



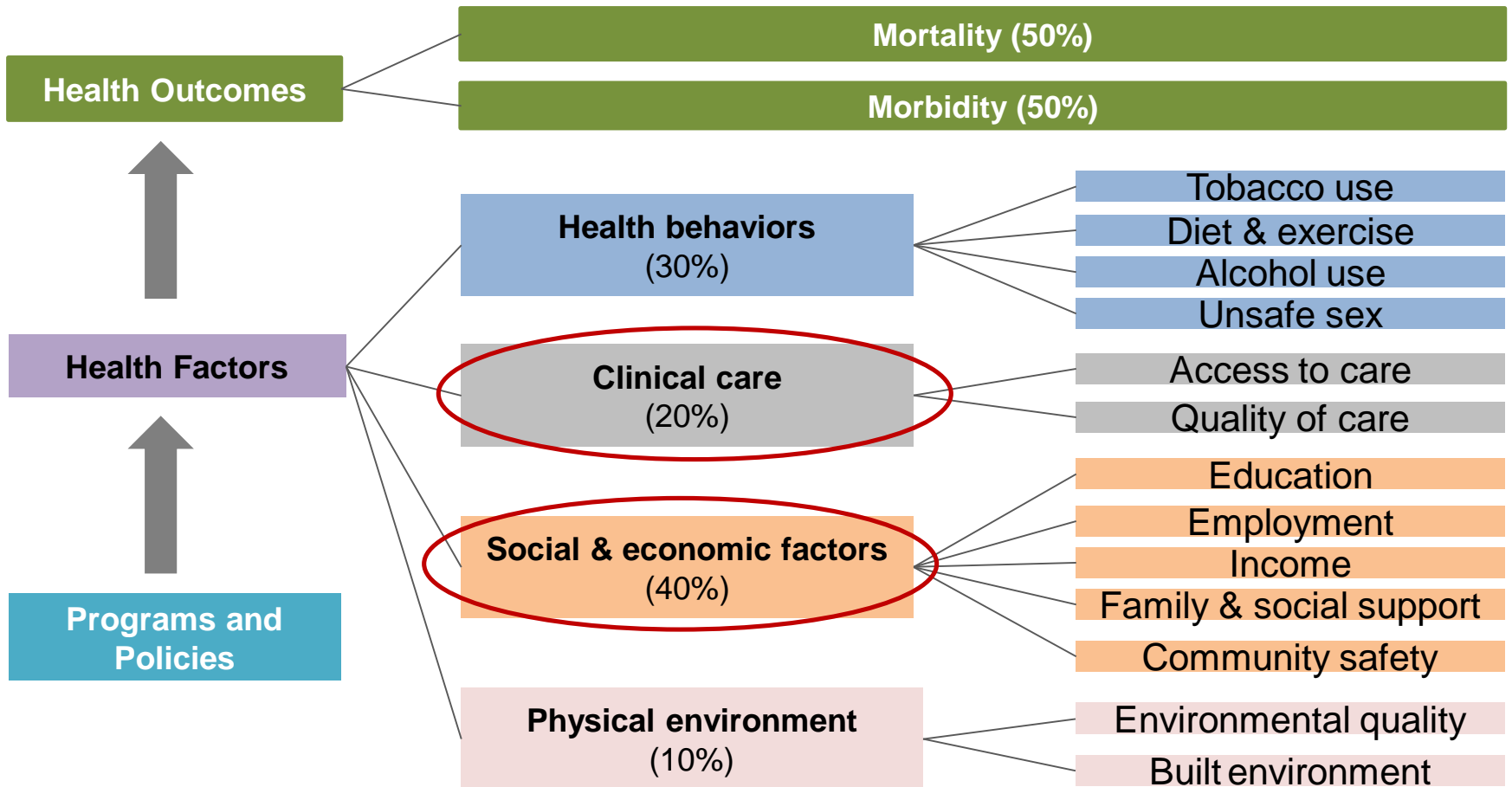
Shifting the Paradigm to Prevention & Wellness:

California Opportunities for Healthier Communities
January 22, 2018

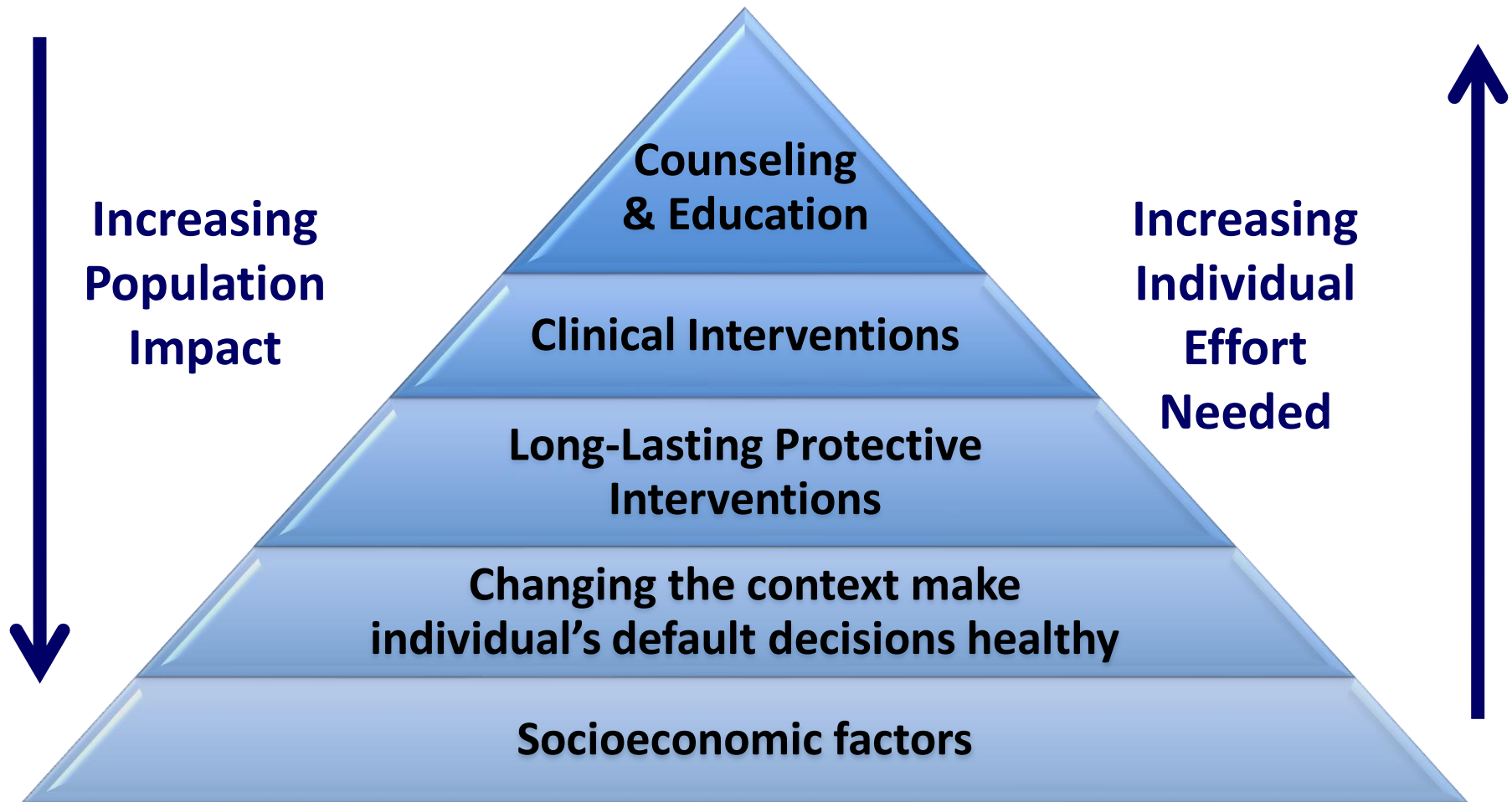
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Factors that impact health outcomes



What strategies work to improve health?



Costs and Consequences

- In 2010, healthcare expenditures for just the top 6 chronic conditions cost California an estimated \$98 billion dollars
 - Cardiovascular disease, cancer, asthma, arthritis, depression and diabetes
- State Budget's investments for Health and Human Services programs (\$155.7 billion total: \$37.4 billion General Fund and \$118.3 billion other funds)
 - 65% (\$101.5 billion) for Medi-Cal services
 - 2% (\$3.2 billion) for Public Health budget

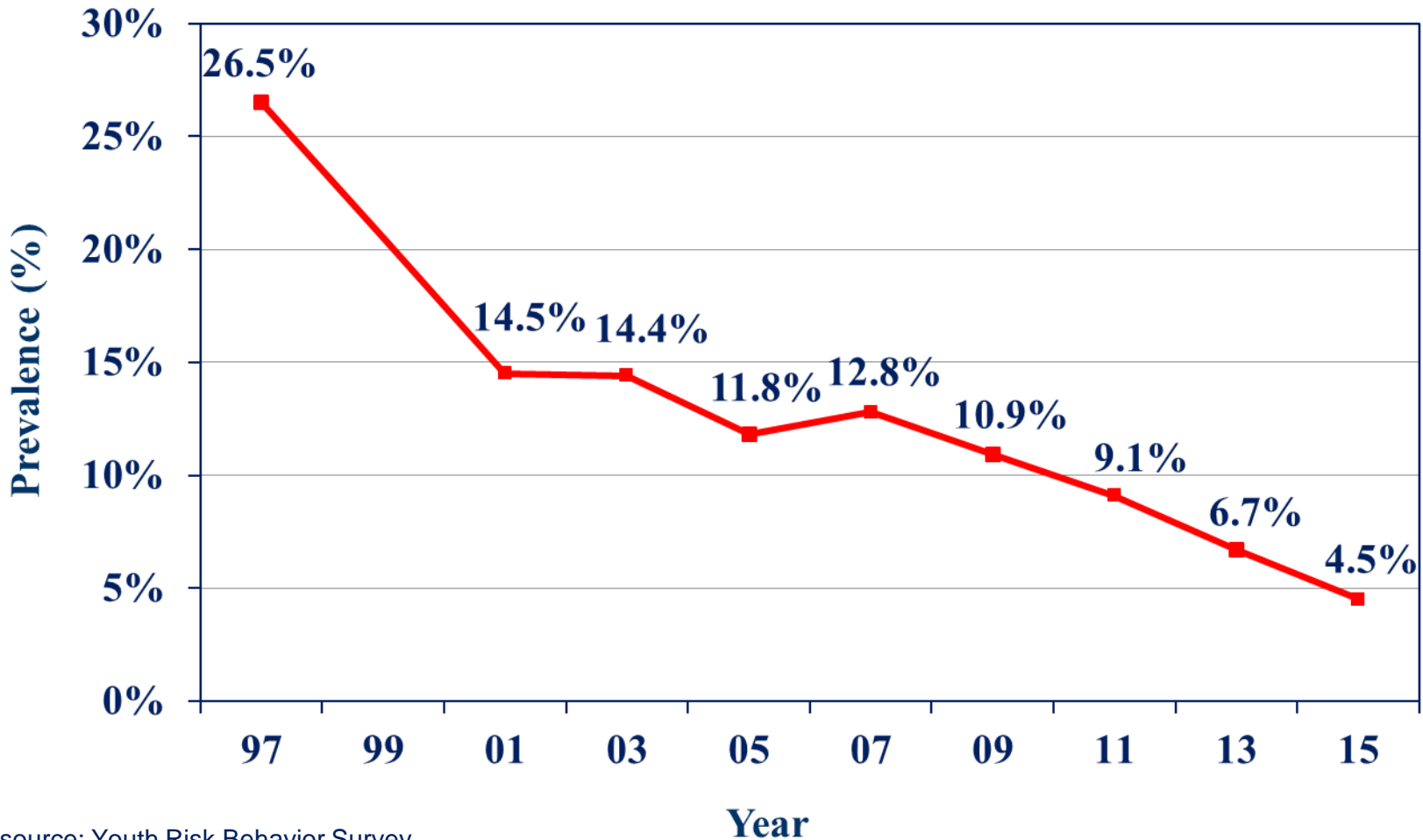
Opportunity To Reverse This Trend

- Community based, cross-sector prevention strategies
- Creating healthier communities
 - reduce rates of chronic disease
 - keep people from needing medical care in the first place
- ➔ Communities free from the influence of tobacco and other harmful products, where healthy food is accessible, and where it is easy and safe to walk, bike and play

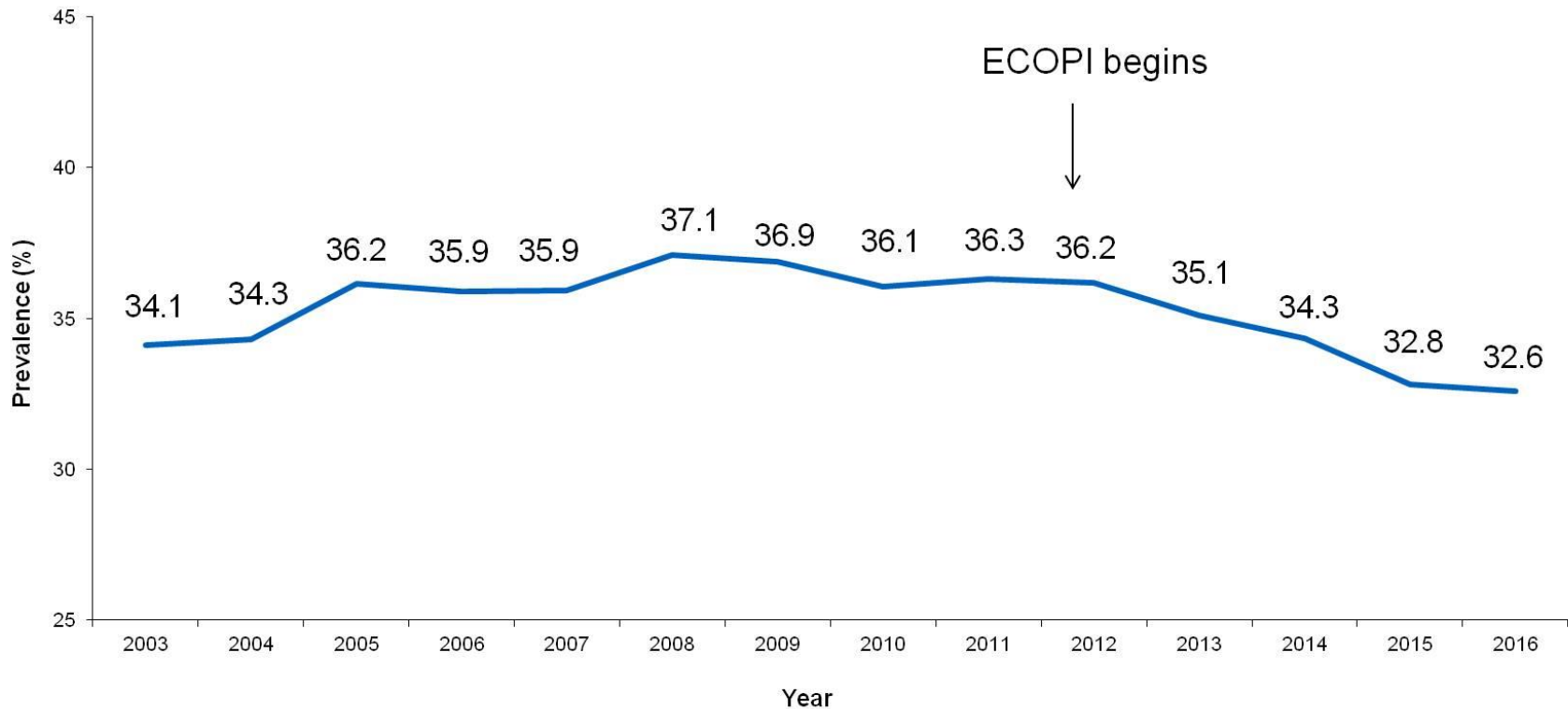


Prevention Successes

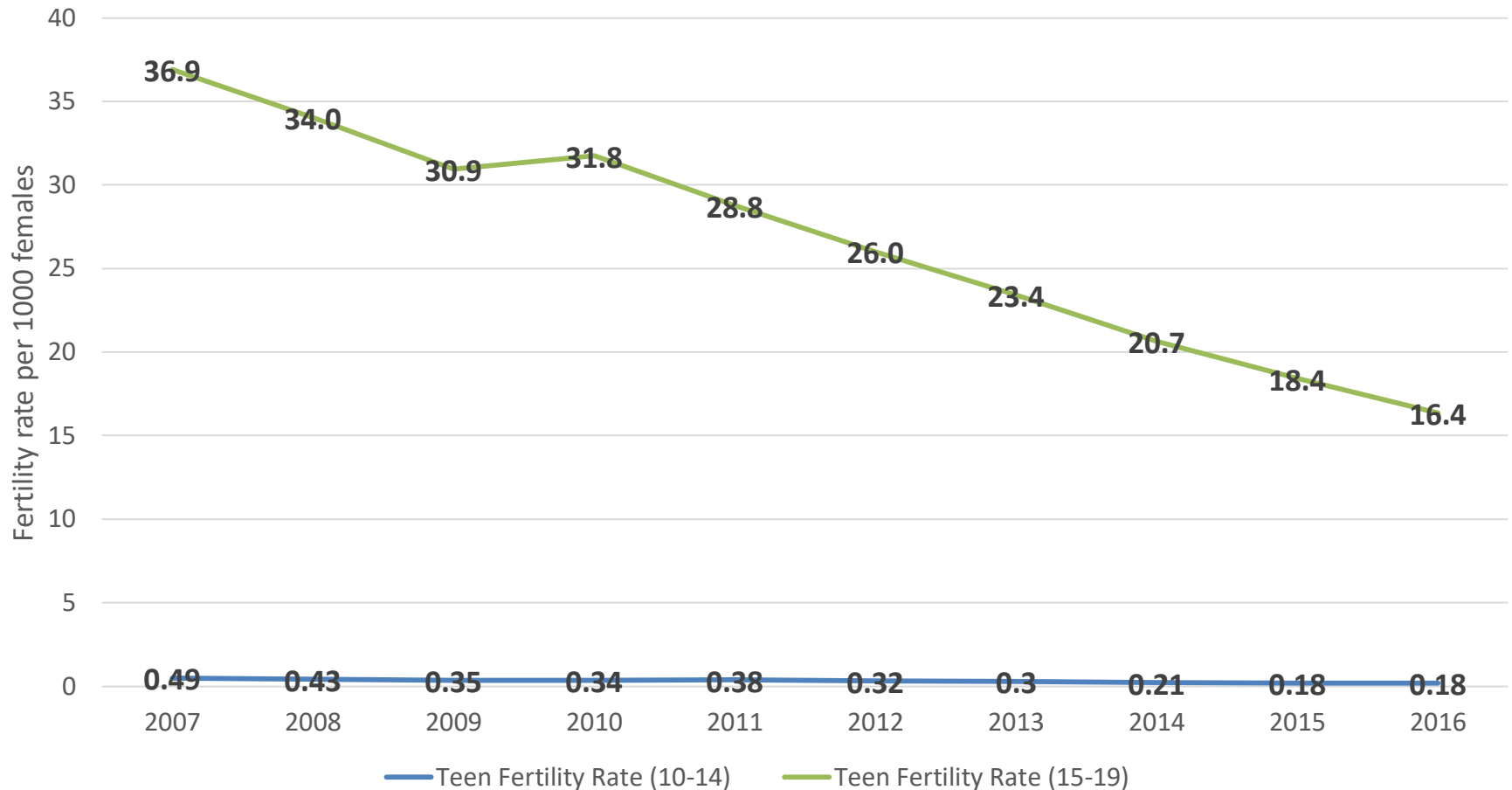
Tobacco Prevention and Control: Smoking Prevalence Among High School Students, LAUSD, 1997-2015



Prevalence of Overweight and Obesity Among 2 - 4 Year Olds in the WIC Program, LA County, 2003-2016



Teen Fertility Rates by Age, LA County, 2007 - 2016



Teen Fertility Rate: The total number of live births per 1,000 adolescent females 10 through 19 years of age at delivery.

Estimated Cost Savings from PAD (2016)

Estimated chronic disease costs avoided	\$ 510,000
Estimated criminal justice costs avoided (Part I)	\$ 5,866,000
Total estimated costs avoided	\$ 6,376,000
Total PAD budget	\$ 2,301,000

**Roughly \$4.075 million in estimated cost savings
due to PAD in 2016**

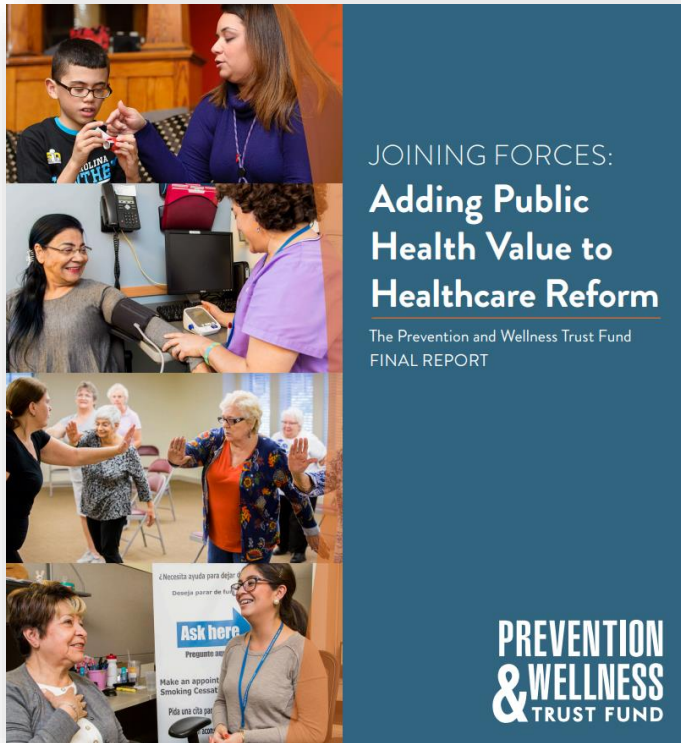


Massachusetts as an Example

Massachusetts Prevention and Wellness Trust Fund

- Section 60 of Chapter 224 of the Commonwealth Acts of 2012
- Funded through one-time assessment on acute hospitals and payers.
 - 75% of Trust funding allocated to a grantee program
 - Up to 10% allocated to worksite wellness initiatives
 - No more than 15% for Mass. Dept. of Public Health for administration and evaluation activities

Massachusetts Prevention and Wellness Trust Fund







- Findings for the Massachusetts Working on Wellness Program, for worksite health promotion activities, “found an estimated savings for medical care ranging from \$0.76 million to \$4.07 million for the combined top three health behaviors (diet and nutrition, leisure-time exercise, and stress reduction).

Harvard Catalyst Evaluation Report



Harvard Catalyst's independent evaluation of the Grantee Program found:

HEALTH OUTCOMES AND COSTS

 Pediatric Asthma	PWTF Results \$ Interventions appear to be very cost effective at current rates ↓ Decline in overall healthcare costs in PWTF communities compared to comparison communities ↓ Declining prevalence in several PWTF communities ↑ Almost 6,000 school-based education and care management completions		
 Hypertension	PWTF Results ↓ 0.515 to 0.945mmHg drop in Blood Pressure ↑ Increase in Hypertension screening from 58 to 62% ↑ Increase in controlled and treated hypertension in several PWTF communities Projected Impact <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> 5-Year ↓ Decrease of 21 to 28 Ischemic Heart Disease hospitalizations ↓ Decrease of 96 to 145 stroke hospitalizations ↓ Decrease of 28 to 48 Cardiovascular Disease deaths \$ \$2 million to \$3 million healthcare costs averted </td> <td style="width: 50%; vertical-align: top;"> Lifetime ↓ Decrease of 81 to 140 Ischemic Heart Disease hospitalizations ↓ Decrease of 444 to 784 stroke hospitalizations ↓ Decrease of 127 to 251 Cardiovascular Disease deaths \$ \$9 million to \$16 million healthcare costs averted </td> </tr> </table>	5-Year ↓ Decrease of 21 to 28 Ischemic Heart Disease hospitalizations ↓ Decrease of 96 to 145 stroke hospitalizations ↓ Decrease of 28 to 48 Cardiovascular Disease deaths \$ \$2 million to \$3 million healthcare costs averted	Lifetime ↓ Decrease of 81 to 140 Ischemic Heart Disease hospitalizations ↓ Decrease of 444 to 784 stroke hospitalizations ↓ Decrease of 127 to 251 Cardiovascular Disease deaths \$ \$9 million to \$16 million healthcare costs averted
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 Older Adult Falls	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> PWTF Results ↓ Decrease in falls by 901 and 220 less injuries ↓ Decrease in 7 hospitalizations and 48 other cases requiring medical care ↓ \$188,000 healthcare costs averted </td> <td style="width: 50%; vertical-align: top;"> 5-Year Projected Impact \$ Decrease in falls by 3,000 and 730 less injuries ↓ Decrease in 25 hospitalizations and 160 other cases requiring medical care \$ \$660,000 healthcare costs averted </td> </tr> </table>	PWTF Results ↓ Decrease in falls by 901 and 220 less injuries ↓ Decrease in 7 hospitalizations and 48 other cases requiring medical care ↓ \$188,000 healthcare costs averted	5-Year Projected Impact \$ Decrease in falls by 3,000 and 730 less injuries ↓ Decrease in 25 hospitalizations and 160 other cases requiring medical care \$ \$660,000 healthcare costs averted
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 Tobacco Use	PWTF Results ↑ 6,396 Housing Units implemented smoke-free policies Lifetime Projected Impact If PWTF results in 1 out of 1,000 people quitting smoking: ↓ 7 less people would be hospitalized for Ischemic Heart Disease ↓ 28 less people would be hospitalized for stroke ↓ 8 less people would die from Cardiovascular Disease \$ \$622,118 to \$5.6 million in healthcare costs averted		

- Improvements in the following areas:
 - Hypertension
 - Asthma
 - Falls in older adults
 - Linkages between clinical services and community supports



Prevention Opportunities for California

Prevention Opportunities for California

- Sustainability of prevention efforts
 - Prevent illness and injury
 - Improve success of recovery
 - Chronic disease management
- Cost-Containment and Return on Investment
- Reducing health inequities
- Creating better linkages between healthcare systems, providers, public health, and communities

Wellness Fund Strategies

- Pool resources and invest savings from the sectors that receive “returns” on investments
- Portfolio of strategies with short, intermediate, and long-term investments in best/promising practices
- Existing models serve as templates for learning and innovation



THANK YOU!

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