“A glimpse inside the head of a hospital president”

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May 4, 2016
Overview

• River Falls Area Hospital, part of Allina Health
• The CHNA process in our region
• Inside the head of a hospital president
• Takeaways
River Falls Area Hospital, part of Allina Health
Allina Health
Our Mission

We serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care.

% Adults with Inadequate Fruit / Vegetable Consumption

- Pierce & St. Croix Co (77.98%)
- Wisconsin (76.9%)
- United States (75.67%)

% Adults with no Leisure Time Physical Activity

- Pierce & St. Croix Co (22.4%)
- Wisconsin (21.04%)
- United States (22.64%)
the CHNA process in our region
Healthier Together: Four hospitals, three health systems, two counties
inside the head of a hospital president
Social determinants of health

Figure 1: Proportional Contribution to Premature Death
- Genetics: 30%
- Social Circumstances: 15%
- Environmental Exposure: 5%
- Health Care: 10%
- Clinical Care: 10%
- Physical Environment: 5%

Figure 2: Factors Affecting Health Outcomes
- Genetics: 30%
- Behavioral Patterns/Health Behavior: 40%
- Health/Clinical Care: 10%
- Social Factors/Circumstance: 15%
- Environmental/Physical Environment: 5%

County Health Rankings adapted to include genetics and McGinnis weighting of factors
http://www.countyhealthrankings.org/our-approach
The Triple Aim: Patient Experience

1. Improved Patient Experience
2. Reduced Cost
3. Improved Population Health
The Triple Aim: Decreasing Cost

Cost: Spending too much on healthcare

“Obamacare will ... ruin the best healthcare system in the world.”
- House Speaker John Boehner, 07/01/12

Cost: Health Care Spending in the U.S.

Source: The Commonwealth Fund, May 2012

Percent of Population, Ranked by Health Care Spending

Note: Dollar amounts in parentheses are the annual expenses per person in each percentile. Population is the civilian non-institutionalized population. Including those without any health care spending. Health care spending is total payments from all sources (including direct payments from individuals, private insurance, Medicare, Medicaid, and miscellaneous other sources) to hospitals, physicians, other providers (including dental care), and pharmacies. Health insurance premiums are not included.

The Triple Aim: Population Health

http://www.mckesson.com/population-health-management/population-health/prepare-for-change/
Volume to Value: Reimbursement
Volume to Value: Eliminating Waste

What we are paid for:

Now

40% Waste

Preventable Complications

Unnecessary Treatments

Inefficiency

Errors

60% Value

Services That Add Value

Future

100% Value

All Services Add Value

Allina Health
takeaways
A win-win proposal will:

- align with the CHNA
- be reportable as community benefit
- engage employees
- generate some good PR

You want to leave the hospital president thinking, “It’s the right thing to do for the community, for our patients, for our employees and for the bottom line.”
Takeaways

A TRUCKLOAD OF HELP

Allina Health contributed $2,500 to the United Way St. Croix Valley’s Food Resource Center. The money bought a truckload of food for distribution to food shelves throughout Pierce and St. Croix counties, including the River Falls Community Food Pantry. The contribution was funded through Allina Health’s charitable contributions program, which provides support to organizations working to meet the needs of local communities. It was recommended by a committee of River Falls Area Hospital employees. Several then volunteered to help sort and distribute the food purchased. Shown volunteering at the Food Resource Center were, from left in front: Beth Nelson and Kristen Novak, Allina Health; back, from left: Ken Osowski, First National Bank of River Falls; John Coughlin, United Way; Tracy Dierks Smith and Tom Dusek, Allina Health. (Submitted photo)
Takeaways

Quality early childhood programs help prevent adult chronic disease, research shows

By Wen Huang
MARCH 27, 2014

High-quality early childhood development programs with health care and nutritional components can help prevent or delay the onset of adult chronic disease, according to a new study by Nobel laureate economist James Heckman and researchers at the University of Chicago, University College London and the Frank Porter Graham Child Development Institute at the University of North Carolina.

Based on more than three decades of data from the landmark Abecedarian early childhood program in North Carolina, the study shows that children who participated in the intervention combining early education with early health screenings and nutrition had much lower levels of hypertension, metabolic syndrome and obesity in their mid-30s than a control group that did not participate in early learning program. The results are published in the March 28 issue of the journal Science.

“Prior to this research, we had indications that quality early childhood development programs helped produce better health later in life,” said Heckman. “Abecedarian shows that investing in early learning programs that offer health components can boost education, health and economic outcomes. It also offers a different way to fight costly adult chronic diseases: Investing early in the development of children to build the knowledge and self-regulation necessary to prevent chronic disease and help them lead healthy, productive lives.”

The Carolina Abecedarian Project, one of the oldest and most cited early childhood programs, was designed to test whether a stimulating early childhood environment could prevent developmental delays among disadvantaged children. The study involved 111 children from low-income families, born in or near Chapel Hill, N.C. between 1972 and 1977. It also included a health care and nutritional component. Children received two meals and an afternoon snack at an early learning center and were offered daily health screenings and periodic medical checkups. Participants who received this intervention, as well as those in the control group who did not, have been followed for
questions?
comments?
thank you!