



**2025**

Community Health Needs Assessment



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# Executive Summary

The report summarizes the needs identified for the area service by Marlette Regional Hospital (MRH), which is part of Aspire Rural Health System. The purpose of the report is to inform the community, decision makers and healthcare providers of the needs of the community. In addition, it also outlines focus areas and priorities identified by MRH and will be used to create an implementation plan for addressing those needs. The report also identified collaborative initiatives that are addressing community needs.

A Community Health Needs Assessment (CHNA) is conducted to objectively identify needs within a particular community. This approach helps to ensure that priorities are based on evidence and accurate information. In addition to reviewing data, gathering input from community members is also necessary to accurately gauge the health of the community. The community's experience is critical to accurate interpretation of data. This is the fifth cycle of Community Health Assessment and Planning which is completed every three years (2013, 2016, 2019, and 2022). In alignment with Affordable Care Act requirements, the 2025 CHNA report includes a review of the 2024 implementation plan and progress toward targets.

Most experts would agree that providing healthcare is becoming more challenging due to everchanging patient needs and expectations, the advancement of technology, evolving reimbursement models, and increasing costs. These challenges occur at a time when resources for families and healthcare providers are stretched, making the CHNA process even more critical. The process helps to direct resources and efforts to the issues that have the greatest potential for improving the health of the community. Successfully addressing priority issues increases life expectancy, improves quality of life and results in a savings to the healthcare system.

The CHNA was completed using a team-based approach to coordinate activities. The process includes several steps that guide the team to select priority health issues. In Fall 2025, the team will use this report to select strategies and organize them into an implementation plan.

## Dedicated to Serving

Marlette Regional Hospital, part of Aspire Rural Health System, is dedicated to providing exceptional, patient-centered care close to home. Guided by a mission to serve as the leading rural healthcare organization, the hospital is committed to expanding access to quality care for residents across its community. Its vision is rooted in being the trusted choice for both patients and employees—delivering compassionate service, fostering teamwork, and upholding the highest standards of integrity and quality. The hospital's culture emphasizes collaboration, positivity, and enthusiasm, ensuring that every interaction reflects excellence in customer service and a shared commitment to improving the health and well-being of the rural communities it serves.

# Services Provided by MRH

- After House Care
- Cardiology
- Cardiopulmonary Services
- Diagnostic Services
- Emergency Services
- Family Medicine
- Gastroenterology
- Inpatient Care & Swing Bed
- Infusion & Injections
- Internal Medicine
- Laboratory
- Nephrology
- Occupational Health
- Orthopedics
- Pediatrics
- Pharmacy
- Podiatry
- Pulmonology
- Radiology
- Short Term Respite Care
- Therapy Services
- Transitions

## Locations Serving Us

- Family HealthCare of Brown City
- Aspire Marlette Pain Clinic
- Aspire Spine Clinic
- Aspire Women's Health Clinic
- Marlette Family HealthCare
- Marlette General Surgery Clinic
- Marlette Orthopedic Clinic
- Marlette Pharmacy
- Marlette Regional Hospital
- Marlette Regional Hospital Health Services
- Marlette Specialty Clinic
- Marlette Surgical Services Clinic
- Marlette Therapy Services
- Marlette Wound Care Clinic
- Quick Care
- United Hospice Service Residence



### Mission

Providing exceptional care close to home as the leading rural healthcare organization.



### Vision

To expand accessibility to quality rural healthcare as the trusted choice for patients and employees.



### Culture

The values and actions we present towards each other, our customers, and the greater community. We will live our values through teamwork, integrity, quality, customer service, attitude, and fun.



# Construction Update

Over the past year, Marlette Regional Hospital has had many exciting construction projects that have been completed and have started.

This year, the MRH Gift Shop moved to a brand-new location near the Covenant Cancer Center at Aspire Marlette. This location provided more display and storage space. Nearby, MRH completed renovations, transforming an old administrative space into the Aspire Wound Care Clinic and Hyperbaric Chamber service. The Hyperbaric Chamber is a part of a new service, Hyperbaric Oxygen Therapy, which is specialized care of wounds that are not offered anywhere else in the three main Thumb counties. The new Aspire Wound Care Clinic was completed and started seeing patients in July 2025. The Hyperbaric Chamber was installed by July 2025 and started seeing patients in September.

Another facility that opened in Marlette is the Aspire Marlette Pharmacy. Located at the old Rite Aid building, now named Marlette Medical Center, the pharmacy opened in July 2025. While little construction was needed to open the pharmacy portion of the building, the other portion of the building is being developed to become the new location for Quick Care (to be renamed Marlette Rapid Care) and a specialty clinic.

Our Skilled Nursing Facility on Marlette's campus also experienced some upgrades this year. Throughout the year, the facility received better outdoor signage, and resident rooms got upgraded with new paint and wardrobes.

Cardiopulmonary Rehabilitation at Marlette received a new space with new equipment in the former Auxiliary Conference Room.

Marlette Regional Hospital's Registration area in the Front Lobby is also undergoing some space changes. Once completed, it will provide more privacy during the registration process, increase workflow, space in the Front Lobby, and patient volumes.

While not a construction update, Marlette Regional Hospital's current Aspire Rural Health System Foundation project is aimed at acquiring a state-of-the-art ambulance to significantly enhance emergency medical services in our communities. This vital, life-saving vehicle will replace an aging unit, ensuring faster response times, better patient care, and increased reliability when every second counts. The new ambulance will be fully equipped with the latest life-support technology, including a cardiac monitor, defibrillator, oxygen delivery system, and enhanced safety features designed for both patients and paramedics. Built for durability and efficiency, this advanced vehicle will enable our EMS teams to respond to thousands of emergencies and save countless lives. For more information on how to donate, visit <https://aspirerhs.org/foundation/>.

# The Communities We Serve

The Marlette service area is located in the area of Michigan commonly referred to as the Thumb. Hospital utilization data was applied to 13 zip codes that compose the Hospital's primary service area. According to the 2023 American Community Survey, U.S. Census, this service area has a population of 40,723. The service area includes numerous towns and villages, including Sandusky, North Branch, Kingston, Brown City, Marlette, Snover, and Mayville. The Hospital provides services to a community in which:

- 21.7% of the population is under age 18 and 18.8% is over age 65.
- The population has limited racial diversity with 93.8% of the population identified as Caucasian, 3.3% Hispanic, 2.0% 2 or more Races, 0.3% Black, 0.2% Asian, 0.2% Some Other Race, 0.1% American Indian/Alaska Native, 0% Hawaiian/Other Pacific Islander.
- MRH's service area has a Bachelor's or higher college degree rate of 14.7% in those individuals 25 years and over compared to Michigan's 31.8% and United States 35.0%.
- Average (Mean) household income is lower at \$81,364 as compared to Michigan average (mean) income of \$96,229.
- 3.4% percent reported being unemployed on the census compared to 3.6% of Michigan residents.
- 8.6% reported on the census having no health insurance compared to 5.0% of Michigan residents.
- In the 13 reported zip codes within the Marlette Regional Hospital service area, 7.4% (48416), 14.1% (48426), 6.1% (48435), 12.4% (48453), 7.5% (48454), 7.4% (48461), 4.1% (48466), 6.4% (48471), 10.6% (48472), 7.4% (48727), 3.1% (48729), 10.6% (48741), 5.9% (48744) percent of families are in poverty compared to 8.8% of Michigan families.
- The community has a higher rate of self-employed individuals than the State but lower than the United States (13.6%) compared to Michigan rate of 9.5% and the United States rate of 11.0%.

# What is a CHNA?

A Community Health Needs Assessment (CHNA) is a federally mandated process for tax-exempt hospitals, established under the Patient Protection and Affordable Care Act. The CHNA process ensures that hospitals systematically identify and address the most significant health needs within their service areas. It provides hospitals with essential data and community input to guide the development of programs, services, and partnerships that meaningfully improve community health.

Beyond compliance, the CHNA process promotes collaboration by aligning hospital community benefit efforts with broader initiatives aimed at enhancing health and well-being across the region.

The healthcare environment continues to evolve rapidly. In addition to responding to the effects of a global pandemic during the most recent CHNA cycle, hospitals face multiple ongoing challenges—including advancing technology, workforce recruitment and retention, increased training demands, and the rising health needs of an aging population. These pressures occur in a context of limited resources for families, providers, and health systems alike. As such, the CHNA process has become even more critical in ensuring that community resources are strategically directed to the areas of greatest impact.

Through the CHNA, hospitals can focus their efforts on health priorities that have the greatest potential to extend life expectancy, enhance quality of life, and reduce long-term healthcare costs. The findings of the assessment guide the identification of key health priorities and inform the development of targeted strategies. These strategies are formalized within an Implementation Plan, which outlines specific, measurable actions to improve community health outcomes.

## IRS-Required CHNA Components

According to the Internal Revenue Service (IRS), hospitals must:

1. Define the community served.
2. Assess the health needs of that community.
3. Solicit and consider input from individuals representing the broad interests of the community, including those with special knowledge or expertise in public health.
4. Document the CHNA findings in a written report adopted by an authorized governing body of the hospital.
5. Make the CHNA report publicly available to ensure transparency and accountability.

## Process & Methodology

The first step in addressing community health needs is to identify them. Using an objective, evidence-based approach ensures that priorities are grounded in accurate and comprehensive information. Marlette Regional Hospital conducted its 2025 Community Health Needs Assessment (CHNA) using a structured methodology that incorporated multiple sources of quantitative and qualitative data. When multiple data points indicate the same area of need, the likelihood of achieving meaningful impact through targeted interventions increases.



The Thumb Community Health Partnership (TCHP), a collaborative network representing Huron, Lapeer, Sanilac, and Tuscola Counties, provided key support throughout the CHNA process. TCHP compiled data from multiple public and proprietary sources and conducted a regional community health survey in fall 2024.

Building on this foundation, Marlette Regional Hospital led the assessment process, facilitating prioritization exercises that identified the most pressing health concerns based on health indicator data, community input, and surveys from leadership and the hospital foundation. Priorities established in 2022 and progress on the 2022–2024 Implementation Plan were also reviewed and considered.

The process followed the Association for Community Health Improvement (ACHI) framework, adhering to the six-step model outlined in the ACHI Community Health Assessment Toolkit. The team utilized the toolkit’s recommended methods and resources to guide each phase—from data collection and analysis to community engagement, prioritization, and planning.

The CHNA Team consisted of: Andy Daniels, Co-CEO; Angela McConnachie, Co-CEO; Kim Gentner, Chief Financial Officer; Megan Coyer, Chief Nursing Officer; Danielle Blaine, Vice President of Clinic Operations; Dr. Melanie Kramer, Chief Medical Officer; Matt Rick, Vice President of Ancillary Services; Jenna Muxlow, Vice President of Development and Outreach Christina Rowley, Senior Director of Communication and Marketing Strategy, and Abigail Newland, Grant Writer.

## Data Resources

Table 1: Major Data Sources			
Public Health Statistics			
Source/Participants	URL or Citation	Dates	Additional Descriptors
United States Census Bureau	<a href="https://data.census.gov/table/">https://data.census.gov/table/</a>	2023	American Community Survey, Census Demographic profiles, and subtopic data sets.
MI Department of Health and Human Services (MDHHS), Vital Statistics	<a href="https://www.mdch.state.mi.us/osr/CHI/CRI/frame.asp">https://www.mdch.state.mi.us/osr/CHI/CRI/frame.asp</a> or <a href="https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties">https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties</a>	2021-2023	Date ranges varied by health statistic. Some statistics represent one year of data as others are looking at 3 or 5 year averages.
Health Resources & Services Admin.	<a href="https://bhwh.hrsa.gov/shortage-designation">https://bhwh.hrsa.gov/shortage-designation</a>	2021	Shortage designations are determined by HRSA.
County Health Rankings	<a href="http://www.countyhealthrankings.org">www.countyhealthrankings.org</a>	2020-2022	Includes a wide variety of statistics.
Kids Count	<a href="https://mlpp.org/kids-count/">https://mlpp.org/kids-count/</a>	2023/2024	Includes a variety of data from MDHHS and Department of Education.
Local Assessments			
Community Survey	<ul style="list-style-type: none"> <li>● Distributed across Huron, Lapeer, Sanilac, and Tuscola Counties - 690 participants</li> <li>● Report produced for service area by zip codes - 172 participants.</li> </ul>	Oct. 2024	A public survey was distributed online and on paper. The survey had four sections: 1) community strengths and weaknesses, 2) health priorities, 3) health system strengths and weaknesses, and 4) barriers to healthcare and wellness. The purpose of the survey was to gain a deeper understanding of contributing factors and community perceptions across a wide array of health issues.

Three types of data sources were utilized during the CHNA. The Team obtained the most recent data available and whenever possible, data that compared the local community to county, regional, state, or national statistics was used.

Data sources included:

- Public Health Statistics
- Demographic Data
- Community Surveys

Data was compiled into comparison charts for peer counties, Sanilac County, and Michigan.



# Representing the Community

Input from individuals was gathered through the Community Health Survey.

Representation from vulnerable populations was evident based on self-reporting within the survey. Of the 139 respondents from the service area, 58.3% identified as belonging to a vulnerable population, ensuring that the perspectives of those most at risk were included in the assessment process.

Vulnerable Populations in Marlette Community Service Area 2024	% of Survey Respondents
Senior Citizen	26%
Someone that experiences a mental health condition or disability or special education needs	38%
Low Income	36%
Veteran	11%
Healthcare or Human Service Provider that can speak for a wide variety of patients/people	16%
The Physically Disabled	22%
Someone with a Substance Use Disorder or Alcoholism or in recovery from substance use.	9%
People of a minority race or ethnic background	10%
Victim of Domestic Abuse or Child Abuse	14%
Seasonal or part time resident	0%
People who are homeless	5%
Other (please specify)	5%

## Review of Previous CHNA

### 1. Access to Health Insurance

- Community Health Worker is training to be a Medicaid Navigator
- Care coordinators promote wellness screenings and assist with removing barriers to access care, such as cost, navigating insurance, and transportation. Some of these tasks include Know Your Numbers events, low-cost screenings, B.C.U.P.S., and \$10 sports physicals.
- Accepted insurances are regularly updated on Aspire's website.
- Help Us Help Our Own fund was started to provide financial assistance to Aspire employees in the wake of a change in health or other emergent need.

## 2. Service Awareness

- a. MRH has expanded its marketing reach through various methods including: an Every Door Direct Mailing, increased billboard presence, sharing patient testimonials with consent, and services promoted on social media through various campaigns.
- b. MRH streamlined communication to ensure all updates, news, and resources are shared in one place, which will allow MRH and Aspire to better engage with our community, provide more consistent and timely information, and strengthen our online presence.
- c. MRH's profile on 2-1-1 has been updated.
- d. Our organization has started a radio campaign to highlight MRH and Aspire services to increase reach.
- e. Provider Directory and services offered are posted on the MRH website and all MRH Family Health Care offices.

## 3. Heart Disease

- a. MRH opened Cardiopulmonary Rehab to improve access to chronic disease management as it relates to cardiopulmonary diseases.
- b. MRH now utilizes the ACO Population Management Dashboard, Prevention, and Screening Measurements, and monthly health month awareness campaigns to identify those individuals who need those screenings and notify them, "It's Time for your Yearly Screening".
- c. The Diabetic Education program has expanded to include extended hours and telehealth options.
- d. MRH is home to an Aspire Community Garden with plots and plants free of charge. This aims to create better access to fresh produce.

## 4. Tobacco Use & Vaping

- a. Aspire Rural Health System has been working with local community school districts to develop resources for tobacco use and vaping in school-aged students.
- b. MRH distributes lung screening cards at community events and Health Care offices.
- c. MRH campaigned for Lung Cancer Screening to highlight tobacco use and the use of vaping products.
- d. The hospital also shares educational resources on tobacco use and vaping products from the Michigan Department of Health and Human Services to our community.

## 5. Cancer

- a. Over the past year, infusion services have been expanded at MRH.
- b. Aspire Rural Health System Foundation is home to the B.C.U.P.S. and P.C.U.P.S. programs that serve to provide financial assistance and spread awareness of Breast Cancer and Prostate Cancer.
- c. MRH is a Covenant Region Thumb Network (CRTN) partner and is home to the Covenant Cancer Care at Aspire Marlette, dedicated to expanding cancer care services in the Thumb. It is the first comprehensive cancer care center in the Thumb.
- d. MRH participated in several campaigns for cancer awareness, including colorectal and breast cancer.

## 6. Behavioral Health

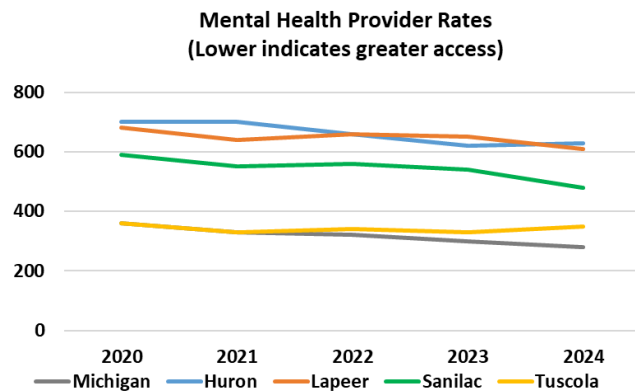
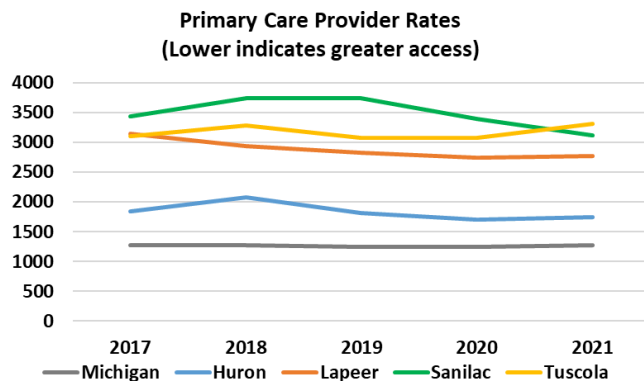
- a. Aspire Medication-Assisted Treatment (MAT) Clinic opened in 2025 to address substance use disorder.
- b. Aspire Rural Health System received a grant from the Michigan Health and Hospital Association (MHA) to expand Peer Recovery Coach services for Aspire patients.

## 7. Diabetes

- a. Diabetes awareness videos have been posted on MRH's social media.
- b. Expanded diabetes education classes with more evening classes offered to better fit patients' schedules.
- c. Patient testimonials are posted, with patient consent, to spread awareness of the service and encourage others in need of the service to contact Marlette Regional Hospital.
- d. "Healthy Tips" is a campaign that MRH created to share helpful tips in managing and living with diabetes.

# Regional Data Findings

## Workforce Development



[www.countyhealthrankings.org](http://www.countyhealthrankings.org)

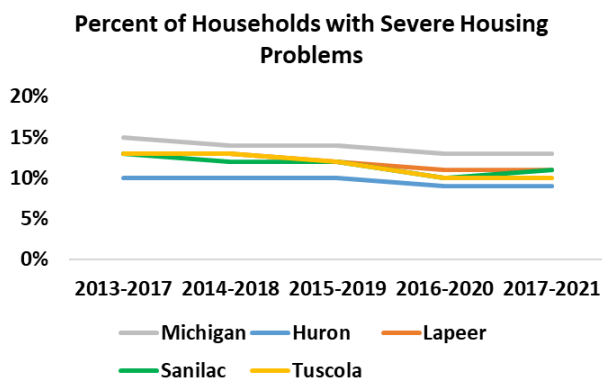
[www.countyhealthrankings.org](http://www.countyhealthrankings.org)

**250+ job openings**  
at 23 local health and human services agencies are included on the weekly Thumb Community Health Partnership job bulletin.

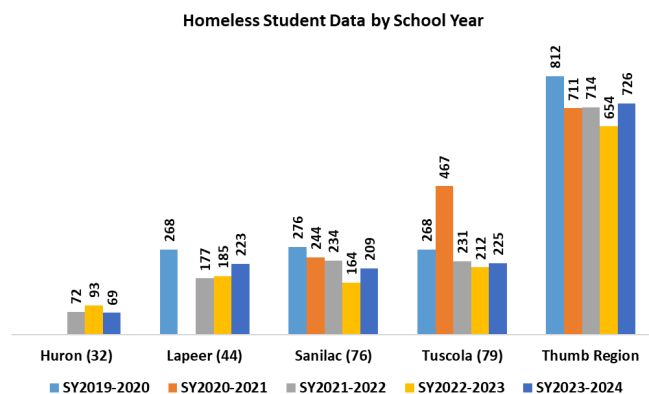
## Coordination of Services

**43% of respondents**  
on the Community Health Survey in the Marlette Regional Hospital Service Area indicated that coordination of services is a weakness or major weakness of the Health Care System.

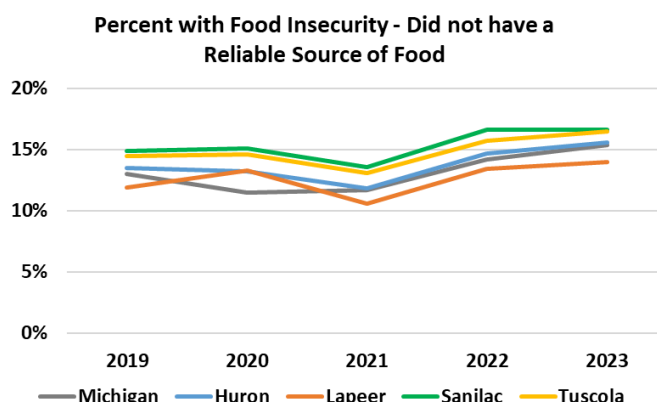
## Social Determinants of Health



\*Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities. County Health Rankings – University of Wisconsin Population Health Institute, 2025; [www.countyhealthrankings.org](http://www.countyhealthrankings.org)



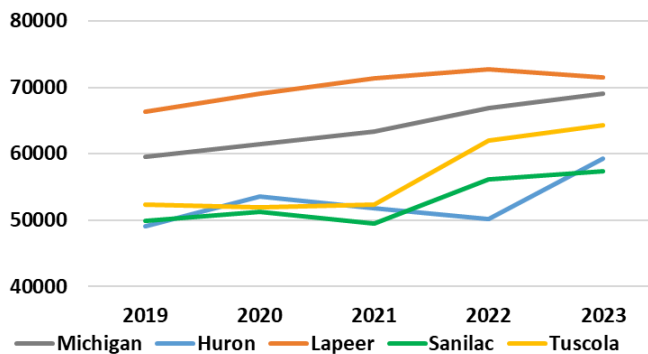
MISchooldata: <https://www.mischooldata.org/homeless-enrollment-data-files>



Feeding America:  
<https://map.feedingamerica.org/county/2022/overall/michigan>

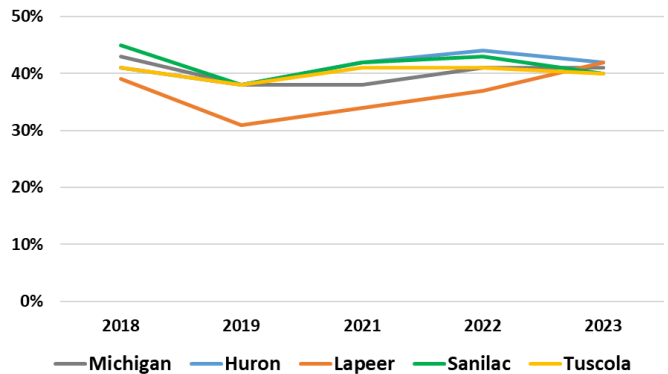
## Availability and Access to Services

Median Income



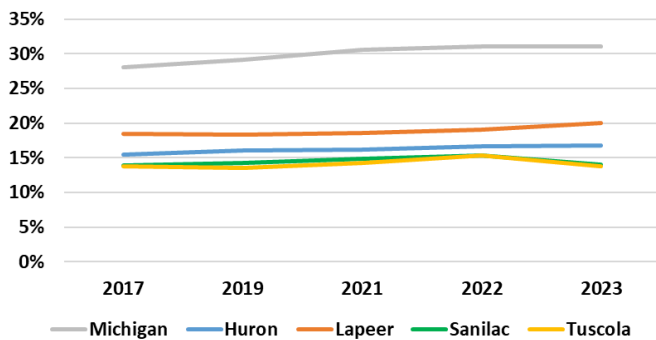
County Health Rankings – University of Wisconsin Population Health Institute; [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

Percent of households below ALICE Threshold (cost of living)



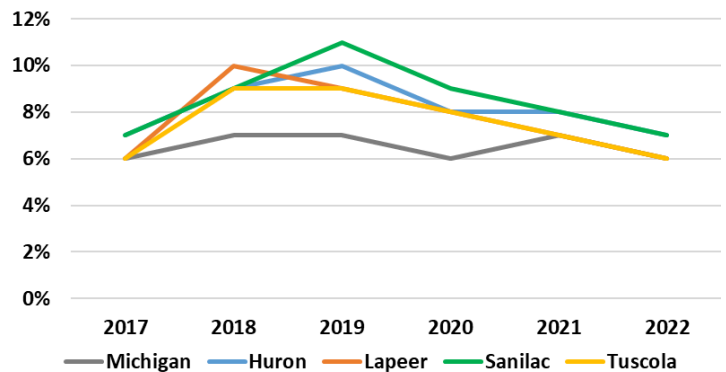
ALICE Report 2025: <https://unitedforalice.org/state-reports>

Percent of People with Bachelors Degree or Higher (25 yo & up) - 5 Year Estimates



[https://data.census.gov/table/ACSST5Y2023.S1501?q=S1501&q=040XX00US26\\_050XX00US26063,26087,26151,26157&moe=false](https://data.census.gov/table/ACSST5Y2023.S1501?q=S1501&q=040XX00US26_050XX00US26063,26087,26151,26157&moe=false) US Census - S1501 - ACS 5 - Yr Estimate: 2023 (Educational Attainment) American Community Survey

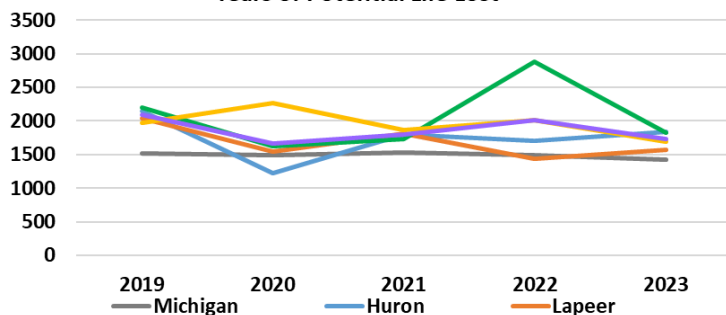
Percent of People < 65 that are Uninsured



County Health Rankings – University of Wisconsin Population Health Institute; [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

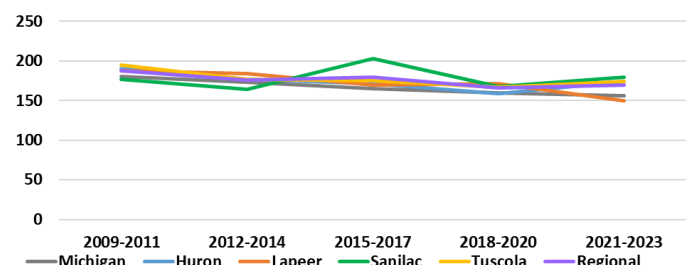
## Cancer

Cancer Rate/100,000  
Years of Potential Life Lost



MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>

Cancer Mortality Trends Age Adjusted Rate/100,000



MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>

## Mortality Rates/100,000 by type of cancer in Sanilac County 2017 - 2021

Lung Cancer: 39.3

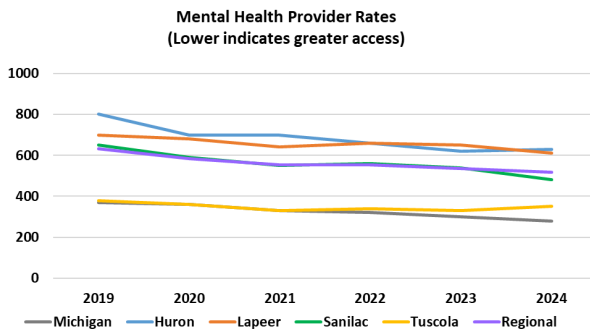
Breast Cancer (females): 19.1

Colorectal Cancer: 19.4

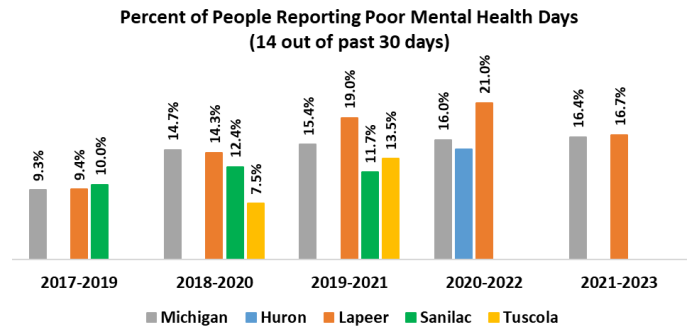
Prostate Cancer (males): 20.6

<https://www.mdch.state.mi.us/osr/CHI/Cancer/frame.asp>

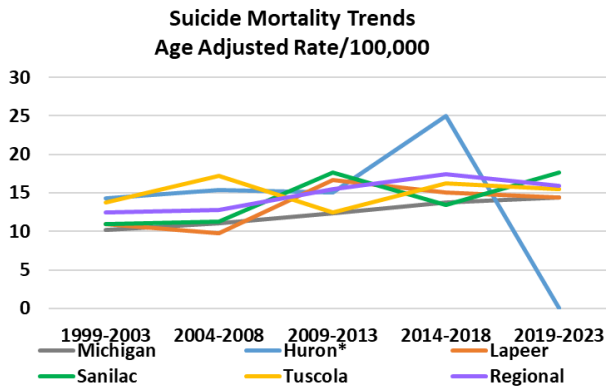
## Behavioral Health



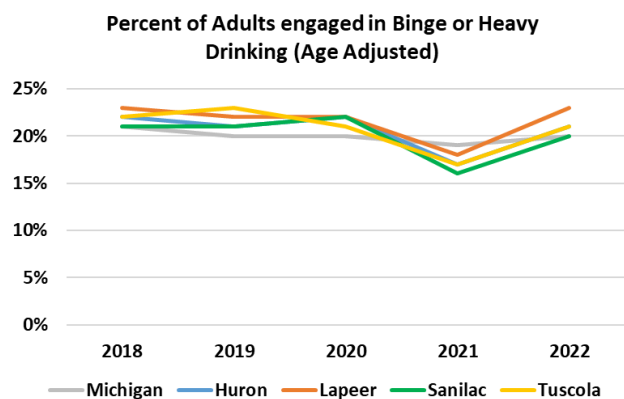
County Health Rankings – University of Wisconsin Population Health Institute; [www.countyhealthrankings.org](http://www.countyhealthrankings.org)



BFRS: <https://www.michigan.gov/en/mdhhs/keep-mi-healthy/communicablediseases/epidemiology/chronicepi/bfrs/reglocal/michigan-brfs-regional-and-local-health-department-tables>

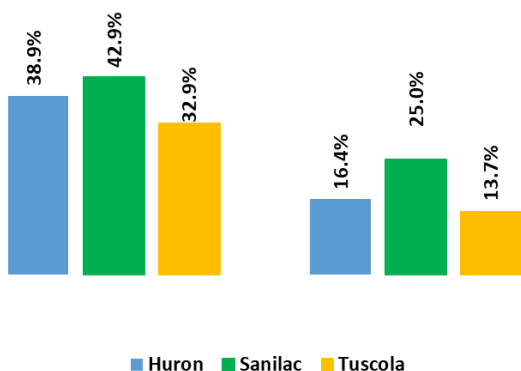


MDHHS: <https://vitalstats.michigan.gov/osr/CHI/CRI/frame.asp>



County Health Rankings: <https://www.countyhealthrankings.org/>

9th & 11th grade Depression and Suicidal Ideations

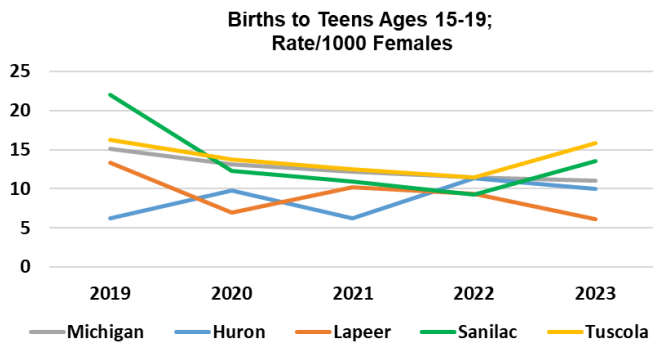


Michigan Profile for Health Youth: <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>

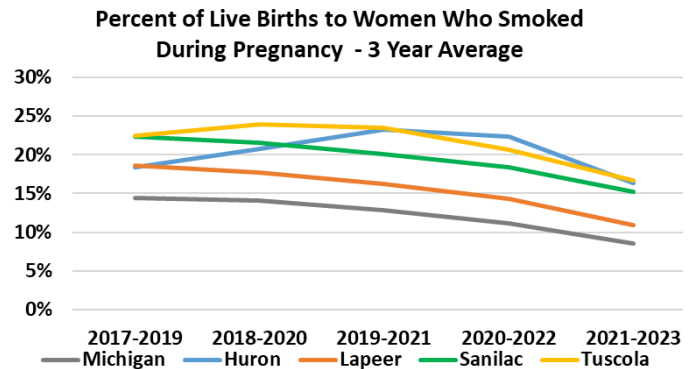
Over the past  
10 years,  
**82%**  
of suicide deaths  
in the Thumb  
were men.



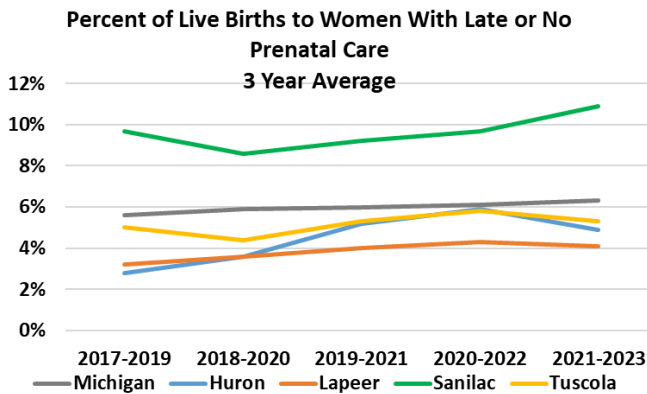
## Prenatal and Infant Health



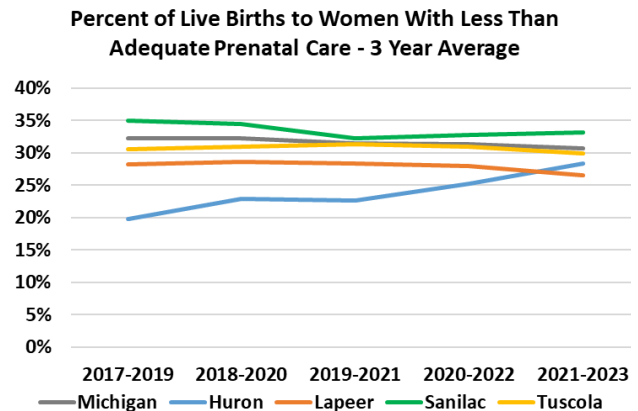
MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>



MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>



Kids Count: <https://datacenter.aecf.org/data/customreports/3775,3787,3819,3822/any>  
MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>

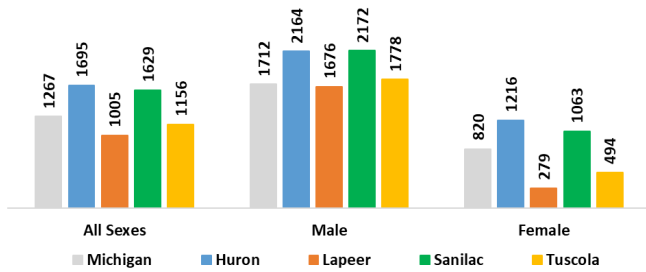


Kids Count: <https://datacenter.aecf.org/data/customreports/3775,3787,3819,3822/any>  
MDHHS: <https://vitalstats.michigan.gov/osr/chi/IndexVer2.asp#Counties>

**Over  
30%**  
of babies born in Sanilac County  
had less-than-adequate  
prenatal care during 2021–2023.

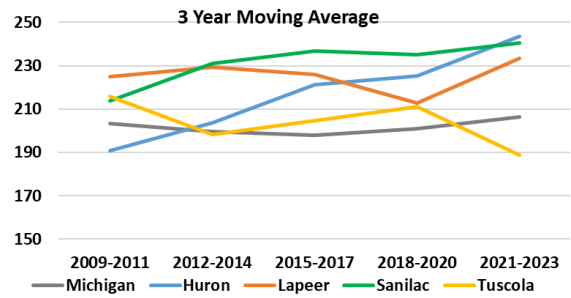
## Chronic Disease

2023 Heart Disease Rate/100,000 Years of Potential Life Lost



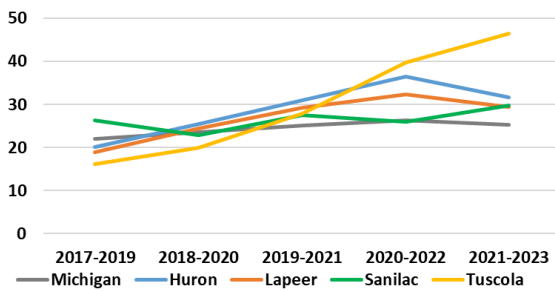
Michigan Department of Health and Human Services,  
<https://vitalstats.michigan.gov/osr/CHI/Deaths/frame.html>

Heart Disease Mortality Age Adjusted Rate/100,000



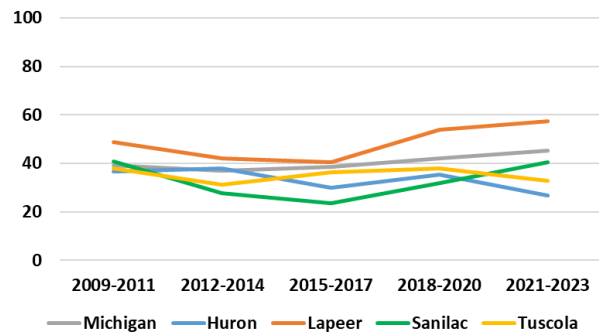
Michigan Department of Health and Human Services  
<https://vitalstats.michigan.gov/osr/CHI/CRI/frame.asp>

Diabetes Mortality - Age Adjusted Rate/100,000

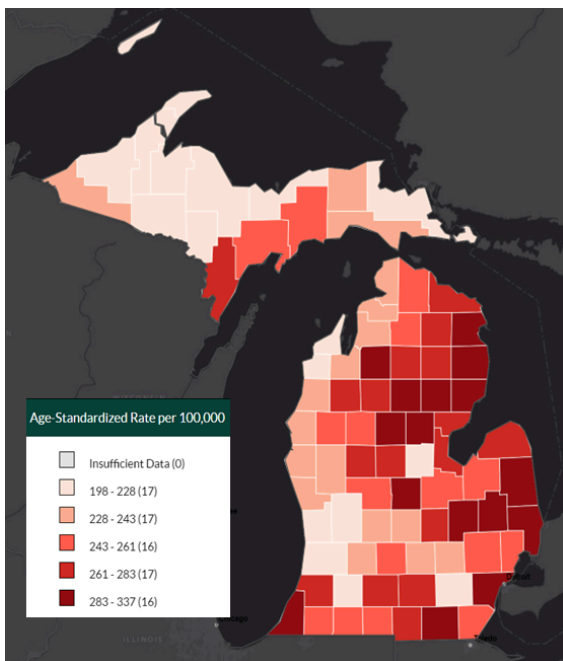


Michigan Department of Health and Human Services  
<https://vitalstats.michigan.gov/osr/chi/cr/frame.html>

Stroke Age Adjusted Mortality Trends Rate/100,000



Michigan Department of Health and Human Services  
<https://vitalstats.michigan.gov/osr/CHI/CRI/frame.asp>



Center for Disease Control; Interactive Atlas  
<https://nccd.cdc.gov/DHDSPTAtlas/Default.aspx>

Total Cardiovascular  
 Disease  
 Death Rate Map  
 All Genders  
 All Races  
 All Ages  
 2019-2021

# Community Needs & Priorities

The CHNA Team reviewed data, assessed internal resources, and identified the following priority areas for greatest impact:

- In Sanilac County, **MENTAL HEALTH** remains a key concern due to both rising need and limited provider access. The Michigan Department of Health & Human Services (MDHHS) reports that 11.7% of adults experienced 14 or more poor mental health days in 2019–2021, compared with the state average of 15.4%. Data from the Robert Wood Johnson Foundation’s County Health Rankings & Roadmaps further show that Sanilac continues to have a higher population-to-provider ratio than Michigan overall, reflecting limited access to care. These findings highlight the importance of expanding local mental health services, early intervention, and prevention initiatives to meet growing community needs.
- The data show that **CHRONIC DISEASE** is a major and growing concern in Sanilac County. Heart disease mortality has remained above the state average for more than a decade, with recent increases and high levels of premature death, especially among men. Stroke mortality has also risen in the most recent reporting period, again exceeding statewide trends. Diabetes mortality continues to climb across the Thumb region, including in Sanilac County, indicating worsening disease burden and gaps in prevention and management. The statewide cardiovascular map further highlights the Thumb as a higher-risk area compared to many other Michigan counties.
- **SUBSTANCE USE** remains a concern in Sanilac County, with roughly 20% of adults engaging in binge or heavy drinking and drug poisoning deaths consistently ranging from 15–18 per 100,000. These steady but significant levels—paired with rising statewide overdose trends—highlight the need for stronger prevention, early intervention, and recovery supports to reduce substance-related harm in the community.
- **CANCER** remains a significant health concern in Sanilac County, with several cancer types showing notable mortality rates. Lung cancer stands out at 39.3 deaths per 100,000, making it the leading cancer-related cause of death locally. Breast, colorectal, and prostate cancers also show meaningful mortality burdens, with rates of 19.1, 19.4, and 20.6 per 100,000 respectively. These rates indicate that multiple forms of cancer are impacting residents at levels that warrant focused attention. High lung cancer mortality, combined with substantial deaths from preventable or screenable cancers like breast, colorectal, and prostate cancer, signals a need for strengthened prevention, early detection, and treatment pathways.
- Sanilac County continues to show notable **PRENATAL & INFANT HEALTH** challenges, particularly in prenatal care and maternal risk behaviors. Rates of late or no prenatal care have risen to over 10%, the highest in the region, and less-than-adequate prenatal care remains above 30%, exceeding state and neighboring-county averages. Although smoking during pregnancy has declined, Sanilac’s rates have consistently been higher than Michigan’s, and teen birth rates also remain elevated compared to statewide trends. These patterns emphasize the need to strengthen early prenatal engagement, maternal health supports, and prevention efforts to improve birth outcomes in Sanilac County.

# Resource Assessment

Need	Current MRH Efforts	Current Community Efforts
Focus Priorities		
Mental Health	<ul style="list-style-type: none"> <li>• Member of Thumb Community Health Partnership to provide Man Therapy.</li> <li>• Provide resources on Aspire social channels, employee intranet, and website.</li> <li>• Aspire Psychiatry Clinic opening August 2025 in Cass City.</li> </ul>	<ul style="list-style-type: none"> <li>• Thumb Community Health Partnership provides resources to access mental health care, including Man Therapy.</li> <li>• Work with local Chamber(s) of Commerce to provide resources as needed.</li> <li>• Numerous mental health providers in the county.</li> </ul>
Chronic Disease	<ul style="list-style-type: none"> <li>• Diabetic Education classes are available in Marlette.</li> <li>• Offer periodic low-cost screenings to the community.</li> <li>• Community Garden plots and plants free of charge at MRH.</li> <li>• Walking trail supporter.</li> <li>• Free or low-cost exercise classes several times per week.</li> <li>• Biannual Matter of Balance classes offered.</li> <li>• Added and/or expanded services at Aspire Women's Health Clinic in 2025.</li> <li>• Emergency telehealth services for possible stroke patients began in 2016.</li> <li>• The completed development of The Heartlands Senior Living includes exercise classes, fitness center, and walking trail nearby.</li> <li>• Specialist options either on-site or through telehealth, utilizing CRTN network.</li> <li>• Awareness of services-utilize social media, radio, billboards, print, etc. to increase awareness of service lines</li> <li>• Utilizing the ACO Population Management Dashboard, Prevention, and Screening Measurements, and monthly health month awareness campaigns to identify those individuals who need those screenings and notify them, "It's Time for your Yearly Screening."</li> <li>• Through Aspire Rural Health System, have greater access to wound and pain clinics and its services.</li> <li>• Purchased equipment to expand Cardiopulmonary Rehab services at MRH in 2024.</li> <li>• Specialty services expanded include outpatient clinic services including tele-psychiatry, cardiology, ENT, orthopedics, nephrology, neurology, and vascular medicine.</li> <li>• Opened Hyperbaric Oxygen Therapy at MRH in 2025.</li> <li>• Covenant Cardiology services offered.</li> <li>• Offer gym membership discounts for Aspire employees.</li> </ul>	<ul style="list-style-type: none"> <li>• Several community groups sponsor 5K races throughout the year. All communities have free community walking trails.</li> <li>• Thumb Community Health Partnership offers many programs targeting chronic diseases.</li> <li>• Participation in ACO to promote wellness and screenings.</li> </ul>

Need	Current MRH Efforts	Current Community Efforts
Focus Priorities, continued...		
Substance Use	<ul style="list-style-type: none"> <li>• Opening Aspire Medication-Assisted Treatment (MAT) Clinic in 2025.</li> <li>• Physician offices and emergency departments continue to abide by strict guidelines in the prescribing and administration of opioids and narcotics.</li> <li>• Member of Thumb Opioid Response Consortium (TORC) to reduce the harm of substance use disorders by working together as a region (Huron, Sanilac, Tuscola, and the rural tracks of Lapeer County) to ensure that prevention, treatment, and recovery services are aligned with the needs of the community.</li> <li>• Aspire Rural Health System is a recipient of a Michigan Health and Hospital Association grant to expand Peer Recovery Coach services to Aspire patients.</li> </ul>	<ul style="list-style-type: none"> <li>• TORC provides a platform for collaboration regarding substance use.</li> <li>• Sanilac County Health Department (SCHD) offers Alcohol and Drug programs.</li> <li>• Numerous mental health providers in the county.</li> <li>• Face Addiction Now (FAN) for Sanilac County.</li> <li>• Community Mental Health offers resources and help to the community.</li> <li>• Self-help groups mostly for alcohol addiction.</li> <li>• Alcoholics Anonymous (AA) offered in Huron, Tuscola, and Sanilac Counties.</li> </ul>
Cancer	<ul style="list-style-type: none"> <li>• Aspire Rural Health System Foundation provides financial assistance for mammograms and diagnostic testing services through the B.C.U.P.S. program.</li> <li>• Aspire Rural Health System Foundation is home to the P.C.U.P.S. Foundation to raise funds and create a higher awareness in the fight against prostate cancer. P.C.U.P.S. stands for Prostate Cancer Understanding, Prevention, and Screenings.</li> <li>• Aspire Women's Health Clinic expanded services in July 2025.</li> <li>• Partner with Covenant Cancer Care at Aspire Marlette to expand cancer care services in the Thumb as part of the Covenant Region Thumb Network (CRTN).</li> <li>• Campaign in October for Breast Cancer Awareness Month, social media advertising, community engagement activities, and giveaways.</li> <li>• Campaign in March for Colorectal Cancer Awareness Month.</li> </ul>	<ul style="list-style-type: none"> <li>• Other hospitals have or are starting women's health funds to help with screening costs.</li> <li>• American Cancer Society hosts annual awareness and fundraising events - Relay for Life and other support services for Cancer patients.</li> <li>• Sanilac County Health Department offers screening services for underinsured patients through their Family Planning Program.</li> <li>• The health department has a breast cancer and cervical cancer screening program.</li> </ul>



Need	Current MRH Efforts	Current Community Efforts
Focus Priorities, continued...		
Prenatal & Infant Health	<ul style="list-style-type: none"> <li>• Offer community education on prenatal and infant health issues.</li> <li>• Refer patients to the SCHD for additional prenatal, infant, and maternal health services.</li> <li>• Aspire Women's Health Clinic expanded services in July 2025 including hiring FNP-C, Michelle Burgess.</li> <li>• Perform car seat checks for community members and offer car seat checks at community events.</li> </ul>	<ul style="list-style-type: none"> <li>• Huron, Lapeer, Sanilac, and Tuscola Counties Health Department offer Family Planning and WIC Programs.</li> <li>• Great Start Collaborative(s) located in Huron, Lapeer, Sanilac, and Tuscola Counties, which provide resources for parents.</li> </ul>

# Additional Documents & References

## Additional Documents:

The following documents support the findings and the work completed during the Community Health Needs Assessment process. They are available upon request.

- Thumb Community Health Partnership Data Dashboard and County Health Indicator Recordings- <https://www.thumbhealth.org/healthdata>
- 2021 Behavioral Health Needs Assessment Report  
[https://www.thumbhealth.org/\\_files/ugd/dc955f\\_1d4d3f2b8660477886bb0e6c0f64ee71.pdf](https://www.thumbhealth.org/_files/ugd/dc955f_1d4d3f2b8660477886bb0e6c0f64ee71.pdf)
- 2024 Community Survey Instrument
- 2021 MCR Service Area Community Survey Report
- Resource Assessment

## References:

U.S. Census Bureau. (2024). American Community Survey 5-Year Estimates, 2019–2023.

U.S. Department of Commerce, Economics and Statistics Administration. U.S. Census Bureau. (2020). American Community Survey 5-Year Estimates, 2016–2020.

# Contact Us

For questions regarding this Community Health Needs Assessment, please contact Abigail Newland at (989) 635-1803 or [abigail.newland@aspirerhs.org](mailto:abigail.newland@aspirerhs.org).



# Appendix A:

## Community Health Resource List

The following resources are currently available in our community to address the significant community health needs discussed in this report. Despite our efforts, we recognize that this list may not be all-inclusive and welcome any information to add available resources and increase its usefulness. Such information can be sent to [abigail.newland@aspirerhs.org](mailto:abigail.newland@aspirerhs.org).

County Health Departments and the Human Development Commission provide many support services to Thumb area residents. For full lists of all of their services, we recommend visiting their offices and/or websites:

- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413 – 989-269-9721 – <https://www.hchd.us/>
- Lapeer County Health Department – 1800 Imlay City Rd., Lapeer, MI 48446 – 810-667-0448 – <https://www.lapeercountymi.gov/departments/health/index.php>
- Sanilac County Health Department – 171 N. Dawson St., Suite 123, Sandusky, MI 48471 – 810-648-4098 – <https://www.sanilachealth.com/>
- Tuscola County Health Department – 1309 Cleaver Rd., Ste B, Caro, MI 48723 – 989-673-8114 – <https://www.tchd.us/>

### Human Development Commission

- Bad Axe – 856 N. Van Dyke, Bad Axe, MI 48413 – 989-269-9502 – <https://hdc-caro.org/huron-county-services-1>
- Caro – 429 Montague Ave., Caro, MI 48723 – 989-673-4121 – <https://hdc-caro.org/tuscola-county-services>
- Lapeer – 1947 N. Lapeer Rd., Lapeer, MI 48446 – 810-969-4107 – <https://hdc-caro.org/lapeer-county-services>
- Sandusky – 215 N. Elk St., Sandusky, MI 48471 – 810-648-4497 – <https://hdc-caro.org/sanilac-county-services>

### Hospitals

- Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 484, 810-376-2835
- Hills and Dales Healthcare – 4675 Hill St., Cass City, MI 48726, 989-912-6319
- Marlette Regional Hospital – 2770 Main St., Marlette, MI 48453, 989-635-4525

# Community Health Resource List

## Clinics and Specialty Practices

- Aspire Marlette Pain Clinic – 2750 Main St., Suite 5, Marlette, MI 48453
- Aspire Neurology Clinic – 4674 Hill St., Cass City, MI, 48726
- Aspire Spine Clinic – 2770 Main St., Marlette, MI 48453
- Aspire Women's Health Clinic – 2570 Main St., Suite 4, Marlette, MI 48453
- Bad Axe Family Practice & Pediatric Clinic – 684 N. Port Crescent St., Bad Axe, MI 48413
- Bad Axe Outpatient Services – 684 N. Port Crescent St., Bad Axe, MI 48413
- Bad Axe Rapid Care – 684 N. Port Crescent St., Bad Axe, MI 48413
- Caro Center for Rehabilitation – 1186 Cleaver Rd., Caro, MI 48723
- Caro Family Practice – 1048 E. Caro Rd., Caro, MI 48723
- Caro Outpatient Services Building – Laboratory – 1186 Cleaver Rd., Caro, MI 48723
- Caro Outpatient Services Building – Radiology – 1186 Cleaver Rd., Caro, MI 48723
- Caro Primary Care – 1514 W. Caro Rd., Caro, MI 48723
- Caro Rapid Care – 1048 E. Caro Rd., Caro, MI 47723
- Caro Specialty Clinic – 1514 W. Caro Rd., Caro, MI 48723
- Cass City Center for Rehabilitation – 6190 Hospital Dr., Suite 101, Cass City, MI 48726
- Cass City Family Practice – 6190 Hospital Dr., Suite 106, Cass City, MI 48726
- Cass City General Surgery – 4675 Hill St., Cass City, MI 48726
- Cass City Medical Practice – 4672 Hill St., Suite 1, Cass City, MI 48726
- Cass City Rapid Care – 6757 Main St., Cass City, MI 48726
- Deckerville Healthcare Services – 2030 Black River St., Deckerville, MI 48427
- Deckerville Physical Therapy – 2030 Black River Street, Suite 4, Deckerville, MI 48427
- Family HealthCare of Brown City – 4472 Main St., Brown City, MI 48416
- Family Healthcare of Cass City – 6230 Hospital Dr., Cass City, MI 48726
- Hills & Dales Cardiology Clinic – 4675 Hill St., Cass City, MI 48726
- Hills & Dales ENT – 4675 Hill St., Suite B, Cass City, MI 48726
- Hills & Dales Family Medicine – 4675 Hill St., Suite A, Cass City, MI 48726
- Hills & Dales Gynecology Clinic – 6230 Hospital Dr., Cass City, MI 48726
- Hills & Dales Oncology Clinic – 4675 Hill St., Cass City, MI 48726
- Hills & Dales Orthopedic Clinic – 6190 Hospital Dr., Suite 104, Cass City, MI 48726
- Hills & Dales Pain Clinic – 4675 Hill St., Suite C, Cass City, MI 48726
- Hills & Dales Podiatry Clinic – 4675 Hill St., Suite A, Cass City, MI 48726
- Hills & Dales Urology Clinic – 4672 Hills St., Suite 2, Cass City, MI 48726
- Hills & Dales Wound Care Clinic – 4675 Hill St., Cass City, MI 48726
- Kingston Family Practice – 5854 State St., Kingston, MI 48741
- Marlette Family HealthCare – 2750 Main St., Suite 2, Marlette, MI 48453
- Marlette General Surgery Clinic – 2750 Main St., Suite 6, Marlette, MI 48453
- Marlette Orthopedic Clinic – 2770 Main St., Marlette, MI 48453
- Marlette Regional Hospital Health Services – 3006 Main St, Marlette, MI 48453
- Marlette Specialty Clinic – 2734 Main St., Marlette, MI 48453
- Marlette Surgical Services Clinic – 2750 Main St. Suite 7/8, Marlette, MI 48453
- Marlette Therapy Services – 2770 Main St., Marlette, MI 48453
- Marlette Wound Care Clinic – 2770 Main St., Marlette, MI 48423
- Mayville Family Healthcare – 2180 Ohmer Rd., Mayville, MI 48744
- Millwood Street Primary Care – 130 Millwood St., Caro, MI 48723

# Community Health Resource List

- North Branch Family HealthCare – 4000 Huron St., P.O. Box 180, North Branch, MI 48461
- Port Sanilac HealthCare – 245 S. Ridge St., MI 48469
- Quick Care – 2771 Angle St., Marlette, MI 48453
- Sandusky Family Practice – 650 W. Sanilac Rd., Sandusky, MI 48471
- Sandusky Outpatient Services – Laboratory – 650 W. Sanilac Rd., Sandusky, MI 48471
- Sandusky Outpatient Services – Radiology – 650 W. Sanilac Rd., Sandusky, MI 48471
- Sandusky Rapid Care – 650 W. Sanilac Rd., Sandusky, MI 48471
- Thumb Pediatrics – 6190 Hospital Dr., Suite 105, Cass City, MI 48726
- Ubly Medical Clinic – 2254 Main St., Ubly, MI 48475

## Pharmacies and Medical Equipment

- Aspire Deckerville Pharmacy – 2046 Black River St., Deckerville, MI 48427
- Hospital Drive Pharmacy – 6190 Hospital Dr., Cass City, MI 48726
- Marlette Pharmacy – 2985 Main St., Marlette, MI 48453
- Ehardt's Pharmacy & Medical Supply – 6541 Plaza Dr., Suite 1, Marlette, MI 48453
- Walmart Pharmacy – 655 Sanilac Rd., Sandusky, MI 48471
- Ehardt's Pharmacy – Sandusky, 78 S. Elk St., Sandusky, MI 48471
- State Street Pharmacy – 192 N. State St., Caro, MI 48723
- Walgreens Pharmacy – 830 N. Van Dyke Rd., Bad Axe, MI 48413
- Walmart Pharmacy – 1121 E. Caro Rd., Caro, MI 48723
- Caro Drugs – 604 S. State St., Caro, MI 48723
- Harbor Drug – 114 S. Huron Ave., Harbor Beach, MI 48441
- Ally Pharmacy – 1800 W. Caro Rd., Suite 1, Caro, MI 48723
- Ubly Pharmacy – 2031 E. Main St., Ubly, MI 48475
- Ehardt's Pharmacy & Medical Supply – 6233 Church St., Cass City, MI 48726
- Meijer Pharmacy – 100 Pigeon Rd., Bad Axe, MI 48413
- Walmart Pharmacy – 901 N. Van Dyke Rd., Bad Axe, MI 48413

## Skilled Nursing, Assisted Living, Nursing Care, Retirement Homes and Elderly Services

- Beechwood Senior Apartments – 6086 Beechwood Dr., Cass City, MI 48726
- United Hospice Service Residence – 2700 Main St., Marlette, MI 48453
- The Heartlands – 6305 Bluewater Court, Marlette, MI 48453
- United Hospice Service Office, MRH Health Services – 3006 Main St., Marlette, MI 48453
- Marlette Regional Hospital Skilled Nursing Facility/Long-Term Care – 2770 Main St., Marlette, MI 48453
- Stonegate Village Assisted Living & Memory Care – 70 W. Argle St., Sandusky, MI 48471
- Heritage Hill Assisted Living & Memory Care – 1430 Cleaver Rd., Caro, MI 48723
- Medilodge of Cass City – 4782 Hospital Dr., Cass City, MI 48726
- Meadow Lane Assisted Living & Memory Care – 150 Meadow Ln, Bad Axe, MI 48413
- Autumnwood of Deckerville – 3387 Ella, Deckerville, MI 48427
- Tuscola County Medical Care Community – 1285 Cleaver Rd., Caro, MI 48723
- A Place of Grace Assisted Living – 110 N. Elk St., Sandusky, MI 4871
- Courtney Manor Nursing & Rehabilitation – 1167 E. Hopson St., Bad Axe, MI 48413
- Huron County Medical Care Facility – 1116 S. Van Dyke Rd., Bad Axe, MI 48413
- Sanilac County Medical Care Facility – 137 N Elk St, Sandusky, MI 48471
- Tuscola County Medical Care Community – 1285 Cleaver Rd, Caro, MI 48723
- Region VII Area Agency on Aging – 800-858-1637



# Community Health Resource List

## Dental Health Services

- James D. Thomas, DDS, PC – 16240 Hill St., Cass City, MI 48726
- Nicholas E. Nahernak, D.D.S. – 6506 Church St., Cass City, MI 48726
- Heart Of The Thumb Dentistry – 2621 Main St., Marlette, MI 48453
- Caro Dental Associates – 147 W. Lincoln St., Caro, MI 48723
- Bad Axe Family Dentistry – 1011 S. Van Dyke Rd., Bad Axe, MI 48413
- Thumbs Up Dental – Caro, 130 W. Burnside St., Caro, MI 48723
- Sanilac Smiles Dental Care – 749 N. Sandusky Rd., Sandusky, MI 48471
- Thumbs Up Dental – North Branch, 6668 Bernie Kohler Dr., North Branch, MI 48461
- Family Dentistry of Sandusky – 595 S. Sandusky Rd., Sandusky, MI 48471
- Marlette Family Dentistry – 3149 Main St., Suite 5, Marlette, MI 48453
- My Community Dental Centers – Sandusky, 135 Sanilac Rd., Sandusky, MI 48471
- Caro Family Dentistry – 206 Montague Ave., Caro, MI 48723
- Upright Dental – 2621 Main St., Marlette, MI 48453
- Tru Family Dental – Lapeer, 456 S. Main St., Lapeer, MI 48446
- Hilltop Dentists – 12265 N. State Rd., Otisville, MI 48463
- Dr. Straight Family Dentistry – 223 E. Huron Ave., Bad Axe, MI 48413
- First Class Family Dentistry – 30 N. Dawson St., Sandusky, MI 48471
- Matheson Ross R DDS – 527 S. State St., Caro, MI 48723
- VanDeVelde and Matheson, DDS PC – 124 N. Hanselman St., Bad Axe, MI 48413
- Scott M. Behnan, DDS, MS – Bad Axe Orthodontics
- David P Fucinari PC – 2228 E. Main St., Ubly, MI 48475
- Dr. Joseph N. Valentin, DDS – 6417 W. Marlette Rd., Marlette, MI 48453
- Blue Water Orthodontics – 90 N Morse St., Sandusky, MI 48471
- Resler Orthodontics – Caro – 146 W. Sherman St., Caro, MI 48723

## Mental Health and Counseling Services

- Aspire Psychiatry Clinic – 4624 Hill St., Cass City, MI 48726
- Sanilac County Community Mental Health – 217 Sanilac Rd., Sandusky, MI 48471
- Lapeer County Community Mental Health – 1570 Suncrest Dr., Lapeer, MI 48446 – 810-667-0500
- Tuscola Behavioral Health – 1332 Prospect Ave., Caro, MI 48723 – 989-673-6191
- Terri A. Scott, PhD (Psychologist) – 3090 Main St., #4, Marlette, MI 48453 – 810-441-4239
- P.L. Zylanoff, MD (Psychiatrist) – 3149 Main St., Ste 5, Marlette, MI 48453 – 810-886-2238
- Lakeshore Therapy – 51 Austin St., Sandusky, MI – 810-689-4846
- Thumb Area Psychological Services – 6627 Rose St., Cass City, MI – 989-872-1800
- Senior Life Solutions – McLaren Caro Region – 310 N. Hooper St., Caro, MI – 989-672-5757
- United Hospice Service Grief Support Group
- United Hospice Service Grief Lunch and Dinner Support Groups
- Human Development Commission Caregiver Support Groups
- GriefShare, [www.griefshare.org](http://www.griefshare.org)

# Community Health Resource List

## Vision and Eye Care

- Huron Eye Care – 411 State St., Caro, MI 48723
- Opticare Vision Center – 119 N. Hanselman St., Bad Axe, MI 48413
- Keith J. Messing, OD – 1226 Sand Beach Rd, Bad Axe, MI 48413
- Rita Messing M OD – 1226 Sand Beach Rd, Bad Axe, MI 48413
- Walmart Vision & Glasses – 901 N. Van Dyke Rd., Bad Axe, MI 48413
- Thumb Family Vision – 6867 Cass City Rd., Ste 2, Cass City, MI 48726
- Envision Eye Care – 4515 Nestle St., Cass City, MI 48726
- Opticare Vision Center – 810 S. State St., Caro, MI 48723
- Star Vision Center – 170 N. State St., Caro, MI 48723
- Walmart Vision & Glasses – 1121 E. Caro Rd., Caro, MI 48723
- Kapteyn Optometry – Walmart Vision Center – Sandusky – 655 Sanilac Rd., Sandusky, MI 48471
- Family Eye Care of Sandusky – 454 Sanilac Rd., Sandusky, MI 48471
- Huron Eyecare PC – 444 Sanilac Rd., Sandusky, MI 48471
- Ronald R. Watson, OD – 43 Kristian St., Sandusky, MI 48471
- Jankowski Stephan OD – 93 S. Morse St., Sandusky, MI 48471

## Chronic Disease Management

- Cardiac Rehabilitation Program
  - Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 48427
  - Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726
  - Marlette Regional Hospital – 2770 Main St., Marlette, MI 48453
- Diabetes Self-Management Education Program
  - Hills & Dales Regional Education Center – 6667 Main St., Cass City, MI 48726
  - MRH Health Services Building – 3006 Main St., Marlette, MI 48453
- Nutrition Education & Counseling
  - Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726
  - MRH Health Services Building – 3006 Main St., Marlette, MI 48453
- Pulmonary Rehabilitation Program
  - Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 48427
  - Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726
  - Marlette Regional Hospital – 2770 Main St., Marlette, MI 48453

## Case Management

- Aspire Rural Health System, Transitions Community Program – 989-635-4142

## Health Insurance/Prescription Assistance

- Sanilac County Health Department – 171 Dawson St., Suite 123, Sandusky, MI 48471
- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413
- Tuscola County Health Department – 1309 Cleaver Rd., Suite B, Caro, MI 48723
- Hills and Dales Healthcare – 989-912-6800 or 989-912-6327

# Community Health Resource List

## Fitness Centers

- Summit 24/7 Fitness + Wellness – 6444 Morris St., Marlette, MI 48453
- Get Serious Fitness – 4217 Main St., Brown City, MI 48416
- Clifford Fitness Center – 4548 Madison St., Clifford, MI 48727
- Thumb Health & Fitness – 37 Austin St., Sandusky, MI 48471
- Push Your Limit Fitness & Nutrition – 4290 Huron St., North Branch, MI 48461
- Pure Fitness – 1152 Cleaver Rd., Caro, MI 48723
- Body Industry Gym – 6069 Fulton St., Mayville, MI 48744
- American Tough Fitness – 218 W. Main St., Mayville, MI 48744
- Ligrow's 24hr Fitness and Athletic Performance Center – 6447 Main St., Cass City, MI 48726
- Foundry Barbell Social – 560 Oak St., Lapeer, MI 48446
- State Street Fitness LLC – 616 E. Frank St., Caro, MI 48723
- Anytime Fitness – 1847 S. Van Dyke Rd., Imaly City, MI 48444
- Bad Axe Club Fitness – 123 N. Port Crescent St., Bad Axe, MI 48413
- Maximum Effort Training Compound – 1148 N. Van Dyke Rd., Bad Axe, MI 48413
- Thumb Pilates – 111 N. Hanselman St., Bad Axe, MI 48413
- Lamb & Lily Yoga – 2166 E. Main St. Ubly, MI 48475

## Food/Clothing Resources

- Bad Axe First United Methodist Church – Bad Axe, MI 48413 – 989-269-7671
- Countryside Free Methodist Church, Sandusky – 810-648-2164
- Project Blessing – Deckerville, MI – 810-376-3020
- Snover Food Pantry – Snover – 1494 Ubly Rd., Snover, MI 48471 – 810-672-9101
- Food Bank of Eastern Michigan – 2300 Lapeer Rd., Flint, MI 48503 – 810-239-4441
- Croswell/Lexington Food Pantry – 810-359-2045
- Trinity Episcopal Church – 5646 Main St., Lexington, MI 48450 – 810-359-2045
- Heaven Sent Ministries – Marlette, MI 48453 – 989-635-0077
- Marlette First Church – 3155 Main St., Marlette, MI 48453 – 989-635-2075
- Sandusky HELP – 810-648-1988
- The Outpost/Sportsman Ministry – Sandusky, MI 48471 – 810-648-2164
- Project Blessing – Brown City, MI – 810-346-3681
- Trinity Lutheran Church – 8744 Burnside Rd., Brown City, MI – 810-346-3127
- Project Blessing – Carsonville, MI – 910-657-8831
- Bethel Missionary Church – Yale, MI – 810-387-2625
- Revive Ministries – 6400 S. Main St., Cass City, MI 48726 – 989-551-7803
- Revive Ministries Common Grounds Café – 6414 Main St., Cass City, MI 48726 – 989-912-2144

## Women, Infants, and Children (WIC) Assistance

- Sanilac County Health Department – 171 Dawson St., Suite 123, Sandusky, MI 48471
- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413
- Tuscola County Health Department – 1309 Cleaver Rd., Suite B, Caro, MI 48723

# Community Health Resource List

## Transportation Services

- Thumb Area Transportation – Bad Axe, MI – 800-322-1125 or 989-269-2121
- Sanilac Transportation – Sandusky, MI – 810-648-9766
- Mid Valley Transportation – Lapeer, MI – 810-664-9100
- Human Development Commission
  - Bad Axe – 856 N. Van Dyke, Bad Axe, MI 48413 – 989-269-9502
  - Caro – 429 Montague Ave., Caro, MI 48723 – 989-673-4121
  - Lapeer – 1947 N. Lapeer Rd., Lapeer, MI 48446 – 810-969-4107
  - Sandusky – 215 N. Elk St., Sandusky, MI 48471 – 810-648-4497

## Housing

- Blue Water Center for Independent Living – 100 W. Argyle St., Suite 1, Sandusky, MI 48471 – 810-648-2555
- Eva's Place – Sandusky, MI 48471 – 810-672-9467
- Family Promise of Tuscola County – 102 Joy St., Caro, MI 48723 – 989-589-5509
- The Refuge – 1009 N. Saginaw St. – Lapeer, MI 48446
- Sanilac House of Hope – 262 Margaret St., Sandusky, MI 48471 – 800-393-4322 Ext. 2
- United Way – 211

# Implementation Plan

2025 Health Need	2026 - 2028 Response (MRH)
1. Cancer	<ul style="list-style-type: none"> <li>• Aspire Foundation B.C.U.P.S. and P.C.U.P.S. programs are available for patient financial assistance.</li> <li>• Continue to host Hunting for Health to raise funds for P.C.U.P.S.</li> <li>• Provide free community webinars to include topics regarding cancer.</li> <li>• Campaign for Breast Cancer Awareness Month in October.</li> <li>• Campaign for Colorectal Cancer Awareness Month in March.</li> <li>• Continue to participate in the American Cancer Society's "Go Red" Campaign.</li> <li>• Increase awareness of Aspire's services for cancer treatment.</li> <li>• Expand physician coverage to accommodate a larger volume of patients.</li> </ul>
2. Chronic Disease	<ul style="list-style-type: none"> <li>• Work on developing a consistent and comprehensive cardiology service in the community.</li> <li>• Look at options for partnering, purchasing, or new agency for Home Health and Hospice.</li> <li>• Review approaches for a durable medical equipment solution for Aspire.</li> <li>• Provide free community webinars touching on various chronic disease topics.</li> <li>• Continue to provide Covenant Cardiology resources.</li> </ul>
3. Substance Use	<ul style="list-style-type: none"> <li>• Continue expansion of Medication Assisted Therapy (MAT) in Aspire to better serve the needs of the community.</li> <li>• Continue integrating Peer Recovery Coach services through the MHA Peer Recovery Coach Grant.</li> <li>• Provide free community webinars to include topics on substance use.</li> <li>• Follow strict guidelines in the prescribing and administration of opioids and narcotics.</li> <li>• Member of Thumb Opioid Response Consortium (TORC) to reduce the harm of substance use disorders by working together as a region (Huron, Sanilac, Tuscola and the rural tracks of Lapeer County) to ensure that prevention, treatment, and recovery services are aligned with the needs of the community.</li> </ul>
4. Prenatal and Infant Health	<ul style="list-style-type: none"> <li>• Continue to expand primary care where there is a need for families.</li> <li>• Engage in more community events and programs to better engage school-age populations as it relates to health.</li> <li>• Grow Women's Health resources and service offerings through Aspire network.</li> <li>• Provide free community webinars that may touch on topics regarding prenatal &amp; infant health.</li> </ul>
5. Mental Health	<ul style="list-style-type: none"> <li>• Engage with local schools for education on mental health.</li> <li>• Engage local community members through community event offerings and community building.</li> <li>• Provide free community webinars touching on mental health.</li> <li>• Continue to be a member of Thumb Community Health Partnership to provide Man Therapy.</li> </ul>