



# MI *EnhanceFitness* Network Update

JUNE 14, 2018

# Who are you reaching?

January 1, 2017 – December 31, 2017

## REACH

- ▶ Total number of participants: 5742
  - ▶ Ys: 1472
  - ▶ Non-Ys: 4270

# Participant Gender

Y

- ▶ Female: 70%
- ▶ Male: 12%
- ▶ Unknown: 18%

Non-Y

- ▶ Female: 69%
- ▶ Male: 9%
- ▶ Unknown: 22%

# Participant Age

## Y

- ▶ 70-79 36%
- ▶ 60-69 21%
- ▶ Unknown 19%
- ▶ 80-89 18%
- ▶ Under 60 4%
- ▶ 90+ 3%

## Non-Y

- ▶ Unknown 27%
- ▶ 70-79 27%
- ▶ 60-69 25%
- ▶ 80-89 11%
- ▶ Under 60 8%
- ▶ 90+ 2%

# Participant Race

Y

- ▶ Caucasian 60%
- ▶ Unknown 36%
- ▶ Black 2%
- ▶ Asian 1%
- ▶ Multi-Racial 1%
- ▶ Other 1%

- ▶ Non-Y
- ▶ Black 41%
- ▶ Unknown 34%
- ▶ Caucasian 23%
- ▶ Multi-Racial 1%

# Participant Ethnicity

Y

- ▶ Non-Hispanic/Latino 60%
- ▶ Unknown 40%
- ▶ Hispanic/Latino 1%

Non-Y

- ▶ Non-Hispanic Latino 56%
- ▶ Unknown 41%
- ▶ Hispanic/Latino 2%

# 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 50%
- ▶ \$25k-49,999 18%
- ▶ \$15k-24,999 12%
- ▶ Under \$15k 12%
- ▶ \$50k-74,999 5%
- ▶ Over 75k 2%

# Chronic Diseases

## Y

- ▶ Arthritis 36%
- ▶ Hypertension 29%
- ▶ Diabetes 11%
- ▶ Cancer 11%
- ▶ Heart disease 9%
- ▶ Depression 8%
- ▶ Lung disease 7%
- ▶ Rheumatic disease 1%

## Non-Y

- ▶ Hypertension 22%
- ▶ Arthritis 18%
- ▶ Diabetes 8%
- ▶ Cancer 5%
- ▶ Heart disease 3%
- ▶ Lung disease 5%
- ▶ Depression 3%



# In other news...

- ▶ Funding
- ▶ Walk With Ease
  - ▶ Walking and arthritis education
  - ▶ 3x/week for six weeks
  - ▶ Interested? [LeeC@Michigan.gov](mailto:LeeC@Michigan.gov).

# 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](http://www.mihealthyprograms.org)

[www.michigan.gov/arthritis](http://www.michigan.gov/arthritis)

# Thank You!

Who to call for help:

- ▶ **Candice Lee:** [LeeC@Michigan.gov](mailto:LeeC@Michigan.gov) or 517-335-3188
- ▶ **Doreen Chambers:** [ChambersD1@Michigan.gov](mailto:ChambersD1@Michigan.gov) or 517-241-5652
- ▶ **Karen McCloskey:** [McCloskeyK@Michigan.gov](mailto:McCloskeyK@Michigan.gov) or 517-335-1236