2011 Military Health System Conference

Population Health Management

The Missing Element of PCMH

*The Quadruple Aim: Working Together, Achieving Success*

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**Population Health Management: The Missing Element of PCMH**

Presented at the 2011 Military Health System Conference, January 24-27, National Harbor, Maryland
The Model

Team-Based Healthcare Delivery
Access to Care
Advanced IT Systems
Decision Support Tools
Patient & Physician Feedback
Refocused Medical Training
Patient-Centered Care
Population Health

Patient the Center of Med Home

2011 MHS Conference
The Model

Team-Based Healthcare Delivery
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Pop Health
Medical Home
The Background

US Life Expectancy at Birth, by Sex, 1900-2003

If trends in chronic disease continue, we may live longer—but sicker—lives.
From 2007 to 2008, life expectancy for Americans in general declined by a little more than one month, from 77.9 to 77.8 years.

CDC National Center for Health Statistics, Division of Vital Statistics, Mortality Statistics Branch, 12/9/10
Prescriptions for antihypertensives in people age 19 and younger could hit 5.5 million this year if the trend through September continues, according to IMS. That would be up 17% from 2007, the earliest year available. Still, a growing number of studies have been done under a Food and Drug Administration program that rewards drug companies for testing medications in children.

*Wall Street Journal*

28 Dec 2010
Figure 6  Trends in cigarette smoking anytime in the past 30 days by grade in school – United States, 1975–2001. Source: Institute for Social Research, University of Michigan, Monitoring the Future Surveys
The Background

Top 10 US Public Health Achievements, 1900-1999

- Vaccination
- Motor vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and strokes
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridated drinking water
- Recognition of tobacco as a health hazard

Health care has had little to do with increased life expectancy over time.
The Crisis

Leading Causes of Deaths in the United States

<table>
<thead>
<tr>
<th>Disease</th>
<th>1900</th>
<th>1997</th>
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<tbody>
<tr>
<td>Pneumonia</td>
<td>11.8%</td>
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<tr>
<td>Tuberculosis</td>
<td>11.3%</td>
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<tr>
<td>Diarrhea/Enteritis</td>
<td>8.3%</td>
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<tr>
<td>Heart Disease</td>
<td>6.2%</td>
<td>31.4%</td>
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<tr>
<td>Liver Disease</td>
<td>5.2%</td>
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<tr>
<td>Injuries</td>
<td>4.2%</td>
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<tr>
<td>Cancer</td>
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The Crisis

We are helping people lead unhealthier lives.
We are experiencing a public health crisis today—but with a different set of problems that require a different set of solutions, tailored to the 21st century.

Taking one chocolate at a time off the conveyor belt of health care will not solve the health care crisis—we need a paradigm shift that will transform our entire concept of health.
The Consequences

- Episodic disease model of care
- A growing prevalence of preventable chronic diseases – 75% of direct health care costs

Our continuing failure to proactively monitor and improve the overall health of our population has facilitated the growth of our current disease model of care.
84% of the time the 14 most common physical complaints have no identifiable organic etiology.

We are helping people lead unhealthier lives.
The Value Proposition

Birth

Good Health

Death

Poor Health
The Value Proposition

Good Health

Poor Health

Chronic Disease

Birth

Death

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The Value Proposition

Good Health | Poor Health

Chronic Disease

Cost

Birth | Death
The Missing Element

Population Health Management

An integrative set of health delivery programs that proactively monitors and improves the fundamental health of a given population

We have more personal control over what we are dying from than ever before.
The Missing Element

The Population Health Management Model

- At Risk
  - Preventive Care
  - Acute Care
  - Chronic Care

The Population

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How to Manage the Health of a Population

- Medical home team ownership of entire population
- A set of IT tools and key preventive measures to monitor outcomes and help patients take ownership for their own health
- Provide patients with opportunities and support to improve their health and keep them healthy
Pop Health Management

Where to Start

- IT requirements
- Begin with staff—healthy role models for patients
- Re-align health promotion efforts with medical home
- Self-management program
- Behavioral health
- Dietician
- Health education
- Mind-body medicine
- Pharmacy