

# EVERYONE

Connecting everyone to a healthier life.



**Spectrum Health**  
Healthier Communities





# LIFE IS A JOURNEY — PROGRAMS THAT SUPPORT OUR COMMUNITY AT EVERY STAGE OF LIFE

The mission of Spectrum Health is to improve health, inspire hope and save lives. To fulfill this mission, Healthier Communities focuses on reaching the highest level of health equity possible with the people, neighborhoods and regions we serve.

## Our three key priorities are:

- Maternal infant health
- Economic security
- Chronic disease

Core Health

More Life  
Más Vida

Maternal  
Infant  
Health

School  
Health

Prenatal  
Education

Academy  
of Health  
Sciences and  
Technology

Community  
Health  
Innovations

# CORE HEALTH

**Core Health is a free program for adults diagnosed with diabetes, chronic obstructive pulmonary disease (COPD) or heart failure.**

*Personalized services available in English and in Spanish*

**Our dedicated team will work with you virtually, over the phone, or in your home to:**

- Improve your health
- Create a plan
- Find local resources
- Monitor progress
- Reach your goals

## **Program eligibility**

You may be eligible for this free program if you are:

- Diagnosed with diabetes, COPD or heart failure
- 18 years of age or older
- Living in Kent County or a patient of Greenville Family Medicine, Greenville IM/Peds, Belding Family Medicine or Lakeview Family Medicine
- Willing to make changes to improve your health

## **Outcomes**

The program improves a client's overall quality of life as it relates to their physical, social and emotional well-being and encourages them to be drivers of their health care. This in turn reduces preventable hospitalizations and emergency department admissions.

## **Contact Us**

core.health@spectrumhealth.org  
616.391.6135



**3,000 patients served since 2011**

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## JOETTA HARRIS — BACK IN CONTROL

Joetta Harris, 57, can tightly summarize her typical day: “Busy, always busy.” To be fair, many of us would answer that way these days. But for Harris, it rings painfully true. Her life has been compounded by problems that have pulled her every which way. She divorced some time ago, living as a single mother of two sons. Her kids are now grown, but life never got easier.

In February 2017, she found herself working two jobs to pay the bills, including a rent payment that had increased. She struggled to put food on the table. Her blood pressure hit 200/70. She became borderline diabetic. “I was working a full-time job and a part-time job,” Harris said.



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As worries compounded, she found little time to manage her health. She needed help. Recognizing her need, Harris' physician referred her to the Core Health program at Spectrum Health Healthier Communities. The 12-month program is free for Kent County adults diagnosed with diabetes, COPD, or heart failure.

The Core Health team visits clients once a month to help them monitor health and wellness issues. They help people develop goals, set by themselves and their doctors. They learn ways to improve their health and quality of life.

"My first goal was to lower my blood pressure," Harris said. "I learned about making changes in my diet, eating more fruits, controlling portions and not to eat processed foods. I was a nibbler, a late night eater. And I learned not to do that." As she made changes, she began to see results. She lost a few pounds. And it felt good. She began to look for opportunities to walk more, even if it didn't come easy.

By the time Harris' participation in the Core Health Program drew to a close in April 2019, she had gotten her blood pressure to a healthy 122/68.

Her quality of life now? "Excellent," Harris said. She has even found time in her busy life to dream again.

"Many years ago, I taught in Head Start and I was a paraprofessional in Grand Rapids Public Schools," Harris said. "I really enjoyed working with kids. And now I'm wondering about going back to that. I would have to get certified, but it's a dream."

She said she is grateful for the strength she has found in her faith, particularly as she seeks to build her path forward.

And she will always be grateful for the help she received from Core Health.



# MORE LIFE MÁS VIDA

The goal of More Life Más Vida is to help participants improve their health and improve their life. This free one-year program helps participants understand the status of their current health, risk for diabetes and cardiovascular disease and simple behavior changes they can make to positively impact their well-being.

## **More Life Más Vida offers participants:**

- Free health screenings and coaching
- Dedicated care team (Including a registered nurse and a community health worker)
- Health education
- Connections in the community that support physical activity and nutrition

## **Eligibility**

- 18 years of age or older
- Kent County resident
- Not previously diagnosed with diabetes, heart attack or stroke
- Not pregnant or within six months postpartum
- Limited access to health care

## **Contact us**

morelifemasvida@spectrumhealth.org  
616.391.8943 (English) or 616.391.6199 (Español)



**On average, 800 clients  
served per year in  
Kent County**

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# MATERNAL INFANT HEALTH & STRONG BEGINNINGS

The Maternal Infant Health Program and Strong Beginnings, a partnership of eight community agencies working to eliminate racial disparities in birth outcomes, work with families to address psycho-social factors that impact infant mortality and maternal health. Teams of registered nurses, licensed social workers and community health workers provide care coordination, peer support and education. Through local, state and national collaboratives, these programs — like Baby Scholars, a national evidence-based parent and child development program — address the underlying causes of health inequities and promote systems change.

## These programs help families:

- Make healthy choices
- Prepare for birth
- Better understand the baby's growth and development
- Alleviate psychosocial concerns
- Achieve improved pregnancy outcomes

## Outcomes

Research has demonstrated that these programs have a positive impact.

- Participants have a 20% reduced risk for preterm birth
- There is an equal chance for nearly every baby born in our area to reach 1 year of age
- 24% reduced risk for low birth weight baby

## MHP eligibility

Available to pregnant women, inter-conception women and their partners, and men or women with a child under 18 months of age who are:

- Residents of Kent County
- On or eligible for Medicaid

## Strong Beginnings eligibility

- Enrolled in Maternal Infant Health Program

## Contact us

mihp@spectrumhealth.org  
616.391.8601

## Strong Beginnings

info@strongbeginningskent.org  
616.391.3940

## Baby Scholars

616.391.6078



**Over 1,285 women and  
infants served each year**

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## TERRI KIRKPATRICK — COMMUNITY HEALTH WORKER

“Hi, Pumpkin! You were waiting for me to come see you today?”

A stream of enthusiasm flows from Terri Kirkpatrick as she greets 8-month-old Jordan, hanging out with his mom, Melinda Kurcharski, in their apartment on Grand Rapids’ southeast side.

Soon little Jordan is tugging on Kirkpatrick’s earrings and trying to eat her name badge.



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“Oh my gosh, I just love him. Look at him!”

Twenty years ago Kirkpatrick landed her dream job — and Jordan and hundreds of babies like him are the reasons she’s never looked back.

As a certified community health worker with the Spectrum Health Healthier Communities team, Kirkpatrick works among women and children in medically underserved populations in Kent County, Michigan. She spends her days encouraging expectant mothers in their struggles, cuddling precious newborns and cheering for new moms as they work to ensure the health and well-being of their babies.

Kirkpatrick, who is also a certified doula, is one of eight community health workers with the Spectrum Health Maternal Infant Health Program, which works to reduce infant mortality and get babies off to a good start.

Healthier Communities also employs certified community health workers in programs that serve medically underserved children, support school kids with chronic diseases and help at-risk adults prevent and manage chronic diseases. Programs are offered in both English and Spanish.

They are also the eyes and ears of primary care physicians out in the field.

The work can be demanding, but it fits Kirkpatrick to a T.

“I don’t look at it as a job,” she said. “I look at it as (being) a change agent with regard to people’s lives. That’s my passion.”





# SCHOOL HEALTH PROGRAM

The School Health Program works to improve educational outcomes by reducing student absenteeism by up to 50% through nursing resources that manage acute illness, injury and chronic health conditions. Long term goals include improving rates of graduation, workplace readiness and college entry.

The program is an extension of a school's health resources and collaborates with district administration to provide nursing support and resources to staff and students. Staff will receive ongoing education and training on health-related issues such as asthma, diabetes, medication administration and health care planning.

## **Outcomes**

In 2018, the program facilitated 5,641 interactions and 87% of students returned to class after an encounter with the health office.

## **Contact us**

[schoolhealthprogram@spectrumhealth.org](mailto:schoolhealthprogram@spectrumhealth.org)  
616.391.4100



**Access provided to nearly 80,000  
students in West Michigan, 27 districts  
and 192 separate buildings**

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# PRENATAL EDUCATION

Spectrum Health Healthier Communities partners with the Family Birthplace at Butterworth Hospital to offer a variety of educational programs to help new parents and their families feel prepared and confident as they move into their new role. Our prenatal and parenting classes are taught by certified childbirth educators.

## **Classes offered**

- Preparing for Childbirth
- Cesarean Birth
- Dads on Deck: For Dads to Be
- Expectant Teens: Preparing for Childbirth
- Family Birthplace Tour
- Grandparenting Journey
- Infant Care
- Infant/Child CPR and Other Emergencies
- Pointers From a Pediatrician
- Refresher on Childbirth
- Sibling Class
- Twins, Triplets and More

## **Eligibility**

Pregnant women and their support person(s).

## **Contact us**

[spectrumhealth.org/pregnancy-class](https://spectrumhealth.org/pregnancy-class)  
616.391.5000, option 1



**635 classes  
serve 6,918  
clients per year**

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# ACADEMY OF HEALTH SCIENCES AND TECHNOLOGY

Spectrum Health has partnered with Grand Rapids Public Schools to develop the Academy of Health Sciences & Technology (AHST) at Innovation Central High School. Designed to connect students and leading health care employers, the academy gives students interested in the fields of health, science and technology preparation for a college education and a jump-start on their career.

## **AHST offers the following certification programs:**

- EMT
- Interpreting Service
- Pharmacy Tech
- ServSafe (certification to work in food service)

## **Outcomes**

Students will discover firsthand the exciting world of health, science and technology through interactive workplace experiences such as:

- Job shadowing and observations
- Internships and mentoring
- Service learning
- Tours
- Career fairs and speakers
- Employment

## **Eligibility**

Ninth- to 12th-grade students enrolled at Innovation Central High School.

## **Contact us**

[grps.org/innovationcentral-ahst](https://grps.org/innovationcentral-ahst)  
616.819.2310



**204 students enrolled in 2020**

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# COMMUNITY HEALTH INNOVATIONS

Spectrum Health Healthier Communities fosters innovations that leads our work to advancement of equitable community health outcomes through strong partnerships with community organizations, local and national, that contribute to our goals and strategic priorities.

## **We do this by:**

**Supporting local community partners:** bringing funding and technical support to organizations working on maternal and child health, chronic disease prevention and management goals as function of economic security. Please, visit our website to learn more.

## **Collaborating locally and nationally:**

**Community Health Needs Assessment:** Convening the community to research and implement action plans for improved health outcomes in the community.

**Cities of Opportunities:** strengthening relationships between local government and health systems for meaningful health outcomes, this program is sponsored by the National League of Cities.

**Invest Health:** a partnership with the Reinvestment fund and the Robert Wood Johnson foundation addressing Social Determinants of Health through cross-sector partnerships.

**Pay for Success:** Collaborative, value-based funding strategies in partnership with public, private and social sectors to advance health equity.

## **Convenings for impactful dialog**

**Community Health Connections:** Curating quarterly online events that provide insight into key health issues, communicate health strategies and celebrate success.

## **Contact us:**

[spectrumhealth.org/healthier-communities/our-programs](https://spectrumhealth.org/healthier-communities/our-programs)  
616.391.6264



**24 new community programs  
added in 2020**

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## A NOTE FROM KEN

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The mission of Spectrum Health is to improve health, inspire hope, and save lives. Spectrum Health Healthier Communities works to fulfill this mission by creating the most equitable health outcomes possible at the individual and neighborhood levels in the regions that we serve.

Simply put, we believe health outcomes should have no zip code.

Our roots were born through a commitment to support community members who are medically underserved or economically disadvantaged and at increased risk of poor health outcomes. We have refined our focus on three priorities: maternal-infant-child health, economic security efforts to promote long-term health, and the prevention and management of chronic disease. Our dedicated teams are working both inside of a medical model of care and upstream of this model to address unmet social needs which create and influence health that include factors such as education, housing, and food insecurity and create disparities.

**“Simply put, we believe health outcomes should have no zip code.”**

In addition to creating these interventions, we have reserved a significant portion of our budget to fund community partner organizations that are addressing these same issues. We must look outside ourselves to solve these problems.

We feel privileged to be able to play a role in addressing these issues. Let's work together to ensure everyone has the opportunity to live their healthiest life.



**Ken Fawcett , MD**  
Vice President of  
Healthier Communities





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Grand Rapids, MI 49504  
616.391.5000

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Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844-359-1607 (TTY: 711).

مكبلاو مصلال( : 711 فتاه مقرر). مقرب لصلتا .ناجملاب كل رفاوتت ةيوغللال ةدعاسمال تامدخ نإف ،ةغللال ركذا ثدحتت تنك اذا :ةظوحلم 1.844-359-1607.