Chronic Disease: Costs, Challenges & Opportunities for Improvement In Louisiana

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Baton Rouge, Louisiana
The Partnership to Fight Chronic Disease (PFCD) is a global coalition of patient, provider, community, business and labor groups, and health policy experts, committed to raising awareness of the No. 1 cause of death, disability and rising health care costs: chronic disease.

**OUR MISSION**

- **EDUCATE** the public about chronic disease and potential solutions for individuals and communities
- **MOBILIZE** the public to call for change in how governments, employers, and health institutions approach chronic disease
- **CHALLENGE** policymakers on the health policy changes that are necessary to effectively fight chronic disease
90 cents of every $1 we spend on health care is associated with the chronically ill.

Health care spending is highly concentrated.
Louisiana’s Chronic Disease Burden

2.9 million people with at least one chronic condition; 1.2 million with 2 or more (and growing).

Economic losses of $12 BILLION a year in addition to medical costs.

Chronic diseases will cost $8,600 per resident a year without change.
Louisiana’s Mental Health Burden

WHAT DO MENTAL HEALTH CONDITIONS COST LOUISIANA?

$33.8 BILLION
Projected total cost of mental health conditions 2016–2020 to Louisiana.

$465
Cost per capita to every Louisiana resident annually.

TOTAL COST = $31.2B IN MEDICAL + $2.6B IN SOCIETAL COSTS

Societal Costs: Lost productivity (state employees), additional jail time (inmates), & nursing home stays (Medicaid).

33% of adults covered by the state have at least 1 mental health condition. That equates to 116,240 adults.

MEDICAID ADULTS: PER CAPITA SPENDING BY HEALTH STATUS

Having Multiple Chronic Conditions Dramatically Increases Medical Costs*

<table>
<thead>
<tr>
<th>Condition</th>
<th>Per Capita Spending</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Chronic Conditions</td>
<td>$4,000</td>
</tr>
<tr>
<td>1 Mental Health Condition</td>
<td>$9,500</td>
</tr>
<tr>
<td>1 Mental Health Condition &amp; 1+ Other Chronic Condition</td>
<td>$16,000</td>
</tr>
<tr>
<td>2 Mental Health Conditions &amp; 1+ Other Chronic Condition</td>
<td>$49,000</td>
</tr>
</tbody>
</table>

STATE OPPORTUNITIES TO SAVE INCLUDE

PRISON SAVINGS

SAVING $6.8 MILLION per year in extended jail time. That’s the same as

290 FEWER YEARS OF PRISON

REDUCING THE $57.7 MILLION a year in lost productivity among state employees with at least one mental health condition

PARTNERSHIP TO FIGHT CHRONIC DISEASE
Chronic Disease Prevention

Highest burden of chronic disease shares FOUR COMMON Risk Factors:

1. Tobacco Use 43 out of 50
2. Excessive drinking 34 out of 50
3. Unhealthy eating 50 out of 50 (obesity)
4. Physical inactivity 45 out of 50

“80% OF PREMATURE HEART DISEASE, STROKE AND DIABETES CAN BE PREVENTED” – World Health Organization

Chronic Disease & Children

• Chronic conditions are on the rise among children.
  – Almost 1 in 5 have diabetes or pre-diabetes.
  – Almost 1 in 10 have asthma.
  – 13-18% of children & adolescents have some form of chronic health condition.

• Minorities and lower income families are disproportionately affected.
Impact of Factors on Risk of Premature Death

**Inter-relationship with SDoH and Health**

Health & Well-Being

- **Economic Stability**: Employment, Income, Expenses, Debt, Medical bills, Support
- **Neighborhood and Physical Environment**: Housing, Transportation, Safety, Parks, Playgrounds, Walkability
- **Education**: Literacy, Language, Early childhood education, Vocational training, Higher education
- **Food**: Hunger, Access to healthy options
- **Community and Social Context**: Social integration, Support systems, Community engagement, Discrimination
- **Health Care System**: Health coverage, Provider availability, Provider linguistic and cultural competency, Quality of care

Health Outcomes: Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Onset of chronic illness reduces income by 18%.

Lower income populations disproportionately affected.
Louisiana’s Chronic Disease Opportunity

Potential To Save:
• $92 Billion through 2030
• 347,000 people

Improvements Include:
• Reduced smoking
• Reduced obesity
• Better access & adherence to treatment
• Medical innovations to increase cancer survival & postpone Alzheimer’s onset
High-Performing Health Systems

• Prioritize care coordination & care transitions.
• Identify the “hot spots” – high cost & high risk.
• Engage people in own care.
  – Self-management skill building
  – Medication management
  – Regular follow-up
• Integrate health & social services, physical & mental health care.
Building on Existing Efforts

- Improving access to quality care
  - CHIP, Medicaid expansion & enrollment

- Enhancing access to patient-centered primary care
  - Participation in Advanced Primary Care Practice Demonstration
    - >> FQHCs meeting NCQA criteria of patient-centered medical homes

- Joining larger initiatives
  - Million Hearts Initiative: Cardiovascular Disease Risk Reduction
  - TCPI: Consortium for Southeastern Hypertension Control
Building on Existing Efforts

• Optimizing appropriate use of medications
  ♣ Louisiana Community Pharmacy Enhanced Services Network

• Recognizing inter-relationships between health & determinants of health
  ♣ Department of Health & Housing Authority Permanent Supportive Housing
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