Taking action to create health!

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Why Total Health?

- Education/Literacy
- Employment
- Income
- Family and social support
- Community Safety
- Early Childhood
- Race and Ethnicity

San Francisco Bay Area  
Kaiser Permanente Members Poverty, Diabetes and Obesity (2010)
What We’re Up Against

- Economically exposed children
- Truancy
- High school
- Ill health in working life
- Violence
- Abortion teenagers
- Overweight/obesity
- Physical activity
- Breakfast every day
- Alcohol consumption
- Smoking
- Smoking pregnant
- Self reported health
- Dental health
Feeling down (youths)
Mental health (adult)
Anxiety (adult)
Stressed (adult)
Intensive alcohol drinking (youths)
Risk consumption alcohol (adult)
Smoking (youths)
Daily smoking (adult)
High blood pressure (adult)
Obesity (adult)
Not visiting health care, despite the need (adult)
Dental health (adult)
Dental health (youth)
General health (adult)

Sick leave
Unemployed
Employed
Can we do similar "health journeys" in your country/local society?

In what other ways can we illustrate health differences?
Many Factors Shape Health

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

Drivers of Health

- Personal Behaviors: 40%
- Family History and Genetics: 30%
- Environmental and Social Factors: 20%
- Medical Care: 10%

Source: McGinnis et al, Health Affairs, 2002
Exercise #1

What makes a good day for you?

We Must Address Health At All Levels

Deploying Kaiser Permanente Assets for Total Health

- Physical and Mental Health Care
- "Body, Mind and Spirit"
- Clinical Prevention
- Research and Technology
- Community Health Initiatives
- Environmental Stewardship
- Public Information
- Health Education
- Walking Promotion
- Access to Social and Economic Supports
- Worksite/Workforce Wellness
- Public Policy
Interventions: Individual/Family

Exercise As Vital Sign, Exercise Rx

- Recommend at least 150 minutes of moderate to strenuous exercise per week.

Tools, Tips, Motivation and Support

- Office-based
- Direct-to-member
- Online tools
- Cooking tips

Interventions: Worksite

Healthy Eating

Healthy Physical Environment

Taking the stairs burns steam and relieves stress.

Healthy Activity at Work
Interventions: Community Health

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

Schools
- Cafeteria reforms
- PE standards, after school programs
- Joint Use Agreements
- Safe routes to school

Worksites
- Stairwell prompts
- Lactation support
- Worksite wellness programs

Neighborhoods
- Parks, trails and other active public spaces
- General Plan amendments
- Corner store conversion efforts
- Farmers markets and community gardens

Interventions: Society

Kaiser Permanente Environmental Strategy Priority Areas

Safe Chemicals

Climate/Energy

Waste Reduction

Sustainable Food

Water
What Assets Does Your System Have?

• At the Microsystem?

• Where people Live, work and play?

• In the neighborhood and community?

• For Society?
Wellness and activation: referrals for physical and cultural activities

Medicines are generally designed to affect one biological marker and one medical condition at a time, while changing your life style can influence several biological markers and diseases.

Making a difference, right where people are

Local strategies and action plans

Regional

National
The public health department

- Supporting the 13 municipalities and other local actors in their work for a better public health
- Connecting and developing the regional public health work
- Analyzing the health status in the region
- Developing, communicating and evaluating methods and collaboration

The department of Public Health

- Public Health Planners + epidemiolog (12 p)
- Child Health Team (6 p)
- Health through culture
  Dance as a way to better psychosocial health
- Allergy Consultant
  Coordinator mental health
  Coordinator tobacco
Adapting the model for breakthrough series – take the action to the microsystems!

• Pre-school teams: Improving the sound environment

• Cross-functional teams in society: The integration process

• High school teams: Improving the sexual education in schools

• Teams from elderly care, primary care, dental care etc.: Appetite for life (decreasing mal nutrition)

• Health promoting workplaces
Exercise #2

What resources do you have to make health happen?
What resources do you *need* to make health happen?
Systematic Health dialogues – nine times in a life time

- When you are 1 year old your parents are invited
- In pre-school (together with parents)
- 10 years old (student health)
- 13-14 years old (student health)
- 16-17 years old (student health)
- 40, 50 60 and 70 years old (primary care)

Creating value for the individual – and collecting data for improving the public health at the same time.

Invitation from
- Child health
- Student health
- Your primary care unit

Health dialogue and examination → Health curve and a personal plan → Coaching Follow up visit → Effects 6 and 12 months

Individual health dialogue

Data report unit level
- Supporting improvement work

Population
- Statistical analysis
### Hälsokurvan

Underlag för hälsosamtal vid sekundärprevention samt förebyggande insatser för vissa grupper

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<th>KÖN</th>
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<th>NR</th>
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2. Mat, var. (Rätt, 7.5) (Inget rätt, 7.5) (Inget rätt-pågång)
3. Alkohol, 10 gram/svartomt
4. Tobak, 10 gram/svartomt
5. Psykosocial påverkan, 2-29
6. Stress/Psykisk ohälsa, 42
7. Ärlighet, diabetes, 42
8. Ärlighet, Hjärt-Kärn-sjuk, 44, 45, 47, 48
9. Viktindex, kg/m²
10. Midja-Stuss-kvot
11. Blodtryck, mmHg
12. Kolesterol, mmol/l
13. Kronisk sjukdom

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**Genomgången hjärtinfarkt**

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Health dialogues – primary care
40, 50 and 60 years (70 years from 2015)

Using the health dialogues to collect data on a population level

- Sociodemographic profile of the listed population at every primary care unit.
- A health curve for the listed population and information about who they are reaching.
- Nr of individuals with a high risk for a bad health
Encouraging improvement work in primary care for health equity
Examples of interventions for better mental health

- **Group circles**
- **The Dance-project**
- **Green rehabilitation**

Mindfulness

Passion for life – for young

If we decrease the risks - how does it influence the cost and nr of new diagnosis?
What?

An unprecedented collaboration of change agents pursuing an unprecedented result: **100 million people living healthier lives by 2020.**
How?

**Unite** a Guiding Coalition across people and organizations to achieve 100 million people living healthier lives by 2020  
**Co-design** core strategies and an asset-based implementation plan through workgroups (i.e., December meeting and ongoing)  
**Develop** infrastructure for learning, improvement, and motivation. (i.e., RWJF SCALE Initiative)  
**Engage** health care, people, and communities to improve health  
**Create** meaningful connections, removal of barriers, and ongoing support

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**Key Stats**

- **224 members and partners** working on the ground to improve health have committed to being part of the community  
- **7 sponsors** willing to providing some level of financial support  
- **192 action plans** submitted, detailing how individuals/organizations/networks will take action in improving health
An emerging menu of priorities

“Whats…”

- Improve equity
- Help all kids (and their families) have a great start
- Make mental health everybody’s job
- Help veterans thrive
- Address social determinants across continuum
- Use top chronic diseases and risk factors to create a continuum of health
- Plan for the best possible wellbeing at the end of life
- Engage everyone in their own health.

“How’s…”

- Shift culture and mindset
- Integrate change and improvement approaches into community transformation
- Develop peer to peer support systems at every level
- Integrate data across health care, public health, community, social services (H, possible COL)
- Engage employers to help create joy in work.
- Large-scale sustainable financing strategies at the community level
- Transform PCMH → person and community centered health homes
- Transform ACOs → accountable health communities
**Backbone support (IHI)**

- **Facilitate collaboration and engagement**
  - create meaningful engagement with and between members
  - facilitate catalytic connections
  - spur communication
  - develop a community of collaborators who are learning and working together to improve health

- **Support innovation** – harvest and disseminate bright spots; create learning communities, document 100 million stories; etc.

- **Support hubs of people, places, and organizations** leading key strategic areas of work.

- **Facilitate system change** - enabling conditions (e.g., payment reform)

- **Develop a shared strategy, measurement approach and reporting system**

**Emerging “What” hubs**

- **Equity**: Address social determinants for everybody
- **Backbone support**: Create wellbeing at the end of life
- **Children and families**: People experiencing mental health/addiction/violence issues
- **Veterans**:
“How” hubs

Shift culture and mindset

Integrate improvement approaches: SCALE

Primary care transformation (PCHH)

Sustainable financing at the community level

Integrate data, infrastructure for community health improvement

Continuum of health: chronic dis, risk factors

Backbone support