

2022
Marquette and Delta, Michigan
UP Health System – Marquette
Community Health Implementation Strategy

Paper copies of this document may be obtained at:
UP Health System – Marquette, 850 W. Baraga Ave., Marquette, MI 49855, by
phone at 906.449.3000 or via the hospital website UPHealthSystem.com.



Overview

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of the community served by UP Health System – Marquette (Marquette and Delta, MI). This document is the UP Health System – Marquette Implementation Plan outlining how the hospital plans on addressing significant health needs in the community.

The CHNA is contained in a separate document.

Community input was received into the 2022 implementation plan through a series of committee meetings with key community stakeholders.

- Starting on May 15, 2023, this report is made widely available to the community via UP Health System – Marquette’s website, UPHealthSystem.com, and paper copies are available free of charge at UP Health System – Marquette.
- *This implementation plan was approved by the UP Health System – Marquette Board of Trustees on June 26, 2023.*

Community Health Improvement / Implementation Plan 2022

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all the care providers, citizens, government, schools, churches, not-for-profit organizations, businesses, and industry around an effective plan of action. The CHNA was completed previously and posted on UP Health System – Marquette’s website.

Based on the results of the CHNA, UP Health System – Marquette has selected the identified significant health needs to address and believes focusing our efforts and resources on these will have the most significant impact.

1. Mental Health/Substance Use Disorder (Behavioral Health)
2. Healthy Eating/Active Living (Healthy Behaviors)

Behavioral Health Significant Health Need

Advocate for and improve awareness of behavioral health services across the Upper Peninsula.

UP Health System – Marquette plans to achieve this goal by:

- 1. Establishing an Upper Peninsula-based behavioral health partnership/coalition.**

- a. Identify representatives from key area agencies focused on health care, behavioral health, substance use, and youth wellness.
- b. Where possible, consolidate community resources/committees already in existence.
 - i. Consolidate UP Health System clinic electronic medical record systems to bridge the gap between behavioral health and primary care providers and improve communication related to patient care.
- c. Create board structure, terms, goals, and objectives.
- d. Break down silos and improve communication, allocation of resources, and staff time by coordinating and unifying efforts.

2. Using a collective Region 1 (Upper Peninsula) voice to advocate/lobby for behavioral health resources at the state level.

- a. Create a “one-page leave behind” targeting lawmakers that clearly and succinctly outlines the state of behavioral health care in the Upper Peninsula and needed resources to improve care.
- b. Write unified letters to the legislature; participate in committee hearings when possible.

3. Utilizing strategic community education.

- a. Increase access to accurate, timely information and reduce the stigma surrounding behavioral health care.
- b. Participate in the “Zero Suicide” collaborative with Henry Ford Health.
- c. Develop a single source website/page that includes all available resources and how/where community members can access these services; include instructions on the provider side as well.
- d. Use established UP Health System communications platforms to amplify messages (social media, TV, website, radio, digital, etc.)

Anticipated Impact:

- 1. Improved mental health of our population.
- 2. Decreased prevalence of untreated substance use disorder.
- 3. Decreased number of suicides.
- 4. Reduced unanticipated hospitalizations/emergency room visits.
- 5. Increased and better support for behavioral health providers, primary care providers, and other direct care staff.
- 6. Better allocation and use of resources.

The programs and resources the hospital plans to commit to address the health need:

1. Staff time and resources to coordinate efforts.

UP Health System – Marquette will collaborate with:

1. Behavioral health and primary care providers
 2. MARESA
 3. NMU Center for Rural Healthcare
 4. NorthCare Network
 5. Pathways
 6. Upper Great Lakes Recovery Center
 7. Upper Peninsula Health Care Solutions
 8. Upper Peninsula Health Plan
 9. Other community organizations
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Healthy Behaviors Significant Health Need

Goal: Communities that live healthier, more fulfilling lifestyles through healthy eating and active living.

UP Health System – Marquette plans to achieve this goal by:

1. Increasing access to healthy food options

- a. Create a food pantry housed within UP Health System – Marquette that can be utilized by patients in need.
- b. Explore donation of excess food from the hospital cafeteria.
- c. Sponsor and participate in cooking classes/demonstrations on a quarterly basis.
- d. Increase referrals to the “Food as Medicine” program already in existence; participate in community events where individuals can be signed up on the spot.
- e. Volunteer staff time and resources at Feeding America Mobile Food pantries in the area.

2. Increasing access to physical activity options

- a. Host quarterly no- to low-cost hospital-led exercise classes (i.e., Tai Chi, Walk with a Doc, Matter of Balance) using hospital and community spaces; also consider virtual options when possible.
- b. Distribute free bike helmets at community events.

- c. Create a walkability/rideability map of counties; identify those that are accessible to all, regardless of disability status or skill level.
- d. Sponsor community events/organizations that promote wellness and physical activity for all ages and abilities.
- e. Explore the possibility of a closed-loop walking path around UP Health System – Marquette campus that promotes a safe option for staff and visitors to use.

3. Improving agency (emotional health, time, etc.) and awareness to be able to act on healthy behavior opportunities.

- a. Increase community education surrounding the impact of healthy eating/active living on overall health and wellness, including mental health.
- b. Share simple tips using established UP Health System communications platforms to ease feeling overwhelmed about trying to get healthier.
- c. Share information that promotes positive body image and wellness, as opposed to dieting, unrealistic expectations, etc.
- d. Share information about Nutrition services available at UP Health System – Marquette (diabetes management, nutrition counseling, etc.).
- e. Connect institutions and grassroots organizations already focused on this work to help amplify message/resources.

Anticipated Impact:

- 1. Decreased prevalence of obesity and type II diabetes.
- 2. Improved mental health and overall wellness.
- 3. Improved nutrition knowledge.
- 4. Greater understanding of resources available in our communities.

The programs and resources the hospital plans to commit to address the health need:

- 1. Staff time and resources to coordinate efforts.

UP Health System – Marquette will collaborate with:

- 1. Area schools
- 2. Food banks/pantries
- 3. Marquette Food Co-Op
- 4. MSU Extension
- 5. Partridge Creek Farms
- 6. Primary care providers
- 7. UPCAP

8. Upper Peninsula Health Care Solutions
9. Other community-based organizations

UP Health System – Marquette intends to address all the health needs identified in the CHNA in collaboration with other community organizations.