Overlap between Ohio SHIP priorities and CDC Hi-5 and 6/18 interventions
HPIO 8/31/16

- **Hi-5 (Health Impact in 5 Years):** Non-clinical interventions that have evidence reporting 1) positive health impacts, 2) results within five years, and 3) cost effectiveness and/or cost savings over the lifetime of the population or earlier.
- **6/18 Accelerating Evidence into Action:** Traditional and innovative clinical interventions proven to improve health outcomes and control healthcare costs.

Table 1. Hi-5 and 6/18 interventions: Relevance to Ohio SHIP priorities

*Priority-relevant health outcomes for which the strategy has been found to be effective are listed in parentheses.*

<table>
<thead>
<tr>
<th>Cross-cutting factors</th>
<th>Mental health and addiction</th>
<th>Chronic disease</th>
<th>Maternal and infant health</th>
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<tbody>
<tr>
<td>Health equity</td>
<td>None specified</td>
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<tr>
<td>Social determinants of health (including the social, economic and physical environment)</td>
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<tr>
<td>Hi-5: Earned Income Tax Credits (see Table 2)</td>
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<td>Hi-5: School-based violence prevention (violent behavior, delinquency, alcohol and substance abuse, academic performance)</td>
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<td>Hi-5: Safe Routes to School-built environment components (active transportation, fitness levels)</td>
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<tr>
<td>Hi-5: Home improvement loans and grants (mental health)</td>
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<td>Hi-5: Clean diesel bus fleets (air pollution, heart attacks, hospitalizations for heart disease, pediatric bronchitis and asthma)</td>
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<td>Hi-5: Public transportation system introduction or expansion (air pollution, physical activity)</td>
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<td>Hi-5: Home improvement loans and grants (respiratory health)</td>
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<td>6/18: Control asthma- Home visits - reduce home asthma triggers components (asthma hospitalizations)</td>
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| Public health system, prevention and health behaviors (including active living, healthy eating and tobacco-free living) | **Excessive alcohol use**  
- Hi-5: Pricing strategies for alcohol products (alcohol consumption, alcohol-related harms) | **Tobacco use**  
- Hi-5: Tobacco control- Mass-reach communications campaigns (tobacco use among adults and young people, cessation, quitline calls, tobacco initiation)  
- Hi-5: Tobacco control-Increase unit price for tobacco products (tobacco use among adults and young people, tobacco initiation, cessation)  
- Hi-5: Tobacco control-Comprehensive smoke-free policies (secondhand smoke exposure, tobacco use, tobacco consumption, cardiovascular events, asthma morbidity) | **Tobacco use**  
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- Hi-5: Tobacco control-Comprehensive smoke-free policies (secondhand smoke exposure, tobacco use, tobacco consumption, cardiovascular events, asthma morbidity)  

**Physical activity, nutrition, obesity, diabetes, heart disease**  
- 6/18: Control and prevent diabetes- Diabetes Prevention Program (diabetes prevalence, normal blood glucose, hemoglobin A1c, blood pressure, cholesterol, weight loss)  
- Hi-5: School-based programs to increase physical activity (physical activity, BMI, obesity)  
- Hi-5: Safe Routes to School-program components (active transportation, fitness) |  
<p>|  |  |  | See unintended pregnancy prevention in healthcare system section below |</p>
<table>
<thead>
<tr>
<th>Healthcare system and access</th>
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<tr>
<td><strong>Tobacco use</strong></td>
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<tr>
<td>6/18: Reduce tobacco use- Access to and use of cessation services (cessation, tobacco use, cardiovascular events)</td>
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<td><strong>Hypertension and diabetes</strong></td>
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<tr>
<td>6/18: Control high blood pressure- Access and adherence to antihypertensive and lipid-lowering medications; team-based approach; access to devices for home monitoring (patient compliance and medication adherence, hospitalizations, vascular events, racial and ethnic disparities for cardiovascular disease)</td>
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<tr>
<td>6/18: Control and prevent diabetes- Screening for abnormal glucose (diabetes prevalence, normal blood glucose, hemoglobin A1c, blood pressure, cholesterol,</td>
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<td><strong>Unintended pregnancy</strong></td>
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<tr>
<td>6/18: Prevent unintended pregnancies- Access and payment for full range of contraceptive services, including LARC (unintended pregnancy, teen births, abortion)</td>
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- Hi-5: Multi-component worksite obesity prevention (physical activity, reductions in weight, percentage of body fat, BMI)

**Asthma**
- 6/18: Control asthma- Home visits to improve self-management education and reduce home asthma triggers (asthma hospitalizations)
Asthma
- 6/18: Control asthma-
  Evidence-based asthma medical management; access and adherence to asthma medications and devices; intensive self-management education (asthma hospitalizations)

| Table 2. Hi-5 interventions to address social determinants of health that impact all three Ohio priority topics |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Early childhood education                        | Mental health and addiction                      | Chronic disease                                 | Maternal and infant health                      | Other (underlying determinants that impact all priority topics) |
| • Emotional development                          | • Healthy weight                                 | • Teen birth rates                               | • Cognitive development                         |
| • Self-regulation                                |                                                  |                                                  | • Academic achievement                          |
| Earned income tax credits                        | • Maternal mental health                         | • Maternal physical health                      | • Crime rates                                   |
| • Maternal mental health                         | • Maternal physical health                       | • Infant mortality                              | • Child maltreatment                            |
|                                                  |                                                  | • Low birth weight                               |                                                  |
|                                                  |                                                  | • Health improvements for infants                |                                                  |
|                                                  |                                                  | • Maternal physical health                       | • Poverty                                       |
|                                                  |                                                  |                                                  | • Income                                        |
THE 6:18 INITIATIVE

Accelerating Evidence into Action

SIX WAYS TO SPEND SMARTER FOR HEALTHIER PEOPLE

- Reduce Tobacco Use
- Control Blood Pressure
- Prevent Healthcare-Associated Infections (HAI)
- Control Asthma
- Prevent Unintended Pregnancy
- Control and Prevent Diabetes
Eighteen Evidence-Based Interventions

**REDUCE TOBACCO USE**
- Expand access to evidence-based tobacco cessation treatments, including individual, group, and telephone counseling and FDA-approved cessation medications—in accordance with the 2008 Public Health Service Clinical Practice Guidelines.
- Remove barriers that impede access to covered cessation treatments, such as cost sharing and prior authorization.
- Promote increased utilization of covered treatment benefits by tobacco users.

**CONTROL HIGH BLOOD PRESSURE**
- Promote strategies that improve access and adherence to anti-hypertensive and lipid-lowering medications.
- Promote a team-based approach to hypertension control (e.g., physician, pharmacist, lay health worker, and patient teams).
- Provide access to devices for self-measured blood pressure monitoring for home-use and create individual, provider, and health system incentives for compliance and meeting of goals.

**PREVENT HEALTHCARE-ASSOCIATED INFECTIONS**
- Require antibiotic stewardship programs in all hospitals and skilled nursing facilities.
- Prevent hemodialysis-related infections through immediate coverage for insertion of permanent dialysis ports.

**CONTROL ASTHMA**
- Promote evidence-based asthma medical management in accordance with the 2007 National Asthma Education and Prevention Program guidelines.
- Promote strategies that improve access and adherence to asthma medications and devices.
- Expand access to Intensive self-management education for individuals whose asthma is not well-controlled with guidelines-based medical management alone.
- Expand access to home visits by licensed professionals or qualified lay health workers to improve self-management education and reduce home asthma triggers for individuals whose asthma is not well-controlled with guidelines-based medical management and intensive self-management education.

**PREVENT UNINTENDED PREGNANCY**
- Reimburse providers for the full range of contraceptive services (e.g., screening for pregnancy intention; tiered contraception counseling; insertion, removal, replacement, or reinvestment of long-acting reversible contraceptives [LARC] or other contraceptive devices; and follow-up for women of childbearing age.
- Reimburse providers or health systems for the actual cost of LARC or other contraceptive devices in order to provide the full range of contraceptive methods.
- Reimburse for immediate postpartum insertion of LARC by unbundling payment for LARC from other postpartum services.
- Remove administrative and logistical barriers to LARC (e.g., remove pre-approval requirement or step therapy restriction and manage high acquisition and stocking costs).

**CONTROL AND PREVENT DIABETES**
- Expand access to the National Diabetes Prevention Program, a lifestyle change program for preventing type 2 diabetes.
- Promote screening for abnormal blood glucose in those who are overweight or obese as part of a cardiovascular risk assessment.
School-Based Programs to Increase Physical Activity
- School-Based Violence Prevention
- Safe Routes to School
- Motorcycle Injury Prevention
- Tobacco Control Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-Component Worksite Obesity Prevention

Changing the Context
Making the healthy choice the easy choice

Social Determinants of Health

HI-5

Early Childhood Education
- Clean Diesel Bus Fleets
- Public Transportation System
- Home Improvement Loans and Grants
- Earned Income Tax Credits
- Water Fluoridation

HEALTH IMPACT IN 5 YEARS
What makes the HI-5 list different?

• **HEALTH:** Improves health and well-being in as early as 5 years
• **COST:** Cost effectiveness and/or savings over the lifetime of the population or earlier
Step 1: Earned the highest evidence rating from:
- The Guide to Community Preventive Services (n=120 “Recommended”)
- Robert Wood Johnson Foundation/ U of Wisconsin County Health Rankings/ Roadmaps What Works for Health site (n=144 “Scientifically Supported”)
- CDC Experts (n=2)

Step 2: Excluded Bucket 1 & 2 interventions and duplicates

Step 3: Included those with evidence reporting:
- measurable impact on health in five years
- cost effectiveness and/or savings over the lifetime of the population or earlier
- those not implemented in more than 85% of states

Step 4: Excluded those with evidence of potential harm &/or distinct programs not implemented at policy level

Result: 14 interventions that earned the highest evidence ratings, show positive health impact within 5 years, and report cost effectiveness/savings over the lifetime of the population or earlier.
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