

# A Lasting Impact on Health Outcomes

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# Presentation Overview

- Setting the context
- Role of Policy
- Health Impact-5 years (HI-5) Initiative
  - Highlighting relevant opportunities



# Will 'shorter, sicker lives' be our legacy?

**HEALTH**

## **A Shocking Decline in American Life Expectancy**

Because of the opioid epidemic, Americans have been dying younger for two years in a row.

**OLGA KHAZAN** DEC 21, 2017

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# CULTURE OF HEALTH VISION

WE WILL STRIVE TOGETHER  
TO **BUILD A CULTURE  
OF HEALTH** ENABLING ALL IN  
OUR DIVERSE SOCIETY TO **LEAD  
HEALTHIER LIVES**, NOW AND  
FOR GENERATIONS TO COME.

# Why does policy matter?

- It affects entire jurisdictions and, therefore, has broad reach
- It is long-lasting and self-sustaining with appropriate enforcement
- It may create inequities, so is essential to reverse them
- It can change norms, expectations, and cultural understandings of key societal issues
- It was critical to each of the [10 greatest public health achievements of the 20<sup>th</sup> century](#)





HEALTH **IMPACT** IN 5 YEARS



# The “Buckets” of Prevention Framework



Credit: John Auerbach



# Buckets 1 and 2

traditional clinical | innovative clinical

## THE 6|18 INITIATIVE

Accelerating  
Evidence  
into Action

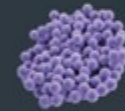
SIX WAYS TO SPEND SMARTER  
FOR HEALTHIER PEOPLE



REDUCE  
TOBACCO USE



CONTROL  
BLOOD PRESSURE



PREVENT HEALTHCARE-  
ASSOCIATED INFECTIONS (HAI)



CONTROL ASTHMA



PREVENT UNINTENDED  
PREGNANCY



CONTROL AND  
PREVENT DIABETES





## Bucket 3 community-wide prevention

- How do we improve population health in our states and communities?
- What is the best evidence of health *and* cost impact?
- What can we do that will begin to show results soon?



# What is different about HI-5?



## 14 evidence-based community-wide population health interventions:

- Improve health of community (not clinical/patient-oriented)
- Demonstrate positive health impact in 5 yrs or less & cost effectiveness & savings over time



- 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

- Counseling and Education
- Clinical Interventions
- Long Lasting Protective Interventions

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



### Social Determinants of Health

# HI-5



HEALTH **IMPACT** IN 5 YEARS



## HI-5 Health Outcomes Addressed

- Anxiety and Depression
- Asthma
- Blood Pressure
- Bronchitis
- Cancer
- Cardiovascular Disease
- Child Abuse and Neglect
- Cognitive Development
- Infant Mortality
- Liver Cirrhosis
- Motor Vehicle Injuries
- Obesity
- Dental Caries
- Pneumonia
- Sexually Transmittable Infections
- Sexual Violence
- Teenage Pregnancy
- Traumatic Brain Injury
- Type II Diabetes
- Youth Violence





## 14 Evidence-Based, Community-Wide Interventions

### *Address the Social Determinants of Health*

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



### *Change the Context: Making Healthy Choice the Easy Choice*

- School-Based Programs to Increase Physical Activity
- School-Based Violence Prevention
- Safe Routes to School (SRTS)
- Motorcycle Injury Prevention
- Tobacco Control Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-Component Worksite Obesity Prevention

# HI-5: Collaboration between RWJF, CDC, and CDC Foundation

- Assess how three HI-5 strategies are being implemented:
  - Earned Income Tax Credit (EITC)
  - Early Childhood Education
  - Public Transportation Expansions
- Identify and fill gaps in research and technical assistance



# Early childhood education – Impacts

## **Educational impacts**

- Improved social, emotional, and cognitive development
- Improved academic achievement and reductions in disparities



## **Social impacts**

- Increases in maternal employment and income
- Reductions in crime, welfare dependency, and child abuse and neglect
- Better jobs and higher earnings throughout employment years

## **Health impacts**

- Long-term improvements in health with greater educational attainment
- Long-term savings in health care costs (along with savings in remedial education, dependency services)
- May improve weight status
- May increase diagnosis & treatment of hearing & vision problems



# Early Childhood Education

**Programs for children ages 3 and/or 4 years old, various settings**

**Include one or more component:**

- literacy
- numeracy
- cognitive development
- socio-emotional development
- motor skills

**Some programs may offer additional components**

- recreation
- meals
- health care
- parental supports
- social services.





# Earned Income Tax Credit (EITC)

**A refundable tax credit for low-income workers**

**Average annual credit is \$2400**

- Larger credit amounts for households of color because of income and family structure

**27 million households received credit for \$65 billion in income support**

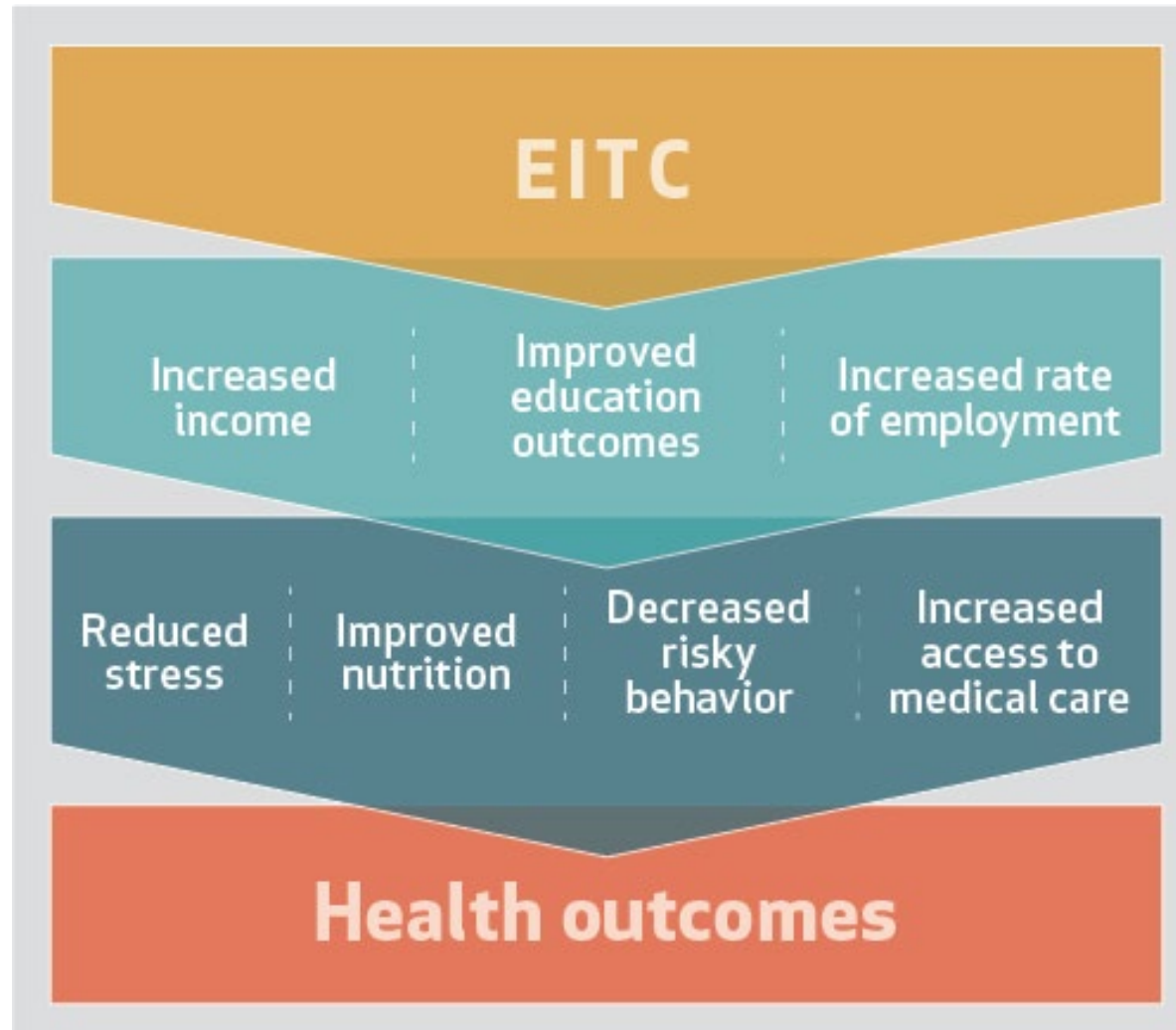
- 70% with incomes below \$25,000
- 50% white, 24% Hispanic, 19% black
- Top occupations: retail, food service, construction, transportation, office/administrative

**Most recipients use EITC for 1 to 2 years at a time**

- Most use the credit for necessities, past-due bills, debt, and asset building



# EITC-health pathways



# \$1000 EITC increase associated with these impacts:

- 7.3 percentage point increase in employment
- 9.4 percentage point decrease in poverty
- 6% of standard deviation increase in math and reading scores
- 2.1 percentage point increase in high school graduation
- 1.4 percentage point increase in completion of one year of college
- More than \$1000 increase in real value of child's future earnings

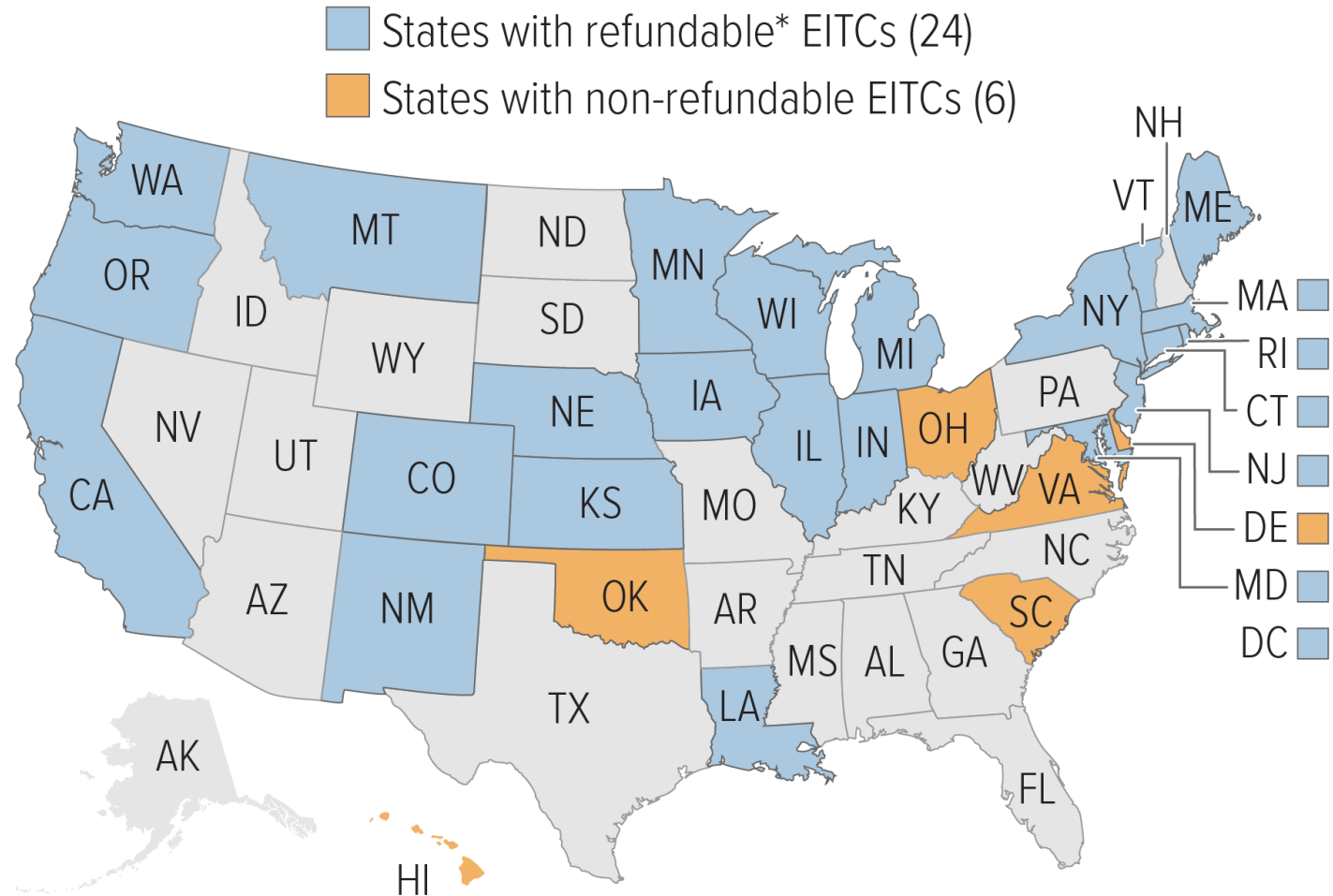


# Birth outcomes

- Consistent effects on birthweight and gestational age
  - \$1000 increase in EITC → 6% decrease in low birthweight births (8% among black women)
- All EITC-health pathways are likely at play
  - Possible neighborhood level effects
- Generosity of credit matters



# Twenty-Nine States and D.C. Have Enacted Earned Income Tax Credits (EITCs), 2018



\*Refundable EITCs give working households the full value of the credit they earn even if it exceeds their income tax liability.

Source: CBPP analysis



The graphic features the text "HI-5" in large, dark teal letters. Below the letters are various icons representing community elements: a person walking, a school building with "SCHOOL" written on it, a family of three, a person on a bicycle, a bus stop with people waiting, a house, and a bus. Below this graphic, the text "HEALTH IMPACT IN 5 YEARS" is written in a smaller, dark teal font, with the word "IMPACT" in red.

# HI-5

HEALTH **IMPACT** IN 5 YEARS



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# Health Policy Resources

- HI5 <https://www.cdc.gov/policy/hst/hi5/index.html>
- Trust for America's Health: <https://www.tfah.org/report-details/promoting-health-and-cost-control-in-states/>
- Evidence based policies and benefit-cost analyses <http://www.wsipp.wa.gov/BenefitCost?topicId=2>
- CityHealth <https://www.debeaumont.org/CityHealth/>
- The community guide <https://www.thecommunityguide.org/>
- What Works for Health <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>