



MyMichigan Medical Centers Alma and Mt. Pleasant

COMMUNITY HEALTH NEEDS ASSESSMENT

2022



Table of Contents

Letter to Community3

Acknowledgements to Partners.....4

Executive Summary5

Overview of MyMichigan Health.....6

Overview of Community.....7

Framework/Methodology8

Community Survey Process.....10

Demographics.....11

Social Determinants of Health12

Health Behaviors.....16

Chronic Conditions18

Care Access20

Behavioral Health.....22

Prioritization Process.....24

Improvement Plan.....27

Appendix A: Partners28

Appendix B: Data Table.....29

Appendix C: Survey.....34

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 Alma and Mt. Pleasant 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 Hatter-Schiffman
President, Central Region

Donald Schurr
Chair, Board of Directors

Mary Greeley
Vice President, Population Health

Acknowledgements to Partners

MyMichigan Medical Centers Alma and Mt. Pleasant are 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 Centers Alma and Mt. Pleasant 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

Gratiot-Isabella RESD	United Way of Gratiot & Isabella Counties
Alma College	Gratiot County Community Foundation
Central Michigan University	Isabella County Commission on Aging
Community Mental Health of Central Michigan	MDHHS
Gratiot Integrated Health Network	Gratiot Area Chamber of Commerce
Ten16 Recovery Network	Mid-Michigan District Health Department
Gratiot County Child Advocacy	Mt. Pleasant Area Chamber of Commerce
211 Northeast MI	Isabella County Child Advocacy
St. Louis Farmers Market	Mt. Pleasant Farmers Market
Central Michigan District Health Department	Isabella Citizens for Health
Greater Lansing Food Bank	Michigan Health & Hospital Association

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 Centers Alma and Mt. Pleasant, 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 of Gratiot and Isabella counties are close in geography, demographics and health indicators. Both communities are rural in nature with primarily younger populations (under age 45), are homogenized and less diverse in terms of racial and ethnic composition and have greater proportions of households living in poverty. According to data researched, these two communities share hampering 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 through March 2022, surveying members of both the Gratiot and Isabella communities. Once collected, the Community Survey data was analyzed to identify health indicators that were consistent across both counties. 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



Figure 2: Our Communities

Feedback is welcomed via CommunityHealth@mymichigan.org

Overview of Community

MyMichigan Medical Centers Alma and Mt. Pleasant serve robust Central Michigan communities within both Gratiot and Isabella Counties. With a population of 40,711, Gratiot County is a primarily rural community located in the geographical center of Michigan’s Lower Peninsula. Comprised of three cities (Alma, Ithaca and St. Louis) three villages (Ashley, Breckenridge and Perrinton) and many other local communities, Gratiot County boasts an array of natural resources and atmosphere. Agriculture and manufacturing are among the most prominent industries in the county, both contributing to a steady economy. The county includes various recreational opportunities (including natural rivers, rail trails and state game areas), is the home of Alma College and is well-known for its extensive Wind Farms! Located within the City of Alma is the county’s sole hospital – MyMichigan Medical Center Alma, a 96-licensed bed facility accredited by The Joint Commission. The medical center consists of over 1,000 employees, volunteers, health care providers and other personnel, 50% of which reside in Gratiot County. MyMichigan Medical Center Alma is a robust teaching facility that provides a full range of specialty services including cancer care, maternity services, pain management and behavioral health services, to name a few.

With a population of 69,872, Isabella County is located just north of Gratiot County, in the heart of Central Lower Michigan. Home to the Saginaw Chippewa Indian Tribe and Central Michigan University, the county is known for its natural beauty, athletics, and academics! Isabella County provides an array of opportunities for outdoor recreation including bike trails, county parks and camping and water trails. As for healthcare opportunities, Isabella County is home to two well-known healthcare organizations: McLaren Central Michigan and MyMichigan Medical Center Mt. Pleasant. MyMichigan Medical Center Mt. Pleasant has been serving the Isabella county community since 2000, and with a \$30M investment in 2017, became affectionately known as the “Medical Center of the Future.” With no inpatient beds, this unique and innovative facility serves the community with a complement of services in one convenient location. Accredited by The Joint Commission, MyMichigan Medical Center Mt. Pleasant provides timely access to adult and pediatric care, while also serving as the official sports medicine provider for Central Michigan University, an NCAA Division I Football Bowl Subdivision institution.

Community Served at MyMichigan Medical Centers Alma and Mt. Pleasant

The service area in Gratiot County is comprised of zip codes: 48615 (Breckenridge), 48662 (Wheeler), 48801 (Alma), 48806 (Ashley), 48807 (Bannister), 48830 (Elm Hall), 48832 (Elwell), 48847 (Ithaca), 48856 (Middleton), 48862 (North Star), 48871 (Perrinton), 48874 (Pompeii), 48877 (Riverdale), 48880 (Saint Louis) and 48889 (Sumner). Service for MyMichigan Medical Center Alma extends to: 48829 (Edmore).

The service area in Isabella County is comprised of zip codes: 48804 (Mount Pleasant), 48858 (Mount Pleasant), 48859 (Mt. Pleasant), 48878 (Rosebush), 48883 (Shepherd), 48893 (Weidman), 48896 (Winn) and 49310 (Blanchard).

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 Centers Alma and Mt. Pleasant 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 Gratiot and Isabella counties. 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

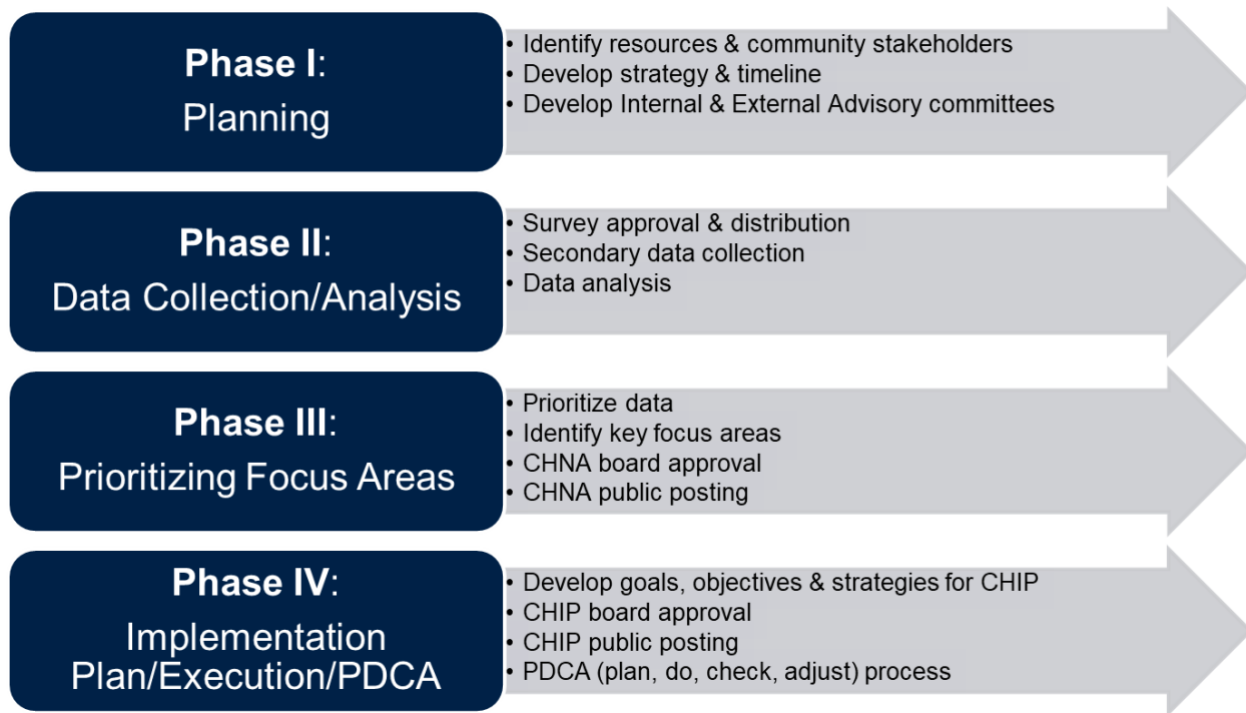


Figure 3: 2022 CHNA Process

Phase I: Planning for the CHNA strategy

Identifying resources and community stakeholders within MyMichigan Medical Centers Alma and Mt Pleasant’s service areas 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 Centers Alma and Mt. Pleasant.

Phase II: Data collection and analysis

Forms of primary and secondary data from the Gratiot and Isabella counties 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 each of the counties serviced by MyMichigan Medical Centers Alma and Mt. Pleasant. 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 4: PDCA Cycle

Community Survey Process

A 2022 Community Health Needs Assessment survey was conducted in both Gratiot and Isabella counties 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 Gratiot and Isabella counties. The Community Health team at MyMichigan Medical Centers Alma and Mt. Pleasant 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.

Both the Gratiot and Isabella county surveys 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 county and each 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 email contact lists from each organization. The survey was also advertised on agency social media pages. The paper surveys were administered at various locations throughout each 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 Meijer gift card (\$10 value) as compensation for their time completing the survey. The sample generated a total of 344 survey responses for analysis in Gratiot County and 128 survey responses for analysis in Isabella County. These totals included 210 online surveys and 134 paper surveys in Gratiot County and 118 online surveys and 10 paper surveys in Isabella County.

2022 Community Survey Demographics		Gratiot	Isabella
Gender	Female	80%	84%
	Male	19%	16%
	Unspecified/Other	1%	0%
Sexual Orientation	Heterosexual/Straight	90%	86%
	Homosexual/Gay/Lesbian	2%	2%
	Bisexual	2%	9%
	Unspecified/Other	6%	3%
Age	Median Age	52 years	46 years
Race	Black or African American	0.6%	1%
	Asian or Asian American	0.3%	2%
	American Indian or Alaskan Native	0%	1%
	Native Hawaiian or Other Pacific Islander	0.3%	0%
	White or Caucasian	98%	93%
	Unspecified/Other	0.6%	3%

Table 1: 2022 Community Survey Demographics

Demographics

According to County Health Rankings, there are over 9 million residents in Michigan, with 40,711 residing in Gratiot County and 69,872 residing in Isabella County.

Population by Gender and Age (2019)

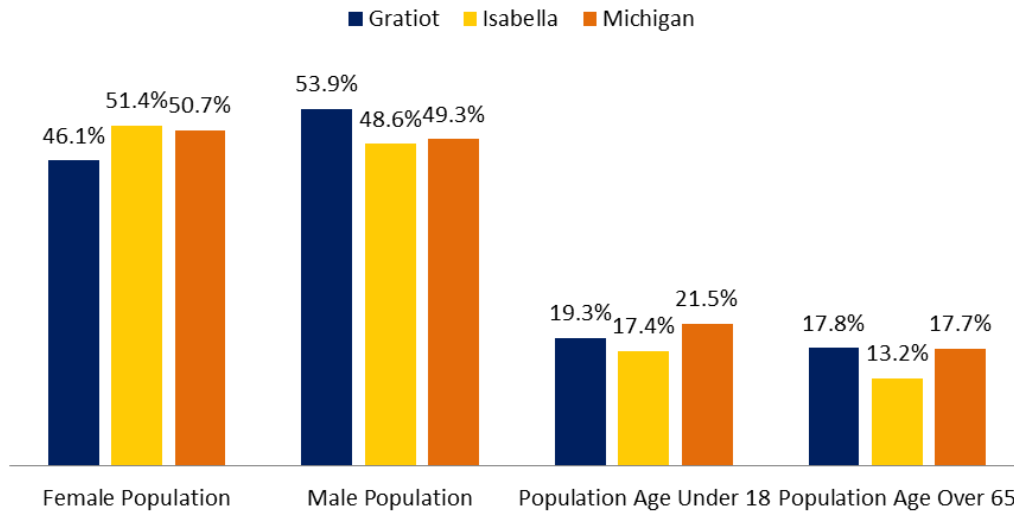


Figure 5: Population by Gender and Age, 2019

Population by Race (2019)

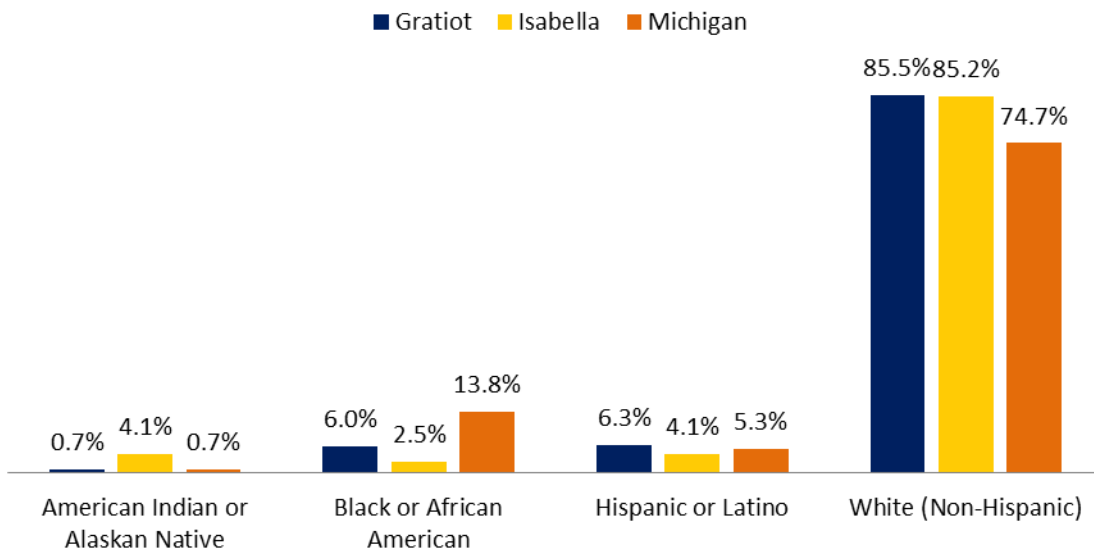


Figure 6: Population by Race, 2019

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 7: 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).

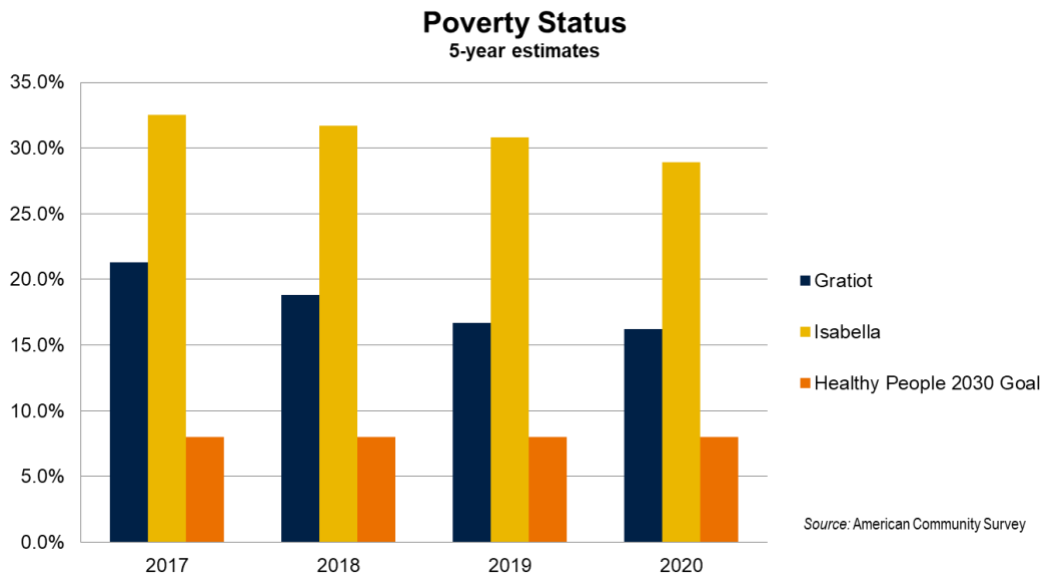


Figure 8: Poverty Status, 2017-2020

Unemployed Workers (Ages 16+), 2021		
Gratiot	Isabella	Michigan
4.4%	4.0%	4.2%

Table 2: Unemployed Workers, 2021

ALICE Populations Gratiot County 2019			ALICE Populations Isabella County 2019		
Location	Total HH	% Below ALICE Threshold	Location	Total HH	% Below ALICE Threshold
Arcada Twp.	747	46%	Broomfield Twp.	731	33%
Bethany Twp.	521	30%	Chippewa Twp.	1,719	43%
City of Alma	3,519	57%	City of Mt. Pleasant	7,963	56%
City of Ithaca	1,094	46%	Coe Twp.	1,154	36%
City of St. Louis	1,336	55%	Coldwater Twp.	307	53%
Elba Twp.	497	49%	Deerfield Twp.	1,123	23%
Emerson Twp.	376	40%	Denver Twp.	439	44%
Fulton Twp.	1,008	39%	Fremont Twp.	573	41%
Hamilton Twp.	194	39%	Gilmore Twp.	503	53%
Lafayette Twp.	207	34%	Isabella Twp.	755	48%
New Haven Twp.	412	42%	Lincoln Twp.	762	32%
Newark Twp.	412	31%	Nottawa Twp.	856	38%
North Shade Twp.	257	35%	Rolland Twp.	464	45%
North Star Twp.	364	37%	Sherman Twp.	1,131	38%
Pine River Twp.	940	38%	Union Charter Twp.	5,249	61%
Seville Twp.	884	39%	Vernon Twp.	506	34%
Sumner Twp.	751	35%	Wise Twp.	493	43%
Washington Twp.	365	41%			
Wheeler Twp.	1,151	46%			

Table 3: Gratiot County ALICE Households, 2019

Table 4: Isabella County ALICE Households, 2019

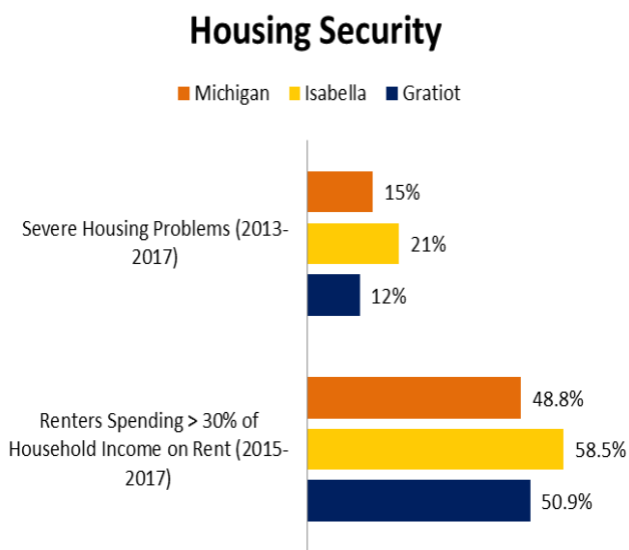


Figure 9: Housing Security

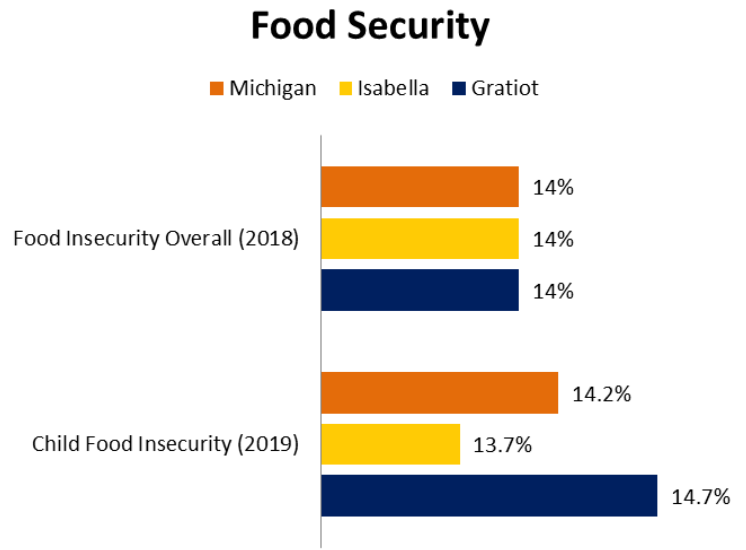


Figure 10: Food Security

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...
(Gratiot County, 2019)

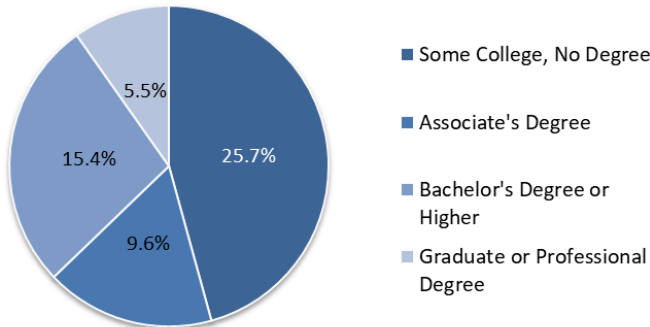


Figure 11: Continuing Education, Gratiot County 2019

People 25+ with...
(Isabella County, 2019)

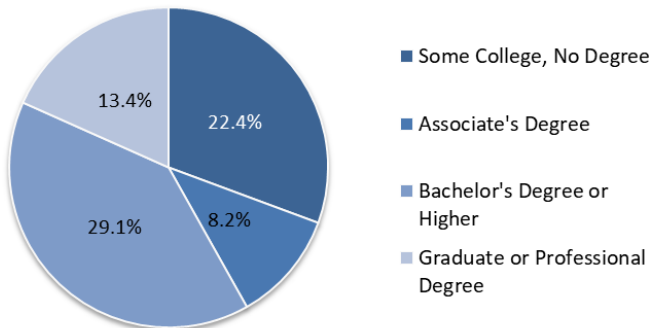


Figure 12: Continuing Education, Isabella County 2019

3 and 4 Year Olds <u>Not</u> in Preschool (2019)	
Gratiot	58.9%
Isabella	61.2%
Michigan	52.5%

Table 5: Three & Four Year Olds Not in Preschool, 2019

% of High School Dropouts
2021

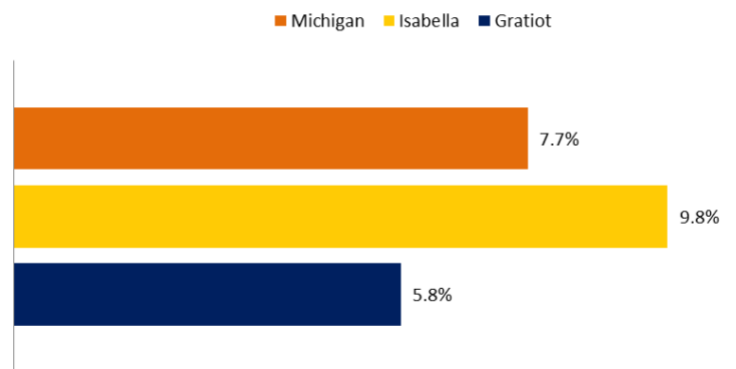


Figure 13: Percentage of High School Dropouts, 2021

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.

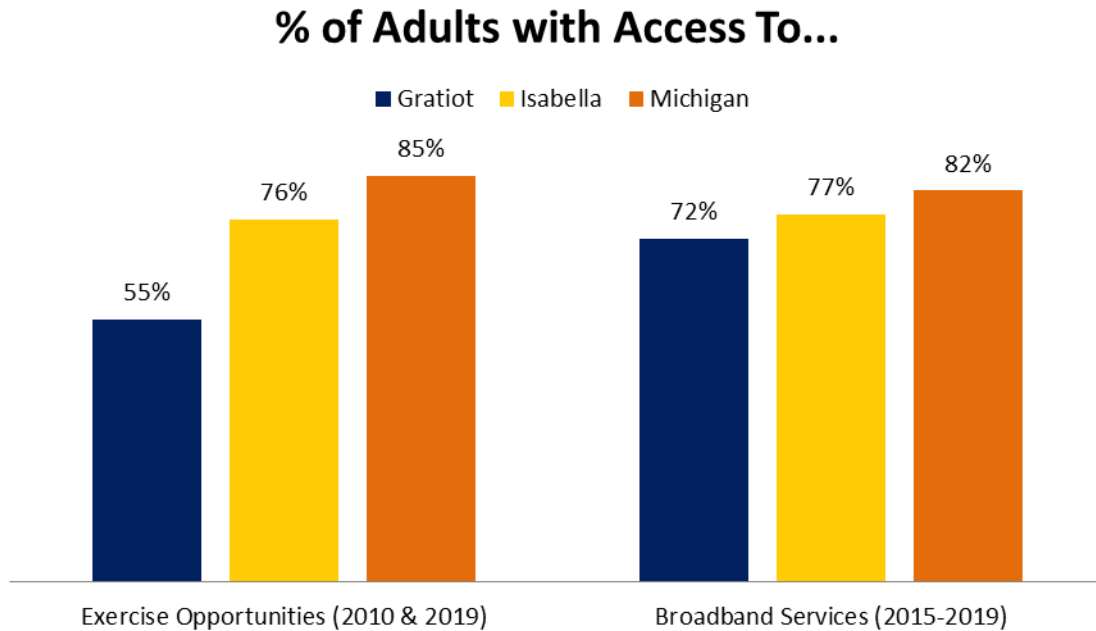


Figure 14: Percentage of Adults with Access to Services

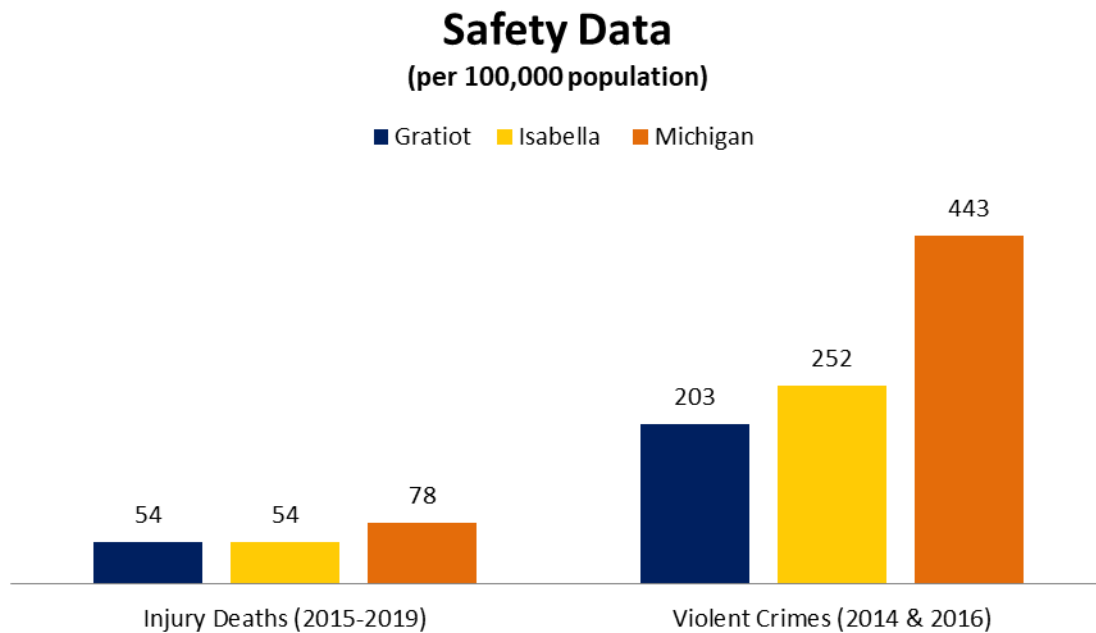


Figure 15: Safety Data per 100,000

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

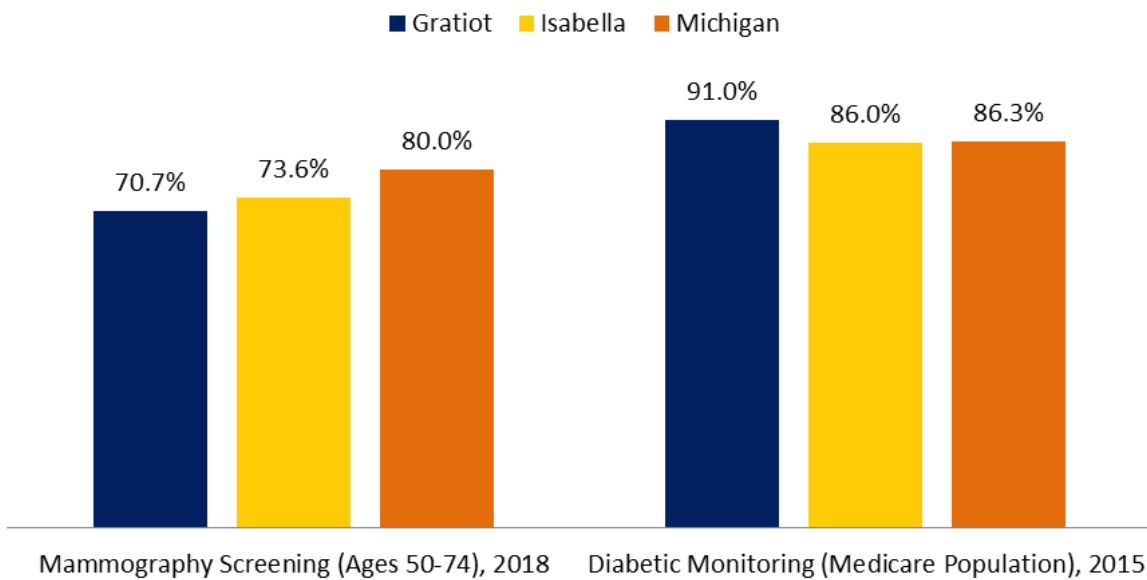
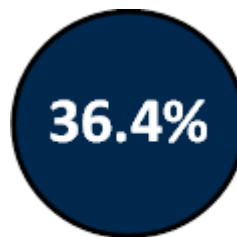


Figure 16: Health Behaviors - Preventive Care

2022 Community Survey Result



Gratiot County

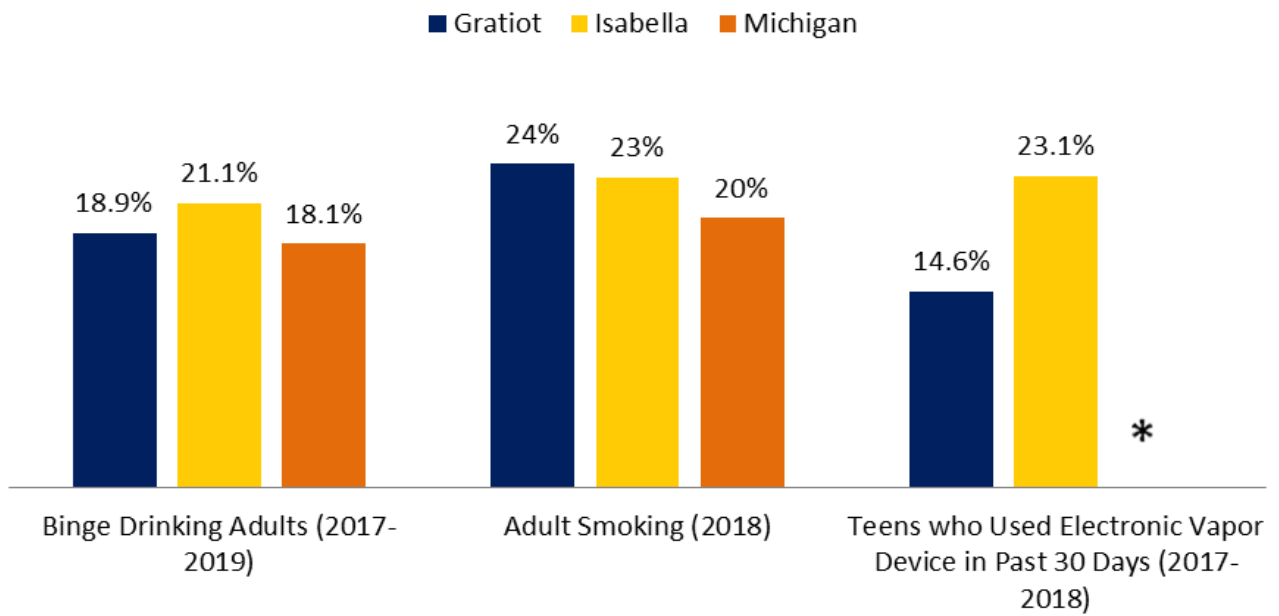


Isabella County

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

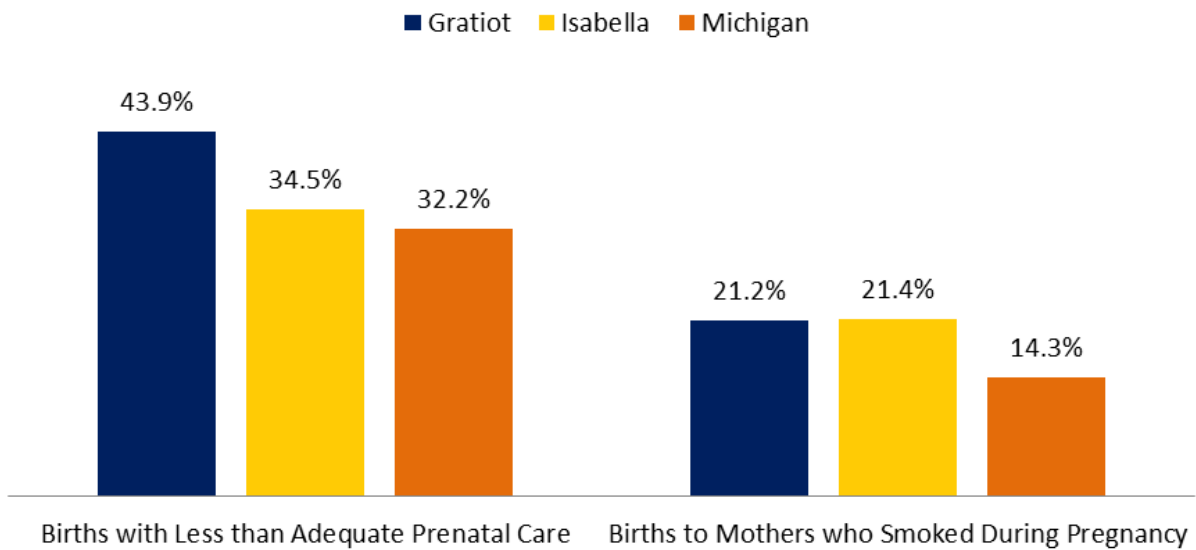
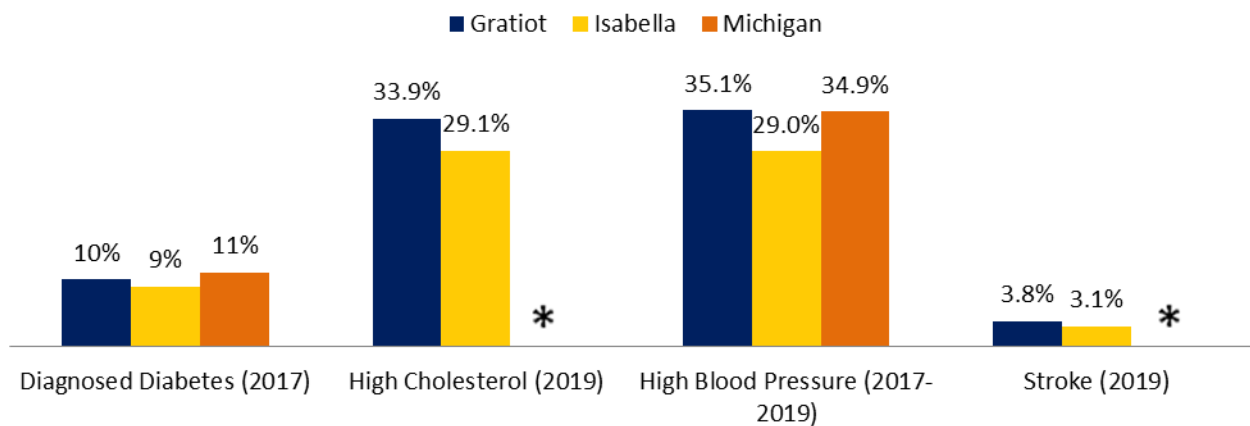


Figure 19: Health Behaviors - Maternal & Infant Care, 2020

Chronic Conditions

Chronic conditions affect millions of people across the globe, including many in the Gratiot and Isabella 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)

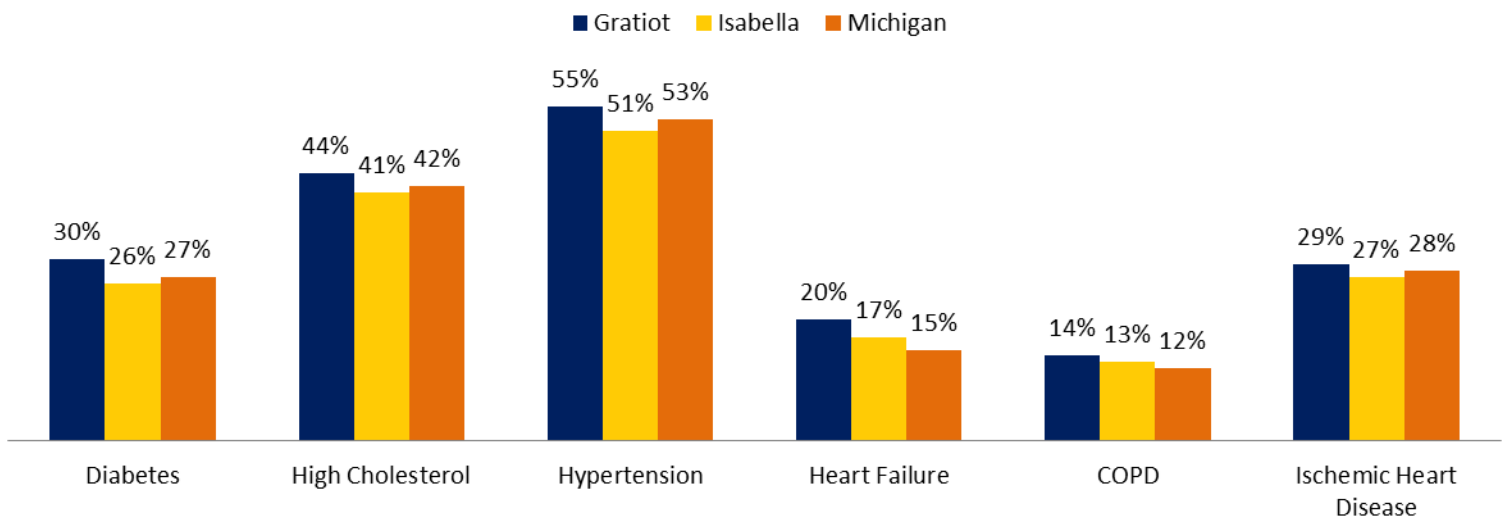


Figure 21: Chronic Conditions – Medicare Population

Adults Who Are Obese (2017)

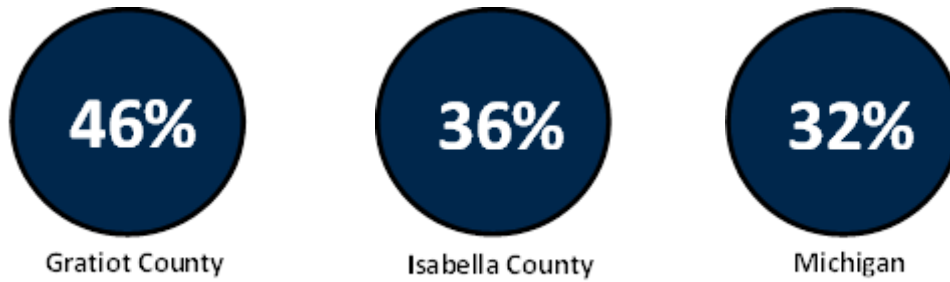


Figure 22: Adult Obesity, 2017

Cancer Incidence (per 100,000) 2014-2018

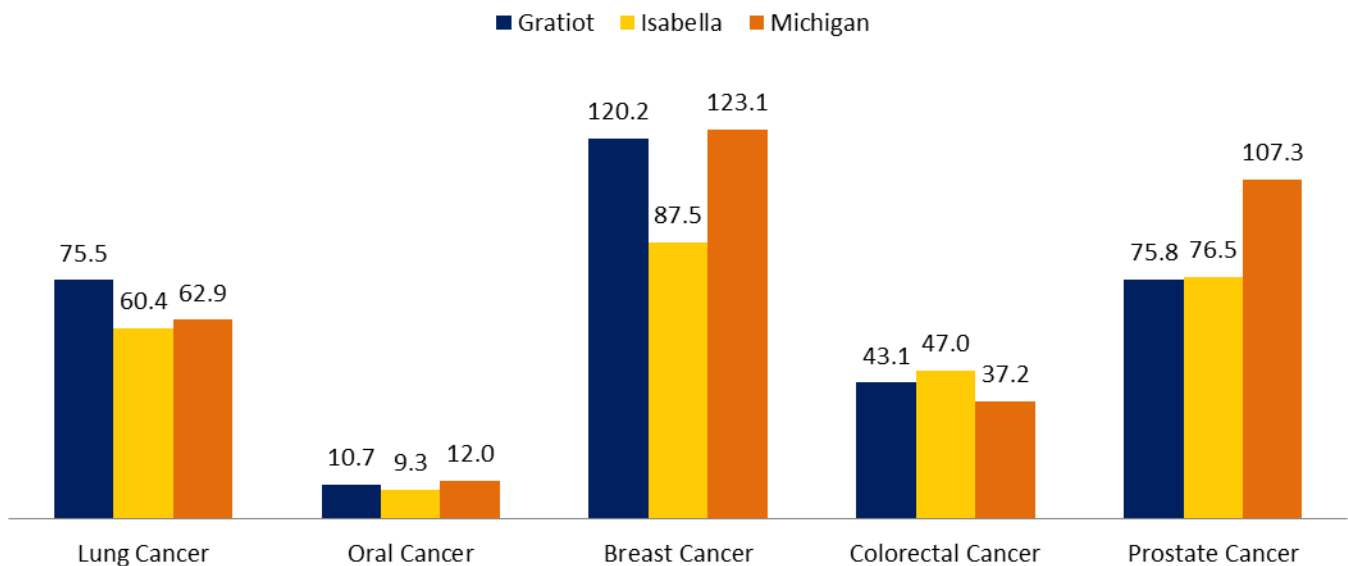


Figure 23: Cancer Incidence (per 100,000), 2014-2018

2022 Community Survey Result

% of participants with the following conditions:

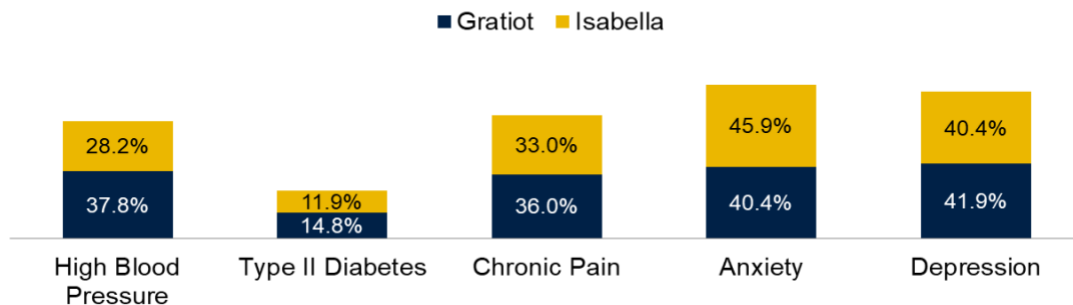


Figure 24: Community Survey – Chronic Conditions

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

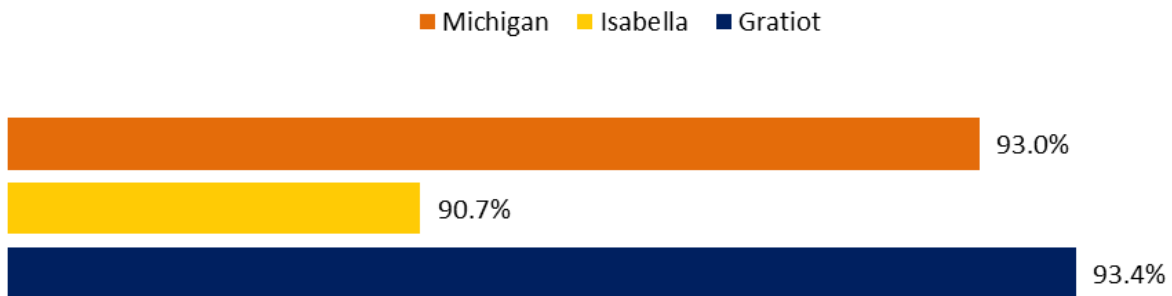


Figure 25: Insured Adults, 2019

People without Health Insurance 2018

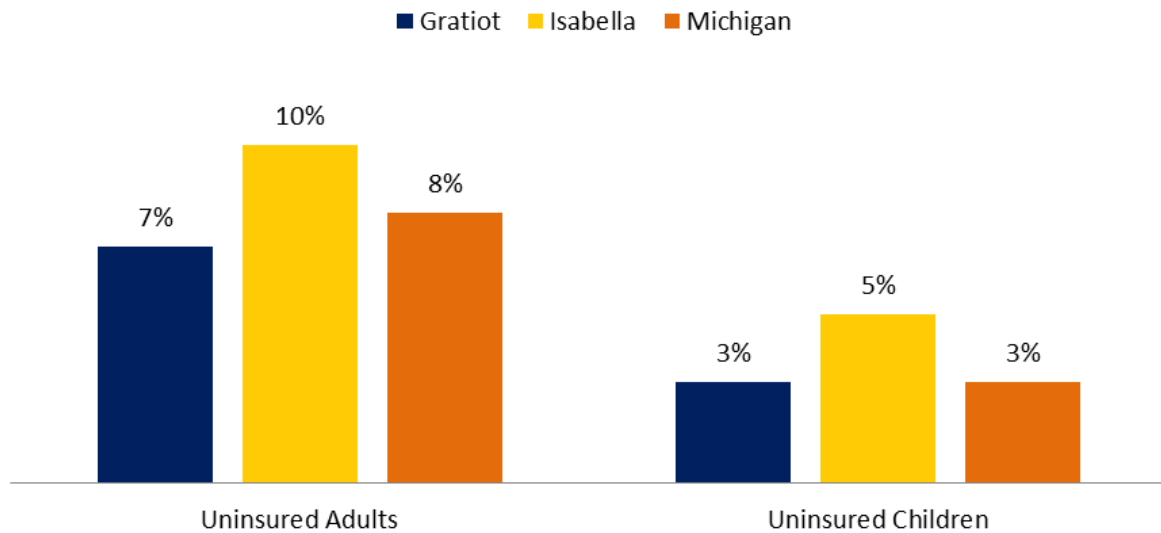


Figure 26: Uninsured Adults & Children, 2018

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

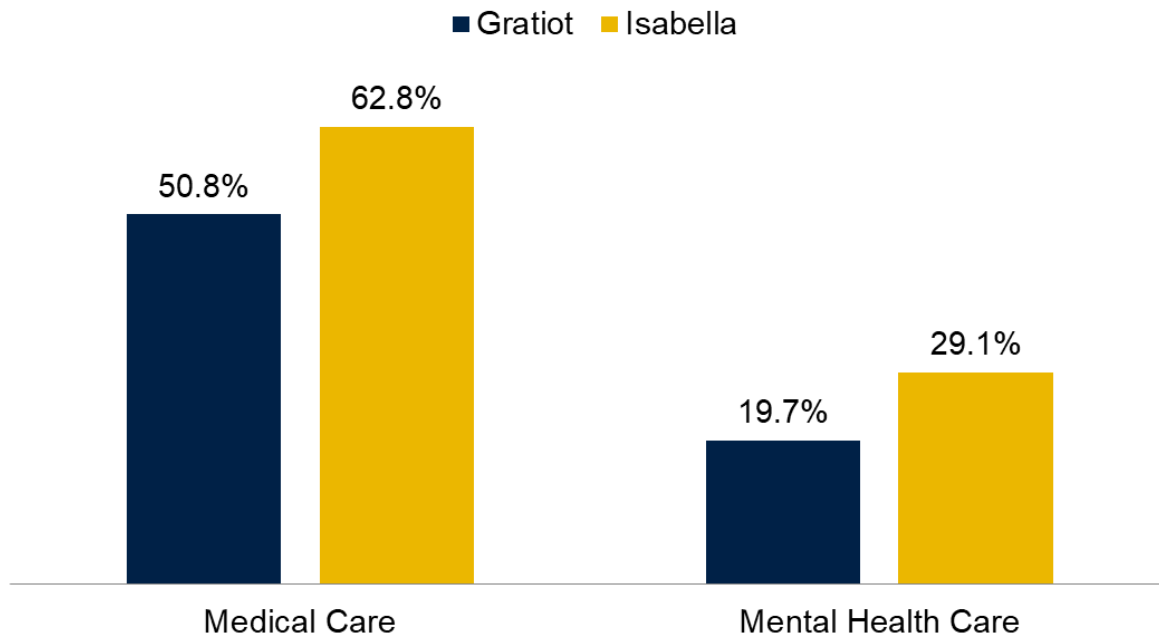


Figure 28: Services accessed during COVID-19

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		
Gratiot	Isabella	Michigan
9	12	14

Table 6: Suicide Mortality, 2015-2019

Alcohol-Impaired Driving Deaths 2015-2019

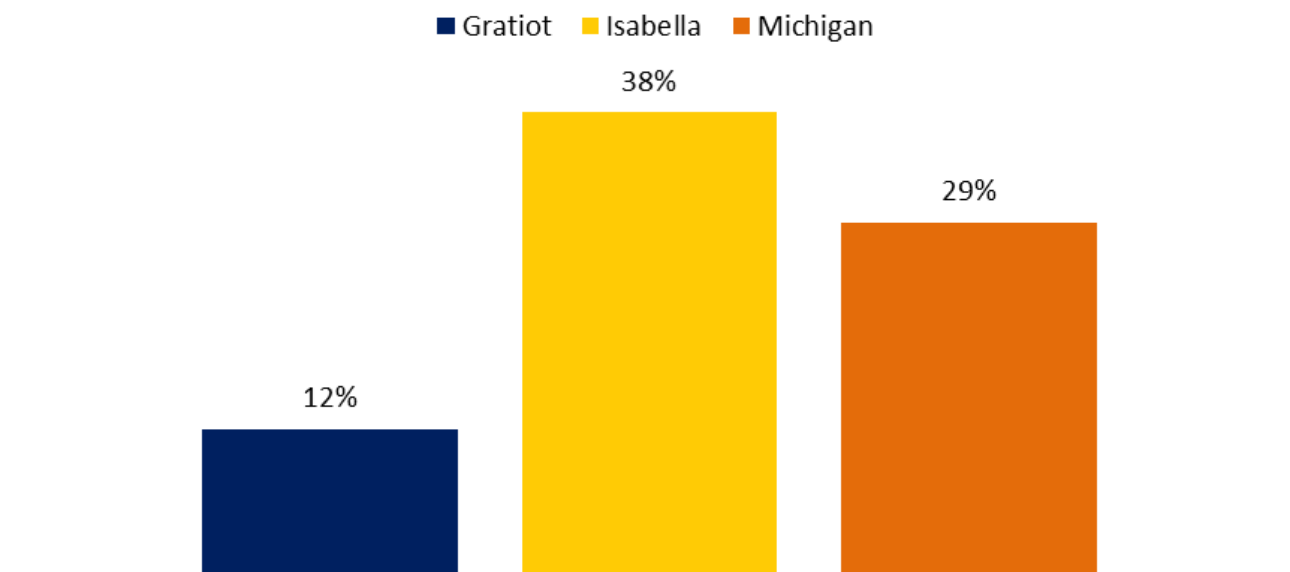


Figure 29: Alcohol-Impaired Driving Deaths, 2015-2019

Adults Ever Diagnosed with Depression 2019

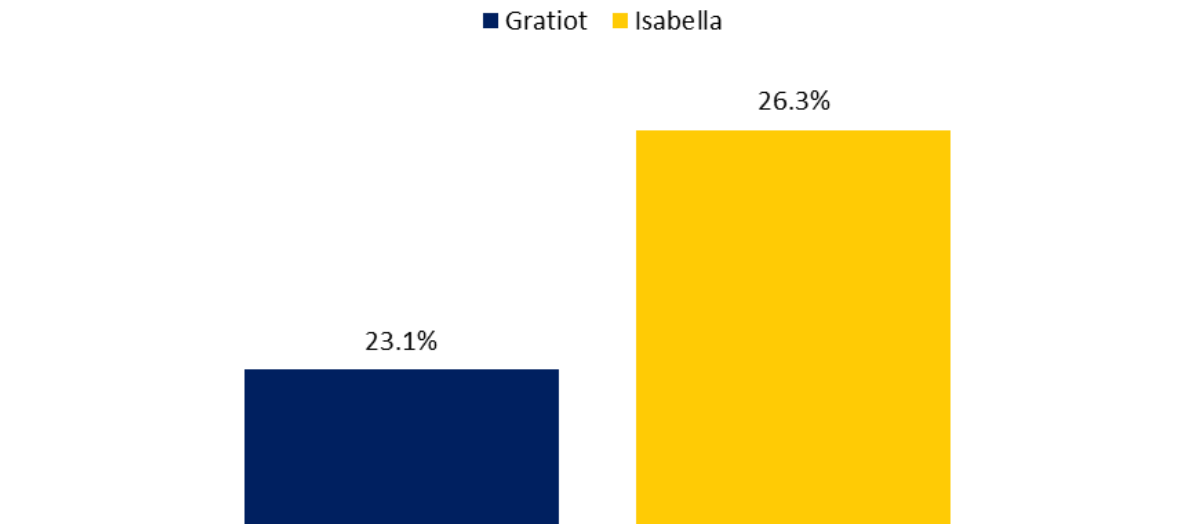


Figure 30: Adults Ever Diagnosed with Depression, 2019

2022 Community Survey Result

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

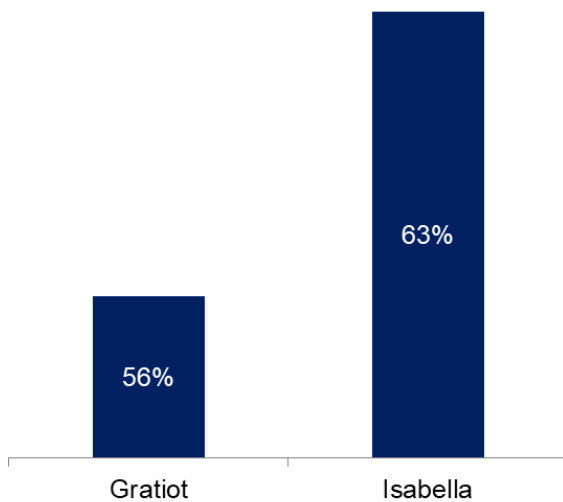


Figure 31: Community Survey – Known Suicide

% of participants who ever feel isolated from others

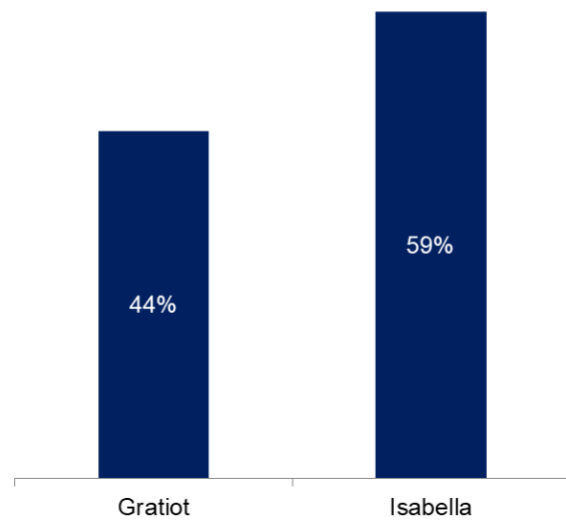


Figure 32: Community Survey - Isolation

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

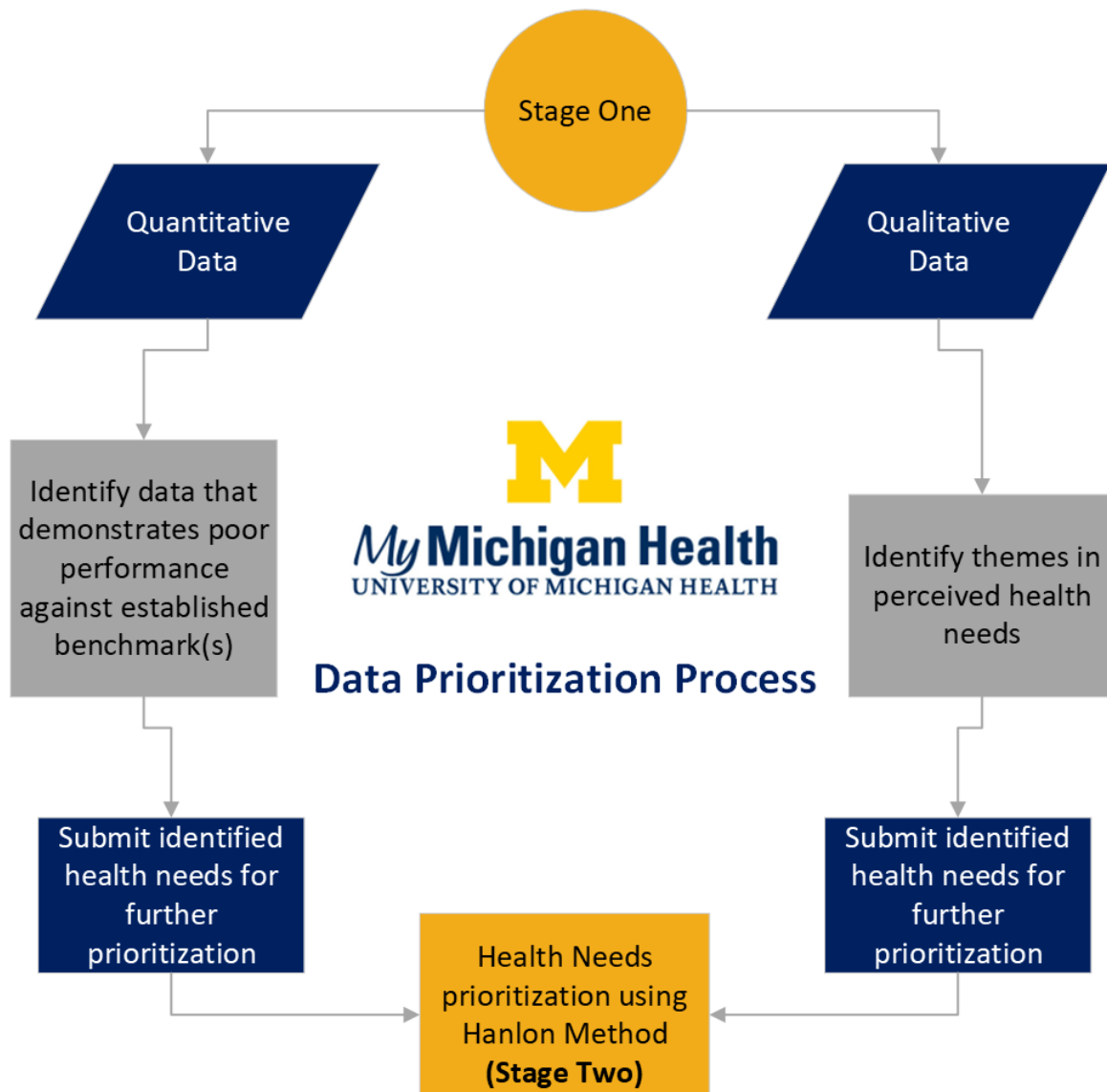


Figure 33: Data Prioritization Process

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

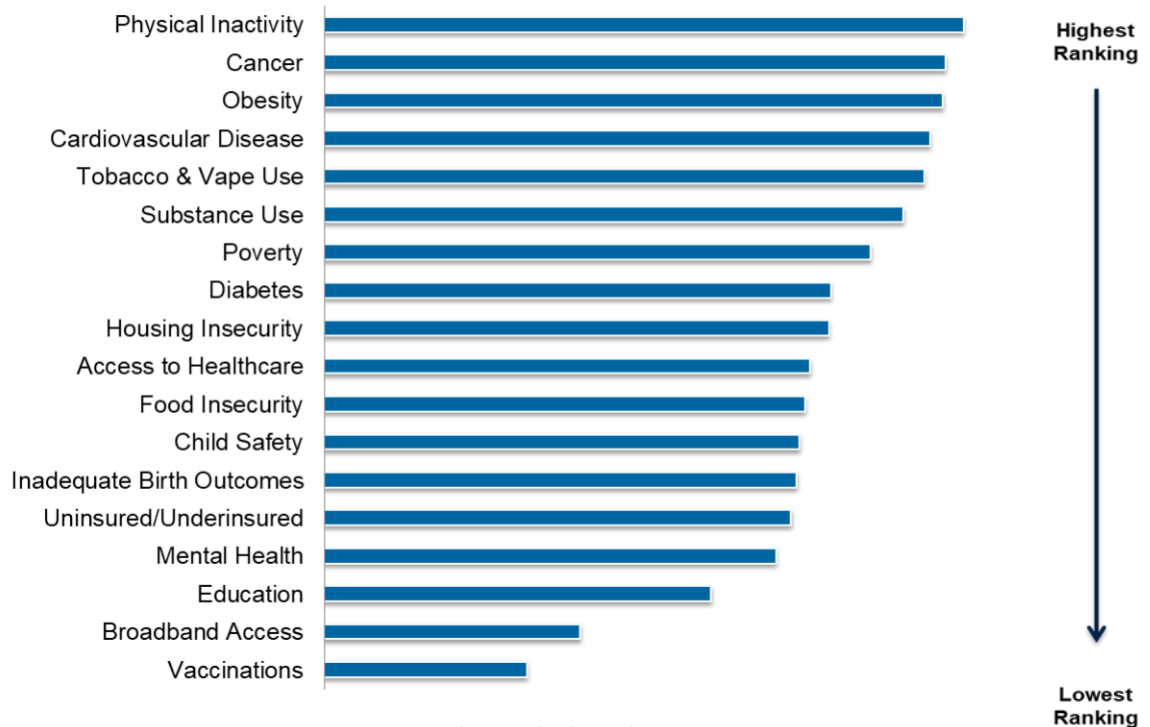


Figure 35: Hanlon Method Results

CAUSES OF CHRONIC CONDITIONS

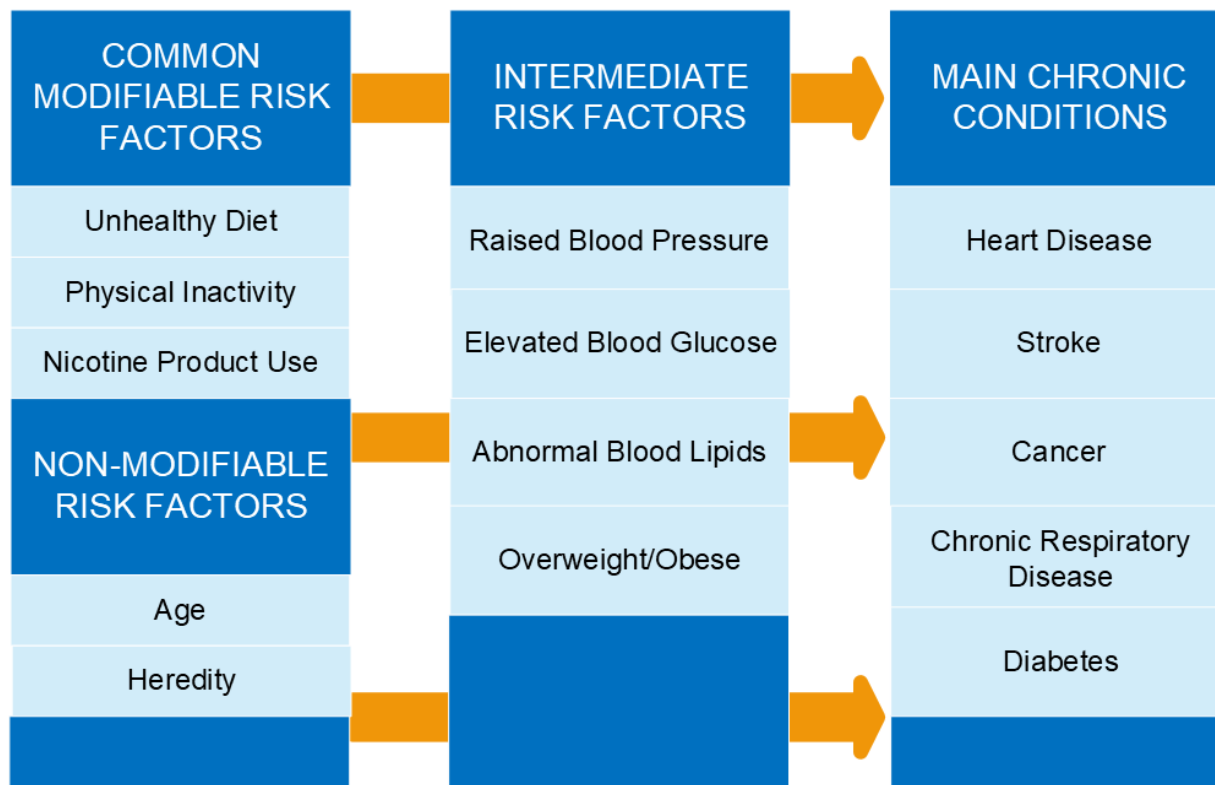


Figure 36: Causes of Chronic Conditions

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 both Gratiot and Isabella counties 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 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 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 Centers Alma and Mt. Pleasant built upon the Improvement Plan developed in 2019 to develop a comprehensive cross-county 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 Gratiot/Isabella External and Internal Advisory Committees and approved by MyMichigan Health’s Central Region (Alma, Mt. Pleasant and Clare) Board of Directors on April 27, 2022.

Appendix A: Partners

External Advisory Committee Members

211 Northeast Michigan
Alma College
Alma Transit Center
Central Michigan District Health Department
Central Michigan University
Community Mental Health of Central Michigan
Gratiot Area Chamber of Commerce
Gratiot County Child Advocacy
Gratiot County Community Foundation
Gratiot County Hope House
Gratiot County Substance Abuse Coalition
Gratiot Integrated Health Network
Gratiot-Isabella Great Start Collaborative
Gratiot-Isabella RESD
Greater Lansing Food Bank
Isabella Citizens for Health
Isabella Community Soup Kitchen
Isabella County Child Advocacy
Isabella County Commission on Aging
Michigan Department of Health & Human Services
Michigan Health & Hospital Association
Mid-Michigan District Health Department
Mt. Pleasant Area Chamber of Commerce
Mt. Pleasant Farmers Market
St. Louis Farmers Market
Ten16 Recovery Network
United Way of Gratiot and Isabella Counties

Appendix B: Data Table

		Indicator	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date
Economic Stability	Economic Stability - General	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 of 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 (M-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 - General	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
Health Care Access and Quality	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	Gratiot	Isabella	Michigan	Healthy People 2030	Source	Date	
Health Care Access and Quality	Health Communication	Provides 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)	58.5	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	198.3	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
		Prenatal 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 / BRFS	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
		Injury Deaths (per 100,000 population)	54	54	78	43.2	County Health Rankings	2015-2019
	People with Disabilities	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	
		Recreation and Fitness Facility Access (per 1,000 population)	0.02	0.07	*	*	US Department of Agriculture	2016
	Teen Physical Activity	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 Healthy 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 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 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 Medicare 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 Alma
Department of Community Health

Project Title: Gratiot 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 Gratiot County. Information from this study will be used to develop programs in Gratiot 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 Gratiot County. In total, we hope to have 250 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 Gratiot 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 Meijer. 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.

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

1. Do you live in Gratiot County, Michigan?

- Yes No

2. Do you currently live in:

- City of Ithaca City of Alma City of St. Louis
- Village of Breckenridge
- Township in Gratiot 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 18th 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 Gratiot 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 3rd 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 Centers Alma & Mt. Pleasant

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
Create a "Teaching Kitchen" space hosted by MyMichigan Medical Center Alma	Design and build a "Teaching Kitchen" space within the Gratiot and Isabella county region to be used by MyMichigan Health and community partners to increase education and access to healthy eating skills	FY23: Establish a "Teaching Kitchen" location and internal construction plan	Clinical Nutrition Services Community Health Diabetes Center Facilities Operations Innovation Planning/Business Development	Love INC of Gratiot County Mid-Michigan District Health Department MSU Extension St. Louis Farmers Market
		FY24: Open a "Teaching Kitchen" space for use by MyMichigan Health and partnering agencies		
		FY25: Provide education to at least 30 community members through the "Teaching Kitchen" space		
Offer <i>INDEPTH</i> (American Lung Association) and <i>N-O-T: Not on Tobacco</i> (American Lung Association) in local schools	Partner with Isabella & Gratiot 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.	FY23: Train three facilitators in the N-O-T & INDEPTH programs in Gratiot County, and develop a plan to implement a tobacco and vape cessation program in Isabella County schools	Community Health Mt. Pleasant Pulmonology MyMichigan Medical Group	American Lung Association Gratiot County Schools Gratiot County Substance Abuse and Suicide Prevention Coalition Isabella County Schools Isabella County Substance Awareness Coalition Ten16 Recovery Network
		FY24: Train an additional 2 facilitators in the N-O-T and INDEPTH programs in Gratiot County, and establish a N-O-T/INDEPTH program to use in at least 2 Isabella County schools		
		FY25: Assist at least 40 students per year with the Reduced Suspension program for vaping in Isabella County, and at least 100 students in Gratiot County		
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	FY23: Identify self-management program(s) and identify facilitators	Community Health Diabetes Center MyMichigan Medical Group	CDSM Program Developers Gratiot County Commission on Aging Isabella County Commission on Aging MSU Extension
		FY24: Implement a program/workshop with 3 trained facilitators and 40 participants completed		
		FY25: Perform a PDCA using FY24 results and have 5 trained facilitators with 80 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	*System-Wide Metric*	Community Health Diabetes Center Employee Wellness MyMichigan Medical Group Rehab Services	ACLM Ithaca Seventh-Day Adventist Church Lifestyle Medicine Pivio
		FY23: Implement pilot year 1: 4 trained facilitators, 60 ConnectCare participants enrolled, 30 participants complete		
		FY24: Pilot year 2: expand to community, 4 trained facilitators, 60 participants complete		
		FY25: Continue expansion, plan developed for SMAs, explore mandatory LM board certification for providers		

Community Health Improvement Plan

MyMichigan Medical Centers Alma & Mt. Pleasant

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 Gratiot & Isabella County schools	Partner with Gratiot and Isabella County schools and the Gratiot County Substance Abuse and Suicide Prevention Coalition 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.	FY23: Establish an implementation plan for Gratiot and Isabella County schools and secure buy-in for the first school to implement in each county	Behavioral Health Community Health	Gratiot County Schools Gratiot County Substance Abuse and Suicide Prevention Coalition Isabella County Schools
		FY24: At least 2 schools in Gratiot County and 2 schools in Isabella County will adopt a peer support program, with at least 5 student and 3 faculty mentors identified in each school		
		FY25: At least 3 schools in Gratiot County and 3 schools in Isabella County will adopt a peer support program, with at least 5 student and 3 faculty mentors identified in 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.	FY23: 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 Gratiot County Substance Abuse and Isabella County Substance Awareness Coalition Suicide Prevention Coalition
		FY24: Implement 3 tobacco cessation programs for patients and community members		
		FY25: Implement 5 tobacco cessation programs for patients and community members		
Implement suicide prevention training for all staff employed at MyMichigan Medical Centers Alma and Mt. Pleasant and community members	Make suicide prevention training(s) available for all staff employed at MyMichigan Medical Centers Alma and Mt. Pleasant 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	FY23: 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 Gratiot County Substance Abuse and Suicide Prevention Coalition Gratiot Integrated Health Network LivingWorks QPR Institute
		FY24: Twenty-five percent of staff at MyMichigan Medical Centers Alma and Mt. Pleasant and 50 community members trained in suicide prevention		
		FY25: Fifty percent of staff at MyMichigan Medical Centers Alma and Mt. Pleasant and 100 community members trained in suicide prevention		
Implement "Blue Envelope Program" within MyMichigan Health outpatient clinics in Gratiot and Isabella counties	Design a team S.A.F.E. response protocol (Blue Envelope) for MyMichigan Health outpatient clinics servicing Gratiot and Isabella 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.	FY23: Develop a plan for implementing a S.A.F.E. response protocol for MyMichigan Health outpatient departments in Gratiot and Isabella counties	Behavioral Health Community Health MyMichigan Medical Group	Spectrum Health
		FY24: 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		
		FY25: Establish a S.A.F.E. response protocol in 10 MyMichigan Health outpatient clinics/departments in Gratiot and Isabella counties and implement the Blue Envelope Program		

Community Health Improvement Plan

MyMichigan Medical Centers Alma & Mt. Pleasant

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 Gratiot & Isabella counties	Develop and implement 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	FY23: 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 Agencies Community Events
		FY24: Begin offering services to community members in Gratiot & Isabella Counties with the Mobile Health and Wellness Hub		
		FY25: Service 100 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.	*System-Wide Metrics*	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
		FY23: Sustain current CHW program and integrate within Care Management team with CHW supervisor in place		
		FY24: Hire/train 5 more Community Health Workers		
		FY25: 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	FY23: 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
		FY24: 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		
		FY25: 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