

2019 Community Benefit Report



Community Benefits Identifying Community Needs

As part of our responsibility as a non-profit health care system, Beaumont Health tracks and reports our community benefit. A community benefit is a program or activity that provides treatment or promotes health and healing as a response to identified community needs.

Our most recent Community Health Needs Assessment ([CHNA](#)), guides our strategies to ensure we are meeting the most important needs within our community.

In 2019, Beaumont Health provided almost \$370 million through community engagement initiatives, health programs, clinical initiatives and health outreach strategies across Southeastern Michigan.

Our system leaders also engage in partnerships, resource sharing and programs designed to address and improve community health.

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Creating healthy communities

Beaumont Health collaborated with Wayne State University's Center for Health and Community Impact, University of Michigan-Dearborn Environmental Interpretive Center and ACCESS to implement the **Dearborn SHINES (School Health through Integrated Nutrition and Exercise Strategies)** project to address rising obesity rates among K-8 students attending eight Dearborn Public Schools (DPS).



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A total of 773,095 minutes of brain booster physical activity was implemented across the schools.

Dearborn SHINES provided student level activities, such as brain-boosters, Science, Technology, Engineering and Math education (STEM) garden and nutrition lessons that are kinesthetic in nature and utilize the newly created school edible orchards, evidence-based physical education including new equipment and technology and an afterschool energizer club that offers culturally relevant physical activity (PA) for youth.

Support for the maintenance of new behaviors was encouraged through family engagement opportunities with more than 500 parents participating in monthly culturally relevant family programs addressing healthy eating and active lifestyles, receiving educational materials on healthy eating and having access to the edible school orchards.

Sustainability was an important component of Dearborn SHINES. With this initiative, we offered professional development for teachers and administrators through A *Train-The-Trainer* series to ingrain best practices in nutrition and physical activity and for future replication throughout the district and beyond. In addition, a tailored school garden curriculum consisting of eight lessons and two garden-based experiential learning opportunities was developed. A total of 20 lessons were developed for the teachers and they reported implementing an average of 10 lessons throughout the school year. Additionally, teachers shared that they gave their students a total of four experiential learning experiences in the garden over the course of the year.



"The children are showing great care as they tend to their plants.

They are reading, writing and learning about tending to plants and how they grow.

When I open the garden in the morning or close it after school, students and their parents come and talk to me about the experience."

- School garden coordinator

Physical activity breaks in homeroom

classrooms were offered to increase student activity daily outside of physical education class and the home. More than 81% of homeroom teachers reported offering three or more physical activity boosters each week.

Physical education teachers were given a packet of tools and supplies, including heart rate monitors, new fitness equipment and a successful proven physical education curriculum, called SPARK, to provide new fitness options to students. There was an average of 20 SPARK lessons per teacher implemented each month, with a total of 3,363 total lessons across the eight schools.

The program had a positive effect on the type of physical activity that students engaged in during physical education classes. Students engaged in the same amount of total physical activity but had an increase of three minutes in vigorous activity (i.e., running/jogging, 10 mph or more of bicycling and other aerobic activity).

Eight after-school clubs were implemented across six schools. On average, each club hosted approximately 23 sessions. Each school also created new school gardens and outdoor classroom settings to support learning.



Healthy Dearborn coalition members have recognized the need to improve the city's transit infrastructure to accommodate healthier travel modes. Our popular Walk n' Roll and Bike Dearborn initiatives provide safe and accommodating opportunities for people of all ages and abilities. They can participate in weekly walks or bike rides throughout greater Dearborn.

In 2019, nearly 1,000 participants walked or biked 16,892 miles as part of the Walk n' Roll and Bike Dearborn programs.

Once members began identifying other ways to promote bicycling and walking for health improvement, it quickly became apparent that the city had no written plan for non-motorized transportation. This concern was brought to the Healthy Dearborn coalition and the City of Dearborn as an opportunity to create a multi-modal transit plan for the city.

To gauge support, multiple city stakeholders were brought together for a townhall meeting. The participants agreed that it is important to have a safe, interconnected and vibrant city for everyone. Employers shared that they wanted walkable and bicycle-friendly places to be located near their businesses to attract students and workers. They also realize such programs would help improve the health of the community. Everyone agreed that Dearborn must have a strategic transportation vision to develop and integrate plans for walking, biking, driving




autonomous vehicles and taking public transit, and it is imperative that these projects be prioritized.

The goal of the plan would be to improve the flow of pedestrians, cyclists and vehicles in and around Dearborn, which would better serve the needs of all travelers, including persons with disabilities. The plan would include existing routes that could be promoted. It would also prioritize projects for federal and state funding, such as new biking and walking trails. The plan also would delineate projects and priorities that could be funded in the next 20 years.



Shared public spaces

Becoming a familiar concept for the community to recreate, Beaumont's Healthy Dearborn joined with the City of Dearborn to create **Graham Park**. With generous funding and support from **KaBOOM!** and the  **CLICK HERE FOR MORE INFO** Ralph C. Wilson Jr., Foundation, the community transformed a 19,800 square foot vacant lot in a demographically underserved Dearborn neighborhood into an inviting, accessible and safe green space. Partnering with the community, Graham Park was designed with residents to ensure the park met the needs and wants of the community. Play equipment and park designs were selected with respect to the heritage and culture of the predominately Middle Eastern population living in the surrounding neighborhood.

Dedicated in September 2019, Graham Park reflects the visions, aspirations and history of the community. The park is an accessible place for neighborhood residents and other community members to enjoy and have daily physical activity. The unique play areas include a miniature soccer field, an ADA-compliant play and seating area and walking paths. Aligning with Beaumont's mission of community health, Graham Park provides a safe and accessible place for residents of all ages, incomes and abilities to be active, while also building community and promoting healthy living.

In May of 2019, Beaumont partnered with the Cities of Farmington and Farmington Hills, the Farmington School District, community organizations and those who live and work in the greater Farmington Community to form the **Healthy Farmington-Farmington Hills coalition**.

Since June 2019, key community leaders from Beaumont, city government and area schools, and other community members participated in coalition meetings.

As a resourceful and proactive community, the coalition supported multiple events in greater Farmington, including our partnership with the Alliance of Coalitions for Healthy Communities to create a Greater Farmington youth substance abuse coalition with \$35,000 in substance abuse and mental health funding for youth and families.

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OPEN STREETS

To continue building a culture of health in Dearborn, the Healthy Dearborn coalition offered the city of Dearborn additional support from the Dearborn Community Fund to launch Open Streets. This event brought together people of all ages, abilities and backgrounds, and encouraged them to be physically active in a fun way.

Open Streets engaged more than 300 community members along a two-mile stretch, introducing them to neighborhoods and businesses whenever they walk, bike, skate or play on their way to better health.

By participating in the Open Streets program, participants experienced their city in a new walkable and other active way.

Beaumont Health provides care, education and resources to improve health throughout the region.



2,058,721

served through community programs



3,076

attendees at coalition meetings



7,984

community health screenings



10,572

clinical visits through school-based health centers



19,294

medical & health professional students received education from Beaumont

In partnership with the City of Farmington Hills Police and Fire departments, the Healthy Farmington-Farmington Hills Coalition distributed more than 350 File of Life packets at the Sept. 22 City-wide Open House. File of Life encourages people to write their important medical information on a form, store it in a fireproof file and place it on their refrigerator for first responders to reference in a medical emergency. The form's large white letters appearing on a five-by four-inch red background are clear and easy to see and they conceal the individual's confidential medical information inside. The file also provides first responders with pertinent information about individuals who cannot speak for themselves about their medical conditions.



Chronic disease management

In the United States, 88.1 million Americans have prediabetes and many of them are not even aware of their condition. Through the Community Health Needs Assessment, diabetes was selected as an area of focus for Beaumont Health. There are significant data and statistics on this disease throughout the Tri-County area. Beaumont's approach to addressing this community concern began by offering evidence-based programs aimed at diabetes prevention and management. As part of this work, Beaumont partnered with several community-based organizations and agencies, including community centers, senior centers, libraries and other places community members frequently use.

The Diabetes Self-Management Program (DSMP) is an evidence-based, program and is part of the Self-Management Resource Center's suite of programs that were tested at Stanford University's Patient Education Research Center. In a partnership called the Michigan Partners on the PATH, a partnership among Stanford University, the Michigan Department of Health & Human Services (MDHHS) and community agencies, the program is offered across Michigan known as the Diabetes Personal Action Toward Health (Diabetes PATH).

Also, Beaumont partnered with the National Kidney Foundation of Michigan to provide diabetes management services to the community. As part of

this partnership, Beaumont offered a six-week program for individuals with Type 2 diabetes and the people around them. The program comprised 14 workshops with a curriculum focused on enhancing the participants' abilities to solve problems, communicate effectively and balance their blood sugar levels. Many participants noted that it boosted their confidence and was an "excellent life-changing experience." Others shared that it made managing their diabetes "less frightening." Overall, this program served more than 160 participants.

To further enhance the health and well-being of individuals with diabetes, Beaumont Health offers the **Diabetes Prevention Program**, which is part of the National Diabetes Prevention Program, a Centers for Disease Control-led, evidence-based program that supports participants in reducing their risk factors of developing Type 2 diabetes. Beaumont's Diabetes Prevention Program is a one-year program with a minimum of 22 sessions that helps participants discover a lifestyle rooted in healthy eating, physical activity and problem solving. Each year, Beaumont offers 16 cohorts of the program to patients and members of our communities. In 2019, the program provided weight loss support to more than 300 participants in losing more than 2,500 pounds. By losing only five percent of their initial body weight, individuals can reduce their risk of Type 2 diabetes by 58% – and up to 71% for those over 60 years of age.

Postal worker's lifestyle changes keep Type 2 diabetes at bay

For 28 years, Jack Erickson walked a postal route in Royal Oak. He looked and felt healthy. Along with all those steps he took delivering the mail, the postal carrier rode his bike to work year-round – through rain, sleet and snow.

Then, after retiring in 2017 at 63, Erickson's activity level hit the brakes. The Troy resident's weight increased from 160 to 178 pounds. He was told he had a condition called prediabetes.

He vividly recalls his physician telling him he'd develop diabetes if he didn't make some lifestyle changes. His cholesterol was high and his estimated average blood glucose, or A1C, was 6.2%. People with an A1C of 6.5% or higher have diabetes – a chronic, metabolic disorder which affected his mother and grandmother.



“With the proper support and education, human beings can change their behaviors, lifestyles...”



According to the Centers for Disease Control and Prevention, when a person is diagnosed with prediabetes like Erickson, their blood sugar levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes. Alarmingly, more than one out of every three American adults have prediabetes. Most don't know they have it. This condition is an increased risk for heart disease, stroke and Type 2 diabetes.

Erickson heeded his doctor's warning and was ready to embrace lifestyle changes which could prevent or delay the onset of Type 2 diabetes. He was pleasantly surprised to learn about a free, diabetes prevention program offered by Beaumont near his home at the Troy Community Center. Erickson liked that it was part of the

CDC-led National Diabetes Prevention Program. He enrolled in the Beaumont Diabetes Prevention Program in October of last year. The program consisted of 16 weekly sessions and monthly maintenance sessions. One year later, he's dropped 15 pounds, is back to his pre-retirement weight and his glucose levels have returned to normal.

Erickson attributes much of his success to his participation in the Diabetes Prevention Program.

“With the proper support and education, human beings can change their behaviors, lifestyles,” said Erickson. “It takes time to transition, starting with small changes, but we can all change.”

Beaumont gets Walking

This is the overarching name for a community-partnered and community-based walking initiative that promotes “taking steps” for a healthier future. Spanning all Beaumont hospital communities, the initiative provided free, safe and inviting physical activity-based programs to the community. Programs are designed to accommodate individuals of varying health and fitness and activity levels, including those impacted by diabetes, cardiovascular disease and obesity. The overarching goal is to reduce risk factors and positively impact chronic disease. Examples of these programs include:

- Neighborhood Walking Groups/Group Walks, Wellness Walk and Talk
- Beaumont Gets Walking with CARROT
- Walk n’ Roll/Stroll n’ Roll
- Walking Challenges



IN ADDITION,

621 unstructured neighborhood walking groups serviced.

2,285 individuals (registered with Beaumont community partner locations in Taylor, Trenton, Wayne, Royal Oak and Troy).

172 structured neighborhood walk group and group walking events served **2,121** individuals.

In 2019, 44 walking-health education sessions like Wednesday Wellness by the Water, Walk with a Cop and Walking & Wellness Wednesdays were presented in collaboration with community partners in Dearborn, Royal Oak, Troy, Farmington Hills, Sterling Heights, Huntington Woods, Westland and Grosse Pointe Farms. A total of 598 participants were served. Formal participant surveys indicated that 100% found the information presented as being “helpful” (given a “yes” or “no” response choice). Ninety-five percent of respondents indicated they would attend another walking-health education session, such as Wellness Walk and Talk.

Beaumont Gets Walking launched its **CARROT app** partnership in 2018, for community members and program participants to track their physical activity. As of December 2019, CARROT serves 3,062 active users across Beaumont Health’s communities. Users have logged 8,127,421,080 steps and achieved their personalized activity goals 50% of the time (exceeding the average rate of 42.1 percent for all CARROT users). Eighty-six and one-half percent of users open the app daily and two-thirds of those open the app three times daily. Starting out at 5,031 steps per day, the average participant logs more than 6,625 steps per day within a month.

Organizing partner at Beaumont Health Fitness Center commented,

“What we found that so many people wanted to walk and get out there and do something healthy, but they didn’t want to go it alone.”

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Positive story from our Beaumont Teen Health Center, Taylor:

A teenager came into the clinic for help with anxiety and grief due to the sudden loss of her mother from a heart attack. The clinic social worker saw her for about a year with visits tapering to once a month toward the end of that year.

The patient was initially reluctant to talk about the loss of her mother but was eventually able to verbalize the strong emotions and loss.

The patient was intent in overcoming her anxiety to pursue her dreams of going to a performance school out of state, a goal that, in her family, only her mother had fully supported.

The patient and the social worker did a lot of work overcoming her fears and coping with her self-doubt. With the support of her dad and sister, the patient is now on the east coast in her first semester at her first choice in colleges.

The patient emailed the social worker recently to thank her for believing in her and pushing her gently when she might have chosen to "play it safe."

School-based health centers

Beaumont Child & Adolescent Health Centers/ Teen Health Centers

These centers promote medical and mental health wellness of children, adolescents and their families by providing primary, preventative and early intervention services. Our school-based/school-linked centers offer primary care, mental health counseling, preventative care, comprehensive health adolescent risk assessment, immunizations, treatment of acute illness, vision and hearing screening, medication, co-management of chronic illness, health education, mental health counseling, pregnancy testing, STI testing/treatment and coordination of care with primary care physicians. Beaumont has a total of six school-based centers, one school-linked center and four school-based mental health sites. Our centers are in underserved areas of Southeastern Michigan and serve high risk youth.

The centers are funded by the Michigan Department of Health and Human Services and the Beaumont Health Foundation. Each center works collaboratively with school districts to meet the health needs of youth. Community and youth advisory councils are established and maintained at each center, consisting of parents, community members, teachers, school officials, youth and various healthcare professionals. The mission of our centers is to positively impact the health of adolescents in partnership with them and their families, schools and communities. Staff are committed to meeting the health needs

of our youth. This is evident in the programs and services delivered to our high-risk youth. In 2019, the centers provided more than 4,600 medical visits, 3,200 mental health visits, 1,800 immunizations and 2,045 medical tests to our youth. More than 12,600 youth received evidenced-based health education prevention sessions (i.e., substance abuse, pregnancy, nutrition and wellness, and chronic disease management) and 98,000 youth, families and community members received information about Medicaid-covered services and how to access care.

Community activities

Beaumont doctors, clinicians and educators reach beyond hospital walls to provide valuable health related information for community members through the **Beaumont Speakers Bureau**. Our healthcare professionals are committed to keeping our neighbors informed about risk, prevention and management of illness and injury, volunteering their time to provide educational talks for school, church, civic, business, social and other groups. A variety of presentation topics include heart health, diabetes, stroke, stress management, men's and women's health, exercise, eye disease, healthy aging, nutrition and others. In 2019, Beaumont Speakers Bureau volunteers answered requests from organizations across Wayne, Oakland and Macomb counties, providing expert education for more than 12,000 community members.

Beaumont partnered with Oakland Schools

Intermediate School District and the Oakland County Health Department to purchase equipment to support a Coordinated Approach to Child Health (CATCH) PE curricula training. Beaumont has extensive experience providing the CATCH Kids Club after-school program and was approached to provide consultation to Oakland schools on how to successfully implement CATCH curricula, measure outcomes and identify cost-effective funding strategies. Our staff identified which schools had the highest need, and in 2019, CATCH served 6,451 children at 19 locations.



The Healthy Grosse Pointe and Harper Woods

coalition planned and coordinated the 2019 Out of the Darkness Suicide Prevention Walk. The coalition engaged students from Grosse Pointe South, Grosse Pointe North and Harper Woods High School through information tables during their lunchtime hours. Students made posters promoting the event and hung the posters throughout the schools. Several hundred students and families participated to raise funds and awareness of the mental health issues to address in the community. More than \$11,000 was raised for the American Foundation for Suicide Prevention's many resources available to our community.

Grosse Pointe Peddlers is a weekly cycling group that meets every Wednesday evening, April through October, to ride in and around Grosse Pointe and Harper Woods. It is for individuals of all ages and skill levels, and all types of bikes are welcome. The easy pace keeps the group together safe and gives riders an opportunity to foster new friendships.

One of the highlights for the group in 2019 was the Legends of Grosse Pointe cycling and storytelling event. It was a free event to get the community moving. Each of the five Grosse Pointes and Harper Woods had a location to bike to and hear six area legends from local storytellers on a repeating loop. Six volunteer storytellers were located at six locations in six cities. Stories were told every half hour or as groups arrived. Participants were encouraged to go in groups or on their own using bike safety rules of the road. The event was created to promote bike safety and movement and to hear local stories.



All in good taste

Beaumont's Cooking Matters™ courses include a wide variety of community leaders and health advocates, such as schools, senior centers, faith-based organizations, community agencies and service organizations working in collaboration with Beaumont to link community members with health and education services to address obesity. **Cooking Matters™ for Adults** participants meet for two hours, once a week for six weeks. The course is taught by trained staff, volunteer culinary instructors and Beaumont registered dietitians. Lessons cover meal preparation, grocery shopping, food budgeting and nutrition. Participants practice fundamental food skills, including proper knife techniques, reading ingredient labels, cutting up a whole chicken and making a healthy meal for a family of four on a \$10 budget. Participants take home a bag of groceries after each class so they can practice the recipes taught that day. In 2019, 25 classes were held reaching 344 participants.

Cooking Matters™ for Teens is a six-week curriculum that teaches teenagers how to make healthy food choices and prepare healthy meals and snacks. Teens take home a bag of groceries after each class so they can practice the recipes taught that day. In 2019, 147 teens participated through nine classes.

Cooking Matters™ at the Store is a 1.5-hour guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollar. **Cooking Matters™ at the Store** ends with a \$10 Challenge, an activity where participants use the skills, they learned to buy a healthy meal for a family of four – for under \$10. Participants receive a booklet with recipes and shopping tips, a reusable grocery bag and \$10 worth of healthy groceries. Twenty-seven tours were held with 270 participants.

“By taking part in the walk, we support kids in recovery at Children’s Miracle Network Hospitals, are able to learn





With our patients in mind

Hospitalized children can feel isolated from the world and have a hard time settling in for a good night's sleep. Beaumont Children's asked community members to help. All they needed was a flashlight.

Moonbeams for Sweet Dreams celebrated its third year shining light and bringing joy to patients, families and the community. Created by the Beaumont Children's Pediatric Family Advisory Council at Beaumont, Royal Oak, the event takes place throughout the month of December and invites pediatric patients to shine flashlights from the hospital windows and look for community members standing outside the hospital to flash them back. The gesture is simple, and the display only lasts a few minutes, but the chorus of flashlights have brightened the lives of many at Beaumont Children's.

"Many children are unable to leave their rooms and can feel isolated in the hospital as the rest of the world continues without them," Beaumont Children's Child Life Supervisor Kathleen Grobbel said.

"With the help of the community, we can make sure they go to bed with smiles on their faces."

In 2019, more than 40,000 community members participated in the Moonbeam for Sweet Dreams events.

In its effort to address the opioid crisis, Beaumont Emergency Centers at all eight hospitals joined The Midwest ALTO Project managed through the Great Lakes Partners for Patients.

The program is organized by the Michigan Health & Hospital Association's Keystone Center. It was launched on February 1, 2019 and included training and education for clinicians, nurses, pharmacists, quality improvement specialists, data specialists and communication and marketing champions. The project also included support from information technology (IT) to introduce new medication order sets into electronic medical record system (Epic) to provide evidence-based alternatives to opioids for analgesia.

Walk for Miracles

More than 1,200 superheroes of all ages joined Beaumont Children's "Walk for Miracles" at the Detroit Zoo. The event raised \$68,000 to benefit Children's Miracle Network programming at Beaumont Children's.

Jonny Hendricks, 12, of Holly is among those whose hospital experience was improved by CMN. He was Beaumont Children's CMN Ambassador for 2019. Child Life Services helped make his cancer treatment less stressful, said his mom, Samantha Hendricks.

at Beaumont Children's, who, with the help
n, grow and just have fun being a kid,"

– Samantha Hendricks

2019 Community Investment



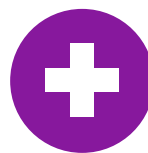
\$369,188,720

Total Community Benefit



\$144,561,601

Health Professions
Education



\$107,750,868

Unreimbursed
Cost of Medicaid



\$19,358,339

Community Health
Improvement Services



\$27,972,463

Financial Assistance



\$94,441,887

Subsidized Health
Services



\$4,497,576

Research



\$605,985

Cash and In-Kind
Contributions

Beaumont