



North Carolina Medical Society
FOUNDATION
Opening Doors to Quality Health Care

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

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TOGETHER WE CAN

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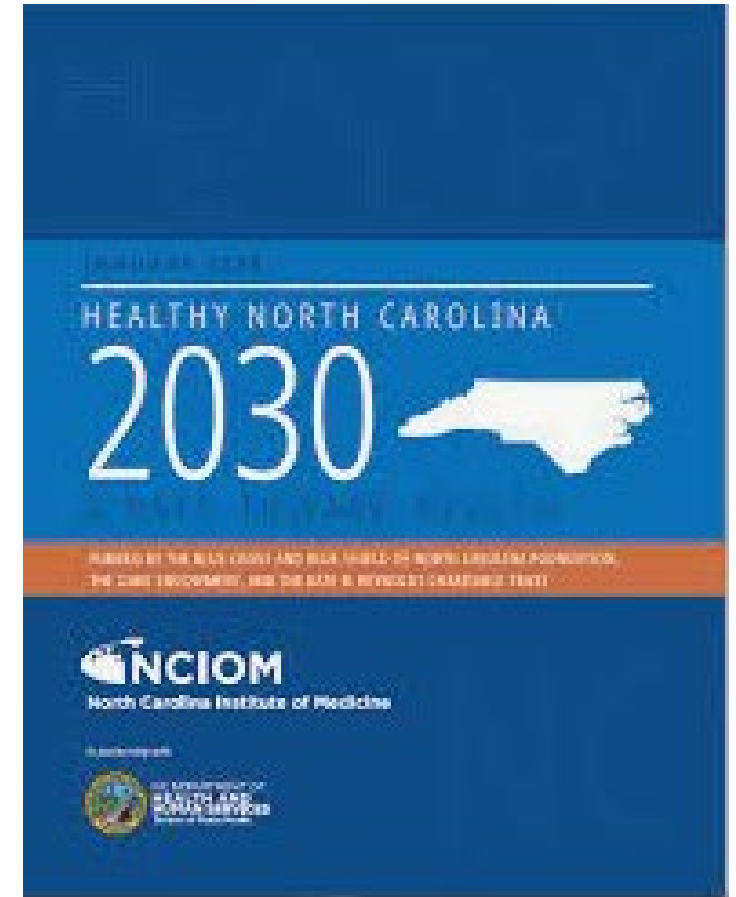


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Bringing it all Together

- HNC 2030
- Social Determinants of Health
- Lifestyle Medicine



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The Big Picture

Costs

Outcomes

Physician ~~Burnout~~ – Moral Injury



Blue Zones



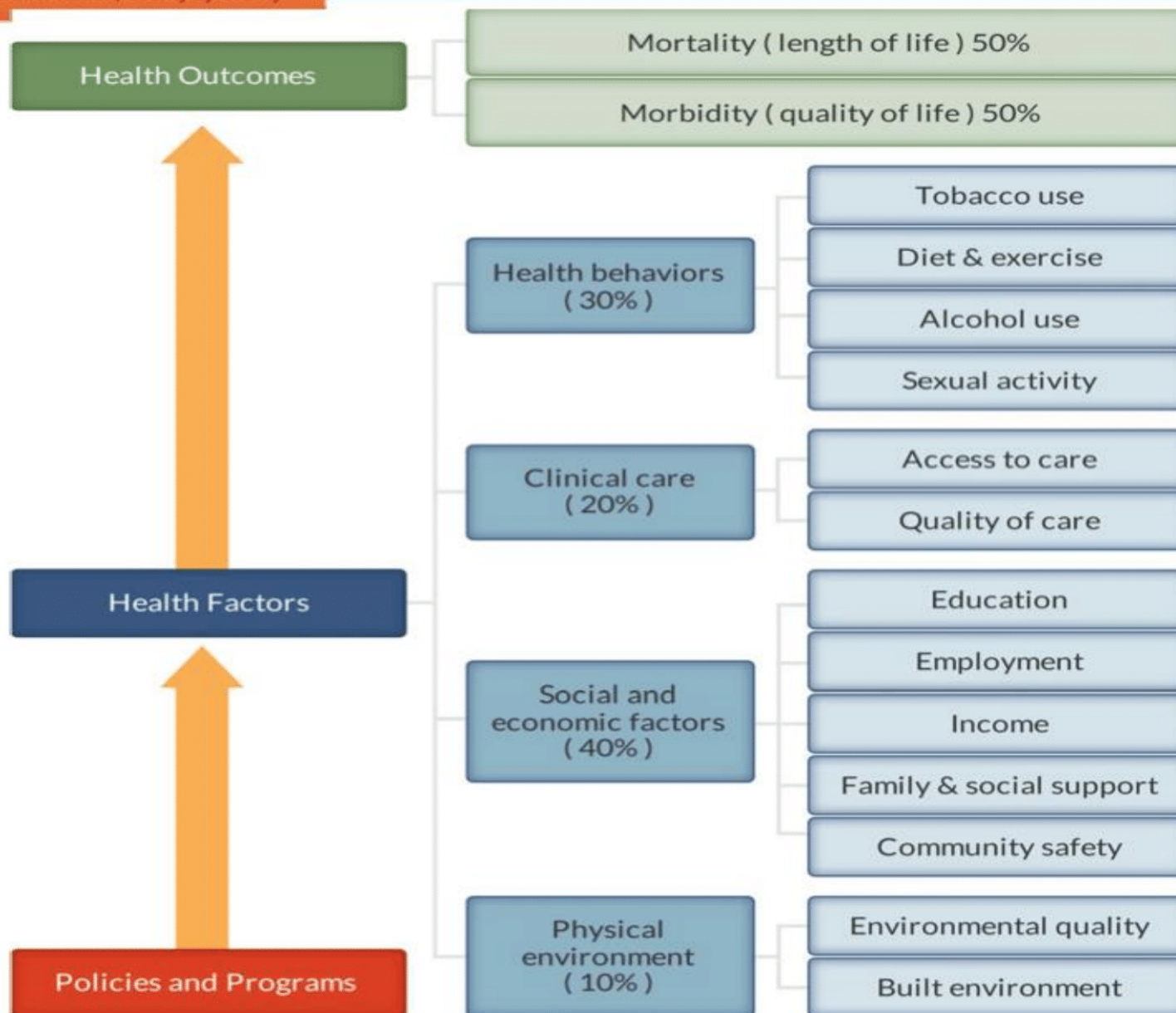


Does this describe you:

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

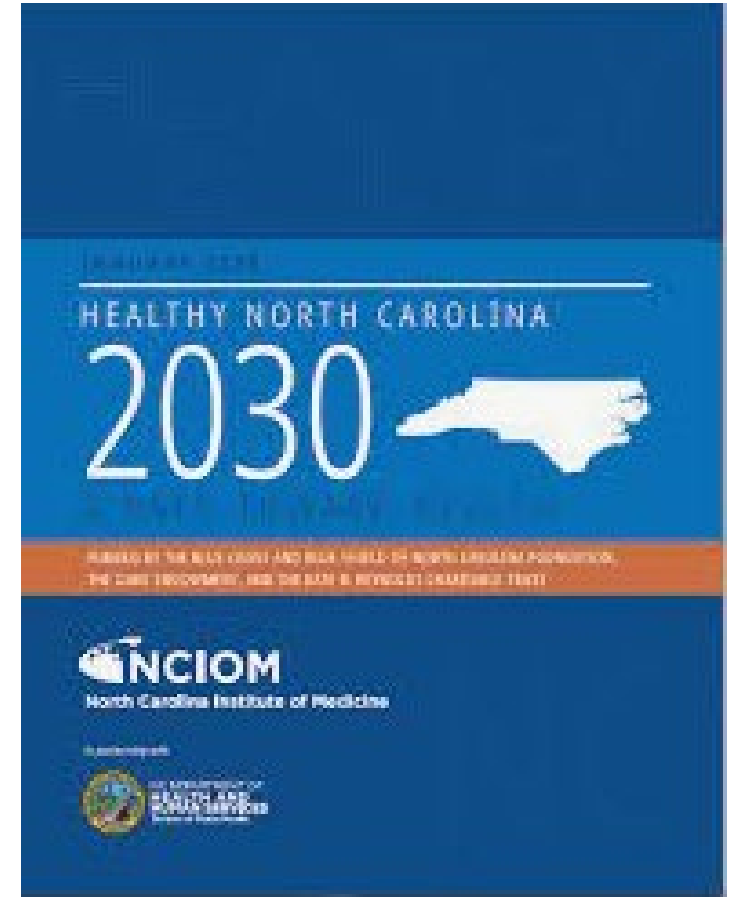


80% reduction
in chronic
diseases



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



Category	Health Indicator	Cabarrus	North Carolina	Goal
Social and Economic Factors	Individuals below 200% of FPL**	28.1%	36.8%	27%
	Unemployment Rate	3.6%	7.2%	*reduce disparity
	Short-term Suspension **	Cabarrus County Schools 1.19 Kannapolis City Schools 1.84	1.39	0.8
	Incarceration Rate**	166.3	341	150
	Adverse Childhood Experiences	Not available	23.6%	18.0%
	Third Grade Reading Proficiency	60%	56.8%	80.0%
Environmental	Access to exercise Opportunities	80%	73%	92%
	Improve Access to Healthy foods**	7%	7%	5%
	Improve Housing Quality	13%	16.1%	14.0%
Health Behaviors	Decrease drug overdose deaths	26	20.4	18
	Decrease tobacco use - youth	31.7%*	19.8%	9.0%
	Decrease tobacco use - adult	16%	23.8%	15.0%
	Excessive Drinking	19%	16.0%	12.0%
	Sugar Sweetened Bev Consumption – youth**	Not available	33.6%	17.0%
	Sugar Sweetened Bev Consumption – adult**	21.8%*	34.2%	20.0%
	HIV Diagnosis Rate	10.5	13.9	6.0
	Teen Birth Rate	18.2	18.7	10
Clinical Care	Uninsured Rate (all ages)	10%	13%	8%
	Primary Care Workforce	1,150 : 1	62 counties at 1,500: 1	100 counties at 1:1,500
	Improve % of women who receive pregnancy-related health care	68.4%	68%	80%
	Suicide Rate	12.3	13.8	11.1
Health Outcomes	Decrease Infant Mortality	5.9	6.8	6.0
	Increase Life Expectancy	78.6	77.6	82

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

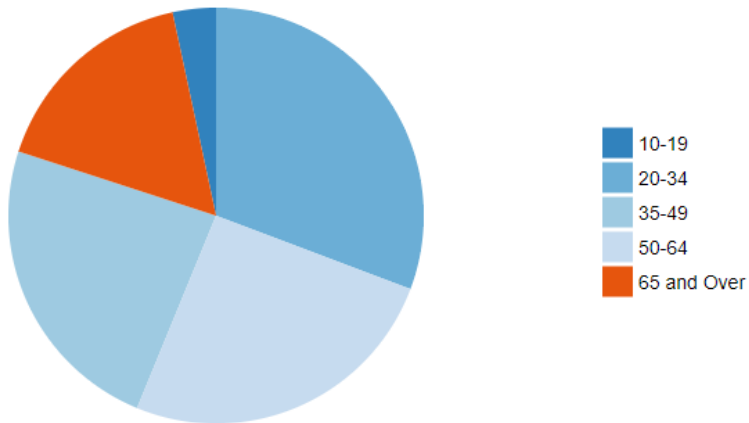
	Yes	No
Food		
1. Within the past 12 months, did you worry that your food would run out before you got money to buy more?		
2. Within the past 12 months, did the food you bought just not last and you didn't have money to get more?		
Housing/ Utilities		
3. Within the past 12 months, have you ever stayed: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

CPP Project for SDOH and LM

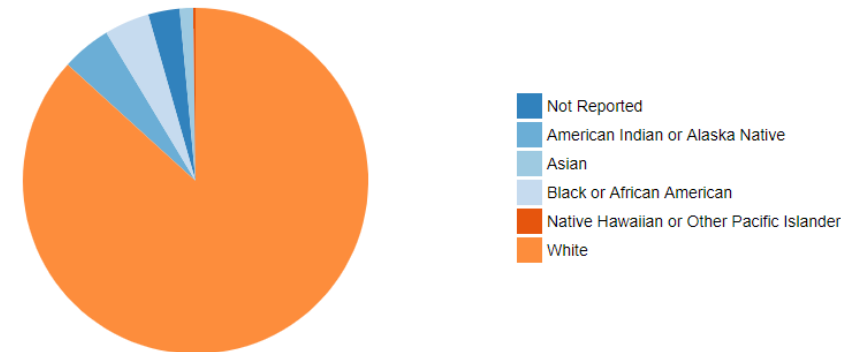
Preliminary Data

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

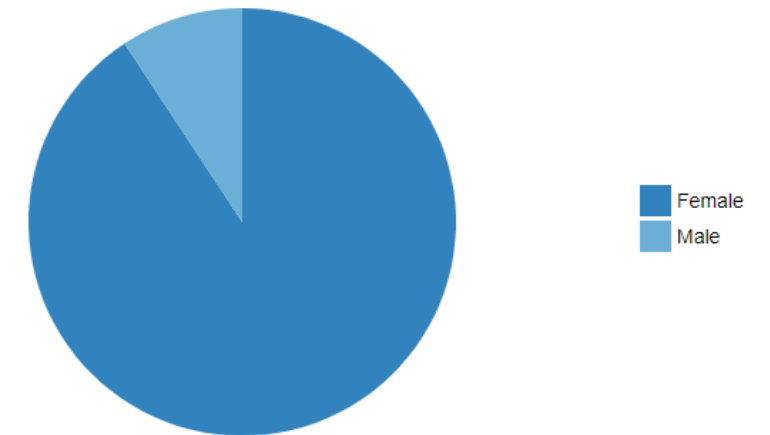
Age Distribution



Race Distribution



Gender Distribution

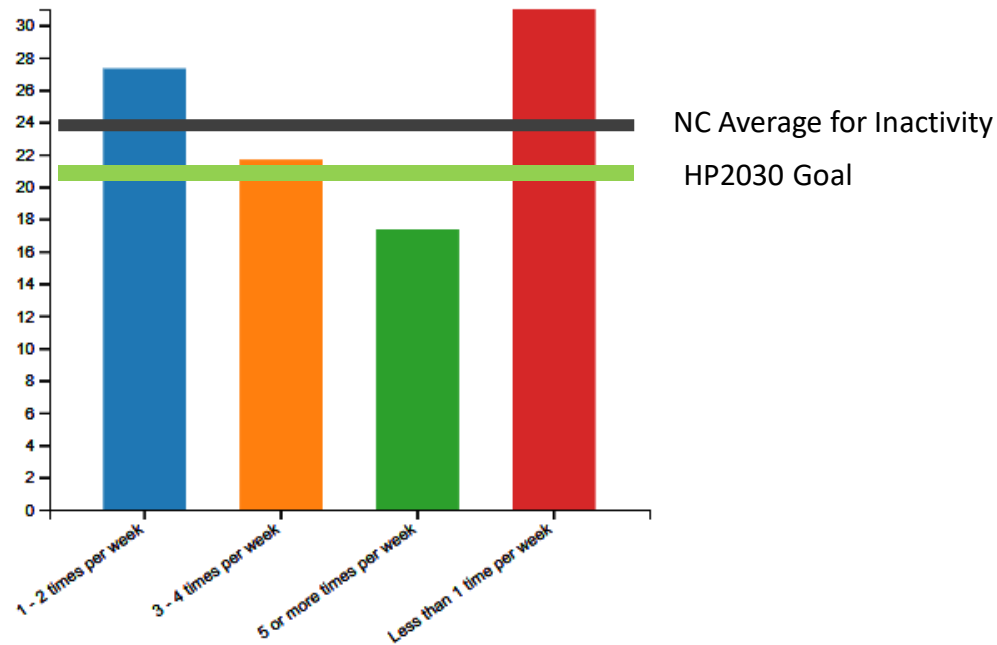


CPP Project for SDOH and LM

Preliminary Data

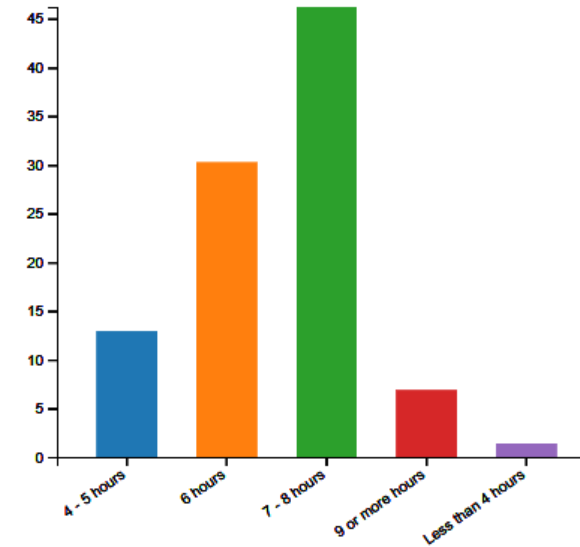
Exercise

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)?



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

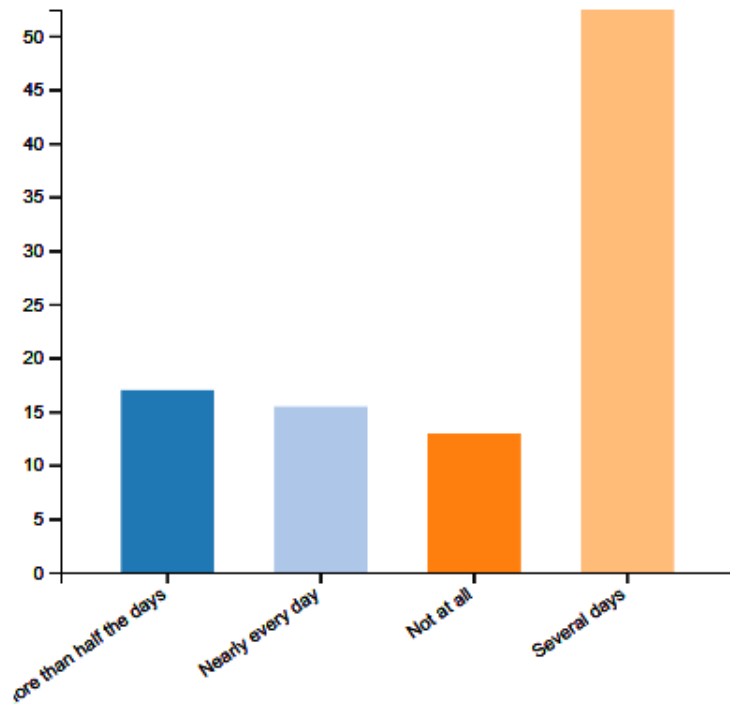
HP2030 Goal = 68.6



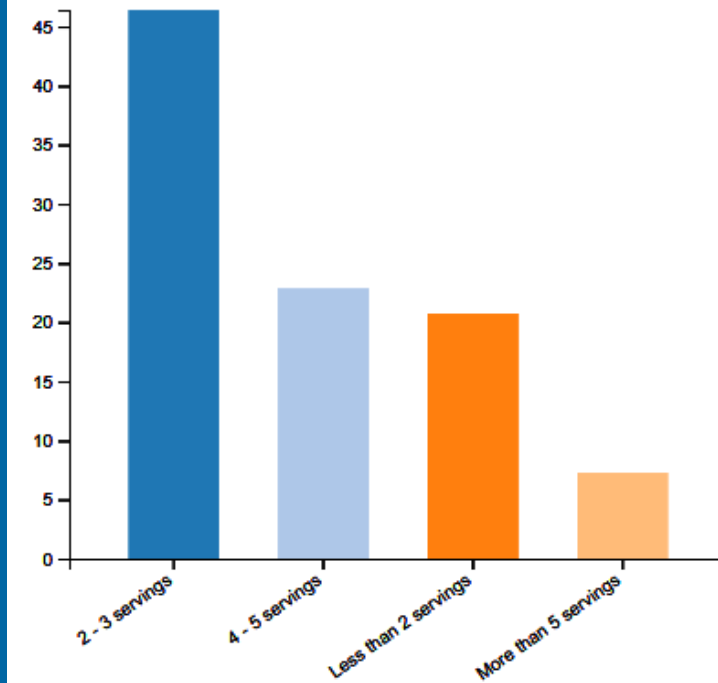
Preliminary Data - Nutritional Status of Respondents

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)?



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)?



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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PARTNER FOR PERSONAL AND PROFESSIONAL GROWTH



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