



MI *EnhanceFitness* Network Update

June 8, 2016

Michigan EF Data

January 1, 2015 – December 31, 2015

REACH

- Total number of participants: 4921
- Number of classes: 110
- Number of sites: 85
- Number of counties: 24

Michigan EF Data

January 1 – December 31, 2015

- **Chronic Conditions** (of 57% of participants w/health history on record)

Condition	Number	Percent
Hypertension	682	24%
Arthritis	613	22%
Diabetes	248	9%
Cancer	146	5%
Heart disease	116	4%
Lung disease	116	4%
Depression	92	3%

Michigan EF Data

January 1 – December 31, 2015

- **Race**

Race	Number	Percent
Black	1579	32%
White	1446	29%
Multi-Racial	23	0%
Native American	19	1%
Other	17	0%
Asian	18	0%
Pacific Islander	1	0%
Unknown	1817	37%

Michigan EF Data

January 1 – December 31, 2015

- **Ethnicity**

Gender	Number	Percent
Hispanic/Latino	66	1%
Non-Hispanic/Latino	2108	43%
Unknown	2747	56%

Michigan EF Data

January 1 – December 31, 2015

- **Gender**

Gender	Number	Percent
Female	3506	71%
Male	449	9%
Other	1	0%
Not collected	965	20%

Michigan EF Data

January 1 – December 31, 2015

- **Age**

Age	Number	Percent
<60	238	5%
60-69	1121	23%
70-79	1136	23%
80-89	568	12%
90+	105	2%
Not collected	1753	36%

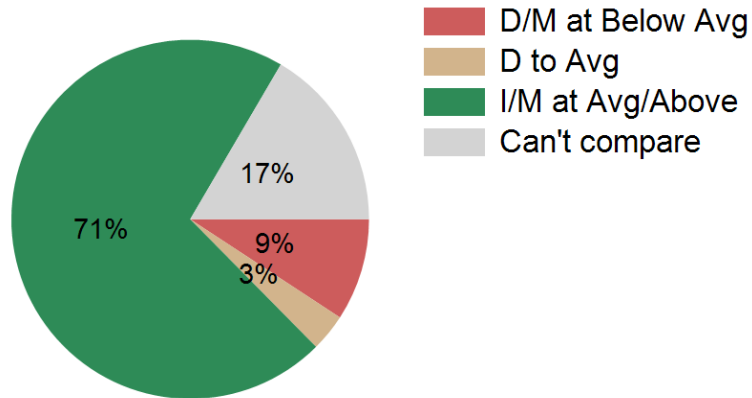
Michigan EF Data

January 1 – December 31, 2015

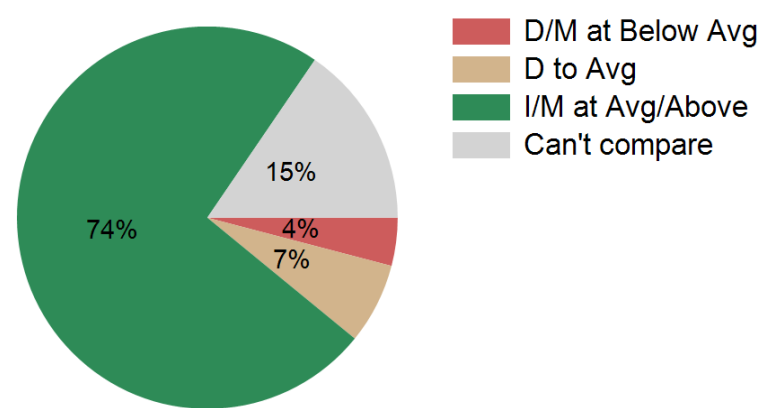
Identify as...		
having a disability	420	8%
speaking a language other than English at home	146	3%
being a US veteran	123	2%
having difficulty speaking English	26	1%
having difficulty understanding English	31	1%
being an Immigrant	31	1%

Outcomes

Chair Stand Change*

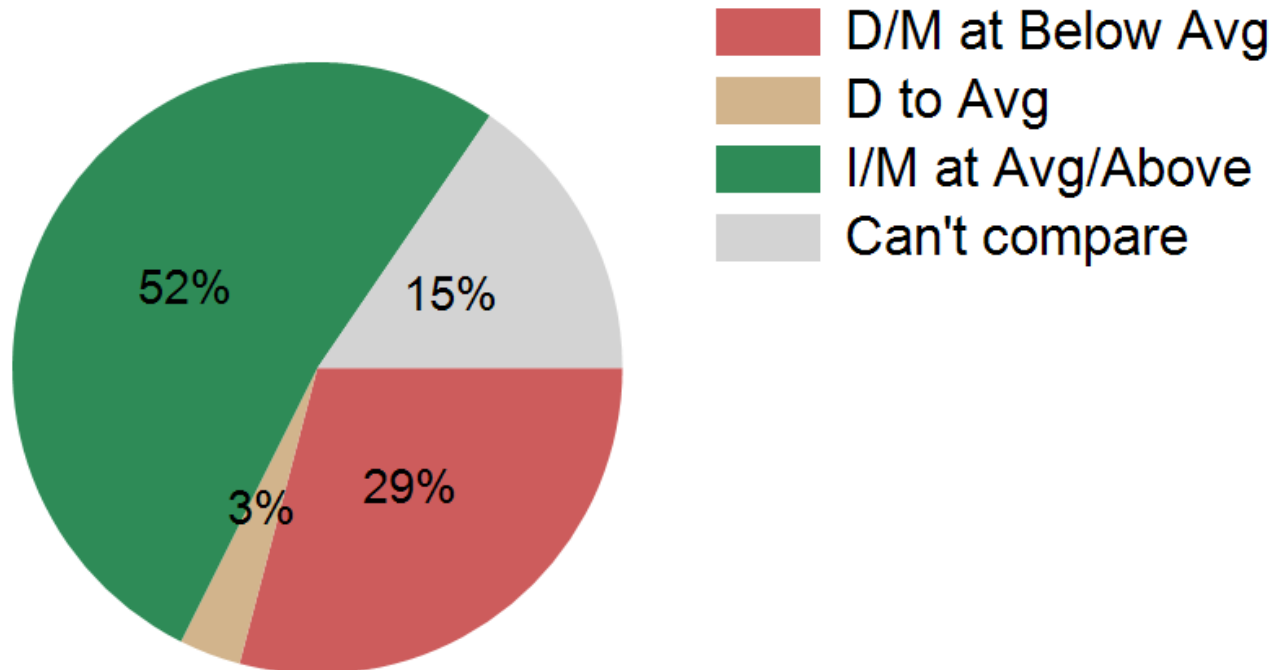


Arm Curl Change*



Outcomes, con't

Up & Go Change*



A Few Notes About Forms

- Instructions on how to complete forms can be found at www.mihealthyprograms.org.
- Instructions are also in your conference packet.

MI EF Network Newsletter

- NEXT edition coming mid-July!
 - Released twice yearly (January & July)
- Please contact us with:
 - Success stories
 - EF in the news
 - Upcoming events to be included in the calendar
 - Tips for other instructors/coordinators
 - Photos of EF classes
 - Anything else!

Where can you find what you need?

- Michigan EF program information and resources, including up-to-date listings of EF classes and the most current EF forms, can be found at:

www.mihealthyprograms.org

www.michigan.gov/arthritis

Thank You!

Who to call for help:

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