

Healthier Communities

Spectrum Health has dedicated \$6 million each year for community health programs since it was established in 1997. These operational funds are augmented by grants and other resources, as well as community partnerships, to create direct programs that support our community. We have done an excellent job of effectively using these funds to improve population health. These programs directly target our highest priorities:

- To reduce infant mortality
- To improve children's health
- To help at-risk adults prevent and self-manage chronic disease

Other programs help support progress toward our priorities. These include initiatives that address the community health needs assessment, health education for underserved individuals, community health education, and professional staff development and education.

In fiscal year 2016, we connected with members of the greater Grand Rapids community more than 622,000 times through our programs, services, community health education classes, and professional staff development and education. Highlights of our accomplishments:

Reducing Infant Mortality

Healthier Communities collaborates with other community efforts to reduce infant mortality.

Fetal Infant Mortality Review

This countywide program examines fetal and infant deaths by looking at the issues surrounding fetal/infant mortality, as well as ways that local systems could be changed to prevent future deaths.

- More than 65 fetal/infant deaths cases were reviewed

Maternal Infant Health Program (formerly Mothers Offering Mothers Support-MOMS)

This program serves pregnant Medicaid beneficiaries and their newborns who are most likely to experience serious health problems due to psychosocial, socio-economic and/or nutritional risk factors.

- 746 women and infants received case management, depression and domestic violence screening, education, counseling, breastfeeding support and smoking cessation programs

Strong Beginnings (grant funded)

Spectrum Health serves as the fiduciary for this program, which is a partnership of eight agencies seeking to improve maternal-child health and birth outcomes among African American and Latino families in Kent County. In fiscal 2016 we:

- Enrolled 852 families (consisting of 455 pregnant women, 397 inter-conception women, 414 children aged 0-2 years, and 108 men) and provided intensive mental health services to 174 individuals, with these results:
 - Reducing the low birthweight rate among program participants to 6.9 percent, half the overall low birthweight rate for African-Americans in Kent County in 2014.
 - The rolling six-year infant mortality rate was 5.6 deaths per 1,000 live births, substantially lower than the three-year 2012-2014 IMR of 11.5 deaths per 1,000 live births for African-Americans in Kent County
- Provided education to 1,750 community members and providers, in addition to:
 - 200 men who participated in father-related events such as father-child activities, discussion groups, workshops and legal clinics
 - Nearly 200 people completed the two-day Health Equity/Social Justice Dialogue Sessions
 - 2,500 attended screenings of "Raising of America" followed by discussions on racial disparities in early childhood, mass incarceration and health



Improving Children's Health

Family Futures

This program provides families with the resources and reassurance they need to create safe and nurturing environments. The early identification of individuals with learning disabilities and special needs allows children to achieve their educational potential through tailored programming and early intervention.

- 9,323 individuals were served

Grand Rapids Public Schools Academy of Health Sciences and Technology

This region's premier specialty high school focuses on preparing students for college and career pathways in the wide-ranging health care industry. Spectrum Health and Grand Rapids Public Schools collaborate to connect students with leading health care employers.

- 319 students were enrolled during the 2015-2016 school year
- Spectrum Health employees provided:
 - Mentoring programs for 146 students
 - Biometric screening for more than 160 students
 - Education about health care careers for 1,160 students

Health Net FitKids360

This stage two childhood obesity initiative aims to improve the health of children and adults, particularly vulnerable populations, through education and connections to health care and support services.

- More than 95 children and their families participated in physical fitness and health education classes

Healthy Homes Coalition of West Michigan

This program provides in-home environmental interventions for children with poorly managed asthma. It works to control environmental factors that trigger emergency department use and inpatient admissions caused by the chronic disease.

- 35 children received education and interventions to improve their health

School Health Program

This unique collaboration between Spectrum Health and area schools improves the general health and well-being of students through management of acute illness and injury, preventive health and management of chronic disease. The short-term goals are to improve attendance and reduce chronic absenteeism; long-term goals include improved graduation rates, workplace readiness and college entry.

- 30,381 students in seven school districts (Cedar Springs, Comstock Park, Godfrey-Lee, Grand Rapids, Kentwood, Montcalm ISD and Wayland-Union Public) were served
- 238,164 visits to the school health office

Helping At-Risk Adults Prevent and Self-Manage Chronic Disease

Asthma Network of West Michigan

This home-care agency specializes in case management for individuals and their families who are affected by asthma. Success is measured by reducing the need for acute care use, improving symptom control and improving quality of life.

- More than 3,000 individuals were served through home-based management, community outreach and education

Catherine's Health Center

This health center is a safety-net health care provider offering primary medical care and supportive health services to low-income, underserved, uninsured and underinsured patients in Grand Rapids.

- More than 1,253 at-risk adults received services to address their physical and behavioral health needs

Cherry Health

This not-for-profit organization offers comprehensive health services to low-income children and families. Healthier Communities has specifically funded optical and dental services.

- 310,063 health care visits for 65,781 patients

Core Health Program

This innovative approach enhances self-management skills for underserved participants with diabetes and heart disease using the registered nurse/community health worker team model. Success is measured through demonstration of self-managed care and improved clinical and behavioral outcomes.

- 327 individuals in Kent and Montcalm Counties received 2,834 chronic disease home visitation services from registered nurses and certified community health workers

Exalta Health (formerly Health Intervention Services)

This non-profit health care clinic serves the uninsured low-wage earner and unemployed in the urban center of Grand Rapids.

- 2,372 uninsured individuals were served

Helping At-Risk Adults Prevent and Self-Manage Chronic Disease, Continued

Grand Rapids African American Health Institute (GRAAHI)

This Health Literacy Program helps to improve the health of targeted populations through the assessment of health literacy levels and the implementation of best-practice strategies.

- More than 326 men, women and children participated in interactive educational training sessions

Heartside Ministry

This ministry meets the unmet needs of people living in the shadow of downtown Grand Rapids. 1,368 services were provided to 500 individuals

Programa Puente

The goal of this program is to reduce the incidence of coronary heart disease in the growing Kent County Latino population by 33 percent over three years. The focus is on intervention through specific evidence-based dietary and exercise programs, health screenings and health coaching.

- More than 1,000 screenings
- More than 3,000 encounters for nutrition and physical activity classes, registered nurse case management and rescreening

Shelter for Public Inebriates (Mel Trotter Ministry)

This service provides supervised sobering for clients who are acutely intoxicated, but otherwise medically stable, to avoid visits to local emergency departments.

- 3,506 nights of care were provided

Spectrum Health Internal Medicine Medication Assistance Program

This program provides necessary brand-name medications and other assistance to patients who use the Spectrum Health Internal Medicine Clinic for their primary care needs.

- 73 patients were served
- 371 medications received from Pharmaceutical Assistance Programs

YMCA Diabetes Prevention

This service helps adults at high risk of developing type 2 diabetes reduce that risk through education about nutrition, fitness and wellness.

- 166 individuals reduced their risk of developing type 2 diabetes through healthier eating and increased physical activity

Addressing Community Health Needs Assessment Priorities

Access of West Michigan

This service provides funding for the Nutritional Options for Wellness (NOW) pantries. These services allow individual clients who enroll in education about fitness, nutrition and wellness to receive food that is medically appropriate for the chronic medical conditions that are being managed. These educational offerings also are provided to families. Program results are linked to the clients' primary care physicians.

- 309 individuals received 6,305 food services from the NOW pantry

Community Food Club

The Community Food Club (CFC), a collaboration of seven not-for-profit organizations, provides a systematic response to hunger for low-income families by promoting food security, consumer choice and dignity in a grocery store environment.

- More than 1,700 households received access to nutrient-rich food options

Grand Rapids Downtown Market

The Healthy Eating for All program ensures food access and nutritional education for at-risk children and families.

- 138 at-risk individuals received benefits

Health Education for Underserved Individuals

Education was provided to 2,208 individuals through programs targeted at underserved individuals. Topics included Biometric Screenings and Know Your Numbers, Healthy Eating, various nutrition and exercise classes, Brain Health, Stroke and Hypertension, Managing Stress, Living With Heart Failure and PATH classes. Science, health and fitness education reached students in Grand Rapids Public Schools (GRPS) Central High School and other local schools. Youth Tobacco Prevention education was presented at 16 schools reaching 4,798 students at GRPS, Godfrey-Lee, Kelloggsville and Cedar Springs school districts.

Community Health Education

More than 620 classes or series of classes were provided on topics related to childbirth, prenatal and postnatal health education, and support. Total attendance at these classes and support groups was 6,445 with 95 students or other observers also attending. A total of 359 participants attended 21 community education classes.

Professional Staff Development and Education

These in-service classes for more than 1,100 attendees were provided to Healthier Communities staff members and other agency staff who implement programs for underserved populations. Topics include Community Health Worker Certification, Home Visitor Safety, Social Determinants of Health, Trauma Informed Care, Fatherlessness and Poverty, Early Childhood Development and the Brain, Working With Families With Substance Abuse, How to Better Serve the LGBTQ Community, Motivational Interviewing, Depression Screening Tools and Practices, Fit Kids 360, Who are Refugees and How Best to Serve Them, Managing the Effects of Stress—Physical, Mental and Emotional, and Healthy Eating for Chronic Disease.

Funding for Fiscal Year 2016

A complete list of direct programs and community partnership programs funded in FY2016 includes:

Healthier Communities Department - Direct Programs

Baby Scholars
Community Partner Education and Support
Core Health
Fetal Infant Mortality Review
Grand Rapids Public Schools Academy of Health Sciences and Technology
Maternal Infant Health Program (formerly MOMS Program)
Outcomes and Evaluation
Programa Puente
School Health Program
Strong Beginnings

Other Spectrum Health Programs

Spectrum Health Food Prescription Program
Spectrum Health Internal Medicine Medication Assistance Program

Community Partner Programs

Access of West Michigan
Arbor Circle
Asthma Network of West Michigan
Baxter Clinic Community Center
Boys & Girls Club of GR Commonwealth (Camp O'Malley)
Catherine's Health Center
Cedar Springs Public Schools
Cherry Health
Community Food Club
Comstock Public Schools
Deborah Project (Kingdom Life Ministries)
Degage Ministries
Dwelling Place
Exalta Health (formerly Health Intervention Systems)
Family Futures
Family Outreach Center
Fulton Street Farmers Market
God's Kitchen (Catholic Charities fiduciary)
Grand Rapids African-American Health Institute (GRAAHI)
Grand Rapids Downtown Market
Grand Rapids HQ
Grand Rapids Public Schools
Grand Rapids Red Project
Grand Rapids Student Advancement Foundation GR8 Sports
Grand Valley State University
Grandville Avenue Arts & Humanities
Guiding Light Ministries
Health Net FitKids360
Health Net of West Michigan
Healthy Homes Coalition of West Michigan
Heartside Ministry
Kent County Health Department
Kent School Services Network
LINC Up
Mexican Heritage Association
Michigan Community Health Worker Alliance
Michigan Fitness Foundation and Michigan Nutrition Network
Michigan State University Pay for Success Pilot Project
Montcalm Area Intermediate School District
NAACP
North Kent Community Services
Northview Public Schools
Shelter for Public Inebriates (Mel Trotter Ministry)
Strong Beginnings
The Rock Community Center
Urban League
Visiting Nurse Association
Wellhouse
West Michigan Hispanic Center
West Michigan Hispanic Chamber of Commerce
West Michigan Literacy Center
YMCA Diabetes Prevention
YWCA