HEALTH & WELLNESS

From Office to Neighborhood

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Disclosures

Paul Ehrmann, D.O.  
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.
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

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

<table>
<thead>
<tr>
<th>PreventedCases ofChronic Disease</th>
<th>169 Million</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cost Avoided</td>
<td>$6 Trillion</td>
</tr>
<tr>
<td>Lives Saved</td>
<td>16 Million</td>
</tr>
</tbody>
</table>

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
• 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

- Social and Economic Factors, 40
- Health Behaviors, 30
- Clinical Care, 10
- Genes & Biology, 10
- Physical Environment, 10
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

Integration with community resources

<table>
<thead>
<tr>
<th>ECONOMIC STABILITY</th>
<th>NEIGHBORHOOD AND PHYSICAL ENVIRONMENT</th>
<th>EDUCATION</th>
<th>FOOD</th>
<th>COMMUNITY AND SOCIAL CONTEXT</th>
<th>HEALTH CARE SYSTEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social Integration</td>
<td>Health Provider Availability</td>
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<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to Healthy Options</td>
<td>Support Systems</td>
<td>Provider Linguistic and Cultural Competency</td>
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<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early Childhood Education</td>
<td>Social Integration</td>
<td>Community Engagement</td>
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<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational Training</td>
<td>Support Systems</td>
<td>Discrimination</td>
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<tr>
<td>Medical Bills</td>
<td>Playgrounds</td>
<td>Higher Education</td>
<td>Community Engagement</td>
<td>Quality of Care</td>
<td></td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

HEALTHY OUTCOMES
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
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

[YMCA logo]
[Walk with a Doc logo]
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.
Mini Medical School Stations
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
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

We can do more!!

Here is what we
Putting it all together…

- Warm-up exercises
- Fun walk-Walk with a Doc
- Grocery store tour
- Food sampling
- Cooking demonstration
- Health Fair
- Mini Medical School stations

WE WANT TO BRING HEALTHYTOWN EVERYWHERE TO YOUR PRACTICE COMMUNITY!
“The normal physician treats the problem; 
The good physician treats the person; 
The best physician treats the community.”

Anonymous
Contact Information

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