

2005 Michigan Steps Up Healthcare Recognition Recipients

Medical Network One Rochester

Medical Network One is a large physician group (275 primary care physicians) that offers an innovative obesity program. This twelve-month counseling program incorporates a collaborative and multidisciplinary approach to obesity control. They have partnered with the Michigan Institute for Health Enhancement (MIHE), an organization that provides nutrition counseling. Medical Network One physicians, refer obese patients to MIHE. The MIHE develops treatment programs for diverse populations that incorporate exercise, positive behaviors and meal plans. A physiologist, nutritionist and counselor meet with the patient and quarterly assessments are completed. Medical Network One funds this program. The results have shown improvement in healthy eating, increased physical activity, and a reduction in body weight. A decrease in the number of prescriptions filled, physician visits and hospitalizations have also been shown. Patient and primary care physician satisfaction has been extremely positive.

Oakwood Healthcare System School-based Clinic Wayne-Westland

Oakwood Healthcare System partnered with Wayne-Westland Community Schools to develop a school-based health clinic serving elementary children. Their mission is to improve and maintain the overall health and well being of children and families in the community. They also provide medical services for parents and immediate family members of students. The program emphasizes regular health education in the classrooms. Information is provided twice weekly on nutrition, exercise, smoking prevention, cardiovascular health, safety, conflict resolution, dental hygiene and more. Oakwood's Family Practice Residency program provides medical oversight of the clinic and classroom education. Patient visits were at 1,500 last year and over 10,000 total visits are expected by December 2005. Post-testing in one kindergarten program showed lesson retention of 86%.

Saint Joseph Mercy Health Exploration Station Saint Joseph Mercy Health System Canton

The Saint Joseph Mercy Health Exploration Station (SJMHEs) is a 3,500 square foot state-of-the-art educational facility, dedicated solely to health education and health promotion. SJMHES actively engages individuals, with an emphasis on school-age children, to learn ways to maintain and improve their health. SJMHES offers 20 programs on a variety of topics including: nutrition, general health and wellness, family life, safety and substance abuse. The program is interactive, using the latest technology to engage the audience and encourage their participation. Programs are modeled after game shows and include puppet shows, oversized props, lights, cameras, and computer displays. As of May 2005, a total of 100,000 visitors have participated in the program. Admission is free.

Joel Bender, Ph.D., M.D.
General Motors Corporation
Pontiac

Dr. Bender is responsible for global strategic direction of occupational health programs and policies at General Motors Corporation, including a vital role in the LifeSteps program. LifeSteps is a comprehensive employee health promotion program, which began as a collaborative partnership between the United Auto Workers and General Motors. LifeSteps is offered to over one million General Motors employees, retirees, and family members. The goal of the program is to reduce health risks, increase health-promoting behaviors, and actively influence appropriate use of health services. Health risk assessments are offered to all participants. Healthy eating is promoted through newsletters and cooking demonstrations. Physical activity is promoted in a variety of ways, including reduced fees for health club memberships. Smoking cessation intervention, health screening, and health fairs are frequently offered. LifeSteps developed non-traditional, population-specific programs such as “Deer Camp Conditioning” and “Golf Conditioning”. In addition, they have piloted projects targeting diabetes, asthma and other chronic conditions. From 1996-2003, participation levels in the comprehensive program was 83% and 65% participated two or more times.

Borgess Corpfit
Borgess Medical Center
Kalamazoo

Borgess CorpFit is an employee wellness pilot program designed to improve awareness of the factors that can affect employees’ health and longevity. The program at Borgess Medical Center was piloted in 2003 with 125 employees. A comprehensive assessment was done to determine overall risk factors. Wellness activities were then set up to address the risks of the group. Some of the activities included: a 10K-A-Day walking program; Route 66 to Fitness; Create Your Weight, a weight management program; wellness workshops; Grab-n-Go workshops; smoking cessation programs; plus health and fitness events. Program participants have lost a total of 1,000 pounds. Future plans include expanding the program to include more employees.

John Coumbe-Lilley, MS, CSCS
Michigan Institute for Health Enhancement
Rochester

The Michigan Institute for Health Enhancement (MIHE) performs individual, medically-overseen nutritional counseling for a variety of chronic diseases, including diabetes and congestive heart failure. The organization designs, develops and distributes patient education materials and provides telephone support with nutritional counseling. MIHE does individualized exercise assessments, prescriptions and follow-up training focusing on patients with Type II diabetes and obesity. They have presented at a variety of events. Patient progress and program goals are monitored monthly. MIHE provides bi-weekly reports to partners demonstrating the effectiveness of interventions. MIHE uses evidenced-based interventions as well as guidelines from the American College of Sports Medicine, National Strength and Conditioning Association, American Diabetes Association, American Dietetics Association, and the American Psychological Association. A total of 850 patients have been enrolled at three practice sites.

Paul Ehrmann, D.O.
Children's Health Initiative Program
Royal Oak

Dr. Ehrmann designed and initiated the Children's Health Initiative Program (CHIP). CHIP involves 3rd and 5th grade students and their parents in a program emphasizing basic exercise and nutrition. The program was piloted in February 2004. The five-week curriculum includes the following: program overview and goal setting, nutrition education by dieticians, learning how to plan a menu (including a trip to the local grocery store for a behind the scenes look), a cooking demonstration, and a discussion of progress, rewards and feedback. There is no charge for the program. Thirty students and parents have completed the pilot and 60 families are anticipated to enroll in the program in 2005/2006.

Genesys Integrated Group Practice, P.C.
Flint

Genesys Integrated Group Practice, P.C. has initiated some innovative process improvement activities, including a focus on childhood obesity. The practice has a quality improvement process in place to monitor physician compliance with preventive care guidelines and provides improvement plans to physicians who are outliers. Genesys has implemented an Electronic Medical Office which will be upgraded to include health promotion /disease prevention reminders in the future.

Health Alliance Plan
Weight Wise Program
Southfield

The *Weight Wise* Program is an inspiring, high-energy program used by Health Alliance Plan to help participants adopt healthy habits. *Weight Wise* targets women in midlife and parents of children ages 8-18. The emphasis of this program designed by Zonya Foco, is "the power of one good habit" and how adopting a healthy lifestyle begins with tackling one habit at a time. Health Alliance Plan supports the momentum of behavior change by providing members tools to stay on track; such as daily emails, and follow-up. *Weight Wise* has reached 3,200 members. Post-event surveys indicate that 98% of respondents say they will make lifestyle changes as a result of attending the program.

Henry Ford Health System & Health Alliance Plan
Detroit

Henry Ford Health System (HFHS) and Health Alliance Plan (HAP) have diverse health promotion and risk reduction programs which serve patients, enrollees, employees, and members of the larger community. Many of the programs are administered through the (HFHS) Center for Health Promotion and Disease Prevention. They have provided health screening with counseling for 3,800 HFHS employees and 3,700 others. In 2005 a six-week program emphasizing eating more fruits and vegetables was provided to 1,400 employees. Other programs include 10K-A-Day and Walk for Better Health. Their *Smoking Intervention Program* has been provided to 700 people per year. HFHS and HAP have also partnered with Wayne County Medical Society

Foundation to sponsor “counter advertising” contests for school children regarding smoking avoidance.

Prasad Kommareddi, M.D.
Genesys Health System
Flint

Dr. Kommareddi, an Internal Medicine physician, provides formalized health education programs in his office. On Friday afternoons patients are invited to attend cardiovascular education classes, which include guest speakers, printed educational materials and educational videos. Dr. Kommareddi has also conducted 20 two-hour educational programs for his patients. He has a special interest in diabetes, cholesterol management and obesity. These programs are provided free of charge. Diabetic patients are offered discounted trial memberships to a health club to encourage physical activity.

Stacy Leatherwood, M.D.
Healthy Body/Healthy Mind
Henry Ford Health System
Detroit

Healthy Body/ Healthy Mind is a pilot program designed for children 9-13 years of age who are overweight or at risk for overweight. The goal of the program is to educate patients and their parents about the benefits of healthy eating, increased physical activity and the health risks associated with obesity. The information presented is designed to stimulate behavioral change that ultimately will lead to a healthier lifestyle for the children and their family. Participants agree to attend five sessions held at a local community center. At each session the patients and their parents rotate through workshops with a nutritionist, exercise physiologist, psychologist and Dr. Leatherwood. Each program participant has monthly office visits to review their goals and discuss their progress. Based on the results of the pilot this program has been approved for continuation.

Wendy M. Miller, M.D.
Beaumont Healthy Kids Program
Beaumont Hospital
Royal Oak

Beaumont Healthy Kids Program is a multidisciplinary obesity program for children ages 3-18. The program involves 12 weekly sessions with rotating faculty, including dietitians, behavioral psychologists, and exercise physiologists and Dr. Miller. Educational presentations, hands on and interactive learning activities are some of the methodologies used. The program goal is education and gradual behavioral modification aimed at the development of a more healthful diet and activity level. The program began in 2004 and approximately 100 children and their families have graduated since that time. A manuscript describing the program is under review at a major medical journal.