

# University of Michigan

## Michigan Healthy Community



Mary Sue Coleman, PhD  
President

### Program Overview

- Number of employees: 36,000

### Program Goals

- Improve the health status and quality of life of the University of Michigan community.
- Empower individuals to make good health care decisions and practice healthy behaviors.
- Improve health care delivery and cost-effective disease management to optimize health outcomes.

### Program Components

- Training for leaders at all levels to foster a healthy workplace culture.
- Physical activity challenge program to increase daily exercise, while raising funds for charity.
- Healthy choices in vending and food service areas.
- Education, interventions and grants for preventive ergonomic solutions.
- Medication review for individuals on more than nine medications to optimize care and reduce risks.
- Reduction of medication copays for individuals with diabetes. Includes proactive outreach and education.
- Resources and self-help modules, promoting mental and emotional wellness, early identification, and treatment and enhanced return to productivity.

### Key Findings

- Employee satisfaction and participation indicate that committed leaders at all levels play a critical role in influencing a healthy workplace culture.
- More than 8,000 participants in *Active U* increased their average minutes of physical activity and raised \$36,000 for charity.

“Testing bold ideas that can improve the public health is part of our mission at the University of Michigan. With our hospitals, health care providers, researchers, educators and policy experts, we can fashion prototype programs, testing the assumption that it is feasible to promote healthy living, contain health care expenditures, and define optimal insurance coverage for individuals and families. Our vision is that the University will be a model community of health where people thrive. We will accomplish this through a comprehensive effort that harnesses our intellectual capacity to develop, test, and study cost-effective interventions, while advancing public discussion and social commitment to change.”

## THE BOTTOM LINE

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