


**2018**  
**YEAR IN REVIEW**

**ECHO**  
Energizing Connections for Healthier Oakland



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For Energizing Connections for Healthier Oakland (ECHO), 2018 was a year of transformation and growth. ECHO garnered valuable information through a Food System Assessment and from new life expectancy data released in the fall. With this information, ECHO is building on action team activities to create opportunities for everyone to live a healthier, quality life.

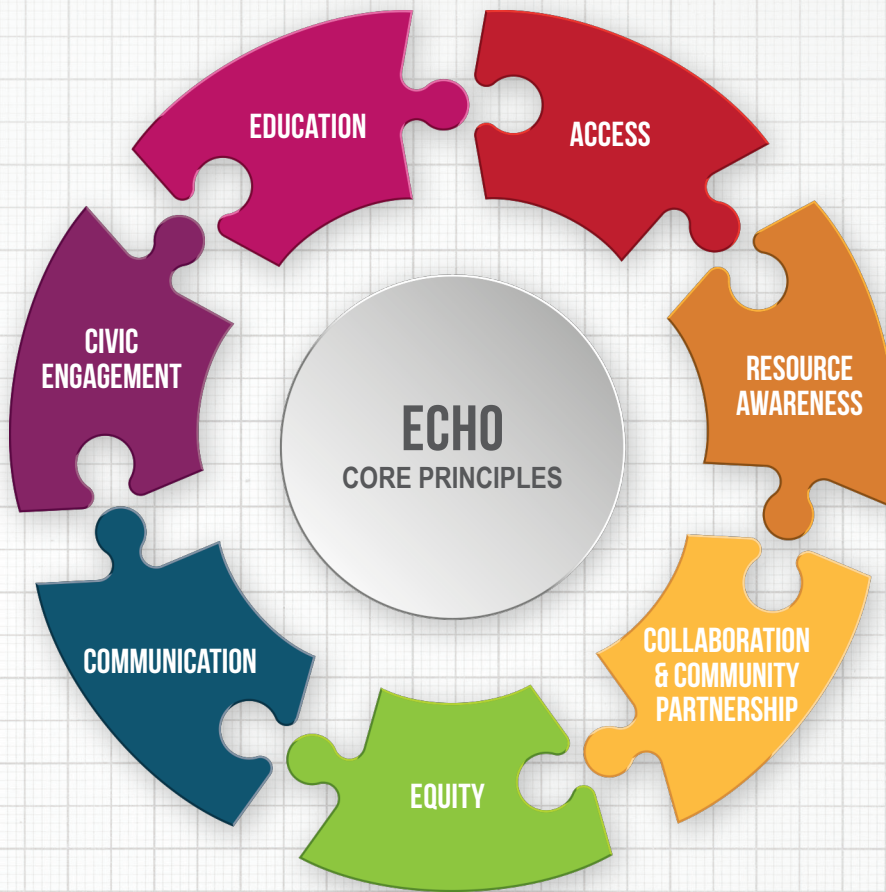
ECHO adopted a charter this year providing the foundation for making impactful change to health in Oakland County. Infrastructure changes included launching an Executive Committee and evolving the Steering Committee into an Advisory Council. The Executive Committee provides guidance on the ECHO strategic direction, monitors health-related trends, and oversees ECHO progress in achieving strategic priorities. The Advisory Council provides guidance to ECHO initiatives, approves changes to the ECHO strategic direction, and serves as ambassadors for ECHO.

In 2018, ECHO workgroups continued efforts targeting the strategic issues. The Food Policy Council developed a blueprint to guide the council's development, operations, and policy focus, which led to forming the healthy eating and food security workgroups. The Access to Care Workgroup launched community resource cards, which support increasing access to free and low-cost healthcare services in Oakland County. Two hundred new resources were added to the ECHO Service Directory by the Food Policy Council and Active Living Network. Utilizing a collective impact framework, ECHO will continue improving health in Oakland County through action team strategies, expanding partnerships, and by planning for the next community health assessment in 2020. Read the ECHO E-newsletter to stay informed and connected. Thank you to all ECHO partners for their commitment and efforts to make Oakland County a healthier, thriving community.

## BACKGROUND



Making Oakland County the best place to live, work, and play, remains a top priority for County Executive L. Brooks Patterson. Over the past 26 years, this has included improving the quality of life through active and healthy communities. To support this mission, Oakland County Health Division organized Energizing Connections for Healthier Oakland (ECHO), a health improvement initiative, in 2014. ECHO continues to work with community members and partners to fulfill its vision of ***“Healthy people connected to a thriving community.”***



## ECHO STRATEGIC ISSUES

**HEALTHY EATING**

Create environments that provide equitable access and education about healthy eating.

**ACTIVE LIVING**

Strengthen access to resources and opportunities to promote active living.

**BUILT ENVIRONMENT**

Cultivate a built environment that promotes a healthy, connected, thriving community.

**ACCESS TO CARE**

Ensure access to integrated health services for all community members.

**DATA AND INFORMATICS**

Increase data use and sharing to improve understanding of health and service delivery.



## **ACTION TEAMS: IMPROVING OPPORTUNITIES FOR HEALTH**

ECHO Action Teams utilize long-standing partnerships to create and sustain health improvement initiatives in Oakland County. In 2018, they focused on addressing barriers to healthy living and improving opportunities for all to be well.

### **ACCESS TO CARE WORKGROUP**

The Access to Care Workgroup analyzed results from a gap analysis completed in 2017 that identified barriers to accessing care in Oakland County. With these results, the workgroup created and launched a resource card for community residents to help them access free and low-cost services in Oakland County. The resource card is available on the ECHO website in English, Spanish, and Arabic. Local agencies also provided presentations about Oakland County resources, such as low-cost dental services and mental health trainings and resources, to increase awareness among all partners.

### **UPCOMING ACTIVITIES:**

- Continue creating resource cards for various services including Dental and Vision
- Explore emerging issues that impact access to care
- Identify ways to increase data collection for the social determinants of health



## FOOD POLICY COUNCIL

Oakland County Food Policy Council (OCFPC) received a seed grant from the Michigan Local Food Council Network, which funded a consultant to facilitate a strategic planning process and establish a framework of operations for the council. The consultant conducted a series of 5 meetings with OCFPC members from March through September 2018. During these meetings, OCFPC established council goals, values, and a structure for action.

OCFPC conducted a food system assessment between January and April 2018 using two sources of data. Existing data was gathered related to food systems, eating habits, and social determinants of health. OCFPC also surveyed community members to identify gaps and needs related to food in Oakland County. Results from the food system assessment were used to select OCFPC priorities and actions moving forward. Two workgroups were established to address the areas of greatest concern – the Healthy Food and Food Security Workgroups.

### UPCOMING ACTIVITIES:

- The Healthy Food Workgroup will advocate to expand 10 Cents a Meal throughout the state of Michigan, providing school aged children with increased access to fruits and vegetables at school
- The Food Security Workgroup is exploring options for increasing transportation to farmers and produce markets
- OCFPC will continue monitoring policies and laws and advocate for a healthier and equitable food system



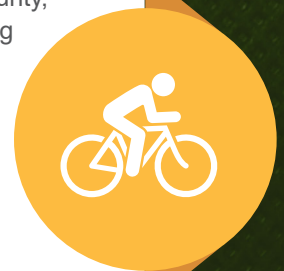
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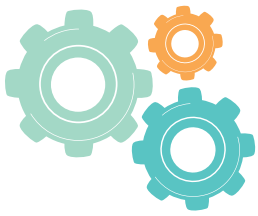
## ACTIVE LIVING NETWORK

The goal of the Active Living Network is increasing the number of children and older adults living active lifestyles in Oakland County. Throughout 2018 meetings, members examined initiatives that promote and connect people to physical activity opportunities in Oakland County, and pursued Communities of a Lifetime designation. The group prioritized promoting and sharing resources and opportunities among members and the community at large. A bi-monthly e-newsletter connects and shares information and events between meetings. The network also focused attention on low-cost physical activity in the community and expanded the ECHO Service Directory with over 70 new Oakland County recreation and leisure resources.

### UPCOMING ACTIVITIES:

- Develop an Active Living Network Facebook group to share the network's resources, events, and opportunities with the community
- Continue to promote low-cost community resources and opportunities for physical activity





# ECHO PARTNER HIGHLIGHTS:



## PONTIAC PRESCRIPTION FOR HEALTH INCREASES OPPORTUNITIES FOR HEALTHY FOOD AND PHYSICAL ACTIVITY

During the summer of 2018, Oakland University partnered with OCHD's Healthy Pontiac, We Can! coalition to pilot the Pontiac Prescription for Health program. The program linked Pontiac residents to healthy foods and physical activity to promote healthy habits. Uninsured or under-insured individuals with either high blood pressure or a high body mass index participated. From June through September, 100 residents began and 50 residents completed the program. Participants received monthly educational workshops and vouchers redeemable at local farmer's markets, grocery stores, and toward gym memberships.

Partners are now looking to expand the program and find sustainable funding. Key partners include Dr. Gary Burnstein Community Health Clinic, Honor Community Health (formerly Oakland Integrated Health Network), Mercy Place Clinic, Oakland County Health Division, Oakland University, and St. Joseph Mercy Oakland. The pilot program was funded by Blue Cross Blue Shield of Michigan.

## PONTIAC FREE CLINIC PROVIDES HEALTHY FOOD TO RESIDENTS IN NEED

The Dr. Gary Burnstein Community Health Clinic (GBCHC), a free clinic located in Pontiac, provides healthy food to anyone in need through the D. Dan and Betty Kahn Healthy Eating, Healthy Living Food Program. Thirty pounds of healthy food per family, including protein and produce, are distributed the 3rd Thursday morning of every month at the health center. GBCHC purchases enough food for 100 families and food is distributed on a first come, first serve basis. Individuals receiving food also participate in a health fair inside the clinic that includes blood pressure and blood sugar checks, foot care, vaccines, and information from community partners. GBCHC also provides household products and personal care items at the health fair.

## OAKLAND COMMUNITY HEALTH NETWORK SOBER SUPPORT UNIT

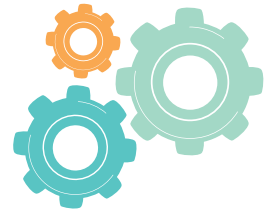
The Sober Support Unit (SSU) serves as a sobering and monitoring program for people experiencing side effects of drug and alcohol misuse; creating a gateway to further treatment for substance use disorders. It enhances jail diversion efforts and reduces non-emergency visits to the hospital. The SSU was developed in response to the current opioid epidemic. The program launched in October 2017 as a collaboration between Oakland Community Health Network (OCHN), Common Ground, and local law enforcement. It is available to anyone in Oakland County with a substance use disorder. The unit accommodates up to ten individuals, twenty-four hours a day, seven days a week and is housed at the OCHN Resource and Crisis Center (RCC).



## LIVERNOIS IMPROVED FOR FERNDALE CYCLISTS & PEDESTRIANS

The City of Ferndale completed construction on Livernois Street between Eight and Nine Mile as part of the city's multi-modal transportation plan - Ferndale Moves! Several improvements were made to Livernois, including newly paved asphalt, protected bike lanes, additional off-street bike parking, bike boxes to give people on bikes a place to wait ahead of cars at traffic signals, mid-block crossings and curb extensions to increase pedestrian safety. Also a new public plaza with green space was added at the W. Nine Mile and Livernois intersection. These changes help make biking and walking easy, attractive, convenient, and safe for all road users, including drivers, pedestrians, and cyclists. Learn more about Ferndale's Complete Streets plans at [ferndalemoves.com](http://ferndalemoves.com).

# Together we can make a great impact on the health and well-being of Oakland County



## HOME BASED OLDER PERSON UPSTREAMING PREVENTION PHYSICAL THERAPY (HOP-UP-PT)

Oakland University School of Health Sciences created the Home-based Older Person Upstreaming Prevention Physical Therapy (HOP-UP-PT) program to provide prevention-focused, home-based physical therapy services for older adults at highest risk of becoming home-bound or hospitalized. Physical therapists provide a range of services that enable older adults to safely remain in their homes as they age including: social support, nutrition, medication management, home safety, transportation, and resources. The City of Auburn Hills partnered with OU for the past three years and expanded the program in 2018 to serve more aging adults. Participants were recruited at senior housing complexes in Auburn Hills, city-sponsored functions, and by self-referral. Seniors reported that they were empowered to take control of their own health after engaging in the program. The HOP-UP-PT program is supported by the Michigan Health Endowment Fund.



## HONOR COMMUNITY HEALTH IMPLEMENTS HEALTHY SMILES MOBILE UNIT

Honor Community Health recently started providing services through their Healthy Smiles Mobile Dental Unit. Developed with support from Delta Dental Foundation, the mobile unit addresses the transportation barriers that prevent many in Oakland County from seeking dental services. The goal is to ensure people receive dental services by taking the services to patients and working with community partners throughout the county, such as homeless agencies, schools, and many others. Currently, the unit offers preventative dental services, such as cleanings, x-rays, exams, and sealants. Honor refers people with more extensive restorative and specialty service needs to its Joslyn Smile Center in Pontiac.



# HOW DO SOCIAL AND PHYSICAL ENVIRONMENTS INFLUENCE HEALTH?

Being well starts before people go to the doctor's office or hospital. Health starts in our homes, schools, workplaces, neighborhoods, and communities. Ensuring healthier lives for all people involves examining social, economic, and environmental factors and how they impact health risks and outcomes. Known as the **social determinants of health** (SDOH), these conditions are shaped by access to resources, the ability to get healthy food, stable housing, safe neighborhoods, educational opportunities, public transportation, and jobs that pay a fair wage.

*Below are examples of the progression of how social determinants impact health outcomes.*

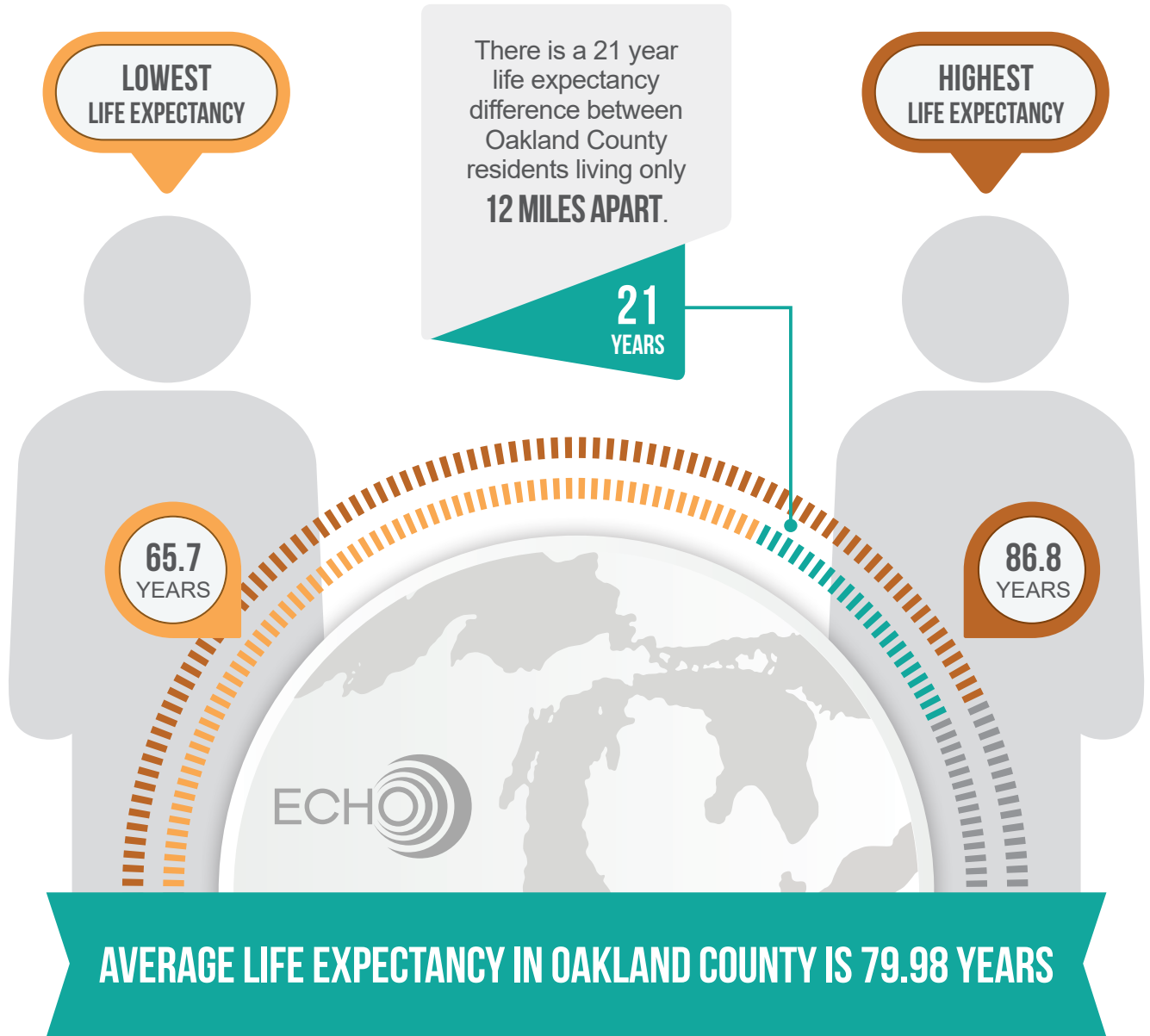


## HOW IS ECHO WORKING TO CREATE THRIVING COMMUNITIES?

By focusing on things like healthy food access, transportation, safe neighborhoods, and access to care, people can have the tools they need to stay healthy. ECHO is working to address SDOH in our action strategies. In 2018, we examined life expectancy data across Oakland County, and found significant discrepancies depending upon the neighborhood you live in. By examining SDOH in the county, it can assist in identifying what is driving disparities and ultimately support keeping people healthy in the first place.



# YOUR NEIGHBORHOOD CAN AFFECT HOW LONG YOU LIVE



National Center for Health Statistics. U.S. Small-Area Life Expectancy Estimates Project (USALEEP): Life Expectancy Estimates File for Oakland County, 2010-2015. National Center for Health Statistics. 2018. Available from: <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>.

# ECHO PARTNERS

## ACCESS

American Cancer Society  
 American Heart Association  
 Applied Fitness Solutions  
 Area Agency on Aging-1B  
 Ascension Providence Rochester  
 Ascension Southeast Michigan  
 Auburn Hills Senior Services Department  
 Baldwin Center  
 Beaumont Health  
 CarePatrol of Oakland County  
 Centro Multicultural La Familia  
 City of Auburn Hills  
 City of Ferndale  
 Community Housing Network  
 Easterseals Michigan  
 Ecology Center  
 Ferndale Parks and Recreation  
 Forgotten Harvest  
 Dr. Gary Burnstein Community Health Clinic  
 Gleaners Community Food Bank of Southeastern MI  
 Great Start Collaborative Oakland County  
 Healthy Pontiac, We Can!  
 Henry Ford Health System  
 Henry Ford West Bloomfield

Honor Community Health  
 Hope Hospitality and Warming Center  
 Huron Valley Recreation and Community Education  
 Huron Valley-Sinai Hospital  
 Huron-Clinton Metro Parks  
 Jewish Family Service of Metro Detroit  
 JVS Human Services Detroit  
 Kadima Mental Health Services  
 Macomb County Health Department  
 McLaren Oakland  
 Medical Network One (Med Net One)  
 Meridian Health Services  
 Michigan Department of Corrections  
 Michigan Department of Health and Human Services  
 Michigan Local Food Council Network  
 Michigan State University Extension  
 Miller-Carr Human Services  
 MPRO  
 Oakland Community Health Network  
 Oakland County Board of Commissioners  
 Oakland County Child Care Council  
 Oakland County Economic Development and Community Affairs  
 Oakland County Health Division  
 Oakland County Homeland Security

Oakland County Medical Control Authority  
 Oakland County Michigan State University Extension  
 Oakland County Parks and Recreation Commission  
 Oakland County Treasurer's Office  
 Oakland County Veteran's Services  
 Oakland County Water Resources Commissioner's Office  
 Oakland County Youth Assistance  
 Oakland Family Services  
 Oakland Literacy Council  
 Oakland Livingston Human Service Agency  
 Oakland Schools  
 Oakland University  
 Oakland University William Beaumont School of Medicine  
 Older Persons' Commission  
 SMART  
 South Lyon Area Recreation Authority  
 Southeastern Michigan Health Association  
 St. Joseph Mercy Oakland  
 Taste the Local Difference  
 Training and Treatment Innovations  
 United Way for Southeastern Michigan  
 Yad Ezra  
 YMCA North Oakland

For more information about ECHO or to join an action team, reach us at:  
[oakgov.com/ECHO](http://oakgov.com/ECHO) or [echo@oakgov.com](mailto:echo@oakgov.com)



## THE ROAD AHEAD

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In 2019, ECHO will continue working on its five strategic priorities established in 2016, building on accomplishments from the previous three years. ECHO action teams will continue making strategic relationships among community organizations, promoting awareness of available resources, and producing solutions that address unmet needs. Learning more about the social determinants of health and the impact on health continues to be a priority. Health equity is a foundational value of ECHO that we aspire to instill in all of our activities.

Our next Community Health Assessment (CHA) will begin in 2020 and will prioritize community engagement so that Oakland County residents have strong input into determining community needs and strategies to continue improving health. We will continue identifying barriers that prevent people from achieving positive health outcomes and the most effective ways to reduce them. By examining the places community members live, learn, work, and play, we will dig deeper into factors that create health disparities and develop effective strategies to address them.

We want to thank our action team members, partner organizations, and community members who contributed to the work of ECHO in 2018. Your continuing support is key to our goal of improving health in Oakland County.

**ALONE, WE CAN DO  
SO LITTLE**



**TOGETHER,  
WE CAN DO  
SO MUCH**

*- Helen Keller*

