Qualis Health

- A leading national population health management organization
- The Medicare Quality Innovation Network - Quality Improvement Organization (QIN-QIO) for Idaho and Washington

The QIO Program

- One of the largest federal programs dedicated to improving health quality at the local level
Washington’s Sustainability Story

Diabetes prevalence in underserved populations

Diabetes Self-Management Program (DSMP) workshops

Community Participatory Approach

Multi-sector/cross-sector and public-private partnerships

Implementation to Sustainability
Framework for Discussion

The Data

The Theory

The Practice

“The Ability to be maintained at a certain rate or level”: Sustainability
The Data
The Data: Prevalence

State Rate (20.51%)
Washington Beneficiaries: 15 miles from DSME sites
Prevalence among Dual Eligibles

- Not Dual Eligible:
  - 2016: 18.7
  - 2015: 18.2

- Dual Eligible:
  - 2016: 28.4
  - 2015: 27.9
Disparities in Diabetes Care

- **Asian**: 15.0% Diabetes no CKD, 11.8% Diabetes and CKD, 1.8% Diabetes and ESRD
- **Black**: 11.3% Diabetes no CKD, 12.5% Diabetes and CKD, 2.1% Diabetes and ESRD
- **Hispanic**: 16.4% Diabetes no CKD, 14.5% Diabetes and CKD, 2.2% Diabetes and ESRD
- **Native American**: 14.0% Diabetes no CKD, 14.2% Diabetes and CKD, 1.0% Diabetes and ESRD
- **White**: 10.6% Diabetes no CKD, 8.8% Diabetes and CKD, 0.4% Diabetes and ESRD
The Theory

Figure 1
Impact of Different Factors on Risk of Premature Death

- Individual Behavior: 40%
- Social and Environmental Factors: 20%
- Health Care: 10%
- Genetics: 30%

# Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td>Social community engagement</td>
<td>Community linguistic and cultural competency</td>
<td></td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td>Discrimination</td>
<td>Quality of care</td>
<td></td>
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<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td></td>
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<tr>
<td>Support</td>
<td>Walkability</td>
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</tbody>
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**Health Outcomes**

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
Reducing Health Disparities

SOCIAL DETERMINANTS OF HEALTH EQUITY

Racism

Classism

Sexism

INDIVIDUAL BEHAVIORS

Living & working condition

Unemployment

Healthcare

Water/sanitation

No exercise

Risky sex

Illicit drug use

Age, sex, and hereditary factors

Education

Housing

Food

Work environment
The Practice
Adult Learning – Basis for Self-Management Education
SMRC’s Diabetes Self-Management Program

Workshop Breakdown

One workshop =

Six sessions

2.5 hours each

One day a week for 6 weeks
SMRC’s Diabetes Self-Management Program

Curriculum
Subjects covered include:

- Techniques to deal with the symptoms of chronic disease, fatigue, pain, depression and stress
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Making action plans
- Working effectively with health care providers
- Problem Solving
Adult Learning Principles

Brainstorming Guidelines

- Anyone can share
- No commenting during the brainstorm
- No questions until after
- Clarification waits until after
Brainstorm

What is another name for a boss?
The Triple Aim Framework

- Healthier People
- Healthier Communities
- Better Care
- Smarter Spending
Value of CDSME Workshops

• For communities
  • Patient-centered
  • Engagement activities
  • Peer-group support
  • Confidence building

• For clinics
  • Improved health outcomes
  • Improved quality performance outcomes
  • Patient attraction and retention
Value of CDSME Workshops

Estimated cost savings

$714 per person savings emergency room visits and hospital utilization*

- $350 CDSME estimated program costs

$364 per person net savings

Sustainability Innovations & Trends

Medicare and Medicaid billing

Payment reform quality measures
  • Diabetes: DSMP
  • Chronic Disease: CDSMP

Insurance carrier billing

State
  • Regional opportunities

Federal
  • Significant investment
  • “Experienced, licensed organizations exist throughout the country—partner with them!”
Community-Based Approach

Affordable Housing
Senior Apartments

Libraries
Community Colleges

Senior Centers
Lions Club
Churches
Faith-Based Organizations
Volunteer Organizations

Hospitals
First Responders
Clinics
District Health Departments
Pharmacies

Area Agencies on Aging
Tribal Governments
State Departments of Health
Implementation Sustainability

- Program budget
- Networking with greater CDSME community
- Lay leader training & In-Service
- Technical Assistance for Developing
- Job descriptions
- Project management planning
- Marketing materials
Learning CDSME Communities and Intentional Partnering

- Program coordination
- Program quality
- Program efficiency
Regional Approaches
ACH Regions Map

Okanogan and Klickitat are transitional counties based on Medicaid regional service areas.
Leader Trainings
Sample Workshop Flyer

Счастливая жизнь с диабетом

Бесплатный семинар

Семинар состоит из 6 сессий, продолжительность каждой сессии 2,5 часа
Открыт для всех, кто есть диабет или грудничок

Когда
Шесть вторников
23 мая 2017 – 27 июня 2017
13:00 – 15:30

Где
Southwood Square
Community Center
(Дом культуры)

Узнайте как лучшеправляться с диабетом
• Оздоровительное питание
• Безопасные упражнения
• Выбор лекарственных препаратов
• Навыки общения
• Борьба с депрессией и стрессом
• Предотвращение гипотермии

Бесплатный семинар, созданный для людей с диабетом.
Каждая сессия фокусируется на устранении проблем, принятии решений и умении преодолевать трудности, которые помогают справиться с постоянно меняющимися жизненными проблемами, связанными с диабетом и преддиабетом.

Для получения дополнительной информации и регистрации, звоните Натали по номеру 206-450-7331.

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Workshop Materials
Qualis Health’s EDC Program
Current Sustainability Work

Regional Approaches

Coopetition

Sustainability Conferences

Nuts & Bolts from Soup to Nuts

Train-the-Trainers
Q & A
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