

Population Health and the State Innovation Model Grants

John Auerbach



A reminder about the issues...

- Ms. Fran Edwards at doctor for first physical in 5 years
- 55 years old, married, smokes, overweight, little exercise
- Asthmatic, High blood pressure
- Periodically stops medications due to lack of money



Medical care/meds available with insurance

But these also contribute to her health

- **Income** - Low income/family of 5
- **Barriers to eating healthy and exercising** - Lives in neighborhood with rising crime rate, few parks; no supermarket
- **Under stress** - 1 child in junior college; high school-age child with substance problem
- **Housing sub-par** – mold and ventilation problems



New Opportunities to Address Prevention with SIM



dreamstime.com



3 buckets

#1 -Traditional Clinical Approaches

Focused on Preventive care



Million Hearts – The Clinical Components

Aspirin

People at increased risk of cardiovascular events who are taking aspirin

47%

Blood pressure

People with hypertension who have adequately controlled blood pressure

46%

Cholesterol

People with high cholesterol who are effectively managed

33%

Smoking

People trying to quit smoking who get help

23%

3 buckets

#2 -Innovative Patient-Centered Care

Focused on Preventive care



Community Health Workers



- ❑ Links health systems and communities
- ❑ Facilitates access to and improve quality and cultural competence of medical care
- ❑ Builds individual and community capacity for health by:
 - ❑ Increasing health knowledge and self-sufficiency of the patients
 - ❑ Serving as community health educators
 - ❑ Providing social support
 - ❑ Advocating for the health care needs of patients and communities

3 buckets

#3. Community-Wide Health

Focused on Preventive care



Million Hearts: Community-Wide Components

COMMUNITY PREVENTION Reduce need for treatment



**Tobacco
control**



**Sodium
reduction**



***Trans* fat
elimination**

CDC Supports Bucket 3 Partnerships to Improve Community Health (PICH)

PICH (39 Awardees)

Multi-sectoral community coalitions in:

- Large Cities and Urban
- Small Cities and Counties
- American Indian tribes

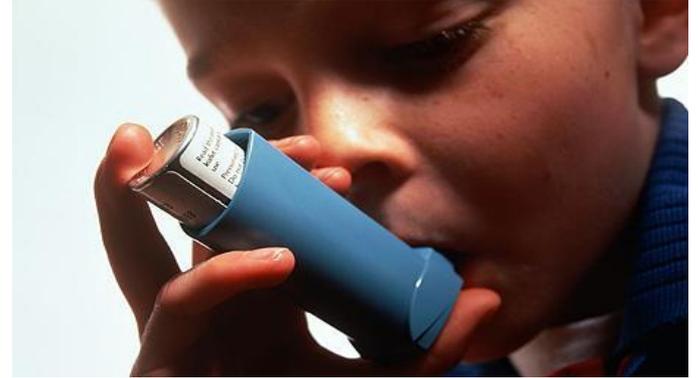
Examples of Activities:

Boston Public Health Commission - implement citywide strategies to improve built environment - opportunities for walking & biking



Scenario 1 – Patient with asthma

- **Bucket 1** – Diagnosis, tx action plan, medications, clinical guidance
- **Bucket 2** – Community health worker does home visit; assesses triggers, counsels patient; offers limited remediation
- **Bucket 3** – Community standards on housing; limits to indoor and outdoor pollutants; reductions in smoking rates



Possible Approaches



- **Bucket 1:** Prioritize & incentive immunizations, screenings and counseling
- **Bucket 2:** Prioritize & incentivize innovative approaches (e.g. CHWs); Link with/referral to community services
- **Bucket 3:** Channel resources to community wide health efforts; link/coordinate with funders of community-wide efforts

The solution for Ms. Edwards

- Regular access to her doctor – screening, counseling, treatment
- Referral to community agencies for weight
- Home visits to reduce risk factors
- Healthier conditions at home

