Welcome!
Year in Review
First and Foremost: Thank You!

Dr. Deepa Vasireddy, Pediatric Group of Acadiana

Candice Leach, NP, Jonesville Care Clinic
Looking Back: Successes
Looking Back: Challenges

• COVID-19 Pandemic
  • Racial disparities of those affected
• Social Injustice and Health Inequity
• Hurricane Laura
Looking Forward: Opportunities

- Innovation
- Greater Focus on Health Equity
- Partnership and Collaboration
Know Our Numbers
Louisiana is ranked 49th in the nation for overall health

Source: America’s Health Rankings composite measure, 2019
This is what affects health
The social determinants of health are conditions in which people are "born, grow, work, live, and age, and the wider set of forces and systems" (economic, social policies, and political systems) that shape the conditions of daily life.
Economic Stability: Median Household Income in Louisiana by Race, 2018

Source: American Community Survey, 2018
### Educational Attainment in Louisiana for People 25 Years of Age or Older, 2018

- Less Than 9th Grade: 5%
- 9th - 12th Grade, No Diploma: 10%
- High School Graduate (or GED): 34%
- Associate's Degree: 7%
- Some College, No Degree: 21%
- Bachelor's Degree: 16%
- Graduate Degree: 8%

### Educational Attainment and Median Earnings in Louisiana by Gender, 2018

- Less Than High School Graduate: $26,897
- High School Graduate: $40,430
- Some College or Associate's Degree: $46,590
- Bachelor's Degree: $61,403
- Graduate or Professional Degree: $75,237

- Female
- Male

American Community Survey, 2018
40% Socioeconomic Factors
20% Clinical Care
30% Health Behaviors
10% Physical Environment

www.countyhealthrankings.org
Health Behaviors: Major Risk Factors

**Tobacco Use**
- Causes > 480,000 deaths each year
- Costs > $300 billion each year

**Poor Nutrition**
- < 1 in 10 adults eat enough fruits and vegetables
- 40% of U.S. adults are obese
- Obesity costs $147 billion each year

**Lack of Physical Activity**
- 3 in 4 adults & 4 in 5 high school students don’t get enough physical activity
- Causes $117 billion in annual healthcare costs

**Excessive Alcohol Use**
- Causes 1 in 10 working age adult deaths each year
- Costs $249 billion each year
Health Behaviors: Tobacco Use

- #1 Cause of preventable disease, death and disability
- Costs over $300 billion per year
- Causes 90% of lung cancer deaths
- More than 480,000 deaths annually

<table>
<thead>
<tr>
<th>US</th>
<th>Louisiana</th>
<th>Income below 35K</th>
<th>Income above 35K</th>
<th>Less than high school ed.</th>
<th>High school ed. or more</th>
<th>More than 2 weeks of poor mental health</th>
<th>Less than 2 weeks of poor mental health</th>
</tr>
</thead>
<tbody>
<tr>
<td>16%</td>
<td>21%</td>
<td>26%</td>
<td>16%</td>
<td>35%</td>
<td>18%</td>
<td>35%</td>
<td>18%</td>
</tr>
</tbody>
</table>

BRFSS, 2018
Health Behaviors: Poor Nutrition & Lack of Physical Activity

Up to **40%** of *certain cancers* can be attributed to obesity

The estimated medical costs related to obesity in 2008 was **$147 billion**

< **1 in 10 adults** eat enough fruits and vegetables

**3 in 4 infants** are not exclusively breastfed for 6 months

**Prevalence of Obesity in Louisiana**

- **US**: 31%
- **Louisiana**: 37%
- **Income**: Less than $25,000: 42%, $25,000 - $49,999: 41%, $50,000 - $74,999: 41%, $75,000 or more: 34%
- **Education**: Less Than High School: 35%, High School Grad: 42%, Some College: 41%, College Grad: 31%
- **Race/ethnicity**: Black: 46%, White: 33%

BRFSS, 2018
Why It Matters
<table>
<thead>
<tr>
<th>Disease</th>
<th>Deaths/Year</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease and Stroke</td>
<td>13,825</td>
<td>46th</td>
</tr>
<tr>
<td>Cancer</td>
<td>9,382</td>
<td>44th</td>
</tr>
<tr>
<td>Diabetes</td>
<td>1,457</td>
<td>47th</td>
</tr>
</tbody>
</table>
Diabetes & Heart Disease in Louisiana

Source: BRFSS, 2018
Chronic Disease and Median Household Income

American Community Survey, 2018
COVID-19 Associated Hospitalization

RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THESE CONDITIONS

1.5X
Asthma

3X
*Hypertension
*Obesity
*Diabetes

4X
*Chronic Kidney Disease

4.5X
*Severe Obesity
*2 Conditions

5X
*3 or More Conditions

Obesity (BMI ≥ 30)
Severe Obesity (BMI ≥ 40)
We’re All In This Together
Public Health 3.0

1. **Traditional Clinical Prevention**
   - Increase the use of evidence-based services

2. **Innovative Clinical Prevention**
   - Provide services outside the clinical setting

3. **Total Population or Community-wide Prevention**
   - Implement interventions that reach whole populations

---

Health Care

Public Health
Health Impact Pyramid

Increasing Population Impact

- Counseling and Education
- Clinical Interventions
- Long-Lasting Protective Interventions
- Changing the Context to Make Individuals’ Default Decision Healthy
- Socioeconomic Factors

Decreasing Population Impact
Health Impact Pyramid

- Counseling and Education
- Clinical Interventions
- Long-Lasting Protective Interventions
- Changing the Context to Make Individuals’ Default Decision Healthy
- Socioeconomic Factors

Increasing Population Impact
Decreasing Population Impact
Health Impact Pyramid

- Counseling and Education
- Clinical Interventions
- Long-Lasting Protective Interventions
- Changing the Context to Make Individuals’ Default Decision Healthy
- Socioeconomic Factors
Take The Lead, We Can Help!
Take Action

- Support Employee Health
- Help Your Community Live Tobacco-Free
- Promote Healthy Eating
- Prioritize Training and Education
- Commit to Quality Improvement
- Mobilize Community Resources
- Serve Safety-Net Communities
- Enhance Retention and Recruitment
Population Health Cohort

• Learn how to implement strategies for diabetes and hypertension prevention and management
• Receive personalized practice coaching
• Get exclusive access to a customized platform for data management and bi-directional e-referrals
• Earn up to $11,000.00

Learn More!
11:30am-12:15pm Breakout Session
Implementing Diabetes Management and Heart Disease Strategies Through the Population Health Cohort
# Take Action

<table>
<thead>
<tr>
<th>Support Employee Health</th>
<th>Help Your Community Live Tobacco-Free</th>
<th>Promote Healthy Eating</th>
<th>Prioritize Training and Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commit to Quality Improvement</td>
<td>Mobilize Community Resources</td>
<td>Serve Safety-Net Communities</td>
<td>Enhance Retention and Recruitment</td>
</tr>
</tbody>
</table>
Retention and Recruitment

• 2020 Louisiana Primary Care Needs Assessment
• New! Primary Care Office web pages on walpen.org
• 3RNet Membership
• “I Am Rural” Video Series

Learn More!
On-Demand Session
Louisiana Primary Care Office
Get Recognized: Become a WellSpot!

• Spaces and places across Louisiana that voluntarily implement healthy changes through wellness benchmarks in their environment to help their employees and community live well.

Now Is The Time
Ready, Set, Geaux!

• **On Demand Sessions**
  - Diabetes Self-Management Education and Support: An Essential Service for Improved Outcomes
  - Diabetes Prevention: Moving Why to ROI
  - Louisiana Primary Care Office Updates

• **Networking with Exhibitors**
Thank You!