

Healthy, Wealthy & Wise:

***Improving Health Through Community
Development and Design***

Selected the title recognizing that the same things

together
WE BUILD A BRIGHTER FUTURE

**Wasatch Choice 2050:
Consortium and Active Transportation and Health Summit**

Salt Lake City – June 29, 2016

Tyler Norris, MDiv
Vice President, Total Health Partnerships



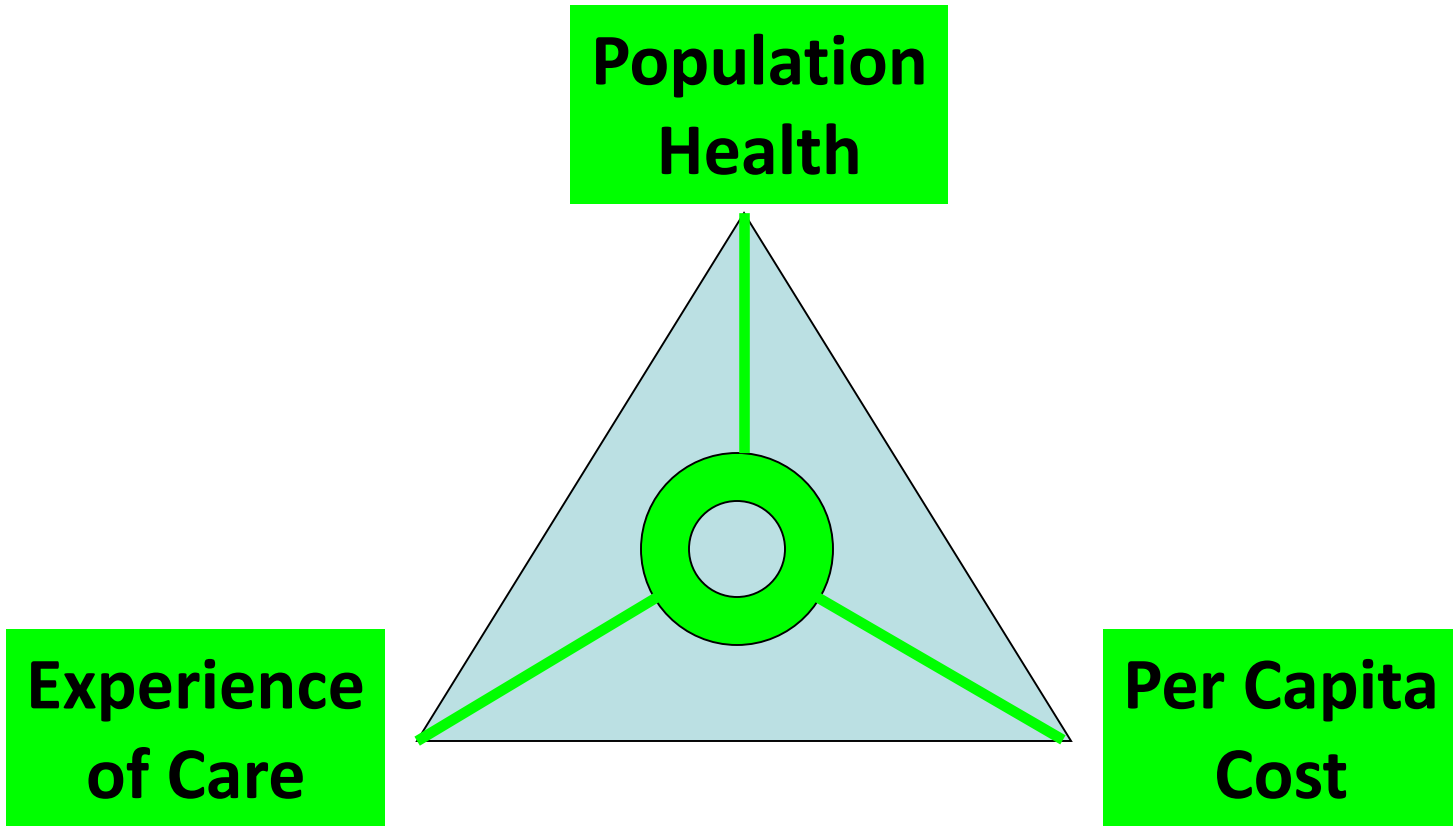
Themes

- ***Health of people = health of places***
- ***On being investment and policy advisors***
- ***Co-benefit strategies for ‘impact at scale’***
- ***Boundary-crossing leadership:***
from contribution to accountability
- ***Implications for action***



What will it be?

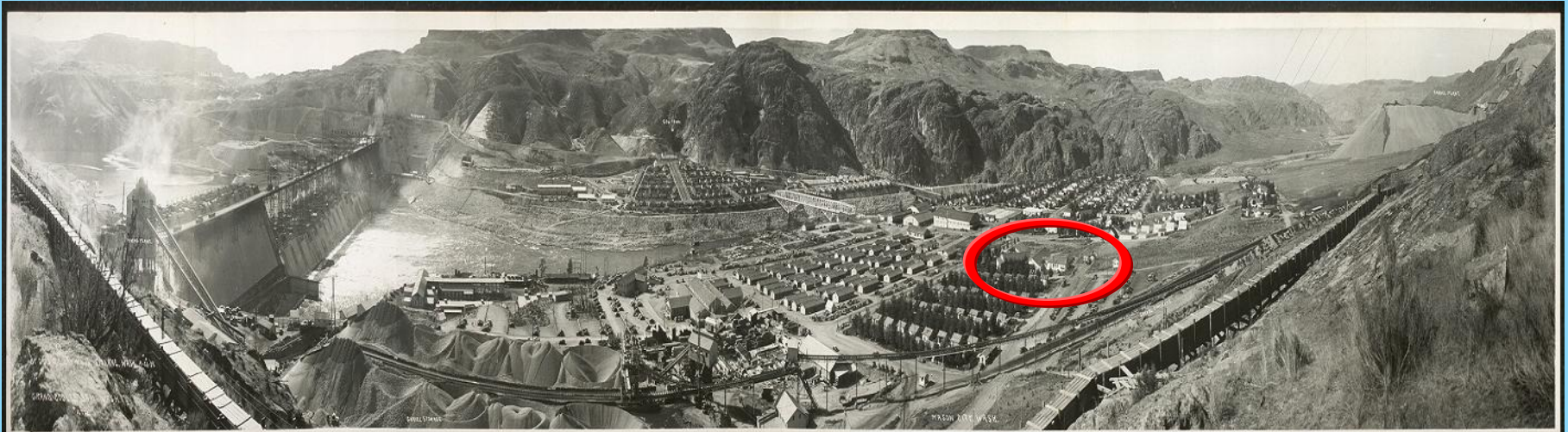
Triple Aim: Dimensions of Value in Healthcare



...A Grand Vision

Our Mission for Generations

*“To provide high quality, affordable health care,
and to improve the health of our members AND the communities we serve”*



Grand Coulee Dam - 1942

#1 in our markets...



Leads the nation in the most No. 1's in Effectiveness of Care Measures



All Kaiser Permanente regions received 5-Star ratings, the highest possible rating



Kaiser Permanente is the only health plan in California to earn the highest rating for overall quality of care in the Healthcare Quality Report Card



27 Kaiser Permanente facilities honored as 'Top Performer' for Quality and Safety by The Joint Commission



KP's California health plans receive top rating -- 4 Stars - for quality and service



Kaiser Permanente Hospitals are the safest in the nation



Kaiser Permanente has received 36 Stage 7 Hospital Awards for successful electronic health record implementation



10 Kaiser Permanente Hospitals listed among the nation's elite in annual "Best Hospitals" rankings

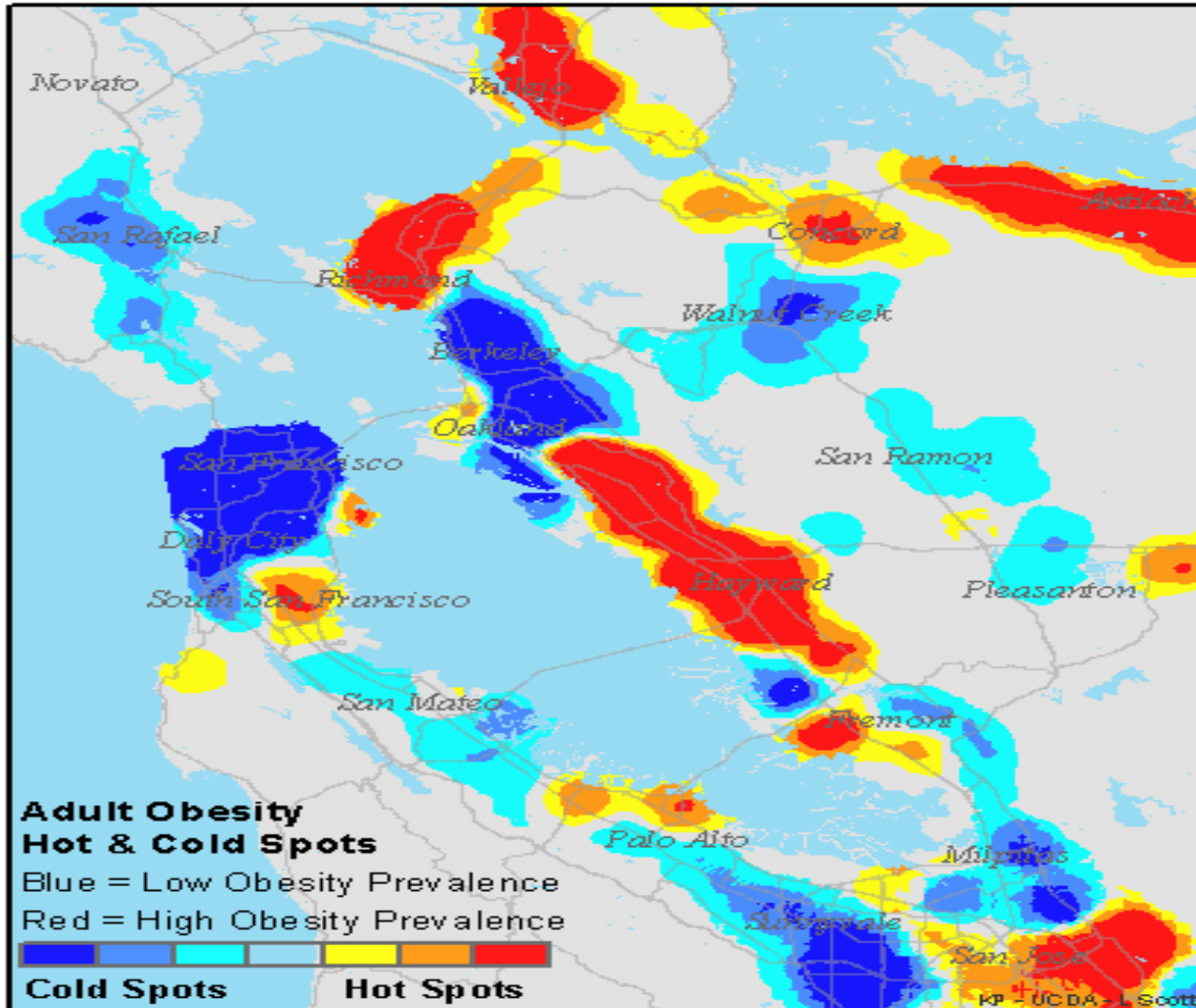


The KP flagship and Every Body Walk! apps have received Silver Web Health Web Awards recognizing high-quality digital resources for consumers

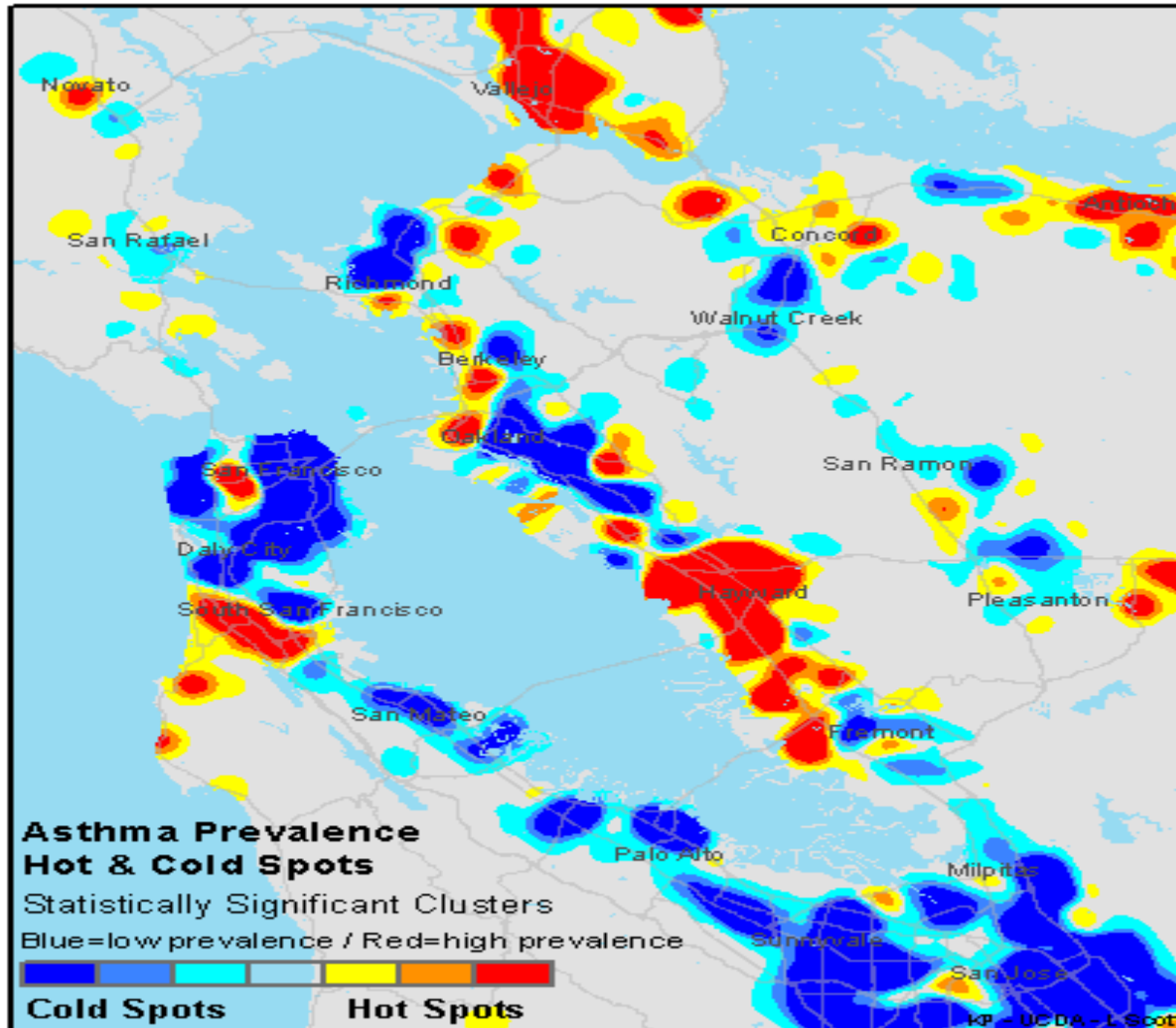


KP won five 2013 eHealthcare Leadership awards, including the highest honor for Organizational Commitment, and the 2013 Hospital Website Transparency Award with Distinction

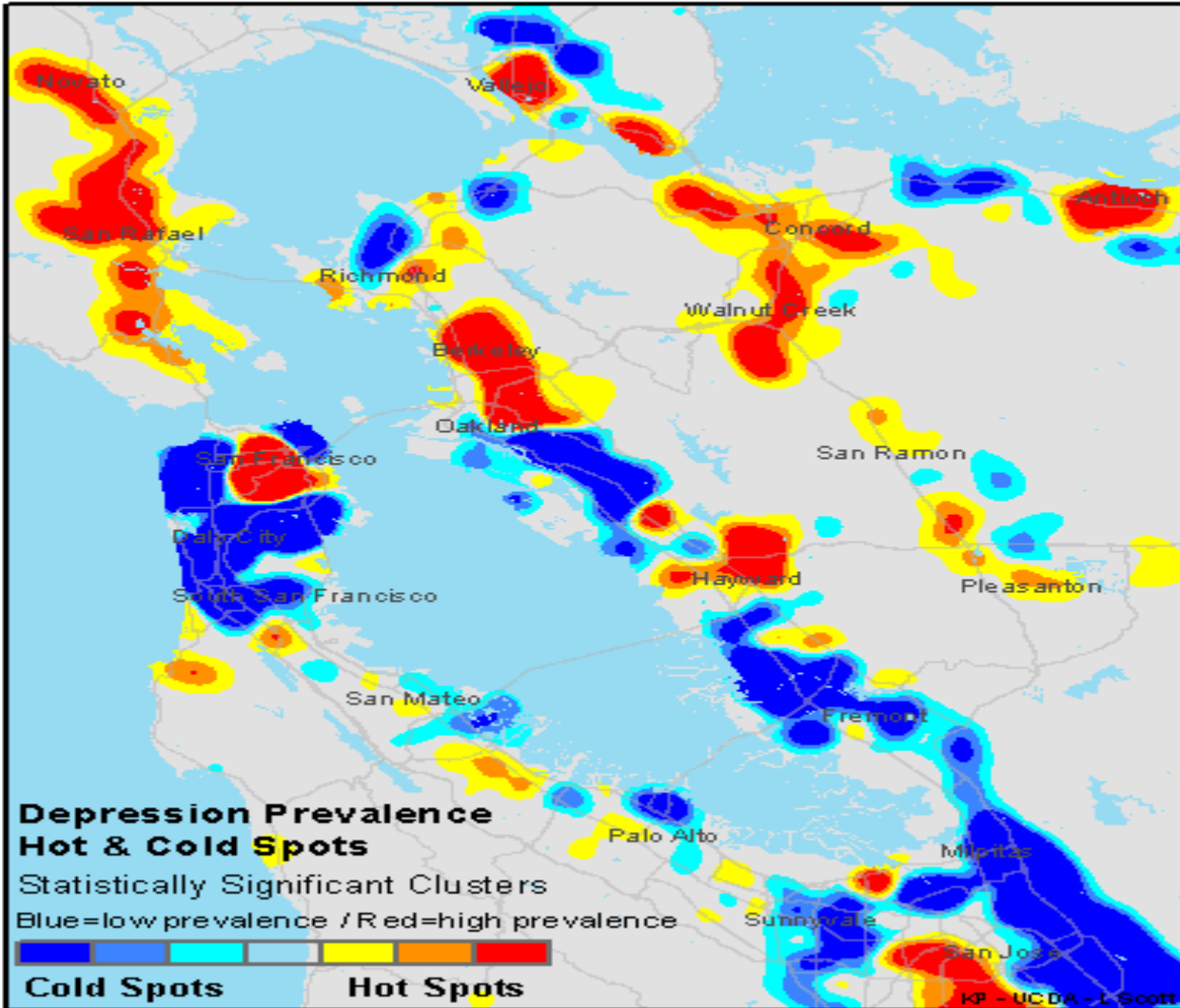
Place Matters: Obesity



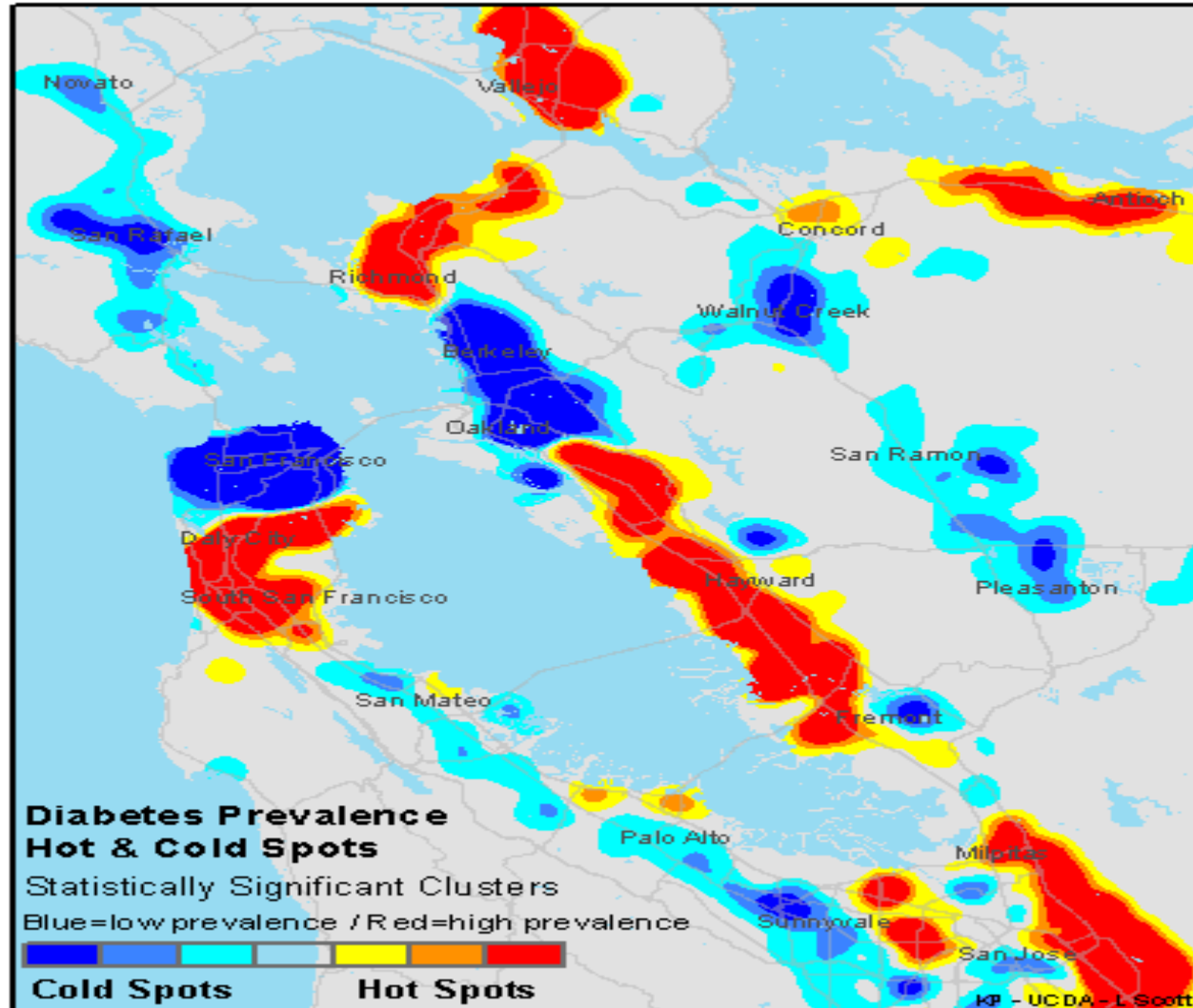
Place Matters: Asthma



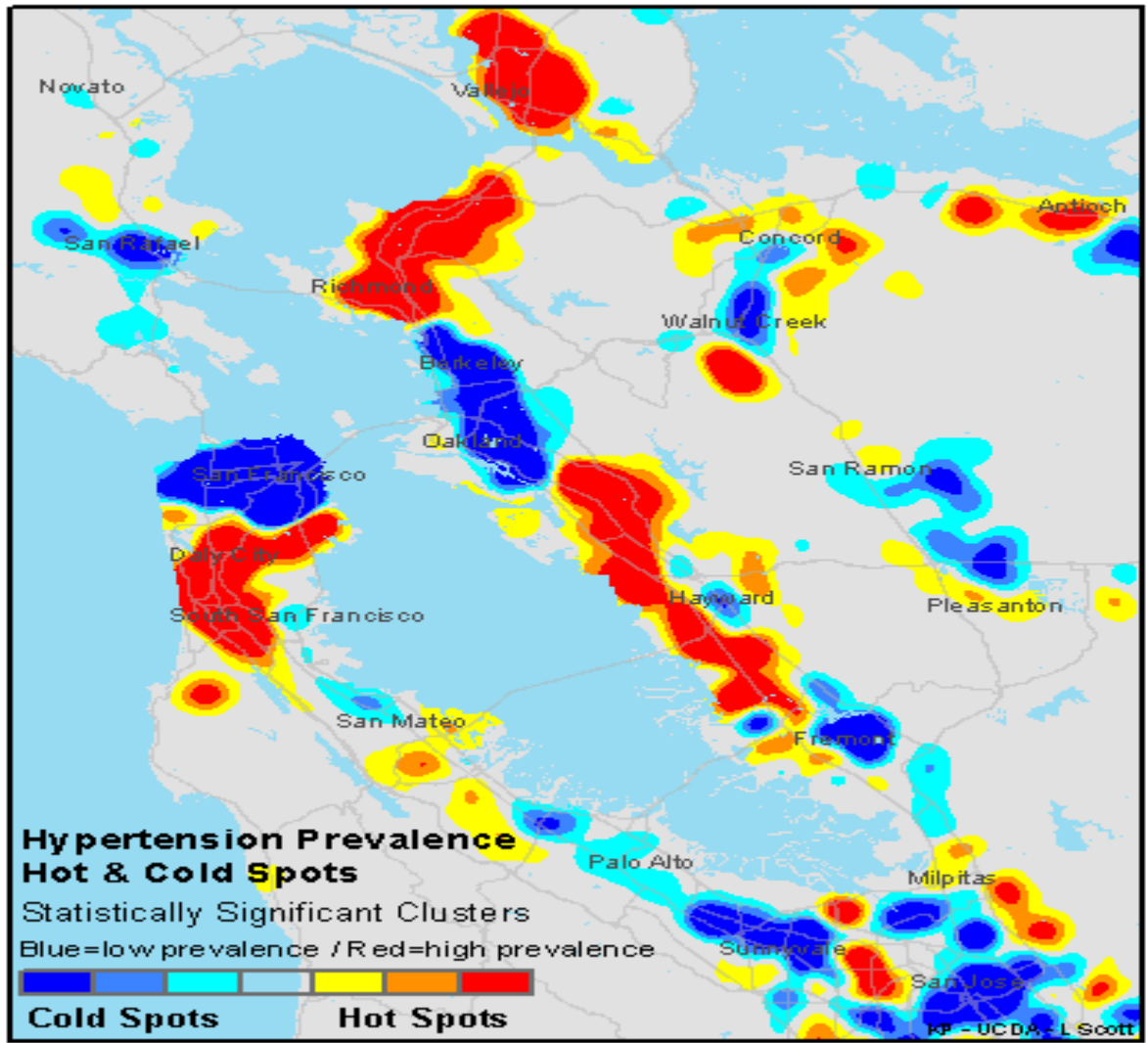
Place Matters: Depression



Place Matters: Diabetes



Place Matters: Hypertension



Place Matters



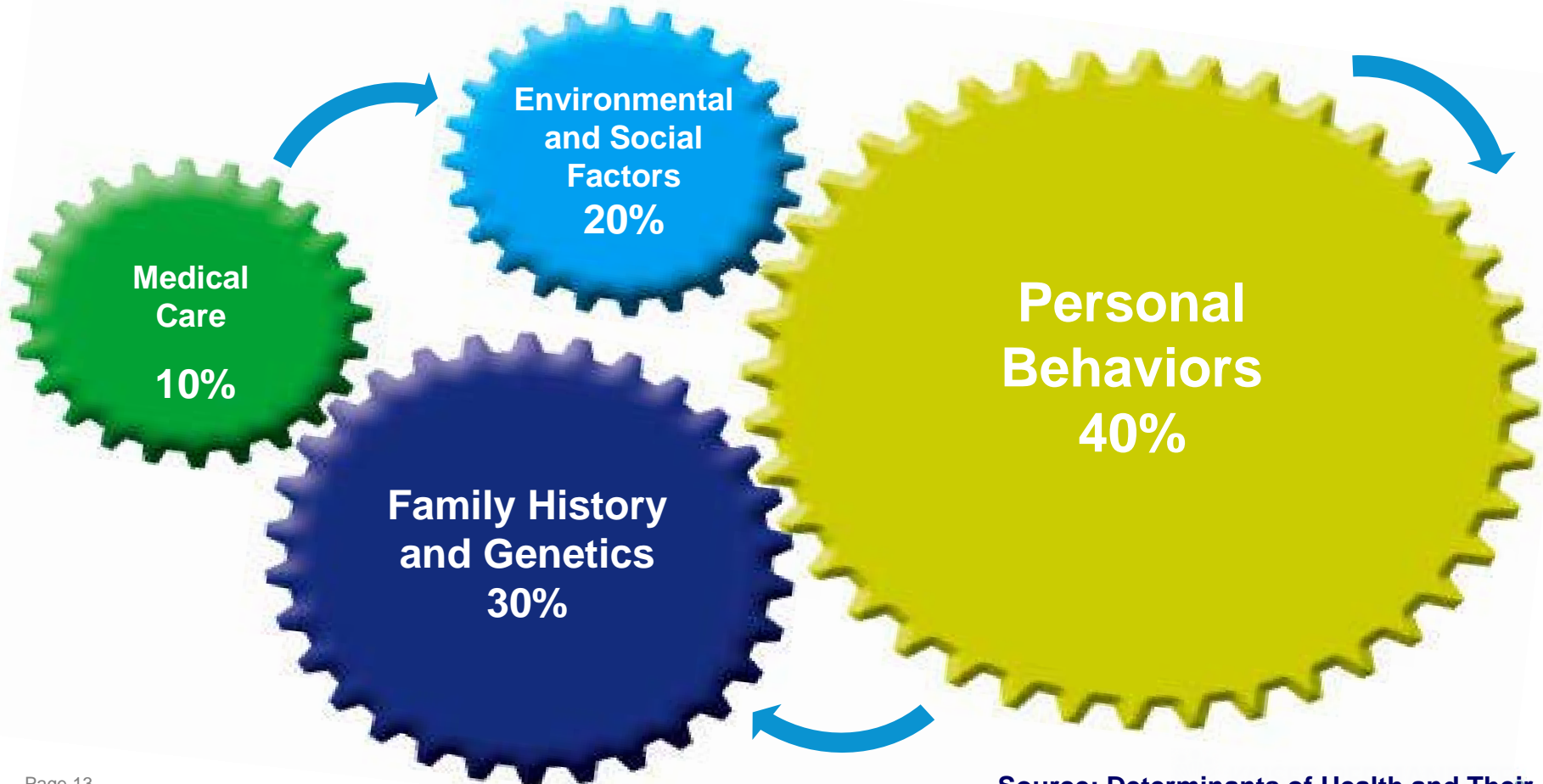
Male life expectancy in Hough & Lyndhurst OH:

8 miles = 24 years

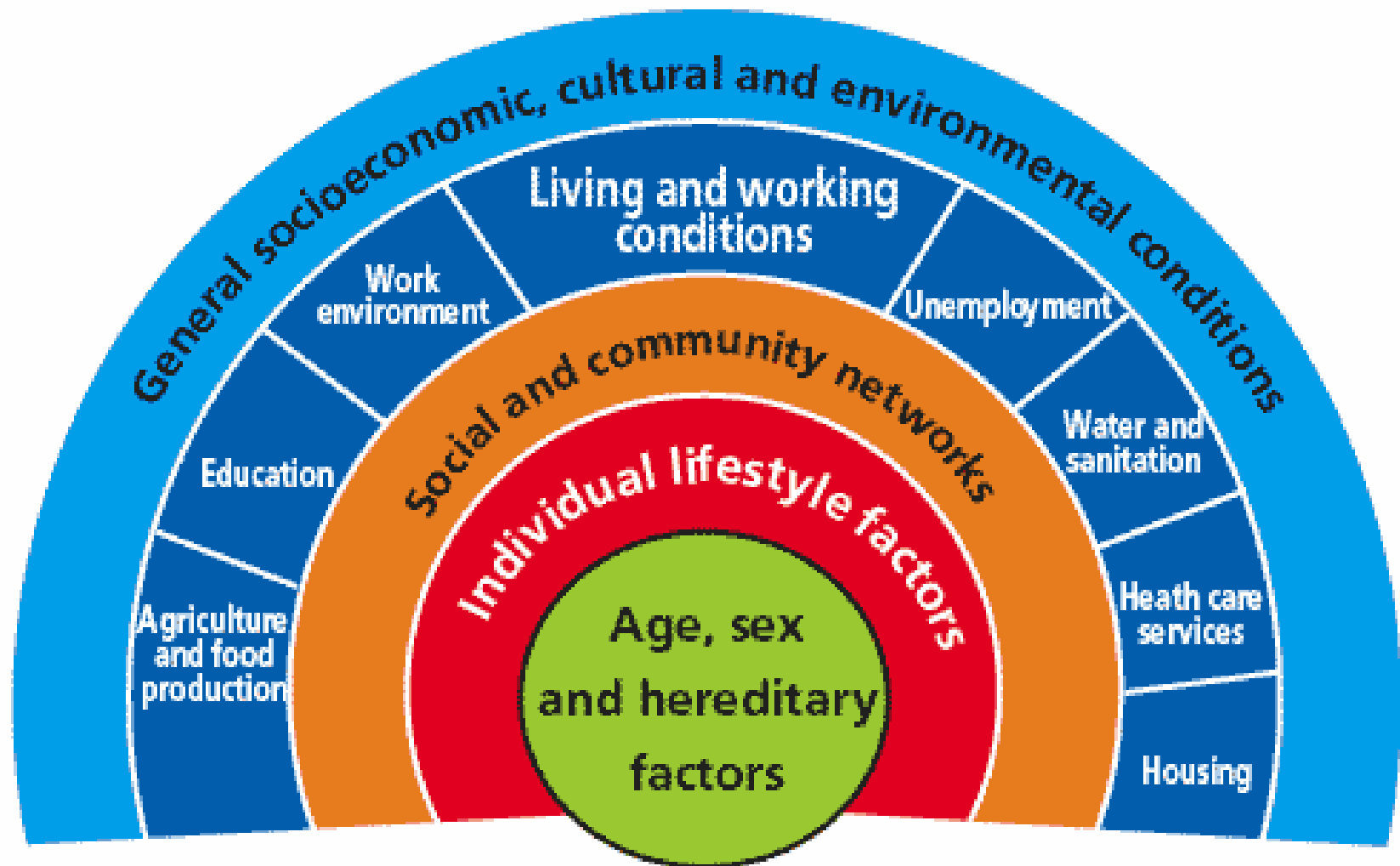
Many Factors Shape Health

- Health is driven by multiple factors that are intricately linked – of which medical care is one component.

Drivers of Health

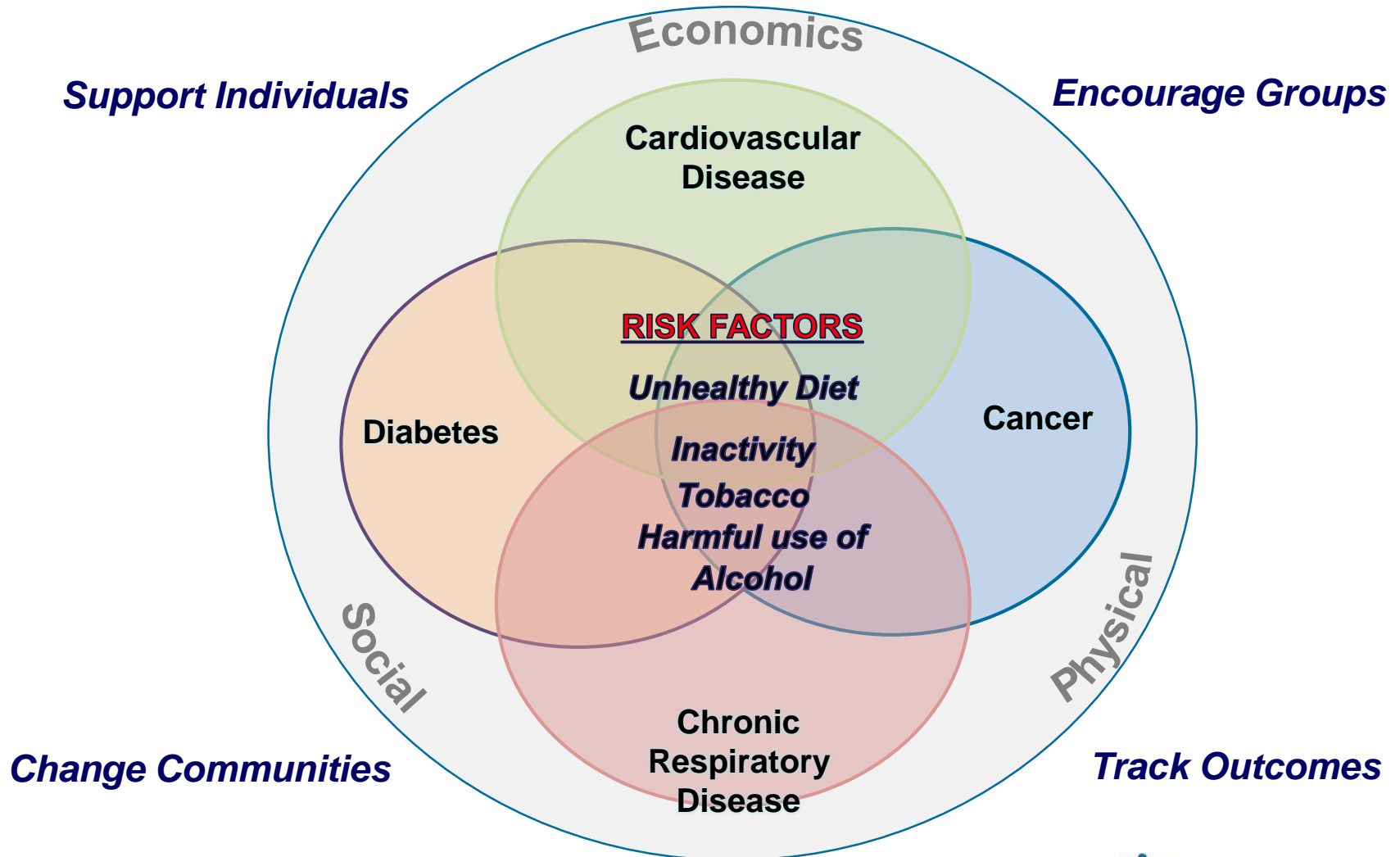


Determinants of Health (disparities)

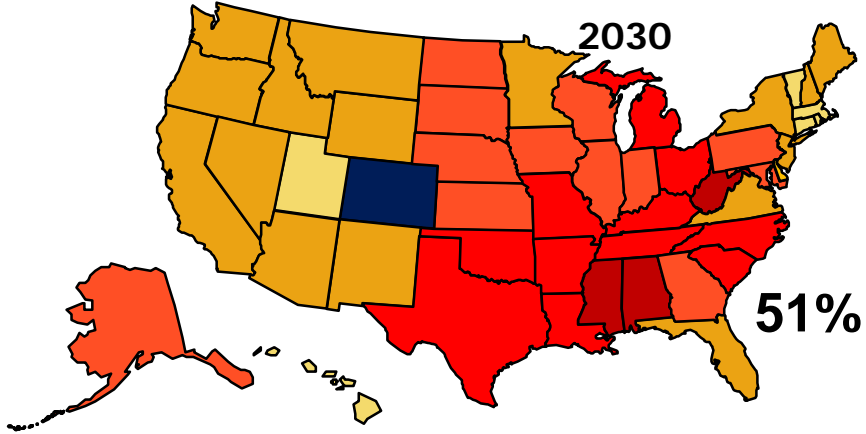
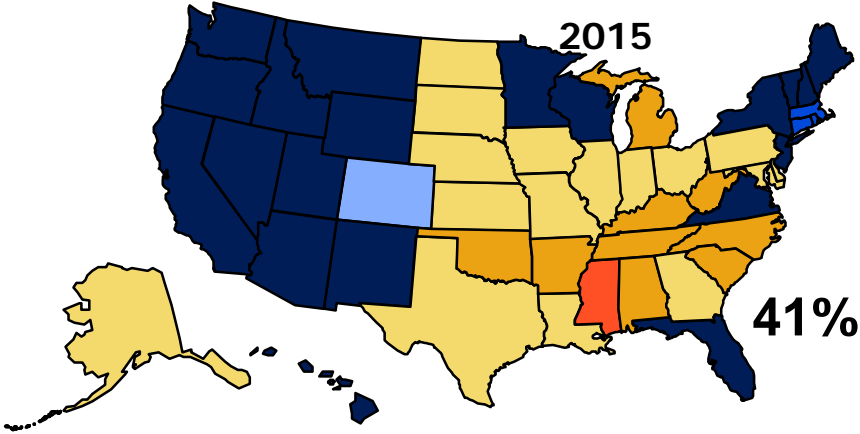
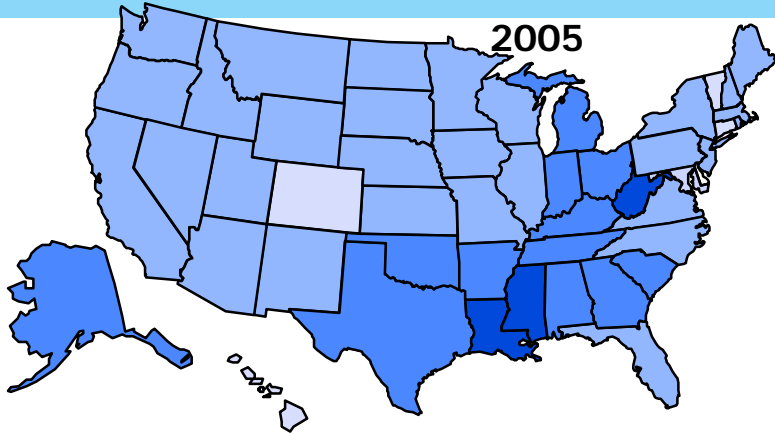
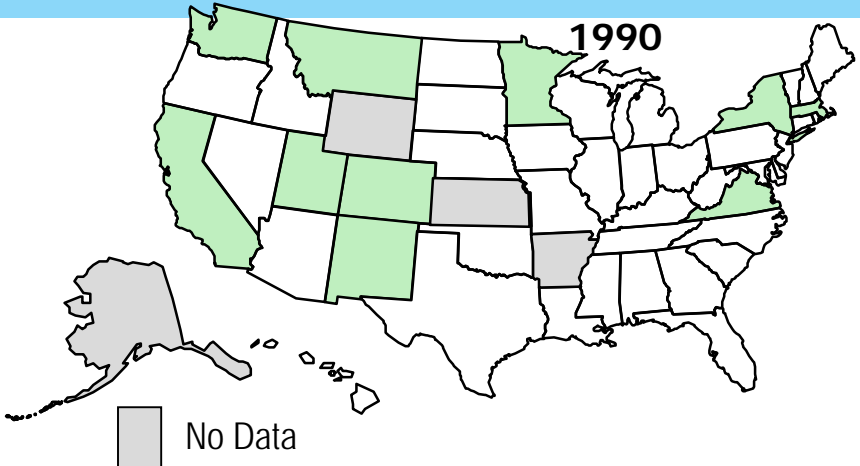


KP's Integrated Approach to Diseases and Risk Factors

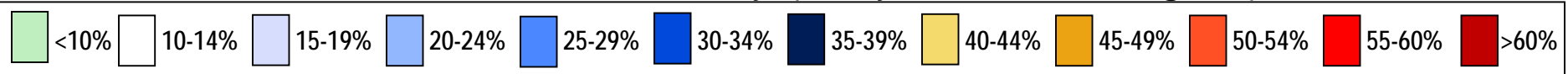
4 Diseases, 4 Risk Factors* → 4 Kaiser Permanente Actions



Increasing Prevalence of Obesity



Percent of Adults Obesity (body fat 30% or higher)

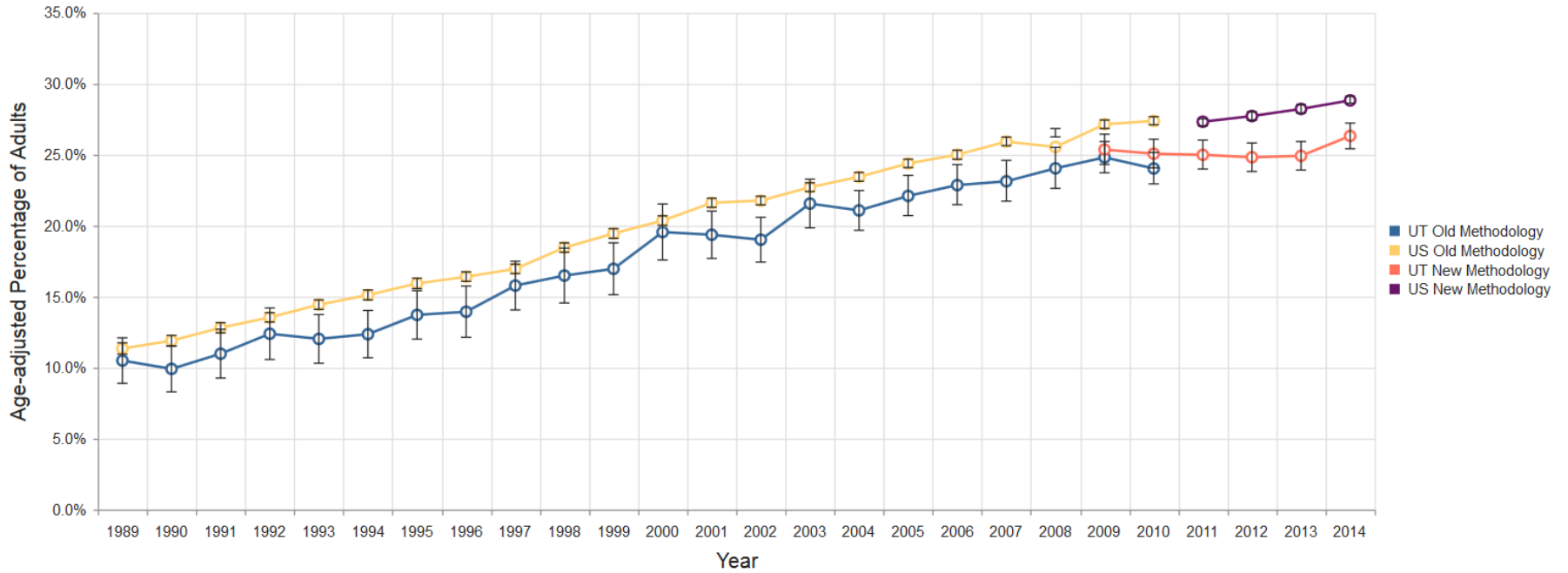


Sources: CDC Behavioral Risk Factor Surveillance System; Wang & Beydoun, The Obesity Epidemic in the United States – Gender, Age, Socioeconomic, Racial/Ethnic, and Geographic Characteristics: A Systemic Review and Meta-Regression Analysis. *Epidemiol Rev* 2007;29:6-28; Wang, et al. Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic. *Obesity* 2008;16:2323-2330; Institute for Alternative Futures projections for states

KAISER PERMANENTE

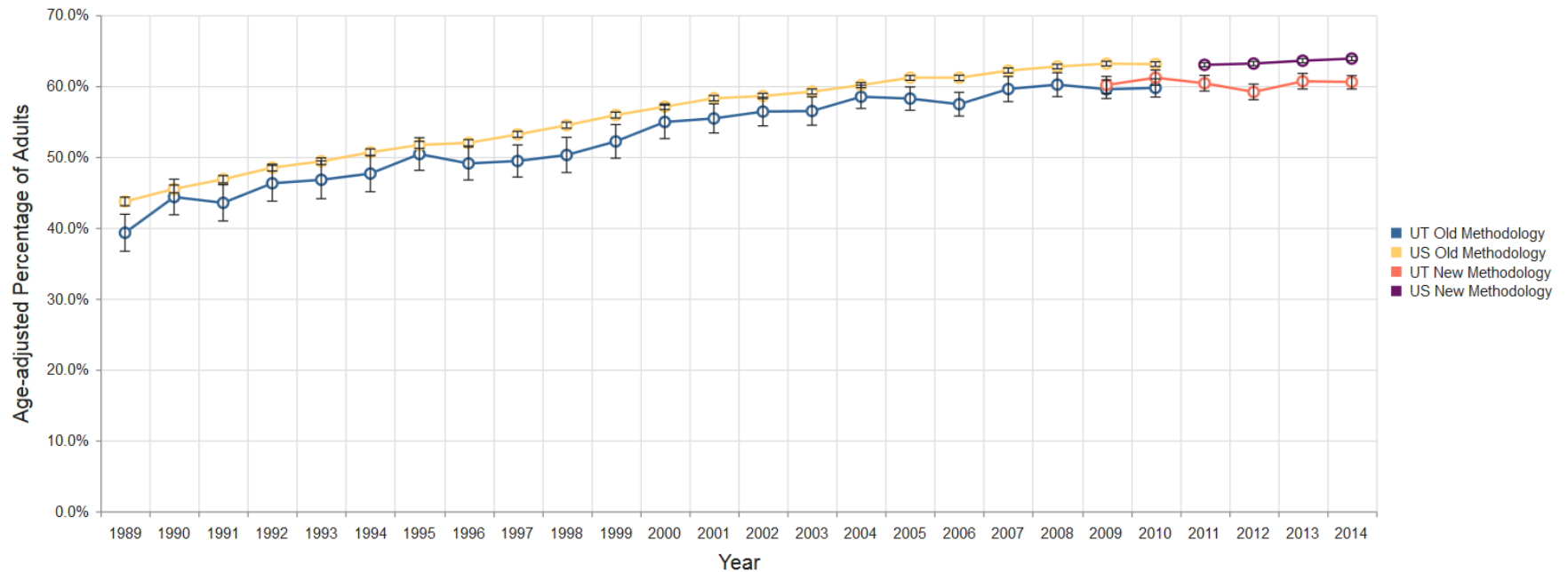
Adult Obesity: Utah and US

Adult Obesity, Utah and U.S., 1989-2014

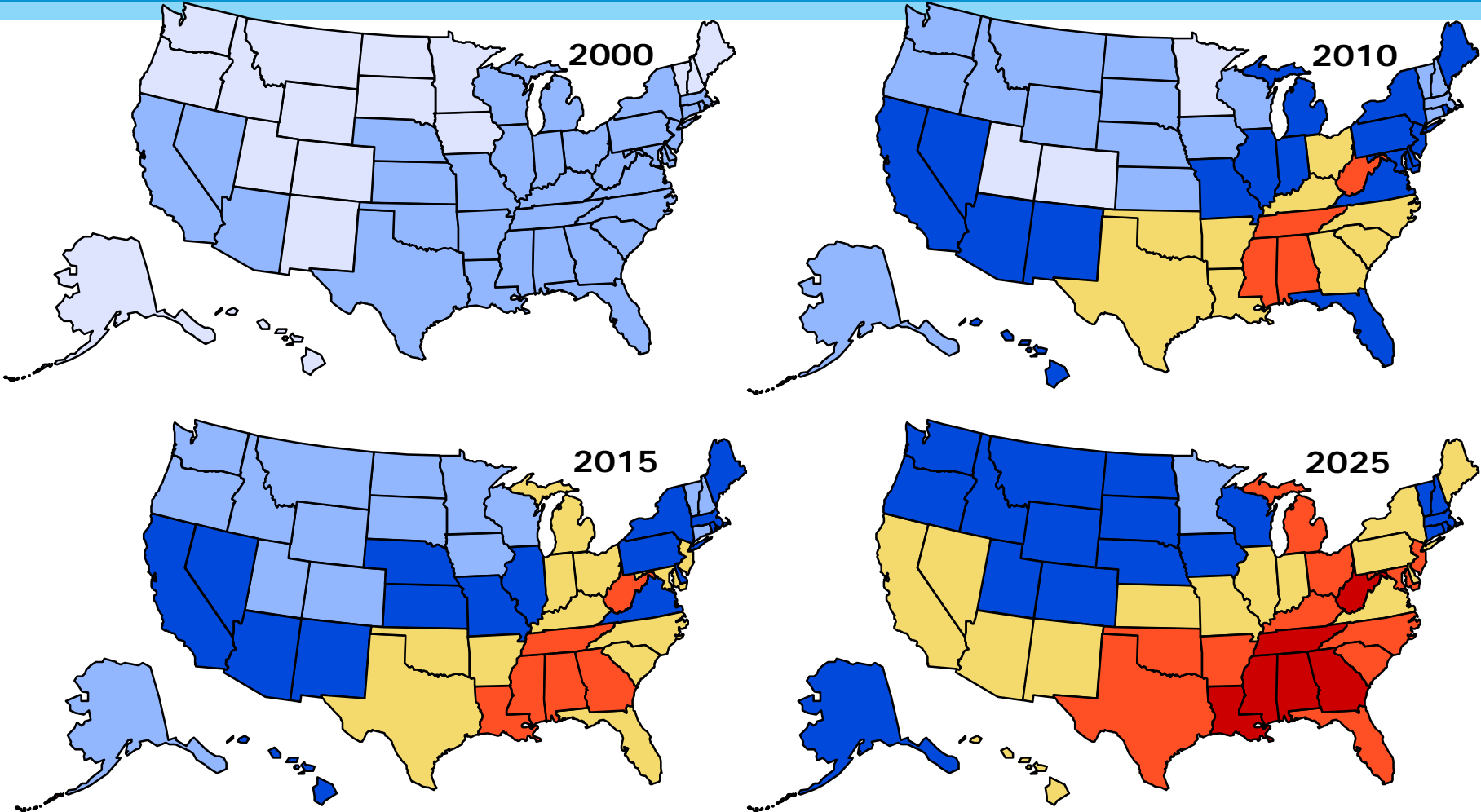


Overweight or Obese: Utah and US

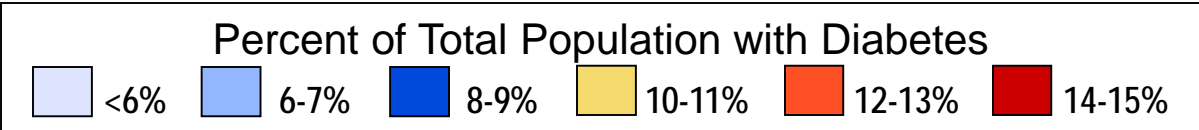
Overweight or Obese by Year, Utah and U.S., 1989-2014



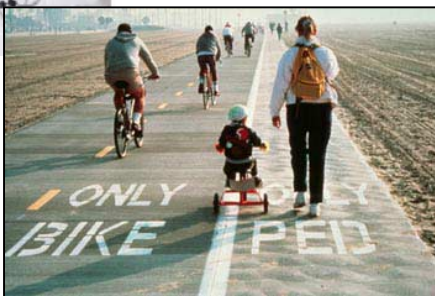
Increasing Prevalence of Diabetes



Improvements in therapies and medical management over time are factored in

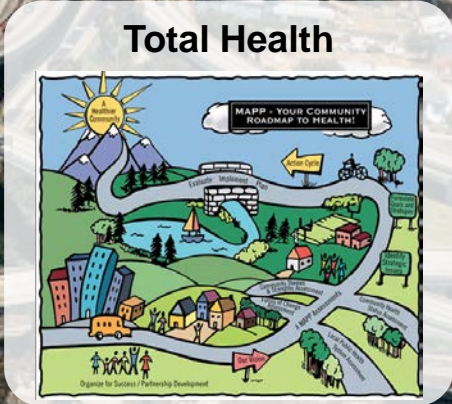


Health Across the Lifespan



Finding the Right Path in a Changing Environment

Many forces are at play in shaping the direction of the health sector



THEMATIC FOCUS AREAS

Kaiser Permanente's Community Health Initiatives focuses on the key health needs identified below. These thematic focus areas have emerged both from our experience working in communities where residents encounter these issues as barriers to engaging in health-promoting behaviors, and from our Community Health Needs Assessments, in which community needs were systematically assessed and documented across our regions.



NCAL Richmond Pediatrics

1 Food Insecurity

2 Child - Related

3 Health Insurance &
Access to Care

4 Employment

5 Utilities

6 Clothing, Household
Commodities

7 Adult Education

8 Housing

Insights from the Richmond Community Health Needs Assessment

- Food insecurity + limited access to supermarkets
- Gentrification and high cost of housing
- Economic insecurity and tenuousness of low wage jobs
- Higher rates of: homicide, domestic violence, assault, school suspension
- Limited mental health resources, training in trauma-informed care



Top Community Health Needs:

1. Obesity/Diabetes/HEAL
2. Violence and Injury Prevention
3. Economic Security
4. Mental Health + Substance Abuse
5. Healthcare Access

“Chronic stress from life experience related to unstable housing, unstable employment and unsafe communities”

Top Social Needs in Select KP Member Populations

NCAL Richmond Pediatrics	NW Complex Needs	SCAL Predicted High Utilizers	Predicted Dual-Eligible Members
1 Food Insecurity	1 Conservator / Guardianship	1 Financial Strain	1 Care-Giver Support, Crisis Intervention
2 Child-Related	2 Housing	2 Food Insecurity	2 Transportation
3 Access to Care and Coverage	3 Transportation	3 Care-Giver Support	3 Financial Strain/ Income Replacement
4 Financial Strain/ Employment	4 Social Isolation	4 Health Literacy	4 Food Insecurity
5 Utilities	5 Human Trafficking	5 Social Isolation Transportation	5 Utilities

Meeting Patients' Social Needs: Setting a New Standard for Healthcare

Vision: "Healthcare organizations identify and address individuals' most pressing human needs as an integral part of quality healthcare"

Key Capabilities/Functions:

- Assessment: Understand and document social needs
- Navigation: Connect patients to the right resources
- Partnership: Collaborate/partner with community resources
- Evaluation, Learning & Spread: Evaluate to build the evidence and inform spread/scale



Strategy: Drive adoption of a new norm through **institutional-level** commitments and **cross-sector collaboration**

**“It is unreasonable to expect
that people will change their behavior easily
when so many forces in the social, cultural,
and physical environment
conspire against such change”**

Institute of Medicine

Care Anywhere + Health Everywhere

In clinical settings

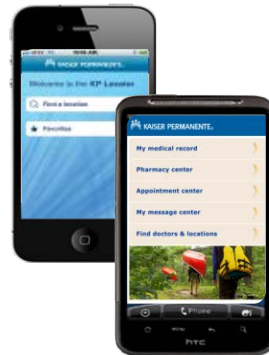


***Engaging people
Where they are...***

@ School



@ Home & on the go



@ Work



In the Community



Healthy People, Healthy Places, Healthy Economy





CANINE CONSTITUTIONAL



Ben Russell/Chicago

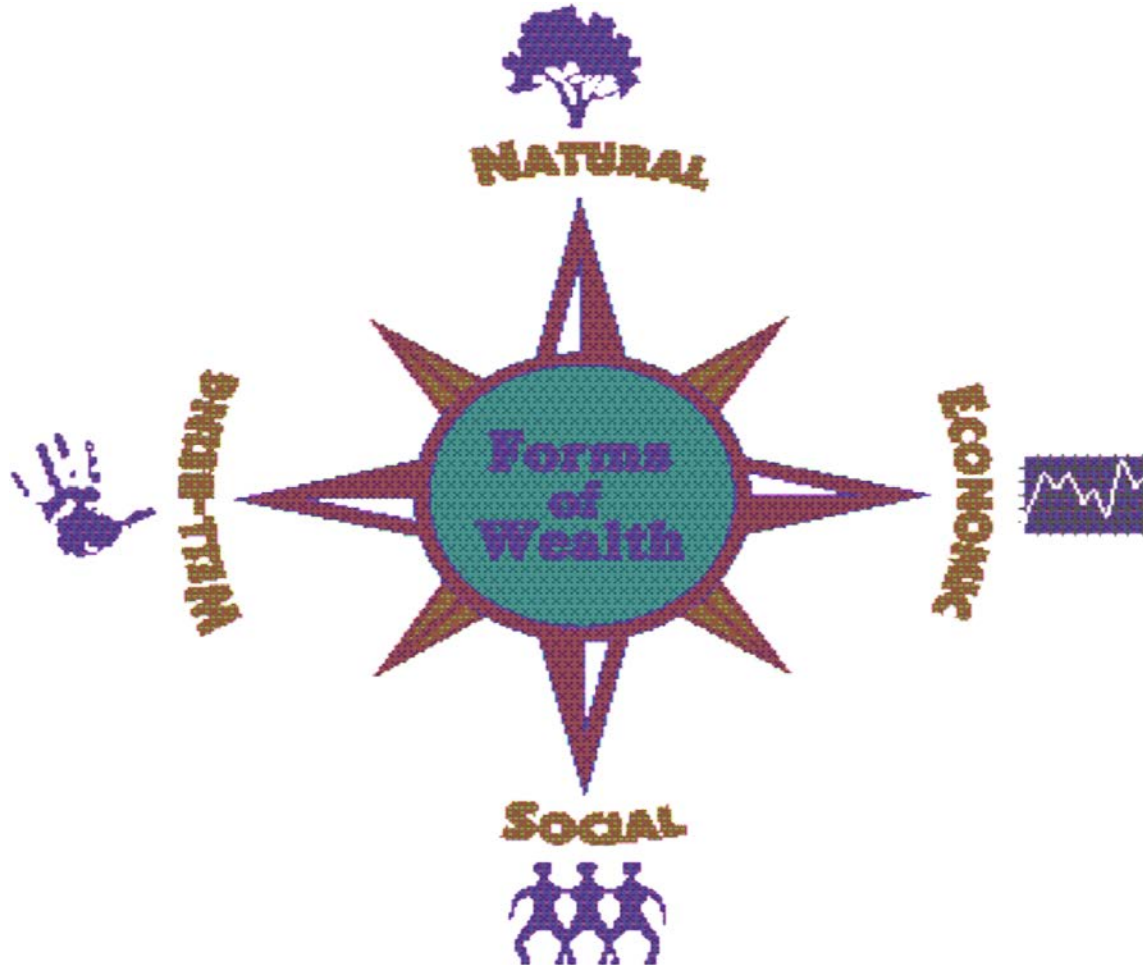
A brisk walk in the park keeps Maren B in shape between dog shows. His owner, Columbus resident Cathy Stumbo, got up early

to give her 3-year-old Doberman his regular workout. They typically log 15 miles in Berliners Park.

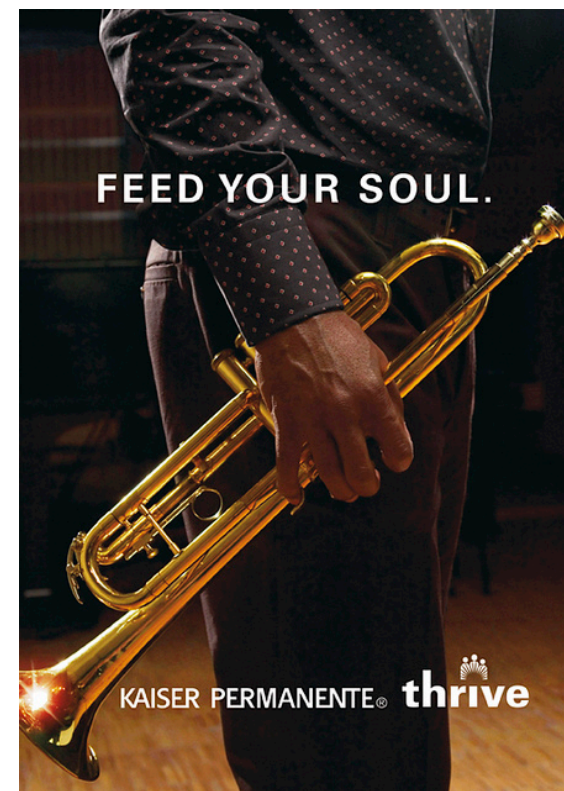
健走社區—長榮社區 Community Experiences in Walking



Forms of Capital ~ Wealth of Communities & Nations

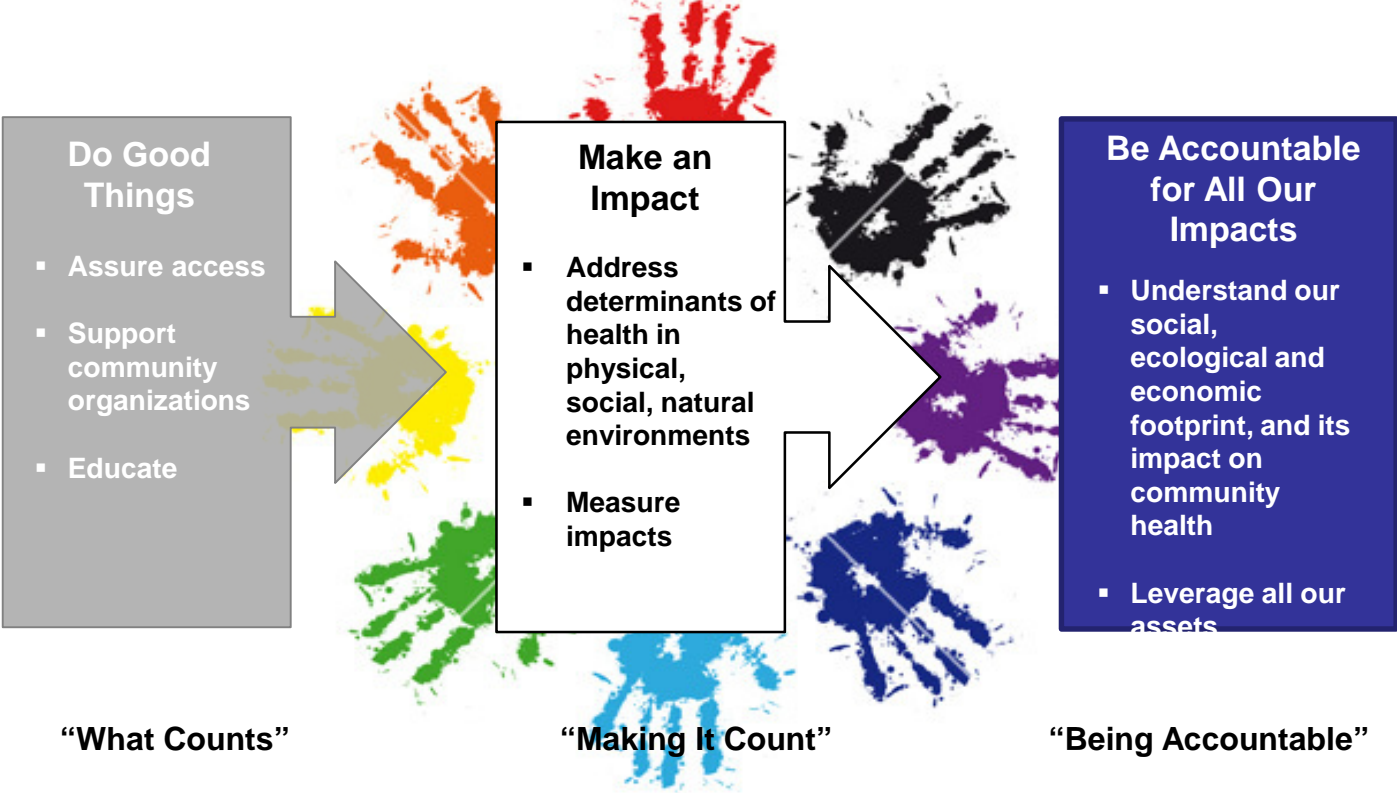


Our Aspiration



KAISER
PERMANENTE® thrive

Moving From Contribution to Accountability



Hand Printing: the good an organization does minus its footprint, accounting for positive actions to help drive an organization or individual to be net-positive

Policy, Systems, Environmental Change Strategies

Neighborhoods

- Parks, trails and other active public spaces
- General Plan / Complete Street ordinances
- Corner store conversion efforts
- Farmers markets and community gardens
- Multi-modal transit



Schools (+ child care, pre-, after- summer-)

- Nutrition standards /Cafeteria reforms
- Campus-wide PE and recess; + after school
- Joint Use Agreements
- Safe routes to school
- Screen time policies

Healthcare

- BMI as a vital sign
- Breastfeeding promotion
- Hospital cafeterias



Worksites

- Stairwell prompts
- Lactation support
- Worksite wellness programs



Focusing on Dose

$$\text{DOSE} = \text{REACH} \times \text{INTENSITY}$$

Intensity Deconstructed:

- Exposure
- Potency

What It Looks Like:

50% healthy vending slots → vending ban → whole school reform → school + corner stores

Walk to school day → walk to school year → complete streets → streets + school PA

Sustained Behavior Change?



Every Body WALK!

30 MINUTES TO BETTER HEALTH



Dear Health Care Provider:

What if there were one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.

Walking is a frontline, evidence-based intervention to put your patients on the path to better health, and the Every Body Walk Walking Prescription is designed to help you do just that.

The EveryBodyWalk Walking Prescription includes:

- + Office posters
- + Walking Rx pad
- + Call to Action

EveryBodyWalk is a campaign aimed at getting Americans up and moving. With your help, we can spread the message that walking 30 minutes a day, five days a week really can improve one's overall health and prevent disease.

Health care providers and health systems are vital to encouraging patients to walk. Actions you can take include the following:

1. Talking to your patients about walking

- + Assess physical activity levels at every clinical visit.
- + Write walking prescriptions.
- + Refer patients to local physical activity resources.

2. Walking with your team

- + When practical, convert sitting meetings in the workplace to walking meetings.
- + Encourage workplace physical activity opportunities and health challenges.

3. Walking with your community

- + Jumpstart walking in your hometown by holding regular walks for people to support community causes and meet local leaders, elected officials and celebrities.

4. Be a walking advocate

- + Commit yourself to walking 30 minutes a day.
- + Serve as a clinical expert to your elected officials, from your city council and school board on up to your mayor, governor, and state legislators. They need to hear from you and your neighbors.
- + Support physical activity initiatives such as Complete Streets, Safe Routes to School, and Walking Schoolbuses.

We urge you to make physical activity consultation a consistent, important part of your interaction with every patient at every visit.

Sincerely,

Robert Sallis

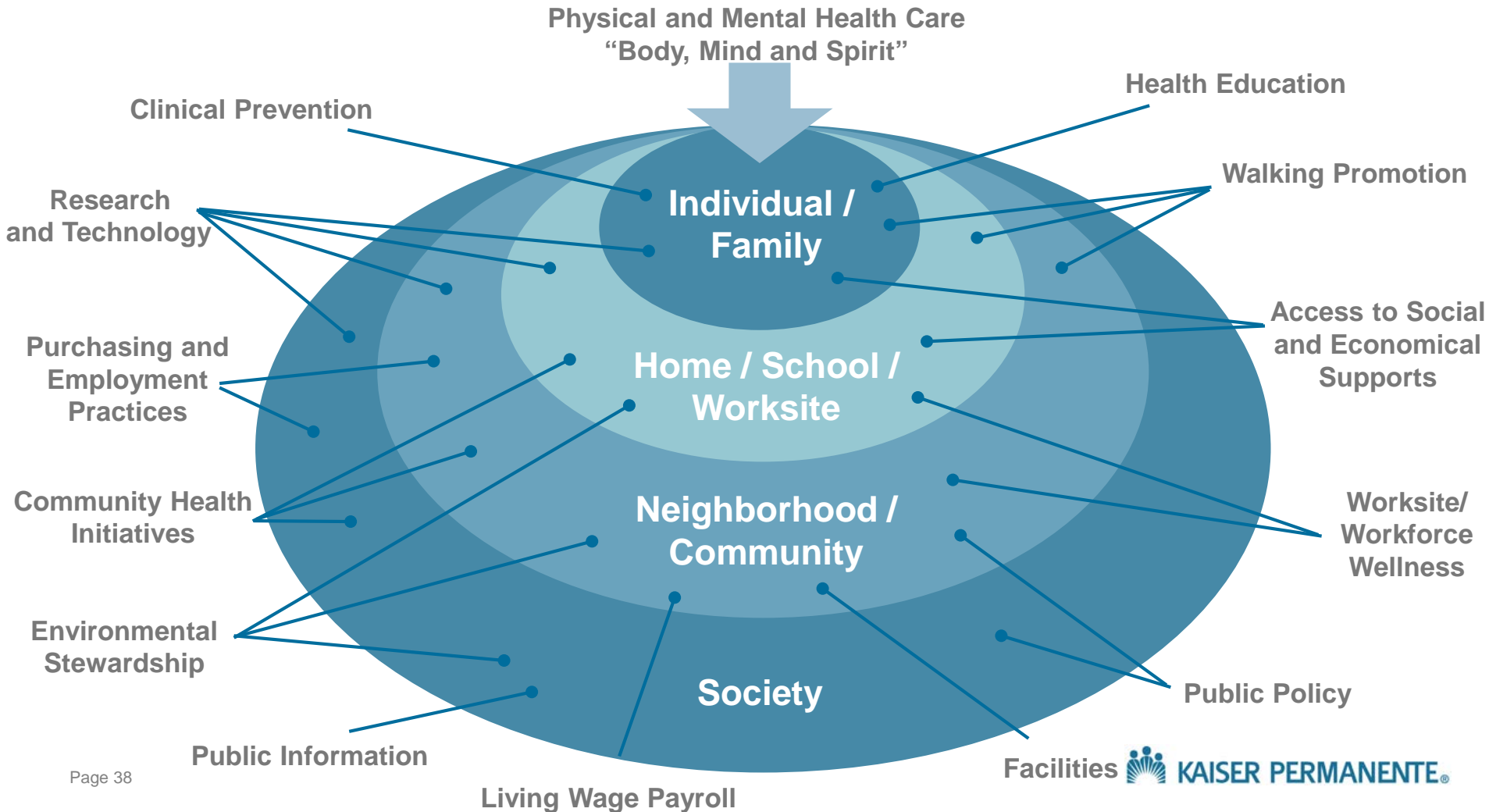
Robert Sallis, MD, FACS
Physician Spokesperson for Every Body Walk!

everybodywalk.org

Total Health Impact: An Anchor for the Communities We Serve

Deploying Kaiser Permanente Assets for Total Health

Bringing together our mission, brand, knowledge and capabilities.



Creating Total Health Impact by Addressing Health at all Levels

Leveraging KP's Multiple Assets as a Community Anchor / Total Health Organization



Environmental Stewardship

Safe Chemicals



Climate/Energy



Waste Reduction



Water



Sustainable Food



COMMUNITIES TODAY

Office
Parks

Hospitals

Churches

Schools

Parks

Community
Centers

Theatres/
Museums

Strip
Centers

Libraries

City Hall

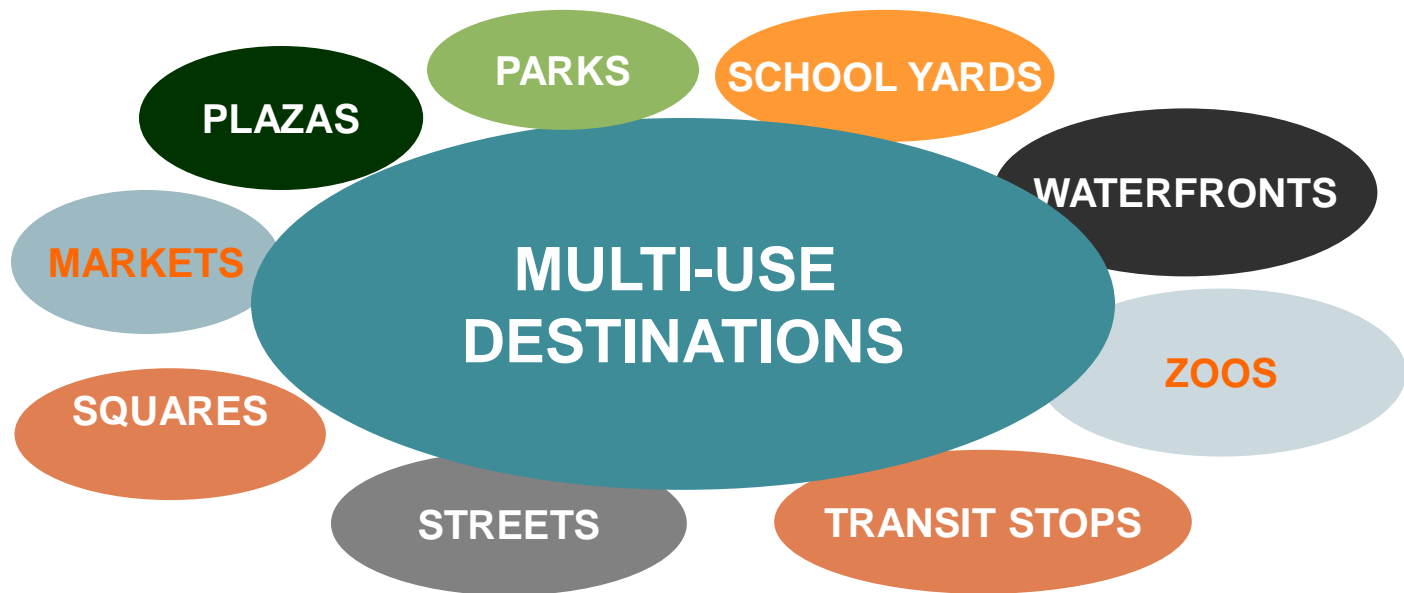
Malls

SUSTAINABLE COMMUNITIES OF THE FUTURE

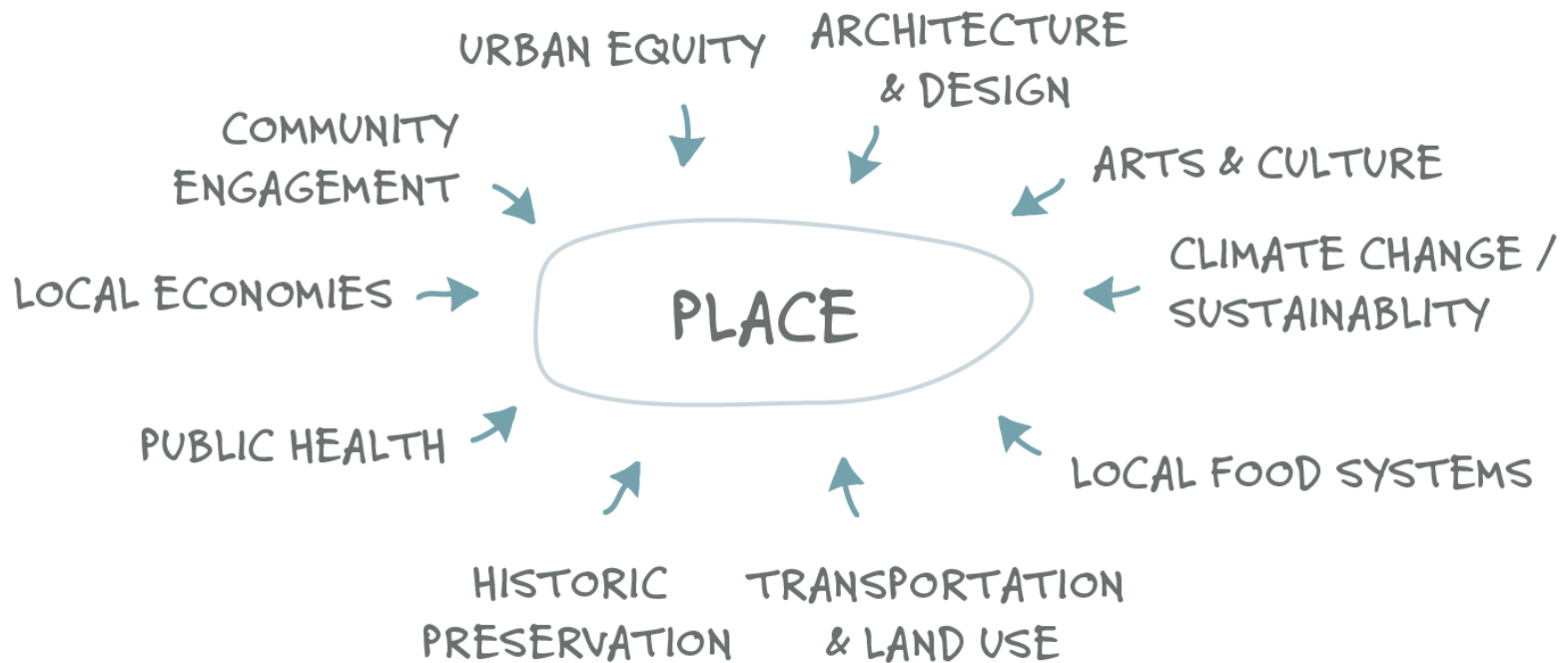
Office
Parks



CONVERGENCE OF PUBLIC SPACES THE FUTURE



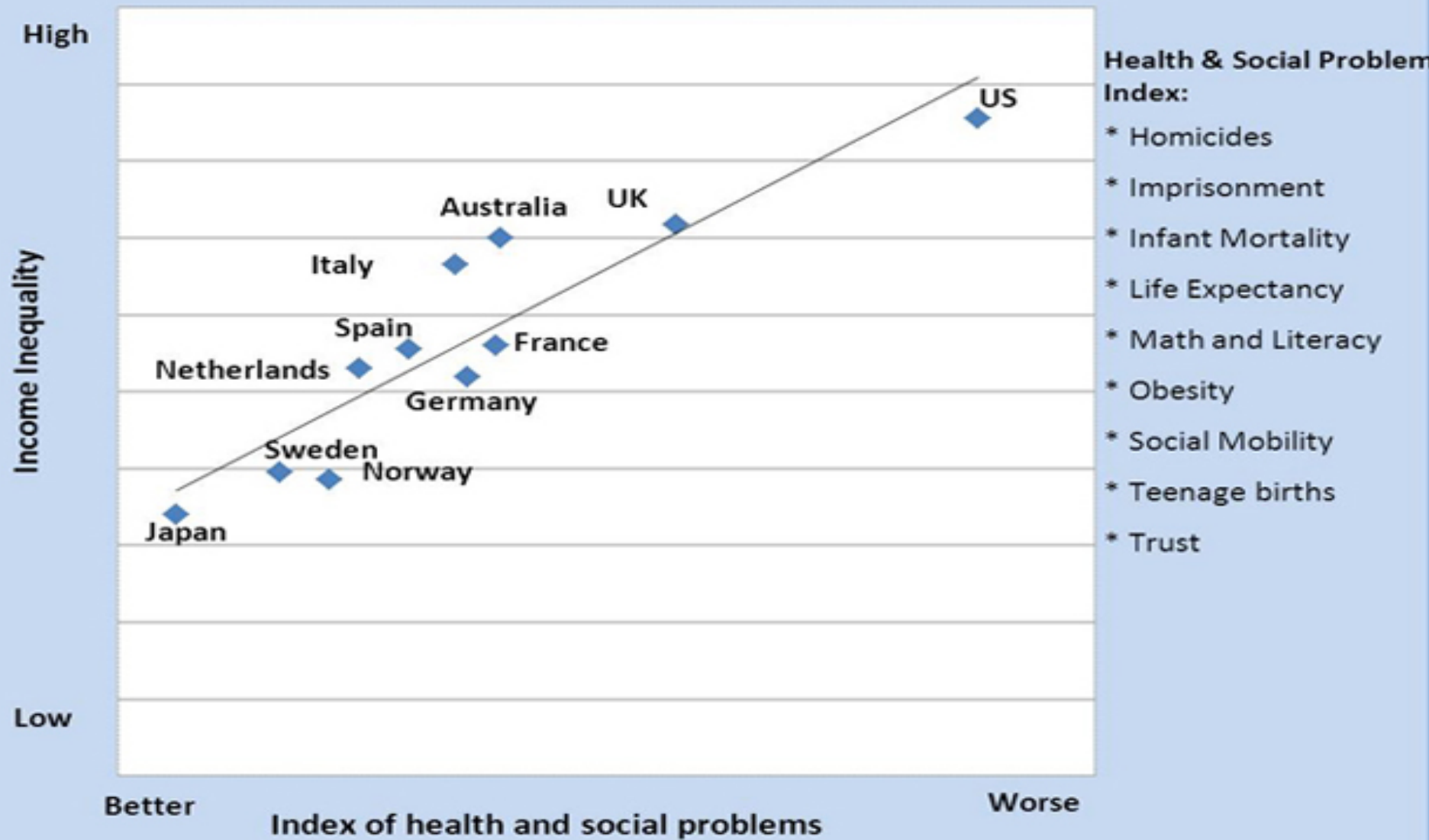
CONVERGENCE AROUND PLACE



Equity Is the Next Frontier



Equity Drives Health for Nations



Inequity Drives Ill Health for People

Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

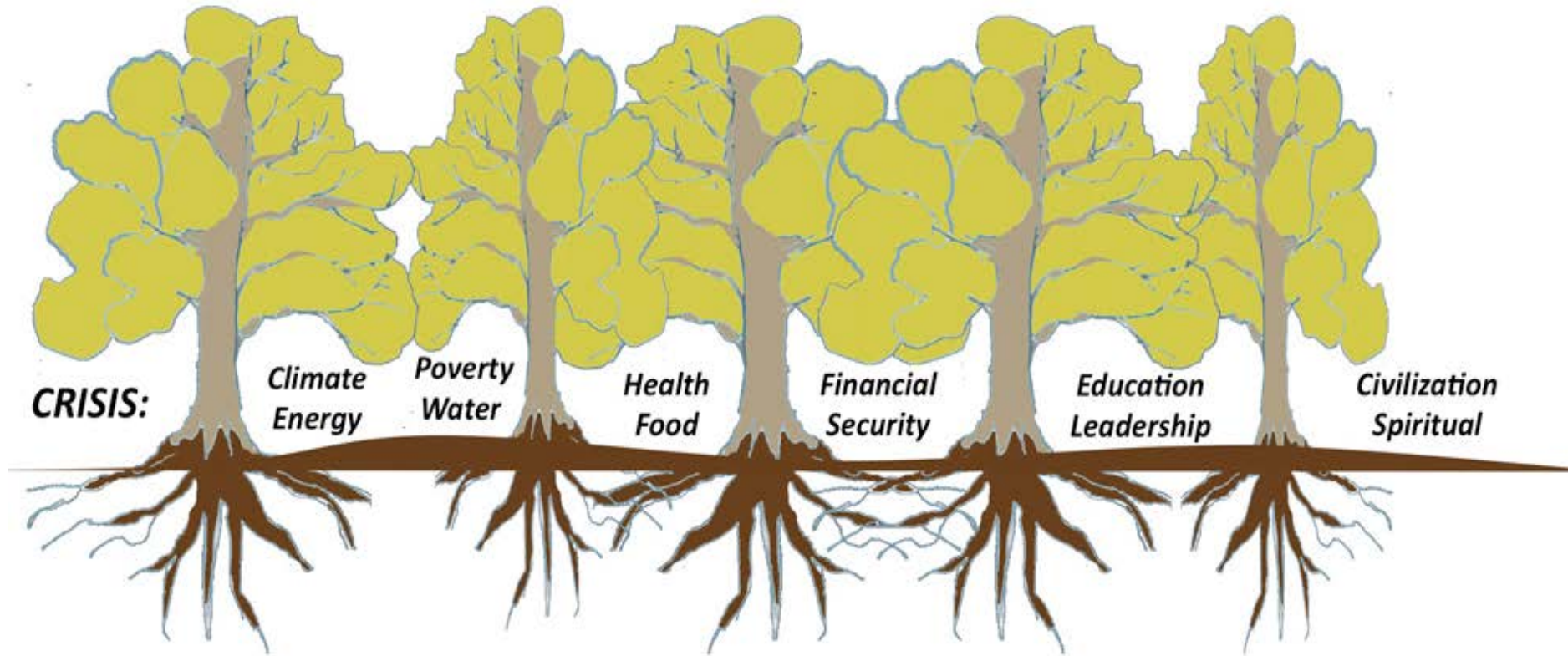
Abuse:

Psychological	11%
Physical	28%
Sexual	21%

Neglect:

Emotional	15%
Physical	10%

Its all connected



Boundary Crossing Leadership

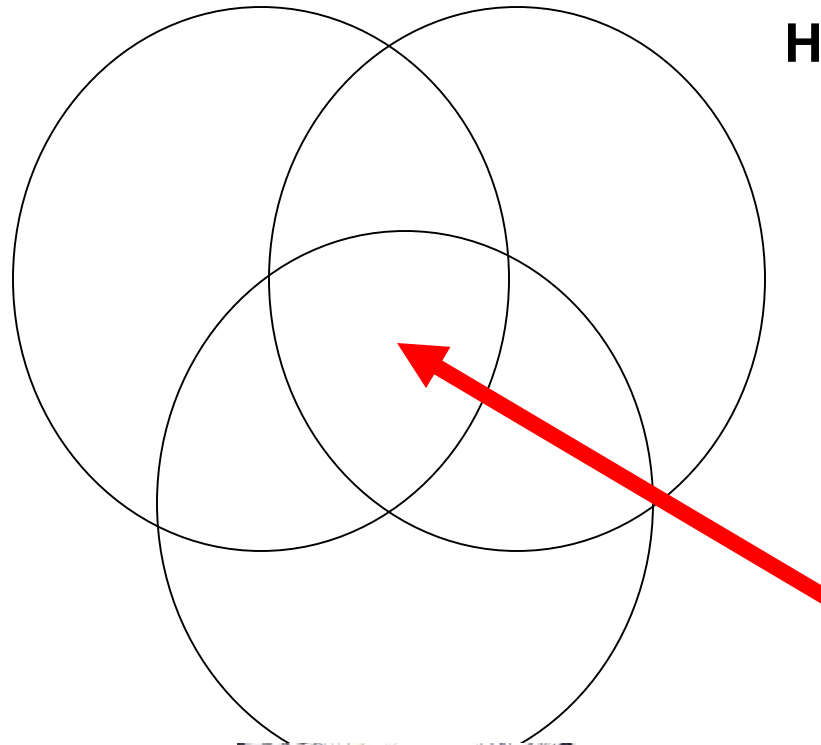
- trans-partisan (values, perspectives)
- trans-issue (systems convergence)
- trans-sector (interest/benefits)
- trans-jurisdiction (authority, inclusion)
- trans-generation (ages)
- transformational leadership

Working in the Nexus

Healthy People

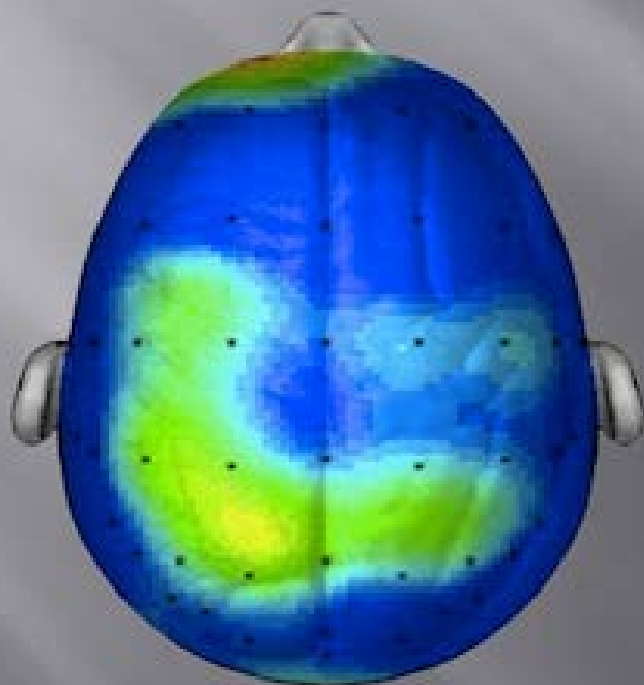


Healthy Environments

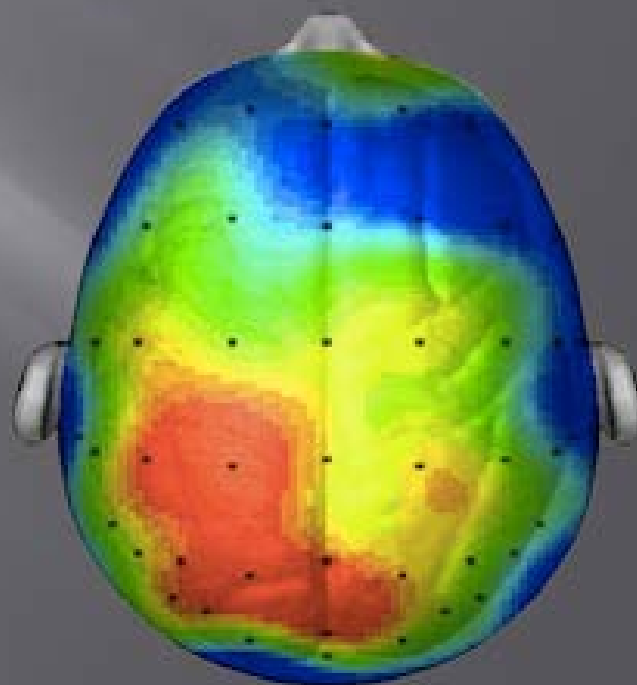


Thriving Local Economies

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

Dialogue Questions

In the context of measurably improving the health (and prosperity) of people and places, what are the:

- ***Key challenges before your community?***
- ***What makes leadership difficult?***
- ***Opportunities and implications for action?***

The Road Ahead is Challenging...But We Can Find A Way

