The CPP Project for SDOH and LM: Data Tracking and Project Overview

Franklin Walker, MBA
Bonnie Coyle, MD, MS

TOGETHER WE CAN
AMA PRA Category 1 Credit™ – 9.75 hours

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The following presenters have relevant financial disclosures to make: Mike Cowan, MD – Royalties: Southern Spine LLC
Bringing it all Together

• HNC 2030
• Social Determinants of Health
• Lifestyle Medicine
The Big Picture

Costs

Outcomes

Physician Burnout – Moral Injury
Blue Zones

1. Move Naturally

Right Outlook
2. Know your purpose
3. Down shift

Eat Wisely
4. 80% rule
5. Plant slant
6. Wine@5

Belong
7. Family first
8. Belong
9. Right tribe

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Does this describe you:

1. Non-smoker
2. Healthy weight
3. Five Fruits & Veggies/day
4. Exercise 30 min/day five times/wk

80% reduction in chronic diseases
Health Outcomes

Mortality (length of life) 50%
Morbidity (quality of life) 50%

Health Factors

Health behaviors (30%)
- Tobacco use
- Diet & exercise
- Alcohol use
- Sexual activity

Clinical care (20%)
- Access to care
- Quality of care

Social and economic factors (40%)
- Education
- Employment
- Income
- Family & social support
- Community safety
- Physical environment (10%)
- Environmental quality
- Built environment

Policies and Programs
NCMS Healthy NC Initiative

- Educate NC providers about HNC 2030
- Introduce SDOH and LM topics
- Track metrics related to SDOH, LM and related clinical metrics
- Encourage use of NCCare360
- Encourage adoption of LM Interventions
- Track metrics to determine impact
- Start with five CPP and one PH pilot sites
- Identify funding to expand efforts
- Recruit additional providers each year
<table>
<thead>
<tr>
<th>Category</th>
<th>Health Indicator</th>
<th>Cabarrus</th>
<th>North Carolina</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social and Economic Factors</td>
<td>Individuals below 200% of FPL**</td>
<td>28.1%</td>
<td>36.8%</td>
<td>27%</td>
</tr>
<tr>
<td></td>
<td>Unemployment Rate</td>
<td>3.6%</td>
<td>7.2%</td>
<td>*reduce disparity</td>
</tr>
<tr>
<td></td>
<td>Short-term Suspension **</td>
<td>**</td>
<td></td>
<td>**</td>
</tr>
<tr>
<td></td>
<td>Incarceration Rate**</td>
<td>166.3</td>
<td>341</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>Adverse Childhood Experiences</td>
<td>Not available</td>
<td>23.6%</td>
<td>18.0%</td>
</tr>
<tr>
<td></td>
<td>Third Grade Reading Proficiency</td>
<td>60%</td>
<td>56.8%</td>
<td>80.0%</td>
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<tr>
<td></td>
<td>Access to exercise Opportunities</td>
<td>80%</td>
<td>73%</td>
<td>92%</td>
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<tr>
<td></td>
<td>Improve Access to Healthy foods**</td>
<td>7%</td>
<td>7%</td>
<td>5%</td>
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<tr>
<td></td>
<td>Improve Housing Quality</td>
<td>13%</td>
<td>16.1%</td>
<td>14.0%</td>
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<tr>
<td>Environmental</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Decrease drug overdose deaths</td>
<td>26</td>
<td>20.4</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Decrease tobacco use - youth</td>
<td>31.7%*</td>
<td>19.8%</td>
<td>9.0%</td>
</tr>
<tr>
<td></td>
<td>Decrease tobacco use - adult</td>
<td>16%</td>
<td>23.8%</td>
<td>15.0%</td>
</tr>
<tr>
<td></td>
<td>Excessive Drinking</td>
<td>19%</td>
<td>16.0%</td>
<td>12.0%</td>
</tr>
<tr>
<td></td>
<td>Sugar Sweetened Bev Consumption – youth**</td>
<td>Not available</td>
<td>33.6%</td>
<td>17.0%</td>
</tr>
<tr>
<td></td>
<td>Sugar Sweetened Bev Consumption – adult**</td>
<td>21.8%*</td>
<td>34.2%</td>
<td>20.0%</td>
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<tr>
<td></td>
<td>HIV Diagnosis Rate</td>
<td>10.5</td>
<td>13.9</td>
<td>6.0</td>
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<tr>
<td></td>
<td>Teen Birth Rate</td>
<td>18.2</td>
<td>18.7</td>
<td>10</td>
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<tr>
<td>Health Behaviors</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td>Uninsured Rate (all ages)</td>
<td>10%</td>
<td>13%</td>
<td>8%</td>
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<tr>
<td></td>
<td>Primary Care Workforce</td>
<td>1,150 : 1</td>
<td>62 counties at 1,500 : 1</td>
<td>100 counties at 1:1,500</td>
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<tr>
<td>Clinical Care</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Improve % of women who receive pregnancy-related health care</td>
<td>68.4%</td>
<td>68%</td>
<td>80%</td>
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<tr>
<td></td>
<td>Suicide Rate</td>
<td>12.3</td>
<td>13.8</td>
<td>11.1</td>
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<tr>
<td>Health Outcomes</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Decrease Infant Mortality</td>
<td>5.9</td>
<td>6.8</td>
<td>6.0</td>
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<tr>
<td></td>
<td>Increase Life Expectancy</td>
<td>78.6</td>
<td>77.6</td>
<td>82</td>
</tr>
</tbody>
</table>
Practice Recruitment and Survey Data Collection

- Recruitment of Pilot CPP Practices
  - Ob-Gyn
  - Family Practice
  - Pediatrics

- Stage 2 of Practice Participation

- Survey Development
  - SDOH questions – NCCare360
  - Lifestyle Medicine Short Form Questions

<table>
<thead>
<tr>
<th>Food</th>
<th>Yes</th>
<th>No</th>
</tr>
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<tbody>
<tr>
<td>1. Within the past 12 months, did you worry that your food would run out before you got money to buy more?</td>
<td></td>
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<tr>
<td>2. Within the past 12 months, did the food you bought just not last and you didn’t have money to get more?</td>
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<table>
<thead>
<tr>
<th>Housing/ Utilities</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>3. Within the past 12 months, have you ever stayed: outside, in a car, in a tent, in an overnight shelter, or temporarily in someone else’s home (i.e. couch-surfing)?</td>
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<tr>
<td>4. Are you worried about losing your housing?</td>
<td></td>
<td></td>
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<tr>
<td>5. Within the past 12 months, have you been unable to get utilities (heat, electricity) when it was really needed?</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Transportation</th>
<th></th>
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<tbody>
<tr>
<td>6. Within the past 12 months, has a lack of transportation kept you from medical appointments or from doing things needed for daily living?</td>
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<thead>
<tr>
<th>Interpersonal Safety</th>
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</thead>
<tbody>
<tr>
<td>7. Do you feel physically or emotionally unsafe where you currently live?</td>
<td></td>
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<tr>
<td>8. Within the past 12 months, have you been hit, slapped, kicked or otherwise physically hurt by anyone?</td>
<td></td>
<td></td>
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<tr>
<td>9. Within the past 12 months, have you been humiliated or emotionally abused by anyone?</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional: Immediate Need</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>10. Are any of your needs urgent? For example, you don’t have food for tonight, you don’t have a place to sleep tonight, you are afraid you will get hurt if you go home today.</td>
<td></td>
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</tr>
<tr>
<td>11. Would you like help with any of the needs that you have identified?</td>
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</tbody>
</table>
CPP Project for SDOH and LM

Preliminary Data

502 surveys received from 4 practices to date; 70% from Carteret OBGYN

Age Distribution

Gender Distribution

Race Distribution

North Carolina Medical Society
FOUNDATION
Opening Doors to Quality Health Care
CPP Project for SDOH and LM
Preliminary Data

Exercise
OVER THE LAST TWO WEEKS, how many days did you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

- 1-2 times per week
- 3-4 times per week
- 5 or more times per week
- Less than 1 time per week

NC Average for Inactivity
HP2030 Goal

Sleep
OVER THE LAST TWO WEEKS, how many hours of sleep did you average in a 24-hour period?

Current US Trend = 67.5%
get at least 7 hrs/night

HP2030 Goal = 68.6
Preliminary Data - Nutritional Status of Respondents

**Nutrition**

**OVER THE LAST TWO WEEKS,** how often have you eaten fast food, sugary drinks (e.g., soda, sports drinks, juice) or packaged foods (e.g., chips, candy, crackers, cookies)?

![Bar chart showing frequency of fast food and sugary drink consumption over the last two weeks.]

**ON AN AVERAGE DAY,** how many servings of whole fruits and vegetables do you eat (1 serving is about a handful and does not include fruit juice)?

![Bar chart showing the average number of servings of whole fruits and vegetables consumed on an average day.]

Next Steps

- Annual SDOH and LM Summit
- Promote adoption of NCCare360 and LM short form into the EHR for all CPP sites
- Promote incorporation of LM initiatives into Pilot Sites
- Engage CPP and other interested providers annually
- Advocate for Transformation efforts to insurance companies, medical schools, health systems
Questions?

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bonnie.coyle@cabarrushealth.org

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PARTNER FOR PERSONAL AND PROFESSIONAL GROWTH

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