

# Virginia's Plan for Well-Being

## "The Plan"

Marissa Levine, MD, MPH  
State Health Commissioner  
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# Outline

- The Plan's foundational concepts
- Contributions of factors affecting health
- Community “infrastructure” model of health improvement
- Insights from Plan implementation

# Foundational Concepts of the Plan

- Health is wealth - our economy in Virginia depends on the health of the population
- The Plan for Well-Being is built upon a community “infrastructure” model of health improvement - as opposed to a strictly medical model
- Sustainable improvement requires simultaneously:
  - dealing with the burden of disease and
  - breaking the cycle of debilitating disease
- A community “infrastructure” model, including an aligned focus and outcome metrics, has a higher likelihood of bending the health care cost curve

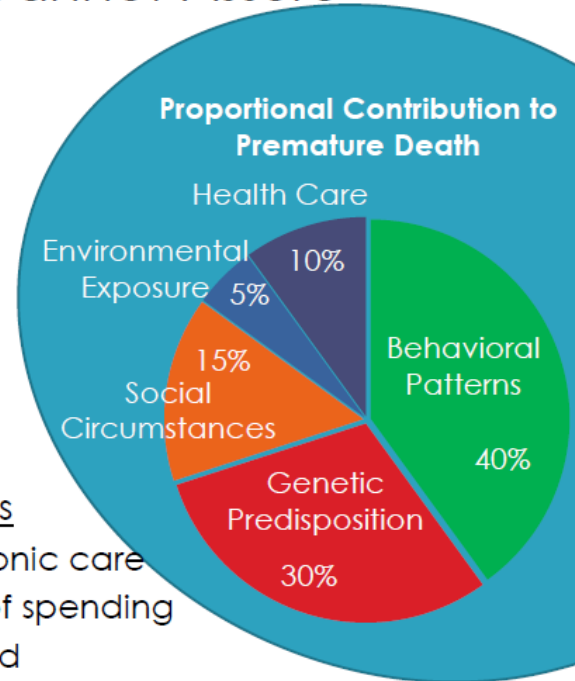
## Excellent Health Care Cannot Assure an Individual's Health

### Health Is Influenced by 5 Factors

- Genetic predisposition
- Social circumstances
- Environmental exposures
- Behavioral patterns, and
- Health care

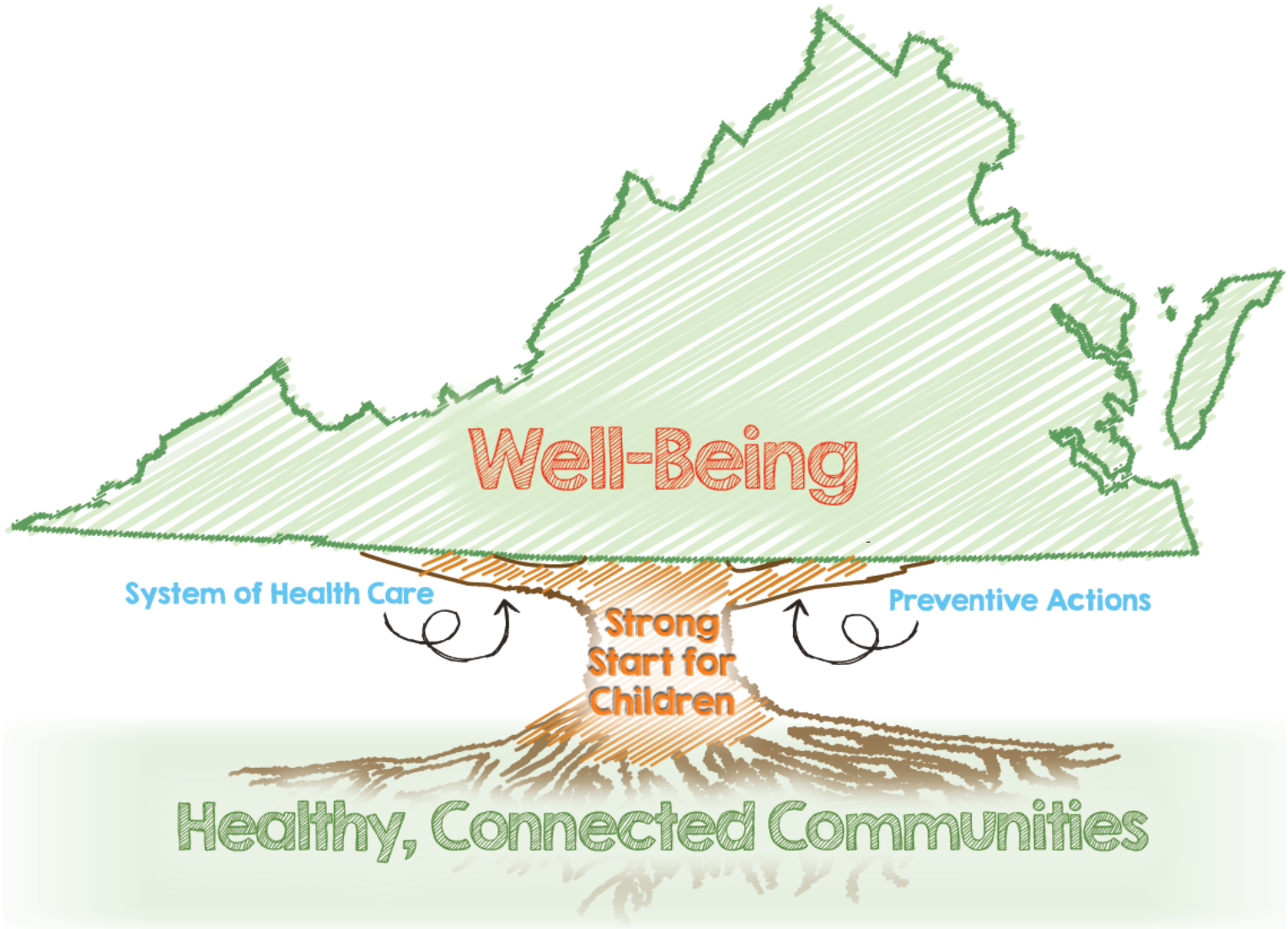
### U.S. Health Care Expenditure Facts

- 75% of expenditures related to chronic care
- 5% of individuals account for 50% of spending
- 3.5% is spent toward prevention and public health services



Sources: Steven A. Schroeder M.D., We Can Do Better-Improving the Health of American People, N Engl J Med 2007; 357:1221-8, GAO, Preventive Health Activities, December 2012 at <http://www.gao.gov/assets/660/650617.pdf>, and American Public Health Association, Issue Brief: The Prevention and Public Health Fund, July 2012 at [http://www.apha.org/NR/rdonlyres/8FA13774-AA47-43F2-8388-1B0757D111C6/0/APHA\\_PrevFundBrief\\_June2012.pdf](http://www.apha.org/NR/rdonlyres/8FA13774-AA47-43F2-8388-1B0757D111C6/0/APHA_PrevFundBrief_June2012.pdf).

# What Defines the Infrastructure in Community Necessary to Protect Health and Promote Well-Being?





# Aims

1



Healthy, Connected Communities

2



Strong Start for Children

3

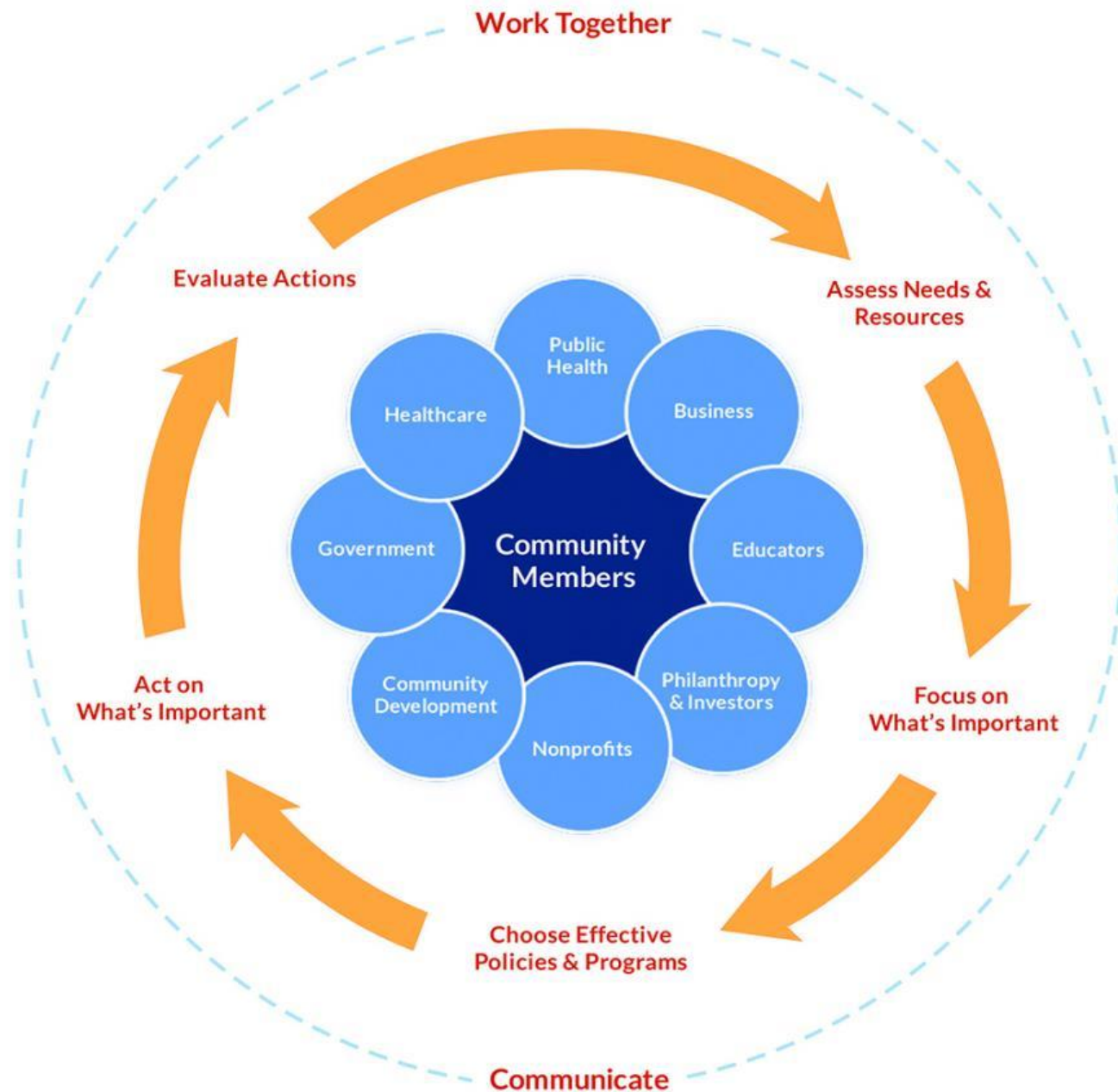


Preventive Actions

4



System of Health Care





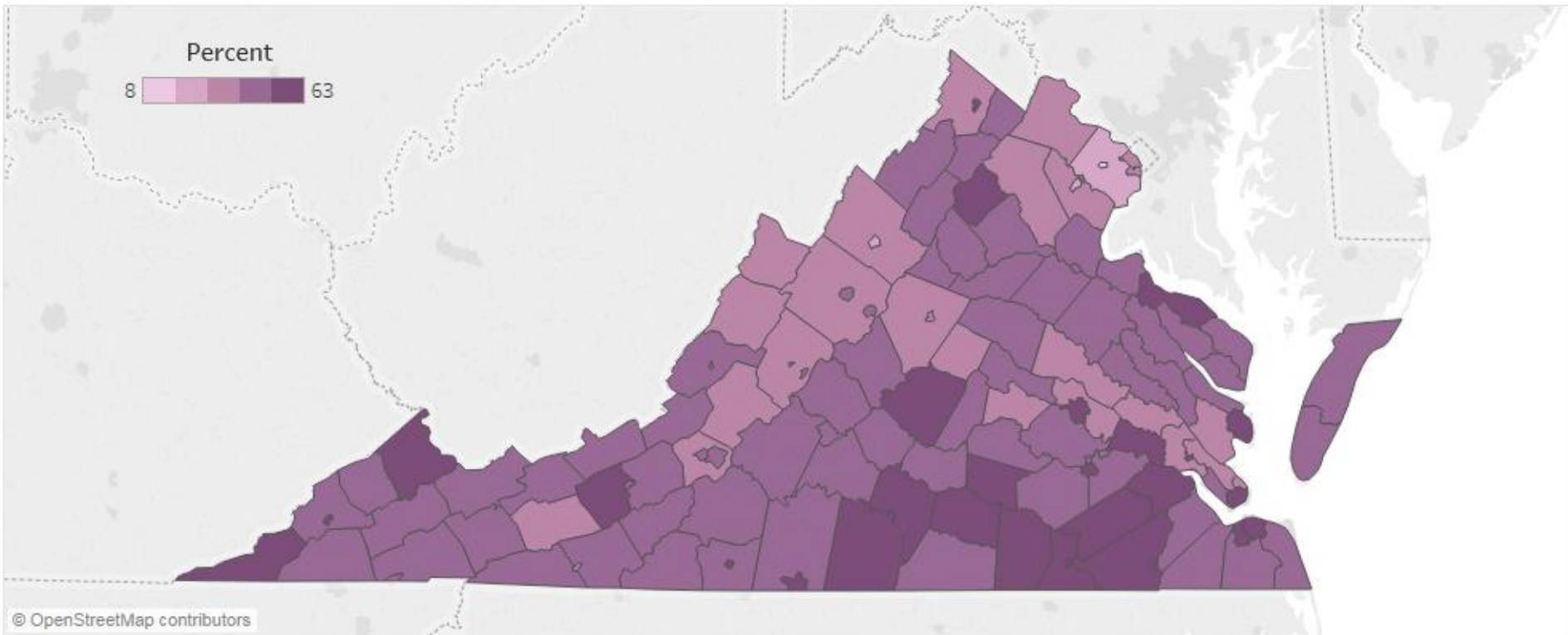
# Plan for Well-Being Metric Updates

<b>Aim 1</b> <b>HEALTHY, CONNECTED</b> <b>COMMUNITIES</b>	<b>2020</b> <b>GOAL</b>	<b>2016</b> <b>Baseline</b>	<b>2017</b> <b>Update</b>	<b>Trend</b>
Percent of High School Graduates Enrolled in an Institution of Higher Education Within 16 Months After Graduation	75.0%	70.9% (2013)	72.0% (2014)	↑
Percent of Cost-Burdened Households (More Than 30% of Monthly Income Spent on Housing Costs)	29.0%	31.4% (2013)	31.6% (2014)	↑
Consumer Opportunity Profile	83.7	81.8 (2013)	86.1 (2015)	↑
Economic Opportunity Profile	73.7	70.7 (2013)	75 (2015)	↑
Percent of Health Planning Districts That Have Established an On-going Collaborative Community Health Planning Process	100.0%	43.0% (2015)	82.8% (2016)	↑

# Cost-Burdened Housing

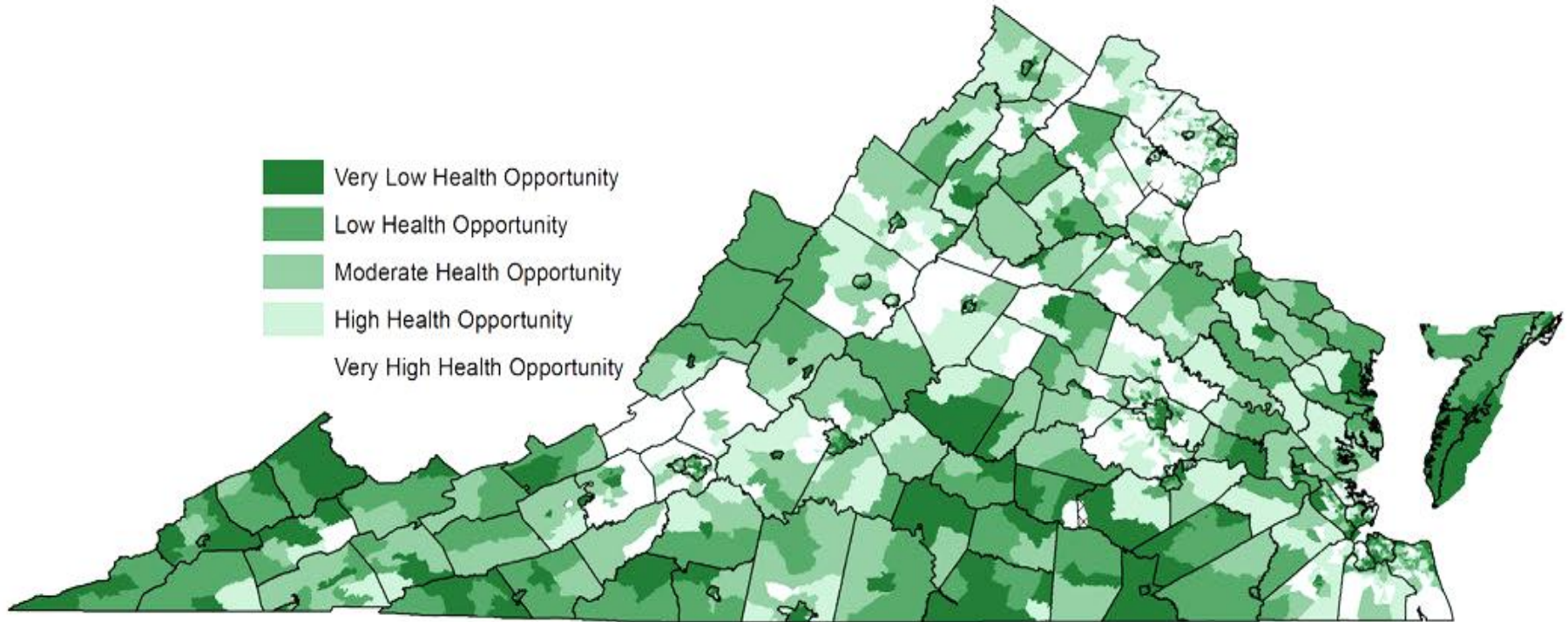
## Map - Housing Stress

Question: Percentage of adults 18 years and older who were worried or stressed in the past year about having enough money to pay your rent/mortgage.



Data Source: Behavioral Risk Factor Surveillance System, Small Area Estimations, 2015, VDH Division of Population Health Data

# Virginia Health Opportunity Index



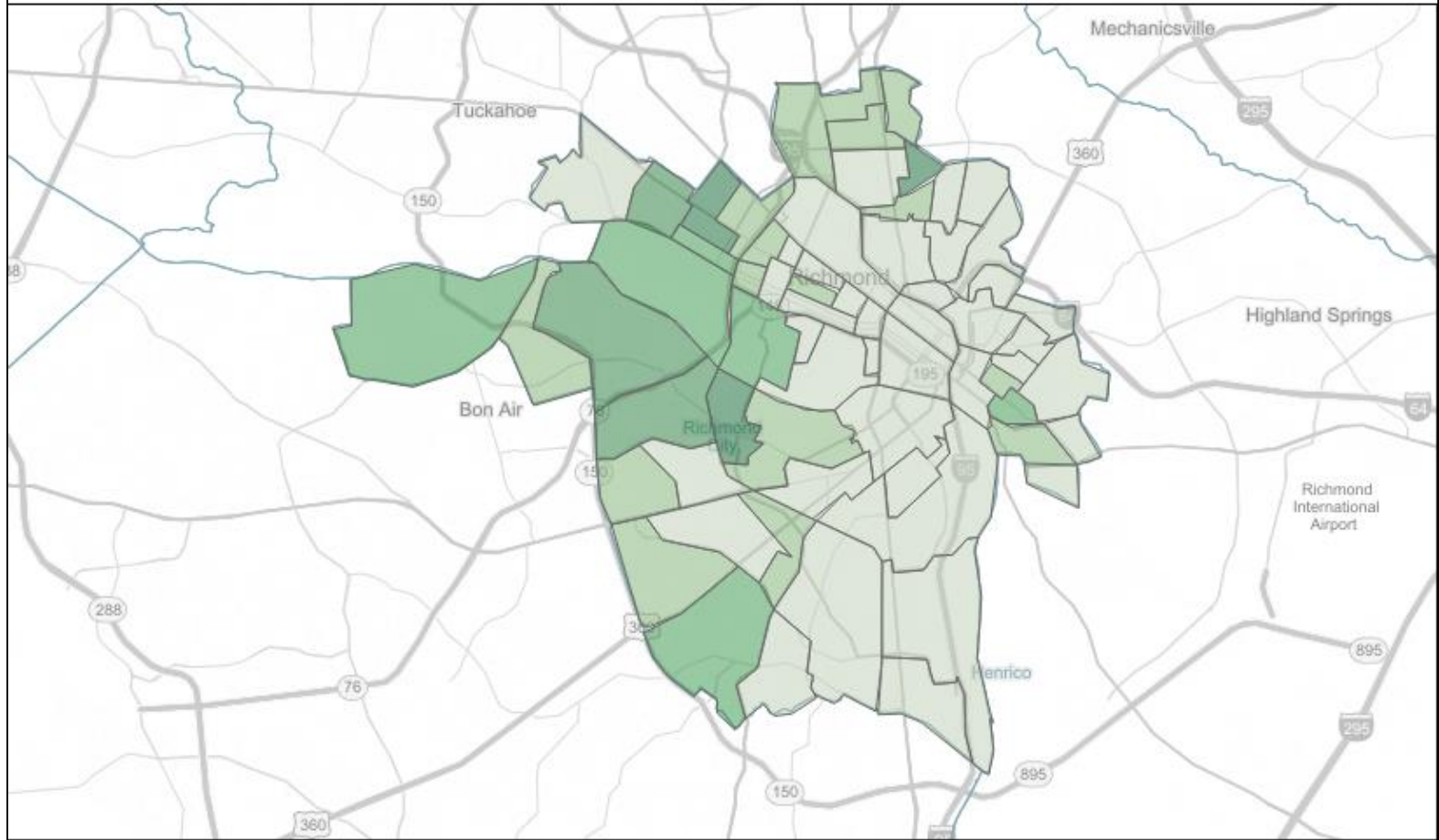
**A composite measure comprised of 13 indices that reflect a broad array of social determinants of health**

Air Quality • Population Density • Population Churning • Walkability • Affordability • Education • Food Access • Material Deprivation • Employment • Income Inequality • Job Participation • Segregation • Access to Health Care

# Richmond City

## Opportunity Level

- Very Low
- Low
- Average
- High
- Very High





**Indices & Indicators**

- Youth Well Being Index
- Education Index
- Crime Indicator
- Family Stability Indicator
- Housing Indicator
- Population Density Indicator
- Poverty Indicator
- Pre-K Enrollment Indicator
- Primary Care Access Indicator
- Psychiatrist Access Indicator

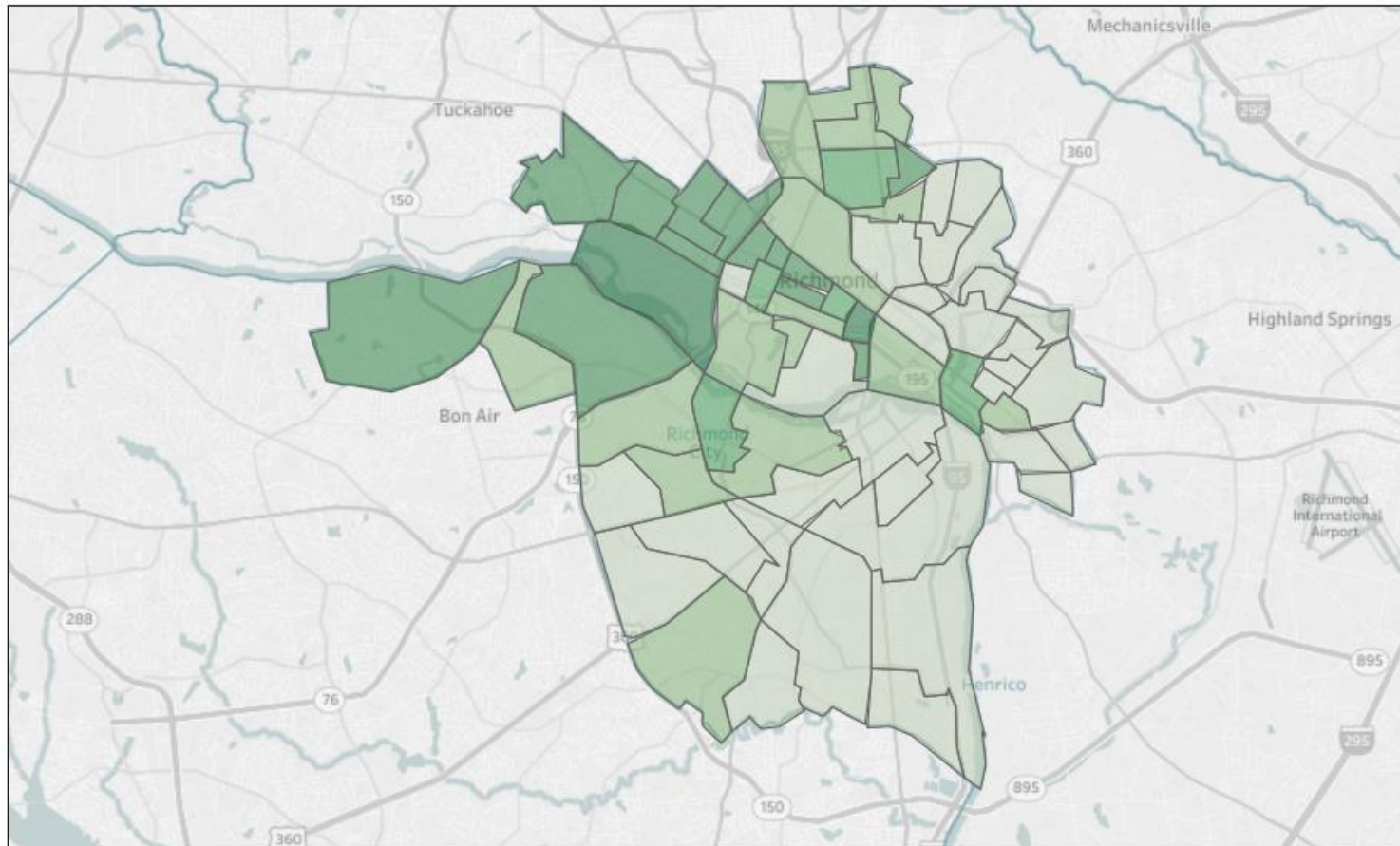
**Opportunity Level**

- Very High
- High
- Average
- Low
- Very Low



**Local Health District**

- Null
- Alexandria
- Alleghany
- Arlington
- Central Shenandoah
- Central Virginia
- Chesapeake
- Chesterfield
- Chickominy
- Crater
- Cumberland Plateau
- Danville
- Eastern Shore
- Fairfax
- Hampton
- Henrico
- Lenowisco
- Lord Fairfax
- Loudoun
- Mount Rogers
- New River
- Norfolk



<p style="text-align: center;"><b>Aim 2</b> <b>STRONG START FOR CHILDREN</b></p>	<p style="text-align: center;"><b>2020 GOAL</b></p>	<p style="text-align: center;"><b>2016 Baseline</b></p>	<p style="text-align: center;"><b>2017 Update</b></p>	<p style="text-align: center;"><b>Trend</b></p>
<p>Pregnancies Per 1,000 Females Ages 15 to 19 Years Old</p>	<p style="text-align: center;">25.1</p>	<p style="text-align: center;">27.9 (2013)</p>	<p style="text-align: center;">24.9 (2014)</p>	<p style="text-align: center;">↓</p>
<p>Percent of Third Graders Who Pass the Standards of Learning Third Grade Reading Assessment</p>	<p style="text-align: center;">80.0%</p>	<p style="text-align: center;">69.0% (14-15)</p>	<p style="text-align: center;">75.4% (15-16)</p>	<p style="text-align: center;">↑</p>
<p>Black Infant Deaths Per 1,000 Black Live Births</p>	<p style="text-align: center;">5.2</p>	<p style="text-align: center;">12.2 (2013)</p>	<p style="text-align: center;">11.2 (2014)</p>	<p style="text-align: center;">↓</p>

<p style="text-align: center;"><b>Aim 3</b></p> <p style="text-align: center;"><b>PREVENTIVE ACTIONS</b></p>	<p style="text-align: center;"><b>2020</b></p> <p style="text-align: center;"><b>GOAL</b></p>	<p style="text-align: center;"><b>2016</b></p> <p style="text-align: center;"><b>Baseline</b></p>	<p style="text-align: center;"><b>2017</b></p> <p style="text-align: center;"><b>Update</b></p>	<p style="text-align: center;"><b>Trend</b></p>
Percent of Adults Who Did Not Participate In Any Physical Activity During the Past 30 Days	20.0%	23.5% (2014)	25.1% (2015)	↑
Percent of Adults Who Are Overweight or Obese	33.0%	64.7% (2014)	61.1% (2015)	↓
Percent of Households That Are Food Insecure For Some Part of the Year	10.0%	11.9% (2013)	11.8% (2014)	↓
Percent of Adults Who Currently Use Tobacco	12.0%	21.9% (2014)	19.4% (2015)	↓
Percent of Adults Who Receive an Annual Influenza Vaccine	70.0%	48.2% (14-15)	46.0% (15-16)	↓
Percent of Adolescent Girls (13-17 Years Old) Who Receive Three Doses of HPV Vaccine	80.0%	35.9% (2014)	38.5% (2015)	↑
Percent of Adolescent Boys (13-17 Years Old) Who Receive Three Doses of HPV Vaccine	80.0%	22.5% (2014)	25.7% (2015)	↑
Percent of Adults Ages 50-75 Years Old Who Receive Colorectal Cancer Screening	85.0%	69.1% (2014)	70.3 (2016)	↑
Average Years of Disability-Free Life Expectancy	67.3	66.1 (2013)	66.0 (2014)	↓

<p style="text-align: center;"><b>Aim 4</b> <b>SYSTEM OF HEALTH CARE</b></p>	<p style="text-align: center;"><b>2020 GOAL</b></p>	<p style="text-align: center;"><b>2016 Baseline</b></p>	<p style="text-align: center;"><b>2017 Update</b></p>	<p style="text-align: center;"><b>Trend</b></p>
Percent of Adults Who Have a Regular Health-care Provider	85.0%	69.3% (2014)	71.1% (2015)	↑
Avoidable Hospital Stays for Ambulatory Care Sensitive Conditions Per 100,000 Persons	1,100	1,294 (2013)	Available Summer 2017	●
Avoidable Deaths from Heart Disease, Stroke or Hypertensive Disease Per 100,000 Persons	40.0	49.9 (2013)	49.1 (2014)	↓
Mental Health and Substance Use Disorder Hospitalizations Per 100,000 Adults	635.1	668.5 (2013)	697.0 (2014)	↑
Percent of Adults Who Report Having 1+ Days of Poor Health During the Past 30 Days	18.0%	19.5% (2014)	19.0% (2015)	↓
Percent of Health-care Providers Who Have Implemented a Certified Electronic Health Record	90.0%	70.6% (2014)	73.4% (2015)	↑
Number of Entities Connected Through Connect Virginia HIE Inc., EHIE, and the National e-Health Exchange	7,600	3,800 (2015)	4,832 (2016)	↑
Number of Local Health Districts with EHRs and Connect to Community Providers Through Connect Virginia	35	0 (2015)	0 (2016)	↔
Percent of Hospitals That Meet the State Goal for Prevention of Hospital-onset Clostridium difficile Infections	100%	38.5% (2013)	38.3% (2014)	↓

# Community Health Improvement Planning

Common themes among local/district-level assessments:

1. Poverty and low educational attainment
2. Mental and behavioral health, and substance abuse
3. Lack of walkable and bicycle-friendly streets, spaces for activity and recreation
4. Chronic diseases: Obesity, heart disease, cancer and diabetes



# Mental Health & Substance Abuse



## Virginia Opioid Addiction Indicators



Year 2015

Geographic Grouping VDH Health District

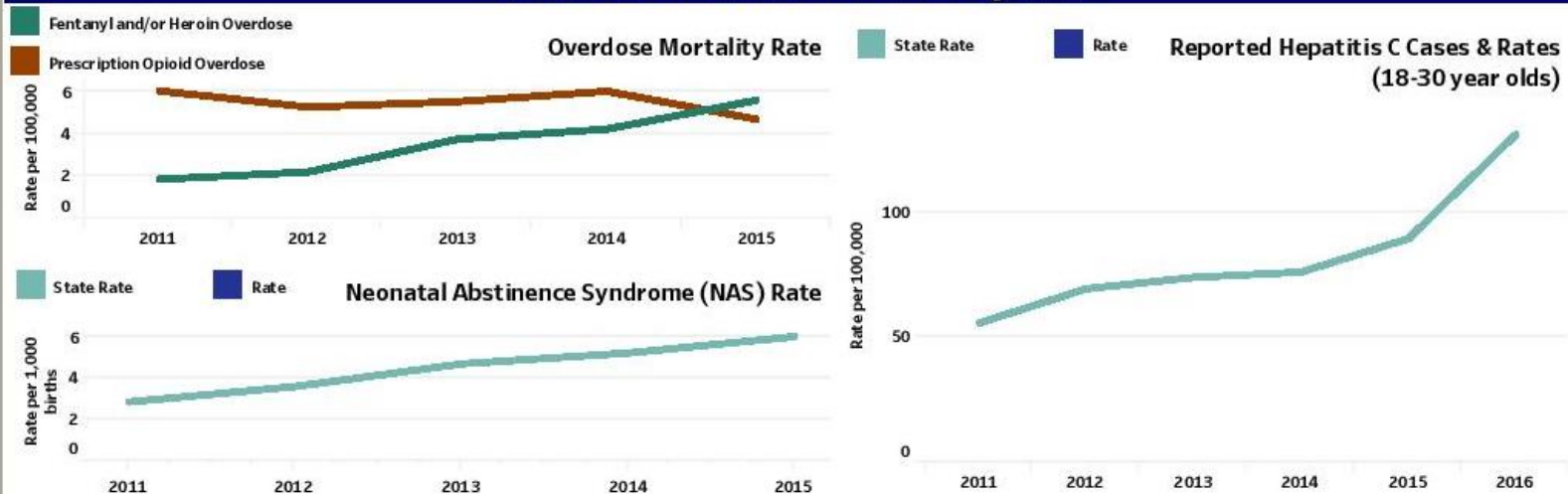
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### 2015 Virginia State Summary

Fentanyl and/or Heroin Overdose	Prescription Opioid Overdose	ED Heroin Overdose	ED Opioid Overdose	EMS Narcan	Reported Hepatitis C (18-30 year olds)	Diagnosed HIV
Deaths	Deaths	Visits	Visits	Administrations	New Cases	New Cases
<b>471</b>	<b>398</b>	<b>800</b>	<b>7,326</b>	<b>2,858</b>	<b>1,382</b>	<b>969</b>
Mortality Rate	Mortality Rate	Visit Rate	Visit Rate	Administration Rate	New Case Rate	New Case Rate
<b>5.6</b>	<b>4.7</b>	<b>9.5</b>	<b>87.4</b>	<b>33.9</b>	<b>89.7</b>	<b>11.6</b>

Rates are calculated as per 100,000 Virginia residents, except for Neonatal Abstinence Syndrome (NAS), which is calculated as per 1,000 live births.

### VDH Health District Trends by Year



# Desirable Policies and Interventions

- State efforts (executive and legislative) that intentionally support/develop the community “infrastructure” necessary for health and well-being – not unlike the support for roads, bridges and other critical infrastructure necessary for the Virginia economy to function.
- Data-informed decision-making to strategize key priority issues *within* areas with low health opportunity (inadequate infrastructure).
- Alignment and focused effort among agencies and organizations that are working with the low health opportunity areas

# References

## Virginia's Plan for Well-Being

- <http://virginiawellbeing.com/>

## Community Model for Health Improvement

- <http://www.countyhealthrankings.org/roadmaps/action-center>

## CDC Community Health Improvement Navigator

- <https://www.cdc.gov/chinav/>

# Summary and Questions