



C A P I T A L A R E A  
**HealthAlliance**

# **2015 ANNUAL COMMITTEE REPORT**

*Working together to empower  
our community to achieve better health*

*The work of the Capital Area Health Alliance is carried on through the committees, task forces, and activities that embody its commitment to collaboration. This Annual Report outlines the accomplishments of the Alliance's standing committees in 2015.*

## **Advance Care Choices**

*(this committee is still in the planning phase)*

The focus of the Advance Care Choices committee is educating the public about advance care planning, supporting best practices with regard to individuals and families experiencing end-of-life challenges and choices, and working together to create action-based strategies for advance care choices.

**Committee Coordinator:** Karrie Jordan, Outreach Manager, Capital Area Health Alliance

### **Main Accomplishments in 2015:**

The Capital Area Health Alliance convened a small group of End of Life Care Committee members to discuss the future direction of the committee. The group discussed the current health care needs of the community. There was an agreement by the group to not focus on end of life, but to focus on quality of life and care choices. Advance care planning is a continuum of decision-making that involves taking responsibility of your own care. It was decided that Advance Care Choices would be a more suitable name for the committee.

The following meetings were attended and additional exploratory conversations continued to take place in order to determine the future and focus of the Advance Care Choices Committee.

- Honoring Residents' Choices Share the Experience, which discussed the importance of advance care planning and what is being accomplished in the community and around the state.
- Capital Area Collaborative on Care Transitions. This collaborative works to improve care transitions throughout the Capital Area with an emphasis on quality of life.
- 5 Wishes Presentation at Sparrow. 5 Wishes is a national advance directive program.

## **Capital Area Community Nursing Network (CACNN)**

The Capital Area Community Nursing Network (CACNN) collaborates with community, academia, home, and health based agencies to identify solutions through community based initiatives for challenges facing nursing. While creating sustainable partnerships to ensure safe and quality healthcare for Capital Area residents, the committee provides a unique perspective on current nursing topics such as clinical nursing education, scope of practice issues, and workforce shortages.

**Committee Chairs:** Carole Stacy, Nursing Program Director-Career Ladder Nursing, Lansing Community College

### **Members:**

General Motors, Grace Hospice, Hayes Green Beach Memorial Hospital, Ingham Health Plan Corporation, Lansing Community College, McLaren Greater Lansing, Michigan Nurses Association, MSU College of Nursing, NexCare Health Systems, Sparrow Health System

### **Main Accomplishments in 2015:**

On May 12, 2015, CACNN hosted its annual Nurses Week Celebration to honor area nurses and learn more about current trends in nursing. This free region-wide celebration was open to the public and offered a continuing education program, networking, recognition of the work of nurses in the Capital Area, and exhibitor tables from educational partners. Guest speaker Michelle Milam, RN, BSN, Medical Services Coordinator for Ingham Health Plan Corporation, presented a Continuing Nursing Education (CNE) program on Pain Management Using Guidelines in Clinical Practice. Participants who attended this session and completed an evaluation received a certificate for 1.00 hour of continuing education credits. The 2015 celebration had the highest attendance to date, with 97 total attendees.

CACNN continued its involvement with the Capital Area Nurses Honor Guard, which was spearheaded by the Nurses of McLaren Greater Lansing to recognize and honor men and women who have dedicated their lives to the nursing profession. The Nursing Honor Guard pays tribute to individuals at the time of their death who dedicated their lives to helping others.

In addition, CACNN members were involved with the Lansing State Journal's special Salute to Nurses issue and achievement awards for Greater Lansing area nurses who deserve recognition. Area nurses were recognized in the following categories: Nurse of the Year, Clinical Practice, Nurses in Service to Our Country, Long-Term/End of Life/Hospice care, Lifetime Achievement, Rising Star and Community Service. CACNN also had discussions about various opportunities for Continuing Education and tuition assistance, and how to better promote these opportunities to prospective nurses, nursing students, and practicing nurses.

## Capital Area Physicians Committee (CAPE)

The Capital Area Physician Experience (CAPE) is a coalition that focuses on recruiting and retaining physicians in the Mid-Michigan area. Through CAPE, leaders from medical education, hospitals, physician groups and the community are working together to develop strategies to show students, residents and practicing physicians that the Capital Area is a great place to live and practice medicine. The Alliance is unique among Michigan's regional health coalitions in convening a group to address physician workforce needs.

CAPE activities include educating the community about the importance of a vibrant physician workforce to our economy, engaging medical students and residents in community activities, recognizing leaders who support CAPE efforts and collaborating to develop a physician workforce that can meet community needs.

**Committee Coordinator:** Mary Anne Ford, Consultant, Capital Area Health Alliance

### Members:

Eaton Rapids Medical Center, Graduate Medical Education, Inc. (GMEI), Hayes Green Beach Memorial Hospital, Horizon Bank, Ingham County Medical Society (ICMS), Ingham Health Plan Corporation, McLaren Greater Lansing, Michigan Health Council, MSU College of Human Medicine, MSU College of Osteopathic Medicine, Sparrow Health System

### Main Accomplishments in 2015:

On November 17, 2015, CAPE hosted its Seventh Annual Medical Student Networking and Dine Around Evening at the Eagle Eye Golf Club. The Dine Around offers medical students the opportunity to discuss future career choices and specialties with area physicians and discover the many benefits of living and working in the Capital Area. The event was open to all regional medical students who enjoyed a buffet dinner and were joined by 25 practicing physicians from 21 different medical specialties, from Academics to Urology. At the beginning of the evening, students heard personal accounts from Dr. Farhan Bhatti and Dr. Shimia Isaac, previous Dine Around attendees, on how the same event numerous years ago helped guide their decision to practice in the Capital Area. Afterward, each "Physician Mentor" hosted a roundtable discussion regarding their professional and personal experiences as a physician practicing in the Greater Lansing Area. Using a speed dating format, students had the opportunity to rotate six times among various physician discussions. The event is highly valued by the students, some of whom had attended the Dine Around in previous years. This year, 88 students and their significant others attended the Dine Around.

### Dine Around Physician Mentors:

- Erica Austin, DO (Neurology)
- Kristy Beckholt, DO (Hospitalist)
- Erica Behring, MD (Obstetrics/Gynecology)
- Farhan Bhatti, MD (Free Clinic & Primary Care)
- Tony Brune, DO (Neurology)
- Sheri Clarke, MPA (Academics/GME)
- Kristin Gaumer, DO (Geriatrics)
- Narasimha Gundamraj, MD (Pain Management)
- Shirley Harding, DO (Urology)
- Richard Honicky, MD (Pediatric Pulmonology)
- Shimia Isaac, DO (Family Medicine)
- Gabriel Elia Jacusiel, MD (Nephrology)
- Hershey Jayasuriya, MD (Loan Repayment/Rural Med.)
- Jennifer Edwards Johnson, DO (Family Med.)
- J. Wesley Mesko, MD (Orthopedics)
- Carole Nwelue, MD (Hospitalist)
- Robert Osmer, MD (General Surgery)
- Supratik Rayamajhi, MD (Internal Medicine)
- Tom Rodziewicz, MD (Anesthesiology)
- Carol Scot, MD (Hospice & Palliative Care)
- Mathew Saffarian, DO (Physical Med. & Rehab.)
- Nancy Spates, MD (Pediatrics)
- Jennifer Stanley, MD (Psychiatry)
- Praveen Vemula, MD (Hospitalist)
- Nancy Weber, DO (Emergency Medicine)

A survey of the Dine Around attendees and Physician Mentors was conducted in the week following the event. Key findings included:

- 56% of students agreed that the event influenced their thinking about continuing to work and/or study in the Lansing area
- The most beneficial topics of discussion included a typical work day (40%), lifestyle and living in the Capital Area (33%), and specific details about being a resident (29%)
- 56% of students stated that there were additional aspects of the Capital Area they wanted to learn more about, which might influence their decision to stay in the area. Of these, most wanted to learn more about residency opportunities (21%) and lifestyle (21%).
- When asked what they were looking for in a community where they would practice medicine, items pertaining to lifestyle (e.g., diversity, lots of things to do in the area, suburban living with big city amenities), were mentioned over twice as much as those pertaining to career (e.g., career opportunities, working environment)
- 80% of Physician Mentors felt the students obtained a better understanding of specific specialties and life as a physician
- 60% of Physician Mentors stated that the most commonly asked question by students was what the physician's daily schedule and lifestyle were like

In addition, CAPE began planning a Spring Symposium on Community Approaches to Physician Recruitment & Retention on April 14, 2016, with a focus on how the whole community can engage in the process of creating an environment that is attractive to physicians. Allison B. McCarthy, Principal at Barlow-McCarthy, will speak to successful community approaches to recruitment and retention and what today's physicians are looking for in their work environment. There will also be a presentation on the current Tri-County community needs assessment and a panel discussion to engage attendees in a dialogue about creating a community approach to physician recruitment and retention.

CAPE also developed an affinity sponsorship program for 2016, which would support both specific events like the Dine Around and Spring Symposium as well as other impactful initiatives, including allowing for some capacity building.



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Capital Area Physicians Experience (CAPE)

## Medical Student Networking Questionnaire 2015

Dine Around | November 17, 2015 | Eagle Eye Golf Course

### STUDENT SURVEY RESULTS

**Respondents:** 52 (64% response rate)  
**College:** 69% MSU COM, 35% MSU CHM (E. Lansing), 6% MSU CHM (Gr. Rapids)

#### What questions or topics were discussed at the table that you found most beneficial?

(Freeform answer choice; answers are grouped by general category. Most students had multiple answers.)

<u>Typical Work Day/Schedule</u>	21 (40%)	<u>Challenges of the Job</u>	3 (6%)
<u>Lifestyle</u>	17 (33%)	<u>Loan Repayment</u>	3 (6%)
<u>Residency &amp; Fellowship Details</u>	15 (29%)	<u>ACGME Merger</u>	3 (6%)
How to be competitive/prepare (9)		<u>Business Aspect of Job</u>	3 (6%)
Residency opportunities/options (3)		(i.e., salary, contract negotiation)	
What it's like (3)		<u>Living in/Moving to the Capital Area</u>	3 (6%)
<u>Patient Population &amp; Patient Care</u>	6 (12%)	<u>Advice &amp; Tips to Students</u>	2 (4%)
(e.g., patient demographic, cases they see, how to deal with patients)		<u>Being a Woman in a Male-Dominated Specialty</u>	1 (2%)
<u>Explaining Their Specialty</u>	6 (12%)	<u>Opinion on the Industry Today &amp; in the Future</u>	1 (2%)
<u>Specialty Selection</u>	6 (12%)	<u>Work Relationships</u>	1 (2%)
<u>Likes/Dislikes and Pros/Cons of Job</u>	5 (10%)	<u>Interesting Cases/Aspects of the Job</u>	1 (2%)
<u>Training</u>	4 (8%)		

#### Are there aspects of the Capital Area you would like to learn more about that could influence your decision to stay here? (Freeform answer choice; most students had multiple answers. Grouped by category.)

Yes 29 (56%) (See specific responses below)  
No 23 (44%) (Comments generally noted that student is from the area, felt well-informed, or had their questions answered at the event.)

<u>Medical Residency Information</u>	6 (21%)	<u>Professional Growth</u>	3 (10%)
→ More specifics re: residency opportunities (5)		→ What type of professional growth is possible in the Lansing area (since it's a smaller city)	
→ How to be a competitive applicant (1)		→ Training and CME opportunities	
<u>Lifestyle/Living in Greater Lansing</u>	6 (21%)	<u>Patient Population</u>	2 (7%)
→ Recreational activities, cultural events, residential options, "life outside of medicine"		→ Population demographics & health resources (1)	
<u>Private Practices/Hospitals</u>	5 (17%)	→ Typical cases seen in the practice/specialty (1)	
→ Learn about all of the Capital Area hospitals (2)		<u>Medical Policy</u>	2 (7%)
→ Opportunities for private practice (1)		→ Opportunities to get involved with medical policy on a state and/or national level (2)	
→ Ease of establishing a private practice (1)		<u>Economics</u>	2 (7%)
→ Patient quotas; time allowed per patient (1)		→ Potential economic, medical, and social growth of the Capital Area in the next 10-15 years (1)	
<u>Salaries &amp; Loan Repayment</u>	5 (17%)	→ The economics & business aspect of being a doctor (1)	
<u>Specific Job Opportunities/Specialty Needs</u>	4 (14%)		
→ High-demand specialties, job availability, who offers IM/EM or Pathology residencies			

## STUDENT SURVEY RESULTS (continued)

**What are you looking for in a community where you would practice medicine?** (Freeform answer choice; most students had multiple answers. Answers are grouped by general category and include sample answers.)

### LIFESTYLE (67 mentions of lifestyle-related preferences; numbers refer to how many times mentioned)

Diversity 13

Abundant Options for Entertainment, Recreation, Activities, and Dining (Things to Do) 13

- "Easy access to entertainment."
- "Good food scene."
- "Big city amenities in smaller town." (*common theme*)
- "A lot of cultural events/exciting things to do"

Suburban/City/Rural Living 10

- 8 preferred a suburb/medium-sized town
- 1 preferred city living
- 1 preferred rural living
- *Common theme was a smaller town/suburban living with big-city amenities (or access to a big city)*
- "City and suburban demographics."
- "Close to a big city with many activities to offer, but prefer to live in a suburban community."
- "I would like to practice in a remote/rural area"

Family-Friendly/Good Place to Raise a Family 9

Safe, Affordable Housing 7

Specific Location/Living Amenities 7

- "Location close to family"
- "Easy access to supermarkets"
- "Access to farmer's markets"
- "Easy to navigate"
- "Reasonable cost of living"

Specific Neighborhood/Community Feel 5

- "Location where I feel comfortable, welcomed and passionate about the patients I will work with."
- "Hard-working, close-knit people. Preferably farmers."
- "I would like a friendly community in which people know me and I can be very involved with other organizations."
- "Home town feel"

Good School System 3

### CAREER (29 mentions of career-related preferences)

Good Co-Workers & Working Environment 8

- "A lot of trust and teamwork"
- "Friendly/supportive coworkers, little to no office drama"
- "Coworkers that challenge me to stay on top of the new information in medicine!"

Career Opportunities 8

- Advancement
- Professional growth
- Educational opportunities

Specifics About Patient Base/Patient Care 4

- "Underserved populations"
- "Variability in patient populations"
- "More time with patients"

Making an Impact 3

- "A community where I feel like I will have a positive influence on multiple levels as a physician"
- "I would like to practice in an area where there is not a huge abundance of physicians, because I would like to make a strong impact in the community"
- "Somewhere I'm needed"

Specific Field/Specialty 4

- Academic medicine, infectious disease, international health

Flexibility/Work-Life Balance 2

Loan Repayment 1

## Healthcare Workforce Committee (HWC)

The Healthcare Workforce Committee (HWC) provides an avenue for communication and collaboration among healthcare organizations, educators and partners to capture the most useful, effective and innovative workforce development tools to support high quality healthcare in the Tri-County area. It is a regional collaboration of employers and educational/training providers from career technical to post graduate education. The HWC is currently working on workforce synergy opportunities across employers, as well as focusing on regional employer demand, workforce supply, retention strategies, education and training, and healthcare delivery and population trends.

**Committee Chairs:** Jeanette Klemczak, Consultant, and Chad Borodychuk, Director of Corporate Training & Continuing Education, Lansing Community College

### Members:

Capital Area Career Center – Ingham ISD, Capital Area Michigan Works, Career Quest Learning Center, Clinton County Regional Educational Service Agency, Community Mental Health Authority, Eaton Intermediate School District, Eaton RESA, Hayes Green Beach Memorial Hospital, Ingham County Health Department, Klemczak Healthcare Workforce Consulting, Lansing Community College, Lansing Latino Health Alliance, McLaren Greater Lansing, Michigan Health Council, Michigan Orthopedic Center, MSU College of Human Medicine, MSU College of Nursing, MSU Health Team, NexCare Health Systems, Sienna Facilities, Sparrow Health System, Trilogy Health Services

### Main Accomplishments in 2015:

In this first year of the HWC, several facilitated strategic planning sessions were held to identify priority areas on which to focus. The four priority areas are:

- Communication between academic programs and employers – academic programs are slow to adopt educational changes required to prepare the workforce needed by employers, employers are slow to communicate changing workforce need
- Educating, recruiting and retaining certified nursing assistants (CNAs)
- Educating and marketing to the potential workforce
- Addressing the concept of “right fit” across all theme areas – retention, recruitment, education, workforce development, healthcare delivery

The committee also worked to become informed on issues associated with those priorities, including the role of the Regional Education Service Agencies’ role in preparing students for the healthcare workforce, data on employer needs, and diversity in the healthcare workforce.



## Healthy Lifestyles Committee (HLC)

The Healthy Lifestyles Committee (HLC) is committed to building a healthy culture throughout the tri-county area by developing and expanding initiatives to promote healthy behaviors and well-being. The HLC also provides the advisory framework for the *Choosing Health!*<sup>®</sup> campaign, tapping into the collective expertise of dedicated committee members.

**Committee Chair:** Kathy Hollister, Executive Director, Capital Area Health Alliance

### Members:

ALIVE, Allen Neighborhood Center, American Heart Association, Barry Eaton District Health Department, Blue Cross Blue Shield of Michigan, Capital Area Center for Independent Living, Capital Area District Libraries, Community Mental Health Authority, Community Partners in Health, Davies Project for Mid-Michigan Children, Delta Sigma Theta, Delta Township Senior Council, Eaton County Parks & Recreation, Grace Hospice, Greater Lansing Food Bank, Hayes Green Beach Memorial Hospital, Horizon Bank, Hospice of Lansing, Ingham County Health Department, Ingham County Parks, Lansing Community College, Lansing Parks & Recreation, Lettuce Live Well, Michigan Health Council, Mid-Michigan District Health Department, MSU College of Human Medicine, MSU College of Nursing, MSU Extension, National Kidney Foundation of Michigan, Physicians Health Plan of Mid-Michigan, Playmakers Fitness Foundation, Sparrow Health System, The Mind-full Motivator, Walgreens, YMCA of Metropolitan Lansing

### Main Accomplishments in 2015:

In 2015, the HLC continued to focus its attention on expanding the reach and activities connected to the *Choosing Health!*<sup>®</sup> campaign. These efforts were funded primarily through the Michigan Health & Wellness 4 x 4 Grant. There are currently four key areas to *Choosing Health!*<sup>®</sup>: Let's Walk!, the *Choosing Health!*<sup>®</sup> Restaurant Initiative, Worksite Wellness, and *Choosing Health!*<sup>®</sup> Rallies.

#### Let's Walk!

- The Capital Area Parks and Trails brochure highlights 36 destination parks and trails throughout the tri-county that can be used for physical activity. Over 75,000 brochures have been distributed to over 250 community organizations.
- Let's Walk for Medical Practices utilized the Parks and Trails Brochure as a tool for physicians to talk with their patients about the benefits of walking. Over 65 medical practices and over 150 physicians became engaged in this program, with a patient reach of over 187,987.
- *Let's Walk and Talk with a Doctor* (LWTD) was created to embrace the relationships with the medical practices while highlighting different parks and trails in the tri-county. LWTD is an opportunity for the community to learn about the benefits of walking from a physician then enjoy a one-mile walk with the physician. There were 11 physicians involved with 10 different walks, with a cumulative attendance of 314. Post-survey results show an increase in how often parks and trails are utilized for physical activity. Participating physicians included Glen Ackerman, MD (MSU Dept. of Neurology & Ophthalmology); John R. Armstrong, MD (Sparrow Hospital); Henda Azhary, MD (MSU Family Health Center); Luis Gonzalez, MD (Sparrow Medical Group); Maude Guerin, MD (Alliance OB/GYN); Rajani Gundluru, MD (Sparrow Medical Group St. Johns); Greg Holzhei, DO (Sparrow Medical Group St. Johns); Kimberly Johnson, MD (Hayes Green Beach Memorial Hospital); David Pawsat, MD (The Center for Optimal Health); A.J. Ronan, DO (Lake Lansing Family Practice); and Jake Rowan, MD (MSU College of Osteopathic Medicine).
- Destination Walking Signs point to a nearby park, trail, or community location that is within a 15-minute walk, with the intent of raising awareness of the many great destinations that are within a short walking distance and helping people incorporate walking into their daily routine. Seventy-eight signs were placed throughout nine communities in the tri-county.

- Tying into the Surgeon General's Call to Action to Step It Up! and be more physically active through walking, the HLC made a decision in the fall to increase the number of walking groups in the tri-county and began the task of creating a Walking Group Toolkit. The Toolkit is a step-by-step instruction guide on how to form a successful, evidence-based walking group. A major component of the Toolkit is tapping into the social support provided through a walking group, which can substantially help sustain walking efforts.

#### Choosing Health!® Restaurant Initiative

- City Rescue Mission. A connection was facilitated between the City Rescue Mission and the Greater Lansing Food Bank/Garden Project. The City Rescue Mission has now been provided a plot to grow fresh produce to subsidize the 250-300 meals served daily.
- Fleetwood Diner. A dietician from Hayes Green Beach Memorial Hospital evaluated the Fleetwood Diner menu. Healthy menu choices were formed utilizing current menu items, and a tabletop display was created to feature the healthy menu options.
- Let's Eat!, a subcommittee of the Healthy Lifestyles Committee, was formed in December 2015. The members of this subcommittee have decided to pool their resources to help continue the work of Restaurant Initiative in 2016.

Worksite Wellness. Each of the following organizations, with the help and guidance of CAHA, took the Designing Healthy Environments at Work (DHEW) assessment. An action plan was created and implemented to increase the worksite wellness of each organization.

- The Lansing Police Department is implementing a "Walking Wednesday" program and used incentive seed money to provide fitness equipment for a vacant room that has been repurposed into an employee fitness area.
- VisionCare Associates is educating its staff on healthy lunch and snack options and used incentive seed money to provide a full-size refrigerator so employees can bring healthy food to work.
- McLaren of Greater Lansing is encouraging physical activity at work by providing an environment that supports physical activity, including starting a walking club called the McLaren Mile. Incentive seed money was used to place signs along the walking path to highlight the route.

#### Choosing Health!® Rallies

- Over 1,000 individuals throughout the tri-county attended the 2015 community-wide health rallies to learn about free and low cost healthcare and healthy living resources. Fifty-three percent (53%) of rally survey respondents indicated they became involved with at least one of the healthy lifestyles resources that were featured at the rally.
- For the second year, the Winter Rally was combined with the Winter Warm Up Kickoff, in partnership with Community Partners in Health. The Rally promoted health-related community resources and programs available in the winter. Forty-four (44) local organizations showcased what they had to offer. Activities included children's games, health assessments, healthy cooking demonstrations, a walk through the mall and Taste of Health (healthy food samples from area restaurants). Attendance was over 465.
- The Spring Rally was held in partnership with the Fenner Nature Center and had the biggest attendance to date, with over 530 adults and children learning about existing community resources and programs related to healthy living. The Rally featured 38 area organizations and restaurants, physical activity, healthy eating demos, health assessments, and a walk along Fenner's trails led by a local physician.

## 4 X 4 Health & Wellness Grant Activities: Capital Area Health Alliance

### **TOTAL NUMBER OF INDIVIDUALS REACHED IN 2014-2015**

(October 2014 - August 2015)

<b>REACH - ACTUAL PARTICIPATION/ENGAGEMENT: 262,981</b>	
<i>Choosing Health!</i> <sup>®</sup> Rallies (attendees)	1,000
<i>Let's Walk &amp; Talk with a Doctor</i> (unique attendees)	247
<i>Let's Walk for Medical Practices</i> (patient reach of 63 participating practices)	187,987
Parks & Trails Brochures (brochures distributed)	70,000
Destination Walking Signs (signs placed)	78
Restaurant Initiative: Fleetwood Diner (customers per week)	2,500
DHEW: Lansing Police Department (number of employees)	150
DHEW: VisionCare of Lansing (employees)	19
DHEW: McLaren Greater Lansing (employees)	1,000
<b>TOTAL REACH (PARTICIPANTS)</b>	<b>262,981</b>

<b>REACH - PROMOTION: 811,307</b>	
<i>(cumulative, non-duplicative individuals reached per organization)</i>	
Broadcast Media (TV & Radio)	80,000
Billboards & Outdoor Marquees	305,424
Print Media (Newspaper Ads & Articles)	63,740
Event Calendars (Online & Print)	282,063
Partner Marketing (Emails, E-Newsletters, Print Newsletters, Website)	42,996
Email Marketing (CAHA)	1,123
Marketing Flyers	17,041
Marketing Posters	20
Press Releases	21
Social Media (Facebook & Twitter)	18,879
<b>TOTAL REACH (PROMOTION &amp; MARKETING)</b>	<b>811,307</b>

TOTAL POPULATION OF TRI-COUNTY AREA: 470,161 (Ingham: 284,582; Clinton: 77,000; Eaton: 108,579)



**Let's Walk and Talk with a Doctor**  
August 2014 – August 2015

**COMPARISON OF PRE- AND POST-SURVEY QUESTIONS**  
(based on respondents who filled out both surveys)

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**Number of Respondents:** 10 (19% response rate)  
 Number of Post-Surveys Emailed: 52 (# of valid email addresses provided by participants)  
 Number of Unique Participants: 247

PRE-SURVEY	POST-SURVEY	ANALYSIS
<p><b>How often do you walk for physical activity?</b></p> <p>Not at all: 0 (0%)            Less than once a week: 1 (10%)            Once a week: 3 (30%)            2-3 times a week: 2 (20%)            4+ times a week: 3 (30%)            Frequency unknown: 1 (10%)</p>	<p><b>How often do you walk for physical activity?</b></p> <p>Not at all: 1 (10%)            Less than once a week: 1 (10%)            Once a week: 3 (30%)            2-3 times a week: 1 (10%)            4+ times a week: 4 (40%)</p>	<p><b>How often do you walk for physical activity?</b></p> <p><i>No change.</i></p>
<p><b>How often do you use parks/trails for physical activity?</b></p> <p>Not at all: 2 (20%)            Less than once a month: 1 (10%)            1 or 2 times a month: 2 (20%)            3+ times a month: 4 (40%)            Frequency unknown: 1 (10%)</p>	<p><b>How often do you use parks/trails for physical activity?</b></p> <p>Not at all: 1 (10%)            Less than once a month: 1 (10%)            1 or 2 times a month: 2 (20%)            3+ times a month: 6 (60%)</p>	<p><b>How often do you use parks/trails for physical activity?</b></p> <p><i>Increased by 10%.</i></p>
<p><b>Has your doctor ever encouraged you to be more physically active to improve your health?</b></p> <p>Yes: 7 (70%)            No: 2 (20%)            No answer: 1 (10%)</p>	<p><b>Has your doctor ever encouraged you to be more physically active to improve your health?</b></p> <p>Yes: 6 (60%)            No: 4 (40%)</p>	<p><b>Has your doctor ever encouraged you to be more physically active to improve your health?</b></p> <p><i>Data inconclusive.</i></p>



## 2015 Winter & Spring Choosing Health!® Rallies

### SUMMARY OF RESPONSES TO SURVEY QUESTIONS

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<b>Number of Respondents:</b>	<b>17 (9% response rate)</b>
Number of Post-Surveys Emailed:	200 (# of valid email addresses provided by participants)
Total Number of Registrants:	784 (total attendees = 1009+)

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#### Which *Choosing Health!*® Rally Did You Attend?

Winter	10 (59%)
Spring	7 (41%)

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#### Since attending the Rally, have you become involved with one of the healthy lifestyle resources that were at the Rally?

Yes	9 (53%)
No	8 (47%)

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#### If so, which one(s)?

Capital Area District Libraries	4 (24%)	Creative Wellness	1 (6%)
Ingham County Parks	3 (18%)	Delhi Township Parks & Rec	1 (6%)
Lansing Parks & Rec	2 (12%)	Delta Township Parks & Rec	1 (6%)
Lettuce Live Well	2 (12%)	Eaton County Parks	1 (6%)
Allen Neighborhood Center	1 (6%)	Lansing Loses a Million	1 (6%)
Blue Care Network of MI	1 (6%)	Planet Fitness	1 (6%)
Blue Cross Blue Shield	1 (6%)	Playmakers	1 (6%)

*Note that almost HALF (47%) of the participants became involved with a local park after the Rally.*

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#### What health-related resources you would like to learn about at the next Rally?

- Food storage / emergency preparedness
- Services provided through churches in the area
- Faith-related resources
- Playmakers
- Resistance weight training & flexibility exercises for women over 50
- Personal nutrition counseling
- Program is diversified
- How to jump start weight loss

## **Mental Health Partnership Council (MHPC)**

The Mental Health Partnership Council (MHPC) continues to align stakeholders and system leaders to improve the behavioral health landscape in the tri-county area. The Partnership Council provides updates, information, resources, and opportunities surrounding access to care and the behavioral health service delivery system, health and wellness promotion, training opportunities, community educational events and policy initiatives. The current interest and intent is to build upon the history and success of this longstanding committee in order to advance the tri-county behavioral health service system and all the resources and supports that surround it.

**Committee Chair:** Joel Hoepfner, Prevention and Wellness Specialist, CMHA-CEI

### **Members:**

30th Circuit Court Mental Health Court, Capital Area Center for Independent Living, Capital Area United Way, Care Free Medical, Co-Dependents Anonymous, Community Mental Health Authority, Hope Network, Ingham County Health Department, Ingham Health Plan Corporation, Lansing Community College, Michigan Department of Health & Human Services, MSU School of Social Work, NAMI Lansing, Peckham, Rainbow Homes, Sparrow Health System, St. Vincent Catholic Charities, Tri-County Office on Aging, United Cerebral Palsy

### **Main Accomplishments in 2015:**

In 2015, the Mental Health Partnership Council focused on providing major updates surrounding important changes within the behavioral healthcare system as well as providing community outreach/awareness activities and events. These events reached hundreds of participants and shared important information on relevant behavioral health issues impacting area residents.

MPHC-sponsored community events included:

- “From the World of Addiction to the Story of HOPE”, a WAI-IAM StraightTALK community presentation about the truth of the journey into the world of addiction, in March
- “Physical Therapy for the Brain,” a presentation about cognitive therapy, in collaboration with the MSU School of Social Work, in April
- Coordination of Care Dinner/Seminars Series to increase coordination of care between mental health and primary care providers



## Active Committee Members 2015

### **Advance Care Planning**

*(formerly End of Life Care)*

Michigan Coalition for Honoring  
Healthcare Choices  
Sparrow Health System  
Tri-County Office on Aging

### **Capital Area Community Nursing Network**

General Motors  
Grace Hospice  
HGB Memorial Hospital  
Ingham Health Plan Corporation  
Lansing Community College  
McLaren Greater Lansing  
Michigan Nurses Association  
MSU College of Nursing  
NexCare Health Systems  
Sparrow Health System

### **Capital Area Physician Experience**

Eaton Rapids Medical Center  
Graduate Medical Education, Inc.  
HGB Memorial Hospital  
Horizon Bank  
Ingham County Medical Society  
Ingham Health Plan Corporation  
McLaren Greater Lansing  
Michigan Health Council  
MSU College of Human Medicine  
MSU College of Osteo. Medicine  
Sparrow Health System

### **Healthcare Workforce Committee**

Capital Area Career Center –  
Ingham ISD  
Capital Area Michigan Works  
Career Quest Learning Center  
Ciena Facilities  
Clinton County RESA  
CMHA-CEI

Eaton Intermediate School District  
Eaton RESA  
HGB Memorial Hospital  
Ingham County Health Dept.  
Klemczak Healthcare Workforce  
Consulting  
Lansing Community College  
Lansing Latino Health Alliance  
McLaren Greater Lansing  
Michigan Health Council  
Michigan Orthopedic Center  
MSU College of Human Medicine  
MSU College of Nursing  
MSU Health Team  
NexCare Health Systems  
Sparrow Health System  
Trilogy Health Services

### **Healthy Lifestyles Committee**

ALIVE  
Allen Neighborhood Center  
American Heart Association  
Barry Eaton Dist. Health Dept.  
Blue Cross Blue Shield of Michigan  
Capital Area Center for  
Independent Living  
Capital Area District Libraries  
CMHA-CEI  
Community Partners in Health  
Davies Project for Mid-Michigan  
Children  
Delta Township Senior Council  
Eaton County Parks & Recreation  
Grace Hospice  
Greater Lansing Food Bank  
HGB Memorial Hospital  
Horizon Bank  
Hospice of Lansing  
Ingham County Health Dept.  
Ingham County Parks  
Lansing Community College

Lansing Parks & Recreation  
Lettuce Live Well  
Michigan Health Council  
Mid-Michigan Dist. Health Dept.  
Moushumi Mukherjee  
MSU College of Human Medicine  
MSU College of Nursing  
MSU Extension  
National Kidney Found. of MI  
PHP of Mid-Michigan  
Playmakers Fitness Foundation  
Sparrow Health System  
Surae Eaton, MD  
The Mind-full Motivator  
Walgreens  
YMCA of Metropolitan Lansing

### **Mental Health Partnership Council**

30th Circuit Mental Health Court  
Capital Area Center for  
Independent Living  
Capital Area United Way  
Care Free Medical  
Co-Dependents Anonymous  
CMHA-CEI  
Hope Network  
Ingham County Health Dept.  
Ingham Health Plan Corporation  
Lansing Community College  
MDHHS  
MSU School of Social Work  
NAMI Lansing  
Peckham  
Rainbow Homes  
Sparrow Health System  
STVCC Refugee Services  
Tri-County Office on Aging  
United Cerebral Palsy