# Healthy Behavior Optimization For Michigan

HBOM
HEALTHY BEHAVIOR OPTIMIZATION FOR MICHIGAN

## Making the healthy choice the easy choice.

At HBOM, we commit to making the healthy choice the easy choice by implementing systems-level change. We enable and motivate primary care and specialty physicians to design and work within systems that positively affect health behaviors. Our efforts make healthy behaviors achievable and sustainable by increasing access to innovative, evidence-based programs and support.


HBOMich.org

info@hbomich.org

**HBOM Team Members**
Tammy Chang, MD, MS, MPH
Thomas Cascino, MD, MSc
Marika Waselewski, MPH
Larrea Young, MDes
Noa Kim, MSI


## HBOM INITIATIVES

### Surgical Healing

All patients deserve to heal better and feel better after surgery. HBOM is collaborating with CQIs to enhance perioperative patient-initiated lifestyle interventions.

### Tobacco Cessation

Tobacco is the single greatest preventable cause of disease and premature death in America today. HBOM is working to ensure all patients get the support they need to quit smoking.

### Healthy Eating

HBOM is making healthy eating the easy choice through innovative partnerships and food programs.

### Physical Activity

Promoting physical activity is one of the most effective ways to improve health and well-being. HBOM has partnered with the Michigan Cardiac Rehab Network to increase enrollment and utilization of cardiac rehab.

## ACHIEVEMENTS

HBOM has partnered with
**12 CQIs & MDHHS**
to reduce tobacco use across Michigan.

**33**
Health systems implemented NewBeat cardiac rehab materials in their workflows in 2024.

HBOM's public-private partnership with Shipt for the Jumpstart Program was featured in a
**White House Initiative.**

**84%**
of patients reported greater confidence in managing their diabetes after the Healthy Eating Jumpstart Program.

Our partner MSQC has seen an
**18% increase**
in tobacco counseling rates and a
**3% increase**
in quit rates since 2021.

*"Without this program I believe beginning anything of this kind would have been for naught."*

***- Jumpstart Participant***

# HEAL BETTER

Feel Better After Surgery

Patient health behaviors such as tobacco use, diet, physical activity, and stress management play a critical role in surgical outcomes, affecting healing time, complication rates, and long-term recovery.

For many individuals, surgery represents a critical moment when patients may be more motivated to engage in lasting behavior change. Research shows that even brief interventions during this period can lead to meaningful improvements in both short- and long-term health.

Despite the evidence, most patients receive limited or no counseling on health behaviors in the perioperative setting. This represents a missed opportunity to enhance outcomes and empower patients.

**Every patient should be given the information they need to HEAL BETTER.**

## EXAMPLE DRAFT MATERIALS


## INITIATIVE TIMELINE

**JAN 2025**
Initiative Kickoff

**FEB 2025**
Partnerships formed with MSQC, MOQC, MVC, and BMC2

**MAR 2025**
Post-Op Healing workshops with MOQC members

**APR 2025**
Design and development of V1 Heal Better tools

**INTERESTED IN PARTNERING?**
Contact info@HBOMich.org

MOQC MICHIGAN ONCOLOGY QUALITY CONSORTIUM

MVC Michigan Value Collaborative

BMC2

MSQC MICHIGAN SURGICAL QUALITY COLLABORATIVE

# University of Michigan Health-Sparrow
# Mobile Health Clinic


## Mobile Health Clinic
## Bringing Health Care to Your Community

### What We Do:
- The UM Health-Sparrow Mobile Health Clinic provides accessible, high-quality health care to underserved and uninsured communities.
- We bring essential medical services directly to where they are needed most

### Service We Offer:
- Health and Wellness Exams
- Sports Physicals
- Acute Musculoskeletal Issues
- Blood Pressure Checks
- Influenza Vaccinations
- Patient Education
- Medical and Financial Resources

### Why Mobile Health Matters:
- Many factors affect health beyond medical care. Our Mobile Health Clinic addresses Social Determinants of Health (SDOH) by:
  - Reducing transportation barriers
  - Connecting patients with community resources
  - Providing education to promote long-term wellness
  - Offering culturally competent care
  - Building trust in the community
  - Connecting patients with long-term primary care providers

### Get in Touch:
- Service Area – UM Health-Sparrow services the Mid-Michigan region
- Website - uofmhealthsparrow.org/um-health-sparrow-community-health/mobile-clinics
- Contact Information: SparrowMobileHealthClinic@UMHSparrow.org

UNIVERSITY OF MICHIGAN HEALTH-SPARROW
MICHIGAN MEDICINE

# COMFORT CUISINE

Delivering care one meal at a time

Comfort Cuisine is a pilot initiative developed through a collaborative effort between the **Michigan Oncology Quality Consortium (MOQC)** and **Healthy Behavior Optimization for Michigan (HBOM)**. This program support cancer patients and their caregivers by improving access to nutrient-rich foods and providing essential educational resources. We focus on helping people maintain adequate nutrition during treatment, manage side effects, and promote overall well-being.

## Program Details:

- Enrollment: 50 individuals undergoing cancer treatment who are identified as food insecure, along with one of their caregivers.
- Meals and Duration: Participants receive up to 14 medically tailored meals per week for 4 weeks through vendor Mom's Meals.
- Education: Educational materials are provided on nutrition during treatment, budget considerations, community resources and more.
- Comfort Kit: Participants receive a kit containing interactive napkins that include inspirational messaging, imagery, and games along with markers and soft utensils.
- Surveys: Baseline and experience questionnaires provided to patients.


## Collaboration Overview

This partnership combines HBOM's expertise in establishing public-private partnerships to optimize healthy behaviors and MOQC's 15-year dedication to supporting Michigan practices in the improvement of cancer care.

**MOQC Contributions:**

- Recruitment and training of oncology practices
- Developed content for educational materials
- Ongoing tracking of enrollment and surveys
- Provided funding

**HBOM Contributions:**

- Program consultation and insights
- Design of logo and educational materials
- Created comfort kit
- Provided funding

Weekly meetings to review enrollment status, survey results, budget, materials, support, and expansion.

## Contact


Ashley Bowen
abowen@moqc.org

Marika Waselewski
marikag@med.umich.edu


MOQC MICHIGAN ONCOLOGY QUALITY CONSORTIUM

**www.comfortcuisine.moqc.org**

HBOM HEALTHY BEHAVIOR OPTIMIZATION FOR MICHIGAN


*Support for HBOM and MOQC is provided by the Value Partnerships program of Blue Cross Blue Shield of Michigan.*

Munson Healthcare Cadillac Hospital

# PREOPERATIVE TESTING

Reduce unnecessary medical testing

## PURPOSE

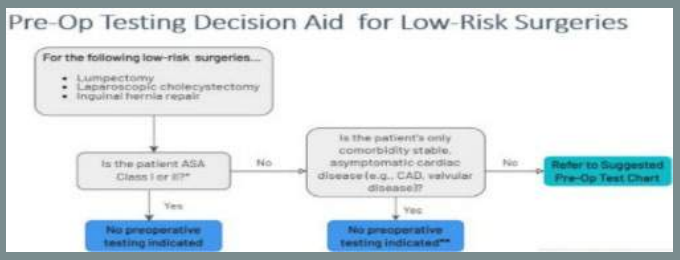
Use time and resources when they benefit the patient
Reduce costs of unnecessary testing
Improve timeliness of care

$210 billion spent on unnecessary medical testing annually

>50% of patients undergo at least one test before surgery

Preoperative tests can lead to even more unnecessary testing and patient stress

## PROTOCOLS/TOOLS




## PROJECT

### Team

Established committee project team including Nursing, Anesthesia, and Surgery

Strong participation and leadership from all area disciplines

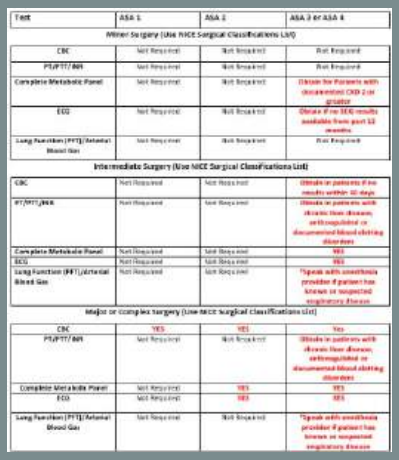
Met at least bimonthly to monitor and adjust strategies

### Process & Implementation

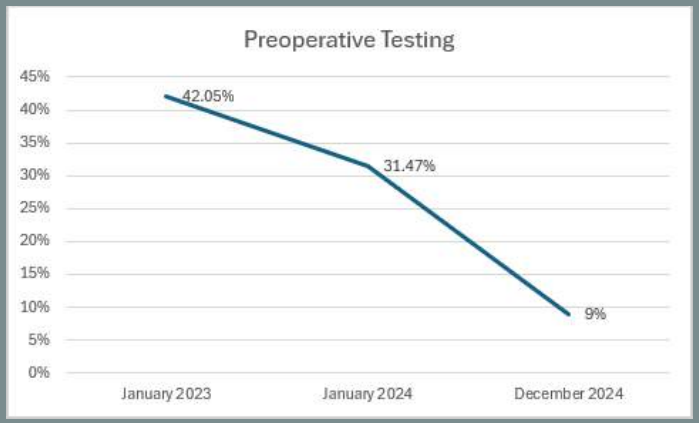
- Selected guidelines (NICE)
- Implemented new protocol and algorithm

- Revised RN preadmission testing assessment to help identify ASA class
- Updated ASA reference with specificity to improve anesthesiology consistency in categorizing/ordering
- Expanded to all appropriate elective surgeries

## PROTOCOLS/TOOLS



## RESULTS



# Behavioral Health Collaborative Care

## Collaborative Care: What is it?

In the Collaborative Care Model (CoCM), collaboration between specialties, primary care, therapy, and psychiatry is fundamental to delivering comprehensive and effective behavioral health care. This model fosters a team-based approach where primary care providers (PCPs) work closely with behavioral health therapists (BHTs) and psychiatric consultants to ensure patients receive holistic care. PCPs coordinate overall patient care, integrating insights from therapists and psychiatrists to address both physical and mental health needs. BHTs support patients through care management and systematic case reviews, facilitating communication between all team members. BHT's in our program are LLMSW/LMSW experienced therapists providing evidence based brief interventions along with collaborative care management. Psychiatric consultants provide expert treatment recommendations, enhancing the PCP's ability to manage complex cases. This seamless collaboration ensures that patients benefit from a well-rounded treatment plan, leading to improved health outcomes and greater access to mental health services. By leveraging the strengths of each specialty, CoCM creates a cohesive and supportive environment for patient care.

## How does a PO assist with CoCM

Physician organizations play a crucial role in supporting the Collaborative Care Model (CoCM) by integrating behavioral health services into primary care practices. CoCM involves a team-based approach where primary care physicians work alongside behavioral health care managers and psychiatric consultants to provide comprehensive care for patients with mental health conditions. This model enhances patient outcomes by ensuring timely and effective treatment, regular progress monitoring, and adjustments to care plans as needed. By promoting CoCM, these organizations help bridge the gap between mental and physical health care, ultimately improving access to holistic care for patients.

## Feedback from a High Utilizing Internal Medicine Provider

**Success with Collaborative Care:**

•Numerous patients have completed the program successfully.

•Particularly effective for patients in acute mental health crises. Invaluable services when specialists and counselors are booked months out.

•Quick access to medication adjustments and counseling.

**Engagement Strategies**

•Short-term nature of the program is appealing.

•Focus on stabilizing conditions with multiple resources and Graduates are better equipped to manage their mental health independently.

**Program Benefits**

- Ease of access to mental health services.
- Specialist insights without long wait times for appointments.
- Comfortable with all medication recommendations.
- Collaborative team approach to patient care.
- Close monitoring and follow-up during medication adjustments.
- Frees up time for primary care providers.

# REMOTE PATIENT MONITORING FOR RURAL MICHIGAN HOSPITALS

**Goal:** Increase digital health capacity and access to care for rural, independent critical access hospitals while capturing lessons learned for statewide dissemination.

## About MCRH

- The Michigan Center for Rural Health (MCRH) serves as Michigan's State Office of Rural Health (SORH) and is one of only three non-profit SORHs in the U.S.
- MCRH fosters collaborations among healthcare organizations to enhance rural health care services.
- Dedicated to coordinating, planning, and advocating for improved health in Michigan's rural communities.

## Partners

Helen Newberry Joy Hospital & Healthcare Center

Schoolcraft Memorial Hospital

McKenzie Health System – Experience Our Difference

higi

**Nov 2022** — Planning & Recruitment Phase

**Jul 2023** — RPM Pilot in 3 Critical Access Hospitals

**Jun 2024**

## Operational Outcomes

70 patients enrolled in RPM

Over 36,000 readings recorded

45 patients surveyed

- Likelihood to Recommend | 9.09
- Device Ease of Use | 9.33
- Initial Telehealth Appointment Experience | 9.75
- Overall Experience with Higi Care Manager | 9.71

## Clinical Outcomes

**HEDIS Control Blood Pressure**
Control rates for 46 patients improved from 39% to 78% in 6 months. Among 28 with uncontrolled hypertension, average reductions were 27 mmHg systolic and 11 mmHg diastolic—moving most into the normal range.

**HEDIS Control Blood Glucose**
17 patients achieved and maintained HEDIS-compliant blood glucose control within the first month.

**Weight Control**
31 patients using digital scales averaged a 4-pound weight loss over six months, with sustained improvements over time.

This initiative successfully demonstrated how digital health solutions can improve patient outcomes, enhance access to care, and reduce clinical burden in rural Michigan.

**Explore the Playbook**

# Thriving Together

A Collaborative Demonstration Project to Improve Interprofessional Teamwork

## Project Objective

Demonstrate a collective approach where we use an evidence-informed methodology to identify the appropriate settings and leverage the respective expertise among our **Center for Interprofessional Education (C-IPE) Systems Transformation Committee (STC)**. We will work as partners to help teams design and execute customized local action plans focused on improving interprofessional teamwork to **enhance the quintuple aims of health**.

## Our Central-Outward Approach

We adopted a central-outward strategy with a mission-aligned approach that fosters interprofessional teamwork by convening a central team, securing executive buy-in, and partnering with frontline teams for implementation.

| | |
|---|---|
| **1 Defining the Problem** | Adopt an approach that aligns our mission with a health system wide strategy. |
| **2 Convening the Central team** | Form the C-IPE STC with leaders from central offices across the health system. |
| **3 Securing Executive Buy-In** | Present a data-informed business plan by crosswalking workforce and patient data to gain executive support. |
| **4 Partnering with Front-Line Teams** | Work at the elbow with frontline teams to implement and sustain action plans to improve interprofessional teamwork. |

## C-IPE Systems Transformation Committee (STC)


In 2023, C-IPE convened **leaders across several key areas of influence within Michigan Medicine**, which evolved into the STC. After an **extensive listening tour of Michigan Medicine leaders** and an **exhaustive review of Press Ganey data** (and other data sources), the STC reached a pivotal point in mid-2024 to come together and develop a strong business case to improve interprofessional teamwork. What followed was an **intentional and thorough engagement of leaders at every level**, starting with executives, to obtain their **buy-in and support** for the launch of the collaborative demonstration project in an ambulatory care and inpatient unit.

## Project Overview

**Thriving Together** consists of three pillars, supported by an evidence based framework: **Assessment**, **Coaching and Support**, and customized **Training and Development**.

**Thriving Together** leverages the respective expertise among the STC members and their offices in a **collaborative and cohesive approach**, providing streamlined and focused improvement processes and implementation as well as greater access to Michigan Medicine and University of Michigan resources to result in greater impact and reduced redundancy.