

# Wellness by Design: Public Health Policy Innovation in Wayne County, Michigan

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## A RESPONSIBILITY FOR PUBLIC HEALTH

The Michigan Public Health Code entrusts MDHHS and county health departments with the responsibility of promoting the public health.



### Goals:

- Maximize Benefit of County Parks
- Improve Public Health Services Provision
- Decrease Risk Factors Prevalence
- Creation of Wellness Zone Network

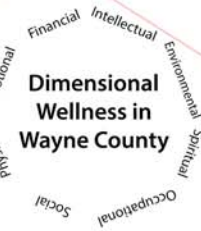
## COMMITMENT TO SERVICE

### No Wrong Doors

- Customer Service Orientation
- Coordination of County Services

### Community Wellness

- "A conscious, deliberate process that requires a community to become aware of and make choices for a more satisfying lifestyle."
- Social and Economic Determinants of Health



Dimensional Wellness in Wayne County

## REDFORD TOWNSHIP WELLNESS ZONE PILOT



6 Park Visits  
 Assess State of Wellness of park and community  
 - Inventory of dimensional wellness resources to differentiate wellness  
 Bell Creek County Park  
 - Proximity to existing Wellness resources  
 - Room for new installations

Formal Business Plan for County Health  
 - Collaboration of MSU, HVCW, and Parks  
 - Acquire approval of HVCW director and investment of county executive  
 - Acquire community support

Designation of Wellness Zone  
 - Capital improvements  
 - Community education activities  
 - Identify relevant County and community-level service providers  
 Coordinate targeted service delivery to WZ population

Park usage  
 State of Wellness  
 - Collection of relevant Population Health Report (PHR) measures  
 - Change in health risk measures (wellness proxies)

Inclusion of Wellness Zone efforts as part of annual PHR.  
 Maintain support of County and partners  
 - Gain new commitments from MSU and community  
 Progress towards Population Health Report goals  
 - Total county wellness

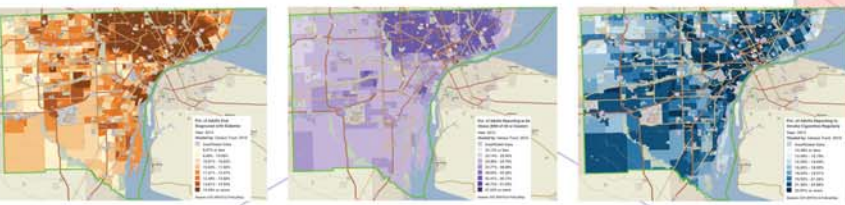
The Wayne County Wellness Zone

## PARKS: AN UNDERUTILIZED ASSET

- Main County Parks Locations
1. Bell Creek
  2. Bennett Arboretum
  3. Crosswinds Marsh
  4. Refugee Gateway
  5. Elizabeth Park
  6. Hines Park
  7. Inkster Valley Golf Course
  8. Lola Valley
  9. Lower Rouge Parkway
  10. Warren Valley Golf Course
  11. Family Aquatic Center



## IDENTIFYING COMMUNITY HEALTH NEEDS



### Community Wellness

Deficits Perceived with Demographics and Health Survey  
 - Annual Community and Health Needs Assessment

### Baselines for Evaluation

#### Indicators of Dimensional Wellness

- Key Health Risk Factors annually tracked County Population Health Report (PHR)  
 - Obesity, Smoking, Diabetes.
- Disparities across geographic communities within the County

## MOVING WELLNESS FORWARD

### Success in Bell Creek:

- Wellness measures surpass County average.
- Increase: park attendance, physical activity days
  - Decrease: Obesity rate, poor mental health days, smoking rate

### Evaluating Wellness:

- Annual PHR enables evaluation by an Interrupted Time Series design.
- Cost of WZ activities vs benefit of improved health and increased access to health services
  - Evaluation to observe the change in the effects of social and economic factors on health.
  - Analysis to perceive changes in cost of services related to key health risk measures.
- Include Annual Community Needs Assessment to guide design of future WZ activities.