



ACTION TEAM MINUTES



ACTIVE LIVING NETWORK

Date: January 22, 2019

Time: 11:00am – 12:30pm

Introductions

Present: Karen Adcock, *City of Auburn Hills*; Robin Danto, *MSUE*; Laurie Gell, *TTI*; Carrier Hribar, *OCHD*; Samantha Karson, *MedNet One Health Solutions*; Emily Norton, *Macomb County Health Department*; Kristina Ottenwess, *OCHD*; Adam Spears, *Applied Fitness Solutions*; Laurel Stevenson, *Oakland University*; Lindsay TerHaar, *OCHD*; Virginia Uhley, *Oakland University William Beaumont School of Medicine*; Madonna VanFossen, *SMART*; Suzanne Weinert, *OCHN*; Jessica Williams, *OCHD*

Prescription for Health

Laurel Stevenson presented on the Pontiac Prescription for Health Program that was funded by Blue Cross Blue Shield of Michigan, on behalf of the Healthy Pontiac, We Can! Coalition. The key partners for the program included Oakland County Health Division, Oakland University, Gary Bernstein Community Health Clinic, Mercy Place Clinic, Oakland Integrated Health Network, and St. Joseph Mercy Oakland Hospital. To be eligible for the program, participants needed to be at risk for chronic disease (obese and/or hypertensive), uninsured or underinsured in the Pontiac area, low income, and willing to participate. Participants in the program attended health education sessions, and were given produce vouchers and gym memberships.

As staff looks forward at sustainability and future activities, things to be considered include: continuing to build on community partnerships and networks that were established, incorporate this model in other clinic-community activities, continue to seek funding, gain support from health systems and insurance organizations to incorporate and support this model into the health savings.

Life Expectancy Data

Life expectancy data for Oakland County was shared with the group. The data was provided by U.S. Small-Area Life Expectancy Estimates Project (USALEEP), a partnership of National Center for Health Statistics, the Robert Wood Johnson Foundation (RWJF), and the National Association for Public Health Statistics and Information Systems (NAPHSIS). This is the first time this data has been made available at this geographic level – using census tracts, which are smaller than zip codes. The estimates are based on state death records and population estimates from the US Census Bureau.

As discussed, there is a 21-year difference between the highest and lowest life expectancy in Oakland County based on census tracts. A census tract in Pontiac has a life expectancy of 65.7 years and a census tract in Troy has the highest life expectancy of 86.8 years. The 10 areas with the highest and lowest life expectancies were discussed. This data helps the Health Division to determine which communities or geographic areas to prioritize, focus on, and service, as these disparities are caused by differences in opportunity. Discussion was had about determining what other data could correlate with this life expectancy data.

Determining the life expectancy in your neighborhood can be found using this link:

<https://www.rwjf.org/en/library/interactives/whereyouliveaffectshowlongyoulive.html>

Goal Setting

The group voted on which goals they would like to focus on, as outlined in the Community Health Improvement Plan (CHIP). From the choices of: 1) Increase education and promotion of opportunities for active living; 2) Increase access to safe, affordable, active living activities in the community; 3) Increase the number of children and youth that are physically active for 60 minutes per day; 4) Increase employer wellness policies promoting and supporting active living. The group voted to focus on increasing education and promotion, and increasing access to safe and affordable activities. Some of the brainstormed ideas on how to execute these goals include:

- Joint community programs with partners
- Partnerships on grants to promote
- Develop library of ideas, suggestions for programs that worked
- Flyers at senior centers, churches, community centers, schools, places of business, grocery stores, etc.
 - Put link on county website
- Hold community sessions and have tables with info and various community events
- Put information for activities on electric and utility bills
- Create lists of physical activity opportunities in community broken up by populations (ex: children, families, older adults) and distribute via website and paper flyers at community locations.
- Streamline between City of Pontiac physical activity budget and other community activities/organizations
 - Parks & Rec budget and resources
 - Sheriff PAL events and resources
 - OCHD events and resources
- Work with local business and chamber of commerce to promote
- Create network list of ECHO members so information can be shared and passed along
- Work with creating partnerships with community active living resources (ex: gyms, activity centers, schools/university)
- Bring more speakers from outside ALN/ECHO to educate us on opportunities throughout Oakland Co.
- Form a standard method for residents to access opportunities, whether it be social media, service directory, etc.
- Education sessions for residents who aren't 'at risk' for disease

Ideas brainstormed will be discussed further on the February call.

Partner Updates

- Karen Adcock with the City of Auburn Hills informed the group of their home-based physical therapy program called Hop Up. It is marketed towards seniors and those at risk for falls, and includes 6 visits, physical therapy, a blood pressure monitor and a Fitbit for activity tracking.
- Madonna Van Fossen with SMART said she is open for collaboration and is always looking for new partners. Her email is mvanfossen@smartbus.org.
- Adam Spears with Applied Fitness Solutions notified the group of the 2nd Annual Firetruck Pull to benefit Special Olympics Michigan, which will be held on May 4th. More information can be found on their Facebook event at <https://www.facebook.com/events/209381659942958/?ti=ia>.
- Laurie Gell with TTI informed the group of a free Narcan Training that will be held on February 28, 2019 from 6:30 – 8:30pm at the Berkley Public Library.

February Phone Call February 26, 2019 11:00am – 12:00pm Conference Call #: 248-454-0579	March Meeting March 26, 2019 Third Floor Conference Room (322) Oakland County Health Division
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