

# Linking Population Health: Individual, Organization and Community

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Seventh Annual Member Conference

September 17, 2013



An affiliate of Harvard  
Medical School

# Objectives

- Providers and coaches will understand the implications of helping residents live their best life
- Understand the approach of Resident directed health care and why this matters
- Demonstrate how Vitalize 360 is one method to activate and engage our residents in living life to its fullest

# Triple Aim

Improving the U.S. health care system requires simultaneous pursuit of three aims

1. Improving the experience of care
2. Improving the health of populations
3. Reducing per capita costs of health care

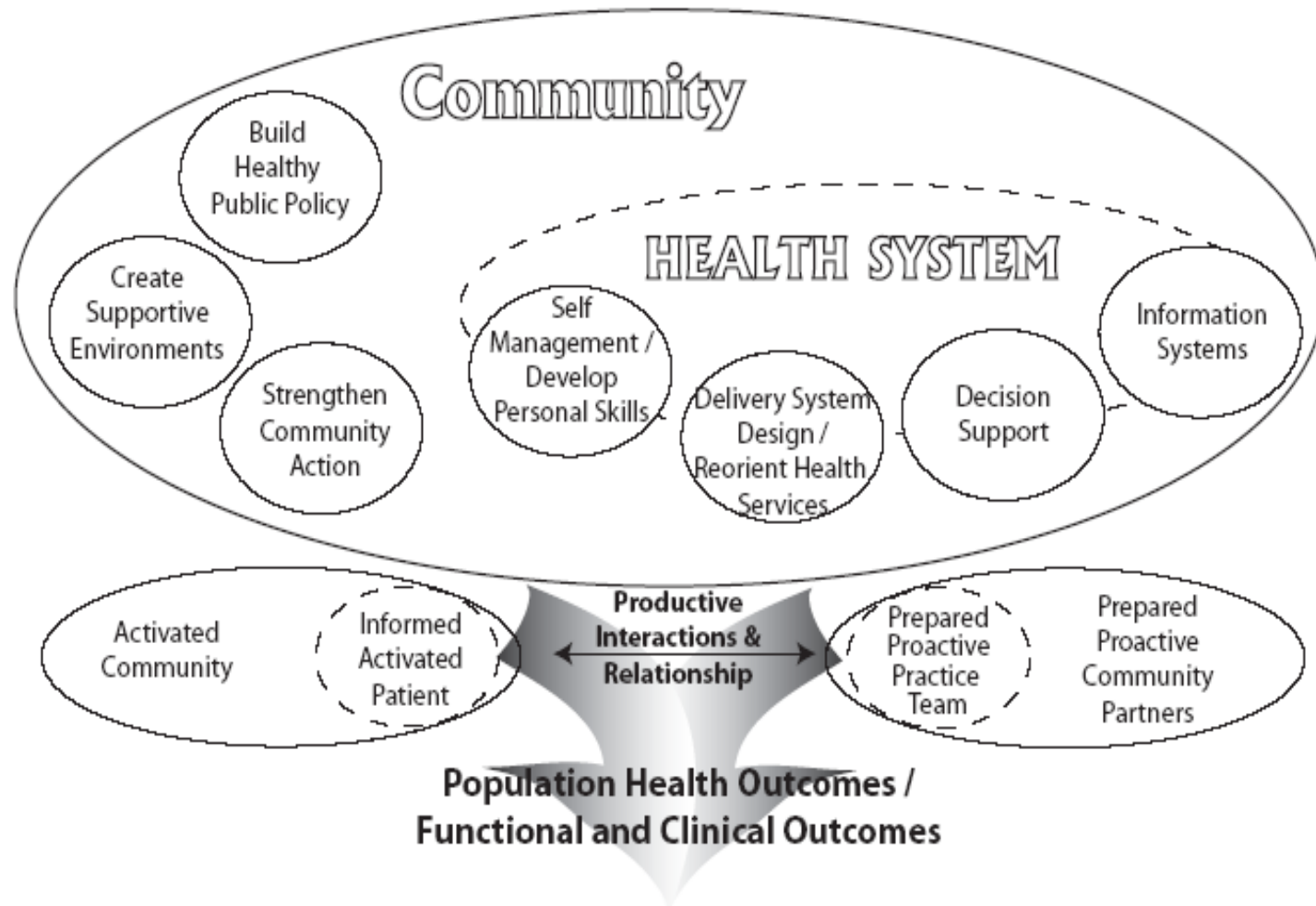
[Don Berwick et al, Health Affairs, 27, no. 3 \(2008\): 759-769](#)

# “Patient Protection and Affordable Care Act”

Focus on 4 issues relevant to healthcare reform

1. Providers: ACOs and PCMHs
2. Self-Management
3. Care Coordination
  - requires three “I”s: information, infrastructure, and incentives
4. Research
  - Patient-Centered Outcomes Research Institute (PCORI)
  - Integration of the PCORI’s research findings with decision supports, guidelines, and other aspects of EHR

# THE EXPANDED CHRONIC CARE MODEL: INTEGRATING POPULATION HEALTH PROMOTION



# NCOA Survey of Chronic Conditions: Findings 2009

- The survey examines the attitudes of Americans with chronic conditions and explores their quality of life, health needs and experiences with the health care system
- A bleak and broken health care system for millions of Americans suffering from a variety of chronic conditions.
- The survey also identifies barriers to self-care and what is needed to better manage overall health.
- ***Points to emphasize: need for cost-effective self-management programs and support as part of comprehensive health reform***

<http://www.ncoa.org/improving-health/chronic-disease/healthier-lives.html>

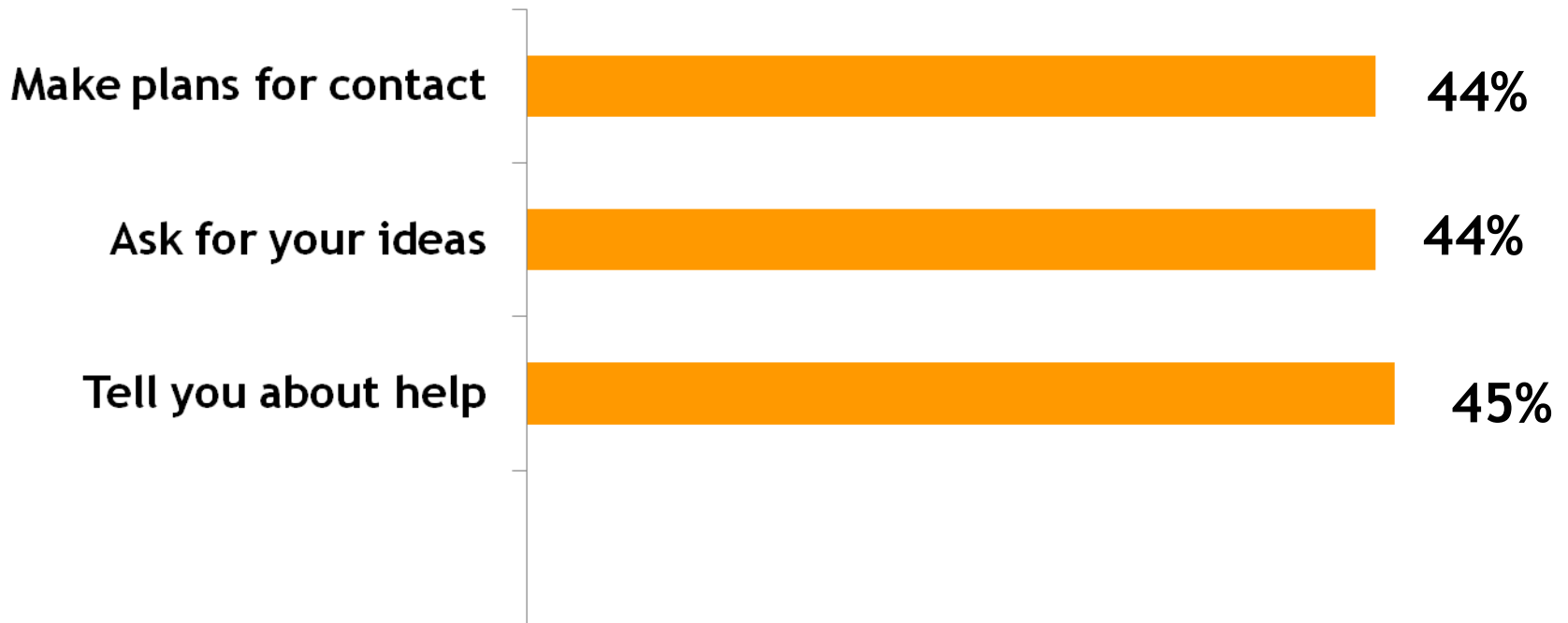
# Tired of Feeling on Own

% frequently/occasionally tired of feeling on own when it comes to taking care of health problems



# Not Getting Help from Health Care

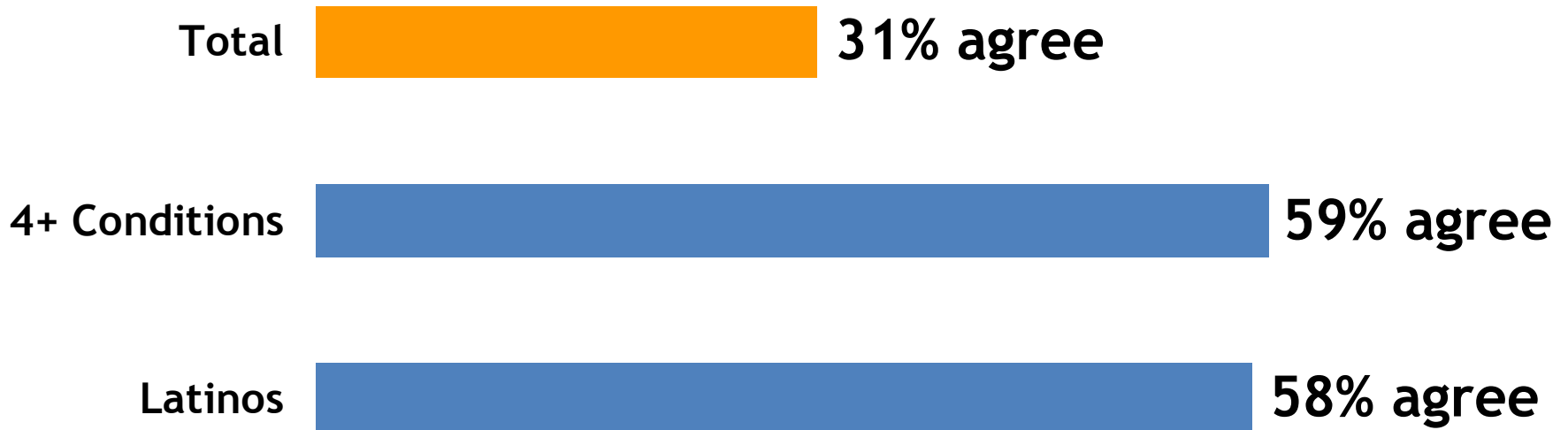
% saying rarely or never





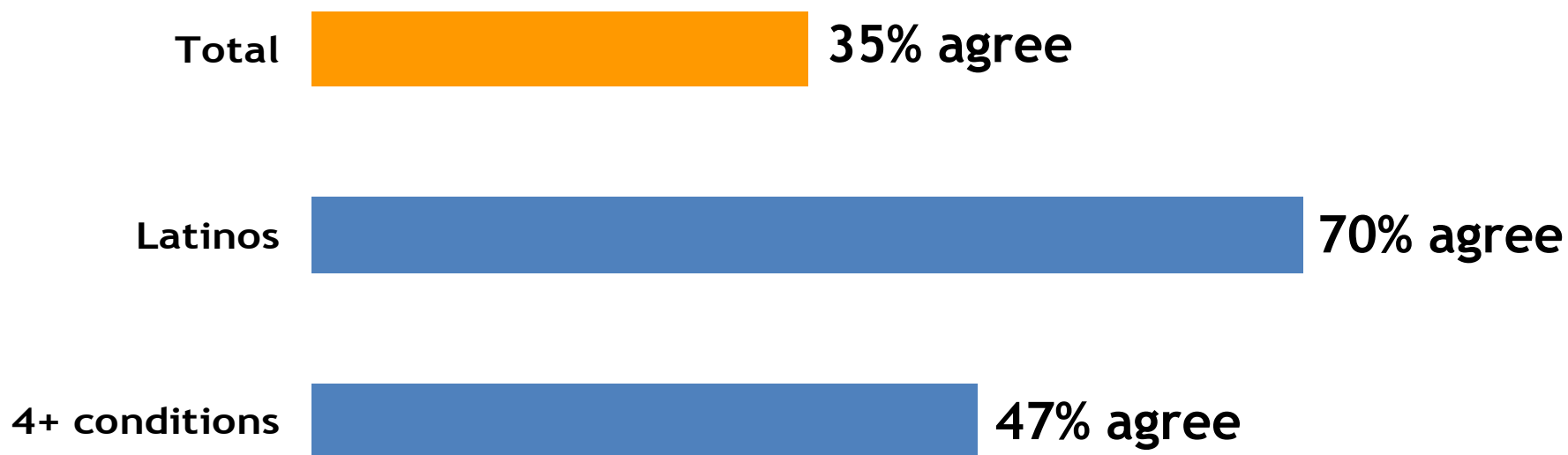
# Multiple Problems Make It More Difficult

“All of my different health problems and conditions make it difficult for me to take better care of myself.”



# People Want to Learn How to Take Better Care

“I need help learning how to take better care of my health in a way that works for me and my life.”



# Themes from People with Chronic Conditions

- Diversity in who is affected and how.
- Hurting, tired, depressed and stressed
- Reliance on healthcare system that's not working
- Struggles
  - Delaying medical care
  - Barriers to self-care
- Seeking realistic, practical, customized help

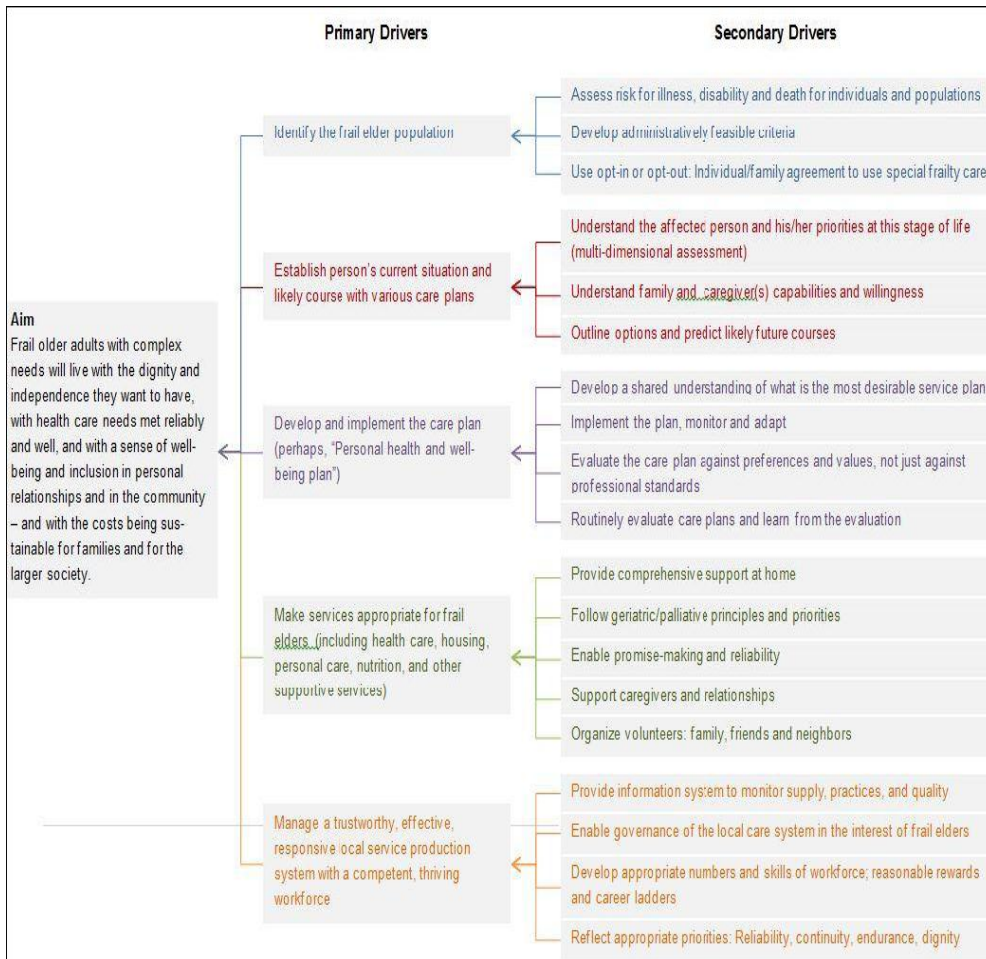
# Institute of HealthCare Improvement

## Aim for Care of Frail Elders

Frail older adults with complex needs will live with the dignity and independence they want to have, with health care needs met reliably and well and with a sense of well-being and inclusion in personal relationships and in the community

These costs are sustainable for families and for the larger society

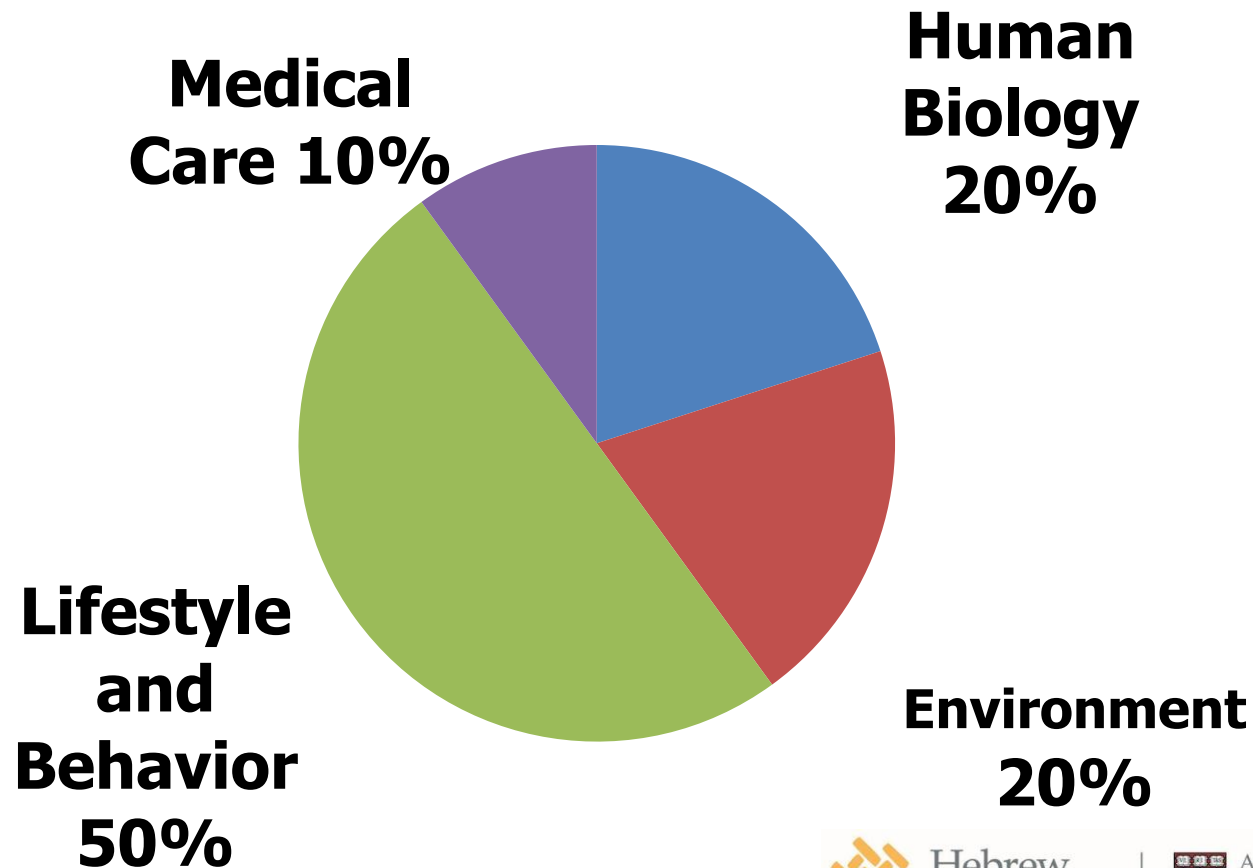
# Five Key Drivers



- **Identification of Frail Elder Population**
- **Establishing person's current status**
- **Develop and Implement Negotiated Care Plan (Personal Health and Well-Being Plan)**
- **Appropriate and Integrated Services in the Health Care System, at Home, and in the Community**
- **Trustworthy, Effective, Responsive System Management and competent, Thriving Workforce**

# • What Impacts Health Most?

## Influence Factors on Health Status



# Lessons from Research for a Long and Happy Life

- Physical activity
- Mental activity
- Social engagement
- Reduce cardiovascular risk factors
  - Hypertension, High Cholesterol, Smoking
- Proper nutrition:
  - Vegetarian base, calcium, Vitamin D, low fat, modest alcohol
- Sense of Purpose

# Individuals' Goals of Vitalize 360

- Become the CEO of their healthcare team
- Looks at their entire well-being of a person – the 360-degree view
- It challenges residents to think about their legacy and create a full, vibrant lifestyle
- Each resident can track their progress over time with goal of improving health, lowering costs and enhancing quality of life
- Allows assessment of all aspects of their lives including health, nutrition, physical and mental fitness, community links, lifelong learning and spirituality



# Organizational Goals of Vitalize 360

- Member organizations become “Blue Zones” for Healthy Aging
- Allow the organization to understand the issues its members are facing
- By having information on the needs and goals of the population, programming and interventions can be focused to improve the quality of life and function of the members.

# Community Goals of Vitalize 360

- Manage a trustworthy, effective responsive local service production system with a competent and thriving workforce
- Become a Healthy Aging Community from Birth to Death

# Conclusion

- We are on the verge of a pioneering approach of care delivery to reach the Triple Aim
- Broad applicability to other populations nationally and internationally
- This new approach can transform care delivery
- You can make a difference and lead the way- this could be our legacy!!!!