

# Community Health Needs Assessment McLaren Flint Implementation Strategy & Community Benefit Plan

*Completed for FY 2012-2013*

*Executed in FYs 2013-2014, 2014-2015, 2015-2016*

## **Physical Activity and Active Living**

In addition to strategic participation with the Greater Flint Health Coalition in the four collaborative Physical Activity and Active Living efforts (Commit to Fit, Project Healthy Schools, Workplace Wellness and Michigan Health & Wellness 4 x 4 Plan Activities), McLaren Flint is doing the following:

- **Commit to Fit:** McLaren Flint has engaged more than 250 employees and volunteers in the Commit to Fit challenges over a three year period to encourage and promote healthy behaviors, good nutrition and fitness. A program of the Greater Flint Health Coalition, Commit to Fit is a community-wide, health behavior improvement initiative focused on enhancing physical activity and nutrition among Genesee County citizens. Along with organizing organizational and employee participation, McLaren Flint promotes the program through its internal and external communications.
- **McHealthy Wellness Program.** The program is free and offered to all McLaren Flint employees, Auxiliary and volunteer members and those who are contracted to work directly at McLaren Flint. There are more than 2,600 members who have access to five different fitness facilities for cardiovascular conditioning and strength training as well as wellness and fitness classes, nutrition education and healthy cooking sessions. To support the program, walking paths, both internal and external, have been developed for employee, volunteer and physician use.
- **Wellness Program for Cancer Patients and Survivors.** McLaren Flint offers all current and former cancer patients a program called “Cancer Care Beyond the Clinical”, including free classes in nutrition, tai chi, yoga, Zumba, meditation and art therapy. Since its inception in January of 2016, 64 people have participated, with attendance growing each month.
- **Adaptive Golf Program.** Through its physical therapy and recreational therapy program, McLaren Flint operates an Adaptive Golf program for disabled golfers. The program is based in Genesee County and works in coordination with area golf professionals and facilities to provide disabled athletes with equipment, training and opportunities to participate in the sport of golf. A weekly league is maintained as well as special statewide tournaments.
- McLaren Flint organizes and is a lead corporate sponsor as well as promotes employee participation in several health and fitness-related activities like:
  - Fundraising Walks – Heart Walk, Kidney Walk, March of Dimes Walk, Relay for Life Cancer Walks, Making Strides Cancer Walk, Healing Hands Walk for the Genesee Free Medical Clinic, Arthritis Walk, Lung Walk, HIV Wellness Center (AIDS fundraiser), Alzheimer’s Walk
  - Crim Festival of Races
  - Brooksie Way Race and Training Program

## **Nutrition & Diet**

In addition to strategic participation in collaborative Nutrition & Diet efforts, McLaren Flint is doing the following:

- **Mindful Choices Wellness Platform.** McLaren Flint, in cooperation with its Food Service Vendor, Morrison Food Services, has developed a wellness platform which includes everything from environmental commitments, firm standards for healthy food preparation, wellness meal offerings, nutrition labeling, healthy beverage offerings and enhanced fruits and vegetables offered to “customers” throughout the medical center. It is designed to make McLaren Flint a model for healthful eating and to encourage behavioral change in the hospital environment and beyond into the greater Flint community...
  - Using the latest research, conducted by Morrison’s Dietary Team on healthful eating and incorporating techniques that influence behavioral change in food consumption, McLaren Flint has made changes such as: • offer better-for-you foods at cash registers in place of high impulse low-nutrient food • eliminated high content sugar bottled beverages • switched to exclusive use of whole grain or legume based pasta in pasta dishes served • offer whole grains as an alternative to rice dishes • use misted olive oils exclusively in appropriate applications • and feature images of healthy nutrient rich food in its regular food promotions to visitors and patients. In addition, and in cooperation with our partner, Morrison Foods, McLaren offers in-hospital events such as cooking demonstrations and seasonal tables;
  - McLaren Flint adopted a resolution implementing a multi-faceted healthy eating experience for hospital patients, employees and visitors. By being a charter participant of The Michigan Health and Hospitals “*Healthy Food Hospitals*” campaign, McLaren Flint provides exemplary food service choices and nutritional selections to support the health of all those who walk through its doors.

**Community Outreach.** McLaren Flint dietitians participated in 94 community outreach and educational speaking engagements over the past 3 years to promote healthy eating and nutritional awareness. These engagements included presentations at Consumers Energy, Flint Public Library, Flint City Employees Health Fair, area churches, Flint, Carman Ainsworth, Clio and Flushing schools, Crim Expo, and more.

**Harvest Food Gathering.** McLaren Flint participated for 3 years in the Michigan Harvest Food Gathering Initiative, with 1,595-pounds of food being donated by our employees to the Food Bank of Eastern Michigan. Additionally, McLaren Flint donates \$30,000 annually to the Food Bank of Eastern Michigan to support the nutrition needs of area residents.

### **Tobacco Free Living (Anti-Smoking)**

In addition to our strategic participation in collaborative Tobacco Free Living efforts, McLaren Flint is doing the following:

- **Tobacco-Free Campus.** McLaren Flint instituted and maintains a tobacco and smoke-free policy to make its primary and satellite campuses tobacco and smoke-free as of July 19, 2010;

- McLaren Flint instituted and maintains a non-nicotine policy for all job applicants, effective Feb. 1, 2013, to promote a healthier, tobacco-free workforce. A test to detect nicotine is now part of the pre-employment drug screening for potential new hires at McLaren Flint.
- McLaren Flint makes available smoking cessation aides (such as patches and pharmaceuticals) as well as offers free smoking cessation classes for all patients and employees.
- McLaren Flint offers a monthly smoking cessation support group free of charge to the community, led by a Certified Tobacco Specialist.
- McLaren Flint offers a free one-on-one 1 hr session with a Certified Tobacco Specialist to any member of the community who is motivated to quit
- McLaren Flint offers free Smoking Cessation Overview Classes to the community. These are one hour classes scheduled four times per year in the evening (quarterly) and twice a month annually during the day to any member of the community.
- Through the Greater Flint Health Coalition, McLaren's Certified Tobacco Specialist has assisted businesses with smoking cessation instructional programs. For example, in 2013, the McLaren specialist assisted Diplomat Pharmacy in becoming a smoke free campus by doing 6 "Lunch and Learn" 30 minute quick informational sessions on approaches to smoking cessation and held two community programs. In 2014, these programs are offered on a quarterly basis.
- McLaren offers free lung screenings to community members who meet specific criteria and provides smoking cessation classes to all screening participants who use tobacco.

## Infant & Child Health Improvement

In addition to our strategic participation in collaborative Infant & Child Health Improvement efforts McLaren Flint is doing the following:

- **Children's Health Care Access Program (CHAP).** The CHAP program addresses significant health disparities experienced by low-income children enrolled in Medicaid via a collaborative, physician driven, community-based medical home initiative. McLaren has engaged patient/family participation through referrals to CHAP from its Family Practice Residency Group Practice and its McLaren Medical Group family practice and pediatric practices in Genesee County. McLaren Flint also has a physician representative on the CHAP Steering Committee.
- **Peri-Natal Education.** McLaren Flint offers the following classes in support of infant and child health improvement:
  1. **Breastfeeding/Lactation Consultant:** This class is for mothers planning to breastfeed and those who are undecided about a feeding method. A lactation consultant covers topics such as positioning, feeding techniques, benefits, and solutions to common problems. In the past three years, nearly 1,800 mothers have received education from the lactation consultant.
  2. **Baby Care:** This class focuses on topics related to general infant care, growth and development, parenting skills, family adjustments, safety concerns and more.
  3. **Preparation for Childbirth:** A five-week series of classes designed to prepare families for their childbirth experience. Discussion of normal labor progression, relaxation techniques for labor, and post partum and family adjustments are only a few of the topics discussed. A tour of the LDRP unit is included.
  4. **Natural comfort Techniques:** This class is designed to offer expectant mothers natural comfort techniques for an unmedicated delivery. Attendees will have the

opportunity to try out some of the tools and techniques for pain relief and relaxation that can be used during labor and delivery.

- **Breastfeeding Coalition and PRIDE Coalition.** In support of community initiatives around infant and child health improvement, McLaren Flint provides a representative from its Family Birthing Unit to serve on the county Breastfeeding Coalition and the PRIDE Coalition, which is chaired and staffed by the Genesee County Health Department. The Breastfeeding Coalition has been successful in bringing together representatives from all three local hospitals, clinics, schools, public health and other human service agencies. The group has developed local materials to support mothers in their decision to breastfeed, established the Genesee County Breastfeeding Advocate of the Year Award, sponsored a workshop for professionals and continues to focus on activities that will encourage choose breastfeeding for their infants. PRIDE (Programs to Reduce Infant Deaths Effectively) is a coalition of health and human service organizations, individuals, and community-based organizations in Genesee County. It focuses on promoting a healthy start for infants and decreasing the infant mortality rate in Genesee County.
- **Child Evaluation Clinic.** McLaren Flint operates and funds the Child Evaluation Clinic, which is the county's sole Clinic that provides medical and psychosocial examinations of children who are suspected victims of child abuse. The physical evidence gained at the Clinic is critical in prosecuting perpetrators of these crimes. McLaren Flint provided physician specialists as well as nurses and social work support for the Clinic. The Child Evaluation Clinic was located on the McLaren campus for 20 years but moved in December 2012 to the Weiss Advocacy Center in downtown Flint, where McLaren still provides the financial support for clinic operations. The Clinic works closely with Child Advocacy Centers in Genesee and Lapeer Counties, as well as with the court system, the law enforcement community and the prosecutor's office. More than 3,000 children have been seen at the Clinic since its inception.
- **Education for At-Risk Mothers.** The Family Medicine program at McLaren Flint receives funding through the Burnell Trust to educate and supply at-risk expectant mothers with resources to promote a positive prenatal care and parenting skills. Family medicine specialist Mischa Pollard, MD, conducts education sessions with approximately 50 at-risk expectant mothers annually. The Trust enables the purchase of pregnancy and breastfeeding comfort and convenience items such as body pillows, breastfeeding support pillows and insulated baby bottle carriers.
- **State of Michigan Birthing Hospital Grant (through MDHHS).** McLaren Flint is part of the State of Michigan Birthing Hospital Grant Program to increase assessment and referrals to the Maternal Health Program and Children's Specialist Health Care Services.
- **Safe Sleep Education.** McLaren Flint provides Safe Sleep Education to all new mothers and families at McLaren Flint (660 per year) and a complimentary sleep sack to help prevent SIDS deaths.
- **Books for Babies.** McLaren Flint participates with the United Way of Genesee County's Books for Babies initiative, providing each new family with a children's book and package of resource materials to support early childhood education. Approximately 660 new families per year are impacted.

## Effective Care Delivery for Aging Population

In addition to our strategic participation in collaborative Infant & Child Health Improvement efforts McLaren Flint is doing the following:

- **Advanced Care Planning (ACP) Project.** McLaren Flint is a contributing member of the Greater Flint Health Coalition's Community-Wide Advanced Care Planning Project.

McLaren Flint aided in piloting this Advanced Care Planning project in 2014 through programming and initiatives within the McLaren Flint employee, physician and patient network. An Advance Care Planning Facilitator/Instructor from McLaren Flint and various members of the medical staff are involved in coordinating this effort to better serve the Flint community by advocating for patients to express their personal goals, values and beliefs regarding their own healthcare. McLaren holds free monthly ACP sessions at the McLaren Community Medical Center in Flint Township, seeing approximately 10 people per month (240 people per date). Since August of 2015, 400 people have requested ACP paperwork, and there have been 44 individual 1:1 appointments for ACP education, with 40 completed Advance Directives uploaded. All patients at McLaren Flint are provided with education about ACP and are given the opportunity to meet with the ACP instructor. Since August of 2015, the McLaren Flint ACP instructor has also presented at 14 different health fairs, Community Resource Days, church events, senior centers and marketing events.

- **Partnership with VAAA.** McLaren Flint Case Management partners with Valley Area Agency on Aging (VAAA) programs to reduce hospital readmissions and improve care coordination. Referrals are made for such services as Meals on Wheels, respite care, Medicare waiver program and more.
- **Community Extended Care Facilities Task Force.** McLaren Flint participates with McLaren Homecare Group and the community extended care facilities task force to improve care coordination between McLaren Flint and extended care facilities, to meet patients' needs through home care referrals and through partnerships with area insurance companies for outpatient case management services.
- **Genesee County Committee on Aging.** McLaren Flint is represented on the Genesee County Committee on Aging, which publishes an annual Senior Resource Directory.
- **Committee for Genesee County Senior Millage.** McLaren Flint case management has representation on the Genesee County Committee for Senior Millage to support health, safety and quality of life for senior citizens and senior centers throughout Genesee County.

### **Physical Environment, Neighborhood Safety, and Transportation**

In addition to our strategic participation in collaborative physical environment, neighborhood safety, and transportation efforts, McLaren Flint is doing the following:

- **Patient Care Fund.** McLaren Flint maintains an ongoing Patient Care Fund which provides transportation assistance for patients who need help getting home from the hospital. Some of these are patients in wheel chairs who can only get home by ambulance or wheel chair accessible vans. McLaren also pays for cab fares for patients who have no other means of transportation home from the hospital and provides free van service to and from appointments for cancer patients and behavioral health outpatient services. Annually, the medical center spends \$50,000 and serves more than 2,000 patients in this initiative.
- **University Avenue Corridor Coalition.** A representative from McLaren Flint attends and facilitates medical center involvement in the monthly University Avenue Corridor Coalition meetings. The Coalition's Mission is: To transform the University Avenue corridor into an attractive and crime-free community that is conducive to sustainable

development. The group is actively using the Crime Prevention Through Environmental Design National Crime Prevention Council model.

- McLaren Flint provides a representative to serve on and facilitate McLaren Flint involvement in the Mott Park Neighborhood Association for the purposes of restoring the golf course grounds and surrounding neighborhood. As part of this effort, McLaren Flint has maintains .82 miles of Flint River Walking Trail. McLaren further actively participates in a number of safety and environmental improvement activities with the Mott Park Neighborhood Association.
- McLaren Flint actively participates with Flint City's Master Plan Development initiatives; Proton Beam Center and Hospitality House were built under such collaboration.
- McLaren Flint, in cooperation with Kettering University, has extended its "rolling vehicle" security patrols to include the neighborhood in/around McLaren Flint Proper and Mott Park areas
- McLaren Flint maintains a walking trail on the grounds of its campus along the Flint River to provide a public path for area residents as well as patients and employees.