

Anchor Institutions: The Lift is Heavy, Yet Our Team is Anchored Well

By Kimberlydawn Wisdom, M.D., M.S., Senior Vice President of Community Health & Equity and Chief Wellness & Diversity Officer at Henry Ford Health System



Part of Henry Ford Health System’s mission is to bring measurable benefit, in increasingly more collaborative ways, to the communities surrounding our programs and services in southeast Michigan. As we broaden, develop and advance that mission, we embrace our role as an anchor institution and claim our responsibility to collaborate to ensure that our communities are safer, healthier, and economically strong. The anchor approach prioritizes local economic development through place-based investing, local hiring and purchasing, and is designed to drive substantial economic progress in our community. This forward-thinking pathway creates an environment where the health system and the community can grow and thrive.

A founding and active member of the Healthcare Anchor Network since its inaugural meeting in December 2016, Henry Ford is collaborating with and learning from other anchor institutions. We are redefining ourselves and our anchor role, and it’s not just happening here – it’s happening across the country. In addition, we recently established a committee at the System level, the CHAnCE Council – Community Health Anchor Council Enterprise-wide – to join our corporate and clinical operations.

This work is especially evident in the area surrounding Henry Ford Hospital, in the Downtown, Midtown and New Center areas of Detroit. Two major expansion projects that serve as examples of the System’s financial investment are the Henry Ford Detroit Pistons Performance Center and the Brigitte Harris Cancer Pavilion. The long-term impact on the communities we serve will be tremendous, extending to reach communities throughout the state and nation.

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Gail Warden Endowed Chair Gala Celebrates Healthcare Equity Evolution

On June 29, Henry Ford friends, supporters, physicians and employees celebrated the anniversary of the Gail and Lois Warden Endowed Chair on Multicultural Health.

“The event recognized Gail, his legacy as a mentor and sponsor, and highlighted the programs and services the fund has supported, which have helped so many people along the way,” says Kimberlydawn Wisdom, M.D., M.S. The endowed chair supports health system and community partner work that aims to close health disparity gaps in southeast Michigan. Projects include the Pursuing Equity Initiative, Diabetes Prevention Program, Fresh Prescription, Healthy Habits, and the Henry Ford Storytelling Project. Many of these efforts serve as models both regionally and nationally.

When he established the endowed chair in 2007, Gail Warden designated Dr. Wisdom its inaugural chair and served as her mentor and sponsor. “Gail has been a visionary leader, committed to growing teams to address health and healthcare disparities,” says Dr. Wisdom.



Gail Warden (seated), President & CEO of Henry Ford Health System from 1988 to 2003, embraced the gala’s boxing theme when he was presented with a championship robe. Enjoying the moment are (from left) Bob Riney, President, Healthcare Operations and Chief Operating Officer, Adnan Munkarah, M.D., Executive Vice President and Chief Clinical Officer and Kimberlydawn Wisdom, M.D., M.S.

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Gail Warden Endowed Chair Gala Celebrates Healthcare Equity Evolution

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Bob Riney, President, Healthcare Operations and Chief Operating Officer, who spoke at the event, said that in 2007, health equity wasn't addressed at most health systems and hospitals: "Gail and Lois's leading gift – engaging other donors as well – was indeed prophetic. By chartering this new endowment and choosing Dr. Wisdom to lead it, they gave rise to an entire portfolio of healthcare equity programs and strategies that have been recognized both nationally and internationally, and more than any of that - strategies that work."



Almost 200 guests celebrated health equity at the Gail & Lois Warden Endowed Chair on Multicultural Health Anniversary Celebration, "Knock Out Healthcare Disparities."

Adnan Munkarah, M.D., Executive Vice President and Chief Clinical Officer for Henry Ford Health System, also spoke at the event, and noted that Warden's vision continues to shine through the

hallways of Henry Ford's hospitals and medical centers. He said, "Gail and Lois understood that in order to really drive quality there were two things that were important: integrating health care systems and providing equity and cultural competence in health care. I assure you and promise you that our diverse team of Henry Ford providers and staff will continue to learn about how we honor each other, how we respect each other, and how we deliver the best of care in an equitable fashion."

Warden encouraged Dr. Wisdom to serve as the nation's first state surgeon general, and she is now a mentor and advisor for Nadine Burke Harris, M.D., California's first state surgeon general. According to Dr. Harris, "I can borrow from the 'collective Wisdom' of Kimberlydawn and her team as well as design new strategies to execute in California. Dr. Wisdom has generously shared her insights and experiences in navigating the waters in your state...and how much of the work hinges on creating a diverse, equitable and inclusive landscape for health and wellness. I have and will continue to look forward to...her mentorship and guidance."

Held at Detroit's Westin Book Cadillac Hotel, the gala theme was "Knock Out Healthcare Disparities." A boxing ring stage, music from the movie "Rocky," championship robes and framed souvenir photos made for an entertaining and meaningful event.

Watch videos of addresses from Wright Lassiter III, Gail Warden and Nadine Burke Harris, M.D., that were part of the event: www.henryford.com/Lassitergala; www.henryford.com/Wardengala; www.henryford.com/Burkeharrisgala

American Public Health Association Reports on the History of State Surgeons General

The cover of the May 2019 issue of *The Nation's Health* featured a quote from Kimberlydawn Wisdom, M.D., M.S. In the article, "Should every U.S. state have its own surgeon general? California is the latest state to have a top doc," Dr. Wisdom said, "If you really want to drive health and health care-related efforts, having a state-level surgeon general is a really great way to convene stakeholders and work across the aisle."

The article also referenced a 2016 report from the National Academy for State Health Policy on transforming health through a state surgeon general, co-authored by Dr. Wisdom, Michigan's first surgeon general and the country's first state officer with the title of surgeon general. The *Nation's Health* is published by the American Public Health Association (APHA). Read the full article at <http://thenationshealth.aphapublications.org/content/49/3/1.1>.



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Beyond these, however, is work that is innovative and focused on touching Michigan residents through meaningful employment, safer environments, healing, art and creativity, and revitalized, beautified surroundings. (Read more about Henry Ford's anchor work and the Healthcare Anchor Network on pages 5 through 9 of this issue.)

The lift is heavy, but our team is strong. We are energized by the vitality and resurgence of our city, and the opportunity to lead the way - our differences as a beginning - as we move toward celebrating and leveraging our diversity for growth, better outcomes and better health.

Novel Intervention Wins AHA Innovation Challenge

Martina Caldwell, M.D., M.S., Senior Staff Physician, Department of Emergency Medicine, together with her Henry Ford Health System and community partners, won second place in the American Hospital Association's 2019 Innovation Challenge and received a \$25,000 award. Dr. Caldwell and her team developed the Women-Empowered Community Access for Reproductive Equity (WE CARE) model, a novel Emergency Department (ED) intervention that uses online health technology and community health workers (CHWs) to provide vulnerable reproductive-aged women with point-of-care family planning services during non-emergent ED visits. Learn more: <https://www.aha.org/center/innovation-capacity/challenge>.

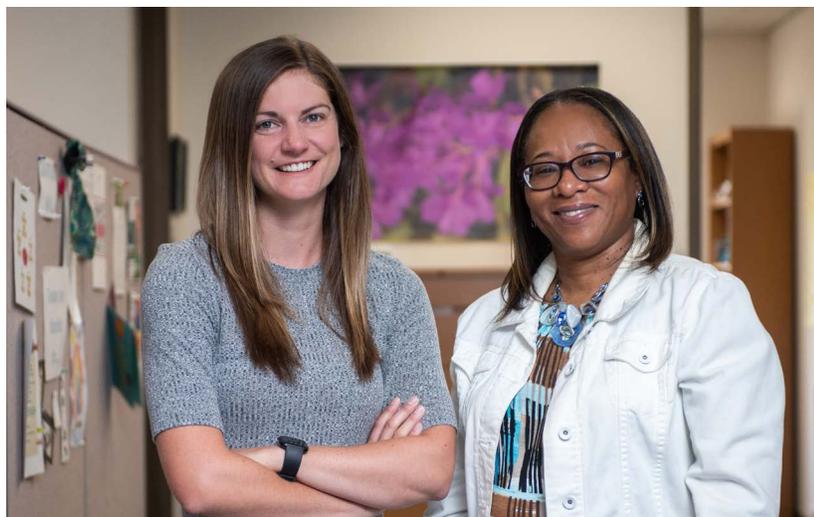
Wellness Coaching Hones in on Vision, Goals and Action

Taking recommendations from your health provider, then making positive changes that fit into your day-to-day life can be daunting. A new program offered by the Henry Ford Center for Health Promotion and Disease Prevention offers patients a personal wellness coach who, through 12 telephonic meetings, helps individuals focus their goals, create a wellness plan, and implement it.

According to Bethany Thayer, M.S., RDN, FAND, center director, "Providers are giving good information to patients, but it's a challenge to translate that into action. Wellness Coaching combines the patient's feedback from an online wellness assessment, their medical record, and discussions with a trained coach to uncover and address barriers."

When wellness coaches hone in on needs and goals, the outcome can be surprising.

"My initial focus was on physical health, but when we talked about my wellness vision and family history, I realized I needed to also focus on mental and emotional health," says Derick Adams, Vice President, Human Resources, Health Alliance Plan (HAP), who sought Wellness Coaching through the program. "The greatest benefit came from the holistic approach and the importance of planning and monitoring all of the components."



Wellness Coaches Aimee Richardson (left) and LaTonya Allen-Brown support patients as they hone in on actions and strategies for meeting their health goals.

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Wellness Coaching Hones in on Vision, Goals and Action

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His vision was to become more proactive and physically healthy enough to have fun as he got older. “I want to be able to play with my grandchildren and participate in sports. My coach set a higher threshold by challenging me on certain goals,” he says.

Adams has continued with the plan he created with his coach, and refers back to it and to his goals. “Once I built my vision, it became part of my choices every day. I would ask myself, ‘Will this help me get closer to my vision or move me away from it?’”

Wellness Coaching compels patients to carve out the time to focus on their goals and provides guidance on how to achieve them. The cost is not covered by insurance, but at \$250 for the series, it breaks down to about \$20 per session.

“We know we should do better for ourselves, but sometimes we just can’t seem to fit that into our lives,” says Thayer. “Instead of feeling discouraged, Wellness Coaching is an opportunity talk about it, think it through, and hardwire it into your life.”

For more information, log on to www.henryford.com/wellnesscoach or call (313) 874-6273.

Men Who Cook

Emergency Medicine Physicians Stir Up a Winning Crawfish Boil



Held in June at Henry Ford Hospital, Men Who Cook is one of Henry Ford’s largest annual fundraisers. This year’s event, with a Mardi Gras theme, raised more than \$150,000 to support the Tom Groth Patient Medical Needs Fund.

Taking on an additional challenge, entrants in the LiveWell category prepare recipes with less than 10 percent of the calories from saturated fat, zero trans fats, and less than 200 mg of sodium for side dishes or less than 500 mg of sodium for entrees. Registered dietitians from Community Health, Equity and Wellness analyze the recipes prior to the competition, or, entrants can make a recipe from the LiveWell site, <https://www.henryford.com/blog/tags/recipes>, that meets the requirements.

Winning the category – and 10 Detroit Tigers baseball tickets – was a team of Henry Ford Emergency Medicine physicians, who prepared a delicious crawfish boil. From left:

- Gerard Martin, M.D., Event Co-Chair
- Alexander Capell, M.D.
- Joseph Miller, M.D., M.S.
- Taher Vohra, M.D.
- Seth Krupp, M.D., Event Co-Chair
- Giuseppe Perrotta, M.D.
- Bob Riney, President, Healthcare Operations and Chief Operating Officer, Henry Ford Health System
- David Strong, M.D. (not shown)

Collaboration with National Partners Advances the Anchor Mission

Henry Ford Health System is a founding member of the Healthcare Anchor Network, a national organization that first came together in December 2016. Its members, now more than 45 hospitals and healthcare systems nationwide, collaborate on executing an anchor mission approach at their organizations and in their communities.

Members focus on how to embed community health improvement into three core business areas:

- Hiring locally and developing a strong local workforce
- Investing in the communities served
- Purchasing locally

The Healthcare Anchor Network offers a forum where representatives can share best practices, address common challenges, co-develop new tools and identify areas for collaboration. Members collaborate and learn through monthly workgroups, deep-dive webinars and two annual meetings.

“The strategy is to drive positive economic and social changes in the community that create health in the first place – good jobs and wages, safe and affordable housing, access to healthy food, and a clean, safe environment – and stimulate neighborhood reinvestment,” says Tom Habitz, Henry Ford Urban Planning Specialist. Habitz is a leader in Henry Ford’s work to stimulate and sustain growth and revitalization in the city of Detroit.

While many anchor mission activities reside at the System’s downtown Detroit campus, anchor activities extend across Henry Ford Health System and to the global health team.

“Our mission is becoming broader, and we’re attempting to do more through new programs and policies, and marrying corporate and routine operations with clinical and community health enterprise and population health,” adds Habitz. “We have a role to play in keeping our communities healthy. Fundamental to that are good, solid corporate consciousness and responsibility.”



What is an Anchor Institution?

Hospitals, health systems, universities and large businesses are economic drivers and typically, mission-driven organizations. That combination positions them to be anchor institutions. These organizations have the opportunity and drive to improve the health and well-being of people in the communities they serve. As the fifth-largest employer in metro Detroit, Henry Ford has a mission that already aligns with its role as an anchor institution: To improve people’s lives through excellence in the science and art of health care and healing.

CEO Convening Accelerates Health System Commitment to Anchor Mission

On Aug. 12, the Healthcare Anchor Network (HAN) held their inaugural CEO Convening, a gathering of health system leadership focused on accelerating HAN's collective commitment to the anchor mission.

Kimberlydawn Wisdom, M.D., M.S., and Seth Frazier, Executive Vice President and Chief Strategy Officer, represented Henry Ford Health System. "More than 90 leaders from 36 health systems attended and contributed to extensive discussions about the impact we can make together to address economic inequities and improve community well-being in our home cities and throughout the nation," she says.

The meeting was held in Chicago at an important community anchor, Lawndale Christian Health Center, and hosted by The

Democracy Collaborative, Lurie Children's and Rush University Medical Center.

Following the convening, 15 health systems, including Henry Ford, signed on to the 2020 Healthcare Anchor Leadership Commitment. "Our team leaders have pledged to deepen our institutional leadership in the Healthcare Anchor Network by making measurable commitments to the Anchor Mission, both locally and nationally," Wisdom explains.

View the Anchor Leadership Commitment: <https://bit.ly/33P9SCU>. Learn more about the Healthcare Anchor Network: <https://www.healthcareanchor.network/>.



Kimberlydawn Wisdom, M.D., M.S., addresses the Healthcare Anchor Network CEO Convening, contributing to discussions with CEOs, board members and other executive leaders about the economic and social impact their health systems can make locally and nationally.

Anchor Employer Work Focuses on Reducing Employment Barriers

You're a single mother of two, without a high school diploma. Your mother babysits while you're at work, but she has some health issues. You lost a steady job last year when she was hospitalized for a week and you couldn't find child care you could afford. Your most recent employer fired you after you missed a half day of work when your car wouldn't start. Your car still needs work and without a job, you can't afford the repair. Buses are scarce.

This scenario is a familiar one in the city of Detroit, where about 20 percent of residents age 25 and older don't have a high school diploma (U.S. Census Bureau). In 2010, the National Institute for Literacy estimated that 47 percent of residents are functionally illiterate. Detroit has the highest percentage of single-parent households in the nation at nearly 72 percent (Haven Life, 2018) and nearly 80 percent of births are to single mothers (U.S. Census Bureau).

Henry Ford is eliminating barriers to employment and becoming an employment engine, enabling area residents to get – and retain – jobs. But reducing barriers doesn't mean simply hiring city residents for open positions. It's an inventive process and one the System takes seriously as part of its mission as a healthcare anchor institution.

Jan Harrington-Davis, Vice President–Talent Acquisition, Equal Employment Opportunity and Workforce Solutions, explains that there are "a lot of dynamics affecting the entry level pipeline. The competency level for entry level positions is scarce. There is a high rate of illiteracy even among applicants



Job fairs and changes in hiring policies enable more Detroit residents to qualify for entry-level positions.

with a high school diploma. A lack of mass transit and access to child care were issues we chose not to address in the past. We looked at attendance as a trait of the person instead of looking at true barriers to retaining the employee."

Anchor Employer Work Focuses on Reducing Employment Barriers

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Her team is changing its approach with new thinking and actions that are realistic and driven by Henry Ford's desire to employ people living in the diverse neighborhoods it serves. It makes good economic sense, for the organization and for the area.

Henry Ford is heading up efforts with community partners like the United Way for Southeastern Michigan and the City of Detroit to qualify residents for jobs. Internally, it's piloting changes in hiring policies so more residents can qualify to apply for entry-level positions.

"We've eliminated the requirement for a high school diploma for many positions, opening them up to a whole new pool of applicants," says Harrington-Davis.

Funding from the City of Detroit and United Way supported training programs for future nursing assistants and pharmacy techs. "Participants are paid while they are attending school, and guaranteed employment with Henry Ford when they finish training. The objective is to reduce barriers where possible and develop a qualified, trained workforce to fill positions at Henry Ford," says Harrington-Davis. "It has been and continues to be a great success, and we are hoping to expand it to other areas, such as customer service and eye care tech."

In a partnership with the West Grand Boulevard Collaborative, residents are offered job-search training – resume writing, dressing for an interview and mock interviews. Another partnership, with The Surge Center, has led to a full-time



Henry Ford is striving to reach a \$15 per hour minimum wage by 2021 for entry level jobs with benefits.

Surge Center counselor housed on site at Henry Ford Hospital to help employees resolve employment-barrier issues; the top two are child care and transportation.

Job fairs and hiring blitzes offer entry level jobs with good pay and benefits. The System has set a goal to reach a \$15 per hour minimum wage by 2021 with full benefits and lower contributions for health coverage.

"This anchor work truly matters to the leaders of Henry Ford Health System. Without their support, we wouldn't be able to pursue and reach goals that have such far-reaching benefits," says Harrington-Davis.

For more information on job opportunities at Henry Ford, visit www.henryfordcareers.com.

Medical Laundry Facility Contributes to Neighborhood Revitalization

Henry Ford Health System, Michigan Medicine and Saint Joseph Mercy Health System are building a \$48 million eco-friendly medical laundry service facility in Detroit, just south of Henry Ford's downtown campus. The development is located at a long-vacant 10-acre industrial property that Henry Ford acquired in 2017. The building is being expanded and renovated, contributing to an improved appearance of the area.

In 2015, Henry Ford, Cardinal Health and The Detroit Medical Center opened a new medical supply distribution plant on the site, and in 2020, the Henry Ford Cancer Institute will open a new cancer facility, the Brigitte Harris Medical Pavilion. A source of new jobs for the community, the laundry facility will offer employment for individuals living nearby.



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Medical Laundry Facility Contributes to Neighborhood Revitalization

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"We are looking to hire about 100 new employees for the facility, and retain 85 current team members," says Jan Harrington-Davis, Vice President-Talent Acquisition, Equal Employment Opportunity and Workforce Solutions. "All positions will pay competitive wages, with health care and retirement benefits. The hiring process will place emphasis on recruiting and training Detroit residents, and on second chances: We will hire individuals with past criminal convictions."

Henry Ford Health System has majority ownership in the laundry facility, is leading community development and operational responsibilities, and retains ownership of part of the site.

Henry Ford Invests in Community Safety - One Person at A Time

Retired City of Pontiac Police Officer Andre Siner, Community Health and Safety Coordinator at Henry Ford, is one-of-a-kind when it comes to his role. Through a Detroit Local Initiatives Support Corporation (LISC) grant from the federal departments of Housing & Urban Development and Justice, he provides cost-free health, safety and security training for people living in the communities surrounding Henry Ford Hospital.

With his welcoming personality and more than 20 years of security experience, Siner connects with Henry Ford's neighbors through block clubs, community events and community meetings. He engages people by actively taking part in activities, and walks the community to personally introduce himself.

"When communities are safer, people are healthier. Henry Ford understands that connection, and I see people's faith in the health system build when they realize Henry Ford is interested in their security," he says.

Siner offers personal and home safety training, home security assessments, domestic violence workshops, internet safety and identity theft education, and gun safety training. He's also a Community Health Worker who is part of the WIN Network: Detroit.

"I explain what domestic violence is and how it can affect a pregnancy. It's not always physical," he says.

Henry Ford's contributions to neighborhood safety and security are part of its role as a healthcare anchor institution. According to Jaye Clement, MPH/MPP, Director, Community Health Programs and Strategies, "We're investing in the safety

of our community and the individuals living there. Safety and security are social determinants of health."

Siner has been an employee of Detroit LISC for six years. For the past two years, LISC has joined with Henry Ford to bring Siner's expertise to Henry Ford Hospital's neighbors. He also splits his time with Vanguard Community Development Corporation. Learn more about Detroit LISC: <http://www.lisc.org/detroit/> and Vanguard: <http://www.vanguarddetroit.org/>.



Andre Siner, Community Safety Outreach Coordinator, engages with people of all ages, offering safety training at no cost to neighbors in the communities surrounding Henry Ford Hospital.

"There's a difference with Henry Ford in the picture," Siner says. "I'm engaged with more places and more people, and the partnership between the health system and Detroit LISC bridges the gap in the community." To connect with Andre Siner, email Asiner1@hfhs.org.

ArtBlock Adds Creative Energy to Henry Ford's Downtown Campus

As part of its anchor institution mission, Henry Ford Health System is contributing to the area around Henry Ford Hospital in ways that enhance the body and the soul. A new addition to the System is ArtBlock, which enriches the streetscape and creates positive “vibes” on what had been a vacant corner. Supported by the Vera and Joseph Dresner Foundation, ArtBlock’s exterior is covered with murals. Two installations outside – one fabric and one metal – and the work of 11 artists inside showcase vibrant street-style art from some of Detroit’s best-known creatives. IXRUN, curators of Murals in the Market, was the art production partner, and Green Living Science, an environmental education non-profit across the street, is the programming partner.

According to Mary Jane Vogt, Senior Vice President and Chief Development Officer at Henry Ford, “We are adding to the existing creative community surrounding ArtBlock. People drive through the area on their way to Henry Ford Hospital, and we want to help fill it with activity and excitement. It’s important to the System and the community.”

The building is located at the corner of Holden and Trumbull, just a few blocks from Henry Ford Hospital and two other major Henry Ford investments scheduled to open in 2020: the Brigitte Harris Cancer Pavilion and a major medical laundry facility. (See related article on page 7.) Together with community leaders, Henry Ford is a convening force in ongoing improvements in the Holden-Trumbull area.

New activity in the immediate area includes a historic building rehabilitated for entrepreneurial tenants, a retail/residential building that will house art installations, a recycling and environmental education center, artist and metal sculpturist studios, and planned outdoor public art installations.

“Art was already taking place at Make Art Work on the Recycle Here campus across the street,” says Vogt. “ArtBlock added space for people to meet, congregate, enjoy and be inspired. People love the space and love using it. We want ArtBlock to be an asset to the community.”

Since it opened in May 2019, ArtBlock has hosted artist-led workshops, yoga classes, environmental education summer camps for youth, community meetings, and trainings and retreats for local non-profit organizations. In the first two months, grand opening activities and the calendar of events brought more than 1,700 people to visit.

The building is available to non-profit and community groups for meetings and activities.

“ArtBlock boosts the emotional health of our neighbors by reducing isolation. It’s a safe, uplifting place to gather or try something new, meet others and be part of a creative atmosphere,” adds Vogt.

To learn more or inquire about using ArtBlock for your group’s next meeting or activity, visit henryford.com/artblock, email artblock@hfhs.org, or call (313) 355-3509.



ArtBlock improves the streetscape and adds to the creative flavor of the Holden-Trumbull neighborhood.



The interior's open, industrial feel is designed to be flexible for many uses.



Murals on the inside and outside of Artblock surround and infuse the building with art. Fourteen local graffiti artists were commissioned to beautify the building.

Youth Summit Engages Student Leaders from 10 Detroit Area Schools

Detroit’s Marygrove College was the setting for the annual Generation With Promise Youth Summit, bringing together 150 youth from Student Action Teams in 10 Detroit area schools. Youth Wellness Ambassadors guided the students as they focused on how to make a difference in their schools by leading policy, system, and environmental changes that encourage healthier lifestyles.

Attendees at the day-long program included Henry Ford Health System board member Gregory Jackson, a longtime supporter of the Youth Wellness Ambassador program and CEO of Jackson Asset Management; his daughter Anika Jackson, Vice President of Jackson Asset Management; Kimberlydawn Wisdom, M.D., M.S.; and adult leaders from participating schools. Dr. Wisdom founded Generation With Promise (GWP) with a W.K. Kellogg Foundation grant while serving as Michigan Surgeon General in 2007.

According to Jackson, “The work the students are doing, the energy in the room and the excitement they feel around learning healthy living habits is fantastic. The Summit was an environment where they’re teaching themselves. When young people have a hand in their own learning, then take that back to their peers and their families, it’s invaluable.”

Jackson grew up near the Henry Ford’s Hospital campus, and says he often visited the hospital where relatives worked on his own broken bones and stitches.

“I see myself in the students, and reflect on how much better the entire community becomes when youth learn about healthier lifestyles from health professionals,” he says.



Participants at the Generation With Promise Youth Summit worked together in small groups, developing strategies and plans to encourage healthier lifestyles among students in their schools.



Energized from their interactions with youth are (from left) Gregory Jackson, CEO, Jackson Asset Management and a Henry Ford Health System board member, Anika Jackson, Vice President of Jackson Asset Management, and Kimberlydawn Wisdom, M.D., M.S.

Community Health Speakers Address National Conference Audience

Henry Ford was represented by multiple speakers at the Association for Community Health Improvement (ACHI) conference, hosted by the American Hospital Association and held in Chicago in March.

- Nancy Combs, M.A., Director, Community Health Integration, spoke at a pre-conference workshop, “Road Map to Successfully Integrate Community Health Workers into Unified Health Care Teams.”
- A breakout session, “Henry Ford Storytelling Project: Deep

Sharing for Health Equity,” was presented in partnership with New Detroit. It featured Kimberlydawn Wisdom, M.D., M.S.; Martina Caldwell, M.D., M.S., Senior Staff Physician, Emergency Medicine, Henry Ford Hospital; Nancy Combs, M.A.; and Marshalle Montgomery Favors, Program Manager, New Detroit.

- Jaye Clement, MPH/MPP, Director, Community Health Programs and Strategies, spoke on the panel, “Promoting Value by Addressing the Social Determinants of Health.”



Kimberlydawn Wisdom, M.D., M.S.



Marshalle Montgomery Favors, Program Manager, New Detroit



Nancy Combs, M.A., Director, Community Health Integration



Jaye Clement, MPH/MPP, Director, Community Health Programs and Strategies



Martina Caldwell, M.D., M.S., Senior Staff Physician, Emergency Medicine, Henry Ford Hospital



Greeting shoppers at the Sowing Seeds, Growing Futures Farmer's Market in Detroit are Cassandra Van Dam, Food Navigator (left), and Henry Ford Registered Dietitian Amanda Snider.



Community members cast their votes for their favorite lettuce, an engaging way to highlight new food choices and connect with shoppers.

Henry Ford Nutrition Education Programs Expand with Grant Funding

With a \$78,000 grant from the Michigan Fitness Foundation, Henry Ford expanded two Generation With Promise programs focused on inventive nutrition education. By partnering with local farmers markets and offering weekly lessons in two schools, Generation With Promise is encouraging healthier choices and offering nutrition education in "bite size" portions.

Partnering with Local Farmers Markets

Building on a strong foundation of farmers market food navigator programming, the grant enabled Henry Ford to connect with two farmers markets in Detroit: Northwest Detroit, led by the Grandmont-Rosedale Community Development Corporation, and Sowing Seeds, Growing Futures, led by the Joy-Southfield Community Development Corporation.



Farmers market shoppers can sample fresh fruits and vegetables and prepared dishes featuring produce selections, provided by Henry Ford food navigators.

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Partnering with Local Farmer's Markets

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"While we've provided nutrition education and tasting demonstrations for seven years, this grant makes it possible for us to enhance our work by partnering with local farmers markets," says Barbara Blum-Alexander, Director, Generation With Promise. "Working with the Michigan Fitness Foundation, we can learn and improve our programs, and tap into their strategies, resources and materials."

Funds supported two distinct efforts from June to October:

- Helping food market managers offer outreach in their communities through social media and promotion, with the goal of increasing interest and traffic to the fresh food market.
- Providing Henry Ford food navigators once a week at each site to greet shoppers, give them tips on identifying, selecting and purchasing fresh produce, and offer information about food assistance programs they can use at the market.

"The food navigators will also give out samples – either of a featured food or a recipe – each week of the 16-week program. Shoppers can try the item, pick up recipes, learn key nutritional information and even a little interesting history about the fruit or vegetable," says Blum-Alexander.

Reaching Persons with Cognitive Impairments

The Michigan Fitness Foundation grant also supports Linking Lessons, an interactive nutrition and fitness education program for persons with cognitive disabilities. Henry Ford School and Community Wellness partnered with two schools in Macomb County that serve teens and young adults with cognitive impairments, the Lutz School for Work Experience and Glen H. Peters.

"From September through December, a Henry Ford registered dietitian presents a series of 30-minute lessons weekly in the schools. Topics include Healthy Snacks, Healthy Drinks, How Much to Eat, MyPlate and Veggies/Fruit. Each presentation gives students the option to taste foods, usually a fruit or vegetable they might not have tried before," says Jill Yore, manager, Henry Ford Macomb School and Community Wellness.

Each lesson also wraps in a physical activity demonstration and healthy homework. The goal is to touch 64 or more students with messages and education to encourage healthier choices. All materials are provided by the Michigan Fitness Foundation, and Henry Ford can continue using the tools and materials after the pilot.



Jill Yore, Manager, Henry Ford Macomb School and Community Wellness (left) and Henry Ford Registered Dietitian Amanda Krieg, plan weekly nutrition education lessons for teens and young adults with cognitive impairments at two Macomb County schools.

"Linking Lessons gives us the tools we need for different learners and the ability to be more diverse in what we offer," adds Yore. "The opportunity to address the needs of young people with cognitive impairments is a game changer, and is so important for the community."

Local Students Spend a 'Dream Day' at Ford Field

Thanks to the ongoing partnership between Henry Ford Health System and the Detroit Lions, and in conjunction with Generation With Promise (GWP), students from Detroit's Nichols Elementary-Middle School celebrated the end of the school year with a Detroit Lions Youth Football experience. Students toured the Lions' locker room, felt the energy of the press briefing room and worked out on the brand-new turf at Ford Field. After a pep talk from Coach Chris, Detroit Lions Youth Football, they learned more about proper nutrition, exercise and stretching techniques. Students tested their football skills at four drill stations, then ended the morning with a healthy lunch at Ford Field. For more photos, visit <https://www.henryfordgalleries.com/Events/Community-Employees/Generation-with-Promise-at-Ford-Field/>



Pistons Cookoff 2019: Southwest Salad vs. Mushroom Meatloaf

In the fourth annual PistonsFit Cook Off, Detroit Pistons players led two teams of Youth Wellness Ambassadors in a cooking competition at Henry Ford's One Ford Place kitchen. Pistons Wayne Ellington and Thon Maker prepped, stirred and inspired the student chefs as the teams prepared healthy recipes. Henry Ford Chef and Dietitian Julie Fromm, MPH, R.D., and Henry Ford Chef Adrian Smiley, lent their expertise to the teams.

Judges Kimberlydawn Wisdom, M.D., M.S.; Pistons legend Earl Cureton; and Henry Ford Sports Medicine physicians Ramsey Shehab, M.D., and Robert Albers, D.O., had the difficult task of tasting both entrees and choosing the winner - southwest chopped salad with creamy sriracha dressing.

Following the competition, the winning team headed over to Fox 2 News studios and appeared on the evening news broadcast.

Both recipes are available at Henry Ford LiveWell:

- Southwest chopped salad: <http://www.henryfordlivewell.com/video-southwest-chopped-salad-with-creamy-sriracha-dressing/>
- Mushroom meatloaf: <http://www.henryfordlivewell.com/video-mushroom-meatloaf-recipe/>

See the teams in action: <https://on.nba.com/2kyWP6C>



Detroit Pistons Wayne Ellington (back row, white apron) and Thon Maker (back row, black apron) prepared healthy recipes with Youth Wellness Ambassadors at the fourth annual PistonsFit Cook Off.

5-2-1-0 Go! App taps into Augmented Reality

Now available in the App Store (and coming to Google Play) is a new 5-2-1-0 Go! App that uses augmented reality to encourage kids ages eight through 12 to practice healthy habits. They can combine their real-world environment with computer-generated perceptual information for a truly interactive experience. Through virtual searches using the device's camera, puzzles and games, kids learn how to become more active and make healthier food and beverage choices. Almost all the activities require children to move around. It's free and available for kids and their parents to download.

Stacy Leatherwood, M.D., Henry Ford Pediatrician and Physician Champion for Henry Ford LiveWell's childhood wellness efforts, contributed to the app's development. "We are in the process of modifying the app to support healthy habits in low-income communities and for children with intellectual and developmental disabilities," she says. "Families with children who have disabilities are more likely to have economic challenges and are at greater risk for obesity and medical complications."

Modifications to the app were funded by a \$10,000 challenge grant from the federal Health Resources and Service Administration awarded to Henry Ford LiveWell and the Michigan Developmental Disabilities Institute at Wayne State University.



NEWS BRIEFS

Curious about Careers

PBS featured Bethany Thayer, M.S., RDN, FAND, director, Henry Ford Center for Health Promotion and Disease Prevention, in the series, "Curious About Careers." A youth reporter interviewed Thayer as part of a series about careers in science, technology, engineering and math (STEM). View the one-minute video at: <https://www.pbs.org/video/curious-about-careers-health-educator-x9cdqz/>



Henry Ford Cancer Institute receives Three-Year Quality Accreditation

The Henry Ford Cancer Institute recently earned full three-year accreditation from the National Accreditation Program for Breast Centers (NAPBC), a quality program of the American College of Surgeons. Accreditation was awarded to Henry Ford Hospital, Henry Ford West Bloomfield Hospital, Henry Ford Macomb Hospital, Henry Ford Wyandotte Hospital and Henry Ford Allegiance Health. This breast-specific accreditation coincides with compliance as an Integrated Network Cancer Program, encompassing all five facilities within the Henry Ford Cancer Institute, by the Commission on Cancer, another quality program of the American College of Surgeons.

Both programs and accreditations require the partnership and benefits of Community Outreach at all locations, ensuring education, prevention and screening programs for the high-risk population identified through a Community Needs Assessment. Jaye Clement, MPH/MPP, Director of Community Health Programs & Strategies, serves in the pivotal role of Community Outreach Coordinator for Henry Ford Cancer Institute. As an ambassador for community members, Clement offers guidance for health system cancer leadership to initiate the most appropriate cancer prevention, high risk and early detection activities. The committee brings physicians, clinicians and community relations experts together to develop strategies for a healthier population in Michigan.



Guide to HFHS Wellness Programs

Henry Ford LiveWell produced the “Wellness Resource Guide,” a listing of all System wellness programs. Programs include nutrition, tobacco treatment, exercise, weight management, stress management and more. To order copies, call 313-874-3095.

WIN Network: Detroit Expands to Dearborn

Grant funding of \$600,000 over three years from the Rita & Alex Hillman Foundation enabled the Women-Inspired Neighborhood Network: Detroit (WIN Network) to expand the enhanced group prenatal care model. Ongoing at Henry Ford Medical Center – New Center One in Detroit since 2016, the program now is offered at a second location, Henry Ford Medical Center – Ford Road in Dearborn. In a group setting, pregnant women team up with Certified Nurse Midwives and Community Health Workers who coordinate and deliver prenatal care and help with housing, transportation, food and other barriers to health, known as the social determinants of health. Find out more: <https://www.winnetworkdetroit.org/>.

Group Prenatal Care Program Success Story

Before joining the Women Inspired Neighborhood Network: Detroit (WIN Network) group prenatal care program, April had never carried a pregnancy to full term. She says the care, resources and support she received are why this pregnancy was different. “I know and truly believe it had a lot to do with the group prenatal care program,” she says. “We talked about everything that’s going on with our pregnancies. The Community Health Worker helped me out with a lot of things, they had a lot of different resources for me and my family.” Baby Ava was delivered full term at 38 weeks, and is growing and doing well.



One Key Question® Aims to Reduce Unintended Pregnancy

The Detroit Regional Infant Mortality Reduction Task Force partnered with the Michigan March of Dimes and Power to Decide to host a day-long in-service training on the use of One Key Question® in Farmington Hills. One Key Question® is a framework for health providers, social service providers, and champions who support women ages 18-50 to routinely ask, “Would you like to become pregnant in the next year?” More than 30 participants from nearly 20 different organizations completed the training and are now collaborating on a regional strategy to improve family planning success. Learn more at <https://powertodecide.org/one-key-question>.

APPOINTMENTS

Kimberlydawn Wisdom, M.D., M.S., was appointed to the **Advisory Committee on Minority Health for the U.S. Department of Health & Human Services**, advising the Deputy Assistant Secretary for Minority Health on improving the health of racial and ethnic minority populations and developing programs and goals within the Office of Minority Health.

U.S. Congresswoman Debbie Dingell (far right) administered the oath to Kimberlydawn Wisdom, M.D., M.S., at the official swearing-in for Dr. Wisdom's appointment to the Advisory Committee on Minority Health in August 2019. Henry Ford Health System President and CEO Wright Lassiter III, attended the event.



AWARDS

Kimberlydawn Wisdom, M.D., M.S., was recognized by **Modern Healthcare** as one of the year's **Top 25 Innovators in the Quality Care category**. She was honored for innovations in addressing infant mortality disparities by founding the Women-Inspired Neighborhood Network: Detroit and partnering with Henry Ford Women's Health for an enhanced model of group prenatal care. The complete ranking appears in the Aug. 19, 2019 issue. Read profiles of all the winners at <https://www.modernhealthcare.com/awards/top-25-innovators-2019>.



The **Henry Ford Health System Community Health Worker (CHW) Hub** was awarded the **2019 Mosley Team Award for Extraordinary Community Health Worker Service**. Granted by Spectrum Health, the award recognizes outstanding service, dedication and excellence within the profession. The CHW Hub team was chosen for exemplifying excellence, accountability, compassion, integrity, respect, teamwork and collaboration to achieve significant and impactful accomplishments.



AWARDS

All five **Henry Ford Health System** hospitals received a **100 percent ranking from Human Rights Campaign** in the **Healthcare Equality Index**. The annual publication scores health care facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ patients, visitors and employees. A record 680 health care facilities actively participated in this year's survey. Henry Ford was the only health system recognized in the State of Michigan as a destination for LGBTQ care and employment. View the report at <https://bit.ly/2lQpyUl>.



Henry Ford Health System received the **Healthy Michigan Worksite, Gold Award** from the **Michigan Department of Health and Human Services**.



Felicia Lane, Community Health Worker, WIN Network: Detroit, received the **Detroit Parent Champion Award** from **Detroit Parent Network**.



Women-Inspired Neighborhood (WIN) Network: Detroit, received the **Dick Davidson NOVA Award** from the **American Hospital Association (AHA)**. Accepting the award on behalf of WIN Network: Detroit are (from left) Jaye Clement, MPH/ MPP, Director, Community Health Programs and Strategies; Kimberlydawn Wisdom, M.D., M.S.; and Wright Lassiter III, President and CEO, Henry Ford Health System.

AWARDS

Henry Ford Health System was ranked in the **Top 6 Hospitals and Health Systems in the U.S.** for promoting diversity and inclusion, **by DiversityInc.**



GRANTS

\$660,000 grant from the United States Department of Agriculture (USDA) to support **Generation With Promise Supplemental Nutrition Assistance Program Education (SNAP-Ed) work.** The grant is awarded through the State of Michigan and the Michigan Fitness Foundation.



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\$80,000 grant from the Michigan Fitness Foundation for Generation With Promise to support an in-depth community assessment investigating healthy eating and physical activity opportunities in four neighborhoods. Principal investigator is Kimberlydawn Wisdom, M.D., M.S.

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\$78,000 grant from the Michigan Fitness Foundation for a farmer's market food navigator program and Linking Lessons for young adults with cognitive disabilities. *(See related stories on pages 11 and 12 of this issue.)*

\$150,000 grant from Merck for Mothers, subgranted to **Henry Ford Community Health, Equity, Wellness and Diversity & Inclusion, from the Institute for Healthcare Improvement**, to fund a three-year project, **"Equity Actions Labs."** The project, led by principal investigator Kimberlydawn Wisdom, M.D., M.S., aims to reduce racial disparities and improves outcomes for mothers and infants.



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