Factors Influencing Changing Landscape of Healthcare – Options for the Self-Insured

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Disclosure

Neither presenter nor spouse has had financial relationship in any amount occurring in the last 12 months with any commercial interest whose products or services discussed in the CME presentation over which presenter has control.
Key points

1. Mostly spending on healthcare is not sustainable

2. All determinants of health should be optimized for populations

3. Community, home and workplace need to be connected

4. Goal is Healthy Life Expectancy … but spend less
Advocate
- Population health
- Wellness initiatives
- Self-insured

Abdicate
- Fully insured
- Private exchange
- Public exchange

Opposite paths

Concept adapted from The Advisory Board Company, Washington, DC
Changing Landscape

Population Well-being

- HDHP, Exchange
- Other factors
- PCMH, ACO
PCMH in ACO “Neighborhood”

Source: Premier Healthcare Alliance
Key Point 1

Mostly spending on healthcare is not sustainable.
What U.S. Spends on Health

88% Health care
4% Healthy behaviors
8% Other

Source: Bipartisan Policy Center, 2012
Chronic disorders

Health risks

Aging workforce

Multiple comorbidities

Health care costs

Major factors

From McLellan et al. JOEM 54:506; 2012
Key Point 2

All determinants of health should be optimized for populations
Determinants/Factors

Individual Behaviors
Health Care
Physical Environment
Social Environment

30% Genetics

Population Health Report Card

Individual Behavior

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<th>A (90% - 100%)</th>
<th>B (80% - 89%)</th>
<th>C (70% - 79%)</th>
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Physical Environment

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Health Care

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Bar colors: Female, Male
Key Point 3

Community, home and workplace need to be connected

Figure from McLellan et al. JOEM 54:506; 2012
Community-based Initiatives

Blue Zones Project™ by Healthways
Live Longer, Better™
An Assessment for
Texas Health Resources
Fort Worth, TX
August 13, 2013

Cobb2020
A Partnership for a Healthier Cobb County!

The 2032 Comprehensive Plan
Manassas Next

AYPH
Antelope Valley Partners for Health
Community Collaborative Promoting Health and Wellness
501(c)(3) Non-Profit Organization
Caring for People and Population

Measurement of Healthy Life Expectancy and Wellbeing

World Health Organization, Geneva

Background

There is increasing interest in the accurate measurement of health, disability and wellbeing, especially in the context of declining mortality due to acute infectious diseases, ageing populations and greater prominence of chronic diseases. More countries are aiming to measure the health and wellbeing of their populations and track changes over time. For example, the EU recently set a target of gaining two healthy life years by 2020 in its member states.
... but spend less!
Healthy Life Expectancy

Years

Age

Life Expectancy

Healthy Life Expectancy
Life Expectancy Stages

- Pestilence and Famine: 30
- Pandemics: 50
- Degenerative and Man-made Diseases: 75
- Heart Attacks, Stroke: 85
- Aging Process: 100

Medical Discoveries

In summary, the only viable option is to promote and preserve health

“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless, and reason is powerless.”

*Herophilus*