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Successful Outcomes and Lessons Learned in Addressing Disparities in Access to Healthy Foods

OCEANA HEALTH BOUND COALITION - HEALTHY LIFESTYLES TASK FORCE

PRESENTED BY: CATALINA BURILLO & NAOMI HYSO
APRIL 24TH, 2023
2023 MIDWEST STREAM FORUM FOR AGRICULTURAL WORKER HEALTH
SHERATON AUSTIN HOTEL AT THE CAPITOL, AUSTIN, TEXAS
Trinity Health Michigan

$4.1B
In Revenue

$175.6M
Community Benefit Ministry

8
Hospitals

12
Medical Centers

22
Urgent Care Locations

24
Continuing Care Locations

19,843
Employees

3,755
Physicians and APPs

2,286
Affiliated Physicians

6.6M
Patient Encounters

84,901
Surgeries (IP/OP)

9,960
Births

221K
Home care/ hospice visits

1,365
Senior Living Residents

Trinity Health
One Culture: Who We Strive to Be

Our Mission
We, Trinity Health, serve together in the spirit of the Gospel, as a compassionate and transforming healing presence within our communities.

Our Core Values
- Reverence
- Commitment to Those Who are Poor
- Safety
- Justice
- Stewardship
- Integrity

Our Vision
We will be the most trusted health partner for life.

Our Actions
As a Trinity Health colleague, I will:
- Listen to understand.
- Learn continuously.
- Keep it simple.
- Create Solutions.
- Deliver outstanding service.
- Own and speak up for safety.
- Expect, embrace and initiate change.
- Demonstrate exceptional teamwork.
- Trust and assume goodness of intentions.
- Hold myself and others accountable for results.
- Communicate directly with respect and honesty.
- Serve every person with empathy, dignity and compassion.
- Champion diversity, equity and inclusion.

Our Promise
We Listen.
We Partner.
We Make it Easy.

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Michigan State University Extension
A statewide educational network that applies research and knowledge of the land grant university to individuals and communities.

Health and Nutrition Institute
Health Team (Health Educator- Chronic Disease Prevention & Management)

MSUE Health Workshops:
- Chronic Disease Self-Management PATH (Personal Action Towards Health) (English/Spanish)
- Dining with Diabetes (English/Spanish)
- Falls Prevention (Tai Chi & A Matter of Balance)
SNAPSHOT
OCEANA COUNTY, MICHIGAN

Census at a Glance:

- Population: 26,973
- Race:
  - White non-hispanic 81%
  - Black 1.2%
  - American Indian 1.5%
  - Hispanic/Latino 15.5% (state average: 5.0%)
- Percentage of Spanish-speakers: 11% (state average: 8.9%)

Oceana top three areas of agriculture production (by volume of sales):
- Fruits, tree nuts, and berries
- Vegetables, melons, potatoes, and sweet potatoes
- Hogs and pigs
Health Disparities Reduction Coalition formed
Physical Activity or Inactivity in Oceana

![Graph showing Adult Physical Inactivity in Michigan and Oceana from 2015 to 2020.]

![Bar chart showing Physical Activity: High School (Oceana) with data on % obese students, % watched 3+ hrs of TV p/day, % who played 3+ hrs video or computer games p/day for White and Hispanic/Latino populations.]

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Adult Obesity in Oceana

![Graph showing adult obesity trends in Oceana from 2015 to 2020.]

![Pie chart showing adult obesity by race/ethnicity in 2019.]

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Adult Obesity in Oceana (cont.)

Adult Obesity by Education (2019)

- College graduate: 30.4%
- Some college or technical school: 37.3%
- High school graduate: 38.1%
- Less than high school: 39.6%

% Adult Obesity by Income (2019)

- $15-$24,999: 43.5%
- $25-$34,999: 43.4%
- $35-$44,999: 37.8%
- $45-$49,999: 36.9%
- $50-$54,999: 35.0%
- Not reported: 32.4%
- $55-$59,999: 32.3%
Chronic Disease & Risk Factors

2022 Oceana Community Data - DHD#10 Chartbook

- Diabetes: 20% Oceana residents 18+, 12.3% Michigan residents 18+
- Any cardiovascular disease: 14.7% Oceana residents 18+, 10% Michigan residents 18+
- No leisure time for physical activity: 27.5% Oceana residents 18+, 20.8% Michigan residents 18+
- Obese: 39.9% Oceana residents 18+, 35.2% Michigan residents 18+
- Overweight: 33.3% Oceana residents 18+, 34.6% Michigan residents 18+
Adult Consumption Fruit < 1 time daily 2019

- Asian 41
  - $35,000-$49,999: 41.37%
  - College graduate: 31.8%

- Hispanic 46.2
  - $25,000-$34,999: 41.3%
  - Some college or technical school: 40.7%

- Non-Hispanic Black 41
  - $15,000-$24,999: 45.4%
  - High school graduate: 44.3%

- Non-Hispanic White 39.6
  - Less than $15,000: 48.8%
  - Less than high school: 48.7%

Legend:
- Orange: Income
- Black: Race/Ethnicity
- Blue: Education
What is the definition of Food Insecurity?

When someone is food insecure, it means they don’t have the means to access enough nutritious food on a regular basis.
With funding from District Health Department #10 from the Michigan Health Endowment Fund, the Health Project (Mercy Health) partnered with DHD#10 to implement the Prescription for Health Program in Oceana County.

The overall program aim is to increase fruit and vegetable consumption and support healthy lifestyle behavior change among people who are at an increased risk for chronic disease.
Rx for Health Referral

Rx

Talleres de Acción personal contra la diabetes y para mejorar la salud (PATH)
Fecha: __________________________
Nombre del paciente: __________________________

Para ayudarle a controlar mejor su diabetes, nuestro servicio le recomienda asistir a un taller de PATH sobre diabetes SIN COSTO PARA USTED.

Los talleres de PATH pueden ayudarle a sentirse mejor, a tomar el control de su salud y a hacer las cosas que quiere hacer. Los talleres incluyen seis sesiones diferentes. Cada sesión cubre un tema nuevo. Usted aprenderá las técnicas que le ayudarán a:
- Fomentar hábitos alimenticios saludables y control de la medicación
- Controlar los niveles de glucosa en la sangre, el colesterol y la presión arterial
- Aprender ejercicios físicos para mantener fuerza y resistencia
- Comunicarse mejor con su médico
- Encontrar apoyo continuo y recursos de la comunidad

X

¿Listo para comenzar a controlar su diabetes?
Fecha: __________________________
Hora: __________________________
Instructor: __________________________
Lugar: __________________________
Para encontrar talleres cerca de usted, vaya a: MiHealthyPrograms.org o llame al 517-335-1236.

Acerca de la diabetes
Se estima que 20.1 millones o 9.3% de estadounidenses tenían diabetes en 2012.
Un 25.9% de estadounidenses de 65 años o mayores tienen diabetes. Muchos de ellos no han sido diagnosticados y no están al tanto de su enfermedad.

Tipos de diabetes y prediabetes
Prediabetes: Nivel de azúcar en sangre que es normal, pero que también se requiere tratamiento.
Tipo 1: El cuerpo no produce suficiente insulina.
Tipo 2: El cuerpo no utiliza la insulina adecuadamente.

Porcentaje de estadounidenses por raza/otras diagnósticos con diabetes
- 15.9%: Indios americanos/Hegueras de Alaska
- 13.2%: Afroamericanos
- 12.3%: Hispánicos
- 9.0%: Asiaamericanos
- 7.0%: Caucaicos

Enfermedades
- Daño al sistema nervioso que pueden ocasionar dolor, hormigas o noción en las manos y los pies
- Fallos Miocardio en el sistema nervioso que pueden ocasionar dolor, hormigas o noción en las manos y los pies

Cómo controlar la diabetes y prevenir complicaciones
- No salte su medicamento
- Chequee los niveles de glucosa en la sangre
- Una dieta saludable
- Maneje su presión arterial
- Mantenga su peso saludable
- Manéjese con un buen cuidado de sus pies

Rx for Health
Free or low cost workshops for you and your family
MSU Extension has many educational programs to help you stay healthy.

Learn more about:
- Eating healthy & being active
- Exercising regularly
- Managing money
- Living well with diabetes
- Preventing diabetes
- Dealing with stress and anger
- Preventing osteoporosis
- Cooking for health
- Healthy aging
- Healthy relationships

Rx for Health

For more information contact:
Nancy Long, MSU
WCC-0004, 2605 W. Costner
Eastlind, MI 48040
nlong@msu.edu
517-353-3951

Disease Prevention Management and Extension Health Education
Diabetes, Exercise, Cancer, Obesity, Tobacco, Suicide, Illness, Aging, Family, Health

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Prescription for Health (Rx for Health)

Spanish Registration form example:

Link: https://docs.google.com/forms/d/e/1FAIpQLSerX_JAdtEboM2GzrM13DiGwBU7QeMwe4rt8pAQ8dSnKHZA/viewform?usp=share_link
Those who participate in the program attend nutrition education and/or evidenced based exercise programming and earn vouchers to purchase fresh, canned or frozen fruits and vegetables, per each session attended.

Participants could join as many classes as they like and could earn up to $120 in vouchers.

Some courses were as short as 6 weeks in length and others like the National Diabetes Prevention Program are a year-long commitment.
Activity
Pre-Survey data at initial program self-registration

Self-Registered for program: 217

Reasons for not purchasing fruits & veggies:
Too expensive: 68%

Sometimes have trouble getting fruits & veggies: 71%

# of cups of fruit per day:
None = 23%
1 = 54%
2+ = 13%

# of cups of veggies per day:
None = 10%
1 = 58%
2+ = 19%
<table>
<thead>
<tr>
<th>Health Education sessions generating most interest:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>General Nutrition</td>
<td>44%</td>
</tr>
<tr>
<td>Evidence-based Exercise Programming</td>
<td>42%</td>
</tr>
<tr>
<td>Food Preservation</td>
<td>40%</td>
</tr>
<tr>
<td>Master Gardening</td>
<td>39%</td>
</tr>
<tr>
<td>Cooking Classes</td>
<td>38%</td>
</tr>
<tr>
<td>Chronic Pain Self Management</td>
<td>21%</td>
</tr>
<tr>
<td>Diabetes Self Management</td>
<td>17%</td>
</tr>
<tr>
<td>Chronic Disease Self Management</td>
<td>12%</td>
</tr>
<tr>
<td>National Diabetes Prevention Program</td>
<td>11%</td>
</tr>
</tbody>
</table>
Trinity Health Hybrid Care Manager, Karen MacWilliams commented, "One of the most common complaints I hear from patients that I give nutrition counseling to is that "it costs too much to eat healthy or I can't afford fresh fruits and vegetables." It has been very helpful to get patients engaged in healthy eating when we can overcome their biggest objection by rewarding their efforts with the Prescription for Health vouchers."
Participating retailer Rennhack Orchards Market stated:

“As the Prescription for Health voucher program has become more well-known, we are seeing increasing use of the vouchers at our market. [At this time] It is hard to say whether we have had significant increase from them or not. We also participate in Project Fresh, Senior Market Fresh, and Double Up Food Bucks; I am glad whenever we can help encourage our area residents to eat fresh, locally grown fruits and vegetables.”

Total Vendor Earnings:

Hansen Foods: $9450.00
Rennhack’s: $4305.00
New Era: $465.00
Funding and Quarterly Reporting Requirements

- # of participants referred into the program
- # and amount of vouchers distributed
- # and amount of vouchers redeemed
- # of nutrition education sessions
- # of participants per nutrition education session
- Pre and post survey data
- Barriers and success stories
- Financial status reports
Final Reporting Data

Participated in 1 or more classes: 87

Participated in outreach events and/or presentations: 148

Participants by Zip Code:
- 49420: 31%
- 49421: 8%
- 49436: 8%
- 49437: 2%
- 49446: 9%
- 49449: 9%
- 49452: 3%
- 49455: 17%
- 49459: 3%

Participants’ Age Range:
- 18-25 = 5%
- 26-35 = 9%
- 36-45 = 20%
- 46-55 = 18%
- 56-65 = 22%
- 66-75 = 12%
- 76-85 = 5%
- 86-95 = 3%

Seniors (age 55+): 42%
DHD#10 Post Survey (n= 122)

- 76% of participants reported adding more fruits and vegetables to their shopping list
- 43% have tried new fruits or vegetables
- 43% have tried new recipes
- 75% reported an increase in knowledge or motivation to eat more fruits and vegetables
- 56% noticed improvements in their health
  - 35% indicated losing weight as a result of participating
Key Stakeholders

Key collaborative partners providing Oceana residents educational programming:

• District Health Department #10
• Michigan State University Extension
• Oceana County Council on Aging
• EnerG Fitness
• Lakeside Rehab Family Fitness
• Our Friends House (adult daycare)
• Mary Ann Bush- Tai Chi for Health Instructor
• Trinity Health Medical Group
• Primary Care- Shelby
Key Partner
MSU Extension

CNI at New Era Farmers Market
Diabetes PATH in Spanish

Vivir bien con diabetes!
El Programa de Manejo Personal de la Diabetes de la Universidad de Stanford

Toma control de tu salud! Crea este taller interactivo en la universidad de Stanford para ayudar a la gente que padece diabetes o que cuida a alguien que padece diabetes. Harás que su vida se mejore enormemente.

En esta taller GRATUITO, se aprenderá:

- Comunicarse con los profesionales de salud y participar activamente en su cuidado
- Controlar los síntomas de su condición de salud
- Comer de una manera sana
- Crear un plan de acción como una herramienta vital del mismo personal
- Comunicarse mejor
- Habilidades para manejar el estrés

Detalles:
Precio: GRATUITO
Lugar: Hospital de Mercy (Salón de Actos)
Fecha: Sábado, 30 de abril, de 9:30 a 10:30 am

Para más información o si desea comunicarse con Carol, llame: 3305.

Partners / Supporters:

HEALTH PROJECT
A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH

MSU EXTENSION
SeniorResources
Oceana Hispanic Center
LIONS INTERNATIONAL
Oceana Community Foundation
Online Home Food Preservation

This low-cost course is designed to increase knowledge and confidence in water bath and pressure canning, freezing, pickling and dehydrating techniques.

Each lesson includes a video lecture and resources. Once registered, participants have the flexibility to complete the course at any time within a one year period. Participants can also take the lessons in any order.

Respond to email with your interest and you will be registered for the online class and sent the link.
Key Partner
District Health Dept #10

1 in 3 US adults has prediabetes and is at high risk for type 2 diabetes

ARE YOU?
Take the Prediabetes Risk Test to find out!
www.diabetes.org/prediabetes-risk-test/

The sooner you know your risk for prediabetes, the sooner you can take action to reverse it by joining the National Diabetes Prevention Program (NDPP)

The NDPP is a well-structured, evidence-based, effective change program for those who have been diagnosed with prediabetes or are at higher risk of developing diabetes. Participants learn the skills and habits to manage eating habits, be more active, and lose a modest amount of weight in order to prevent or delay Type 2 diabetes.

Topics Include:
- Eating Mindfully
- Plate Power
- Activity Everywhere
- Step It Up!

Next class begins April 11, 2023!

Contact Katie Haver
253-455-3019 (BHSU)
218-474-0071 (MARRC)
MARRC@bhsu.edu (MARRC)

District Health Department #10

Cohort 1

Cohort 2
Key Partner
Lakeside Rehab
Key Partner
Tai Chi

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Key Partner
New Era Farmers Market
Rx for Health - Program Variations in Michigan

Muskegon Prescribes Food for Health

Trinity Health Farm Stand, Ann Arbor
Prescription for Health Participant Testimonial

TO: Prescription for Health Grant
DATE: 1/13/2023
RE: Program success

I am a recipient of Prescription for Health funding. I completed an eight-week Balance class offered by Oceana’s Council on Aging. As the result of my participation, I was awarded $120.00 in Prescription for Health dollars distributed by Mercy Health Project.

Prescription for Health was a gift. As an individual living with a chronic disease, I must practice diligence in what I consume. I do not qualify for food assistance, yet rising prices adversely affected my food budget.

Prescription for Health allowed me to shop at my favorite community farmer’s markets and fruit/vegetable stands. Due to the certificates being released at the beginning of summer, I was able to purchase locally grown produce in season when it was fresh and abundant (cheap). I preserved fruits and vegetables for the winter by canning and freezing. I know where my food came from and, because I control the recipe, what’s in it (no sodium).

For example, towards the end of the season tomatoes were $12.50 a half bushel. I produced Quarts of whole tomatoes and tomato juice. I made pints of tomato soup and salsa. I always keep a quart or pint on the shelf for entry in the county fair the following year!

I love that Prescription for Health not only impacted Senior Citizens, but the local agricultural and retail communities profited as well. I also appreciated that the coupons could be used for frozen or canned fruits and vegetables should one be unable to process their own fresh produce.

This program was genius and went far in putting knowledge and healthy eating into the consciousness of local seniors.
Lessons Learned & Future Sustainability

- The pandemic threw us into the virtual world and numerous classes were offered online.
- Some participants requested the participation by more vendors (grocery stores and farmers’ mkts).
- Unreached targets: minority population. *New methods have been created/tailored to target this population in the near future.
- Due to the pandemic, annual outreach screening events did not take place; unable to promote & recruit in-person at events.
- Due to the pandemic, some parts of the program were extended. Toward the end of the program, the work became rushed and hurried. During that time, communication fell short; particularly miscommunications regarding program budget.
- The post-survey collectors did not have any residents from our county fill out the post-survey; likely due to the extension of the program and participants participated to the final day of the program. Opinion: data collectors should have contacted participants after the program ended and/or requested education partners or coordinators to perform the post-surveys.
- Due to the pandemic, priorities shifted for people and partners, as well as an uncertain financial future which render it difficult to approach funders at this time to assist in sustainability.
- Other than grants, future sustainability thoughts include approaching the community benefit side of the hospital, and other possible entities such as local county government to allocate money from their budgets.
QUESTIONS
Contact Us:

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Michigan State University Extension Health Educator
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https://www.canr.msu.edu/outreach/