

# 2011 Military Health System Conference

## Population Health Management

The Missing Element of PCMH

*The Quadruple Aim: Working Together, Achieving Success*

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24 January 2011



Walter Reed National Military Medical Center

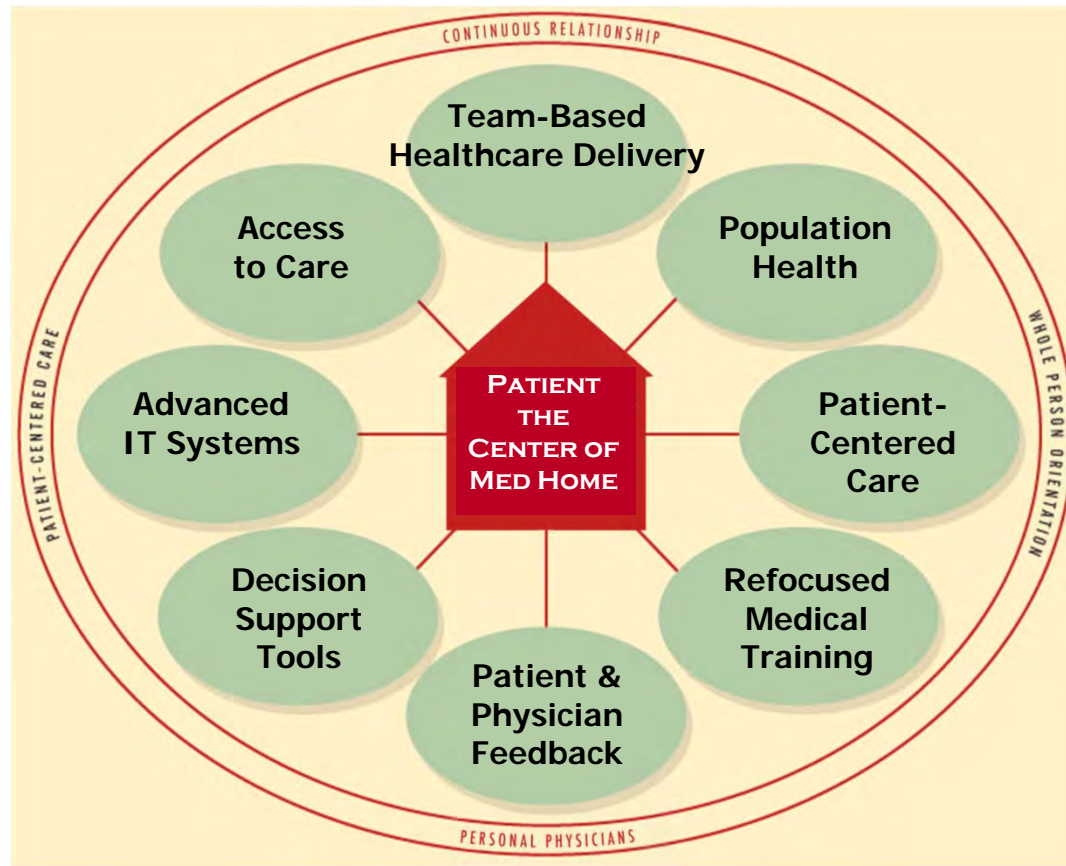
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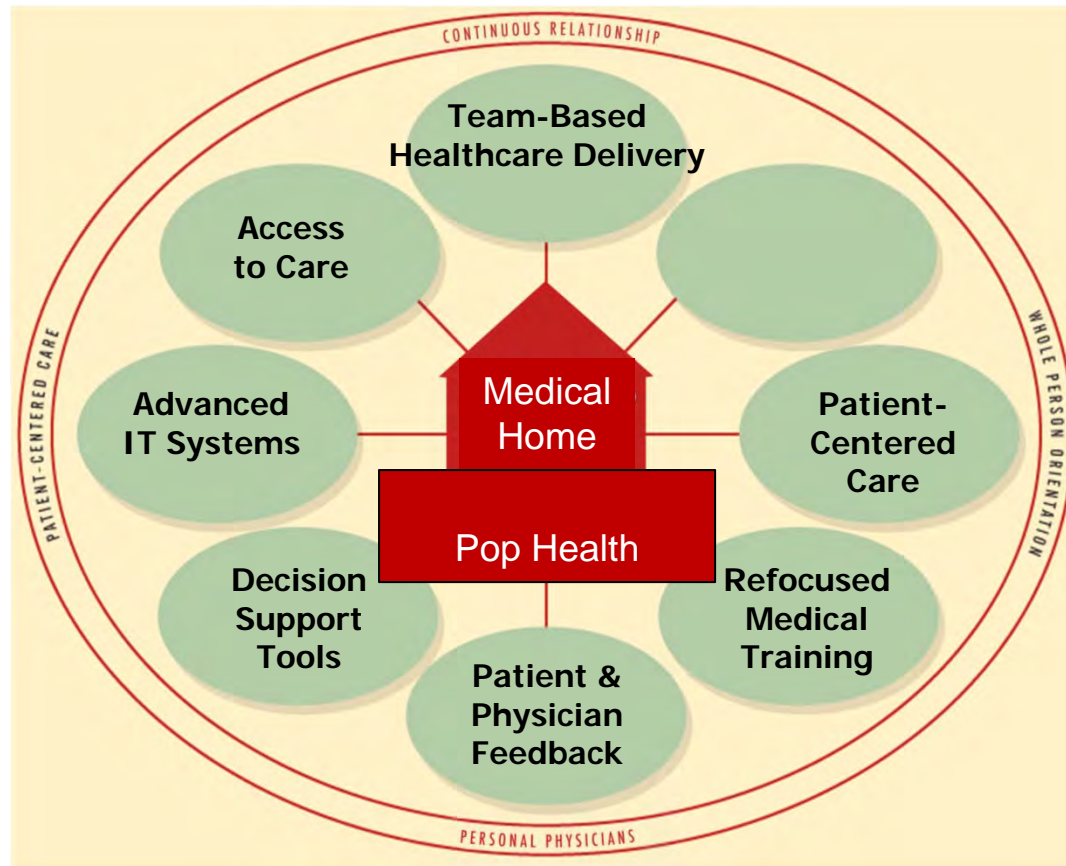
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# The Model



# The Model



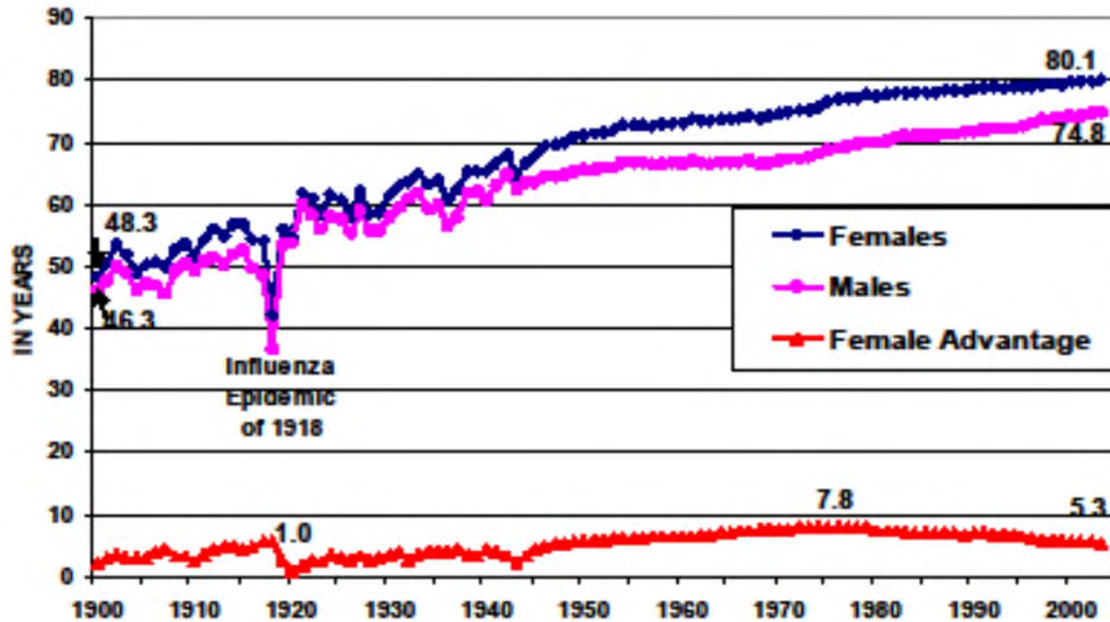


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# The Background



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



If trends in chronic disease continue, we may live longer—but sicker—lives.

# The Background



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*

# The Background



## *So Young and So Many Pills*

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



# The Background

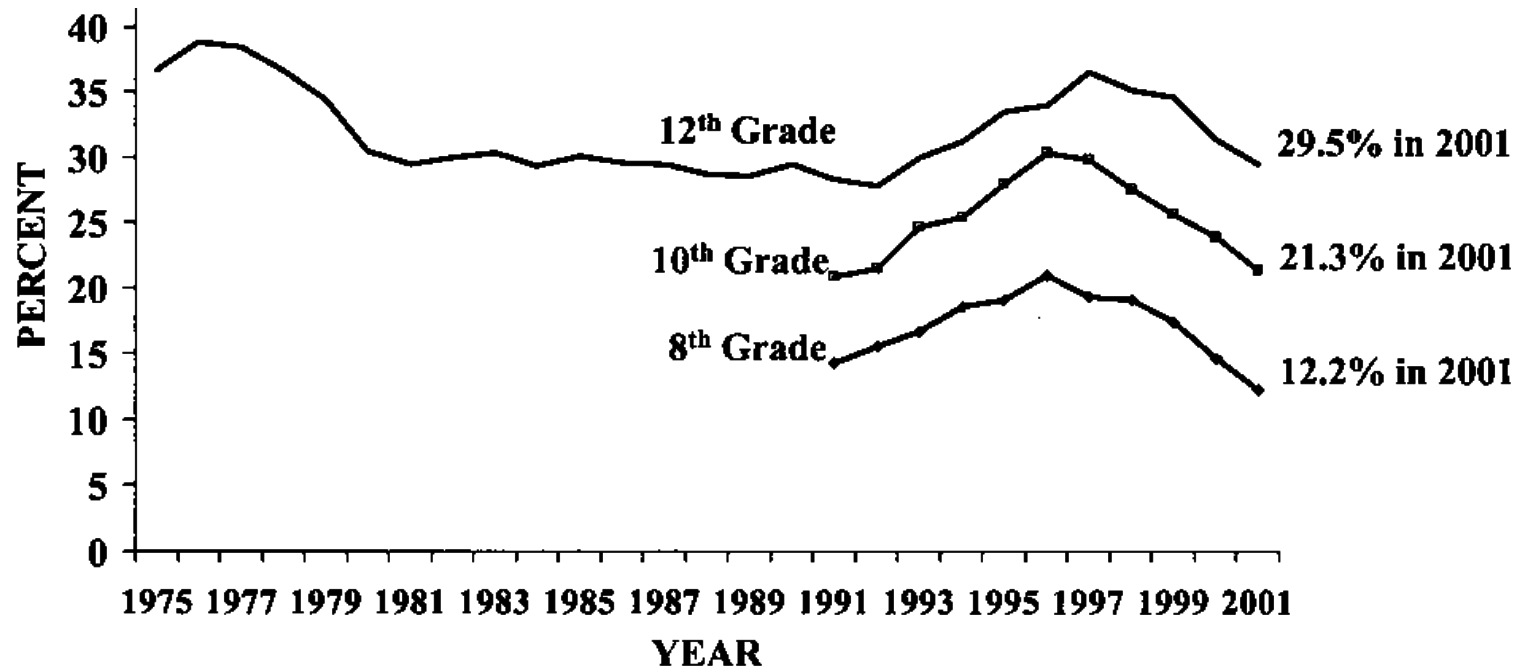


Figure 6 Trends in cigarette smoking anytime in the past 30 days by grade in school – United States, 1975–2001. Source: Institute for Social Research, University of Michigan, Monitoring the Future Surveys

# 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.**

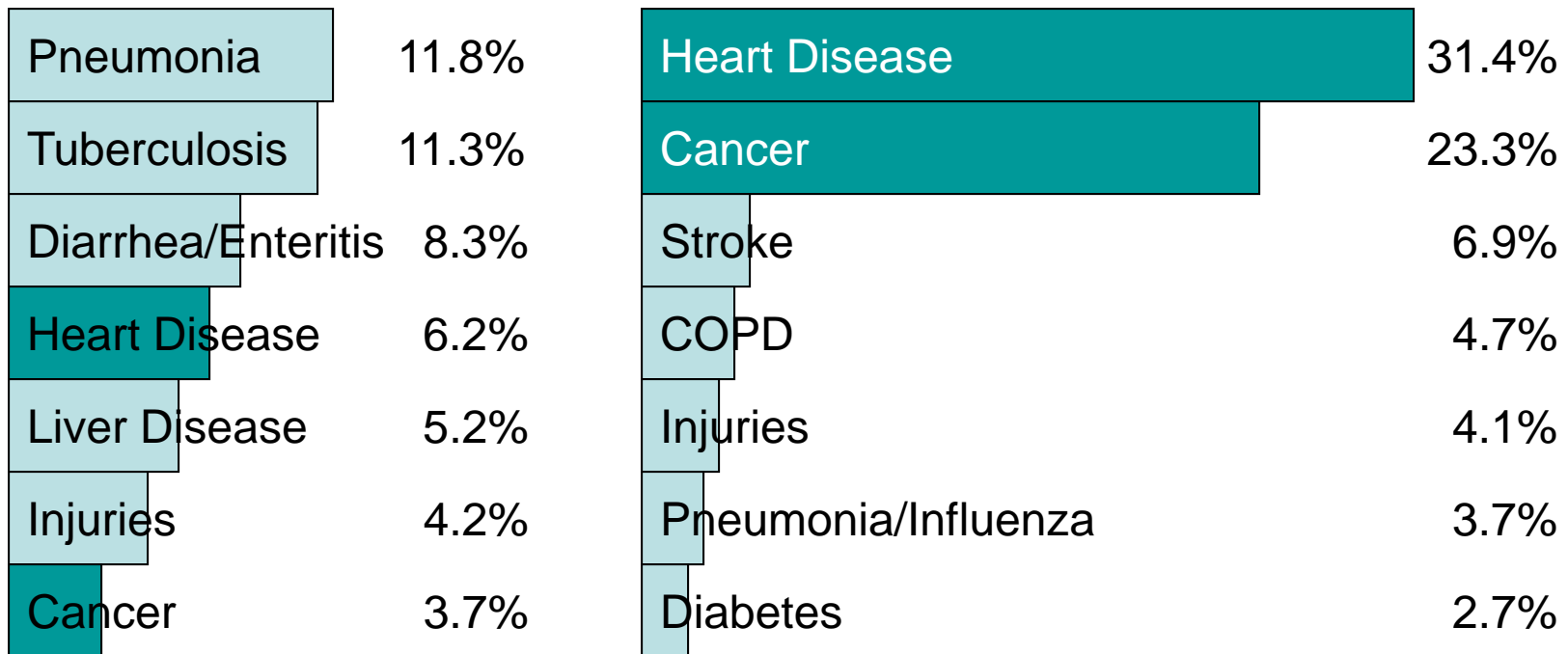
# The Crisis



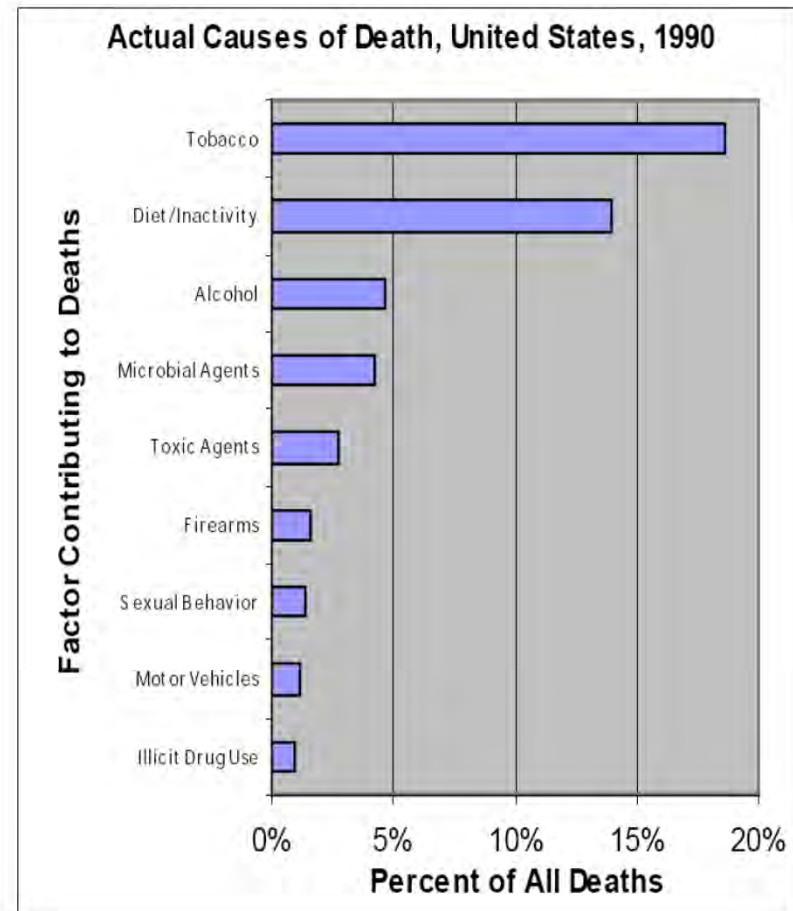
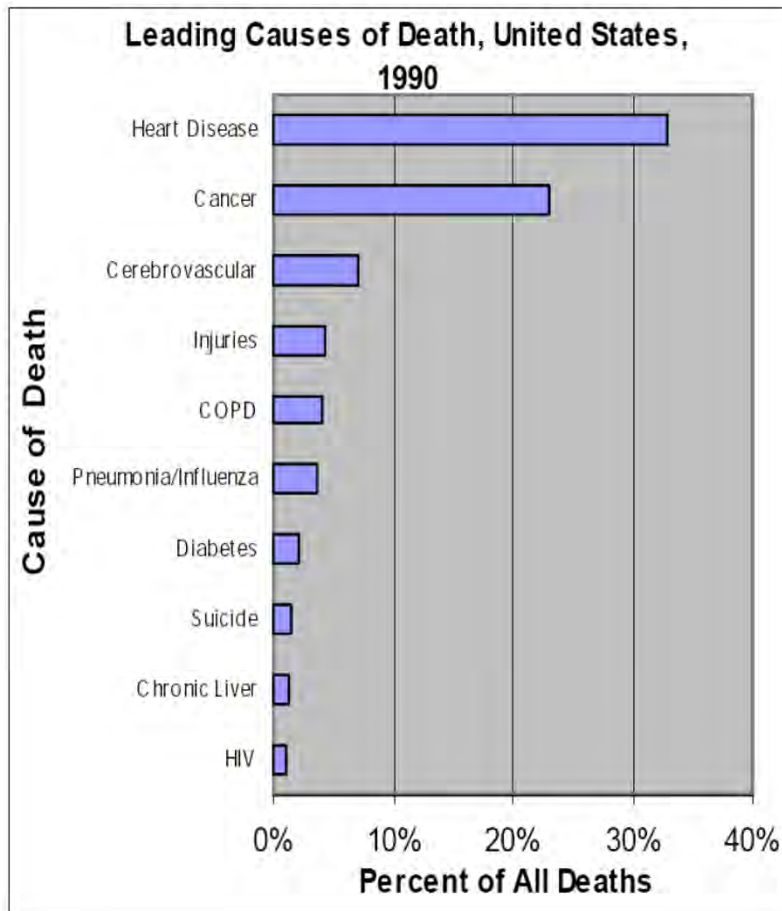
## Leading Causes of Deaths in the United States

**1900**

**1997**



# The Crisis



**We are helping people lead unhealthier lives.**

# The Consequences



## *Population Health Management*

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.**

# The Consequences



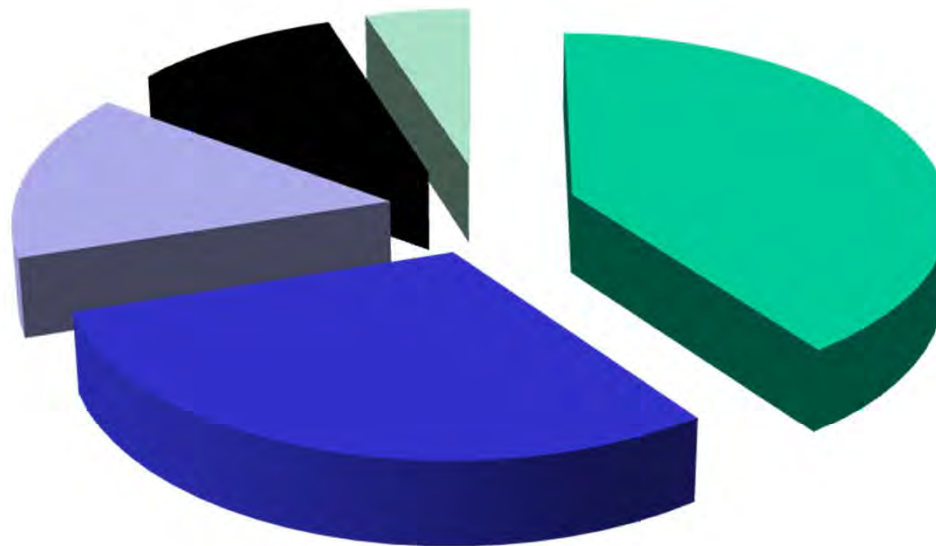
**84% of the time the 14 most common physical complaints have no identifiable organic etiology.**

Kroenke & Mangelsdorf, *Am J Med.* 1989; 86:262-266

# The Consequences



## Premature Deaths in the United States



- Behavioral Factors  
40%
- Genetic  
Predispositions 30%
- Social Circumstances  
15%
- Inadequacies in  
Medical Care 10%
- Environmental  
Exposures 5%

**We are helping people lead unhealthier lives.**



# The Value Proposition



Good Health

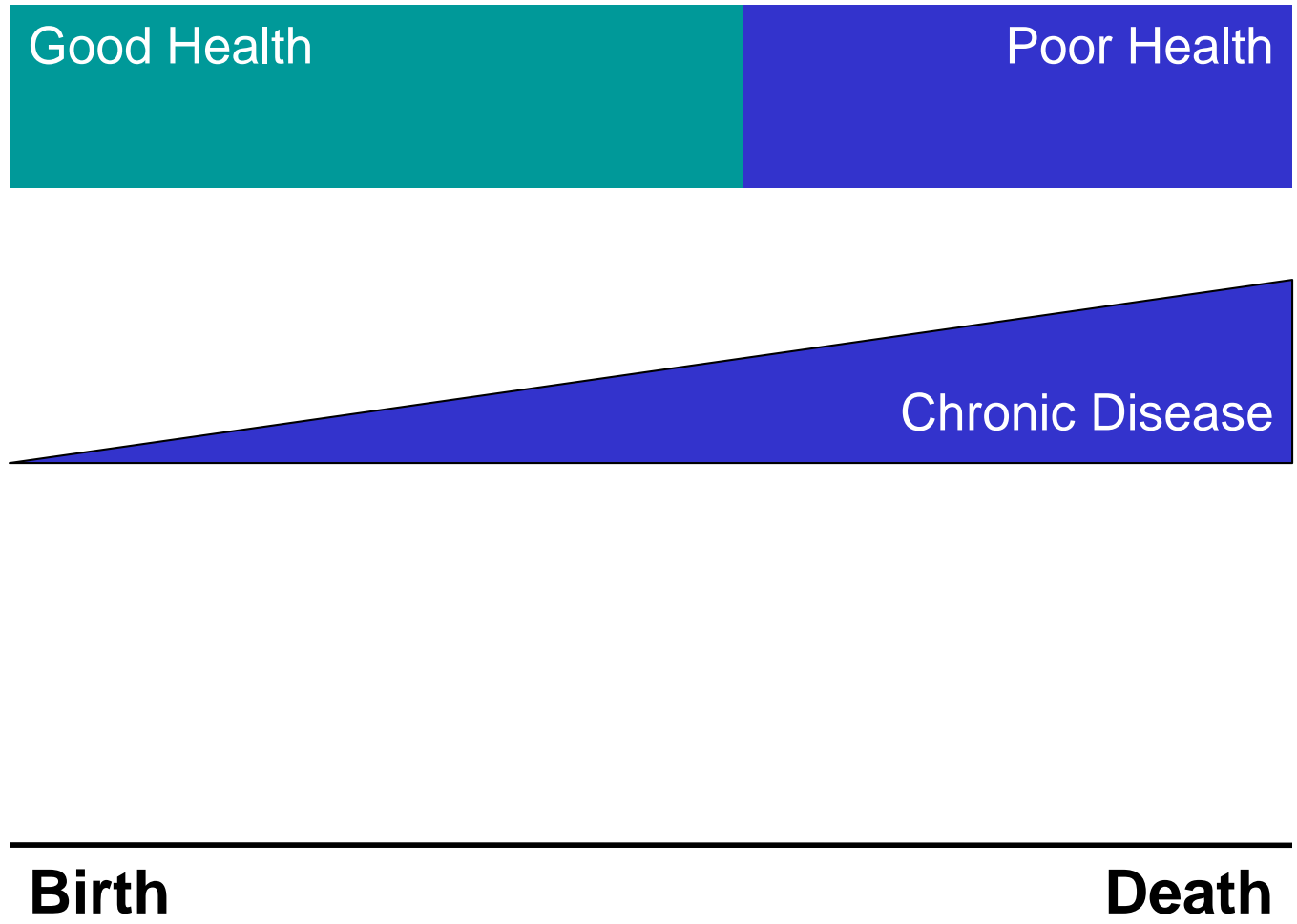
Poor Health

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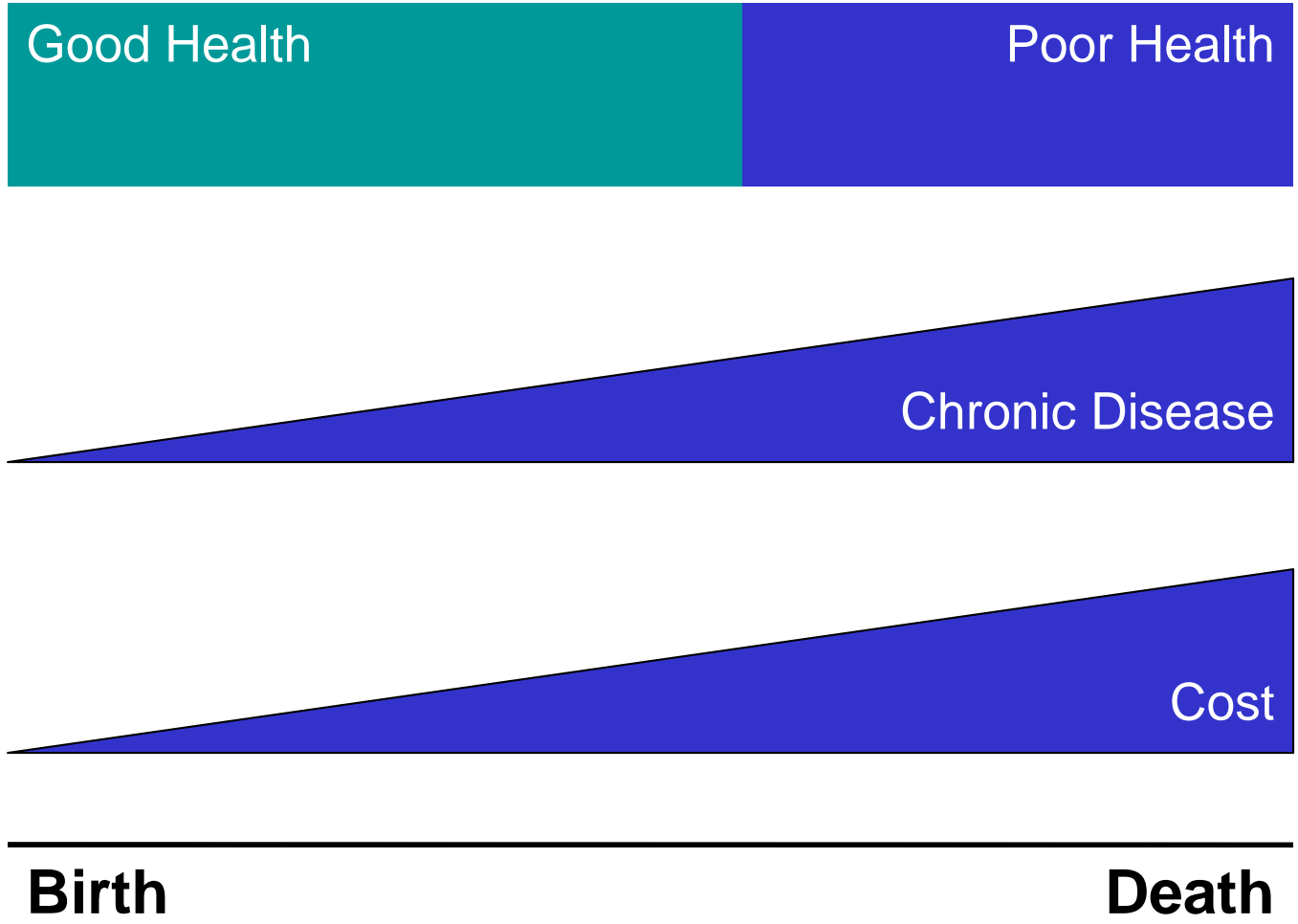
**Birth**

**Death**

# The Value Proposition



# The Value Proposition



# The Missing Element



## *Population Health Management*

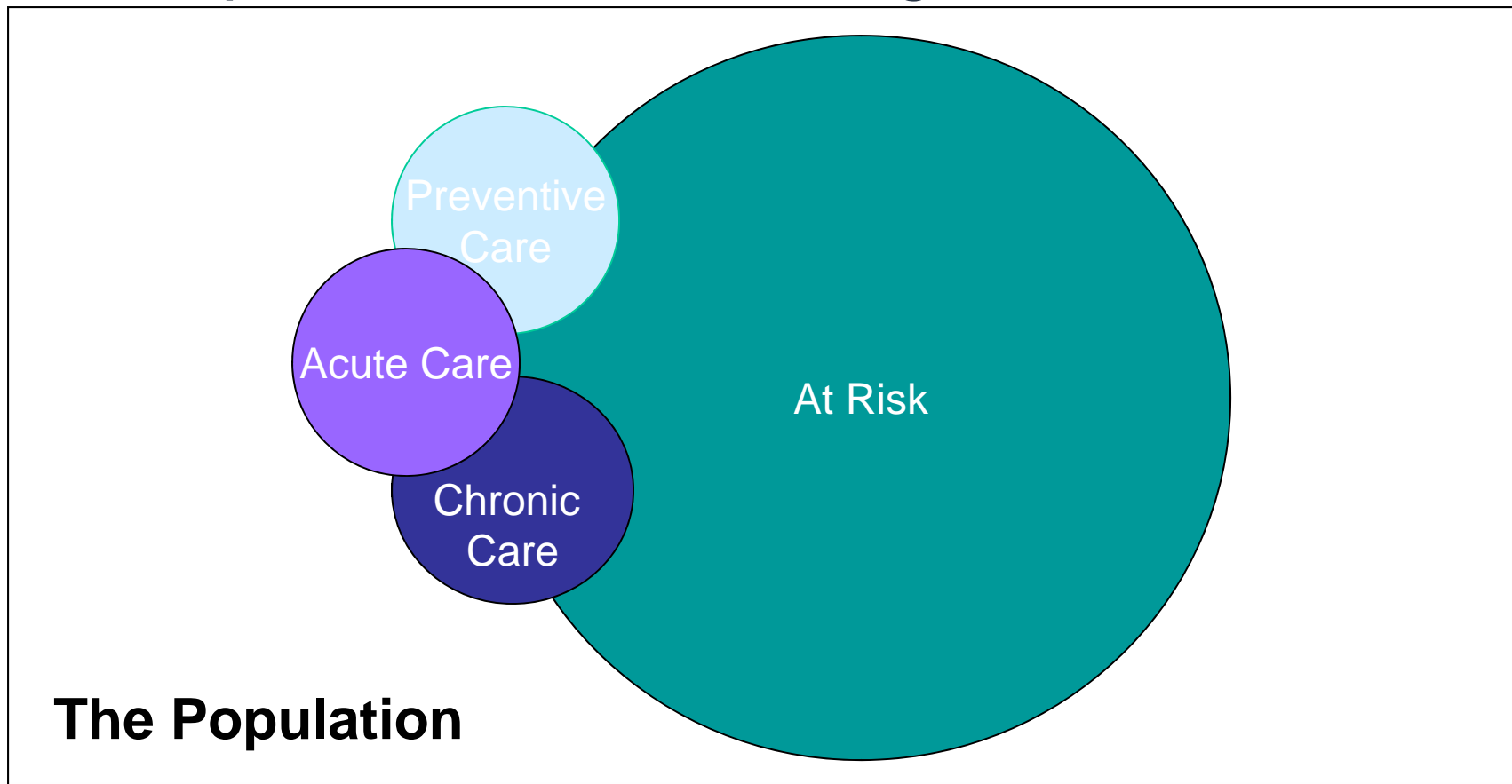
An integrative set of health delivery programs that proactively monitors and improves the fundamental health of a given population

**We have more personal control over what we are dying from than ever before.**

# The Missing Element



## *The Population Health Management Model*



# Pop Health Management



## *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

# Discussion

