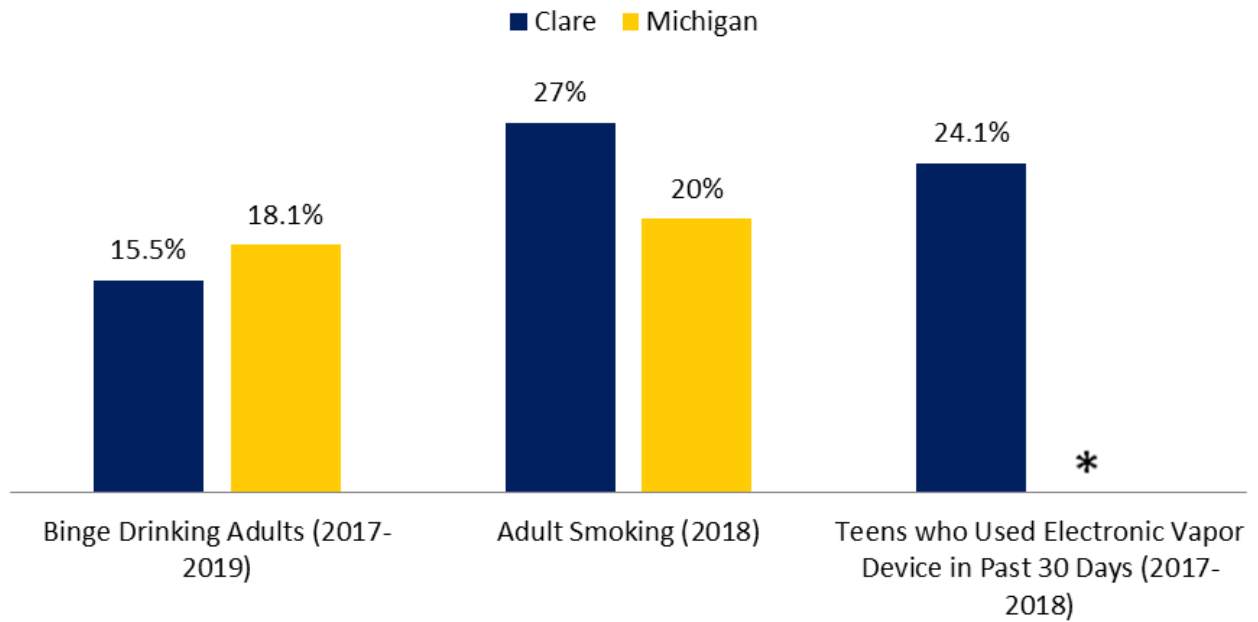
Clare County

of adults needed to see a doctor in the last 12 months but could not get an appointment

Figure 17: Community Survey – Appointments in Last 12 Months



## Substance Use



\*No Michigan Data Available

Figure 18: Health Behaviors – Substance Use

## Maternal & Infant Care 2020

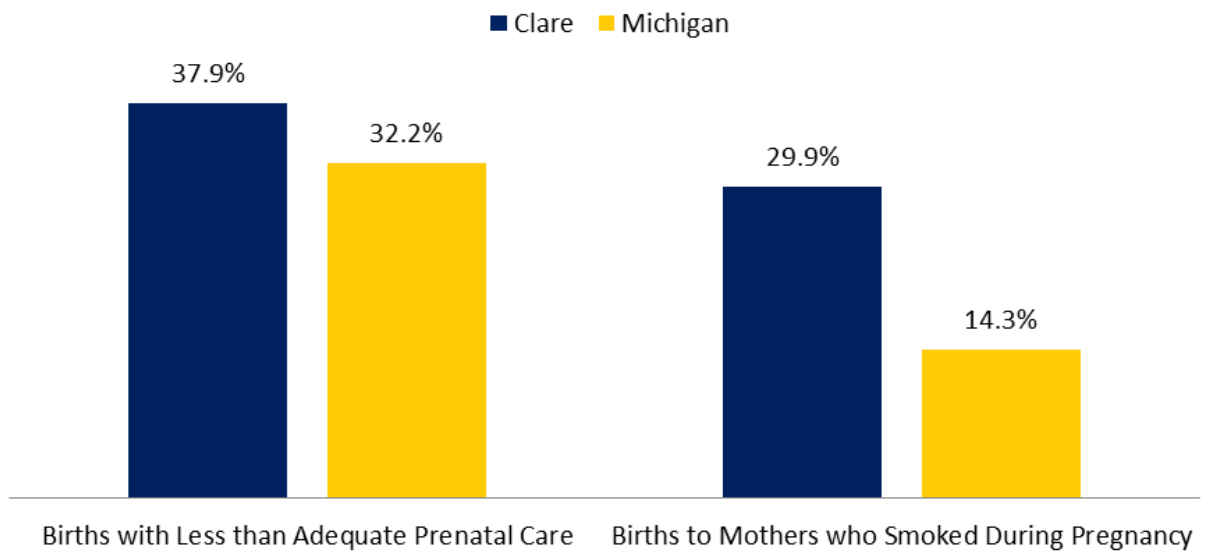
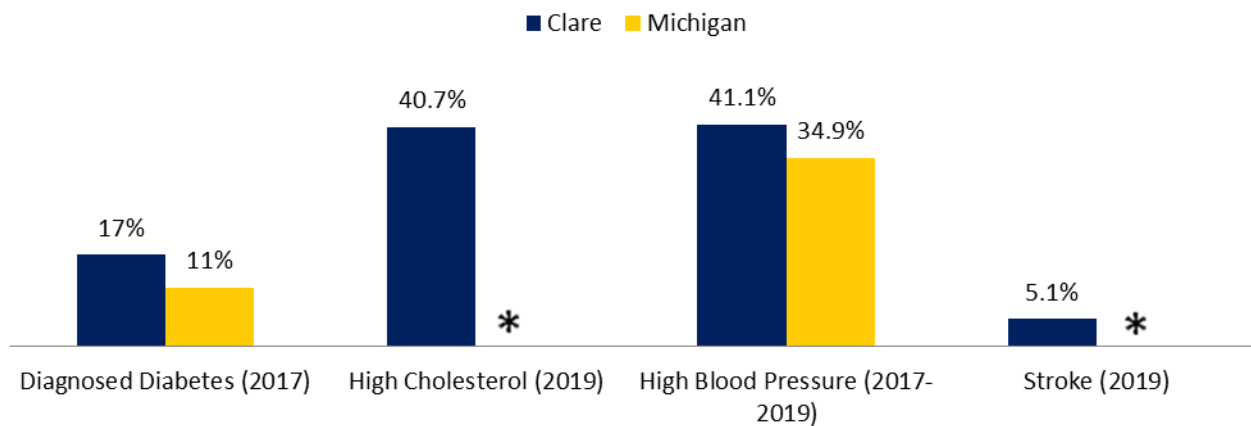


Figure 19: Health Behaviors - Maternal & Infant Care, 2020

# Chronic Conditions

Chronic conditions affect millions of people across the globe, including many in the Clare County region. According to the Centers for Disease Control and Prevention (CDC), these chronic conditions are defined as a health condition lasting more than one year, which requires additional and ongoing medical attention. Leading chronic conditions include heart disease, hypertension, diabetes and cancer. Many chronic conditions are often linked to poor health behaviors such as alcohol and tobacco use, poor nutrition and lack of physical activity.

## Adult Chronic Conditions



\*No Michigan Data Available

Figure 20: Adult Chronic Conditions

## Chronic Conditions - Medicare Population (2020)

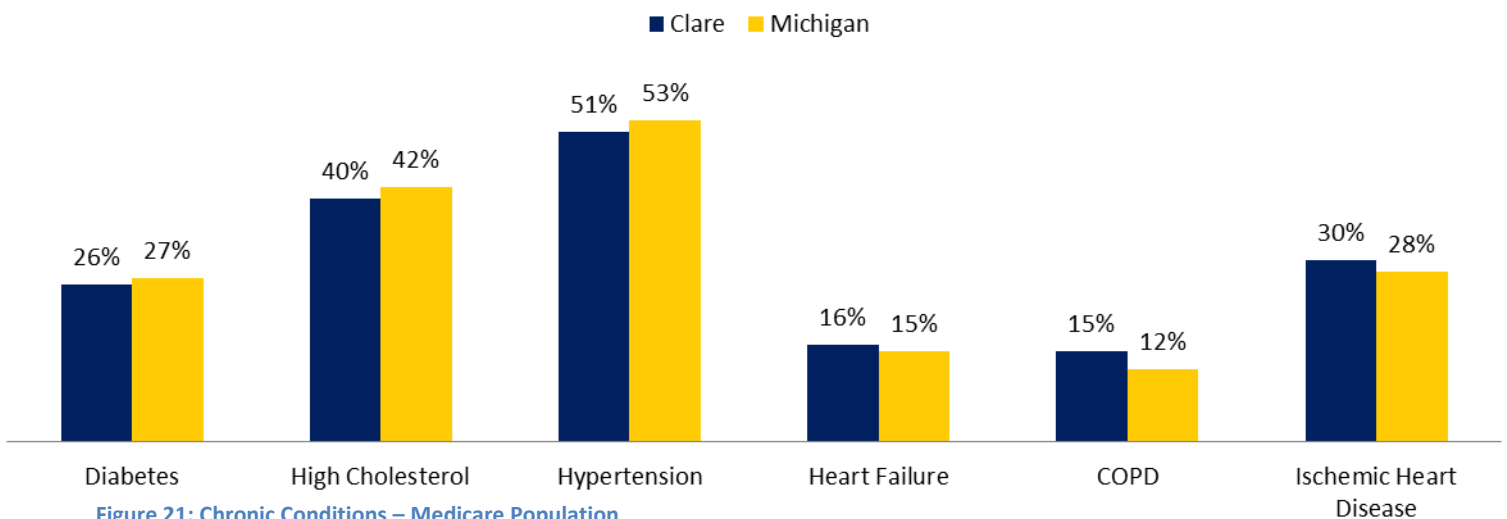


Figure 21: Chronic Conditions – Medicare Population

## Adults Who Are Obese (2017)

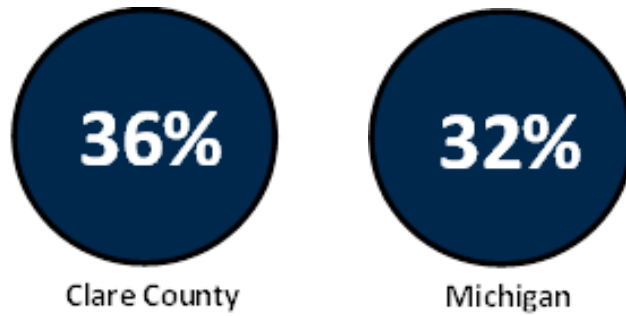


Figure 22: Adult Obesity, 2017

## Cancer Incidence (per 100,000) 2014-2018

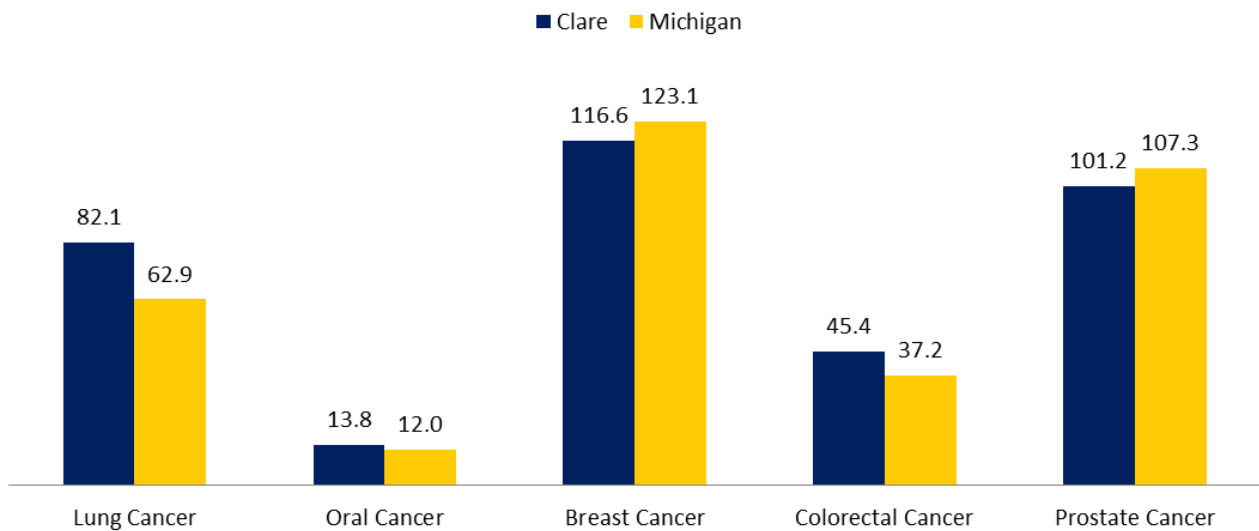


Figure 23: Cancer Incidence (per 100,000), 2014-2018

## 2022 Community Survey Result

% of participants with the following conditions:

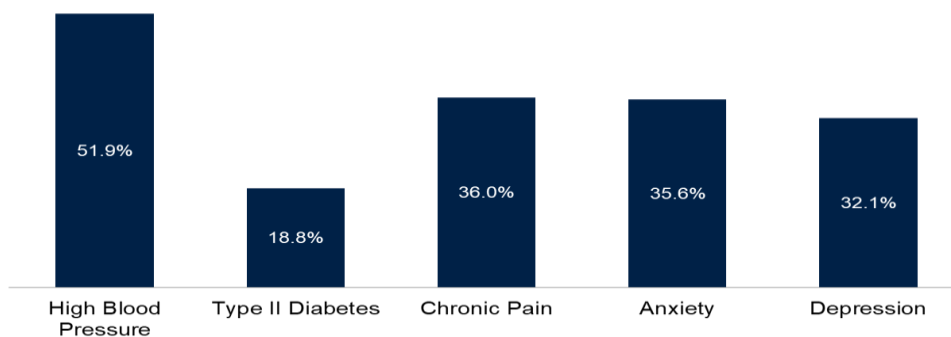


Figure 24: Community Survey – Chronic Conditions

# Care Access

According to the County Health Rankings & Roadmaps, access to care is detailed by health insurance status, local care options and one's typical, everyday sources of healthcare. Access to care can have a significant impact on physical, social and mental health and well-being. Affordability of care, health insurance access and the proximity of an individual to their provider's clinic are all crucial indicators when determining an individual's level of access to quality care.

## People with Health Insurance 2019

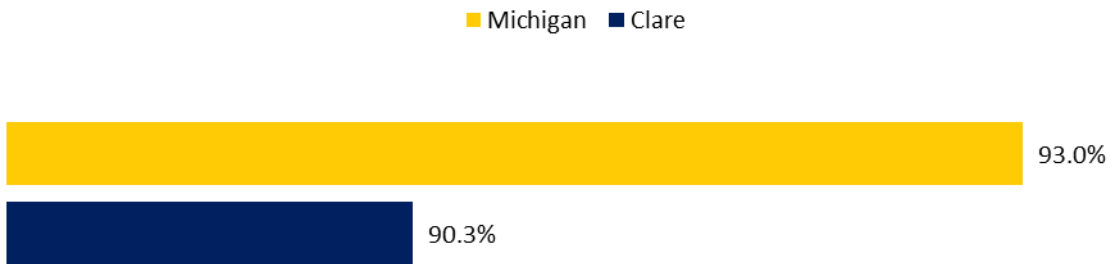


Figure 25: Insured Adults, 2019

## People without Health Insurance 2018

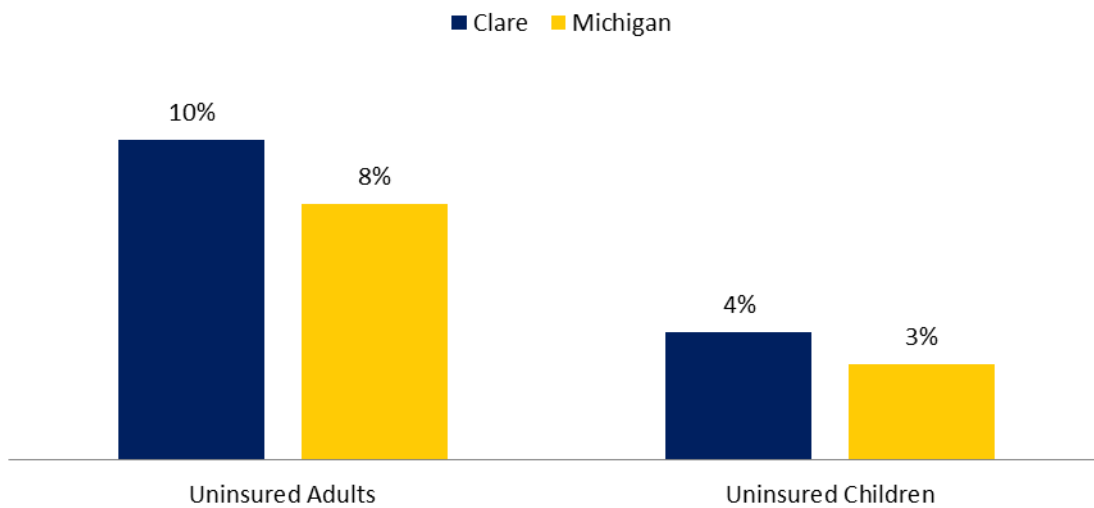


Figure 26: Uninsured Adults & Children, 2018

### Primary Care Provider Ratio (2018)



Figure 27: Primary Care Provider Ratio, 2018

### 2022 Community Survey Result

### % of participants who accessed services through telehealth during COVID-19 pandemic

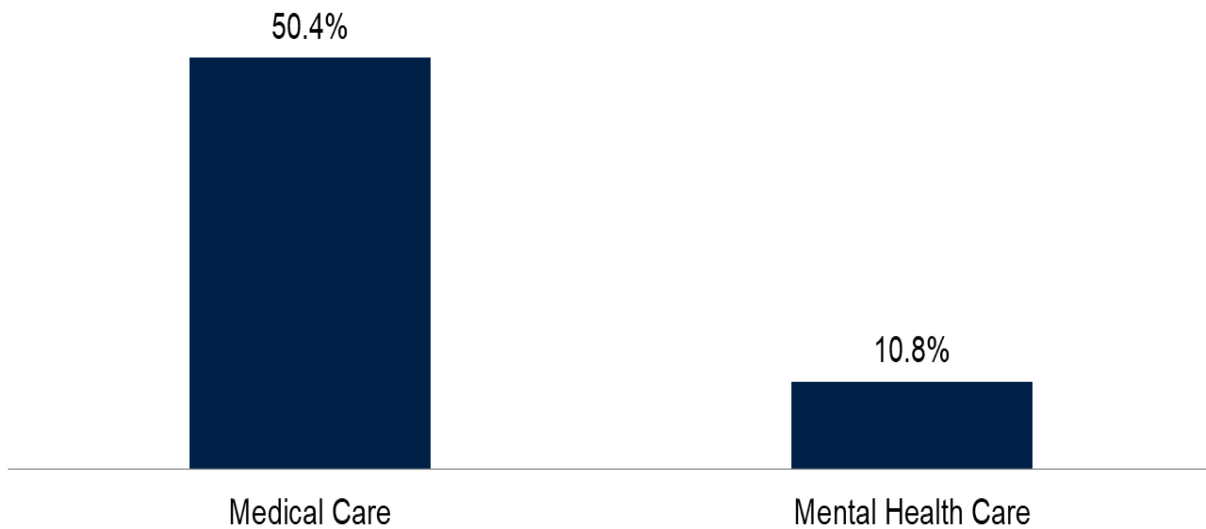


Figure 28: Services accessed during COVID-19

# Behavioral Health

Behavioral Health is an all-encompassing term that often includes mental health, well-being and substance use disorders, treatment and recovery. These elements of the behavioral health field have long been associated with an individual’s overall health status and have an incredible impact on an individual’s everyday life. As the fields of both Mental Health and Substance Use Disorders and Treatment have developed and continue to grow within the medical profession, continued growth in awareness and support for these issues is imperative.

Suicide Mortality (per 100,000), 2015-2019	
Clare	Michigan
26	14

Table 5: Suicide Mortality, 2015-2019

## Alcohol-Impaired Driving Deaths 2015-2019

■ Clare ■ Michigan

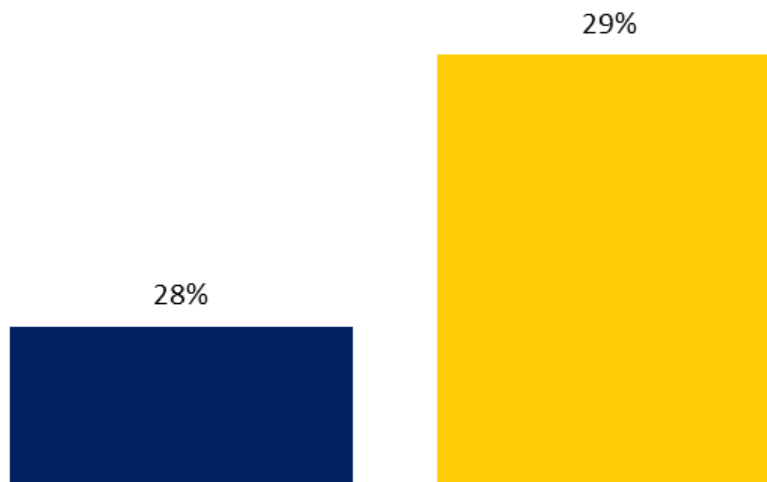


Figure 29: Alcohol-Impaired Driving Deaths, 2015-2019

## Adults Ever Diagnosed with Depression 2019

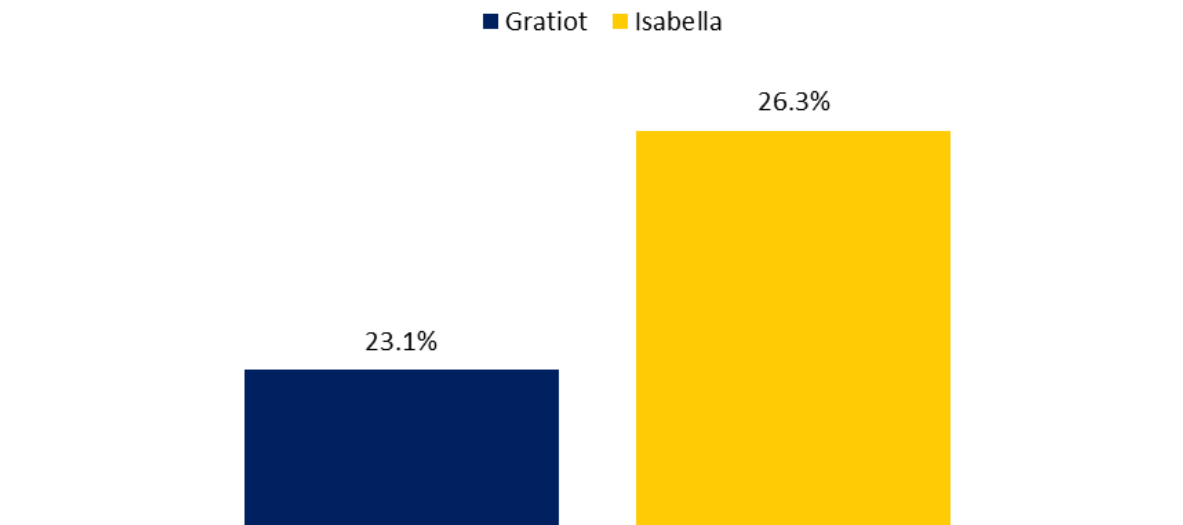


Figure 30: Adults Ever Diagnosed with Depression, 2019

## 2022 Community Survey Result

**% of participants who have personally known someone who died by suicide**

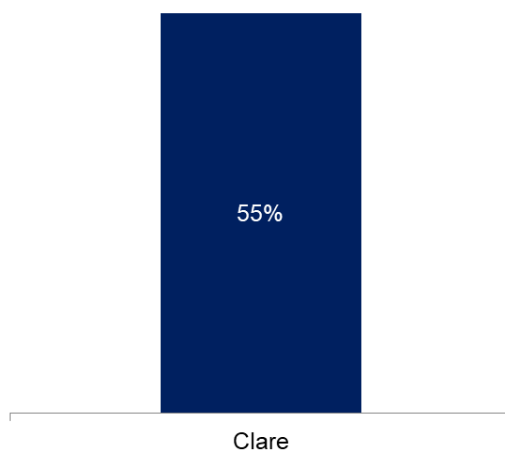


Figure 31: Community Survey – Known Suicide

**% of participants who ever feel isolated from others**

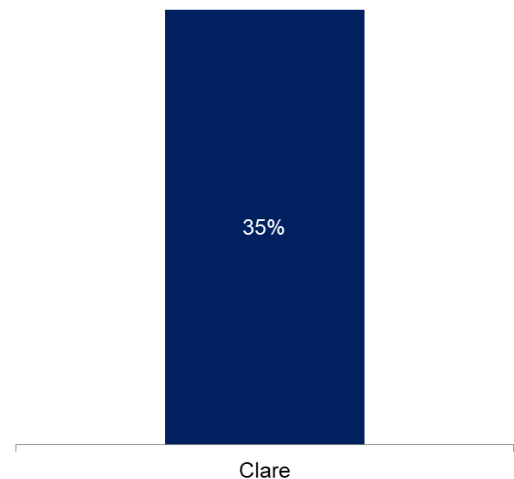


Figure 32: Community Survey - Isolation

# Prioritization Process

Once both the primary and secondary data was collected, community health needs were determined and prioritized by reviewing qualitative and quantitative data. For Stage I, the Community Health team reviewed the collected health indicator data and identified data that demonstrated poor performance against established benchmarks (i.e., Michigan state averages or Healthy People 2030 goals). Once these health needs were identified, the External Advisory assisted in theming and prioritizing the data points using the Hanlon Method.

## Stage I: Data Prioritization

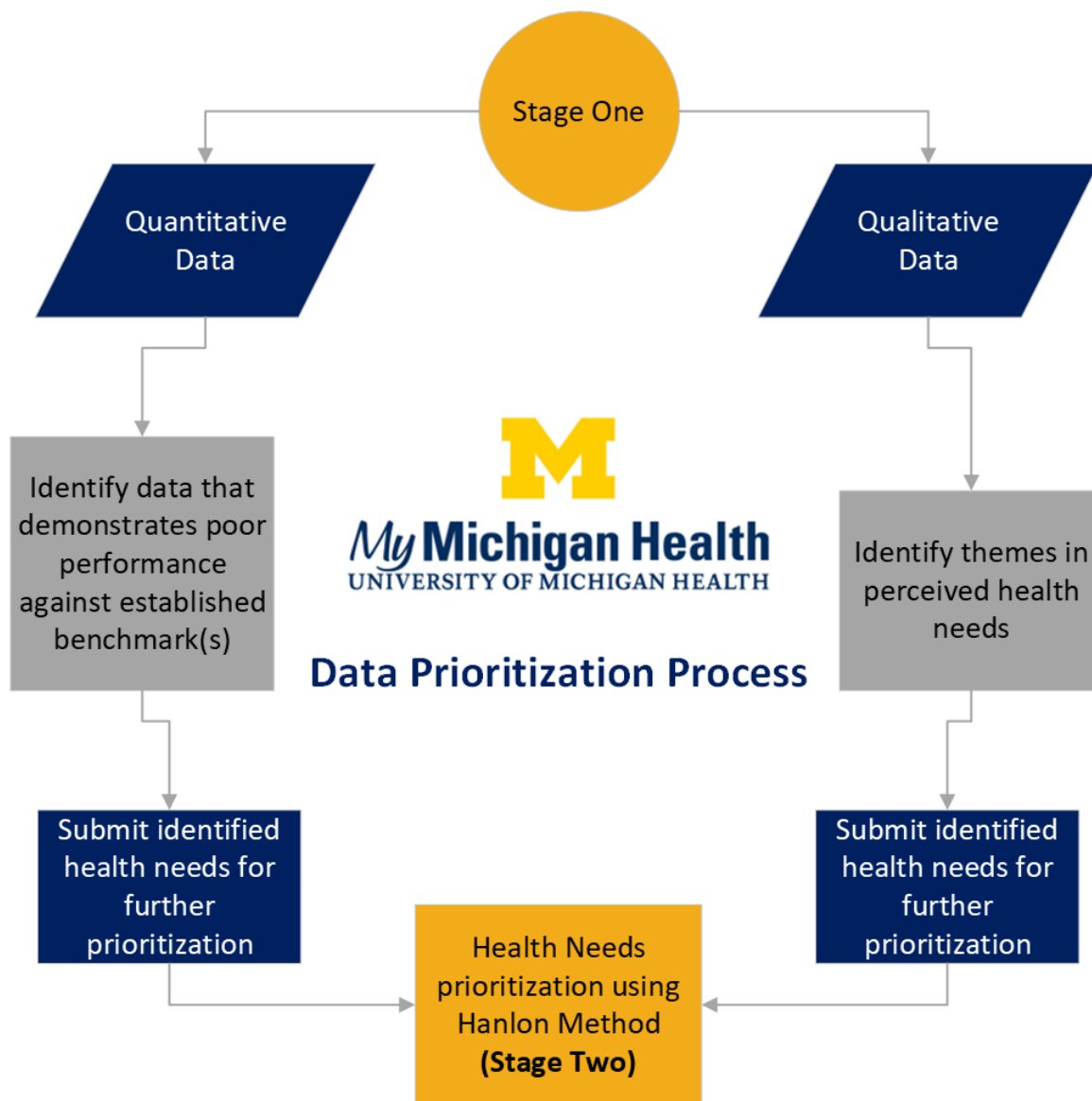


Figure 33: Data Prioritization Process



## Stage II: Hanlon Method

Rating	Burden of Illness (% of population with health problem)	Burden of Death (seriousness of health problem)	Effectiveness of Interventions
9 or 10	>25%	Very Serious	<5% Effective
7 or 8	10% - 24.9%	Relatively Serious	5 – 19.99% Effective
5 or 6	1% - 9.9%	Serious	20 – 39.99% Effective
3 or 4	0.1% - 0.9%	Moderately Serious	40 – 59.99% Effective
1 or 2	0.01% - 0.09%	Relatively Not Serious	60 – 79.99% Effective
0	<0.01%	Not Serious	80 – 100% Effective

### Priority Score Calculation Formula

$$D = [A + (2 \times B)] \times C$$

Figure 34: Hanlon Method Process

## Hanlon Method Results

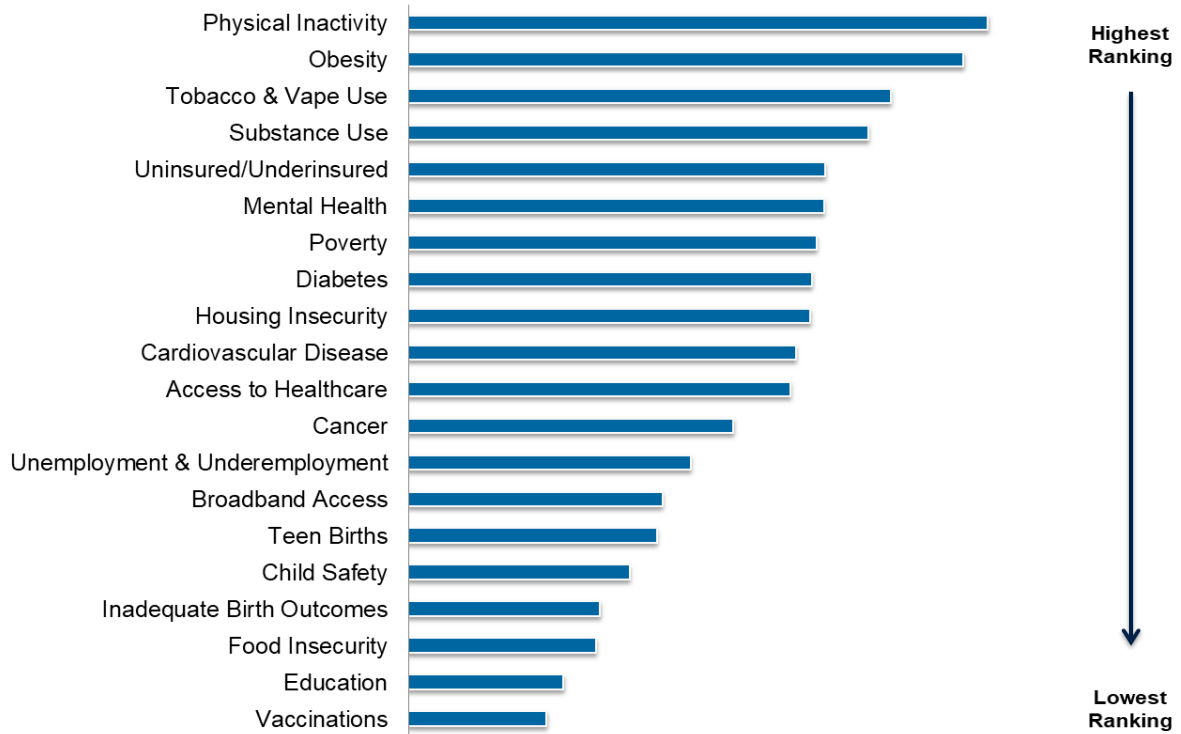
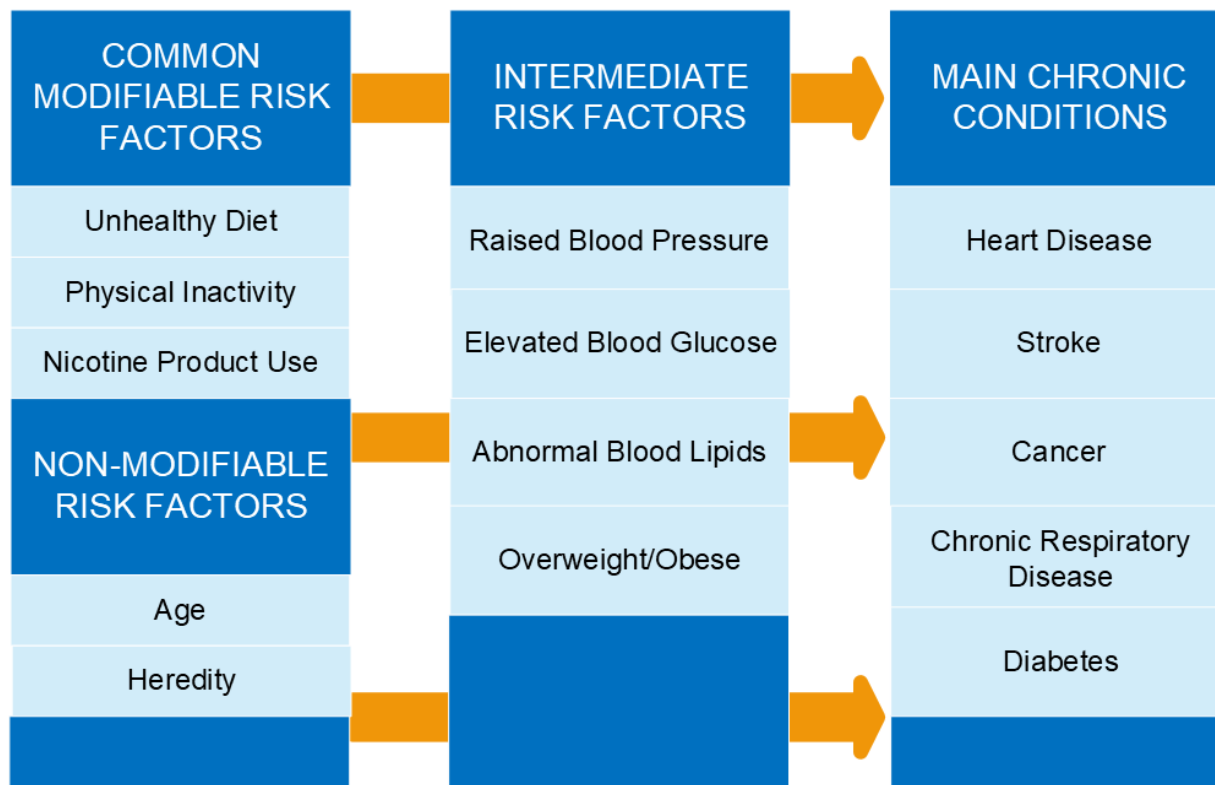


Figure 35: Hanlon Method Results

## CAUSES OF CHRONIC CONDITIONS



Further prioritization continues to develop the final focus areas. Advisory committees work together to narrow down focus areas based on modifiable risk factors that health needs have in common. The high rates of obesity, diabetes and hypertension, and cancer incidence rates coupled with decreasing rates of cancer screenings in Clare County led to Chronic Disease Prevention as an area of focus. These chronic diseases have similar modifiable risk factors that allow us to develop strategies to impact many chronic diseases. Similarly, increasing rates of suicide, substance use disorder, and tobacco and vape use, particularly in the youth population, fall within the umbrella of Mental Health and Substance Use with similar risk factors in youth assets and mental health needs. In addition, the growing needs related to health care access and understanding, preventive care access, and access to other social services related to Social Determinants of Health such as housing, food security, and transportation all fall within the umbrella of Access to Care and Social Services issues. Due to these details and the recommendations made by the advisory committee, the final areas of focus were determined to be Chronic Disease Prevention, Mental Health and Substance Use and Access to Care and Social Services.

# Improvement Plan

MyMichigan Medical Center Clare built upon the Improvement Plan developed in 2019 to develop a comprehensive plan to address health concerns, all while upholding MyMichigan Health’s purpose statement, “Creating Healthy Communities – Together.” The underlying premise for each MyMichigan Health member in completing the Community Health Improvement Plan is shared ownership for community health and well-being. While our previous Community Health Needs Assessment (2019) helped us to identify focus areas for health improvement, the IRS legislation mandating collaborative efforts provided an opportunity to revisit our needs assessment, strategic planning process and partnerships.

## 2022 Community Health Needs Assessment

### Focus Areas

Chronic Disease Prevention

Mental Health & Substance Use

Access to Care & Social Services

The plan that follows includes goals and evidence-based strategies for the focus areas determined by MyMichigan Health’s Community Health team, solicited input from the Clare External and Internal Advisory Committees and approved by MyMichigan Health’s Central Region (Gratiot, Isabella, and Clare) Board of Directors on April 27, 2022.

# Appendix A: Partners

## External Advisory Committee Members

211 Northeast Michigan

Central Michigan District Health  
Department

Clare-Gladwin Great Start Collaborative

Clare-Gladwin RESD

Clare Area Chamber of Commerce

Clare County Transit Corporation

Clare Public Schools

Farwell Public Schools

Greater Lansing Food Bank

Michigan Department of Health &  
Human Services

MidMichigan Community Health  
Services

MSU Extension

Northern Michigan Alliance for Children

Ten16 Recovery Network

United Way of Clare & Gladwin Counties

# Appendix B: Data Table

	Indicator	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date	
Economic Stability	Adults 65+ Living Below Poverty Level	10.9%	8.9%	8.4%	*	American Community Survey	2015-2019	
	% ALICE	29%	27%	25%	*	United Way	2019	
	% Poverty	16%	22%	13%	8%	United Way	2019	
	ALICE Level Households Above Poverty, but Less Than Basic Cost of Living	29.3%	26.9%	25.0%	*	United Way	2019	
	ALICE Total Households	15,035	24,690	1,004,047	*	United Way	2019	
	Children Living Below Poverty Level	21.5%	20.4%	19.9%	*	American Community Survey	2015-2019	
	Children Living with at Least 1 Parent who Works Full Time	*	*	*	85.1%	Healthy People 2030		
	Families Living Below Poverty Level	12.4%	12.3%	9.9%	*	American Community Survey	2015-2019	
	Households with Cash Public Assistance	2.7%	2.2%	2.3%	*	American Community Survey	2015-2019	
	Median Household Income	\$47,848	\$45,116	\$57,144	*	American Community Survey	2015-2019	
	Per Capita Income	\$23,616	\$23,888	\$31,713	*	American Community Survey	2015-2019	
	Unemployed Workers (Ages 16+)	4.4%	4.0%	4.2%	*	U.S. Bureau of Labor Statistics	2021	
	Housing and Homes	Renters Spending 30% or More of Household Income on Rent	50.9%	58.5%	48.8%	25.5%	American Community Survey	2015-2019
		Severe Housing Problems	12%	21%	15%	*	County Health Rankings	2013-2017
	Nutrition and Healthy Eating	Adults 65+ with Low Access to a Grocery Store	3.34%	0.62%	*	*	US Department of Agriculture: Food Atlas	2015
		Child Food Insecurity Rate	14.7%	13.7%	14.2%	0%	Feeding America	2019
		Children with Low Access to a Grocery Store	5.62%	1.26%	*	*	US Department of Agriculture: Food Atlas	2015
		Farmers Market Density (per 1,000 population)	0.07	0.03	*	*	US Department of Agriculture: Food Atlas	2018
		Fast Food Restaurant Density (per 1,000 population)	0.56	0.52	*	*	US Department of Agriculture: Food Atlas	2016
		Food Environment Index (0=Worst, 10=Best)	6.7	7.7	7.0	*	County Health Rankings	2015 & 2018
		Food Insecurity	14%	14%	14%	6%	County Health Rankings	2018
		Food Stamp / SNAP Benefits in the Past 12 Months	1,437	1,825	344,905	*	U.S. Census Bureau	2019
		Grocery Store Density (per 1,000 population)	0.12	0.14	*	*	US Department of Agriculture: Food Atlas	2016
		Limited Access to Healthy Foods	14%	4%	6%	*	County Health Rankings	2015
		Low Income & Low Access to a Grocery Store	14.29%	3.69%	*	*	US Department of Agriculture: Food Atlas	2015
		SNAP Participants (per capita)	15.97	18.39	*	*	US Department of Agriculture: Food Atlas	2017
		Students Eligible for Free Breakfast Program	24.58%	24.58%	*	34.9%	US Department of Agriculture: Food Atlas	2017
		Students Eligible for Free or Reduced Price Lunch	57%	46%	50%	*	County Health Rankings	2018-2019
WIC- Authorized Food Store Access (Stores per 1,000 population)		0.3	0.0	*	*	US Department of Agriculture - Food Atlas	2016	
Workplace		Driving Alone to Work	82%	78%	82%	*	County Health Rankings	2015-2019
	Mean Travel Time to Work (Minutes)	23.9	18.2	24.6	*	American Community Survey	2015-2019	
	People that Use Public Transportation to Get to Work	0.4%	1.0%	1.3%	5.3%	American Community Survey	2015-2019	
	People that Walk to Work	*	*	*	26.8%	Healthy People 2030		

		Indicator	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date
Education Access and Quality	Adolescents	9th to 12th Grade, No Diploma	6.2%	6.0%	6.3%	-	U.S. Census Bureau	2019
		Disconnected Youth	7%	3%	7%	10.1%	County Health Rankings	2015-2019
		High School Dropouts	5.8%	9.8%	7.7%	-	Kids Count	2021
		High School Graduate within Four Years of Enrollment	84.5%	79.0%	82.1%	90.7%	Annie E. Casey Foundation	2020
		People 25+ with Less than 9th Grade Education	2.7%	2.6%	2.9%	-	U.S. Census Bureau	2019
		Students Ages 0-26 in Special Education	16.3%	22.7%	14.4%	-	Kids Count	2020
	Students in Special Education Spending Time in Regular Education	-	-	-	73.3%	Healthy People 2030		
	Adults	People 25+ with Associate's Degree	9.6%	8.2%	9.4%	-	U.S. Census Bureau	2019
		People 25+ with Bachelor's Degree or Higher	15.4%	29.1%	29.1%	-	U.S. Census Bureau	2019
		People 25+ with Graduate or Professional Degree	5.5%	13.4%	11.4%	-	U.S. Census Bureau	2019
		People 25+ with a High School Diploma or equivalent	91%	91%	91%	-	County Health Rankings	2015-2019
		People 25+ with Some College, No Degree	25.7%	22.4%	23.4%	-	U.S. Census Bureau	2019
	Children	3 and 4 Year Olds Not in Preschool	58.9%	61.2%	52.5%	-	Kids Count	2019
		Proportion of Students with Disabilities in Regular Education Class	-	-	-	73.3%	Healthy People 2030	
		Students Not Proficient in Grade 3 English Language Arts (3-STEP)	58.8%	56.1%	57.2%	41.5%	Kids Count	2021
Determinants	Demographics	Female Population	46.1%	51.4%	50.7%	-	County Health Rankings	2019
		Male Population	53.9%	48.6%	49.3%	-	County Health Rankings	2019
		Overall Population	40,711	69,872	9,986,857	-	County Health Rankings	2019
		Population Age Over 65	17.8%	13.2%	17.7%	-	County Health Rankings	2019
		Population Age Under 18	19.3%	17.4%	21.5%	-	County Health Rankings	2019
		Population American Indian or Alaskan Native	0.7%	4.1%	0.7%	-	County Health Rankings	2019
		Population Black or African American	6.0%	2.5%	13.8%	-	County Health Rankings	2019
		Population Hispanic or Latino	6.3%	4.1%	5.3%	-	County Health Rankings	2019
		Population White (Non Hispanic)	85.5%	85.2%	74.7%	-	County Health Rankings	2019
Health Care Access and Quality	Health Care Access and Quality - General	Health Factors	42	46	-	-	County Health Rankings	2021
		Health Outcomes	32	37	-	-	County Health Rankings	2021
		No Health Care Access During Past 12 Months: Could Not Get Appointment	-	-	-	3.3%	Healthy People 2030	
		No Health Care Access During Past 12 Months Due to Cost	-	-	8%	34.9%	Behavioral Risk Factor Survey	2020
		People with Dental Insurance	-	-	-	59.8%	Healthy People 2030	
		People with Health Insurance	93.4%	90.7%	93.0%	92.1%	U.S. Census Bureau - Small Area Health Insurance Estimates	2019
		People with Prescription Drug Insurance	-	-	-	70.6%	Healthy People 2030	
		Poor or Fair Health	21%	21%	18%	-	County Health Rankings	2018
		Uninsured Adults	7%	10%	8%	7.9%	County Health Rankings	2018
		Uninsured Children	3%	5%	3%	-	County Health Rankings	2018
	Uninsured Seniors	-	0.6%	0.3%	-	U.S. Census Bureau	2019	
	Cancer	All Cancer Incident Rate (per 100,000 population, Age-Adjusted)	443.3	399.8	448.8	-	National Cancer Institute	2014-2018
		All Cancer Prevalence (Medicare population)	7.35%	7.12%	8.08%	-	Centers for Medicare and Medicaid Services	2018
		All Cancer Mortality Rate (per 100,000 population)	262.8	194.6	211.5	122.7	Michigan Department of Health & Human Services	2020
		Breast Cancer Incident Rate (per 100 population, Age-Adjusted)	120.2	87.5	123.1	-	National Cancer Institute	2014-2018
		Breast Cancer Mortality/Death Rate (per 100,000 population, Age-Adjusted)	18.7	20.6	20.4	15.3	National Cancer Institute	2015-2019
		Breast Cancer Screening	-	-	-	77.1%	Healthy People 2030	
		Cervical Cancer Screening (Ages 21-65)	83.8%	80.4%	-	-	Centers for Disease Control and Prevention - PLACES	2018
		Colonoscopy Screening	-	-	70.3%	74.4%	Behavioral Risk Factor Surveillance System	2018
		Colorectal Cancer Incidence Rate (per 100,000 population)	43.1	47.0	37.2	-	National Cancer Institute	2014-2018
Colorectal Cancer Mortality/Death Rate (per 100,000 population, Age-Adjusted)		17.6	19.5	13.5	8.9	National Cancer Institute	2015-2019	
Colorectal Cancer Screening (Ages 50-75)	66.8%	68.2%	74.0%	74.4%	CDC - PLACES/ CDC - NCCCP	2018		
Lung Cancer Incident Rate (per 100,000 population, Age-Adjusted)	75.5	60.4	62.9	-	National Cancer Institute	2014-2018		
Lung Cancer Mortality/Death Rate (per 100,000 population, Age-Adjusted)	48.1	40.6	42.3	25.1	National Cancer Institute	2015-2019		
Lung Cancer Screening	-	-	-	7.5%	Healthy People 2030			
Lung Cancer Screening (Medicare population)	2%	2%	1%	-	Centers for Medicare and Medicaid Services	2020		
Mammogram Screening (Ages 50-74)	70.7%	73.6%	80.0%	77.1%	CDC - PLACES/ BRFSS	2018		
Mammogram Screening (Medicare population)	31%	28%	28%	-	Centers for Medicare and Medicaid Services	2020		
Oral Cancer Detected at Earliest Stages	-	-	-	34.2%	Healthy People 2030			
Oral Cancer Incident Rate (per 100,000 population, Age-Adjusted)	10.7	9.3	12.0	-	National Cancer Institute	2014-2018		
Pap Test in Past 3 Years (Age 18+)	-	-	82.5%	84.3%	Behavioral Risk Factor Surveillance System	2016-2018		
Prostate Cancer Incident Rate (per 100,000 population, Age-Adjusted)	75.8	76.5	107.3	-	National Cancer Institute	2014-2018		
Prostate Cancer Mortality/Death Rate (per 100,000 population, Age-Adjusted)	15.1	12.6	18.4	16.9	National Cancer Institute	2015-2019		

		Indicator	Griot	Isabella	Michigan	Healthy People 2030	Source	Date
Health Care Access and Quality	Health Communication	Provider Checked Patient Understanding	*	*	*	32.2%	Healthy People 2030	
		Understand What Health Care Professional Say	*	*	*	92%	Healthy People 2030	
	Mortality Rates	Alcohol-Impaired Driving Deaths	12%	38%	29%	28.3%	County Health Rankings	2015-2019
		Chronic Lower Respiratory Disease (Age-Adjusted Rate, 3-year average)	38.5	52.9	43.3	107.2	Michigan Department of Community Health	2018-2020
		Diabetes (Age-Adjusted Rate, 3-year average)	21.6	30.0	23.5	13.7	Michigan Department of Community Health	2018-2020
		Drug Overdose Deaths (per 100,000 population)	12	13	26	20.7	County Health Rankings	2017-2019
		Drug Death Rate due to Heroin-Related Drug Poisoning (per 100,000 population)	*	*	*	4.2	Healthy People 2030	
		Drug Death Rate due to Opioid or Heroin-Related Drug Poisoning	9.93	12.95	21.78	*	Michigan Substance Use Data Repository	2020
		Heart Disease (Age-Adjusted Rate, 3-year average)	227.6	199.2	196.3	71.1	Michigan Department of Community Health	2018-2020
		Infant (per 1,000 live births)	4.6	6.3	6.7	5	Michigan Department of Health and Human Services	2014-2018
		Life Expectancy, Both Sexes (years)	77.6	78.7	78.1	*	County Health Rankings	2017-2019
		Premature Age-Adjusted Mortality (Ages 74 and younger, per 100,000 population - age adjusted)	380	330	360	*	County Health Rankings	2017-2019
		Stroke (Age-Adjusted Rate, 3-year average)	46.4	53.3	41.3	33.4	Michigan Department of Community Health	2018-2020
	Suicide (per 100,000 population)	9	12	14	12.8	County Health Rankings	2015-2019	
	Oral Conditions	Could Not Get Dental Care When Needed	*	*	*	4.1%	Healthy People 2030	
		Percentage of Children, Adolescents, and Adults Who Used the Oral Health Care System	*	*	*	45%	Healthy People 2030	
		Percentage of Middle School Students Who Saw a Dentist for a Check-Up, Exam, Teeth Cleaning, or Other Dental Work During the Past 12 Months	71.7%	71.0%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percentage of High School Students Who Saw a Dentist for a Check-Up, Exam, Teeth Cleaning, or Other Dental Work During the Past 12 Months	78.5%	74.3%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Adults Who Saw a Dentist in Past 12 Months	62.6%	65.0%	70.1%	45%	CDC - PLACES /BRFSS	2016-2018
	Sexually Transmitted Infections	HIV Prevalence (Ages 13 years and older, per 100,000 population)	94	78	189	*	County Health Rankings	2018
		HPV Vaccination (Females)	52.9%	47.3%	45.4%	80%	MDHHS: Immunization Report Card	2021
		HPV Vaccination (Males)	50.9%	44.6%	43.4%	80%	MDHHS: Immunization Report Card	2021
		Sexually Transmitted Infections (per 100,000 population)	307.2	403.9	507.8	*	County Health Rankings	2018
	Teens	Adolescents who Get Formal Sex Education Before Age 18	*	*	*	59.1%	Healthy People 2030	
		Adolescents who Never Had Sex	*	*	*	80.8%	Healthy People 2030	
		Child and Teen Deaths (Ages 1-19, per 100,000 population)	33.8	17.8	26.8	18.4	Kids Count	2020
		Number of Births Ages 15-19 (per 1,000 females)	18	9	18	31.4	County Health Rankings	2013-2019
		Percent of High School Students who are Obese	22.1%	21.5%	*	15.5%	Michigan Profile for Healthy Youth	2017-2018
		Percent of High School Students who are Overweight	18.2%	15.2%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percent of Middle School Students who are Obese	26.2%	22.0%	*	15.5%	Michigan Profile for Healthy Youth	2017-2018
		Percent of Middle School Students who are Overweight	14.8%	17.0%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percentage of High School Students who Ever had Sexual Intercourse	39.8%	26.5%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percent of High School Students who Saw a Doctor for an Exam When They Were Not Sick or Injured in the Past Year	69.3%	66.1%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Repeat Teen Births (Ages 15-19)	13.6%	11.8%	15.6%	26.9%	Kids Count	2020
	Teen Pregnancy Rate (Ages 15-19, per 1,000 population)	18.3	12	25.8	31.4	Michigan Department of Health and Human Services	2019	
	Top 10 Inpatient MS-DRGs	Single liveborn infant, delivered vaginally	311	*	*	*	MyMichigan Health	2021
		Sepsis, unspecified organism	282	*	*	*	MyMichigan Health	2021
		Major depressive disorder, recurrent severe without psychotic features	256	*	*	*	MyMichigan Health	2021
		COVID-19	197	*	*	*	MyMichigan Health	2021
		Morbid (severe) obesity due to excess calories	165	*	*	*	MyMichigan Health	2021
		Single liveborn infant, delivered by cesarean	163	*	*	*	MyMichigan Health	2021
		Maternal care for low transverse scar from previous cesarean delivery	77	*	*	*	MyMichigan Health	2021
		Acute kidney failure, unspecified	72	*	*	*	MyMichigan Health	2021
		Hypertensive heart and chronic kidney disease with heart failure and stage 1 through stage 4 chronic kidney disease, or unspecified chronic kidney disease	63	*	*	*	MyMichigan Health	2021
		Other malaise	62	*	*	*	MyMichigan Health	2021

	Indicator	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date	
Neighborhood and Built Environment	Neighborhood and Built Environment - General	Drinking Water Violations (Yes or No)	No	No	No	7.9%	County Health Rankings	2019
		Liquor Store Density (per 100,000 population)	9.8	7.2	16.5	*	U.S. Census Bureau - County Business Patterns	2019
	Injury Prevention	Firearm Fatalities (per 100,000 population)	5	7	12	10.7	County Health Rankings	2015-2019
		Premature Death (YPLL) (per 100,000 population)	6,500	6,800	7,500	*	County Health Rankings	2017-2019
		Seat Belt Usage			95.9%	*	Behavioral Risk Factor Survey	2020
	People with Disabilities	Injury Deaths (per 100,000 population)	54	54	78	43.2	County Health Rankings	2015-2019
		People with Disability	13.0%	13.4%	14.1%	*	American Community Survey	2019
	Physical Activity	Access to Exercise Opportunities	55%	76%	85%	*	County Health Rankings	2010 & 2019
		Frequent Physical Distress	15%	15%	13%	*	County Health Rankings	2018
		Physical Inactivity	23%	19%	23%	21.2%	County Health Rankings	2017
		Population with No Leisure Time Physical Activity	*	*	*	21.2%	Healthy People 2030	
	Teen Physical Activity	Recreation and Fitness Facility Access (per 1,000 population)	0.02	0.07	*	*	US Department of Agriculture	2016
		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	58.8%	51.4%	*	30.6%	Michigan Profile for Healthy Youth	2017-2018
		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	57.4%	55.7%	*	30.6%	Michigan Profile for Healthy Youth	2017-2018
	Respiratory Disease Adults	Adults with Asthma	10.5%	11.6%	11.1%	*	CDC - PLACES /BRFSS	2017-2018
		Asthma Mortality (per 1,000,000)	*	*	*	8.9	Healthy People 2030	
		Chronic Lower Respiratory Disease Mortality (per 100,000 population)	*	*	56.51	107.2	Michigan Department of Community Health	2020
		COPD (Medicare population)	14%	13%	12%	*	Centers for Medicare and Medicaid Services	2020
	Substance Use	Influenza and Pneumonia Mortality (per 100,000 population)	*	11.3	13.8	*	Centers for Disease Control and Prevention	2017-2019
		Binge Drinking Adults	18.9%	21.1%	18.1%	25.4%	CDC - PLACES /BRFSS	2017-2019
		Excessive Drinking	20%	21%	21%	*	County Health Rankings	2018
	Tobacco Use	Prevalence of Alcohol Abuse (Medicare Population)	1.78%	2.41%	2.52%	*	Centers for Medicare and Medicaid Services	2018
		Adult Smoking	24%	23%	20%	5%	County Health Rankings	2018
		Adult Tobacco Use	*	*	*	16.2%	Healthy People 2030	
	Teen Substance Use	Births to Mothers who Smoked During Pregnancy	21.2%	21.4%	14.3%	4.3%	Kids Count	2020
		Percentage of High School Students who Ever Drank Alcohol	40.6%	42.3%	*	6.3%	Michigan Profile for Healthy Youth	2017-2018
		Percentage of High School Students who Ever Tried Marijuana	19.0%	21.6%	*	5.8%	Michigan Profile for Healthy Youth	2017-2018
		Percentage of Middle School Students who Ever Tried Marijuana	*	*	*	5.8%	Michigan Profile for Healthy Youth	2017-2018
		Percentage of High School Students who Used Marijuana During the Past 30 Days	9.9%	10.7%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percentage of Middle School Students who Used Marijuana During the Past 30 Days	1.5%	3.1%	*	*	Michigan Profile for Healthy Youth	2017-2018
		Percentage of High School Students who Ever Used Drugs	*	*	*	5.5%	Healthy People 2030	
	Teen Tobacco Use	Teens who Currently Binge Drink (High School)	10.6%	6.9%	*	8.4%	Michigan Profile for Health Youth	2018
		Percentage of High School Students who Used Chewing Tobacco, Snuff or Dip During the Past 30 Days	1.7%	3.8%	*	2.3%	Michigan Profile for Healthy Youth	2017-2018
Percentage of Middle School Students who Used Chewing Tobacco, Snuff or Dip During the Past 30 Days		0.6%	0.5%	*	*	Michigan Profile for Healthy Youth	2017-2018	
Percentage of High School Students who Ever Tried Cigarette Smoking		20.3%	18.4%	*	3.4%	Michigan Profile for Healthy Youth	2017-2018	
Percentage of Middle School Students who Ever Tried Cigarette Smoking		*	*	*	3.4%	Healthy People 2030		
Percentage of High School Students who Smoked Cigarettes During the Past 30 Days		3.1%	5.4%	*	*	Michigan Profile for Healthy Youth	2017-2018	
Percentage of Middle School Students who Smoked Cigarettes During the Past 30 Days		3.0%	3.1%	*	*	Michigan Profile for Healthy Youth	2017-2018	
Percentage of High School Students who Used an Electronic Vapor or Product During the Past 30 Days		14.6%	23.1%	*	10.5%	Michigan Profile for Healthy Youth	2017-2018	
Percentage of Middle School Students who Used an Electronic Vapor or Product During the Past 30 Days		4.5%	6.7%	*	10.5%	Michigan Profile for Healthy Youth	2017-2018	
Teen Tobacco Use	*	*	*	2.3%	Healthy People 2030			



		Indicator	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date
Social and Community Context	Social and Community Context - General	Adults who Reported Insufficient Sleep	42%	38%	40%	31.4%	County Health Rankings	2018
		Adults and Adolescents Screened for Depression	*	*	*	13.5%	Healthy People 2030	
		Adults Ever Diagnosed with Depression	23.1%	26.3%	*	*	Centers for Disease Control and Prevention - PLACES	2019
		Frequent Mental Distress	16%	17%	15%	7.6%	County Health Rankings	2018
		Minors and Young Adults Committing Violent Crimes (per 100,000 population)	*	*	*	199.2	Healthy People 2030	
		Poor Mental Health Days (per 30 days)	5.0	5.2	4.7	*	County Health Rankings	2018
		Schizophrenia/ Other Psychotic Disorders (Medicare population)	3%	4%	3%	*	Centers for Medicine and Medicaid Services	2020
	Violent Crime Rate (per 100,000 population)	203	252	443	*	County Health Rankings	2014 & 2016	
	Children	Children (Ages 0-17) in Single Parent Families	35.5%	34.2%	33.5%	*	Kids Count	2019
		Children 0-17 Living in High Poverty Areas	11.7%	17.3%	14.2%	*	Kids Count	2018
	Health IT	Broadband Access	72%	77%	82%	60.80%	County Health Rankings	2015-2019
	Top 10 Referrals for 211	Utilities	22.99%	*	*	*	211	2021
		Housing/Shelter	21.19%	*	*	*	211	2021
		Health Supportive Services	8.30%	*	*	*	211	2021
		Legal Services	4.50%	*	*	*	211	2021
		Food	3.70%	*	*	*	211	2021
		Health Screening/Diagnostic Services	3.70%	*	*	*	211	2021
		Information Services	2.80%	*	*	*	211	2021
		Specialized Treatment & Prevention	2.16%	*	*	*	211	2021
		Public Assistance Programs	1.98%	*	*	*	211	2021
		Material Goods	1.89%	*	*	*	211	2021
	Top 10 Referrals for 211	Utilities	*	18.63%	*	*	211	2021
		Housing/Shelter	*	17.99%	*	*	211	2021
		Health Supportive Services	*	8.38%	*	*	211	2021
		Health Screening/Diagnostic Services	*	4.68%	*	*	211	2021
		Food	*	3.91%	*	*	211	2021
		Material Goods	*	2.68%	*	*	211	2021
		Information Services	*	2.38%	*	*	211	2021
		Transportation	*	1.70%	*	*	211	2021
		Legal Services	*	1.62%	*	*	211	2021
Specialized Treatment & Prevention		*	1.53%	*	*	211	2021	

# Appendix C: Survey

**MyMichigan Medical Center Clare**  
Department of Community Health

**Project Title:** Clare County Community Health Needs Survey

**Principal Investigator:** Ashley Brenner, MPH

**Purpose of the Study**

The purpose of this research study is to understand the health and health needs of people living in Clare County. Information from this study will be used to develop programs in Clare County to address the needs of its residents. You are being asked to participate in this research study because you are at least 18 years of age and live in Clare County. In total, we hope to have 500 people fill out this survey.

**Participation in the Study/Procedures**

Participating in this study involves filling out the attached survey that will take about 20-30 minutes. You will be asked to answer questions about your health conditions, health behaviors, and satisfaction with the quality of and access to various services and places in Clare County. Once you complete the survey, your participation in the study will end.

**Compensation**

In appreciation for your time spent completing the survey, you are eligible to receive a \$10 gift card to Marathon Gasoline. You must provide your name and mailing address (when instructed) after completing the survey to receive this token of appreciation. The study staff will mail your gift card within ten business days of survey completion. If after taking the survey, you seek counseling or medical treatment, any expenses accrued will be the responsibility of the subject and not that of the research project, research team, or MyMichigan Health.

**Possible Risks, Stresses or Discomforts**

Participating in this research study may involve some risks, stresses or discomforts. You may be uncomfortable with some of the questions we ask. If you are uncomfortable, you are free to not answer those questions. If you experience any discomfort in answering these questions and would like to speak with someone, please contact: <http://www.211nemichigan.org> for a full list of resources. As in all research, there may be unforeseen risks to you. If an accidental injury occurs, appropriate emergency measures will be taken; however, no compensation or additional treatment will be made available to you except as otherwise stated in this consent form.

**Participant Rights**

You are free to not answer any questions you choose without penalty. If you decide to participate in this study and complete the survey, you may stop at any time. Choosing not to be in this study will not result in any penalty to you. Specifically, your choice not to be in this study will not negatively affect you in any way.

### **Possible Benefits for Me or Others**

We understand how busy you are and value your time. However, we encourage you to take this survey in order to help your community identify health needs so those concerns can be addressed. Information from this survey will be used by community leaders and organizations to develop programs that address the health concerns and needs of the community.

### **Anonymity and Confidentiality**

Your responses in the survey are anonymous. At the end of the survey you will have the option of providing your name and mailing address to receive a \$10 Marathon Gasoline gift card for taking the survey. This information will be collected in a separately and will not be linked to any information in the research survey.

Your responses will remain confidential. All electronic data are stored in a password protected format and will be kept for three years, then deleted; paper surveys will be shredded. It is possible that the Institutional Review Board (IRB) may view this study's collected data for auditing purposes. The IRB is responsible for the oversight of the protection of human subjects involved in research.

### **Confidentiality and Privacy Rights**

Participation in this research study may result in a loss of privacy since persons other than the investigator(s) might view your study records. Unless required by law, only the study investigators, members of the investigator's staff, and the MyMichigan Health Institutional Review Board can review your study records. They are required to maintain confidentiality regarding your identity. Any study results reported in professional journals or grant proposals will be reported at a group level (combined across people). If any findings are reported at an individual level, they will not contain any information that would identify you.

### **Questions or Concerns about this Research Study**

If you have any questions, problems, illness, or injury during your time on this study, call us promptly. Ashley Brenner, MPH (989-466-3661) is the person in charge of this research study. You can call her directly Monday-Friday 9am-5pm with questions.

### **Consent**

#### **Subject's Permission**

I have read this form and have been given the opportunity to ask questions by contacting the individuals listed in the section above. If I have additional questions, I have been told whom to contact. I agree to participate in the research study described above.

If you wish to participate, please select 'Accept' and begin the survey. You may request a copy of this consent page for your records. If you do not wish to participate in this study, please select 'Decline'.

- Accept
- Decline

Please select only one answer unless otherwise specified. Please note that this survey is double-sided.

1. Do you live in Clare County, Michigan?

- Yes                       No

2. Do you currently live in:

- City of Clare     City of Harrison
- Village of Farwell
- Township in Clare County, please specify: \_\_\_\_\_

3. What is your gender?

- Male     Prefer to self-describe: \_\_\_\_\_
- Female     Prefer not to answer

4. I describe myself as...

- Heterosexual/straight     Homosexual/gay/lesbian
- Bisexual     Prefer to self-describe: \_\_\_\_\_
- Prefer not to answer

5. What is your age? (years) \_\_\_\_\_

6. What is your race?

- Black or African American
- Asian or Asian American
- American Indian or Alaskan Native
- Native Hawaiian or Other Pacific Islander
- White or Caucasian
- Other: \_\_\_\_\_

7. Are you of Hispanic or Latino origin?

- Yes     No

(CONTINUE TO NEXT PAGE)

8. Which of the following best describes your current relationship status?

- Married
- Separated
- Widowed
- Not married, living with significant other
- Divorced
- Not married

9. What is the highest grade or level of school you have completed?

- Less than high school degree
- Technical/vocational degree
- High school degree
- Bachelor's degree
- Some college
- Graduate degree

10. Which of the following categories best describes your employment status?

- Employed, working 40 or more hours per week
- Homemaker
- Employed, working 1-39 hours per week
- Full-time student
- Not employed
- Retired
- Disabled, not able to work

11. What is your approximate average household income?

- Less than \$20,000
- \$70,000 to \$99,999
- \$20,000 to \$39,999
- \$100,000 to \$149,999
- \$40,000 to \$69,999
- \$150,000 and up

12. In the past 12 months, have there been three or more months in which you were not able to pay all of your bills or could not pay all of them on time because you did not have enough money?

- Yes
- No

13. Do you currently:

- Own your primary home
- Rent your primary home
- Other

14. In the past 12 months, has there been a time when you did not have a place to live?

- Yes
- No

(CONTINUE TO NEXT PAGE)

**15. In the past 12 months, which mode of transportation did you primarily use to get to...**

	Personal Vehicle	Walk	Carpool	Senior Services Courtesy Cars	Public Transportation	Non-motorized vehicle (bike)	N/A
Work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recreational activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doctor or medical services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. What is your weight in pounds? \_\_\_\_\_

17. What is your height (in feet and inches)? Feet \_\_\_\_\_ Inches \_\_\_\_\_

18. Are you currently pregnant?

- Yes  No

19. In general, how would you rate your overall health?

- Excellent  Fair  
 Very Good  Poor  
 Good

20. How often do you use seat belts when you drive or ride in a car?

- Always  Rarely  
 Usually  Never  
 Sometimes

21. Are you limited in any activities because of mental health or emotional health problems such as depression, anxiety, or feeling fearful or angry?

- Yes  No

22. Do you have any physical health problem that requires you to use special equipment, such as a cane, wheelchair, walker, Amigo, special bed, or special telephone?

- Yes  No

23. Do you rely on people for any of the following?

	Yes	No
Bathing	<input type="radio"/>	<input type="radio"/>
Dressing	<input type="radio"/>	<input type="radio"/>
Shopping	<input type="radio"/>	<input type="radio"/>
Banking	<input type="radio"/>	<input type="radio"/>
Meals	<input type="radio"/>	<input type="radio"/>

24. In the past 12 months, have you fallen?

- Yes (Go to question 25)
- No (Go to question 26)

25. Did any of these falls cause an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

- Yes
- No

26. How often do you feel isolated from others?

- Never
- Sometimes
- Always

27. Do you feel you belong at home, work, your community, or in any specific group or place?

- Yes
- No

28. Do you feel that your family or the people you live with, neighborhood, community, and/or coworkers care about you?

- Yes
- No

(CONTINUE TO NEXT PAGE)

**29. Prior to your 18<sup>th</sup> birthday, did you experience any of the following?**

	Yes	No
Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="radio"/>	<input type="radio"/>
Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who was depressed, mentally ill or attempted suicide?	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="radio"/>	<input type="radio"/>
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who went jail or prison?	<input type="radio"/>	<input type="radio"/>
Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="radio"/>	<input type="radio"/>
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="radio"/>	<input type="radio"/>
Did you feel that no one in your family loved you or thought you were special?	<input type="radio"/>	<input type="radio"/>
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="radio"/>	<input type="radio"/>

**30. Have you ever thought of harming yourself or ending your own life?**

- Yes, within the last 12 months
- Yes, 1-5 years ago
- Yes, more than 5 years ago
- No, I have never thought of harming myself or ending my own life

**31. Have you ever attempted suicide?**

- Yes
- No

**32. Have you personally known anyone who ended his or her life by suicide?**

- Yes
- No

**If you or someone you know is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255**

(CONTINUE TO NEXT PAGE)



33. How much concern do you have for your child's safety while they are in childcare?

- A lot                       None  
 Some                         I don't need childcare  
 A Little

34. How much stress does the cost of childcare put on you and your family budget?

- A lot                       None  
 Some                         I don't need childcare  
 A Little

35. Please think about your personal satisfaction with the following in your community. In general, how satisfied are you with your **ACCESS** to (i.e., ability to obtain, retrieve, or participate in) each of the following:

	Very Dissatisfied	Not Satisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied	N/A
Recreational activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public Assistance programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jobs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adult educational services (e.g. job training)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parent/Adult Support Services (e.g. support groups, parent education classes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational services for children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh produce and other healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance use disorder services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affordable housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affordable internet services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quality childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(CONTINUE TO NEXT PAGE)

**36. Please think about your personal satisfaction with the following in your community. In general, how satisfied are you with the QUALITY of each of the following:**

	Very Dissatisfied	Not Satisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied	N/A
Recreational activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public Assistance programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neighborhood safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Air and water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jobs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adult educational services (e.g. job training)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational services for children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh produce and other healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance use disorder services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affordable housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
211	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cell Phone coverage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet coverage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**37. How could your cellphone and internet services in Clare County be improved?**

\_\_\_\_\_

**38. On average, how many hours of sleep do you get in a 24-hour period?** \_\_\_\_\_

**39. Thinking about the activities you do when you are not working, in a usual week, did you participate in any physical activity for at least 10 minutes at a time, such as brisk walking, running, bicycling, vacuuming, yard work, or anything else that causes some increase in breathing or heart rate?**

Yes (Go to question 40)

No (Go to question 42)

**40. How many days per week did you participate in these activities for at least 10 minutes at a time?**

\_\_\_\_\_ days

41. When you take part in these activities, how long do you usually keep at it (minutes or hours)?

\_\_\_\_\_  Minutes       Hours

42. In a typical week:

How many times per week do you engage in muscle strengthening activities?	
How many times per week do you engage in activities to improve flexibility?	
How many servings of fruit do you eat per day? Count fresh, frozen, or canned fruit; Do not count dried fruit or juice.	
How many servings of vegetables do you eat per day? Count fresh, frozen, or canned vegetables.	

43. In a typical week, do you drink the following beverages?

	Yes	No
Regular soda or pop	<input type="radio"/>	<input type="radio"/>
Energy drinks	<input type="radio"/>	<input type="radio"/>
Sugar-sweetened fruit drinks (not 100% fruit juice)	<input type="radio"/>	<input type="radio"/>
Sugar-sweetened flavored teas	<input type="radio"/>	<input type="radio"/>

44. In a typical week, do you purchase/get food from the following places:

	Yes	No
Grocery store	<input type="radio"/>	<input type="radio"/>
Convenience store	<input type="radio"/>	<input type="radio"/>
Fast food restaurant	<input type="radio"/>	<input type="radio"/>
Sit-down restaurant	<input type="radio"/>	<input type="radio"/>
Farmers market (when open)	<input type="radio"/>	<input type="radio"/>
Co-op	<input type="radio"/>	<input type="radio"/>
Food pantry	<input type="radio"/>	<input type="radio"/>
Meals on Wheels	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

(CONTINUE TO NEXT PAGE)

**45. Do you currently:**

	Yes, every day	Yes, on some days	No
Smoke cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use chewing tobacco, snuff, or any form of smokeless tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use e-cigarettes or vape	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have exposure to secondhand smoke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**46. In a typical week, how many days per week do you have at least one alcoholic beverage?**

\_\_\_\_\_ days

**47. On the days when you drink alcoholic beverages, about how many do you consume on average (one drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor)?**

\_\_\_\_\_ drink(s)

**48. In the past 12 months:**

	Yes	No	I don't drink
I felt like I wanted or needed to cut down on my drinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have experienced negative consequences from my alcohol use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sought treatment or attended a support group to help with my alcohol use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**49. In the past 12 months, have you:**

	Yes	No
Used prescription drugs that were not prescribed for you such as antidepressants, pain killers, sedatives or stimulants	<input type="radio"/>	<input type="radio"/>
Used marijuana for medical use	<input type="radio"/>	<input type="radio"/>
Used marijuana for recreational use	<input type="radio"/>	<input type="radio"/>
Used illegal drugs such as cocaine, crack, crystal meth, heroin, smack, PCP, LSD, uppers or downers (do not include marijuana)	<input type="radio"/>	<input type="radio"/>
Taken opioid (narcotic) pain killers	<input type="radio"/>	<input type="radio"/>

(CONTINUE TO NEXT PAGE)

50. In the past year:

	Yes	No	I don't use drugs
I felt like I wanted or needed to cut down on my drug use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced negative consequences from my drug use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sought treatment or attended a support group to help with my drug use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. If you felt you had a substance misuse problem, how likely would you be to go to the following for help:

	Very likely	Somewhat likely	Neither likely or unlikely	Somewhat unlikely	Very unlikely
Doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Therapist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

52. Do you consider yourself in recovery from a substance use disorder?

- Yes  No

53. Do you suffer from chronic pain (defined as persistent or recurrent pain lasting longer than 3 months)?

- Yes  No

54. If you felt you had a mental health problem, how likely would you be to go to the following for help:

	Very likely	Somewhat likely	Neither likely or unlikely	Somewhat unlikely	Very unlikely
Doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Therapist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55. Do you consider yourself in recovery from a past mental health issue?

- Yes  No

56. Do you have any concerns about your (check all that apply):

- Memory
- Concentration
- Decision making that affects how you perform familiar tasks
- Confusion when driving in familiar locations
- None of the above apply to me

57. Do you feel safe at home?

- Yes  No

58. Please consider the following questions regarding safety.

	Yes	No	N/A
Do you feel safe in your current relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you or your children ever been threatened or abused (physically, sexually, emotionally, or financially) by your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is there a partner from a previous relationship making you feel unsafe?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

59. Has a doctor, nurse, or other health professional ever told you that you have or have had any of the following?

	Yes	No
A heart attack, also called a myocardial infarction	<input type="radio"/>	<input type="radio"/>
Angina (chest pain from a heart problem) or coronary heart disease	<input type="radio"/>	<input type="radio"/>
A stroke	<input type="radio"/>	<input type="radio"/>
High blood pressure, also called hypertension	<input type="radio"/>	<input type="radio"/>
Type 1 Diabetes	<input type="radio"/>	<input type="radio"/>
Pre-diabetes or borderline diabetes	<input type="radio"/>	<input type="radio"/>
Type 2 Diabetes	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>
Substance use disorder	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>

60. Have you had a test for high blood sugar or diabetes within the past three years?

- Yes  No

61. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had a mammogram?

- Within the last year  I have never had a mammogram
- 1 – 2 years ago  I do not have breasts
- > 2 years ago

**62. A Pap test and/or an HPV test is a test for cancer of the cervix. How long has it been since you had a screening for cancer of the cervix?**

- Within the last year
- > 3 years ago
- 1 – 2 years ago
- I have never had a pap test
- 2 – 3 years ago
- I do not have a cervix

**63. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. How long has it been since you had your last blood stool test using a home kit?**

- Within the last year
- > 3 years ago
- 1 – 3 years ago
- I have never had a blood stool kit

**64. When is the last time you had a colonoscopy or CT (virtual) colonoscopy?**

- Within the last year
- > 10 years ago
- 1 – 5 years ago
- I have never had a colon cancer screening
- 6 – 10 years ago

**65. Did you receive a flu vaccination for the 2021-2022 flu season?**

- Yes
- No

**66. Have you been diagnosed with HIV or AIDS?**

- Yes
- No

**67. Do you currently have? (please choose your primary source of insurance)**

- An employer-sponsored health insurance plan
- An individual plan purchased on the health insurance exchange or through an insurance agent
- Medicaid
- Medicare
- Uninsured

**68. Do you have a high deductible plan? (A high deductible plan is defined as \$1,400 for individuals or \$2,800 for families)**

- Yes
- No

**69. Would you be able to pay an \$8,000 Emergency Department bill?**

- Yes, all at once
- Yes, on a payment plan
- No

**70. Was there a time in the past 12 months when you:**

	Yes	No
Needed to see a doctor but could not because of the cost?	<input type="radio"/>	<input type="radio"/>
Needed to see a doctor but could not because you could not get an appointment?	<input type="radio"/>	<input type="radio"/>

**71. When I need medical care:**

	Yes	No
I understand what the health care professional tells me.	<input type="radio"/>	<input type="radio"/>
I understand the handouts given to me.	<input type="radio"/>	<input type="radio"/>
I bring a family member or friend with me to help me understand what my health care professional tells me and the handouts given to me.	<input type="radio"/>	<input type="radio"/>

**72. Did you receive the COVID-19 vaccine?**

- Yes (Go to Question 73)  No (Go to Question 74)

**73. If yes, did you complete the initial series (either 2 doses for Pfizer or 2 doses for Moderna or 1 dose for J&J Janssen)?**

- Yes (Go to Question 75)  No (Go to Question 76)  Unsure

**74. If you answered "No" to Question 72, why didn't you receive the vaccine? (Skip this question if you answered "Yes" to Question 72)**

- Concerned about possible side effects
- Don't trust COVID-19 vaccines
- Don't trust the government
- Plan to wait and see if it is safe
- Don't know if a COVID-19 vaccine will protect me
- Don't think COVID-19 is a threat
- Doctor has not recommended it
- Hard for me to get a COVID-19 vaccine
- Medical Reasons
- Religious Reasons
- Other: \_\_\_\_\_



75. Did you receive a 3<sup>rd</sup> dose or a booster dose of the COVID-19 vaccine?

- Yes  No  Not eligible

76. Since February 2020 (since the beginning of the COVID-19 pandemic):

	Yes	No
Have you tested positive for COVID-19?	<input type="radio"/>	<input type="radio"/>
Have you had a loved one, close family members, or a friend die due to COVID-19?	<input type="radio"/>	<input type="radio"/>

(If you have not tested positive for COVID-19 since February 2020, skip to Question 79)

77. If you tested positive for COVID-19, were you ever hospitalized for your COVID-19 symptoms?

- Yes  No

78. If you tested positive for COVID-19, did you or are you experiencing symptoms that have continued more than 4 weeks after your initial COVID-19 illness, and were not experienced before illness? Examples may include fatigue, brain fog, heart racing, headaches, or worsening mood.

- Yes  No  Unsure

79. Has the COVID-19 pandemic had a negative impact on:

	Yes	No
Your employment	<input type="radio"/>	<input type="radio"/>
Your income security	<input type="radio"/>	<input type="radio"/>
Childcare (availability, access to)	<input type="radio"/>	<input type="radio"/>
Use of transportation	<input type="radio"/>	<input type="radio"/>
Ability to seek medical care	<input type="radio"/>	<input type="radio"/>
Food security	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>
Your chronic health conditions	<input type="radio"/>	<input type="radio"/>

80. How has the COVID-19 pandemic impacted your:

	Significantly increased	Somewhat increased	No change	Somewhat decreased	Significantly decreased
Overall level of stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**81. Since the beginning of the COVID-19 pandemic, have you been newly diagnosed with:**

	Yes	No
A substance use disorder	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>
Other mental health condition Please list: _____	<input type="radio"/>	<input type="radio"/>

**82. Overall, considering all the possible ways your life may have been impacted by the COVID-19 pandemic, how much has the pandemic impacted your day-to-day life?**

- It has not impacted my life at all
- It has impacted my life a little
- It has moderately impacted my life
- It has extremely impacted my life

**83. Since the beginning of the pandemic, has your:**

	Significantly increased	Somewhat increased	No change	Somewhat decreased	Significantly decreased	N/A
Smoking/vaping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drug Use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**84. Have you begun or increased substance use to cope with stress or emotions associated with the COVID-19 pandemic?**

- Yes
- No

**85. Has the pandemic limited or impacted the supports you rely on to maintain/sustain your recovery from a substance use disorder?**

- Yes
- No
- N/A

(CONTINUE TO NEXT PAGE)

86. At any time during the pandemic, were you able to:

	Yes	No	N/A
Access your <u>medical</u> health care through telehealth?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access your <u>mental</u> health care through telehealth?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access your substance use disorder services through telehealth?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

87. If you used telehealth, how satisfied are you with the quality of the telehealth experiences?

	Very Dissatisfied	Not Satisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied	N/A
Medical health care services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health care services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance use disorder care services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This concludes the survey.

Once complete, please return to MyMichigan Health by using the pre-stamped envelope provided.  
Please return by 3/1/2022.

(CONTINUE TO NEXT PAGE FOR GIFT CARD REDEMPTION)

# Community Health Improvement Plan

## MyMichigan Medical Center Clare

### Chronic Disease Prevention

**Goal:** Reduce risk factors for chronic disease by decreasing vape use and increasing healthy eating habits and physical activity

Strategy	Description	Metrics	Internal Departments Involved	Community Partners
Implement and expand weight management and nutrition educational series such as Garden Plate Wellness (GPW) and GoThrive! in the Clare Community	Provide education, done in a series of classes available to the community, on nutrition and physical activity that promote health habits	<b>FY23:</b> Develop a plan to implement a nutrition education series within school districts in Clare County	Cardiopulmonary Rehab Community Health Diabetes Center Rehab Services	Clare County Schools MSU Extension
		<b>FY24:</b> Host 5 offerings of a nutrition education series within the community		
		<b>FY25:</b> Implement a nutrition education series in 2 Clare County schools		
Offer <i>INDEPTH</i> (American Lung Association) and <i>N-O-T: Not on Tobacco</i> (American Lung Association) in local schools	Partner with Clare County schools to develop and maintain a "Reduced Suspension" program for students found vaping on school property. This program includes reducing the student's suspension by 1-2 days, if they partake in 1-on-1 vape and tobacco counseling with a trained INDEPTH facilitator.	<b>FY23:</b> Develop a plan to implement tobacco and vape cessation program(s) in Clare County schools and identify at least 2 N-O-T and INDEPTH facilitators for the county	Community Health MyMichigan Medical Group	American Lung Association Clare County Schools Ten16 Recovery Network
		<b>FY24:</b> Adopt a Reduced Suspension program for vaping in at least 2 Clare County schools		
		<b>FY25:</b> Assist at least 20 students per year in Clare County with the Reduced Suspension program for vaping		
Implement and provide chronic disease self-management program(s)	Program for adults with chronic disease, taught by trained facilitators to improve and manage chronic disease	<b>FY23:</b> Identify self-management program(s) and identify facilitators	Community Health Diabetes Center MyMichigan Medical Group	CDSM Program Developers Clare County Senior Services MSU Extension
		<b>FY24:</b> Implement program/workshop with 1 trained facilitator and 20 participants completed		
		<b>FY25:</b> Perform a PDCA using FY24 results and have 3 trained facilitators with 40 participants completed		
Implement and expand Lifestyle Medicine	Lifestyle Medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions	<b>*System-Wide Metric*</b>	Community Health Diabetes Center Employee Wellness MyMichigan Medical Group Rehab Services	ACLM Ithaca Seventh-Day Adventist Church Lifestyle Medicine Pivio
		<b>FY23:</b> Implement pilot year 1: 4 trained facilitators, 60 ConnectCare participants enrolled, 30 participants complete		
		<b>FY24:</b> Pilot year 2: expand to community, 4 trained facilitators, 60 participants complete		
		<b>FY25:</b> Continue expansion, plan developed for SMAs, explore mandatory LM board certification for providers		

# Community Health Improvement Plan

## MyMichigan Medical Center Clare

### Mental Health & Substance Use

**Goal:** Increase access to mental health and substance use services, and advocate effective suicide prevention techniques

Strategy	Description	Metrics	Internal Departments Involved	Community Partners
Implement a peer support program for mental health in Clare County schools	Partner with Clare County schools to implement a peer support program within the schools. This program includes identifying teacher and student mentors to assist in providing depression awareness and suicide prevention education, training and support for students and faculty.	<b>FY23:</b> Establish an implementation plan for Clare County schools and secure buy-in for the first school to implement in each county	Behavioral Health Community Health	Clare County Schools
		<b>FY24:</b> At least 1 school in Clare County will adopt and implement a peer support program, with at least 5 student and 3 faculty mentors identified within the school		
		<b>FY25:</b> At least 2 schools in Clare County will adopt and implement a peer support program, with at least 5 student and 3 faculty mentors identified within each school		
Develop a Tobacco Cessation Strategy	Implement Tobacco Cessation tactics that make it easier for patients and community members to receive counseling and support, and provide information and a channel for providers to refer patients.	<b>FY23:</b> Develop Tobacco Cessation Tips sheet, including resources, contacts and billing codes for tobacco cessation and counseling	Ambulatory Clinical Quality Community Health MyMichigan Medical Group	American Lung Association Ten16 Recovery Network
		<b>FY24:</b> Implement 3 tobacco cessation programs for patients and community members		
		<b>FY25:</b> Implement 5 tobacco cessation programs for patients and community members		
Implement suicide prevention training for all staff employed at MyMichigan Medical Center Clare and community members	Make suicide prevention training(s) available for all staff employed at MyMichigan Medical Center Clare and community members by utilizing the LivingWorks and QPR Institute frameworks. These programs are designed to span a continuum of safety skills and incorporate common languages, philosophies and approaches for suicide prevention.	<b>FY23:</b> Develop a plan with education services and community partners to provide training for staff and the community	Behavioral Health Community Health Education Services and Development	Community Mental Health of Central Michigan LivingWorks QPR Institute
		<b>FY24:</b> Twenty percent of staff at MyMichigan Medical Center Clare and 20 community members trained in suicide prevention		
		<b>FY25:</b> Forty percent of staff at MyMichigan Medical Center Clare and 40 community members trained in suicide prevention		
Implement "Blue Envelope Program" within MyMichigan Health outpatient clinics in Clare County	Design a team S.A.F.E. response protocol (Blue Envelope) for MyMichigan Health outpatient clinics servicing Clare County residents. This protocol will empower staff to quickly activate a patient safety response at a moment's notice for a patient who verbalizes thoughts of suicide to a staff member.	<b>FY23:</b> Develop a plan for implementing a S.A.F.E response protocol for MyMichigan Health outpatient departments in Clare County	Behavioral Health Community Health MyMichigan Medical Group	Spectrum Health
		<b>FY24:</b> Establish a S.A.F.E. response protocol in 2 MyMichigan Health outpatient clinics/departments in Gratiot and Isabella counties and implement the Blue Envelope Program		
		<b>FY25:</b> Establish a S.A.F.E. response protocol in 5 MyMichigan Health outpatient clinics/departments in Gratiot and Isabella counties and implement the Blue Envelope Program		

# Community Health Improvement Plan

## MyMichigan Medical Center Clare

### Access to Care & Social Services

**Goal:** Improve access to care and social services by increasing access to preventive screenings and removing barriers identified by community members

Strategy	Description	Metrics	Internal Departments Involved	Community Partners
Develop a MyMichigan Health Mobile Wellness Hub to be used across Clare County	Explore options for a Mobile Health and Wellness Hub to be used at community events, health fairs and local businesses, allowing community members increased access to services like screenings, immunizations and education	<b>FY23:</b> Establish a detailed action plan and timeline for implementation of a Mobile Health and Wellness Hub	Community Health MyMichigan Health Outpatient Services MyMichigan Medical Group	Community Events Community Agencies
		<b>FY24:</b> Begin offering services to community members in Clare County with the Mobile Health and Wellness Hub		
		<b>FY25:</b> Service 50 people in the Gratiot & Isabella regions with the Mobile Health and Wellness Hub		
Integrate the use of Community Health Workers	Develop a systematic approach to integrating Community Health Workers into the MyMichigan Health care team. A Community Health Worker is considered a skilled trade public health worker that serves as a liaison between community, health care and public health.	<b>*System-Wide Metric*</b>	Ambulatory Clinical Quality Care Management Community Health MCCO MyMichigan Medical Group	2-1-1 Northeast Everyday Life Consulting Michigan Community Health Worker Alliance Rural Community Health Worker Network
		<b>FY23:</b> Sustain current CHW program and integrate within Care Management team with CHW supervisor in place		
		<b>FY24:</b> Hire/train 5 more Community Health Workers		
		<b>FY25:</b> Have 15 Community Health Workers on staff		
Increase access to health and wellness screenings within the community	Increase the number of free health screenings and risk assessments offered to the community by MyMichigan Health including: cancer, depression and stroke risk assessments, blood pressure, glucose and cholesterol screenings	<b>FY23:</b> Promote Colorectal Health Risk Assessment and provide cancer prevention and risk assessment education at at least 6 events in the Gratiot and Isabella County regions	Behavioral Health Cardiology Community Health Diabetes Center MyMichigan Medical Group Oncology	Community Agencies Community Events
		<b>FY24:</b> Promote the Depression Assessment and provide mental health awareness and suicide prevention education at at least 8 events in the Gratiot and Isabella County regions		
		<b>FY25:</b> Promote biometric screenings (Stroke Risk Assessment, Weight Loss Assessment and Heart Health Assessment and blood pressure, glucose and cholesterol screenings) and provide education on healthy lifestyles at at least 8 events in the Gratiot and Isabella County regions		

Community Health Improvement Plan approved by the MyMichigan Medical Center Central Region board on October 26th, 2022