



MICHIGAN STATE UNIVERSITY | Extension

Michigan State University Extension

Health Education Resources for Rural Michigan

Maggie E. Magoon, MPH, Ph.D.

Physician Peer Education Project on Immunization (PPEPI)

HISTORY

- ▶ Physician Peer Education network throughout MI
- ▶ Serving Michigan physicians since 1995
- ▶ Funded by CDC/MDHHS
- ▶ Michigan had lowest immunization rates in U.S.
- ▶ MDHHS and MSU Extension approved content from up-to-date information from CDC

Physician Peer Education Project on Immunization (PPEPI)

SERVICES

- ▶ Free Continuing Medical Education units (CMEs)
 - ▶ One-hour sessions on immunizations
- ▶ Fall Flu Webinar
- ▶ Fall Immunization Conference
- ▶ Materials at healthcare provider conferences

Physician Peer Education Project on Immunization (PPEPI)

TOPICS

- ▶ Adult immunizations (19+ years)
- ▶ Family practice immunizations (lifespan)
- ▶ Health care personnel recommendations
- ▶ Influenza immunizations
- ▶ OB/GYN immunizations
- ▶ Pediatric immunizations (birth - 18 years)
- ▶ HPV immunizations
- ▶ Building confidence with vaccine-hesitant patients

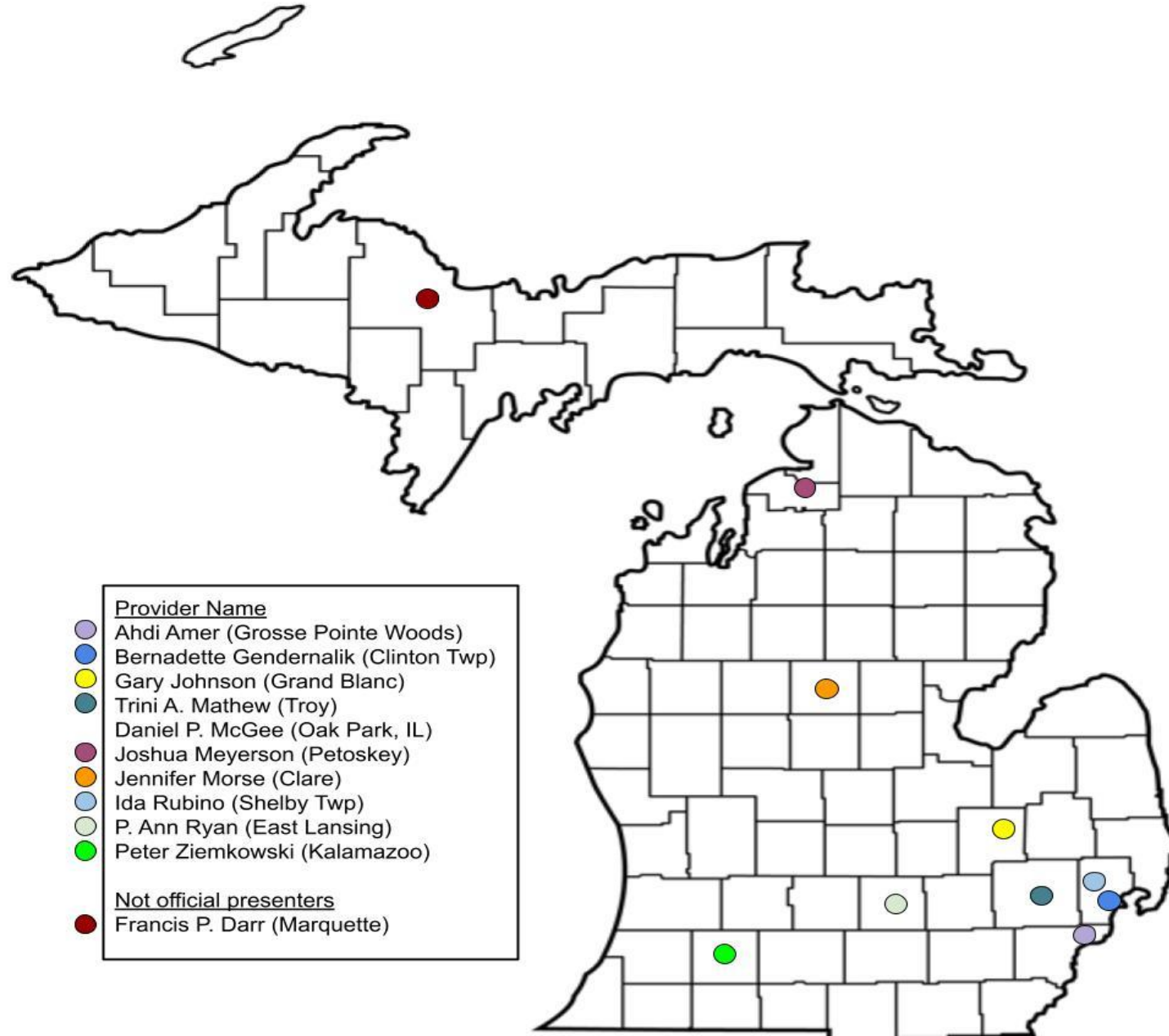
Physician Peer Education Project on Immunization (PPEPI)

PHYSICIAN NETWORK

- ▶ Ahdi Amer (Grosse Pointe Woods)
- ▶ Hugh Deery, II (Petoskey)
- ▶ Bernadette Gendernalik (Clinton Township)
- ▶ Gary Johnson (Grand Blanc)
- ▶ Trini Mathew (Troy)
- ▶ Daniel McGee (Oak Park, IL)
- ▶ Joshua Meyerson (Petoskey)
- ▶ Jennifer Morse (Clare)
- ▶ Ida Rubino (Shelby Township)
- ▶ P. Ann Ryan (East Lansing)
- ▶ Peter Ziemkowski (Kalamazoo)
- ▶ *Francis Darr (Marquette)

*Not official PPEPI presenter, participates as needed.

PPEPI PROVIDER MAP



Physician Peer Education Project on Immunization (PPEPI)

HOW TO BECOME A PRESENTER

- ▶ Contact Maggie Magoon
- ▶ Submit CV, topics of interest
- ▶ MDHHS/MSU Extension review/approve
- ▶ Complete MSU paperwork
- ▶ Slides are provided and must be followed
- ▶ Receive speaker fee of \$300

Physician Peer Education Project on Immunization (PPEPI)

REQUEST A FREE CME SESSION

[https://msu.co1.qualtrics.com/jfe/form/SV_dojRAF
OaMsoc3b0?Q_CHL=qr](https://msu.co1.qualtrics.com/jfe/form/SV_dojRAF
OaMsoc3b0?Q_CHL=qr)

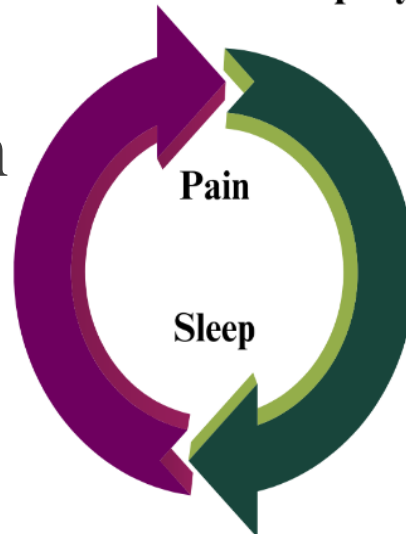


Rural Health and Safety Education (RHSE)

OVERVIEW

- ▶ Funded by National Institute of Food & Agriculture (NIFA)
- ▶ Provide education to Michigan residents to:
 - ▶ Reduce pain
 - ▶ Reduce sleep deprivation
 - ▶ Reduce opioid misuse

The Pain and Sleep Cycle that Contributes to Problematic Opioid Misuse



Changes in the brain under the conditions of insufficient or poor quality sleep cause the development of pain, increased pain sensation, and increased pain sensitivity.^{1, 2}

Restorative sleep normalizes pain processing.^{3, 4}

1. Gupta et al., 2007; 2. Mork & Nilsen, 2012; 3. Onen et al., 2001; 4. Smith et al., 2007

Rural Health and Safety Education (RHSE)

OBJECTIVES

- ▶ Conduct a rural media public awareness campaign
– 12 PSAs/year & Awareness/Recruitment video
- ▶ Receive at least **150 referrals** to bundled programs
- ▶ Train/certify at least 12 volunteers/Extension staff
- ▶ Reach ~900 rural adults through two bundled programs

Rural Health and Safety Education (RHSE)

TARGET AREAS

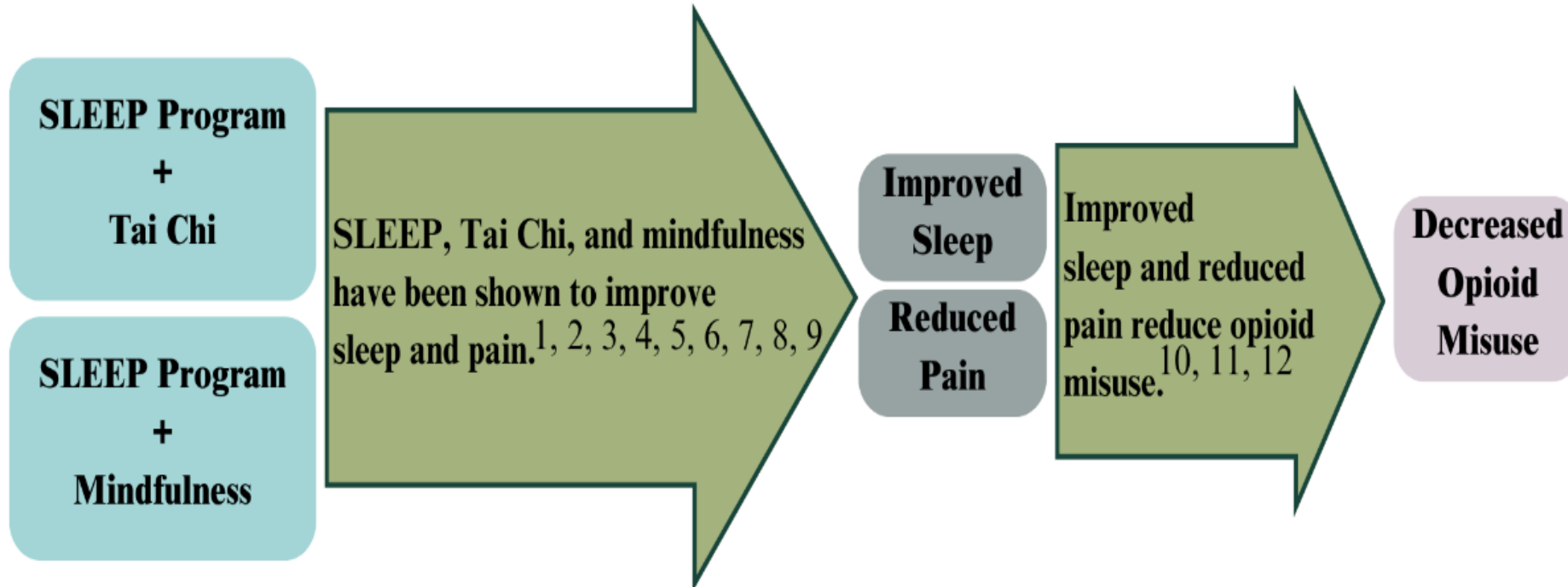
- ▶ Rural residents in high-need areas – crude rate of opioid-involved poisoning/overdose deaths per 100,000

High-Need Michigan Rural Counties

Benzie	Iosco
Calhoun	Lenawee
Charlevoix	Osceola
Cheboygan	Roscommon
Gladwin	Wexford

Rural Health and Safety Education (RHSE)

Breaking the Cycle that Contributes to Opioid Misuse



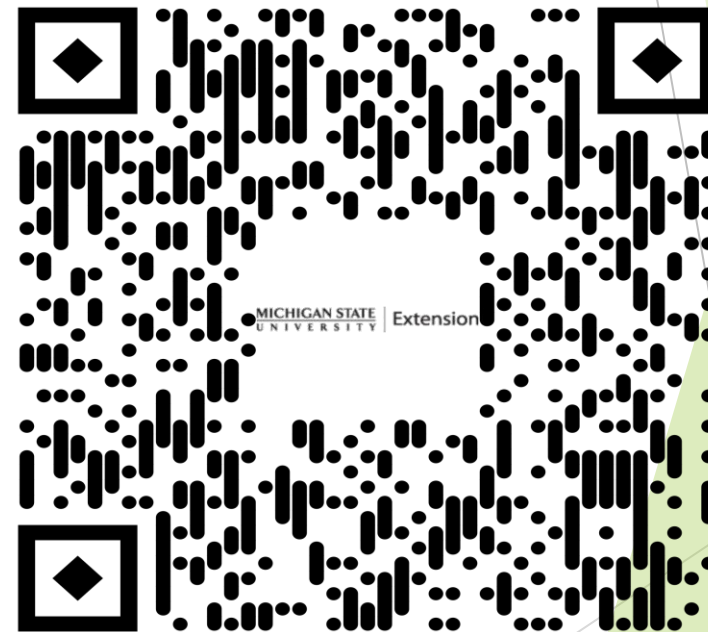
1. Raman et al., 2013; 2. Li et al., 2020; 3. Rusch et al., 2019; 4. Contreras et al., 2023; 5. Haggerty et al., 2022; 6. Tucker et al., 2021; 7. Henriksson et al., 2016; 8. Weifen et al., 2013; 9. Hall et al., 2011; 10. Lipari et al., 2013; 11. Wilson-Poe & Moron, 2018; 12. Eacret et al., 2020

Additional FREE Extension Health Programs

Refer patients or attend for yourself!

- ▶ Chronic Disease Self-Management (Chronic Pain, Diabetes)
- ▶ Tai Chi for Arthritis
- ▶ Matter of Balance for Falls Prevention
- ▶ Mindfulness for Better Living
- ▶ RELAX: Alternatives to Anger
- ▶ SLEEP Education for Everyone
- ▶ Powerful Tools for Caregivers
- ▶ Walk With Ease
- ▶ **RHSE Bundles will be added soon!**

https://www.canr.msu.edu/food_health/virtual-health-programs-calendar





Contact Information

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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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program.intake@usda.gov.

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Form AD-475-A—Assisted Poster/ Revised September 2019

Alche complementario al Formulario AD-475-A. Revisado Septiembre 2019