



**Know the Needs. Read the Plan. Get Involved.**

Recently all Munson Healthcare Hospitals completed [Community Health Needs Assessments](#). Do you want to delve into the plans and data, search promising practices or look for health related funding opportunities? If so, check out a new [free tool](#) powered by Healthy Communities Institute. It has a variety of community statistics for the five-county area that might be helpful for many purposes. This tool is provided by Munson Healthcare.



**BRFSS data**

The Behavioral Risk Factor Surveillance System (BRFSS) is a national phone survey of adults over age 18 that focuses on health behaviors and medical conditions. While the CDC develops the majority of the questions, a state has the ability to add questions that are more specific. In 2012 the MiBRFSS examined preventative health behaviors for those with prediabetes and diabetes. Click [here](#) to view the report.

**idose app**

The idose app has become quite the hit around the nation! Our tracking tools show that Dr. Vollbrecht's app is being used in over 20 states and has an average of over 500 views a month! [Click here](#) to try it out.

**Upcoming meetings and conferences**

- October 22<sup>nd</sup>: Making the Case: Diabetes Prevention in Michigan (For brochure click [here](#))
- October 29<sup>th</sup>: Healthy Kids, Healthy Michigan meeting in Lansing
- November 14<sup>th</sup>: DPAC Full Membership Meeting

If you want more information about any of these contact Christi at [cnowak@mhc.net](mailto:cnowak@mhc.net).

**Juvenile Diabetes Research Foundation (JDRF) Walk to Cure Diabetes**



*Front row: Zack Vollbrecht, Jill Vollbrecht, MD, Lizzie Vollbrecht, Anna Vollbrecht, Steve Nowak, Makenna Nowak, Christi Nowak  
Back row: Tim Vollbrecht, MD, Linda Bratsis, Diane Butler, Mary Beth Morrison, Dawn Gilbert, Bob Tipsword, Margaret Tipsword*

On September 7<sup>th</sup>, we participated in the JDRF Walk to Cure Diabetes in Traverse City. Our team raised \$1,059.58 for diabetes research. \$9.58 came from the piggy banks and change cup of Anna and Lizzie Vollbrecht! Way to go team!

**PATH—Personal Action Toward Health Leaders needed**

If you have experience with, and are comfortable, speaking in front of groups; are able to read and follow a scripted manual; are dependable and consistent; possess good listening skills; are non-judgmental; and can be a role model for healthy behaviors, you may make a great PATH leader. To learn more, please contact Darcia Brewer at 1-800-442-1713 or [brewerd@aanm.org](mailto:brewerd@aanm.org).

**Thank you to Rhonda Haske!**

Soon Rhonda Haske will be retiring from Mercy Grayling so we wanted to take this opportunity to thank Rhonda for all her dedication and hard work as she has been an active member of NMDI since its inception. We wish you well, Rhonda!