

Executive Summary

Henry Ford Health System (HFHS) has a long tradition of commitment to excellence in patient care, education, research, and community-based service. Henry Ford strives to deliver health care services that meet the needs of the community. The system works conscientiously to develop effective and culturally appropriate approaches to medical care. The Institute on Multicultural Health (IOMH) has been extraordinarily successful in this arena. The goal of the IOMH is to build the Henry Ford Health Systems' expertise in academic and community-based research while implementing and evaluating new strategies to reduce racial and ethnic health care disparities and improving the health and quality of life for underrepresented racial and ethnic populations.

Organization Size: Four hospitals, a medical group, and a managed care plan including Henry Ford Hospital (903 beds), Henry Ford Wyandotte Hospital (302 beds), Bi-County Community Hospital (203 beds), Kingswood Hospital (100 beds), Henry Ford Medical Group, and the Health Alliance Plan.

Program/Initiative Description

One of the programs developed by the Institute on Multicultural Health is the African American Initiative for Male Health Improvement (AIM^{HI}). Since 1999, AIM^{HI}, funded by the Michigan Department of Community Health, has operated as a mobile health screening clinic program to identify African American men at risk for diabetes and cardiovascular diseases. Through partnerships with community-based organizations, the mobile AIM^{HI} screening clinics were conducted at various locations throughout the Detroit area.

The goal of mobile AIM^{HI} is to improve health outcomes for African American men by providing health screening and on-site education services for early detection and prevention of chronic diseases (i.e., diabetes, hypertension, high cholesterol, stroke risk, and eye disease). The success of the mobile screening clinics over the past years led to the expansion of the program to offer more comprehensive services. In 2001, AIM^{HI} received funding from the Office of Minority Health to establish the AIM^{HI} Network Chronic Disease Project (NCDP). In partnership with the Salvation Army and Franklin-Wright Settlements, Inc., two AIM^{HI} Health Resource Centers were established. AIM^{HI} Health Resource Center activities include health screening, education, referral and follow-up, nutrition counseling, fitness assessments and training, and ongoing support groups for persons with diabetes and cardiovascular diseases.

Establishment of Program/Initiative: 1999

Racial or Ethnic Disparities Problem the Program/Initiative Was Designed to Address: High prevalence of chronic diseases (i.e., diabetes, hypertension, high cholesterol, stroke risk, and eye disease) among African American males

Major Objectives

- Deliver cardiovascular screening (i.e., diabetes, hypertension, and cholesterol, as well as stroke risk assessment) and provide eye disease screening
- Conduct a comprehensive and culturally acceptable diabetes self-management program targeting African American men by offering a seven-week diabetes self-management class
- Provide individualized health information to screening participants during and after health screening clinics (i.e., prostate cancer, hypertension, cholesterol, and glaucoma)
- Conduct support group sessions for African American men with diabetes, those at risk for developing diabetes, and their family members
- Provide fitness assessments for African Americans and offer weekly exercise sessions at our health resource centers

Significant Results: Data analyses are in progress

External Partners in the Program/Initiative:

- The Henry Ford Health System IOMH has partnered with other health systems, community-based organizations, and area colleges and universities.
- The Institute collaborates with investigators in other research and support departments within HFHS, including the Center for Health Services Research, the Department of Biostatistics and Research Epidemiology, the Center for Health Promotion and Disease Prevention, the Heart and Vascular Institute, and the Stroke Center.
- The IOMH provides technical assistance to others (i.e., academic and administrative professionals) focusing on cultural awareness of racial and ethnic populations, community development techniques, and methodological skills in health disparities.

Limitations or Problems Encountered: Despite program emphasis to improve health outcomes for African American men by providing health screening and on-site education services for early detection and prevention of chronic diseases, approximately 50 percent of the participants were women. In addition, the health system encountered difficulties in following up with participants who were referred to seek subsequent care from a provider due to abnormal screening results.

Estimated Cost of the Program, To Date: N/A

Advice to Other Organizations That May Want to Start a Similar Program:

Obtain guidance from community leaders, provide service, establish partnerships with local health systems, and disseminate and promote research and findings.

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