whyhealth matters

Enhancing the Health of Every Community

Alisahah Jackson, MD

@AlisahahMD

“

You do not have to be me in order for us to fight alongside each other. I do not have to be you to recognize that our wars are the same. What we must do is commit ourselves to some future that can include each other and to work toward that future with the particular strengths of our individual identities. And in order for us to do this, we must allow each other our differences at the same time we recognize our sameness.”

-Audre Lorde

goals

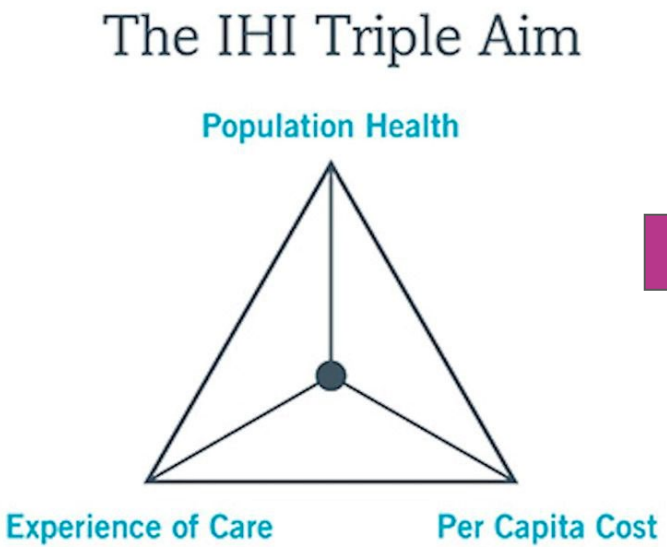
get
informed

get
inspired

get
uncomfortable

get
activated

population health evolution



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population health evolution

Quintuple Aim

Population Health Management

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Grounding Definitions

Health Disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health. (CDC)

Health Equity is the absence of unfair and avoidable or remediable differences in health among population groups defined socially, economically, demographically or geographically. (WHO)

Health Justice is an organizational and operational framework for the achievement and delivery of health equity and social justice. It requires that everyone have the same chance to achieve optimal health, fully participate in society, and access opportunity.

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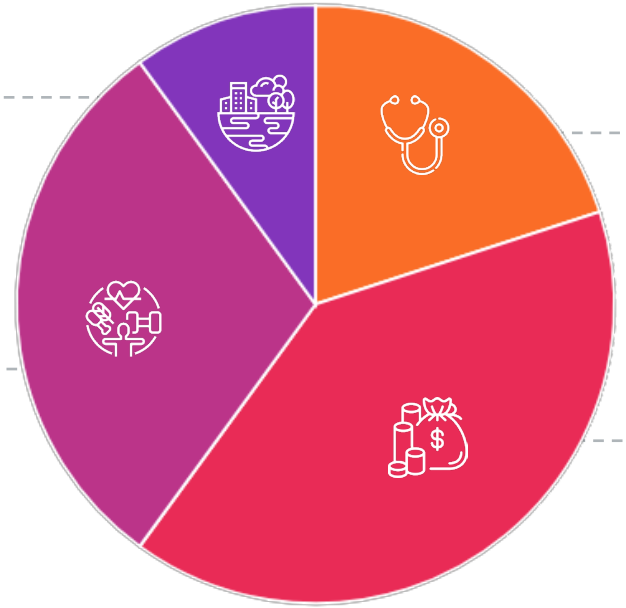
know what affects health



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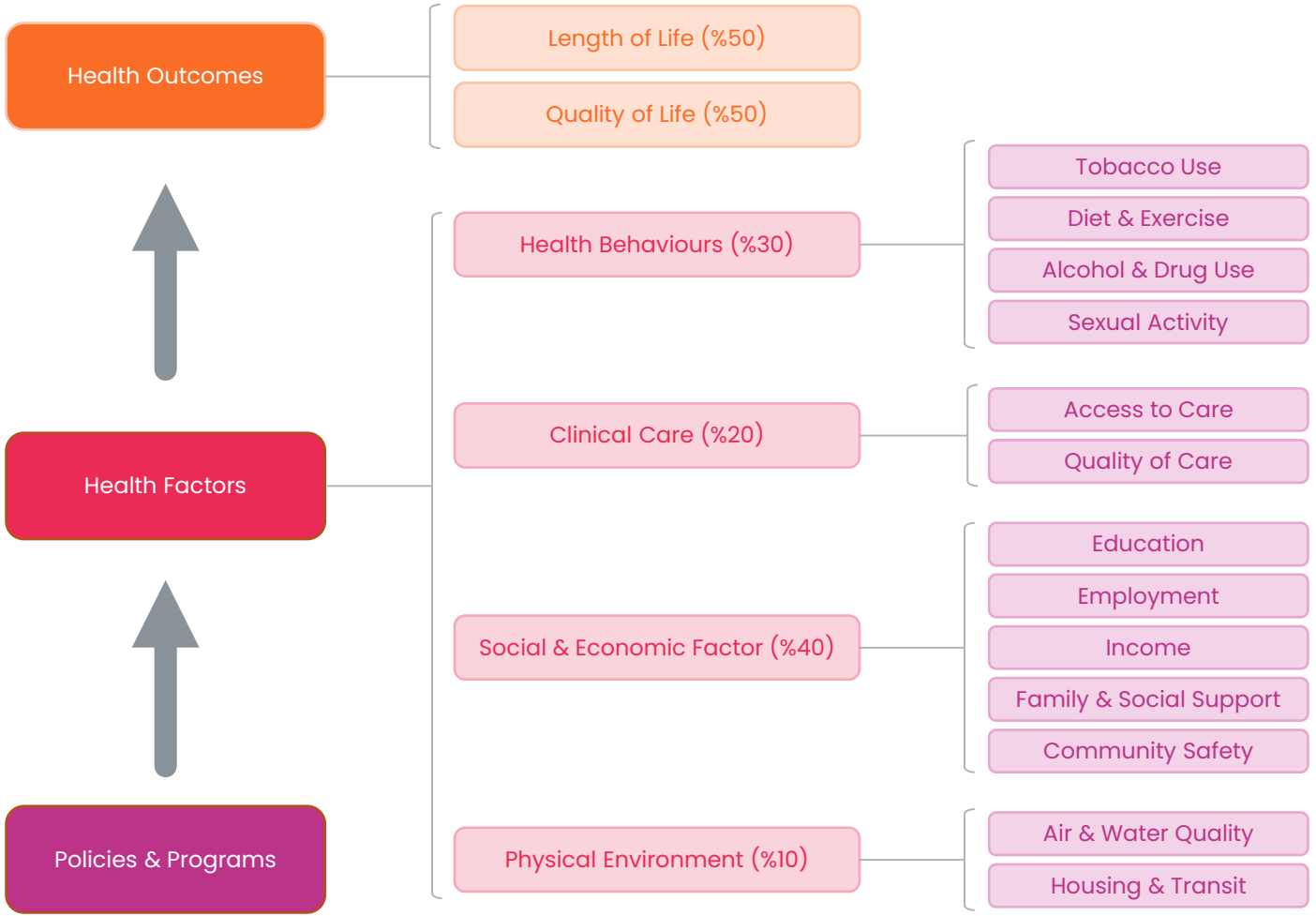
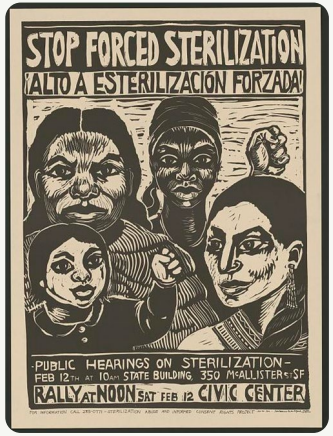

Health Outcomes
Length of Life (%50)
Quality of Life (%50)
Health Factors
Health Behaviours (%30)
Tobacco Use
Diet & Exercise
Alcohol & Drug Use
Sexual Activity
Clinical Care (%20)
Access to Care
Quality of Care
Social & Economic Factor (%40)
Education
Employment
Income
Family & Social Support
Community Safety
Physical Environment (%10)
Air & Water Quality
Housing & Transit
Policies & Programs

ready to get uncomfortable?

"I suppose I'll be the one
to mention the elephant in the room."

The “Ism’s” in Medicine



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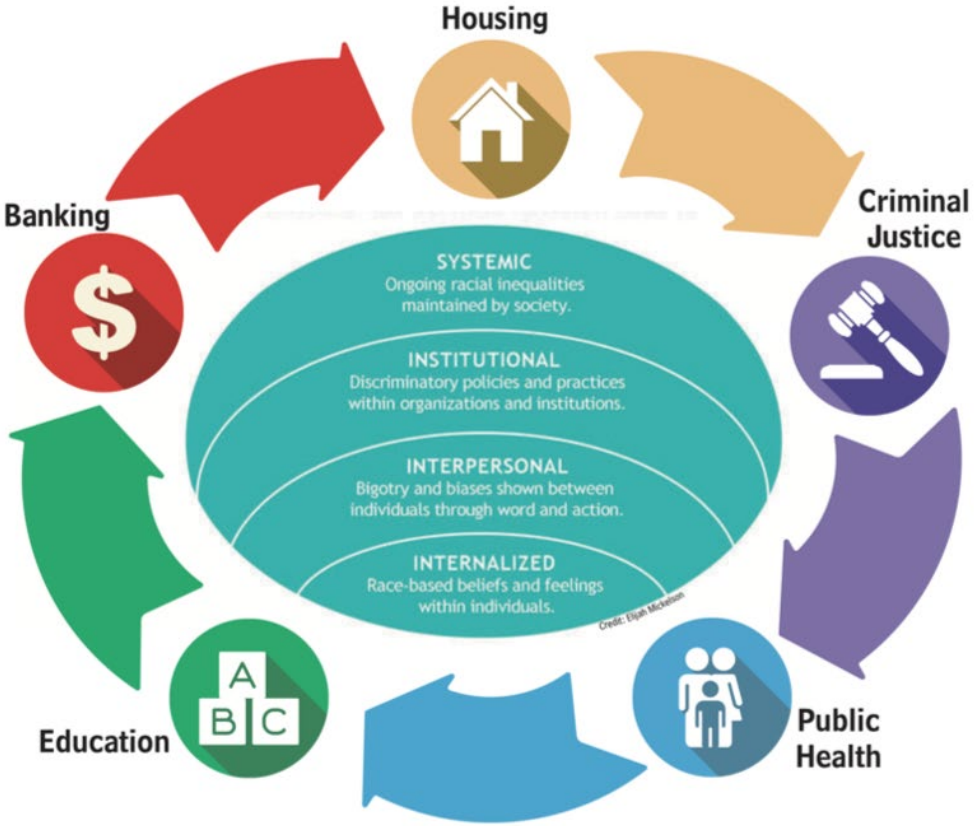
racism explained



Morgan, J.D., et al. (2018, May). What Racism looks like: An Infographic.Frank Porter Graham Child Development Institute.University of North Carolina at Chapel Hill

home ownership

Mecklenburg County, 2017

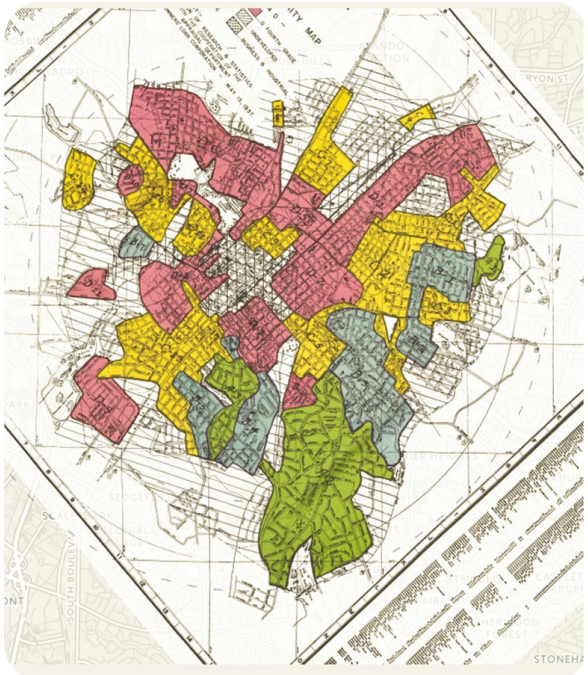
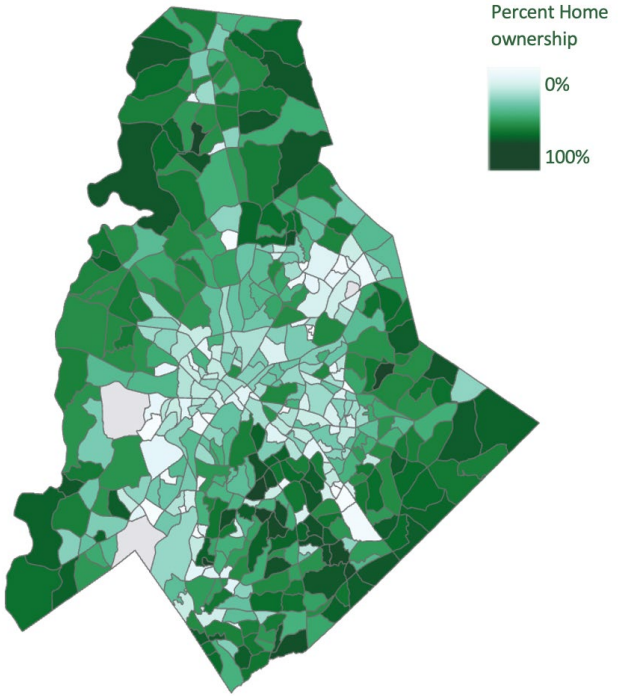


Photo credit: Home Owners Loan Corporation Risk Map, Charlotte (1937)



Source: Charlotte-Mecklenburg Quality of Life Explorer, 2017

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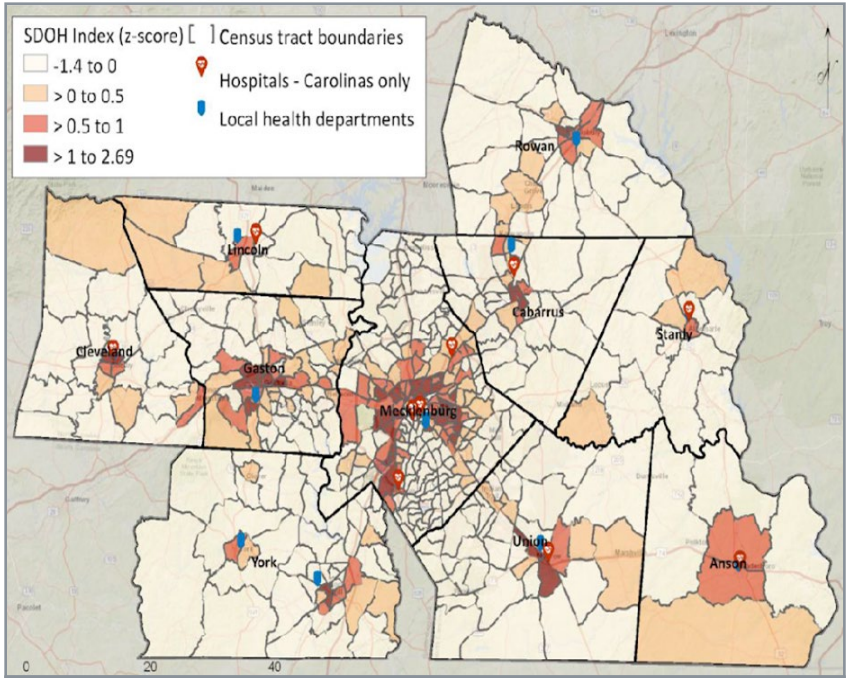
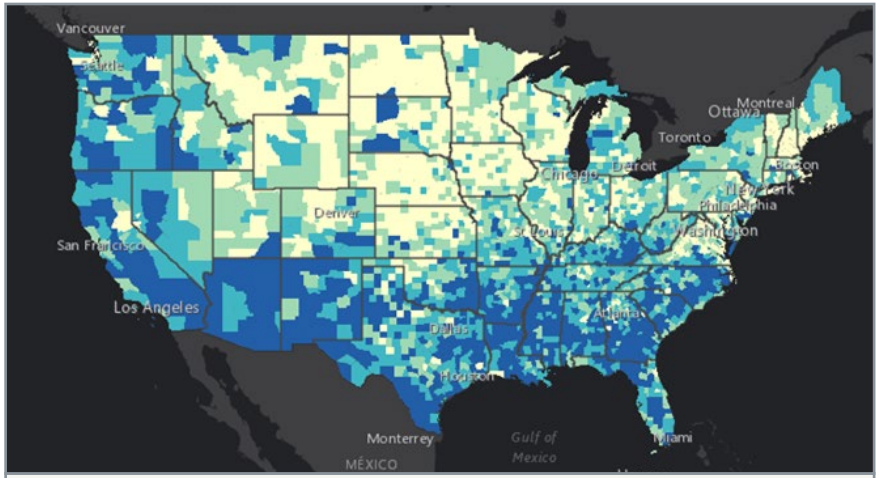
Figure 8. Social Determinants of Health Index Map, CHIS Region



High (red) values show neighborhoods with the highest disparities among the Social Determinants of Health.

http://tinyurl.com/SDH-Story-Map

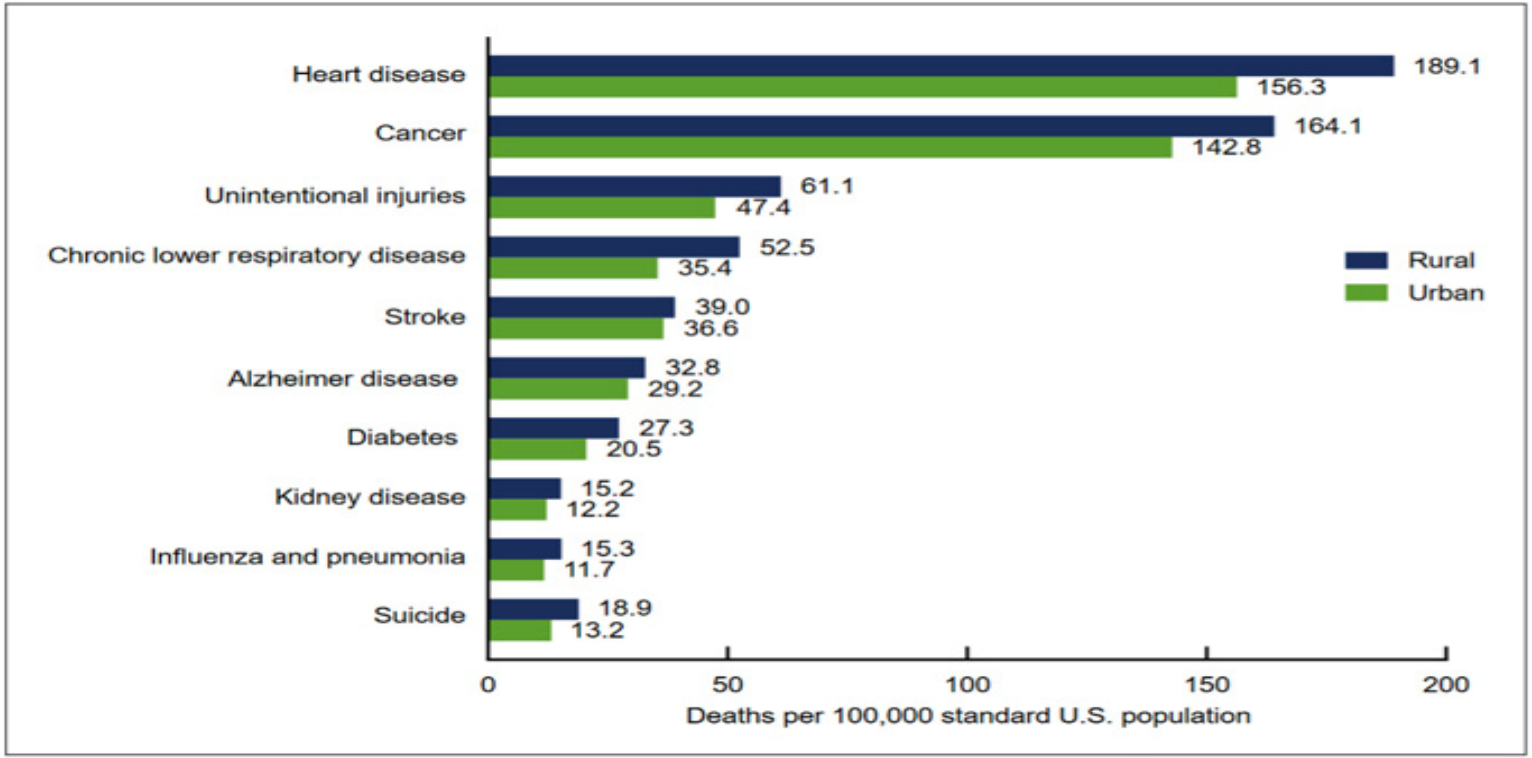


https://www.atsdr.cdc.gov/placeandhealth/svi/index.html

- Interactive web map
- 10-county region
- 12 SDH indicators at the neighborhood level (Census Tracts)
- Index summarizing indicators into a single variable

rural health disparities

Figure 3. Age-adjusted death rates for the 10 leading causes of death, by urban-rural classification: United States, 2019



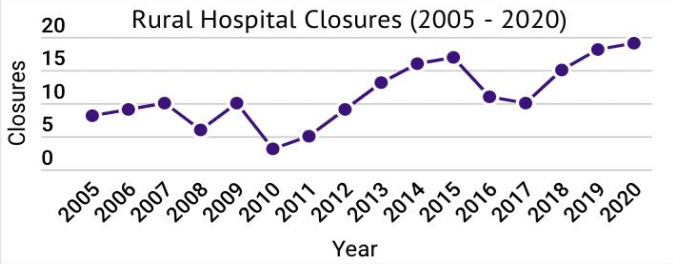
NOTES: Urbanicity of county of residence is based on the 2013 NCHS Urban-Rural Classification Scheme for Counties; see Data source and methods. Causes of death are ranked according to the number of deaths for the total population. Rates for all causes in rural areas were significantly higher than rates in urban areas ($p < 0.05$). Access data table for Figure 3 at: https://www.cdc.gov/nchs/data/databriefs/db417-tables.pdf#3.
SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

Another moment for discomfort: Operational Hesitancy

Hospital Closures and Consolidation

Since 2005, **181 rural hospitals** have closed across the country.

453 more are vulnerable to closure.



Impact on Access

Rural hospital closures are often the result of **consolidation, provider shortages, and lower patient volumes.** Additionally, **lower reimbursement rates** impact hospital viability as rural populations are more likely to be covered by public insurance. Many of these challenges were **exacerbated by the pandemic.** This can **create a gap in services** that are accessible to the community. Residents in these areas are forced to **travel further to find available treatment**.

Prior to closure, the average distance between patients and the nearest inpatient care was 3.4 miles...

After closure, the average distance was 23.9 miles.

why should we care?

Moral Imperative

What if a 747 crashed everyday in the US?

financial imperative

Joint Center Health Policy Institute

Found between 2003 & 2006 combined costs of health **inequalities** and **premature death** in US were **$1.24 trillion**

Urban Institute

Projects **$337 billion** to be spent 2009-2018 on health care related disparities

FIGURE 3

A glimpse of how health disparities can increase health care spending

Disease area	Health disparity	Annual cost of disease (in US$ billions)	% of spending associated with disparity	Unnecessary spending associated with the disparity (in US$ billions)
Diabetes	Black adults are **60%** more likely than white adults to be diagnosed with diabetes and are two to three times more likely to have complications	$327	4.8%	$15.6
Asthma	The asthma rate for those living under the FPL is **11%** compared to **~7%** for those that are **>2x** the FPL	$56	4.3%	$2.4

Sources: Deloitte analysis of data from the US Department of Health and Human Services, Centers for Disease Control and Prevention, and American Diabetes Association.

Deloitte Insights | deloitte.com/insights

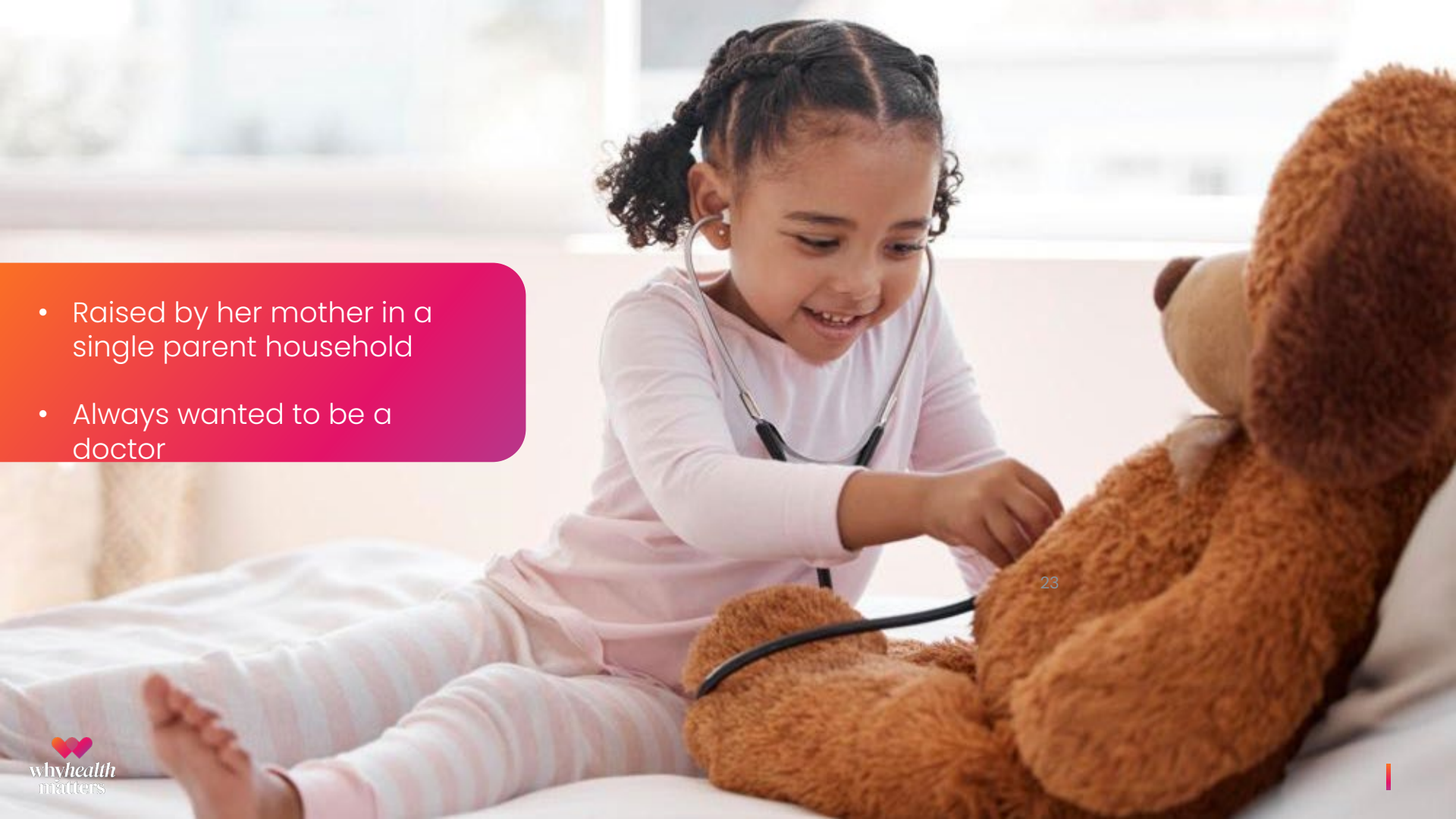
time to get inspired


Good Samaritan Hospital

zipcode statistics

- Average age of death is 7 years younger than those who live in other surrounding zip codes
- Since grew up here, a poverty stricken area, her ability to move out of poverty as an adult is less than 10%

“all black”
neighborhood



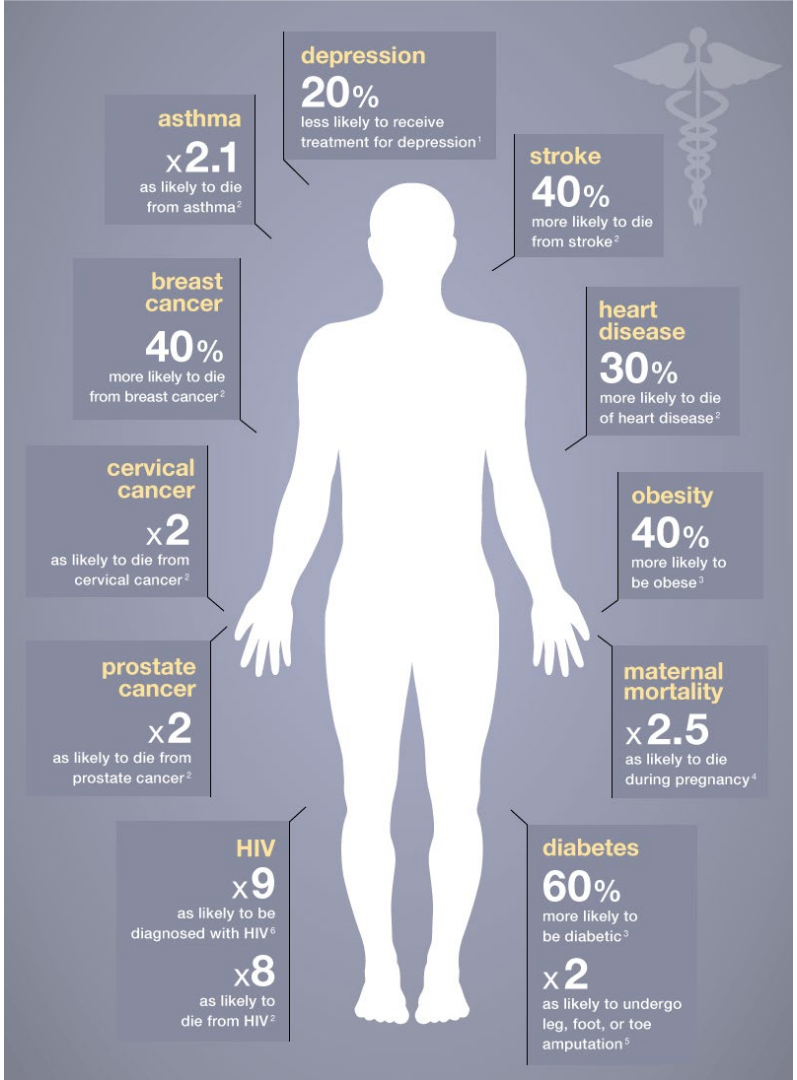
- Raised by her mother in a single parent household
- Always wanted to be a doctor

zipcode statistics

- Only 17% of 3rd graders are proficient in Math and Reading at End of Grade testing
- 63% of residents have HS diploma vs.86% in county

3x more
prevalent

black health disparities



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my journey

How Can Boards Contribute?

- Population Health Strategy and Resources to support Quintuple Aim

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How Can Boards Contribute?

More in Common Alliance

- Endorse Partnerships to Address Healthcare Workforce Diversity

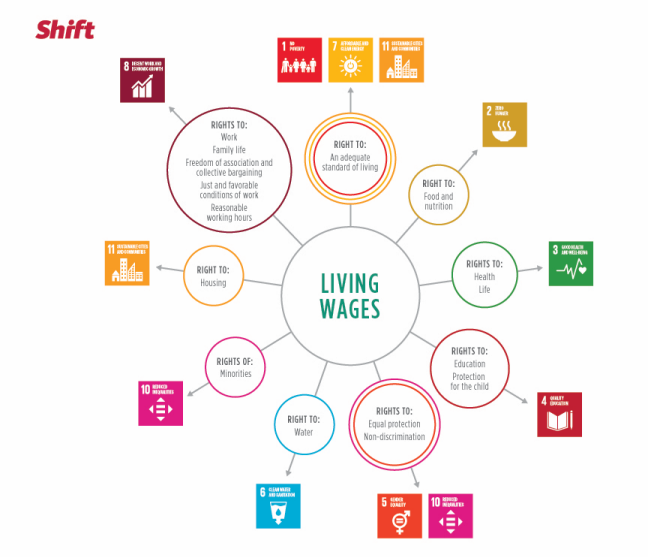
St. Luke's Health-Memorial, Baylor College of Medicine establish new rural health residency program

Massachusetts General Hospital receives record gift from Kraft family benefitting community health and health equity

$50 million gift is largest in support of community health and health equity in 211-year history of MGH.

How Can Boards Contribute?

- Understand staff and patients from a human perspective



ProMedica's "Market on the Green," a full-service grocery store, offers fresh and affordable healthy food choices in a designated food desert

Core Social Need Domains

Screening for social needs is intended **to identify the impact** of structural and social determinants on the health of individuals and families and **to identify opportunities** to provide additional support for patients.

- **Food Insecurity**
- **Housing Instability**
- **Transportation Barriers**
- **Personal Safety Concerns**
- **Financial Challenges**
- **Social Isolation**
- **Gaps in Health Literacy**

Structural and Social Determinants (also called Social Drivers or Social Influencers) are conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. (Healthy People 2030)

Hospitals and clinics may include additional questions to address specific needs of the local populations served and resources available in the community.

Food Insecurity & Health

Lower birth weights, higher rates preterm birth

Pregnancy

Increase risks of birth defects, anemia, cognitive problems, anxiety, depression

Children

Higher rates of DM, obesity, depression; poor sleep outcomes

Adults

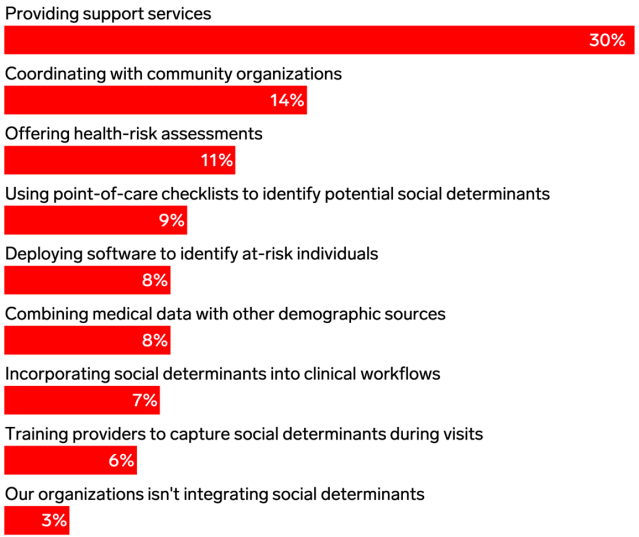
Limitations in ADLs, lower nutrient intakes

Seniors

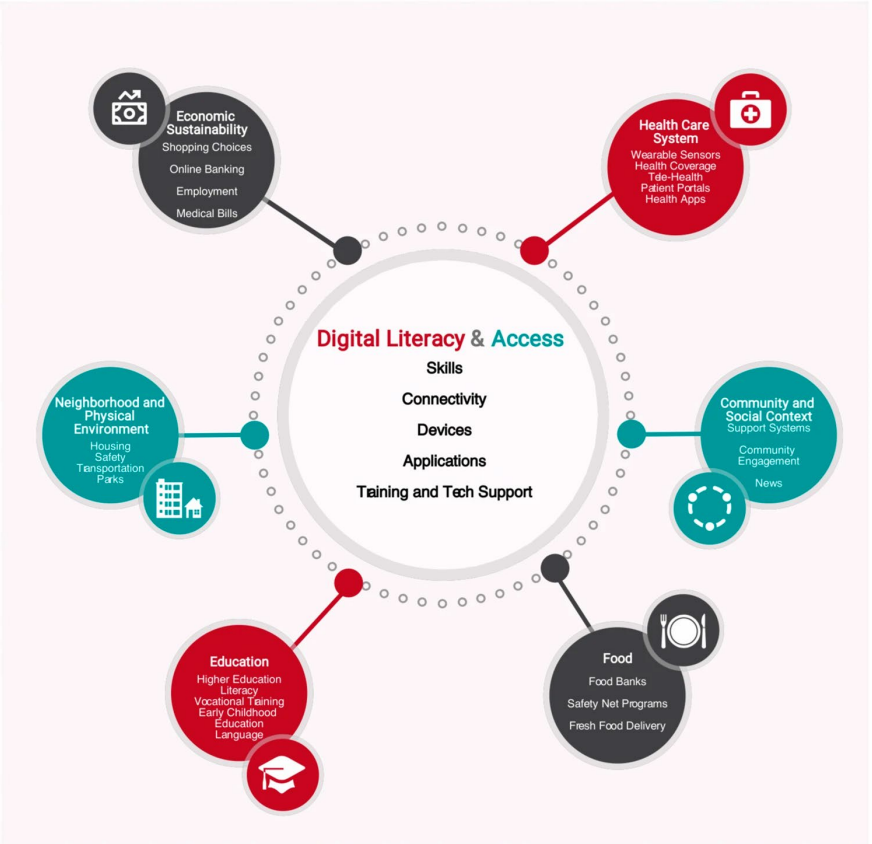
Leveraging Technology

Social Determinants of Health That Healthcare Organizations Are Addressing

Q: What social determinants of health does your organization capture at the member or patient level? Select all that apply.



Note: This survey was fielded prior to the coronavirus pandemic and does not take its impacts into account.
Source: Change Healthcare, "2020 Healthcare Industry Pulse Report," February 2020
Methodology: Online survey of 445 leaders at US providers and payer organizations conducetd by Change Healthcare via InsightDynamo fro October–December 2019.



get activated

get activated: design new systems

- Create the Strategy
- Resource the Operations
- Implement Accountability
- Measure Outcomes

> Every system is perfectly designed to get results it gets.
>
> -W. Edwards Deming

accelerate research to implementation

- Nurse Family Partnership Program
- Community Health Workers
- Diversifying the Healthcare Workforce (HCOP Program)
- Primary Care/Population Health
- Violence Intervention Programs
- Kindness, Compassion, Empathy, and Trust

requires...

motivation

collaboration

innovation

call to action

“

In a racist society, it is not enough to be non-racist, we must be anti-racist.

-Angela Davis

get activated: build connection

- Stop being “colorblind.”
- Educate yourself.
- Do not contribute to micro-aggressions and call out others when they do.
- Listen to other people’s experiences without questioning their validity.
- Expand your social circle to include those who don’t look like you.
- Commit to improving social determinants of health.
- Take ownership: Be an ally and use your voice.

whyhealth matters

what can you do?

"Start where you are.
Use what you have.
Do what you can.

-Arthur Ashe

get informed

get uncomfortable

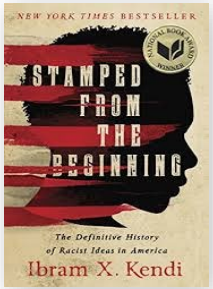
get inspired

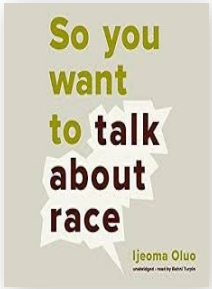
get activated

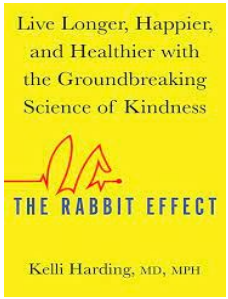
Questions?

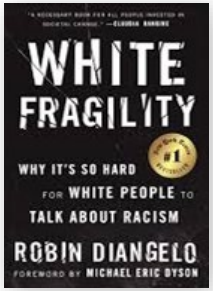
resources

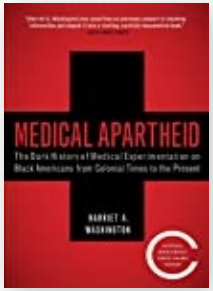
Starter Level

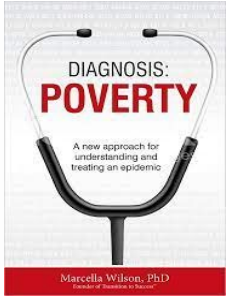




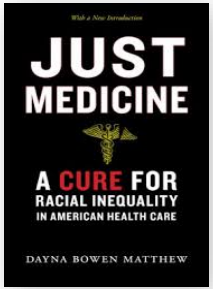


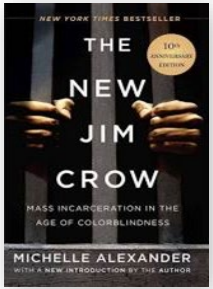


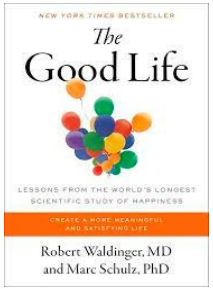


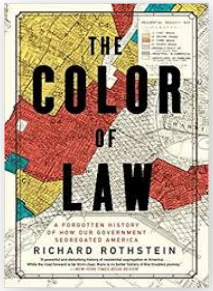


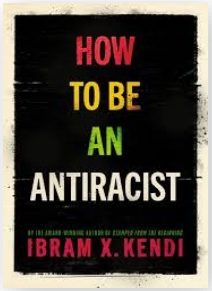
Intermediate Level

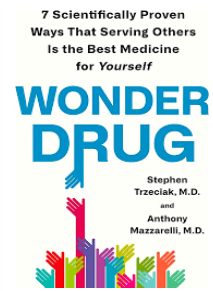




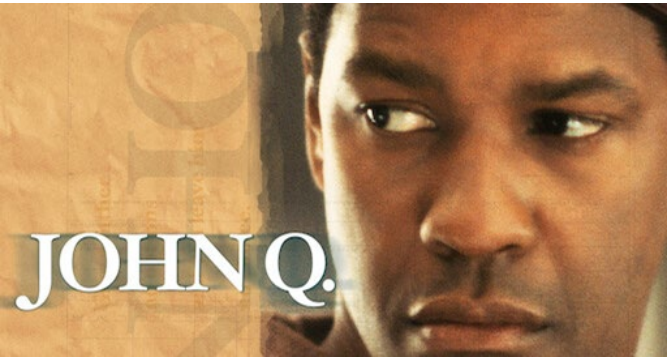


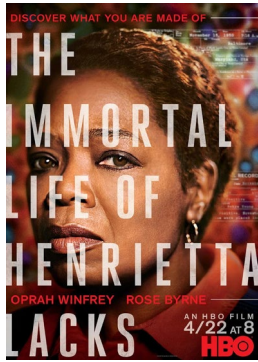


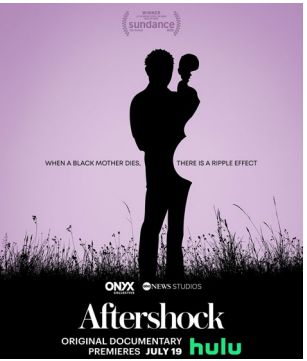




resources







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