



COMMUNITY THEMES AND STRENGTHS ASSESSMENT

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Assessment Methodology

The CTSA team met nine times over the course of 11 months to create, distribute and assess a Community Health Survey and to facilitate focus groups. Through the survey and the focus groups, the following questions were answered:

- What is important to the community?
- How is the quality of life perceived in the community?
- What assets does the community have that can be used to improve community health?

The CTSA team utilized the following process to complete the assessment:

1. Review of the Community Themes and Strengths Assessment process
 - a. Through this planning the CTSA team decided the best way to answer the above three questions was to conduct a Community Health Survey and community focus groups within target populations.
2. Survey planning (2 meetings)
 - a. Review of optional questions
 - b. Survey distribution locations
 - c. Survey languages
3. Focus Group Planning (5 meetings)
 - a. Review of optional questions
 - b. Focus group target areas
4. Distribution of Survey (November 2015-June 2016)
 - a. The Community Health Survey was distributed both via electronic methods (Survey Monkey) and via paper methods with our community partners.
 - b. The survey was available electronically in English and in paper form as English, Arabic and Spanish.
5. Completion of community focus groups (x6) during May and June 2016
 - a. The focus groups were conducted in target populations across all of Macomb County. Two of the focus groups were conducted in Arabic and Spanish.
6. Assessment team members then reviewed and compared the survey results and the focus group results. Assessment team members identified themes from the surveys and the focus groups.
7. The highest identified themes and priority areas from the survey and focus groups were submitted to the Steering Committee for review for the Community Health Improvement Plan.

Executive Summary

Focus Group:

The CTSA team completed six focus groups throughout Macomb County:

- Thompson Center, Warren
- ACCESS, Sterling Heights
- Clinton Township Senior Center, Clinton Township
- Mount Clemens Lions Club, Mount Clemens
- Chesterfield Senior Center, Chesterfield
- St Francis, New Haven

The average size of the focus groups were 16 individuals per group. Overall there were 98 individuals who participated in the groups.

After brainstorming, review and discussion the CTSA team was able to identify seven priority focus areas that were present in the Focus Group. These seven priority focus areas are:

- Obesity, Diabetes, High Blood Pressure
- More Education/Classes
- Drug Abuse, Substance Abuse
- Mental Health Care
- Access to health foods
- Safety
- Communication
 - Communication via internet
 - Improved electronic communication

The full results of the Focus Group can be found in the Appendix.

Survey:

The Community Health Survey was completed during the months of November – June. During this time 4,071 surveys were collected via Survey Monkey and paper formats. The survey was open to all individuals who live, work or play in Macomb County. Of the survey respondents, 93% of individuals who completed the survey live in Macomb County while 74% of survey respondents work in Macomb County.

After reviewing the survey results the CTSA team was able to identify eight priority focus areas that were present throughout the survey. These eight priority focus areas are:

- Access to Foods, Healthcare, Housing, Jobs
 - Use of ER/Urgent Care
- Lack of knowledge on Programs and services in County
- Improved Communication
- More education/Classes
- Obesity, Diabetes, Heart Disease, Cancer
- Mental Health
- Drug Abuse

- Language Barriers – non English Population

After reviewing both the focus groups and the surveys, the CTSA team narrowed the priority areas down to the following six categories:

- Chronic Disease
 - Obesity
 - Diabetes
 - Cancer
 - Heart Disease
- Access
 - Food
 - Healthcare
 - Insurance cost, healthcare cost, prescription drug cost
 - Housing
 - Jobs
- Mental Health
- Drug Abuse/Substance Abuse
- Communication and Education
- Safety/Built Environment

The full results of the Community Health Survey can be found in the Appendix along with a copy of the distributed survey.

The CTSA team reviewed not only the survey results as a whole, but in comparison with different populations, geographic locations and gender. However, some unique focus areas did emerge for specific groups of individuals:

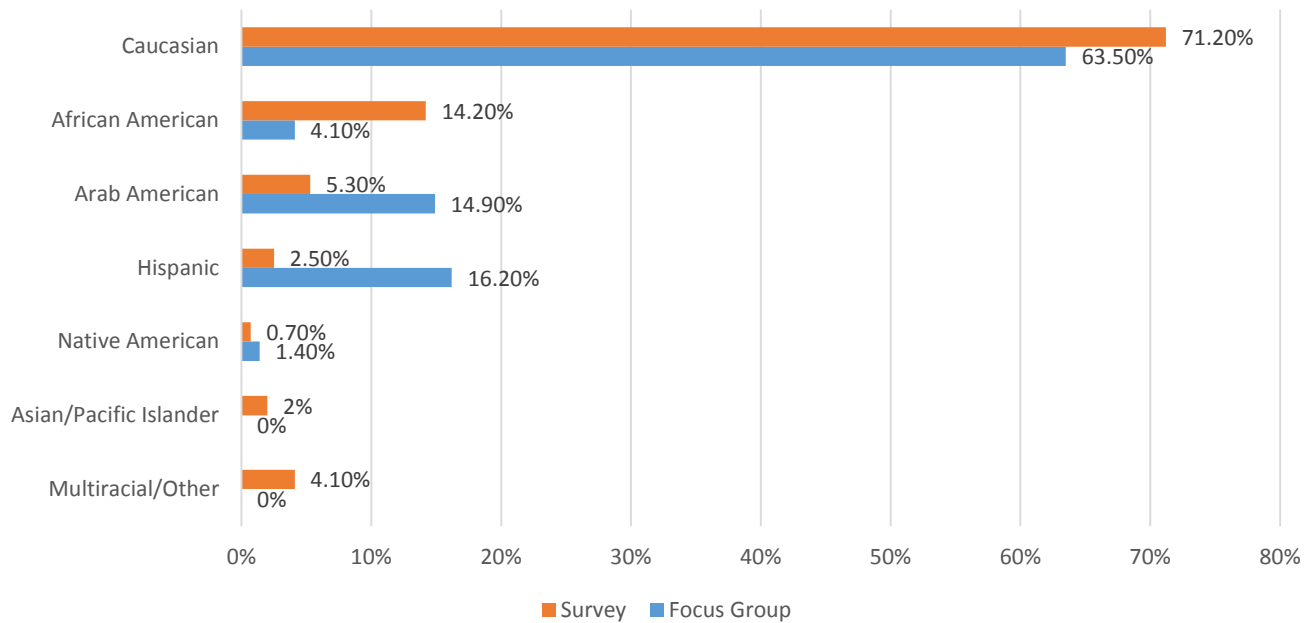
- Asthma (Black)
- Oral Health (Non English Speaking Populations)
- Healthy Pregnancy (Non English Speaking Populations)
- STDS (Black)
- Lack of Healthcare and Insurance (Minority Populations)

While these listed focus areas were not encompassing of the entire population, it is important to see that some of the specific groups of people in Macomb County have very different needs.

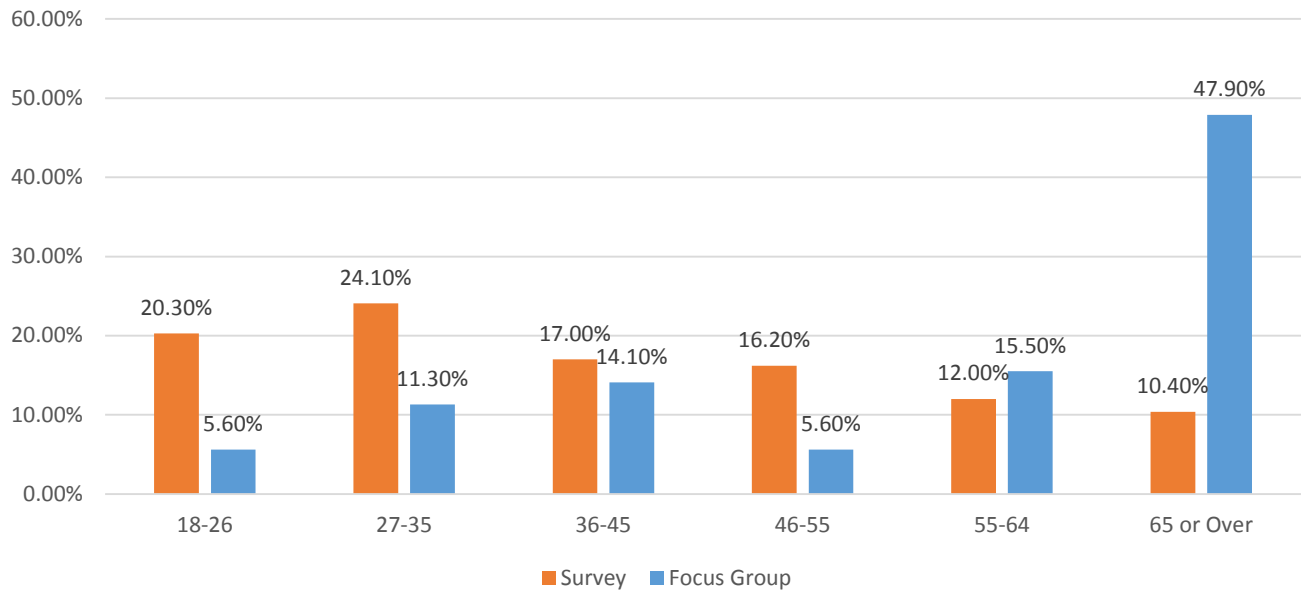
Respondent Profile

The respondents of the survey followed the demographic make-up of Macomb County. The focus groups were held in targeted populations to address any gaps that the survey demonstrated. Below you will see the respondent profile of both the Community Health Survey as well as the community focus groups.

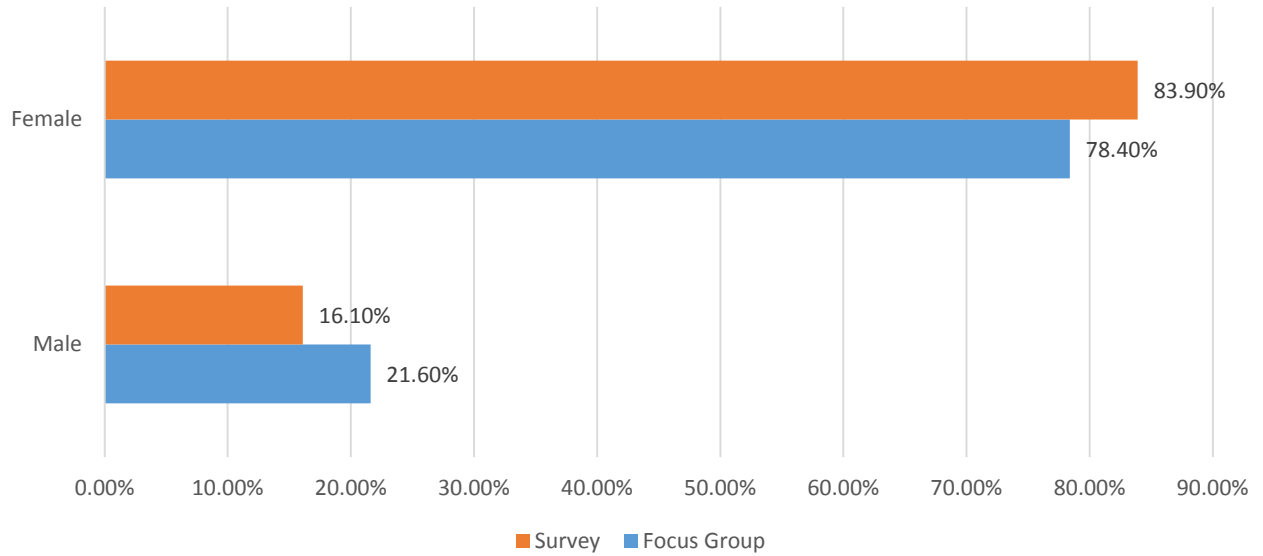
Race/Ethnicity of Respondents



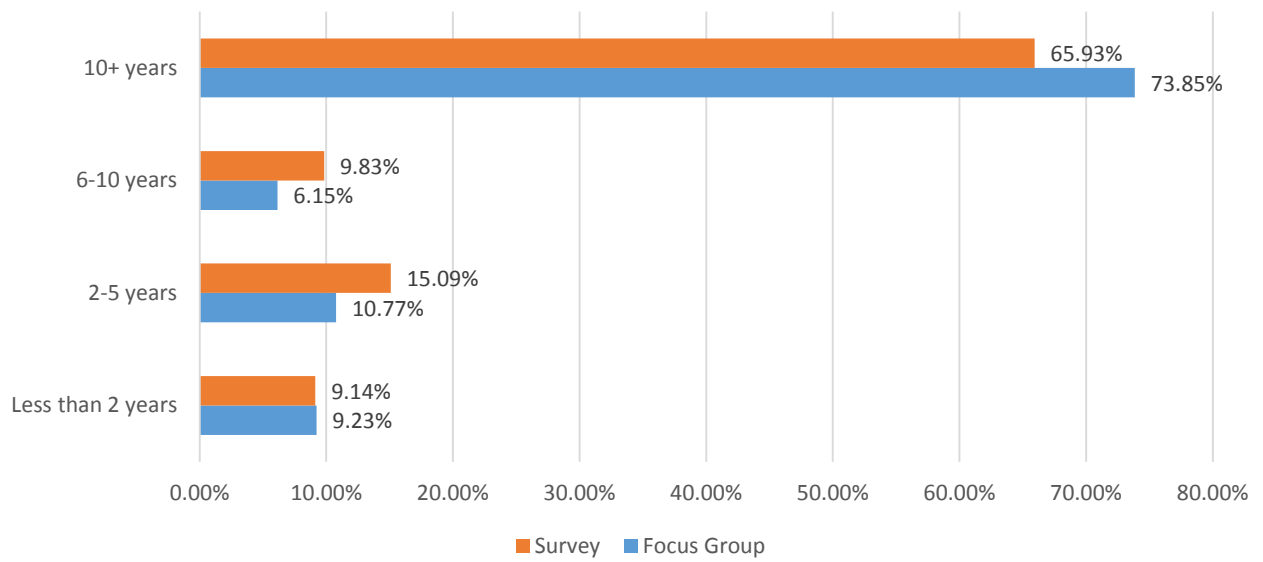
Age of Respondents



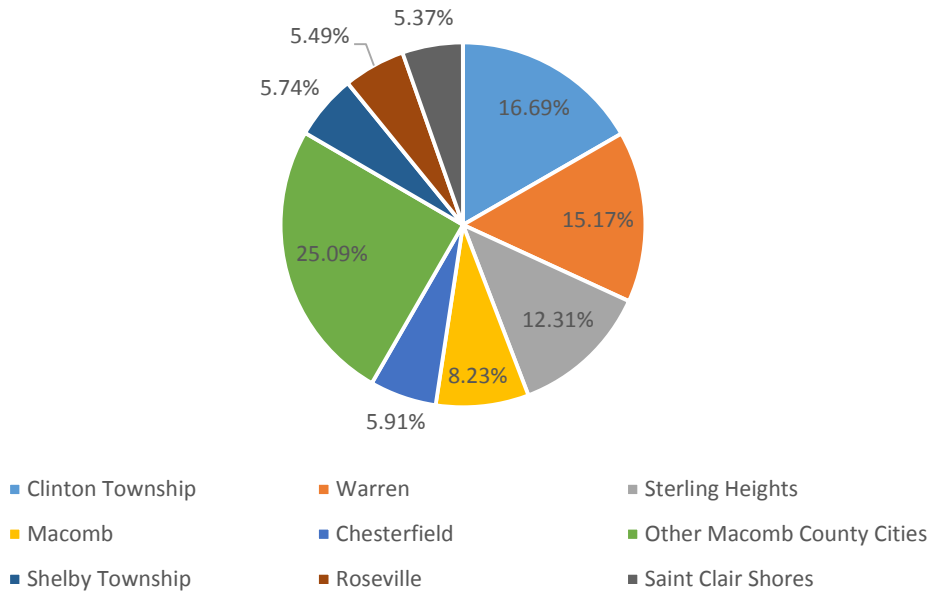
Gender of Respondents



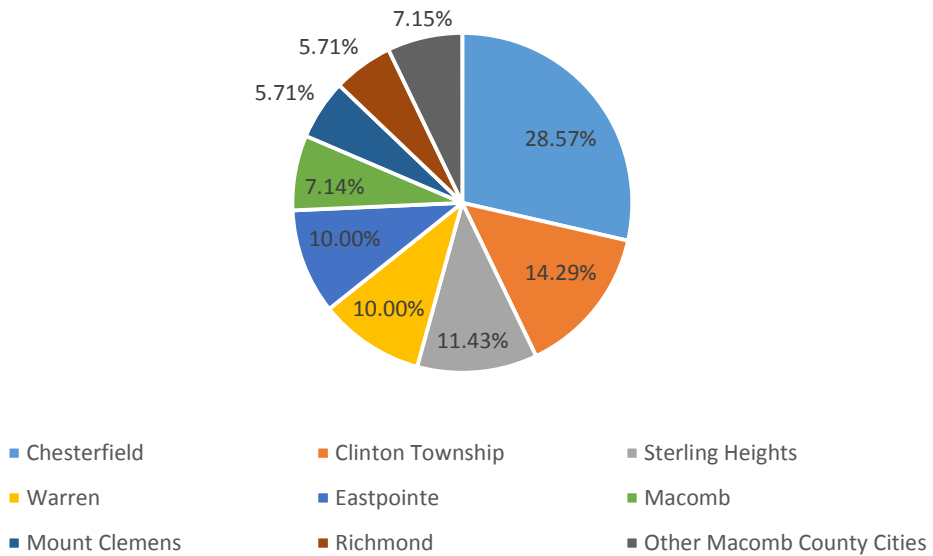
Time Living in the Community



Top Survey Respondent Locations



Top Focus Group Respondent Locations

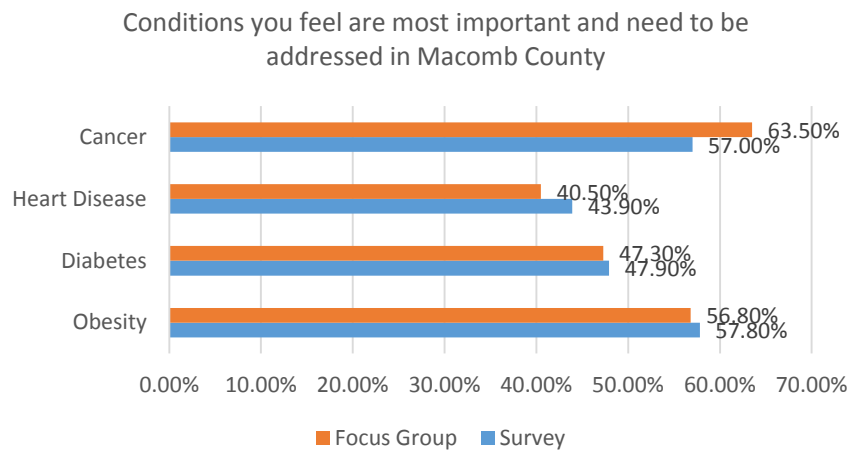


Priority Theme Results

The below graphs show the data that helped the CTSA team to prioritize the themes from the survey and the focus groups.

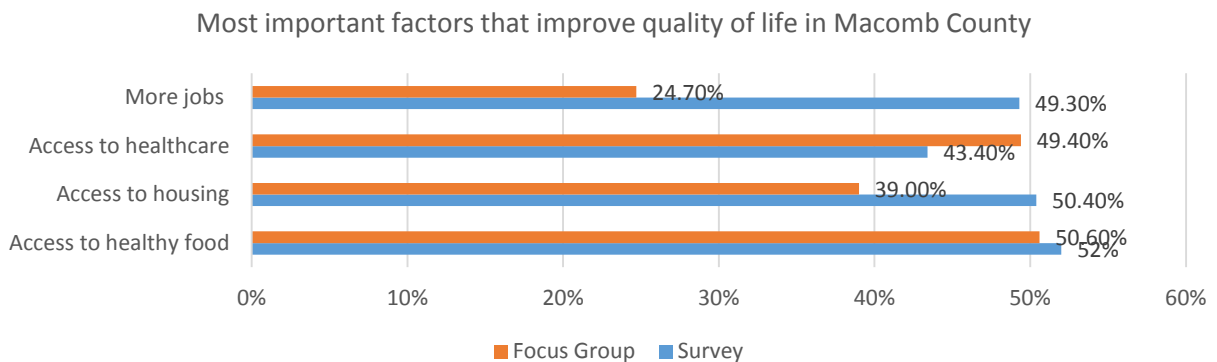
1. Chronic Disease

Many health issues emerged from the results of the survey and the focus group and thus the CTSA team decided to categorize these as one theme of Chronic Disease. This theme encompasses Cancer, Heart Disease, Diabetes, and Obesity.



2. Access

To improve the quality of life in Macomb County many survey respondents and focus group respondents agreed that Access to Services would help the most. The CTSA team agreed that increased Access would improve quality of life and created the theme Access, which encompasses access to affordable health food, access to housing, access to healthcare, and more jobs. The CTSA team also considered cost and prescription medication costs as part of the Access to Healthcare category. 53.5% of focus group respondents and 50.7% of survey respondents stated that cost was a barrier to getting healthcare, while 47.9% of focus group respondents and 34.9% of survey respondents stated that prescription medication cost was a barrier to care.



3. Mental Health

Mental health was a very prevalent issue that appeared in the survey results, therefore the CTSA team decided to address this as a priority theme. Overall, 53.2% of the population surveyed stated that Mental Health was an important health issue to address (the top rated in the survey). While the CTSA team is making this one of the priority themes it is important to note that only 27.35% of Non-English speaking populations felt that Mental Health was an important issue and only 5% of Focus Group respondents felt this was an important issue.

4. Drug Abuse/Substance Abuse

Two additional areas that were common in the survey responses among all populations were Drug Abuse and Substance Abuse. Of all survey respondents, 45.8% stated drug abuse was an important issue and 33.4% stated alcohol misuse was an issue. Among focus group respondents however, only 15% of individuals stated that drug/substance abuse was an issue that needed to be addressed in Macomb County.

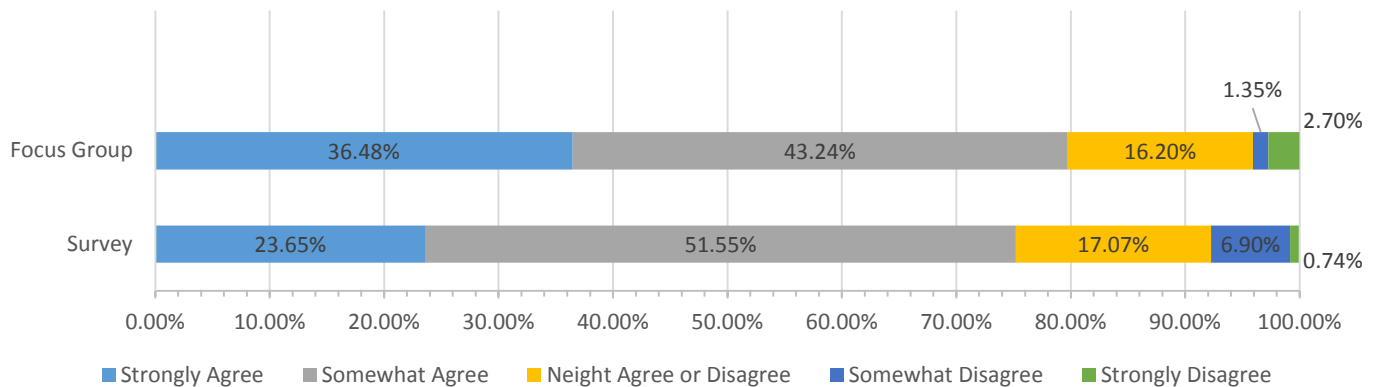
5. Communication/Education

Communication and Education were two topics that appeared frequently in the focus groups and had supporting data from the survey results. 66% of focus group respondents stated that they would like to see improved communication regarding county services and more education (classes, trainings, etc) on health topics in the county. Many participants stated that while they believe Macomb County has a lot to offer, they were mostly unaware of the resources available and how to access them. From the survey, 53.4% of respondents stated they received their health related information from the internet (not social media) – which give the CTSA team the understanding that we could strive to do better in communicating to the public.

6. Safety and Built Environment

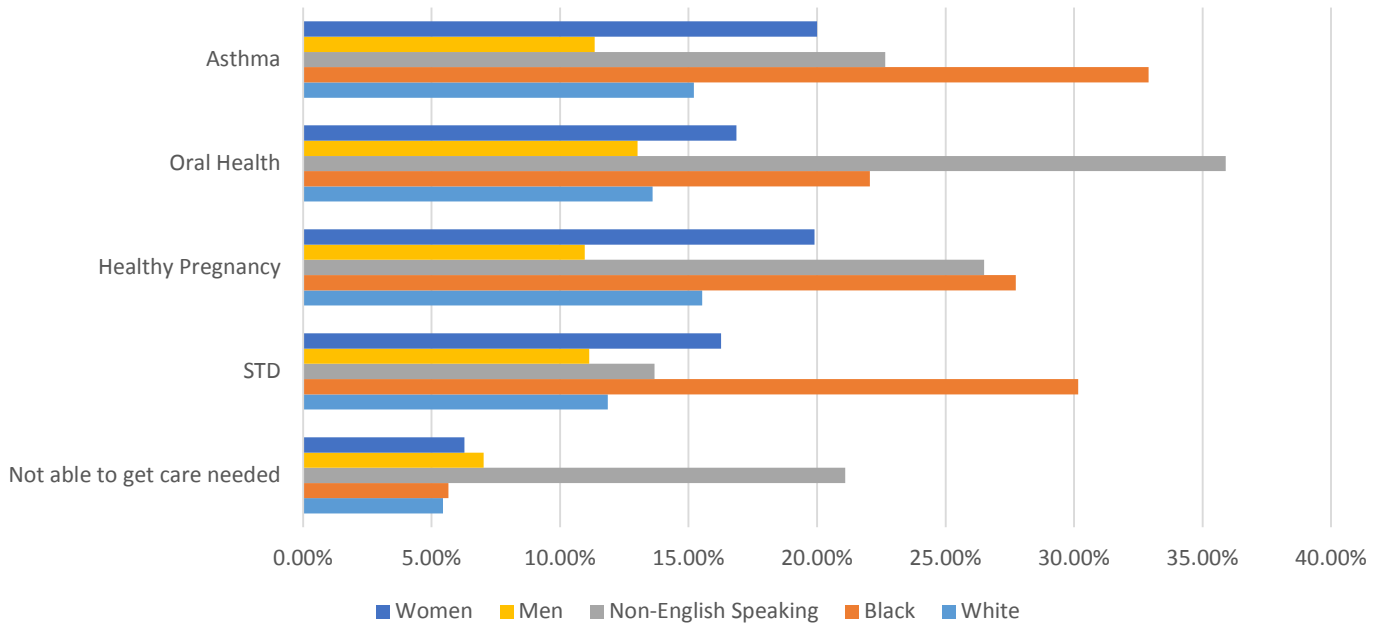
Safety and the Built Environment were both recurring themes that appeared in both the survey and the focus groups. Therefore, the CTSA team has decided to make this a priority for the CTSA. Overall, 47.3% of survey respondents stated that less violence/crime (safer neighborhoods) would improve the quality of life and 50.6% of focus group respondents felt the same. Through the focus groups, during all conversation and discussion, safety and the built environment came up among all questions and was mentioned by 36% of the participants.

Macomb County is a safe place to live



Outliers/Area of Note:

The CTSA team noticed some variation in results between different population groups in the survey and focus groups. While these areas are not necessarily large enough to become a priority theme, the CTSA team felt it was important to share these differences with the Steering Committee.



Focus Group Summaries

Focus Group Question 1: What are the most important health related issues in the community?

ACCESS	Thompson Center	Clinton Township Senior Center	Chesterfield Senior Center	St. Francis	Mount Clemens Lions Club
<ul style="list-style-type: none"> ●Depression and chronic disease ●Unhealthy food (x2) – leads to chronic disease ●Environmental pollution (water, air) ●Health insurance ●Education ●Construction in streets? ●Increased stress 	<ul style="list-style-type: none"> ●Mosquitos (Zika) in the community this time year and the related spraying ●Mental health ●Drugs or substance use (prescription drug abuse, addiction, leading to other drugs) – 3 people agreed ●Teenagers getting weed south of 8 mile ●Obesity (x2) ●Sex registry (lots of sex offenders in Warren) ●High blood pressure ●Strokes, Heart Health ●Diabetes 	<ul style="list-style-type: none"> ●Water safety (Flint) reference, are they doing additional checking on water (x2) ●Violent crime ●Heroin problem with youth ●Need more police ●School safety, fake bomb threats, lockdowns, send kids home for day, search needed, most of time bogus, but all it takes is one real bomb ●Obesity child through adult ●Programs in schools needed gym/health class, to focus on you are what you eat, you should be concerned about what you put in your body ●Concerns about school lunch the food is not good, it's not as tasty, it's healthier but they don't like it ●Peanut allergy discussion in schools 	<ul style="list-style-type: none"> ●high blood pressure(x4) ●high sugar intake ●weight/obesity (x3) ●keeping our water safe ●alcohol (x3) ●drug abuse (x4) ●drunk driving – afraid to drive on roads ●cancer (x3) ●lack of exercise (x2) ●diabetes ●transportation to health care provider (x2) ●knee and hip joints ●air and water quality ●COPD ●Alzheimer's ●old age ●elder care ●child care cost ●long term care 	<ul style="list-style-type: none"> ●lack of health insurance (x4) ●people unable to see doctor ●lack of transportation ●immigration issues ●accidental injuries ●mental health ●not enough help ●financial assistance for medical expenses ●diabetes (x6) ●mammograms (x2) ●alcoholism ●drug addiction ●drunk driving ●texting and driving ●not feeling safe (x3) ●nutrition (x2) ●racism (x2) ●employment ●allergies ●flu (x7) ●high blood pressure (x2) ●no medical access ●obesity (x6) ●smoking (x2) ●car seat information (x2) ●can't afford healthcare ●cholesterol ●parasites ●depression 	<ul style="list-style-type: none"> ●Substance abuse, drug abuse, (agreement seen between members) ●Timely access to primary care provider, too long wait times to see doc for medical issues ●Diabetes major health concern ●Obesity ●Lack of enough exercise ●Accessibility to prescriptions, easier accessibility to prescriptions ●Lack of adequate resources for adolescent mental health issues ●Transportation to major health care provider, some people without, or do not operate vehicles ●Water supply; possible concerns down the road ●Debris/trash around road that causes hazards ●Childhood immunizations, those that don't

				<ul style="list-style-type: none"> ●mosquito diseases ●poor hygiene ●heart disease 	believe in imms affecting other children in school setting
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Question 2: When thinking about health, what are some of the greatest strengths and assets of your community?

ACCESS	Thompson Center	Clinton Township Senior Center	Chesterfield Senior Center	St. Francis	Mount Clemens Lions Club
<ul style="list-style-type: none"> ●Lots of parks (bathrooms in parks not clean, parks not clean) not comfortable going there ●ACCESS ●Chaldean Foundation ●Google (for stuff not found at ACCESS) 	<ul style="list-style-type: none"> ●Gyms, lots of affordable gyms ●Available track fields at HS ●Parks available, community center in Warren ●Some insurance that pays for Weight Watchers ●Health center that provides services for free to kids (at DHS? Mobile dentists, some services in schools) ●MCHD (Thompson Center, Breast feeding group at Thompson) ●Access to Mental Health through Macomb County was good (better than Oakland in this case, same for health department) multiple community members had very positive feedback about staff, services ●MCHD staff is very attentive to client needs both remotely and in person (echoed by multiple Community members) ●Good wait times at MCHD 	<ul style="list-style-type: none"> ●Lots of parks, that are very nice, even for handicapped individuals, wide paths, black topped ●Senior centers with screenings, lots of programs for seniors to participate in ●Health nurse in apartment complex, blood pressure and blood sugar screening ●Nurse at church (free blood pressure screening) 	<ul style="list-style-type: none"> ●more activities (x3) ●walking in parks (x2) ●senior centers provide exercise and friendship for seniors to stay healthy ●health fairs (x3) ●health department is a good resource for me (x3) ●lots of exercise programs ●senior centers (x5) ●hospitals (x3) ●emergency services (x2) ●medical clinics (x3) ●exercise (x3) ●all services are available ●trails for bikes ●there are many places to get information ●community center ●immunizations ●physical therapy 	<ul style="list-style-type: none"> ●Hispanic leadership ●hospitals (x7) ●health centers (x5) ●orientation ●support for diabetes ●strong church support (x2) ●unity (x3) ●clinics/doctors willing to help those without insurance xx ●community support (x3) ●there are lots of resources (x3) ●family aid ●good community centers 	<ul style="list-style-type: none"> ●Opportunities hiking, biking, parks ●3 hospitals in community ●Good pharmacies in area ●Free senior activities ●Good job putting together rails to trails, new biking routes ●Lots of rehabilitative centers around ●Most schools and colleges have athletic trainers on staff that alleviate visits to other sites ●Health department for children immunizations (3 positive responses, including very cost effective) ●Family planning program very helpful to have ●Large lakeshore for recreation ●Large Metroparks for recreation ●We have easy access to emergency services in Macomb ●Medstar provides ambulance services at

	<ul style="list-style-type: none"> ●Food Pantries (Hope Center – good reviews from 4 members) ●Churches (diverse, very active, community engagement is excellent) 		<ul style="list-style-type: none"> ●aerobics ●transportation 	with activities	no cost to the community <ul style="list-style-type: none"> ●WEAKNESS – lack of knowledge about program availability
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Question 3: What would help Macomb County residents achieve the highest level of health (i.e., optimum health)?

ACCESS	Thompson Center	Clinton Township Senior Center	Chesterfield Senior Center	St. Francis	Mount Clemens Lions Club
<ul style="list-style-type: none"> ●Healthy food, clean water ●Increase number of places for free health care ●Low cost places for health care ●Safety (public safety, police department) ●Community activities, education would make people feel healthier ●Increase education on health topics ●Increase education from county on what is available ●More accessibility to resources 	<ul style="list-style-type: none"> ●Food related education about fresh foods and vegetables (member signed up at MSUE and never received a return phone call after signing up) ●Would be good to know how to grow their own food ●Food cost is an issue for healthy foods ●More places for kids to play – outside the house ●Community gardens ●Farmers Market double bucks ●Cost to pay for membership at Warren Community Center is too high for some families (need sliding scale), make it more affordable for more families, and be allowed to go to other communities community centers if their community does not have one ●More educational resources of what is available in community ●Give out vegetable plants ●A YMCA in the area ●Exercise classes at high schools (swimming) for community 	<ul style="list-style-type: none"> ●Need to stop eating crap. Ban all cookies. ●Money/funding ●More classes on how to use smart phones to reduce stress, especially stuff on electronic technology ●Need more winter activities ●More space for exercise and activities ●Improvements in busing public transportation, hard to get an appointment for Smart bus because so many people are on the buses now, difficult to communicate with smart bus about appointments ●Need infrastructure to support senior housing, 	<ul style="list-style-type: none"> ●activities like aerobics at senior center (x3) ●activities(x10) ●food (x10) ●education (x5) ●parks (x4) ●more classes (x2) ●weight loss classes ●more affordable activities ●more activity and places to meet other seniors ●having a younger body ●aerobics ●diet ●more space in the senior centers to accommodate the population ●free medical checkups ●low cost dental 	<ul style="list-style-type: none"> ●community education about nutrition (x2) ●nutrition (x7) ●education (x12) ●exercise (x8) ●more services to help people with low resources ●more classes on healthcare (x3) ●activities (x4) ●having health insurance (x5) ●more jobs ●more mobile clinics ●more community information ●communication ●lower prices on healthy food ●stress relief ●safety 	<ul style="list-style-type: none"> ●Better communication of services and programs available to residents; availability of programs/services ●More playgrounds or spaces for ADULTS, places for exercise, pickleball court, geared toward seniors, communicate where these are if available ●Knowledge of what mental health facilities or treatment is available to general public ●Gun control and education on gun control and use ●Educating seniors on proper diets to stay healthier; diabetic cooking

<p>they can trust</p> <ul style="list-style-type: none"> ●Quality of jobs (some are dangerous) ●Need playgrounds 	<ul style="list-style-type: none"> ●Family Fun Day in the area to get kids active ●Nutrition classes (fiber, protein, water, vitamins, calories, body structure, metabolism what do I need eat for my age, vegan nutrition, label reading) ●It's expensive to eat healthy ●Need more parks in Eastpointe, need places in walking distance ●Splash pads in community parks (small ones) Eastpointe suggested ●Exercise classes for new moms, mom and baby together ●Less chemicals in food ●Vacant lot gardens, share extra vegetables amongst community members ●More trees needed in this area and the benefits that we gain from them 	<p>condo's senior apartments,</p> <ul style="list-style-type: none"> ●Need help picking out buying the better food. <p>More education on what to eat. Ways to identify healthier foods in the store for those that don't know what a healthy choice is</p> <ul style="list-style-type: none"> ●More education, more classes (health related) 			<ul style="list-style-type: none"> ●STRENGTH – lots of 5K's and community walks, easy to access them
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Questions 4: What would most improve the health and quality of life in your community?

ACCESS	Thompson Center	Clinton Township Senior Center	Chesterfield Senior Center	St. Francis	Mount Clemens Lions Club
<ul style="list-style-type: none"> ●Money ●Safety very important ●Healthy environment ●Education – more classes including language classes ●Classes on how to choose the right insurance, more information on true costs ● (After talking to doctor, felt he gave him too much information (on diseases) makes him feel depressed) ●Find a way to have a better patient/doctor relationship 	<ul style="list-style-type: none"> ●Money ●More public lighting needed (doesn't feel safe on street) ●More education about health/wellness, nutrition ●More parks, being able to walk places, ride bike and feel safe 	<ul style="list-style-type: none"> ●If water was checked for lead, contaminants ●Grateful for what she has ●Living in Macomb has made their life better (yes responses, multiple) 	<ul style="list-style-type: none"> ●walking ●jobs (x2) ●senior center improvements ●happy with quality of life ●improve things for seniors ●education (x2) ●having more recreational activities 	<ul style="list-style-type: none"> ●education (x13) ●activities (x3) ●more hospitals ●more recreational activities (x4) ●to know about more things ●more information/resources (x5) 	<ul style="list-style-type: none"> ●Better communication of what is available to residents to improve health ●Safety of going out in community, public areas especially for seniors ●Lack of cleanliness throughout community (litter) = why are we not using services of prisoners and inmates to help clean up roads

<ul style="list-style-type: none"> ●Other treatment options (holistic) ●Health information is too commercial (not enough humanity) ●Want to make county strong = health and education ●Problems with some doctors taking all insurances, hard to find a doctor ●Coming from a country that has low cost health care and medications, this is a culture shock ●Differences in co pay costs are issues ●Need more good quality free clinics for those without health insurance ●Jobs that pay more money are needed, not able to save money ●Didn't tell you that they would charge for 911, ambulance fees ●Billing issues from hospitals (confusing, expenses) need one system for all hospitals ●Make doctors accept all kinds of insurance, do not allow them to refuse certain insurances 	<ul style="list-style-type: none"> ●Some place safe to ride bikes (biking trail, or paths like on Metro Parkway), uncomfortable in the street ●Transportation for senior citizens (in Eastpointe) to take them to gym, or other places ●Education on nutrition, more access to proper food ●Walkability to stores ●Access to public transportation ●More focus on holistic approach to health 	<ul style="list-style-type: none"> ●Roads could be improved ●Their community knitting group has made their life better, it's a great way to cope, feel better after getting together, laughing, and have a good time 	<ul style="list-style-type: none"> ●a bigger senior community ●less stress ●diet and exercise (x2) ●more activities ●the air ●friends ●feeling safe ●healthcare costs ●transportation ●housing costs ●long term costs 	<ul style="list-style-type: none"> ●volunteers ●non discrimination ●being accessible to everyone ●more Spanish speaking staff ●better jobs (x3) ●more information in Spanish ●less stress ●the community ●safer community 	<ul style="list-style-type: none"> ●Better aesthetics will help people get out more often ●Sidewalk repair will help get out of house, and lack of sidewalks is an issue (general maintenance, repair of infrastructure) ●Easier interface with MICHILD and DHS – this is a night mare ●Better coordination of services, communication of departments, reduce duplication of services underneath the county umbrella, fill in gaps of things the services are not covering ●Health information, medical records, accessible by other medical providers so you don't have to repeat history to every person you saw for care, allows them to work on problems instead of starting a new record at each office or each provider ●Suggestion: Community by in to prevention, challenge Macomb county to become the healthiest county, maybe get Mark Hackel to by in, more walks along river, community clean ups, engage that prevention piece
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Community Members Who Participated

ACCESS

Kshama Vaghela

Advantage Health Center

Roxanne McDuffie

CARE of Southeastern MI

Paddy Laske

Clinton River Watershed

Michele Arquette-Palermo

Great Start Macomb

Sara Garasoulas

Lisa Sturges

Henry Ford Health Center

Amanda Krieg

Debora Murray

Kelly Warner

Macomb County Health Department

Michele Ford

Partow Guity

Rene Hewitt-Lichota

Whitney Litzner

Ashley Mascagni

Susan Rhein

Bill Ridella

Lauren Scipione

Maria Swiatkowski

Ricki Torsch

Krista Willette

Cheryl Woods

McLaren Macomb Hospital

Kelley Lovati

Molina Healthcare

Gregory Matzelle

MyCare Health Center

Darlene Vasi

Karen Wood

Smart Bus

Lauri Cowhy

Welcome Mat Detroit

Mary Lane