

ACHIEVING POPULATION-BASED HEALTH AND SOCIAL WELL BEING

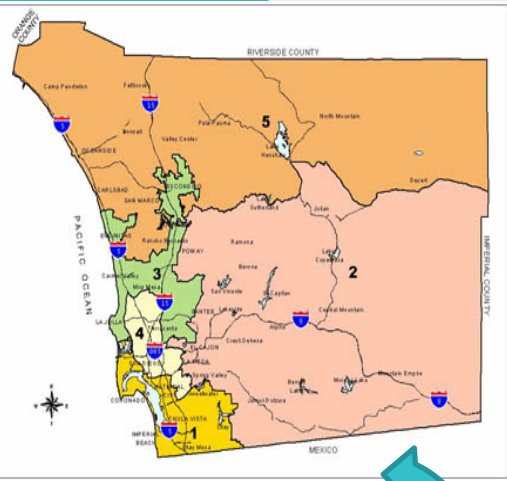
A Local Perspective from San Diego



LIVE WELL
SAN DIEGO

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SAN DIEGO DEMOGRAPHICS



- 4,261 square miles (larger than 21 U.S. States; same size as Connecticut)
- 5th largest U.S. County, 2nd largest in CA
- 18 municipalities; 36 unincorporated towns
- 18 tribal nations
- 42 school districts
- 2013 Estimates - 3.1 million population
 - 48% White
 - 32% Latino
 - 11% Asian/PI
 - 4.7% African American
 - 0.5% American Indian
- Region is very diverse

•Over 100 languages
•Large military presence
•Largest refugee resettlement site in CA
•Busiest international border crossing in the world (San Ysidro/MX)



HHSA: FROM SILOS TO INTEGRATION



In 1998, HHSA brought together separate departments of health and social services:

Public health, mental health, substance abuse, child welfare, aging, public assistance, public guardian, etc.

- Integrated pre-natal to end-of-life
- Public/private contracting model for most service delivery
- 6,000 employees, 185 advisory boards
- \$2 billion operating budget; ~1 million clients
- No County-owned general acute hospital; County-owned Psychiatric Hospital and Skilled Nursing Facility
- Heavy emphasis on population-based approaches from welfare reform to health reform

PROBLEM



Lack of Exercise Poor Diet Smoking

RESULT



COST IMPACT



LIVE WELL
SAN DIEGO



The Economic Burden of Chronic Disease in San Diego County

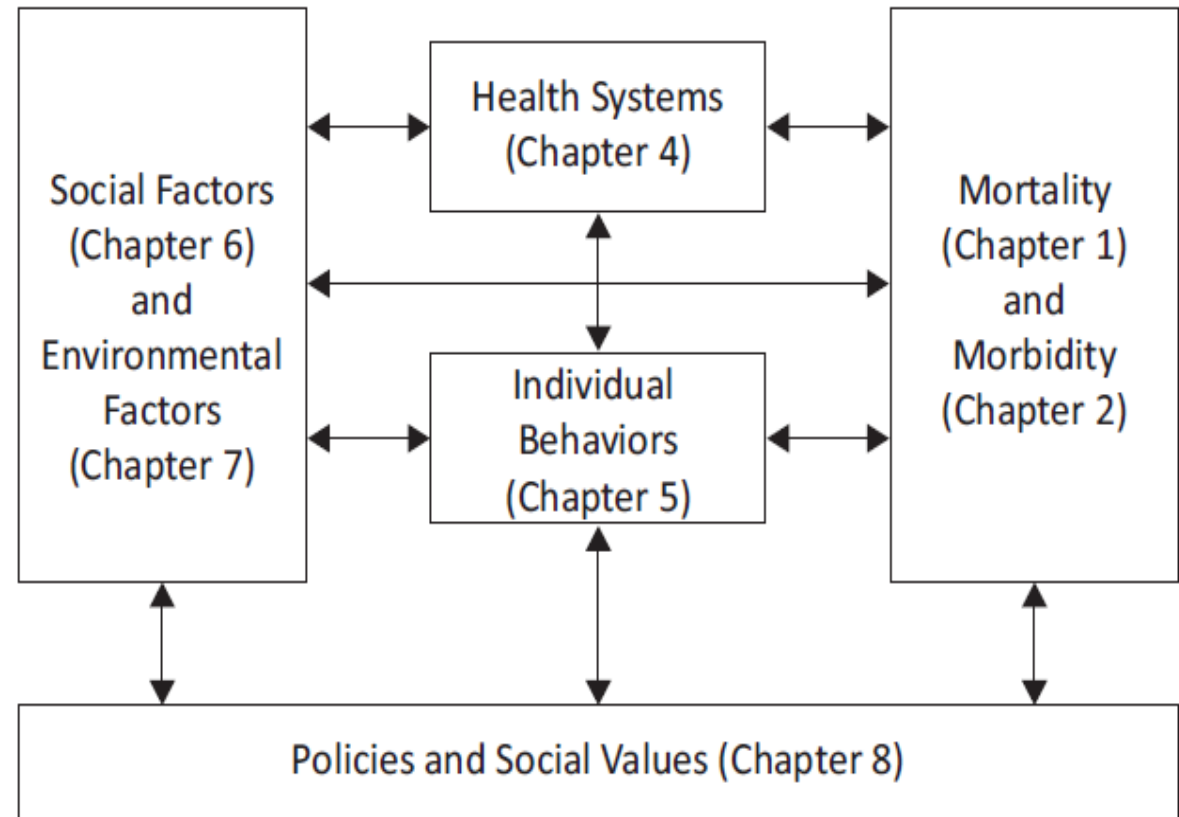
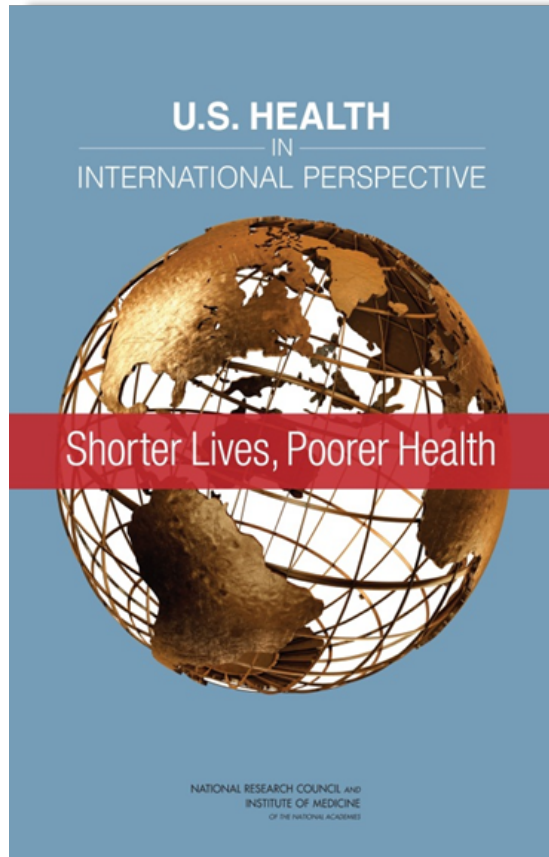


OCTOBER 2010

ECONOMIC IMPACT IN 2007:

\$4.6 BILLION IN SAN DIEGO

WHAT TO DO?



OUR FRAMEWORK



LIVE WELL
SAN DIEGO

**Building
Better
Health**

**Living
Safely**

Thriving

Health
Better

Safely

Thriving

COMPREHENSIVE APPROACH



LIVE WELL
SAN DIEGO





LAUNCHED A MULTI-FACETED APPROACH

Revamped and enhanced school wellness policies and practices:

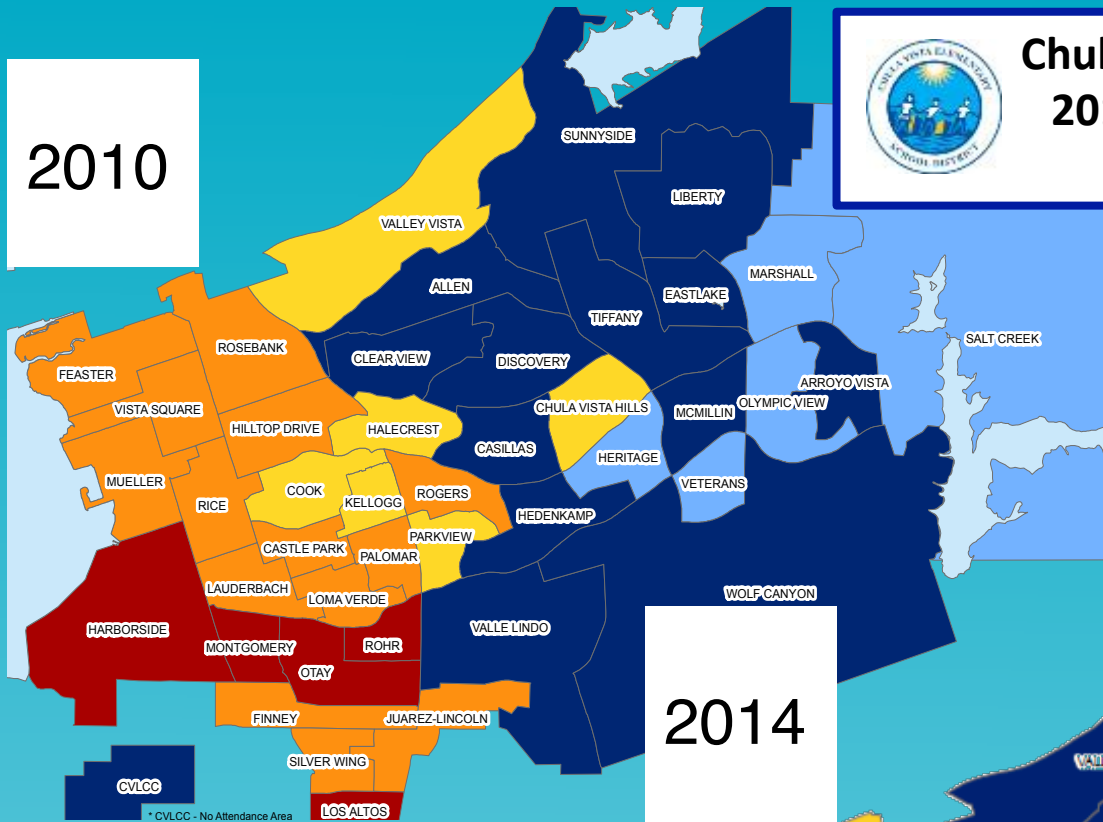
- More nutritious school lunches
- Increased physical activity
- Replaced “unhealthy” birthday celebrations with games and activities
- Reached out to parents and community with cooking classes, healthy food budgeting and family fun

To assess impact, measuring Body Mass Index of students over time

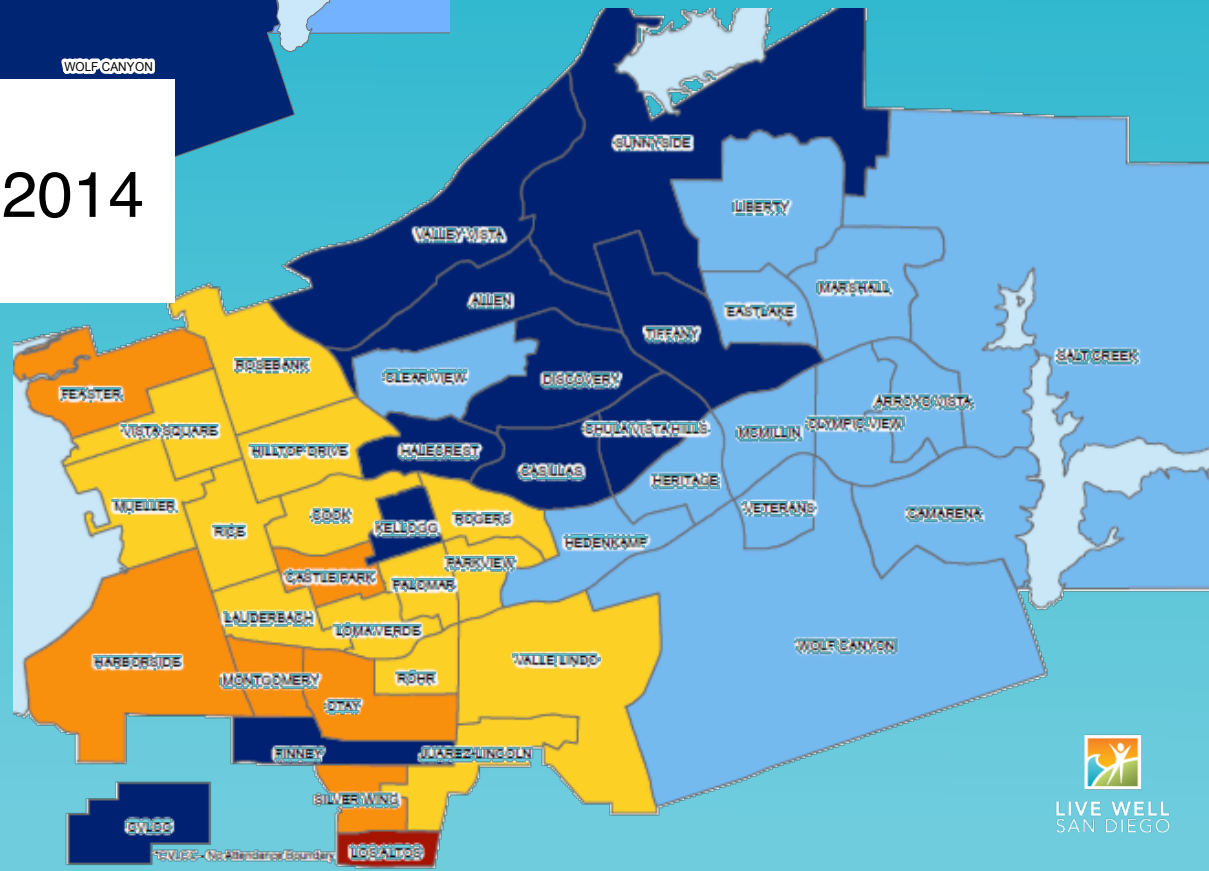
2010



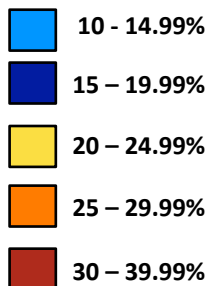
Chula Vista Elementary School District 2010 & 2014 School of Attendance Student Obesity K-6th grade



2014



Legend % Obese Children



LIVE WELL
SAN DIEGO

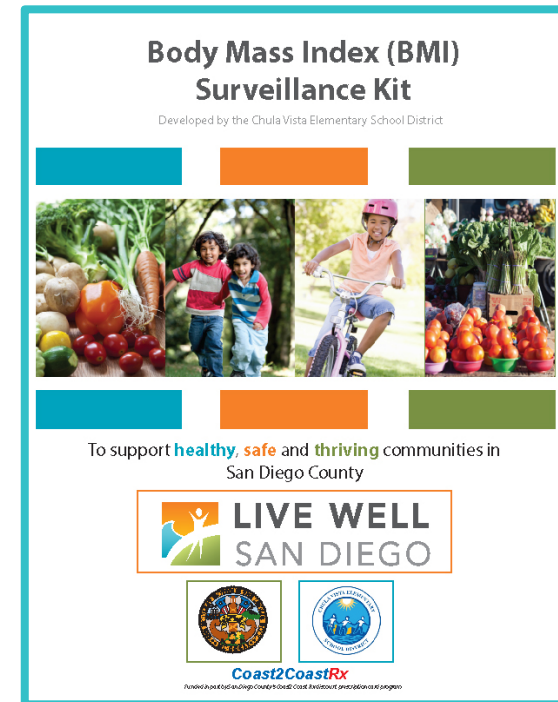
COLLECTIVE IMPACT



HOW MANY ARE HELPED TO LIVE WELL?

- 28,500 students
- 45 schools in Chula Vista Elementary School District
- Families too!

BEST PRACTICES SHARED WITH 41 OTHER SAN DIEGO SCHOOL DISTRICTS



CONNECTING PRIMARY CARE AND POPULATION HEALTH

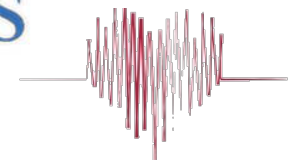


HHSA and Clinical Partners across systems come together in:

- CMMI Innovation award to improve cardiovascular disease prevention and management in primary care practice
- CDC Diabetes Prevention grant to improve identification and management of pre-diabetes and hypertension



MultiCultural IPA
MultiCultural Primary Care Medical Group, Inc.



COMMUNITY-BASED CARE TRANSITIONS PROGRAM (CCTP)

- **Section 3026 of the ACA**

- **Goal:** reduce all-cause 30-day readmissions for fee-for-service (FFS) Medicare patients by 20% in 2 years.
- Medicare Trust Fund funding for 5 years to test models for improving care transitions from inpatient hospital to home or other settings.
- Link Community-Based Organizations to hospitals.

- **San Diego Care Transition Partnership (SDCTP)**

- Partnership between HHSA and San Diego Health Systems – 11 hospitals/13 sites.
- **Goal:** serve ~20K FFS Medicare patients per year for 3 years, starting January 2013.
- Activate patients and caregivers to better manage chronic conditions.



SAN DIEGO CARE TRANSITIONS PARTNERSHIP MODEL

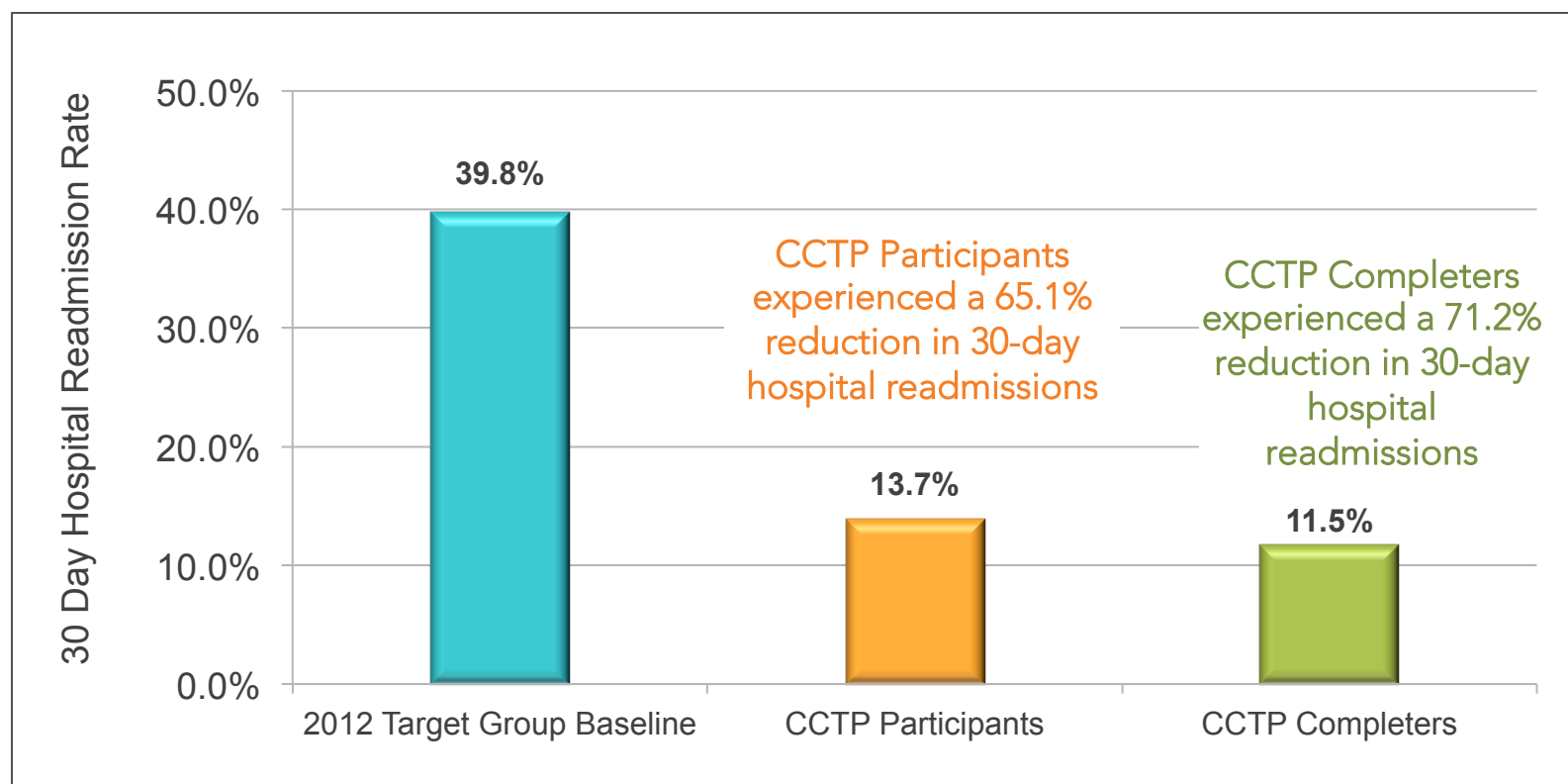


LIVE WELL
SAN DIEGO

CCTP in
Action:
33,000
patients
1/13 to 7/15



Community-Based Care Transitions Program (CCTP) 30-Day All-Cause Hospital Readmission Rate January 2013 to September 2014



Target Group baseline: CCTP participants 30 day readmission rate from 2012

CCTP Participants: Those who completed services (CCTP Completers) and those who did not complete all aspects of the program

CCTP Completers: CCTP participants who completed all aspects of the program



The heart and soul of health care delivery systems are the physicians, nurses, and other members of the care team.

San Diego Physician

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YOUR SDCMS FOUNDATION

Improving Health, Changing Lives



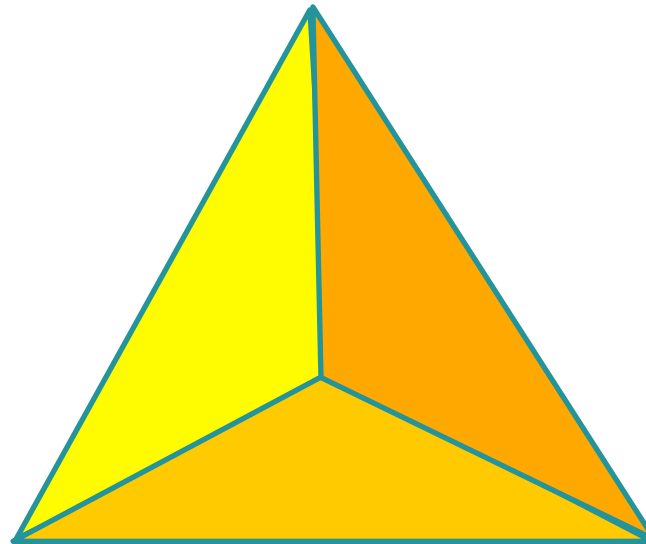
"PHYSICIANS UNITED FOR A HEALTHY SAN DIEGO"

“TRIPLE AIM 2.0”



Improved Health and
Social Well Being for
the Entire Population

Better
Service
Systems for
Individuals



Lower Cost
per Capita

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Thank you!

