

New Models of Care: Promoting Health and Managing Chronic Conditions

QIO Seminar
June 25, 2009

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Partners in Care Foundation: Mission

- Partners is a think-tank and a proving ground
- Partners changes the shape of health care by creating high-impact, innovative ways of bringing more effective clinical and social services to people and communities
- Partners' direct services test, measure, refine and replicate innovative programs and services, and bring needed care to diverse populations

Our Framework for Change

- Identify an issue that is relevant to our mission and strengths:
 - Impacts a large population
 - Causes significant suffering and harm
 - Costly – significant expenditures in place
 - Promising – opportunity for high impact through innovation
 - Proving ground available – evidence-based
 - Sustainable

The Strategic Environment: Challenges and Opportunities

- U.S. health care system is in crisis
- Failings of system are profound and widely acknowledged
- Pressure is building for transformation

High Costs and Poor Outcomes

- Spend twice any other developed country
- Ranked 37th in world on health outcomes
- 40+ million uninsured
- Little prevention/lots of expensive late care
- Growing role for community and family caregiving and self-care

Many Evidence-Based Programs

- Focus varies
- Targeting Key

28% of Medicare Spent in Last Year of Life

- Palliative care at home
- Kaiser project became new standard of care
- Better clinical outcomes and significant cost reductions

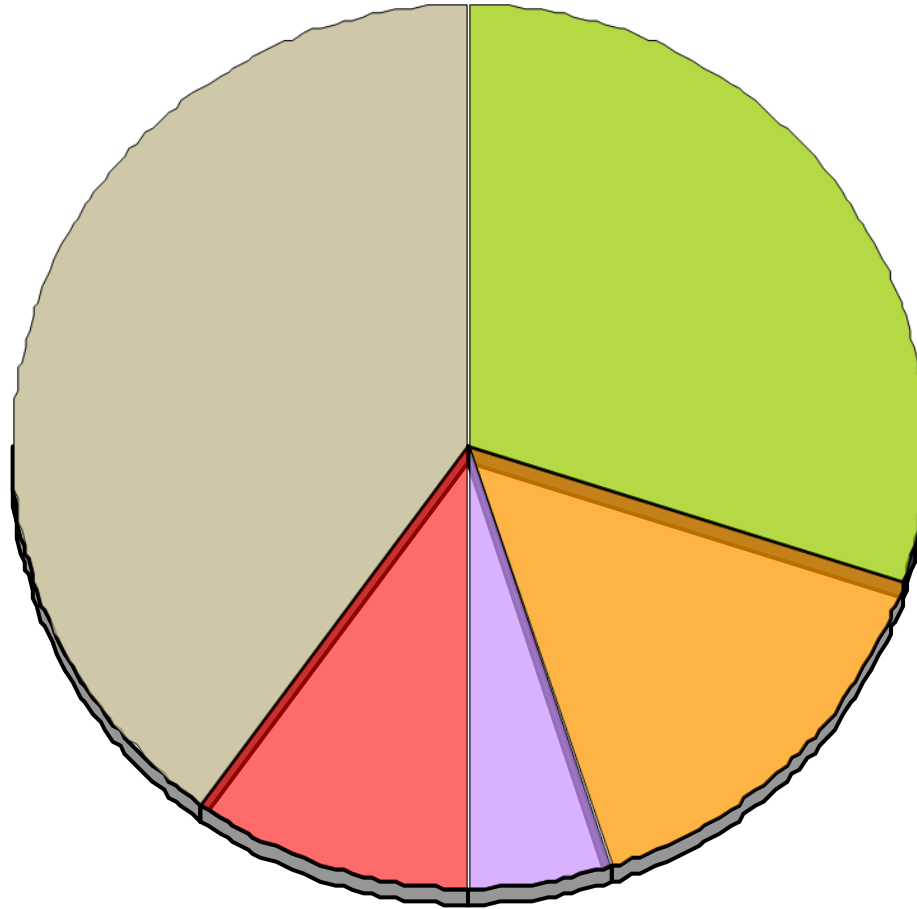
80% of Health Dollars Spent on Chronic Conditions

- 31% of Americans are obese
- Adults are not physically active (28-34% aged 65-74; 35-44% aged 75+)
- Rates of obesity in children (16-33%)
- Type II diabetes skyrocketing – 40% increase in '90s. 6.9% of Americans; 20% among 65+
- Ethnic health disparities dramatic

40% of Deaths in U.S. Attributed to Modifiable Risk Factors

- Smoking was king
- Obesity and lack of physical activity
- Chronic conditions result:
 - Diabetes
 - Respiratory conditions
 - Cardiovascular
 - Arthritis
 - Cancer

Determinants of Health & Contribution to Premature Death



The Scope of the Problem

- 1.7 million Americans die of a chronic disease each year
- Chronic diseases affect the quality of life of 90 million
- 87% of persons aged 65 and over have at least one chronic condition; 67% have 2 or more
- 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition

What is a chronic disease?

- Arthritis
- Chronic lung disease
- Diabetes
- Heart condition
- Cardiovascular disease
- Chronic pain
- Depression
- Cancer
- Stroke
- Any ongoing health condition

Four chronic conditions cause 2/3 of all U.S. deaths annually:

- Heart Disease**
- Cancer**
- Stroke**
- Diabetes**

New Models of Care are Needed

- Reallocation of existing dollars from care to prevention and promoting health
- Strengthen community and home care – reduce use of institutions
- Reduce fragmentation – increase integration to address chronic diseases

Need to work with whole person, family and community

- Facing complex and fragmented system
- Need to integrate personal care and medical care
- Interdisciplinary team needed
- Fundamental re-design is required – in large, complex system
- Requires a new “utility” of easily available self-care

Building Infrastructures for Health

- Physician offices need to connect to community resources to build health
- Creation of widespread community-based programs to address lifestyle change are needed – especially to manage risks like diabetes progressing, heart disease & falls
- Evidence-based programs are essential

More than new infrastructure

- Need “pathways to health”
 - methods to identify those who will benefit
 - brief methods to open the door to change
 - skills and tools to enhance class completion
 - alternatives available for continuing involvement in healthy lifestyle

The Expanded Chronic Care Model: Integrating Population Health Promotion



Barr V et al. The Expanded Chronic Care Model: An Integration of Concepts and Strategies from Population Health Promotion and the Chronic Care Model. *Hospital Quarterly* 2003; 7(1): 73-82

California Evidence-Based Initiative 2006

- California Departments of Aging and Health awarded 3-year grant from Administration on Aging
- Initiative brings evidence-based programming to age-based organizations
- Partners in Care is the state program office, *California Health Innovation Center*



Our shared great cause

- California Departments of Aging and Public Health have designated a non-profit to serve as the program office for the Chronic Disease Self-Management Program
- And future evidence-based health programs

AoA Evidence-Based Programs

- ***Matter of Balance***: managing concerns about falls
- ***Healthier Living***: managing ongoing health conditions
- **Healthy Moves for Aging Well**
- ***Medication Management Improvement System (MMIS)***



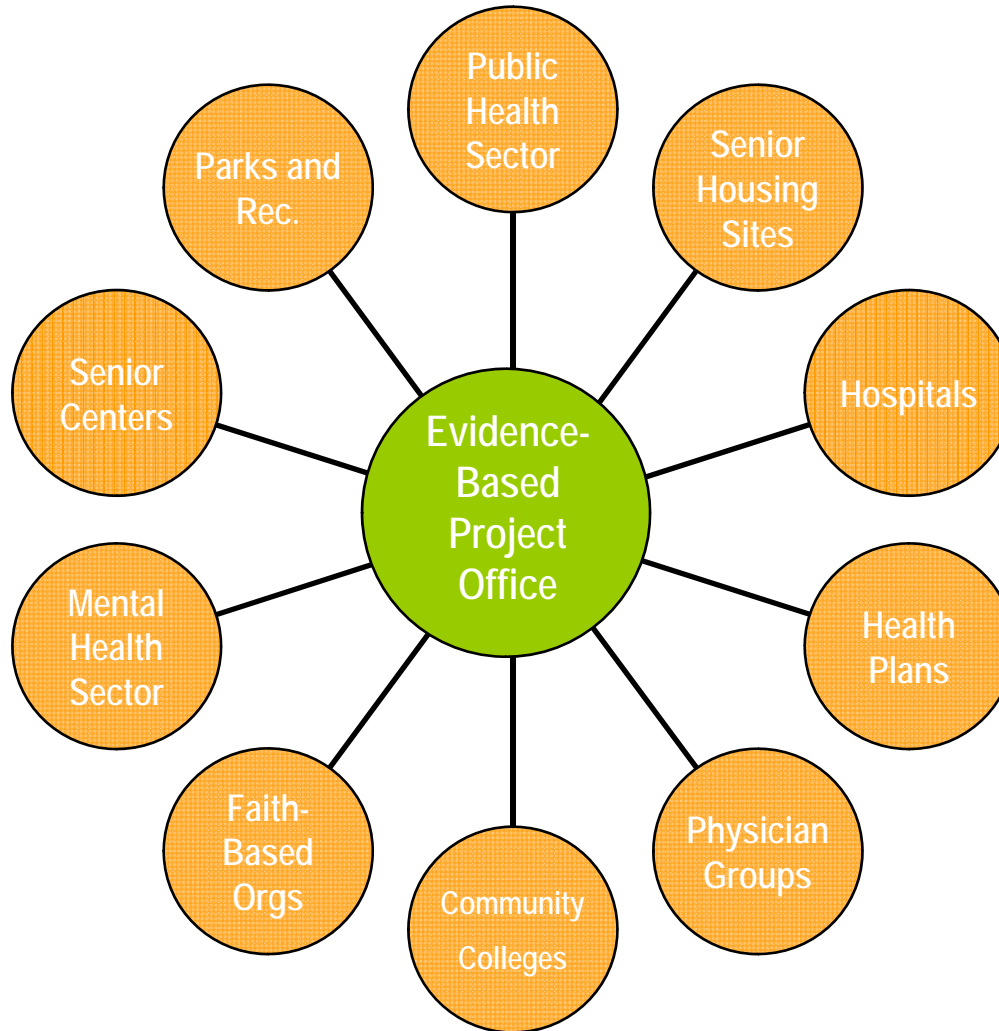
Changing American Culture

- We are in the service of a great vision
 - Mainstreaming access to powerful tools for health
 - Building a platform for better quality of life
 - Less pain
 - Less illness
 - Greater mobility and better function
 - **This is a MISSION, not a PROJECT**

Going to Scale

- This is challenging work that needs to:
 - Reach large numbers of people – a new utility
 - Maintain fidelity
 - Be sustainable/cost-effective and consumer-engaging
- Part of a 24-state national initiative – moving toward a social enterprise

Target Sectors For Adoption / Engagement



Expansion & Sustainability Workgroup

Purpose: Guidance to the CA Depts. of Aging and Public Health to craft a comprehensive expansion and sustainability plan

Health Plans:

Catholic Health Care West
Kaiser Permanente;
St. Joseph Health System
Daughters of Charity

Foundations:

Archstone Foundation; UniHealth
Foundation
The California Endowment
California HealthCare Foundation
Kaiser Permanente Community Benefit

Education:

Community College Educators of Older
Adults

Non-Profit:

Partners in Care Foundation

Government:

Los Angeles County Public Health Department

Business:

Examples of partnerships

- Community College Older Adult Programs and K-12 Resources
- Disease-Specific Organizations
- Public Health and Community Clinics
- Physician Groups, especially managed care
- Faith-Based Settings

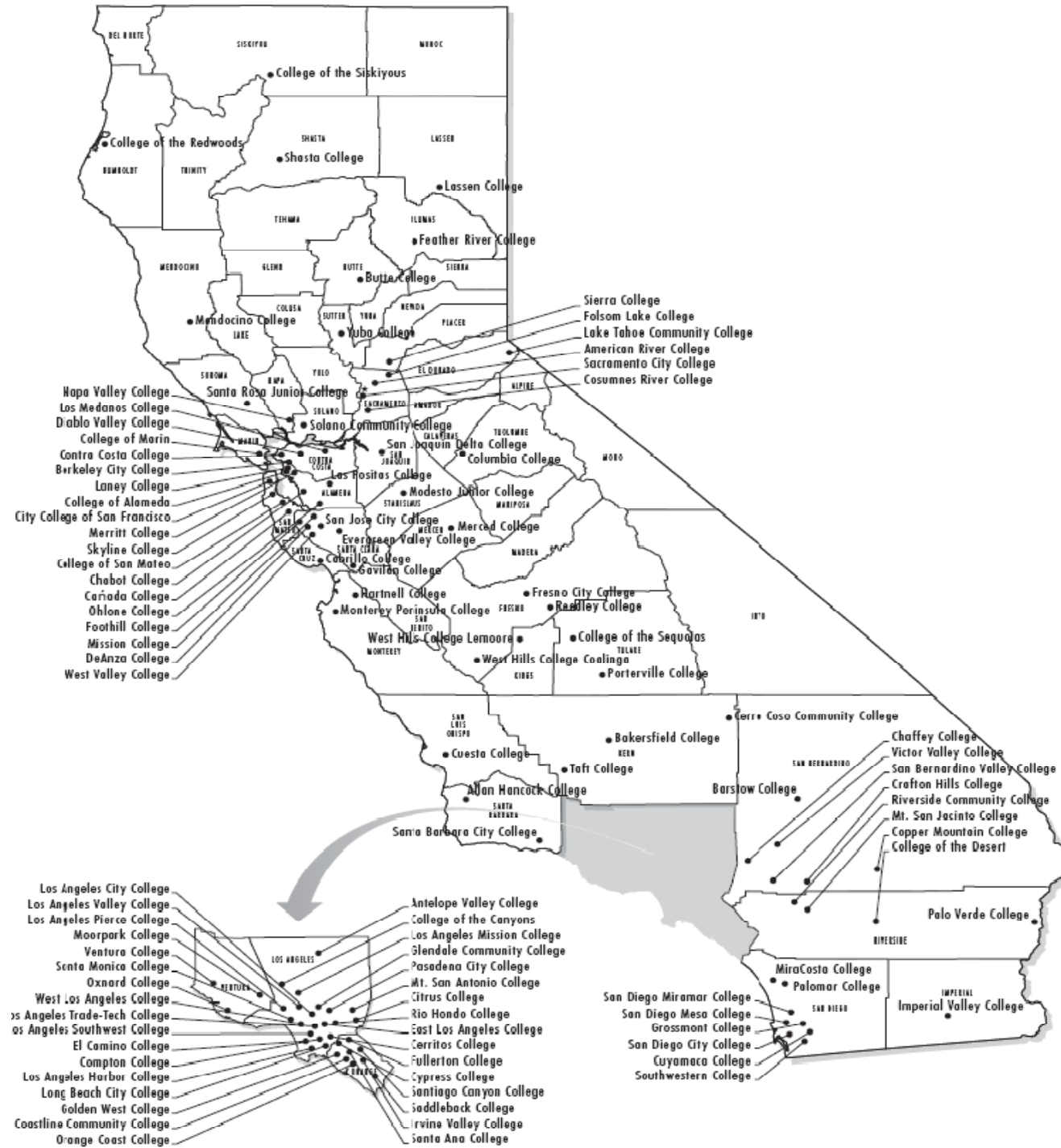
Kaiser a Vital Partner

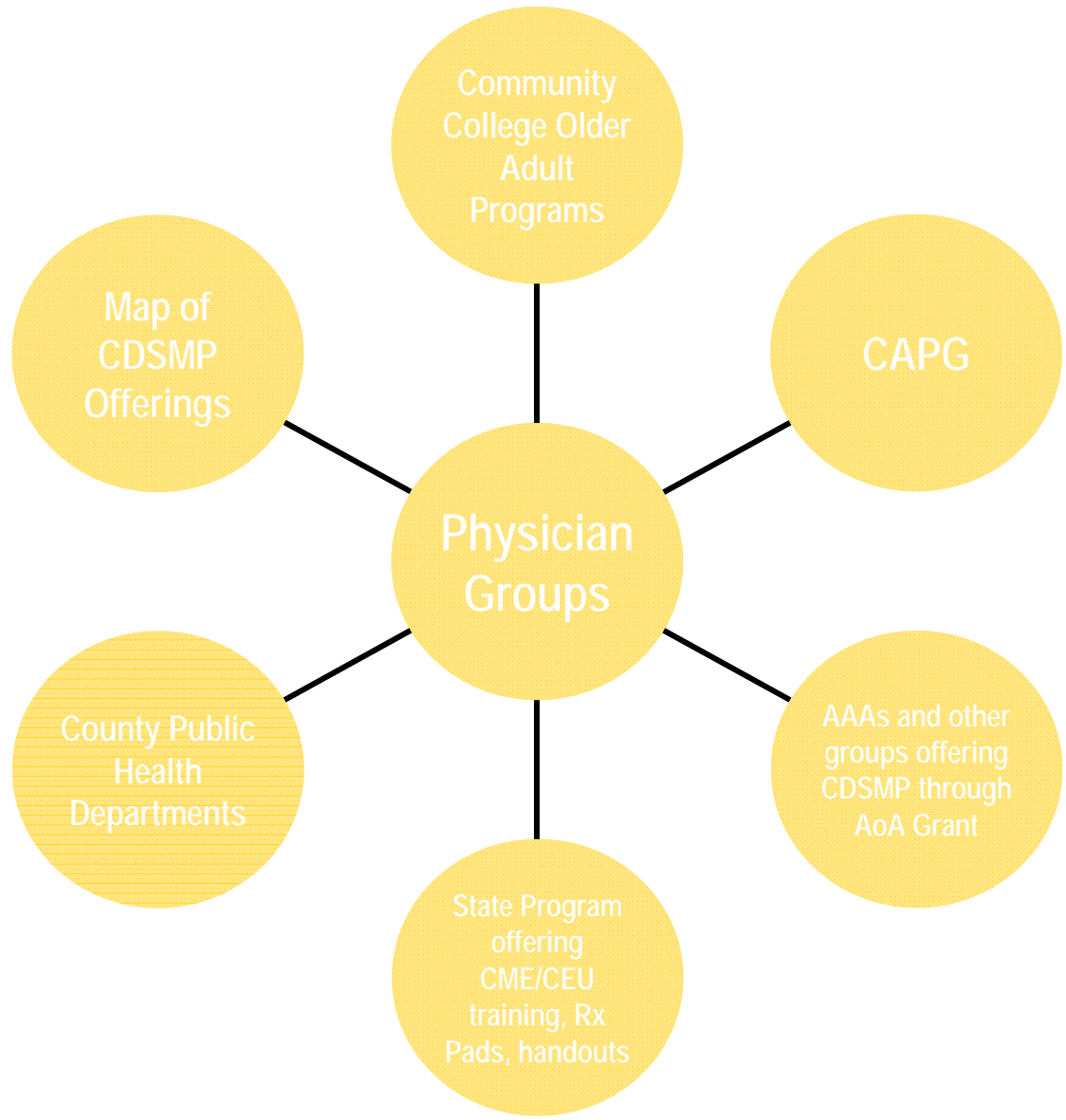
- Original research site for Stanford
- System-wide commitment
- Generous community benefit
- Experience with the program

California Association of Physician Groups (CAPG)

- Nation's largest professional association representing physician groups practicing in managed care
- Represent approximately 150 physician organizations
 - 59,000 Physicians
 - 15 million Californians
- Non-profit committed to the delivery of coordinated, quality, affordable and accessible health care

California's Community College Older Adult Programs





The Partners Model: Adaptation



Seize the Opportunity

- A time of potential transformation
- Must rise to the occasion
- Going to scale is key

Green “Handouts”

- Please go to the partners in care website to download this presentation
- WWW.PICF.ORG
- Click on **Presentations**