Promoting Health at Work and Home

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Overview

• Population health in context
  – Global/national

• Social determinants of Health
  – Linking the social environment to health

• Role of Health Promotion
  – Multi-dimensional health solutions
A health care spending paradox...

The U.S. spends more than any other industrialized country on health, yet we rank among the lowest in many dimensions of health

What really underlies the “spend more, get less” paradox?
Ratio of Social to Health Services Spending

The Ratio of Spending Matters

- OECD countries, including the U.S., spend about 1/3 of their GDP on combined social and health services
- The ratio of social-service spending to health-care spending...
  - Is 2:1 among other OECD countries
  - Is less than 1:1 in the U.S.

However, the U.S. has an inverted allocation pattern
Paradox Take-Aways

• If improved population health is our goal, then the U.S. should look beyond the health-care system to achieve it.

• The results reflect a core principle of public and population health: social determinants of health matter!

• Measures of health determinants are even more important to consider since they can affect the future health of the population—measures of health outcomes represent what has already happened
National Context—The Issues

- Reduce healthcare spending
- Reduce illness burden
- Reduce the likelihood of becoming ill
- Make healthy choices easy choices
- Maintain or improve economic vitality
- Reduce waste
- Increase longevity
- Enhance national security
- Prepare communities for the workforce
Linking the (Social) Environment to Health

Health Determinants

- Equity and Social Justice
- Societal Resources
  - Human, social, financial
  - Standard of living
  - Culture and history
  - Social institutions
  - Built environment
  - Political structures
  - Economic systems
  - Technology

Intermediate Outcomes

- Neighborhood living conditions
- Opportunities for learning and developing capacity
- Community development & employment opportunities
- Prevailing community norms, customs & processes
- Social cohesion, civic engagement & collective efficacy
- Health promotion, disease & injury prevention, & healthcare

Health Outcomes

Level of Community Health

The Community Guide’s social environment and health logic model. AJPM 2003
Prerequisites for Health

• Improvements in health requires a secure foundation in basic prerequisites:
  – Peace
  – Shelter
  – Education
  – Food
  – Income
  – A stable eco-system
  – Sustainable resources
  – Social justice, and equity

Health Promotion

• Health promotion is the process of enabling people to increase control over, and to improve, their health
  – Identify and realize one’s aspirations
  – Satisfy one’s needs
  – Change or cope with the environment

• Health promotion is not just the responsibility of the health sector, but goes beyond healthy lifestyles to well-being emphasizing social and personal resources and physical capabilities
HealthPartners Mission

- **Mission:**
  - Improve the health of our members, our patients and the community.

- **How:**
  - Health Care
  - **Health Promotion**
  - Health Plan Services
Solutions

Health assessment
Onsite wellness screening
Online programs
Health coaching
Virtual coaching
Group coaching
Mobile apps
Group challenges
Seminars & health fairs
Your programs
DM & behavioral health
Employee assistance program

Employees

Employees

Culture

Communications

Incentives

Health Portal
Resources

Health & Wellness
Get and stay healthy with your one-stop spot for health and wellness resources.

Healthy living doesn’t have to be hard. In fact, small changes can make a big difference. Learn about the four behaviors that help you prevent disease and live longer.

- Eat smart
- Be tobacco free
- Get moving
- Rethinking drinking

If you have a special health need or condition, your most powerful tool for managing it is reliable information and quality care. Find special programs to support you in managing your health needs:

- Asthma and COPD
- Behavioral health
- Child and teen health
- Case management

- Disease management
- Diabetes
- Depression
- Heart health

- Low back pain
- Pregnancy
- Weight control
- More health topics

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Resources
- Advance directives
- Decision support tools
- Health classes
- Healthy information library
- Interactive tools
- Mobile applications
- Preventive guidelines
- Symptom checker
- Virtual coach

Healthy home checklist

View all Healthy Discounts