




## Community Health Perspective

MSU Legislative Leadership Program  
Health Policy Issues Group  
April 30, 2019

La salud de la gente es un derecho humano.



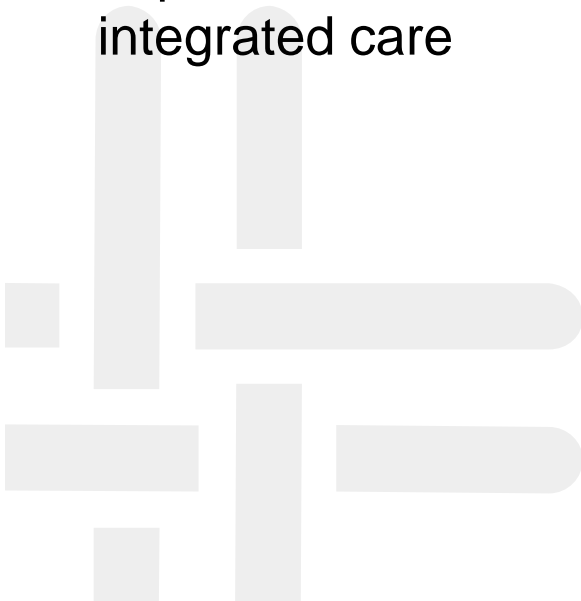
We believe health care is a basic human right.



# Community Health Centers

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- Consumer driven
- Patient Centered Medical Homes
- Local economic engines
- Trusted community partners
- Backbone of health care safety net
- Improve health outcomes, lower costs, ensure access to high-quality, integrated care



# Community Health Centers

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- 4 key components define them:
  - Located in high need areas: MUAs
  - Comprehensive set of services: medical, dental, behavioral health
  - Open to everyone: regardless of insurance status; sliding fee scale
  - Patient-majority governing boards: 51% of Board must be patients



# Community Health Centers

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- Who do health centers serve?

## U.S.

- 1,400 health centers
- 12,000 delivery sites
- 28 million patients
- 8.4 million children
- 1.4 million homeless
- 350,000 veterans
- 49% on Medicaid
- 12% on Medicare
- 18% on private insurance
- 23% are uninsured

## MI

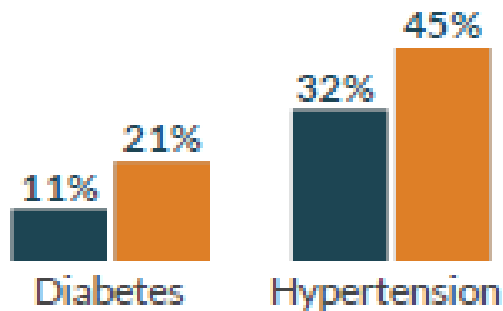
- 45 health centers
- 300 delivery sites
- 700,000 patients
- 220,000 children
- 36,000 homeless
- 14,000 veterans
- 54% on Medicaid
- 9% on Medicare
- 19% on private insurance
- 15% are uninsured

# Community Health Centers

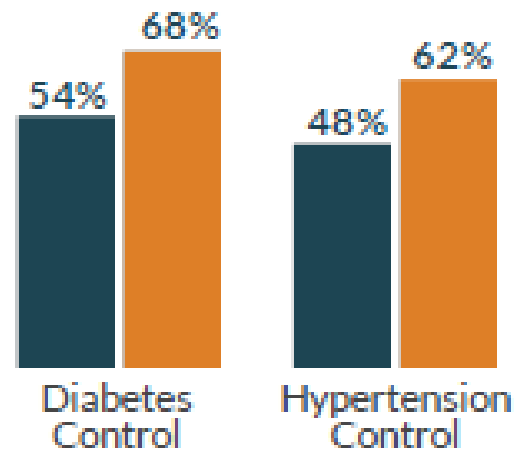
- Health Center impact on patients
  - Health centers perform better on ambulatory care quality measures compared to private physicians and are narrowing health disparities

Many Patients Present to Health Centers With Chronic Conditions

% of Adults Reporting Ever Being Told They Have:



And Health Center Patients Have Higher Rates of Diabetes & Hypertension Control



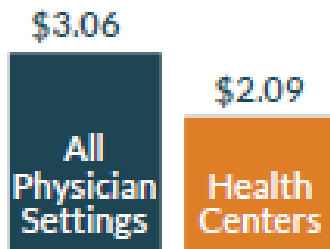
■ National ■ Health Center

# Community Health Centers

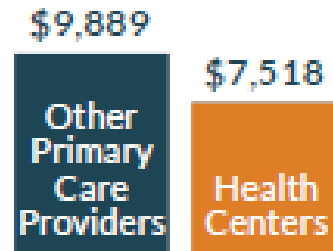
- Health Centers create savings and promote economic growth
  - 220,000 employees nationally; 6,000 employees in MI
  - 110 million visits nationally; 2.7 million visits in MI
  - Health centers create \$45.6 billion in total economic activity yearly

## Health Centers Save The Health Care System **\$24 Billion Annually**

Health Centers' Average Daily Cost Per Patient is Lower



Health Centers, on Average, Save Over \$2,300 (24%) Per Medicaid Patient



# CHASS - SOUTHWEST DETROIT



## CHASS DEMOGRAPHICS

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Before ACA- 86% uninsured, 15% underinsured

After ACA- 49% uninsured, 35% underinsured

22% Pediatric, 7% Geriatric

79% Latino, 11% African American, 4% White

68% Spanish, 30% English, <2% Arabic

84% under poverty line

(12,140 single person; 25,100 family of four)



# COMMUNITY HEALTH AND SOCIAL SERVICES (CHASS)

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## MORE THAN A MEDICAL CLINIC

- Primary care
- Dentistry
- Pharmacy
- Social work
- Nutrition
- REACH- diabetes support
- La Vida- domestic violence services
- Community Center
- Farmer's Market



## PATIENT CHALLENGES



LACK OF INSURANCE

DIFFICULT TO WALK IN DANGEROUS NEIGHBORHOOD

NO GYMS

IMMIGRATION ENFORCEMENT STRESS

CAN'T AFFORD MEDICINES, TRANSPORTATION, ETC.

LIMITED ACCESS TO HEALTHY FOODS



Due to lack of insurance, you become the only place the patient can go

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- TRUE FAMILY DOCTORS

- PRENATAL CARE

- PEDIATRIC CARE

- INJECTIONS

- COLPOSCOPY

- IUD INSERTIONS

- NEXPLANON INSERTIONS

- OSTEOPATHIC MANIPULATION

- COMMUNITY-BASED PARTICIPATORY RESEARCH

JOSE



# WHAT DO WE AT CHASS DO TO HELP OUR PATIENTS

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UNDERSTAND COST / BENEFIT RATIO FOR MEDICATIONS

MAT TREATMENT - OPIOID ADDICTION SERVICES

BEHAVIORAL HEALTH

COMMUNITY HEALTH WORKER PROGRAMS

COOKING CLASSES

ZUMBA




CHASS MERCADO

FRESH RX PROGRAM

CHASS 5K

CHASS BOOT CAMP

# NUTRITION EDUCATION / COOKING CLASSES

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**WHEN: Saturdays 10:00-11:00am**

- August 19, 2017 (come at 9:00am for blood work)
- August 26, 2017
- September 2, 2017
- September 16, 2017 (come at 9:00am for blood work)

**CHASS Center, Inc.**  
**5635 West Fort Street**  
**Conference Center**

Cost: \$25, space is limited. Register today by calling 313.849.3920 ext. 5163.

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Las clases se llevarán a cabo los jueves  
25 de enero al 1 de marzo 2018  
10:00 am – 12:00 pm

Para más información  
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# CHASS MERCADO

THURSDAYS AT CHASS THROUGH THE SUMMER



# FRESH RX PROGRAM

## Fresh Prescription (Fresh Rx) Program

- Prescription (or referrals) given by CHASS provider for patients with diabetes mellitus, hyperlipidemia, obesity, and hypertension. Also, patients who are pregnant or who have children with limited access to fruits and vegetables may be referred.
- CHASS (farmers' market) Mercado lasts 13-weeks every Thursday (9am-1pm) from June-October
- allotted up to \$80 (\$10 for up to eight weeks) for purchase of fresh fruits and vegetables.







Contents lists available at ScienceDirect

## Preventive Medicine Reports

journal homepage: <http://ees.elsevier.com/pmedr>



# Participation in a farmers' market fruit and vegetable prescription program at a federally qualified health center improves hemoglobin A1C in low income uncontrolled diabetics

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Food access

Fruit and vegetables

### ABSTRACT

Fruit and vegetable prescription programs have been shown to increase consumption of fresh produce, but whether they have an impact on medical outcomes is unknown. The purpose of this study was to examine the role of participation in a farmers' market and fruit and vegetable prescription program on changes in hemoglobin A1C (HbA1C), blood pressure (BP) and weight in patients with uncontrolled type 2 diabetes at a federally qualified health center (FQHC) in Detroit, MI.

The 13-week Fresh Prescription program (June 2015–October 2015) was designed to improve access and consumption of produce among low-income patients with uncontrolled type 2 diabetes. The program allotted up to \$40 (\$10 per week for up to four weeks) for purchase of produce from a FQHC located farmers' market. Adult, non-pregnant patients with a history of type 2 diabetes that had an elevated HbA1C > 6.5 within three months before Fresh Prescription program were eligible to participate. HgA1c, BP and weight were collected within three months of program start and within three months of completion.

There were 65 eligible participants with complete biometric data. A statistically significant ( $p = 0.001$ ) decrease in HbA1C was found (9.54% to 8.83%). However, weight (208.3 lbs. to 209.0 lbs.) and BP (135.1/79.3 mm Hg to 135.8/77.6 mm Hg) did not change from pre- to post-study ( $p > 0.05$ ).

Access to a fruit and vegetable prescription program over a 13-week period led to decreased HbA1C concentrations in uncontrolled type 2 diabetic patients living in an urban area of predominately-lower socioeconomic status.

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“ I can't go for a walk; it is dangerous in my neighborhood”

“ I can't go for a walk; it is cold outside”



# CHASS 5K RUN / WALK, KIDS RACE AND HEALTH FAIR



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“I don’t have time to read to my children, that is what their school is for”



## LESS READING AT HOME

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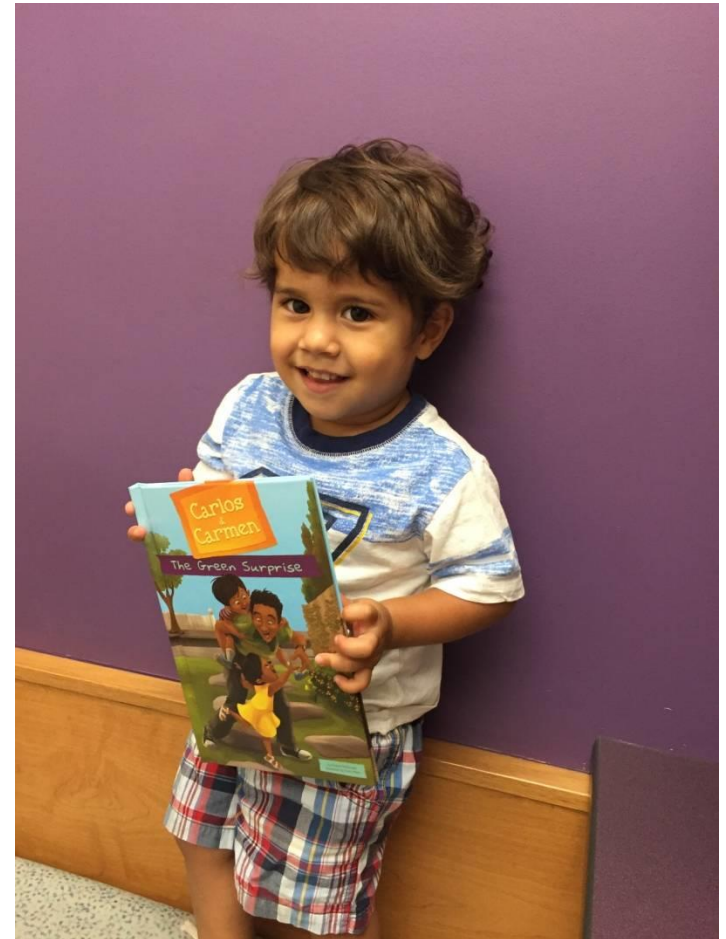
The landmark Hart-Risley study on language development documented that children from low-income families hear as many as 30 million fewer words than their more affluent peers before the age of 4. *Hart, B. Risley, T. Meaningful Differences in the Everyday Experiences of Young American Children (1995), Paul H. Brookes Publishing Co.*



# REACH OUT AND READ



where great stories begin™





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# How does the election of an anti-immigrant president affect health and social service utilization?

## Findings from Southeast Michigan

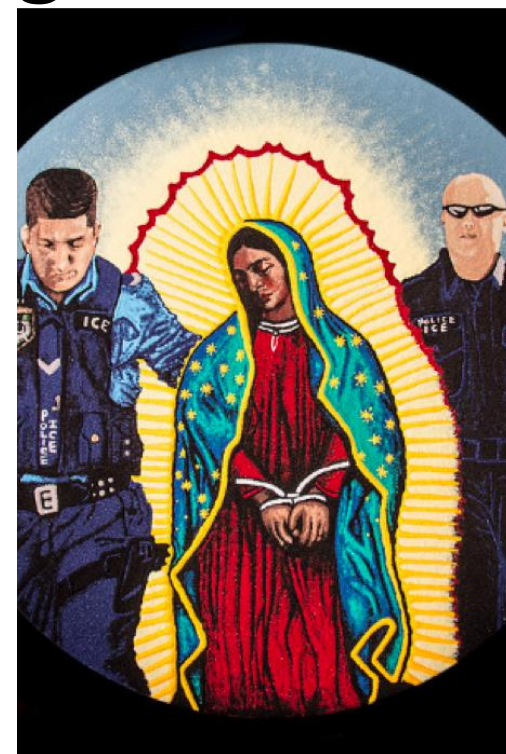
*Presented by:*

Paul J. Fleming, PhD, MPH

Richard Bryce, DO

American Public Health Conference 2018

November 12, 2018



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*“I have a [diabetes] patient that barely ever leaves her house. She’s just scared, she’s really, really scared... **[The fear] makes their A1C numbers go through the roof. Because they’re stressed out all the time.** They’re always looking over their shoulder. Sometimes they’ll go a week or two without medication because ‘I can’t find anyone to take me’ or ‘I can’t find anyone to pick it up for me.’... **or because they just don’t feel safe enough to come out.**”*

– Jessica, Community Health Worker, CHASS





# FUTURE OF CHASS

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- **Food Insecurity**
  - *Mesa Saludable* - Partnership with CHASS and Gleaners



A decorative graphic consisting of several overlapping, rounded rectangular bars in various colors: cyan, green, orange, purple, and red. The bars are arranged in a scattered, overlapping pattern on the left side of the slide.


## Questions? Thank You

Felix Valbuena, Jr, MD, DABFM, FAAFP  
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We believe health care is a basic human right.

A decorative horizontal bar at the bottom of the slide, composed of four segments in different colors: orange, green, purple, and cyan.