

Spectrum Health
Gerber Memorial Hospital

Community Health Needs Assessment

2021-2022 Implementation Strategy



**Spectrum
Health**

Introduction

Mission

The mission of Spectrum Health is to improve health, inspire hope, and save lives. Spectrum Health is deeply committed to understanding the health needs of the communities we serve and collaborating to improve health for all residents, particularly those most in need. This implementation plan will:

- Describe our hospital's planned actions for developing and sustaining community health improvement programs that address the prioritized strategic issues from our 2020 Community Health Needs Assessment (CHNA) and the anticipated impact of these actions.
- Describe planned collaboration with other organizations in addressing these issues.

Diversity, equity and inclusion

Spectrum Health has focused its diversity, equity and inclusion efforts in five areas: increasing the organization's cultural competency, supplier diversity, community engagement, equity of care and workforce diversity.

The anti-racism pledge commits to doing more, including:

- Conducting rigorous analyses of internal procedures, policies, practices and cultural norms of the organization
- Increasing team member knowledge and skill
- Ensuring strategic priorities and associated tactics are regularly and systematically evaluated for their impact on health equity among patients, members and their communities
- Developing, implementing and rigorously evaluating data-informed strategies to ensure health equity among patients, members and the communities Spectrum Health serves

In addition, Spectrum Health has signed on with the American Hospital Association's #123forEquity Pledge, which can be found here: <https://ifdhe.aha.org/123forequity>, and is embracing its role as an Anchor Institution, which is explained at this link: <https://healthcareanchor.network/>.



Background and Objectives

IRS Requirements

The Patient Protection and Affordable Care Act (PPACA) of 2010 set forth additional requirements that hospitals must meet in order to maintain their status as a 501(c) (3) Charitable Hospital Organization. One of the main requirements states that a hospital must conduct a Community Health Needs Assessment and must adopt an implementation strategy to meet the community health needs identified through the assessment. The law further states that the assessment must consider input from persons who represent the broad interests of the community, including those with special knowledge of, or expertise in, public health. In response to the PPACA requirements Spectrum Health Gerber Memorial Hospital produced a 2020 CHNA and this document, the 2021-2022 Implementation Strategy.

Significant Health Needs

The most significant health needs or issues in a community are often overarching areas that have several indicators that are also individually pressing or important issues. Research activity from the 2020 Community Health Needs Assessment concluded the following significant health needs:

- Health care access
- Mental health
- Substance use disorder
- Obesity

Significant Health Needs not Addressed

The following health needs identified in the 2020 Community Health Needs Assessment are not addressed in this plan:

- Chronic Disease
- Negative Social Indicators
- Social Determinants of Health

Each of the needs listed above is important and is being addressed by numerous programs and initiatives operated by the hospital, other organizations within Spectrum Health, and local community partners. However, this implementation strategy will not focus on them due to limited resources and the need to allocate significant resources to the significant needs identified above.





About this Plan

Spectrum Health will allocate appropriate resources to each of the indicated interventions (e.g. budget, personnel, in-kind support, etc.). The anticipated impact of the listed objectives and interventions is to provide direct or indirect services to address the indicated significant needs.

SARS-Covid-19

On January 9, 2020, the World Health Organization reported a pneumonia afflicting 54 individuals in Wuhan, China. The infections were traced to a new coronavirus, SARS-CoV-2, which quickly swept the globe in a deadly pandemic. A state of emergency was declared in Michigan on March 10th and by March 23rd all residents were ordered to stay home, and all non-essential businesses closed. At the time this report was developed, Michigan had almost 95,000 cases and 6,506 deaths. The pandemic caused by the SARS-Cov-2 virus has resulted in widespread disruption of daily life, particularly for the most vulnerable individuals and families in communities across West Michigan. Many people are out of work or working from home. Schools are providing either onsite learning, virtual learning, or a combination of the two. Countless individuals struggle to secure essentials such as food, housing, and prescription medications. While it is unwise to calculate the full impact of the pandemic at this time, it is safe to assume that the effects will be felt for years to come.

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Significant Health Need: Health Care Access

Health Care Access

We have unmet needs for health care access within our communities. We will address this unmet need using First Steps Advance Care Planning for community members.

Population Served	Action	Measurable Impact
Community members	By December 31, 2022, Spectrum Health Gerber Memorial Community Education staff will initiate First Steps Advance Care Planning conversations with 20 community members and their healthcare advocates. Partners include Livewell Coalition, and Gunderson Health System.	Initiate First Steps Advance Care Planning conversations with 20 community members and their healthcare advocates by December 31, 2022.

Health Care Access

We have unmet needs for health care access within our communities. We will address this by collaborating with community partners to embed a peer advocate/recovery coach in an Emergency Department setting. This functions to increase access to behavioral health services through a direct referral route with community mental health.

Population Served	Action	Measurable Impact
Community-based organizations in Newaygo County	Live Well Coalition By December 31, 2022, Spectrum Health Gerber Memorial will have a member of a community partner organization co-located in a patient care setting. Partners include Livewell Coalition.	Integrate one member of a community partner organization in an Emergency Department patient care setting by December 31, 2022.

Health Care Access

We have unmet needs for health care access within our communities. We will address this unmet need by providing preventative screening to the community.

Population Served	Action	Measurable Impact
General population, in Newaygo County	By December 31, 2022, Spectrum Health Gerber Memorial will offer six blood pressure screenings in locations serving vulnerable populations and report outcomes (# screened, # referred for medical follow up) to the board semi-annually. Partnerships include the Newaygo County Commission on Aging, and True North.	Offer 6 public blood pressure screenings events by December 31, 2022.

Significant Health Need: Health Care Access

Health Care Access

We have unmet needs for health care access within our communities. We will address this unmet need using virtual technology for employers, school administrators, adults and youth in the Spectrum Health Gerber Memorial market area.

Population Served	Action	Measurable Impact
General population, in Newaygo County	By December 31, 2022, Spectrum Health will increase community ability to access information and services via virtual technology. This will be accomplished by successfully advocating for public policy and resource allocation to provide individuals and families living in the Spectrum Health Gerber Memorial service area with reliable, affordable access to information and services delivered via virtual technology. Partners include local decision-makers, regional decision-makers, Livewell Coalition, and District Health Department #10.	Involvement in advocacy efforts at the regional hospital level by December 31, 2022.

Health Care Access

We have unmet needs for health care access in the community. We will address this need by reducing the number of residents infected with COVID-19. This will be done by providing employers, school administrators, and the general community with accurate and timely information on COVID-19 and best practices for reducing its spread.

Population Served	Action	Measurable Impact
General population, in Newaygo County	By December 31, 2022 Spectrum Health will contribute to reducing the number of COVID-19 infections within the community by providing employers, school administrators, and general community with accurate and timely information on preventing the spread of COVID-19.	Spectrum Health releases timely and accurate information about COVID-19 and its prevention, targeted to a variety of sectors and population by December 31, 2022.
	By December 31, 2022, Spectrum Health will contribute to reducing COVID-19 infections within the community by providing community-based screening and appropriate testing.	Spectrum Health provides opportunities for COVID-19 testing that is convenient and meets the needs of the community by December 31, 2022.

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Significant Health Need: Mental Health

Mental Health

We have unmet needs for mental health within our communities. We will address this unmet need using the Question, Persuade, Refer (QPR) Suicide Prevention Program for Newaygo county community members.

Population Served	Action	Measurable Impact
General population, in Newaygo County	By December 31, 2021, Spectrum Health Gerber Memorial will develop a plan to recruit ten members of the community and staff from community-based organizations to participate in Spectrum Health Gerber Memorial - sponsored Question, Persuade, Refer (QPR) Suicide Prevention Program training (in-person or virtual).	Recruit 10 individuals to participate in a QPR Suicide Prevention training by December 31, 2021.
	By December 31, 2022, Spectrum Health Gerber Memorial will sponsor at least one QPR training for community-based organizations and/or community members in the Spectrum Health Gerber Memorial service area.	Sponsor at least one QPR training for community-based organizations and/or community members by December 31, 2022.
	By December 31, 2022, as a result of participating in Spectrum Health Gerber Memorial - sponsored QPR training, a minimum of ten individuals will report increased ability to identify risk factors and warning signs for mental health and addiction concerns, along with strategies for how to help someone in crisis situations. Partners include Newaygo County Regional Education Service Agency, Newaygo County Community Mental Health, True North, and LiveWell Coalition.	Of those participating in QPR training, at least ten individuals will report increased ability to identify risk factors and warning signs for mental health, along with strategies for how to help someone in crisis situations

Mental Health

We have unmet needs for mental health within our communities. We will address this unmet need using virtual consultative services for adults age 18 years and older in Spectrum Health Gerber Memorial Service area in efforts to increase access to behavioral health services.

Population Served	Action	Measurable Impact
General population of Newaygo County	By December 31, 2022 expand psychiatry consultative services for adult patients within Spectrum Health Gerber Memorial through utilization of 24/7 inpatient consultative services.	By December 31, 2022 expand psychiatry consultative services for adult patients within Spectrum Health Gerber Memorial through utilization of 24/7 inpatient consultative services.

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Significant Health Need: Substance Use Disorder

Substance Use Disorder

We have unmet needs for substance use disorder within our communities. We will address this unmet need using a Tobacco/Nicotine Cessation program for pregnant women and community members using tobacco products by offering programmatic support.

Population Served	Action	Measurable Impact
Pregnant patients at Spectrum Health Gerber Memorial who are currently smoking	By December 31, 2022, 40 women referred by Spectrum Health Gerber Memorial Obstetrics and Gynecology providers to the Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT) program will be enrolled. Partners include Society of Public Health Education, TNT Program, Michigan Maternal Infant Health Program.	Referrals by Spectrum Health Gerber Memorial Obstetrics and Gynecology providers resulting in 40 pregnant women enrolling in the SCRIPT program by December 31, 2022.
	By December 31, 2022, 40 women referred by Spectrum Health Gerber Memorial Obstetrics and Gynecology providers to the Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT) program will report a reduction in use of tobacco and/or nicotine products during their pregnancy. Partners include Society of Public Health Education, TNT Program, Michigan Maternal Infant Health Program.	Reduction of reported tobacco and/or nicotine products among 40 pregnant women participating in the SCRIPT program by December 31, 2022.
	By December 31, 2022, 12 women referred by Spectrum Health Gerber Memorial Obstetrics and Gynecology providers to the Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT) program will report a quit rate in use of tobacco and/or nicotine products during their pregnancy. Partners include Society of Public Health Education, TNT Program, Michigan Maternal Infant Health Program.	Within the SCRIPT program, 12 women will report quitting tobacco and/or nicotine products during their pregnancy by December 31, 2022.

Significant Health Need: Substance Use Disorder

Substance Use Disorder

We have unmet needs for substance use disorder within our communities. We will address this unmet need using vaping prevention education for middle and high school students in Newaygo county.

Population Served	Action	Measurable Impact
Middle and high school students in Newaygo County	By December 31, 2022, Spectrum Health Gerber Memorial will deliver vaping prevention education in a minimum of 10 post-elementary school settings. Partners include Breathwell Coalition, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools, Hesperia Public Schools, Newaygo County RESA, Michigan Department of Health and Human Services.	Provide vaping prevention education in at least 10 post-elementary school settings by December 31, 2022.
	By December 31, 2022, Spectrum Health Gerber Memorial will provide technical assistance to a minimum of three of schools to implement at least one anti-vaping policy per school. Partners include Breathwell Coalition, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools, Hesperia Public Schools, Newaygo County RESA, Michigan Department of Health and Human Services.	Among three schools, aid in the implementation of one anti-vaping policy per school by December 31, 2022.
	By December 31, 2022, Spectrum Health Gerber Memorial Tobacco and Nicotine Treatment program will partner with Newaygo County Juvenile Court to provide vaping education to 120 youth and their parent/guardian. Partners include Breathwell Coalition, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools, Hesperia Public Schools, Newaygo County RESA, Michigan Department of Health and Human Services.	Provide vaping education to 120 youth and their parent/guardian by December 31, 2022.

Substance Use Disorder

We have unmet needs for substance use disorder within our communities. We will address this unmet need by providing marijuana education to middle and high school students in Newaygo county.

Population Served	Action	Measurable Impact
Middle and high school students in Newaygo County	By December 31, 2022, Spectrum Health Gerber Memorial will deliver marijuana education in a minimum of 2 post middle school settings. Partners include Headway Coalition, Newaygo County Regional Education Service Agency (RESA), Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools, Hesperia Public Schools.	Marijuana education provided in at least 2 post middle school settings by December 31, 2022.

Significant Health Need: Substance Use Disorder

Substance Use Disorder

We have unmet needs for substance use disorder within our communities. We will address this unmet need using the Tobacco and Nicotine Treatment program for middle and high school students in Newaygo county.

Population Served	Action	Measurable Impact
Middle and high school students in Newaygo County	By December 31, 2022, Spectrum Health Gerber Memorial Tobacco and Nicotine Treatment (TNT) program will expand program delivery via virtual technology over 2020 baseline. Partners include Breathwell Coalition, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools	Expand program delivery over 2020 baseline by December 31, 2022.
	By December 31, 2022, at least 10% individuals accessing Tobacco and Nicotine Treatment (TNT) program services via in person or virtual technology report a decrease in tobacco/nicotine use. Partners include Breathwell Coalition, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Fremont Public Schools	Among TNT participants, 10% will report a decrease in tobacco/nicotine use by December 31, 2022.

Substance Use Disorder

We have unmet needs for substance use disorder within our communities. We will address this need by reducing the number of opioids prescribed by Spectrum Health providers. This will be done by implementing opioid prescribing guidelines for our providers.

Population Served	Action	Measurable Impact
Patients seen at Spectrum Health Gerber Memorial	By December 31, 2022 Spectrum Health Medical Group will implement opioid prescribing guidelines that are procedurally/conditionally based.	Implementation of opioid prescribing guidelines by December 31, 2022.
Patients seen at Spectrum Health Gerber Memorial	By December 31, 2022, Spectrum Health Medical Group will monitor provider scorecards related to prescribing guidelines for opioids on a monthly basis and report findings/recommendations to the appropriate leadership.	Continuously monitor opioid prescribing provider scorecards by December 31, 2022.

Significant Health Need: Substance Use Disorder

Substance Use Disorder

We have unmet needs substance use disorder within our communities. We will address this need by reducing the number of Spectrum Health patients with substance use disorder who are not in treatment. This will be done by identifying patients, seen by our Obstetrics and Gynecology providers, who have substance use disorder and referring them to treatment.

Population Served	Action	Measurable Impact
Pregnant women seen at Spectrum Health Gerber Memorial	By December 31, 2022 Spectrum Health Medical Group Obstetrics and Gynecology will utilize substance use disorders screening to screen 100% of pregnant patients for substance use disorders and refer them to treatment.	100% of Spectrum Health Medical Group Obstetrics and Gynecology pregnant patients screened for substance use disorder by December 31, 2022. 100% of Spectrum Health Medical Group Obstetrics and Gynecology pregnancy patients with substance use disorder referred for treatment by December 31, 2022.

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Significant Health Need: Obesity

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need using the Early Childhood Nutrition class for women with infants and/or young children under 3 years old who are seen at Spectrum Health Gerber Memorial.

Population Served	Action	Measurable Impact
Women with infants and/or young children under 3 years old who are seen at Spectrum Health Gerber Memorial	By December 31, 2022, a minimum of 40 women with children under the age of 3 years participating in the Early Childhood Nutrition Program offered via in-person or virtual technology will report positive change in dietary habits 6 months post intervention. Partners include Nestle Health Sciences.	A minimum of 40 participants of the Early Childhood Nutrition Program will report positive change in dietary habits 6-months post intervention by December 31, 2022.

Obesity

We have unmet needs for obesity in our communities. We will address this unmet need using the Weight Empowerment (WE) program at Tamarac for adult community members.

Population Served	Action	Measurable Impact
Adults in Newaygo County	By December 31, 2022, as a result of participating in the Weight Empowerment (WE) program at Tamarac (Spectrum Health Gerber Memorial 's Health and Wellness Center) offered via in-person or virtual technology, a minimum of 20 individuals will report achieving their predetermined weight or healthy lifestyle goal(s).	Among those participating in the Weight Empowerment (WE) program at Tamarac, at least 20 individuals will report achieving their predetermined weight or healthy lifestyle goal(s) by December 31, 2022.

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need using the Cooking Matters educational series for referred Spectrum Health Gerber Memorial patients.

Population Served	Action	Measurable Impact
Spectrum Health Gerber Memorial patients referred to Cooking Matters	By December 31, 2022, as a result of participating in Cooking Matters educational series, offered via in-person or virtual technology, a minimum of 35% of individuals will report increased confidence in their ability to shop for and prepare budget-friendly family meals. Partners include Share Our Strength, MSU Extension.	Among those participating in Cooking Matters education series, at least 35% will report increased confidence in their ability to shop for and prepare budget-friendly family meals by December 31, 2022.
	By December 31, 2022, as a result of participating in Cooking Matters educational series, offered via in-person or virtual technology, a minimum of 25% individuals will report utilizing a weekly family meal plan at least twice over the previous four weeks. Partners include Share Our Strength, MSU Extension.	Among those participating in Cooking Matters education series, a minimum of 25% will report utilizing a weekly family meal plan at least twice over the previous four weeks by December 21, 2022.

Significant Health Need: Obesity

Population Served	Action	Measurable Impact
Spectrum Health Gerber Memorial patients referred to Cooking Matters	By December 31, 2022, as a result of participating in Cooking Matters educational series, offered via in-person or virtual technology, a minimum of 25% individuals will report utilizing skills learned in Cooking Matters to prepare budget-friendly meals for their family. Partners include Share Our Strength, MSU Extension.	Among those participating in Cooking Matters education series, a minimum of 25% of individuals will report utilizing skills learned in Cooking Matters to prepare budget-friendly meals for their family by December 31, 2022.

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need using the Medical Fitness (Momentum Program) for Spectrum Health Gerber Memorial patients referred by primary care providers.

Population Served	Action	Measurable Impact
Spectrum Health Gerber Memorial patients referred by primary care providers	By December 31, 2022 a minimum of 100 patients annually will be referred to the Medical Fitness Program (Momentum Program) at Tamarac and 70% of these will meet or exceed predetermined lifestyle goal(s).	Refer at least 100 patients annually to the Medical Fitness Program (Momentum Program) by December 31, 2022. Among participants, 70% will meet or exceed predetermined lifestyle goal(s) by December 31, 2022.

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need using the Coordinated Approach to Child Health (CATCH) for students in grade K-5th in Newaygo County public schools. This aims to develop positive behavior related to nutrition and physical activity.

Population Served	Action	Measurable Impact
Students in K-5th grades in all Newaygo County public schools	By June 30, 2022, 90% of wellness team members in schools participating in the Coordinated Approach to Child Health (CATCH) program will participate in 100% of school wellness team meetings. Partners include Newaygo County Regional Education Service Agency, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Hesperia Public Schools, Fremont Public Schools, CATCH Foundation.	Among team members in participating schools, 90% will participate in all school wellness team meetings by June 30, 2022.
	By June 30, 2022, 70% of teachers in schools participating in the Coordinated Approach to Child Health (CATCH) program will report observing positive changes in student behavior related to nutrition and physical activity. Partners include Newaygo County Regional Education Service Agency, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Hesperia Public Schools, Fremont Public Schools, CATCH Foundation.	Among teachers in participating schools, 70% will report observing positive changes in student behavior related to nutrition and physical activity by June 30, 2022.

Significant Health Need: Obesity

Population Served	Action	Measurable Impact
	By June 30, 2022, 90% of teachers in participating schools will report that by utilizing CATCH materials they feel they are making a positive contribution to the overall culture of health within the school. Partners include Newaygo County Regional Education Service Agency, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Hesperia Public Schools, Fremont Public Schools, CATCH Foundation.	Of schools participating in CATCH, 90% of teachers reporting perception of positive contribution to the overall culture of health within the school by June 30, 2022.
Students in K-5th grades in all Newaygo County public schools	By June 30, 2022, teachers will utilize a virtual CATCH option to further supplement health education for students K-5, resulting in 90% of teachers offering this option annually. Partners include Newaygo County Regional Education Service Agency, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Hesperia Public Schools, Fremont Public Schools, CATCH Foundation.	Of schools participating in CATCH, 90% of teachers will utilize a virtual CATCH option by June 30, 2022.
	By June 30, 2022, each participating school will implement at least one policy or environmental support designed to improve student nutrition and/or increase physical activity during the school day. Partners include Newaygo County Regional Education Service Agency, Grant Public Schools, Newaygo Public Schools, White Cloud Public Schools, Hesperia Public Schools, Fremont Public Schools, CATCH Foundation.	Of schools participating in CATCH, implementation of at least one policy or environmental support by December 31, 2022.

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need providing technical assistance to municipalities to support policy change targeting physical activity.

Population Served	Action	Measurable Impact
Township, cities or school districts in Newaygo County	By December 31, 2022, Spectrum Health Gerber Memorial will provide technical assistance to at least three municipalities to implement a policy related to increasing opportunities for residents to be more physically active. Partners include District Health Department #10, City of White Cloud, Village of Hesperia, Hesperia Public Schools, White Cloud Public Schools.	Technical assistance provided to at least three municipalities to implement a policy related to increasing opportunities for residents to be more physically active by December 31, 2022.

Obesity

We have unmet needs for obesity within our communities. We will address this unmet need using the Diabetes Prevention Program for diabetic patients of Spectrum Health Gerber Memorial.

Population Served	Action	Measurable Impact
Diabetic patients of Spectrum Health Gerber Memorial	By December 31, 2022, a minimum of 25 of individuals annually will be enrolled in Diabetes Prevention Program and 50% of participants will meet program goals for annual A1C levels. Partners include American Diabetes Association.	A minimum of 25 individuals enrolled annually in the Diabetes Prevention Program by December 31, 2022. Among participants, 50% will meet program goals for annual A1C levels by December 31, 2022.

Glossary

	Description
Cooking Matters Educational Series	Cooking Matters is a nationally branded product that helps families to shop for and cook healthy meals on a budget. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Classes include hands on cooking sessions, grocery store tours, and food selection education.
Coordinated Approach to Child Health (CATCH) program	CATCH is an evidence-based program based on the CDC Whole School, Whole Community, Whole Child model to combat childhood obesity. Health education, school environment, and family/community involvement work together to support youth in grades K-8 in improving nutrition choices and increasing daily physical activity.
Diabetes Prevention Program (DPP)	DPP is an evidence-based lifestyle change program to help community members reduce their risk of type 2 diabetes.
Early Childhood Nutrition class	The Early Childhood Nutrition program aims to give children a strong start with the right food at the right time. SHGM offers free classes designed to give moms-to-be, new moms, parents and caregivers evidence-based comprehensive nutrition support through the first 1,000 days of a child's life. Focus areas include nutrition during pregnancy, nutrition for nursing moms, important nutrients for babies, breastfeeding and bottle feeding, transitioning to solid foods, food safety, bottle weaning, and avoiding picky eating pitfalls.
First Steps Advance Care Planning	Following the Gundersen Lutheran Model certified facilitators help individuals and their families discuss future healthcare decisions based on individual goals, values and beliefs before a healthcare crisis occurs. The program also helps participants address questions such as identifying trusted individuals to make decisions as an advocate; documenting wishes and appointing advocates; sharing decisions with friends and family; and making plans available as needed.
Live Well Coalition	Livewell Newaygo County is a county-wide coalition. The mission of the coalition is to improve the health of the residents and environment of Newaygo County. Through a collective impact approach, the coalition works together under specific operating guidelines to identify key health and healthcare needs within the county and develop coordinated strategies to address these needs.
Medical Fitness (Momentum Program)	Tamarac and Gerber Memorial's 12 week medically based fitness programs are customized to a patient's needs. An individual's personal medical provider can refer their patient into a wellness or fitness program that's designed to address specific needs, including diabetes, weight management, cardiac and pulmonary disease, Parkinson's disease, tobacco cessation, chronic pain and more. The individual then receives wraparound care from a team of experts who work together to help them achieve their health and wellness goals.
Opioid Prescribing Guidelines	Safe clinical prescribing guidelines for opioids.
Question, Persuade, Refer (QPR) Suicide Preventions Program	Gatekeeper Training for Suicide Prevention is a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond.
Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT) program	SCRIPT is an evidence-based program shown to be effective in helping thousands of pregnant women quit smoking. The program provides education and counseling support and is designed to be a component of a patient education program for prenatal care providers.

Glossary

	Description
Tobacco and Nicotine Treatment (TNT) Program	Gerber Memorial offers a variety of tobacco and nicotine quit services including support groups, individual and group classes. To expand outreach and make a greater impact on the community Gerber Memorial's program partners creatively with internal departments as well as community stakeholders. One example is the evidence-based program that is embedded into Gerber Memorial's OB/GYN clinic called SCRIPTS. These services are free to the community and offered by certified Tobacco Treatment Specialists.
Vaping Prevention Education	Tobacco Treatment Specialists work with school administrators and staff to address vaping policy, system, and environmental strategies. The educators extend classroom education for middle and high school students across Newaygo County that address all forms of tobacco including vaping.
Weight Empowerment (WE) program	A weight management and lifestyle support group. Every week participants weigh in, participate in group discussion on healthy lifestyle changes and receive support, encouragement, and education to continue on their weight management journey.



**Spectrum
Health**

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).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 711).