

2023 – 2024 Community Health Needs Assessment and Implementation Plan

I. Introduction

As part of McLaren Health Care, the Barbara Ann Karmanos Cancer Institute (KCI), headquartered in Detroit, Michigan (Wayne County), remains Michigan's only hospital dedicated exclusively to fighting cancer. Karmanos is one of 72 National Cancer Institute (NCI) Designated Comprehensive Cancer Centers in the United States. Karmanos is the largest cancer research and provider network in Michigan. It has one of the largest clinical trials programs in the nation, giving patients innovative cancer treatments and the newest cancer-fighting drugs. In 2023, Karmanos Cancer Center served 6,897 patients. Across the network, Karmanos serves approximately 14,000 new patients annually. Through 16 network sites, Karmanos reaches patients in 47 counties in Michigan and northern Ohio, including urban, suburban and rural populations. Karmanos has demonstrated expertise in research, laboratory, clinical and population-based research, involving early-phase, innovative clinical trials. Karmanos has strong community ties, providing community outreach, educational activities, and information on advances in health care for health care professionals and the public throughout the region. The academic partnership between Karmanos and Wayne State University School of Medicine provides the framework for cancer research and education, defining new standards of care and improving survivorship.

Karmanos Cancer Center in Detroit (Wayne County) includes an inpatient hospital comprised of three medical and surgical oncology units, a stem cell transplant unit, and a critical care unit. Ambulatory services include the Joseph Dresner Family

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Clinic for Hematologic Malignancies & Stem Cell Transplantation, the Eisenberg Center for Translational Therapeutics (Phase I Clinical Trials Program), the Alexander J. Walt Comprehensive Breast Center, the Vic and Lucille Wertz Clinic and Infusion Center. Karmanos also has infusion, radiology services, Acute Care Center (ACC), and minor surgical procedures at the Lawrence and Idell Weisberg Cancer Center located in Farmington Hills, Michigan (Oakland County) and Karmanos Cancer Institute located in Roseville, Michigan (Macomb County).

II. Background and Process

In preparation for the 2021 Community Health Needs Assessment (CHNA), the core team reviewed previous survey materials and developed, reviewed, and evaluated the CHNA surveys. The intention was to distribute the surveys directly at community education events. The pandemic of 2020 caused many resource constraints on the CHNA core team, and an adaptive plan was created to gain insight on those Karmanos serve. The information contained in the 2021 CHNA was obtained with limited access to the community and limited staffing resources due to staff relocation to critical service areas. The CHNA core team created two surveys focused on patients/clients and providers/partners perspectives of those who frequently interacted with Karmanos. The surveys were distributed in the clinic areas from 2019 to 2020 to a focused number of participants. The data was analyzed and presented to key leadership to highlight health needs and resources were identified to address these barriers. The report was made available to the public in 2022.

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The survey identified topics around access to cancer screening, prevention education, healthcare resources, nutritional food, and physical activity resources. A plan was developed to improve access to care in the metro Detroit area, to promote access to healthy food options and to provide evidence-based cancer screening and prevention programs. During this time, there remained limitations on activities held at the hospital due to the recommendations from the infection prevention staff. The following actions were implemented to address these health concerns:

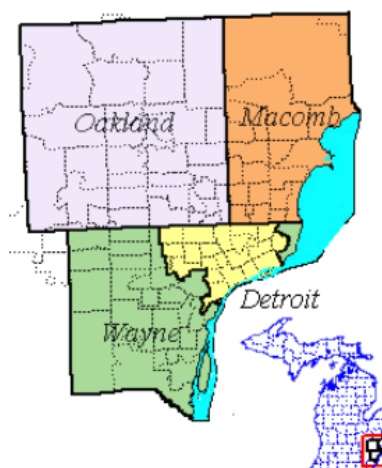
- Cancer screening and prevention community presentations and health fairs resumed after the pandemic to increase screening and prevention awareness and screening numbers.
- Educational series around clinical trials and Community Conversations on Cancer by the Office of Cancer Health Equity and Community Engagement (OCHECE) to increase education.
- A patient community resource guide was shared with Karmanos staff to provide resources and supportive services to patients in need.
- A partnership with Wayne State University Law School’s Legal Advocacy for People with Cancer (LAPC) Clinic was established to provide legal resources to the patients.

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Service Area and Population Demographics

Michigan Population Demographics

Most of the patients serviced by Karmanos resided in southeastern Michigan. The majority of patients resided in southeast Michigan's most populated counties – Wayne, Oakland, and Macomb. In 2021, the Michigan Department of Health and Human Services (MDHHS) categorized Wayne County having 1.7 million residents, Oakland County having 1.2 million residents and Macomb County having almost 900 thousand residents (Michigan Health



Statistics, 2022). To provide inclusive population information, the 2022 MDHHS Health Department Profiles were reviewed to allow information about the city of Detroit to be observed. For the Health departments of Wayne, Macomb, Oakland and Detroit City, the gender majority was women and the age distribution ranged from 18 to 44 for each health department (Michigan Health Statistics, 2022).

The racial and ethnic distribution in Oakland, Macomb and Wayne County was approximately 80 percent White, 15 percent Black, 6 percent Asian, 4 percent Hispanic, and less than 1 percent American Indian, and Detroit City was approximately 83 percent Black, 15 percent White, 9 percent Hispanic, 2 percent Asian, and less than 1 percent American Indian (Michigan Health Statistics, 2022).

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It is also important to mention that according to U.S. Census Bureau, Michigan has one of the largest Middle Eastern and North African (MENA) populations (United States Census Bureau, 2023). In Wayne County, 7.8 percent of residents identified as MENA (United States Census Bureau, 2023). Much of the information derived from the previous CHNA continues to reflect statistics available for this report.

Karmanos Population Demographics

The majority of Karmanos services occur in an ambulatory setting. Most patients were Wayne County residents, followed by Macomb and Oakland Counties. The patients served were predominantly female and the races and cultures represented at Karmanos were, American Indian/Eskimo/Aleut, Asian Pacific Islander, Black, Other, Spanish/Hispanic, Unknown, and White. A majority of visits were covered by Medicare, Medicare advantage, BX Trust, and Medicaid HMO insurance plans.

Process and Methodology

The CHNA team collected community input at various community events from 2021 to 2023. The 2023 CHNA survey consisted of 12 targeted questions to gain insight on cancer-related needs, potential health care concerns of the community, and impact of the pandemic (see Appendix A). The CHNA team focused on collecting survey data from 3 counties in southeastern Michigan: Oakland, Macomb, and Wayne County. Surveys were distributed at health fairs as well as food and community education

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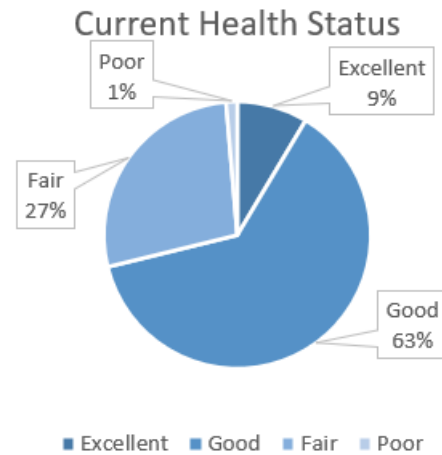
events held in Metro Detroit. The surveys were also translated into Spanish and Arabic to reflect the cultural diversity of the metro Detroit area.

Findings

The findings outlined are from the input of 223 community members and their responses to the survey. The following are the questions with a compilation of responses with secondary data also added and discussed.

1. How would you describe your current health status?

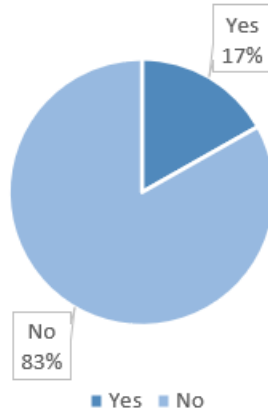
When asked about current health status, Seventy-two percent of respondents selected excellent and good health while twenty-eight percent of respondents reported fair or poor health. The 2021 Behavioral Risk Factor Survey for Michigan reports that sixteen percent of respondents reported their health as fair or poor (MiBRFS, 2023).



2. Have you ever been diagnosed with cancer?

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Diagnosed with Cancer



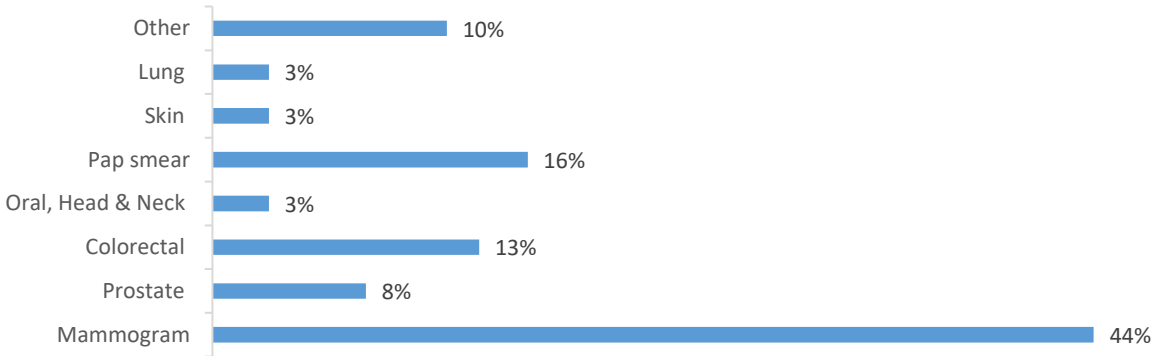
When asked about a cancer diagnosis, Eighty-three percent of respondents have never been diagnosed with cancer. The American Cancer Society estimates that in Michigan in 2023 there will be 61,910 new cancer cases. (ACS Cancer Facts & Figures, 2023).

3. Have you had any cancer screenings in the last year?

The best way to detect cancer early is to receive appropriate screenings based on discussions with a health care provider. Many respondents reported that they saw a health care provider, yet cancer screening rates were still low. According to the American Cancer Society the leading cancer related deaths are lung cancer, prostate cancer, breast cancer and colon cancer (ACS Cancer Facts & Figures, 2023). The respondents reported thirteen percent received a colorectal screening, eight percent received a prostate screening and three percent received a lung screening. A total of six percent of respondents reported that they received either a skin or oral, head and neck cancer screening. As expected, the most common screenings were mammograms at forty-four percent and pap smears at sixteen percent.

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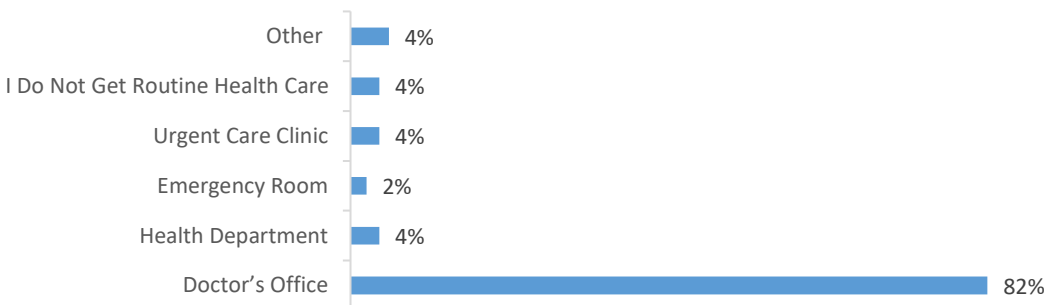
Cancer Screening in the Past 12 Months



4. Where do you go for routine health care?

A routine health care visit has many benefits, including an early diagnosis cancer screening, discussion and treatment of existing conditions, and the prevention of future medical complications. Eighty-two percent of respondents received routine health care at a doctor’s office. The 2021 Behavioral Risk Factor Survey for Michigan reports that seventy-seven percent of respondents reported a routine checkup in the last year (MiBRFS, 2023).

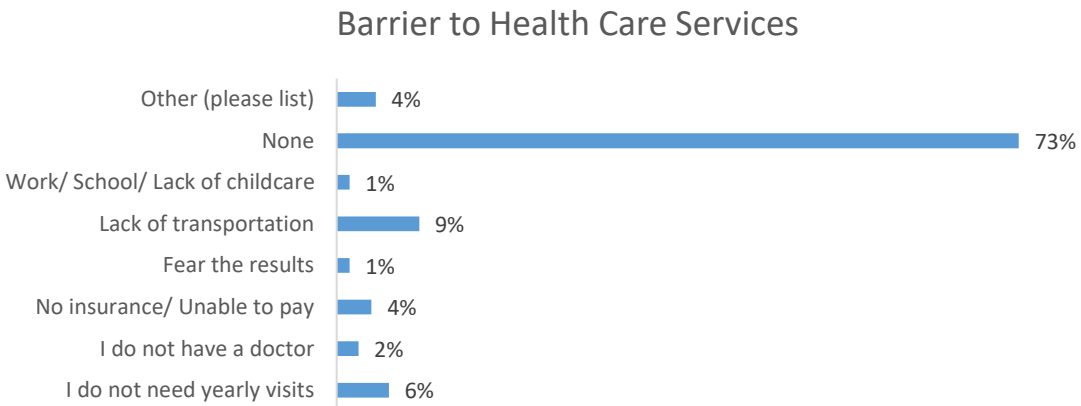
Routine Health Care



5. Are there any barriers that keep you from visiting the doctor?

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While seventy-three percent of respondents stated that they did not have issues that kept them from getting health care; twenty-seven percent identified that transportation, lack of insurance and the ability to cover the cost of co-pays and deductibles were significant barriers to obtaining health care. These barriers will be addressed in the Karmanos improvement plan and strategies.



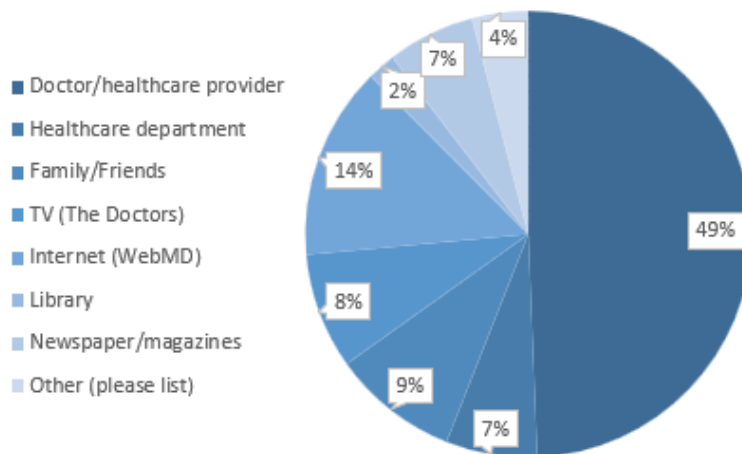
6. Where do you get most of your health information?

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Many of the respondents, at forty-nine percent, received health information from their doctor or a healthcare professional. Other sources included the internet, television, family, friends, and newspapers. Karmanos considers that many people source the internet for cancer information prior to (and in addition to) speaking with a healthcare professional. Karmanos

strongly encourages patients to seek reliable internet sites and to discuss information obtained from them with their healthcare team.

Gaining Health Information



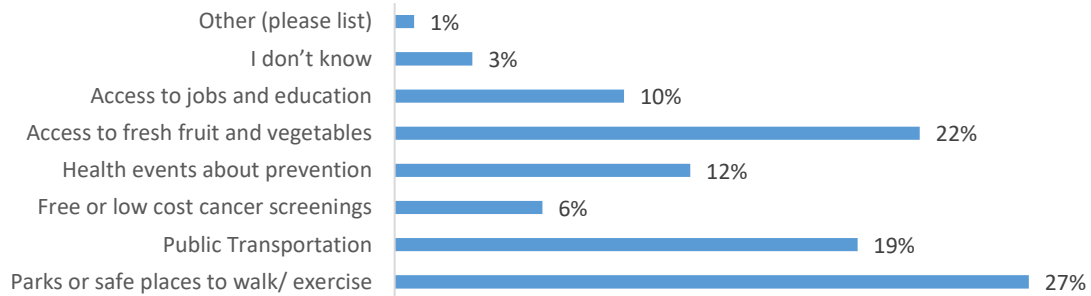
7. Do you have any of the following in your neighborhood?

According to the American Cancer Society obesity increases the risk of many types of cancer (Rock et al., 2020). Twenty-seven percent of respondents stated that they had safe places to walk and exercise and twenty-two percent of respondents stated that they had access to fruit and vegetables. It has been widely reported that there is a lack of grocery store chains in Detroit, which limits access to fresh fruits and vegetables. To achieve and maintain a healthy lifestyle, it is imperative that Karmanos works with local community organizations to increase access to healthy

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food and safe environments for physical activity.

Resources in the Neighborhood



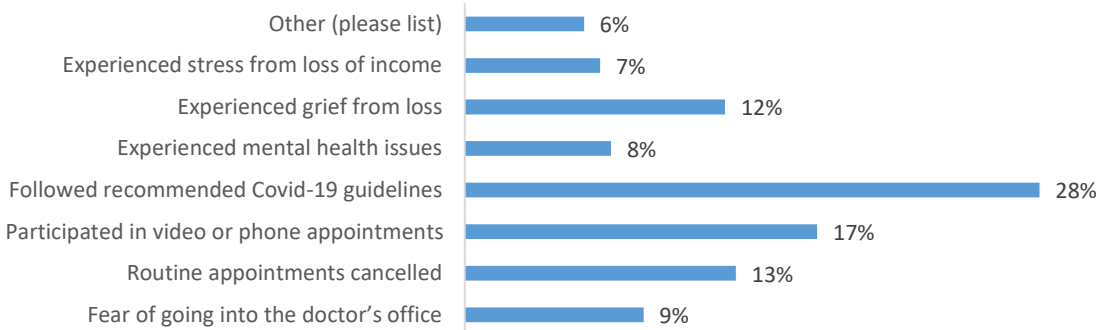
8. Did you experience any of the following during the COVID- 19 pandemic?

The COVID19 pandemic had many effects on routine health behaviors. Twenty-eight respondents reported that they followed the COVID19 guidelines. Thirteen percent of respondents reported that they experienced appointments cancelled, video or phone appointments and fear of going into the doctor's office. Decreased screening and delayed or cancelled routine check-ups or clinical visits for symptom assessment and follow up, can lead to underdiagnosis of cancer, especially in the early stages of

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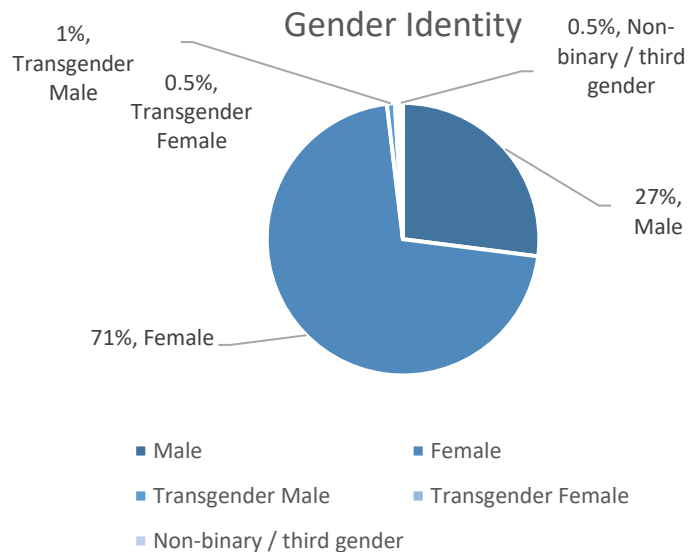
disease (Han, 2023).

Experiences During the Covid-19 Pandemic



9. How do you identify?

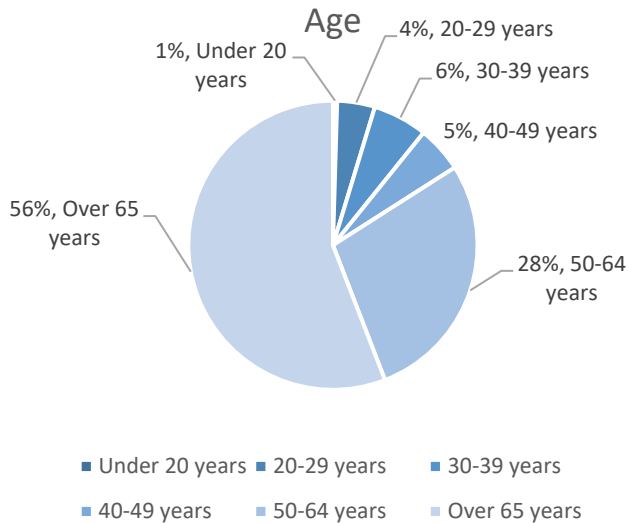
As with previous survey findings, most respondents at seventy-one percent were female. Twenty-seven percent were male, and three percent identified as transgender or non-binary. Educational messages regarding early detection are important for the LGBTQ+ population, as they may have higher cancer risks and lower screening rates. (Tabaac, 2018)



10. What is your age?

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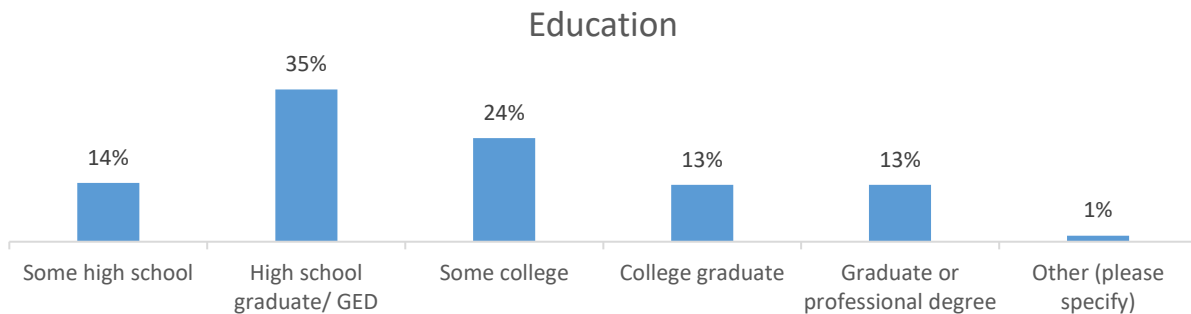
Cancer can occur at any age. Cancer incidence rises with age (ACS Cancer Facts & Figures, 2023). The NCI’s Surveillance, Epidemiology, and End Results (SEER Cancer



Stat Facts) Program state that the median age for a cancer diagnosis is sixty-six years. Eighty-nine percent of respondents were over the age of forty with most over sixty-five years at fifty-six percent.

11. What is your highest level of education?

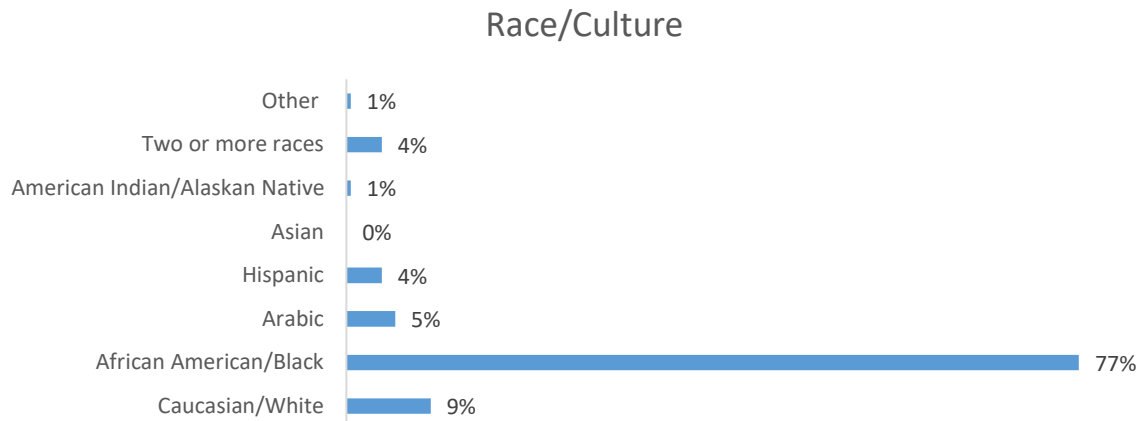
The highest level of education of our survey respondents was high school graduates at thirty-five percent. (35%). Twenty-four percent of respondents reported having some college education, and thirteen percent said they were college graduates.



12. What is your race/culture?

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Despite efforts to increase the diversity of responses, the majority of those completing the survey were African American/Black. One strategy to diversify participation may be to survey the community at events outside of the city of Detroit and Wayne County.



Implementation Strategies

The 2023 Karmanos CHNA survey data was used to determine the key areas of priority. The Karmanos core team identified the most important issues facing the community and met with various departments to develop an implementation strategy that defines resources, activities, outputs, and outcomes. The areas of focus are food insecurity, prevention and screening, and access to resources.

Resources

Karmanos has several resources and processes in place that will continue to support and address the needs identified in the 2023 CHNA. Karmanos' multidisciplinary team approach to patient triage helps to individualize care across the continuum. Each of the 13 multidisciplinary teams consists of Wayne State University-affiliated oncologists, radiologists, surgeons, pathologists, geneticists, and counselors.

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Each multidisciplinary team has a registered nurse team leader to serve as the patients' primary navigator, supported by physician assistants, nurse practitioners, social workers, navigators, and dietitians. The Karmanos Cancer Institute Call Center has also been trained to triage patient calls and concerns 24/7.

Karmanos provides cancer education to medical professionals and the community. Annual symposiums are held on lung, breast, prostate, gastrointestinal, and gynecologic cancer. Karmanos Cancer Institute's Annual Cancer Symposium is held free to the public in person and virtually. The Patient and Community Education departments provide education to the community through health fairs, cancer prevention, and early detection presentations. Patients receive support throughout all phases of their cancer journey. Cancer educational booklets from the American Cancer Society, Leukemia and Lymphoma Society, and Pancreatic Cancer Acton Network are provided for our patients, and are available in our Education and Resource Center (ERC).

The Karmanos Departments of Marketing and Communication, Development, Patient/Community Education, Volunteer Services, Social Work, Case Management Services, Nutrition, and Patient Care Services can have a direct impact on increasing community awareness and access to health services. Karmanos staff consistently participates and fosters a relationship with community organizations, including the Breast and Cervical Cancer Control Program (BCCCP), the Arab Community Center for Economic and Social Services (ACCESS), the tri-county tobacco cessation coalitions, and several area Federally Qualified Health Centers (FQHC).

Karmanos' social work team acts as an integral part of the multidisciplinary team, providing information and referrals to various community resources and programs (i.e., transportation, housing, financial, legal, Medicaid/Medicare, Supplemental Security Income (SSI)/ Social Security Disability Insurance (SSD)). In addition to counseling and day and evening support groups, there are healing arts workshops and programs

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designed to reduce the stress patients and their families go through due to cancer diagnosis. The Karmanos core team collaborates with these departments to address the health needs identified in the CHNA.

Activities

Several activities have been identified to address community needs found in 2023 CHNA survey results. These activities are to improve food insecurity, increase access to cancer screening and prevention education, and increase patient access to resources. These follow below:

- 1. Output: Improve access to nutrition resources to improve food insecurity**
 - Establish a partnership with Fresh Rx to provide patients with access to fresh fruits and vegetables.
 - Collaborate with multidisciplinary teams to create a resource guide for local healthy food and local parks/ community activities.

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- Collaborate with multidisciplinary teams and community partners to develop nutrition and physical activity classes at Karmanos Cancer Institute.

2. Output: Promote cancer screening and prevention guidelines

- Increase engagement in the community through health fairs and educational presentations.
- Promote and offer screening and prevention events at Karmanos Cancer Institute locations throughout the year.
- Collaborate with community partners to increase screening and prevention awareness.

3. Output: Improve patient access to available resources

- Collaborate with multidisciplinary teams to promote resources available at Karmanos.
- Educate staff about available resources and programs to support patients.

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Appendix A.

Community Health Needs Assessment

The Barbara Ann Karmanos Cancer Institute (KCI) is conducting a Community Health Needs Assessment survey to understand the health concerns and needs in the community. The information will be used to help improve the health of the community KCI serves. For most people, it will take less than five minutes to fill out this survey. Thank you very much for your participation!

For each question, choose the answer that comes closest to describing your opinion or situation.

1. How would you describe your current health status?
 - Excellent
 - Good
 - Fair
 - Poor

2. Have you ever been diagnosed with cancer?
 - Yes, what type(s) of cancer? _____
 - No

3. Have you had any cancer screenings in the last year? (check all that apply)
 - Mammogram
 - Prostate cancer screening (PSA blood test)
 - Colorectal cancer screening (Cologuard)
 - Oral, Head & neck cancer screening
 - Pap smear
 - Skin cancer examination
 - Lung cancer screening
 - Other (please list) _____

4. Where do you go for **routine** health care? (check all that apply)
 - Doctor's office
 - Health department
 - Emergency room
 - Urgent care clinic
 - I do not get routine health care
 - Other (please list) _____

5. Are there any barriers that keep you from visiting the doctor? (check all that apply)
 - I do not need yearly visits
 - I do not have a doctor
 - No insurance/ Unable to pay
 - Fear the results
 - Lack of transportation
 - Work/ School/ Lack of childcare
 - None
 - Other (please list) _____

6. Where do you get most of your health information? (check all that apply)

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- | | |
|---|--|
| <input type="checkbox"/> Doctor/healthcare provider
<input type="checkbox"/> Healthcare department
<input type="checkbox"/> Family/Friends
<input type="checkbox"/> TV (The Doctors) | <input type="checkbox"/> Internet (WebMD)
<input type="checkbox"/> Library
<input type="checkbox"/> Newspaper/magazines
<input type="checkbox"/> Other (please list)_____ |
|---|--|
- 7. Do you have any of the following in your neighborhood? (check all that apply)**
- | | |
|---|--|
| <input type="checkbox"/> Parks or safe places to walk/ exercise
<input type="checkbox"/> Public Transportation
<input type="checkbox"/> Free or low-cost cancer screenings
<input type="checkbox"/> Health events about prevention | <input type="checkbox"/> Access to fresh fruit and vegetables
<input type="checkbox"/> Access to jobs and education
<input type="checkbox"/> I don't know
<input type="checkbox"/> Other (please list)_____ |
|---|--|
- 8. Did you experience any of the following during the COVID- 19 pandemic? (check all that apply)**
- | | |
|---|---|
| <input type="checkbox"/> Fear of going into the doctor's office
<input type="checkbox"/> Routine appointments cancelled
<input type="checkbox"/> Participated in video or phone appointments
<input type="checkbox"/> Followed recommended Covid-19 guidelines | <input type="checkbox"/> Experienced mental health issues
<input type="checkbox"/> Experienced grief from loss
<input type="checkbox"/> Experienced stress from loss of income
<input type="checkbox"/> Other (please list)_____ |
|---|---|
- 9. How do you identify? (check one)**
- | | |
|--|---|
| <input type="checkbox"/> Male
<input type="checkbox"/> Female
<input type="checkbox"/> Non-binary / third gender | <input type="checkbox"/> Transgender Male
<input type="checkbox"/> Transgender Female
<input type="checkbox"/> Not listed (please specify)_____ |
|--|---|
- 10. What is your age?**
- | | |
|---|--|
| <input type="checkbox"/> Under 20 years
<input type="checkbox"/> 20-29 years
<input type="checkbox"/> 30-39 years | <input type="checkbox"/> 40-49 years
<input type="checkbox"/> 50-64 years
<input type="checkbox"/> Over 65 years |
|---|--|
- 11. What is your highest level of education? (check one)**
- | | |
|--|---|
| <input type="checkbox"/> Some high school
<input type="checkbox"/> High school graduate/ GED
<input type="checkbox"/> Some college | <input type="checkbox"/> College graduate
<input type="checkbox"/> Graduate or professional degree
<input type="checkbox"/> Other (please specify)_____ |
|--|---|
- 12. What is your race/culture?**
- | | |
|---|--|
| <input type="checkbox"/> Caucasian/White
<input type="checkbox"/> African American/Black
<input type="checkbox"/> Arabic
<input type="checkbox"/> Hispanic | <input type="checkbox"/> Asian
<input type="checkbox"/> American Indian/Alaskan Native
<input type="checkbox"/> Two or more races
<input type="checkbox"/> Other (please list)_____ |
|---|--|

Comments:

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For more information please contact: 1-800-KARMANOS (800-527-6266) or to schedule a free presentation please contact: communityed@karmanos.org