



MI *EnhanceFitness* Network Update

JUNE 22, 2017

Who are you reaching?

January 1, 2016 – December 31, 2016

REACH

- ▶ Total number of participants: 5590
 - ▶ Ys: 1436
 - ▶ Non-Ys: 4154

Participant Gender

Y

- ▶ Female: 68%
- ▶ Male: 12%
- ▶ Unknown: 20%

Non-Y

- ▶ Female: 68%
- ▶ Male: 8%
- ▶ Unknown: 24%

Participant Age

Y

- ▶ 70-79 31%
- ▶ 60-69 23%
- ▶ Unknown 21%
- ▶ 80-89 17%
- ▶ Under 60 5%
- ▶ 90+ 4%

Non-Y

- ▶ Unknown 37%
- ▶ 70-79 23%
- ▶ 60-69 23%
- ▶ 80-89 11%
- ▶ Under 60 5%
- ▶ 90+ 2%

Participant Race

Y

- ▶ Caucasian 60%
- ▶ Unknown 35%
- ▶ Black 3%
- ▶ Asian
- ▶ Multi-Racial 1%
- ▶ Other 1%

- ▶ Non-Y
- ▶ Black 39%
- ▶ Unknown 37%
- ▶ Caucasian 22%
- ▶ Native American 1%
- ▶ Multi-Racial 1%

Participant Ethnicity

Y

- ▶ Non-Hispanic/Latino 61%
- ▶ Unknown 39%
- ▶ Hispanic/Latino 1%

Non-Y

- ▶ Unknown 54%
- ▶ Non-Hispanic/Latino 45%
- ▶ Hispanic/Latino 1%

Participant Income

Y

- ▶ Unknown 54%
- ▶ \$25k-49,999 15%
- ▶ \$50k-74,999 10%
- ▶ \$15k-24,999 9%
- ▶ Over \$75k 7%
- ▶ Under \$15k 6%

Non-Y

- ▶ Unknown 59%
- ▶ \$25k-49,999 15%
- ▶ \$15k-24,999 10%
- ▶ Under \$15k 10%
- ▶ \$50k-74,999 4%
- ▶ Over 75k 2%

Chronic Diseases

Y

- ▶ Arthritis 37%
- ▶ Hypertension 29%
- ▶ Diabetes 11%
- ▶ Cancer 10%
- ▶ Heart disease 9%
- ▶ Depression 8%
- ▶ Lung disease 6%
- ▶ Rheumatic disease 1%

Non-Y

- ▶ Hypertension 21%
- ▶ Arthritis 19%
- ▶ Diabetes 7%
- ▶ Cancer 5%
- ▶ Heart disease 4%
- ▶ Lung disease 4%
- ▶ Depression 3%
- ▶ Rheumatic disease 0%

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:

Candice Lee

LeeC@Michigan.gov

517-335-3188

Doreen Chambers

ChambersD1@Michigan.gov

517-241-5652

Karen McCloskey

McCloskeyK@Michigan.gov

517-335-1236