

HEALTH & WELLNESS

From Office to Neighborhood

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Disclosures

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No disclosures

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No disclosures

Learning Objectives

- Understand the burden of chronic disease nationally and in Michigan
- Understand the impact of Social Determinants of Health (SDOH) on community health and wellness
- Identify strategies for engaging with the community to improve health and wellness
- Develop partnerships with community resources to promote health and wellness
- Describe how participating in community-based programs has the potential to improve physician, patient and community health

According to the CDC...

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US
have a **chronic disease**



4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY
and Leading Drivers of the Nation's **\$3.3 Trillion** in Annual Health Care Costs

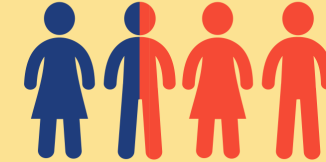
80% of chronic disease is preventable

10 Common Chronic Conditions for Adults 65+

Quick Facts



80% have at least 1 chronic condition



68% have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

Potentially Preventable Deaths from the Five Leading Causes of Death

United States, 2008–2010



34%
DISEASES OF THE HEART



21%
CANCER



39%
UNINTENTIONAL INJURIES



33%
CEREBROVASCULAR
DISEASES (STROKE)



39%
CHRONIC LOWER
RESPIRATORY DISEASES

■ Deaths observed
■ Potentially preventable deaths



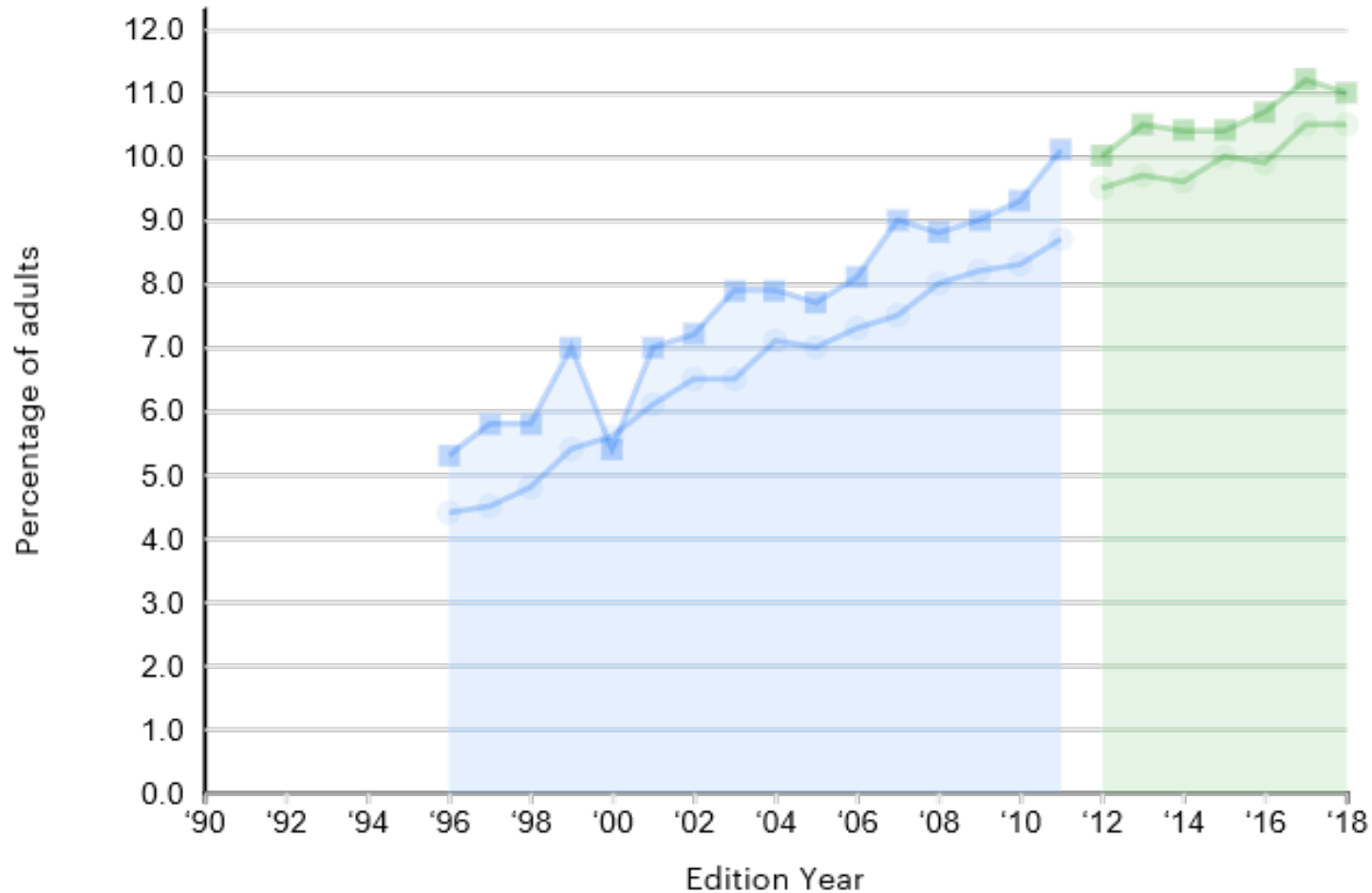
www.cdc.gov/nmwr

Medical breakthroughs can and will transform lives and save health care costs over the next 15 years across the United States.

	U.S.
Prevented Cases of Chronic Disease	169 Million
Total Cost Avoided	\$6 Trillion
Lives Saved	16 Million

<https://www.fightchronicdisease.org>

Diabetes in Michigan (2018)

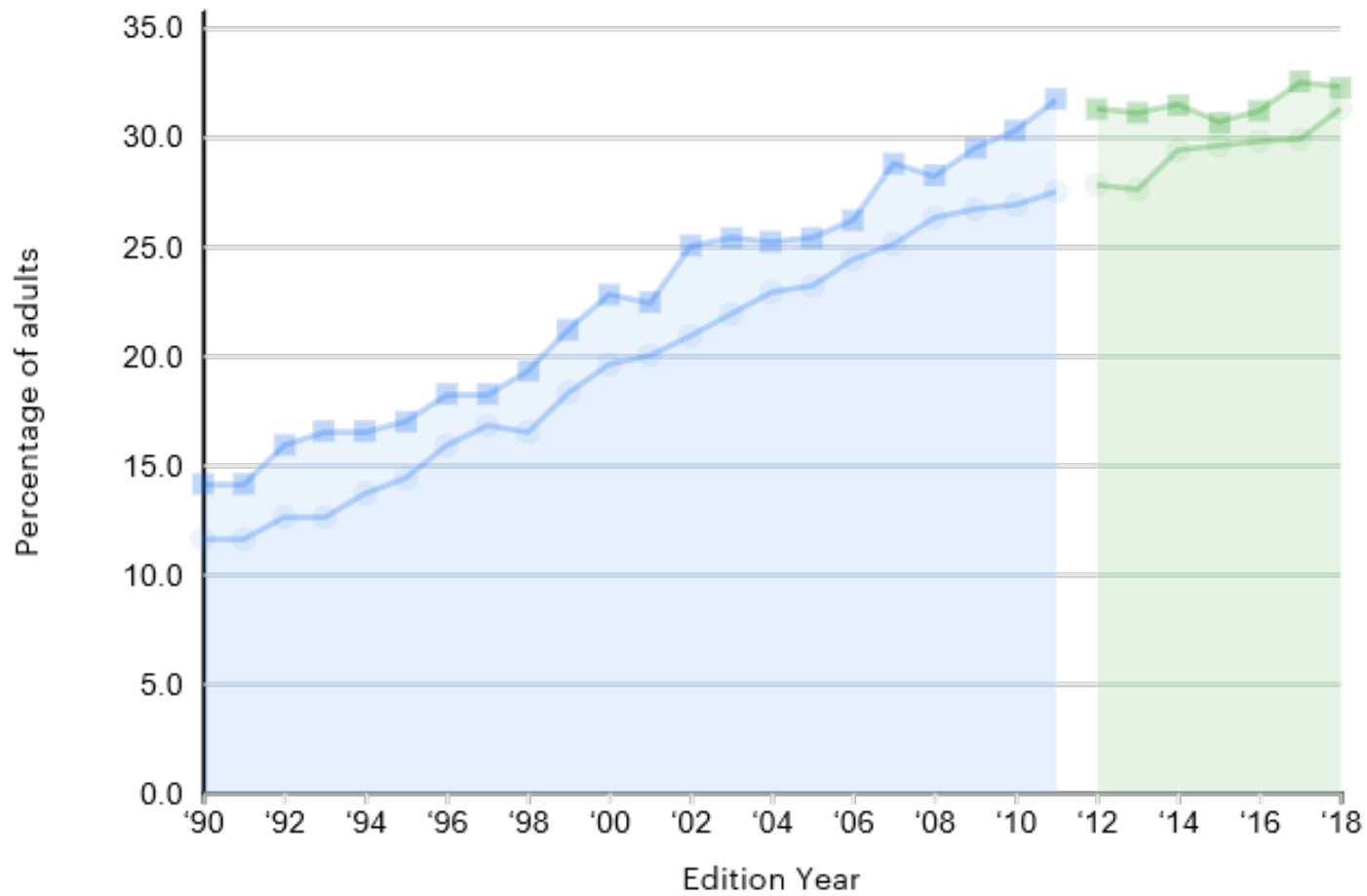


Percentage of adults who report being told by a health professional that they have diabetes (excludes prediabetes and gestational diabetes).

- Michigan
- United States

Data source: America's Health Ranking
United Health Foundation

Obesity in Michigan (2018)



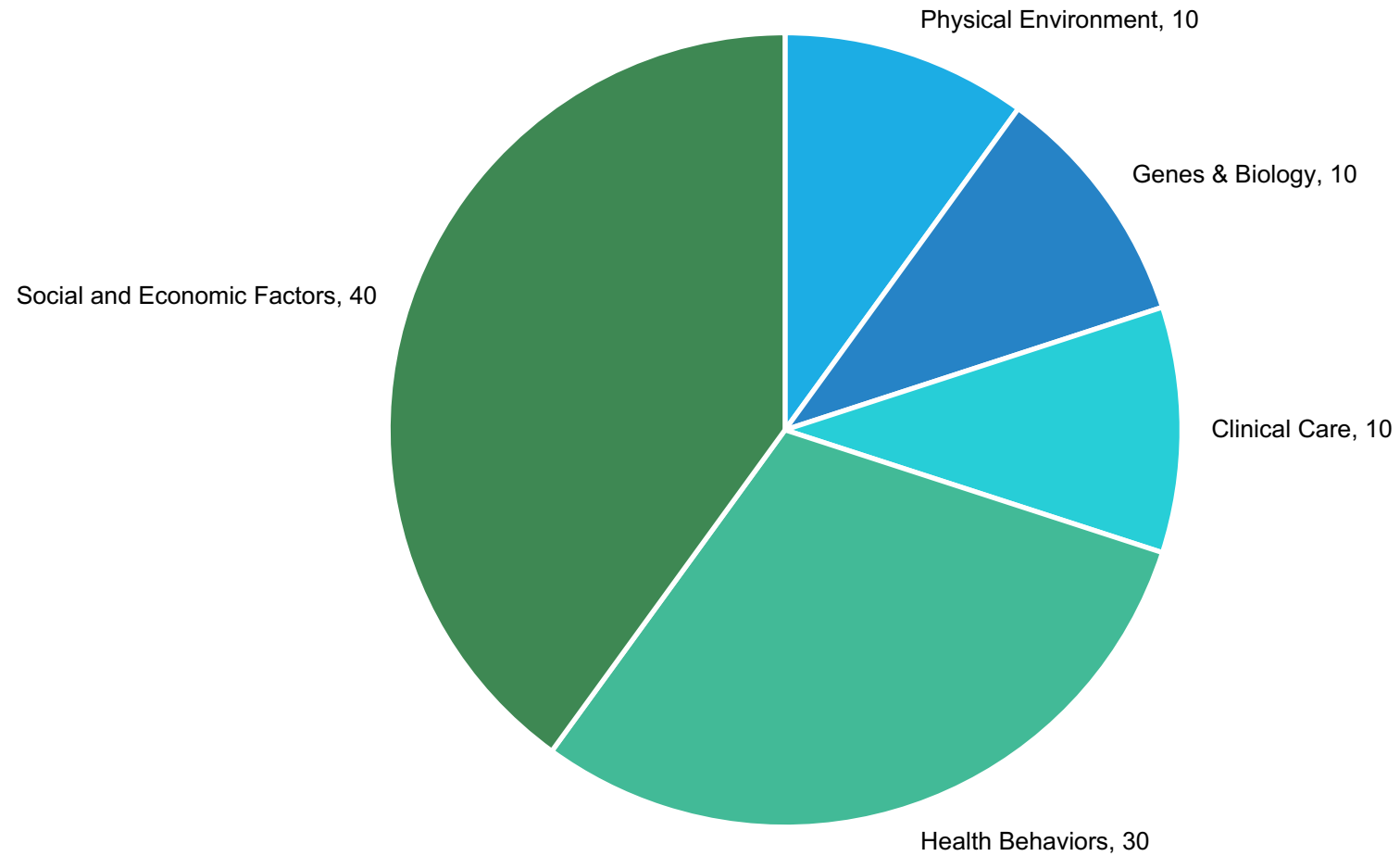
- 32.8% of Michigan adults are obese.
- Michigan is ranked 32nd in the nation
- Obesity rates by county range from 23.8% - 38.7%
- Physical inactivity rates by county range from 14.5% to 29.9%

*Data source: America's Health Ranking
United Health Foundation*

Common Risk Factors for Chronic Disease

- High blood pressure
- Tobacco use and exposure to secondhand smoke
- Obesity
- Physical inactivity
- Excessive alcohol use
- Diets low in fruits and vegetables
- Diets high in sodium and saturated fats

Determinants of Health

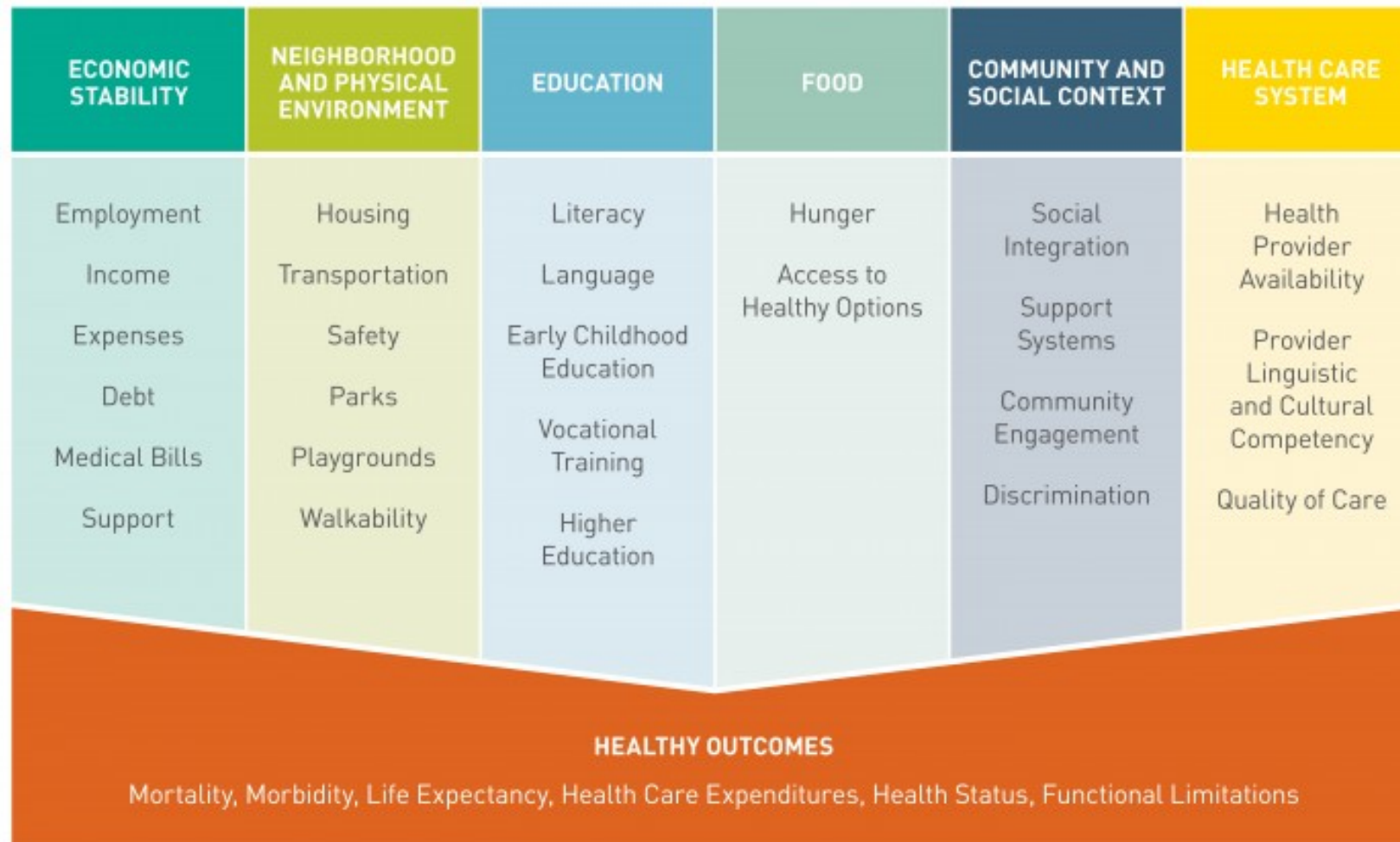


Evidence based strategies to improve community health and wellness

- Increasing availability of healthier foods and beverages in public service venues and restricting access to less healthy foods and beverages
- Improving affordability of healthier food and beverage choices in public service venues
- Improve geographic availability of supermarkets in underserved areas
- Provide incentives to food retailers to offer healthier foods and beverages in underserved areas
- Increase access to farmers' markets
- Increase incentives for use of foods from local farms
- Limit advertising of less healthy foods and beverages
- Discourage consumption of sugar-sweetened beverages

Khan LK, Sobush K, Keener D, et al. Recommended community strategies and measurements to prevent obesity in the United States. MMWR Recomm Rep. 2009;58(RR-7):1–26

Integration with community resources



HealthyTown Everywhere



- Community-based health and wellness program
- Promotes a healthy lifestyle focused on
 - *Moving more*
 - *Eating right*
 - *Living well*
- Delivered in local communities by health care professionals

Key Partnerships

- Health care organizations
- Grocery stores
- Fitness organizations
- Academic partners
- Community schools/universities
- Local businesses
- Government
- Human service organizations



Content Areas

- Grocery store tours
 - Conducted by registered dietitians and dietetic students
- Fitness programs
 - YMCA led activities and *Walk with a Doc*
- Health fair
 - Services provided by university based medical students
- 5th Grade Nutrition Curriculum
 - Conducted by university based dietetic programs



Healthy Nutrition: Partnering with local community grocery stores/farmers markets



- Grocery store tours
- Food sampling
- Cooking demonstrations

Teaching Healthy Nutrition: Classroom to Market



Fitness Programs-Warm ups and Fun Walks



Group activities

Calisthenics

Yoga

Karate

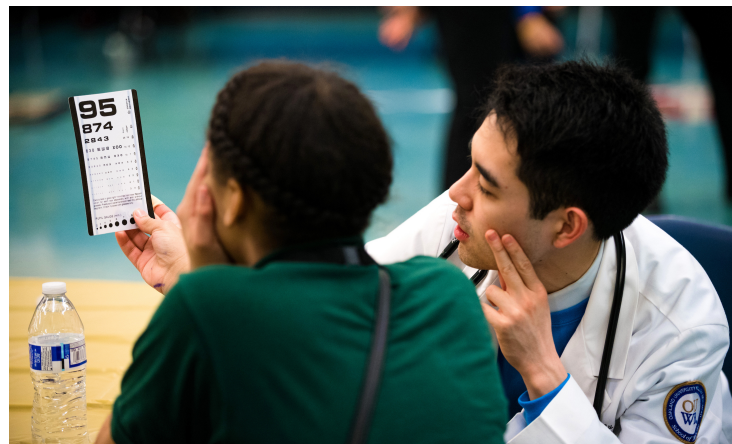


Organized Walks

Walk with a Doc

Health Screening

- Blood pressure
- Blood sugar
- BMI



HealthyTown Everywhere Partnerships

- YMCA
- Detroit Department of Transportation
- Oakland University William Beaumont School of Medicine
- Wayne State University Coordinated program in Dietetics
- Central Michigan University
- Genesys Regional Medical Center
- Hurley Medical Center
- McLaren Flint
- Delta College
- Schoolcraft College
- **Michigan Health Council**

Michigan Health Council Mini Medical Schools



Program Goals

- Educate children on the importance of preventive medicine and a healthy lifestyle
- Alleviate children's fear of doctors and create a better understanding of medical instruments
- Introduce children to career opportunities in the healthcare field
- Foster positive role models for children
- Encourage the pursuit of higher education



Connecting the K-12 Pipeline

- Focus on underserved schools in HPSA communities
- Planting seed for aspirational thinking and pursuit of higher education
- Expanding exposure to healthcare careers beyond medical profession



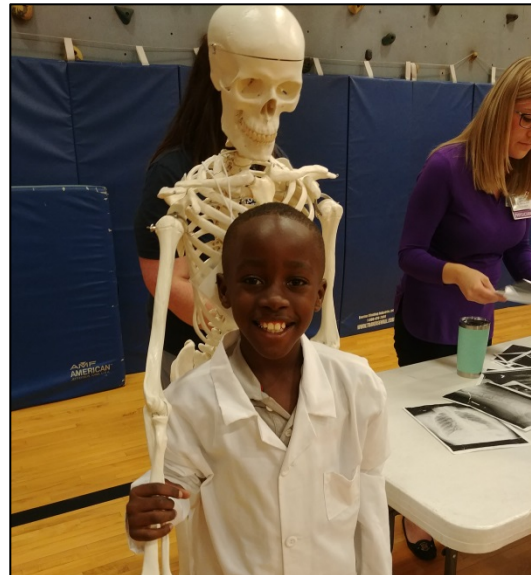
Mini Medical School



- Teaches young children how to keep their bodies healthy
- Offered to students in grades one through five
- Seven stations
 - Bone health
 - Medical instruments
 - Hygiene and germs
 - Organs
 - Nutrition
 - Exercise
 - Dental hygiene
- Photo with a doctor's coat and stethoscope
- Each student gets a workbook, a "diploma" and a goodie bag.

Program Impact

- Hosted events in Grand Rapids, Detroit, Ferndale, Flint, Lansing and Eaton Rapids
- Reached nearly 2,000 students in grades K-5 in less than two years



Mini Medical School Participants



Partners

- Michigan Osteopathic Association
- MSU College of Osteopathic Medicine - East Lansing & Macomb Campus
- Wayne State University School of Medicine
- Oakland University William Beaumont School of Medicine
- Lansing Community College -Dental Hygiene, Fitness & Wellness Program
- University of Michigan – Flint School of Nursing
- HealthyTown Everywhere
- Genesys Regional Medical Center
- Metro Health Community Clinic
- Michigan Osteopathic Association
- Michigan HOSA



Sustainability Partners



Why get involved?

It just may
improve your
health and well
being!...



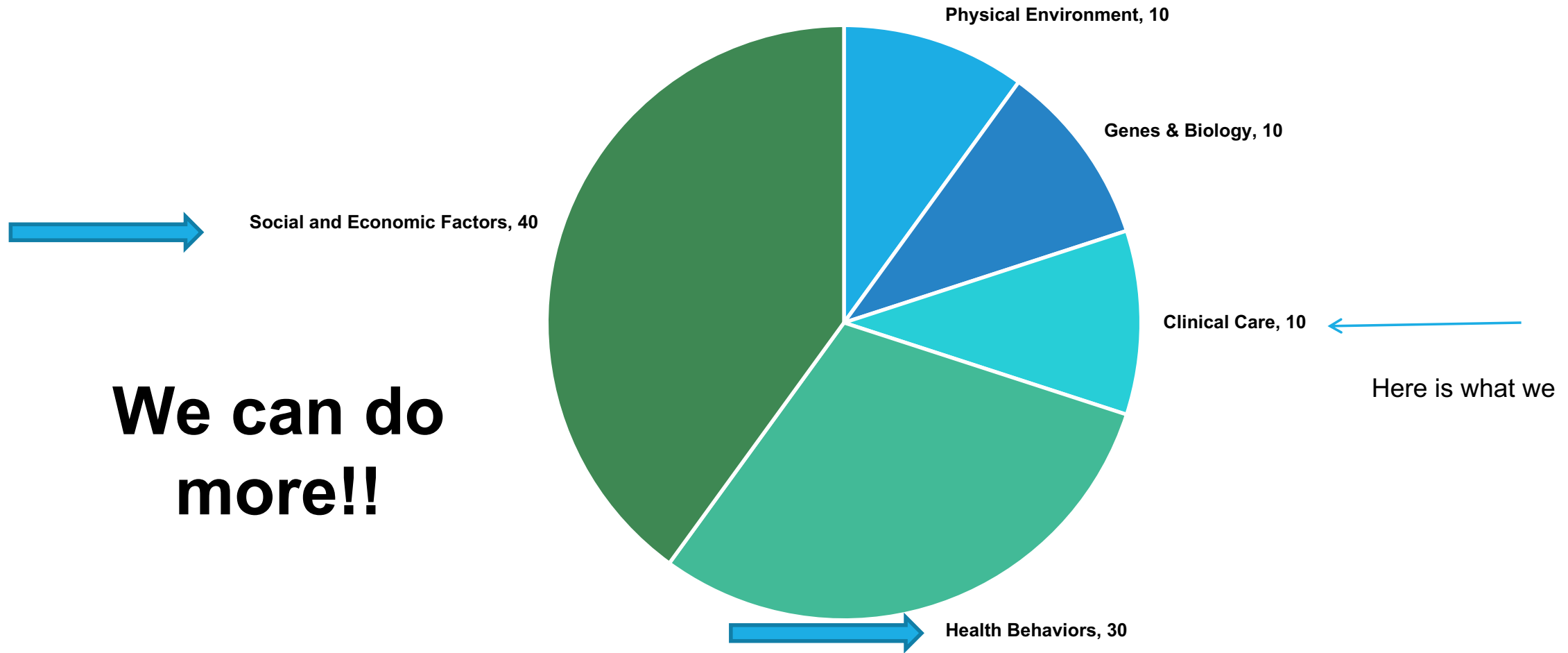
Volunteering is good for your health, your practice and your community!

- Boosts Self Esteem
- Expands your connections
- Makes you feel good
- Contributes to a longer life
- Gives purpose
- Combats stress
- Gives a good example
- Teaches new skills
- Don't forget about "*Mentoriment*"



<https://nonprofithub.org>

Determinants of health-Our patient health outcomes



“The normal physician treats the problem;
The good physician treats the person;
The best physician treats the community.”

Anonymous

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