

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



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



CULTURE OF HEALTH VISION

WE, **AS A NATION**, 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 changes norms, expectations, and cultural understandings of key societal issues (though sometimes these are a pre-requisite for policy change to occur)
- It was critical to each of the [10 greatest public health achievements of the 20th century](#)





HEALTH **IMPACT** IN 5 YEARS



The “Buckets” of Prevention Framework

Traditional Clinical Prevention



Innovative Clinical Prevention



Total Population or Community-Wide Prevention



Health Care

Public Health



Buckets 1 and 2

traditional clinical | innovative clinical

THE 6|18 INITIATIVE

Accelerating
Evidence
into Action

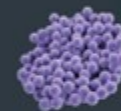
SIX WAYS TO SPEND SMARTER FOR HEALTHIER PEOPLE



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



TIPS FROM
FORMER
SMOKERS™



- 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

Counseling and Education

Clinical Interventions

Long Lasting Protective Interventions



Changing the Context

Making the healthy choice the easy choice

- 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
- Plan for technical assistance and other resources provision



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.



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 - Challenges

- How do you fund at scale to reach all children starting with children who can benefit the most?
- How do you balance program reach and quality?
- How do you prevent “fade-out” in which children make academic gains in early education but then regress in K-3 systems that may be of lower quality or not well aligned with early education systems?
- How do you link early education programs to health and social service programs?



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

Nearly two-thirds of recipients use EITC for 1 to 2 years at a time, particularly during times of reduced income

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

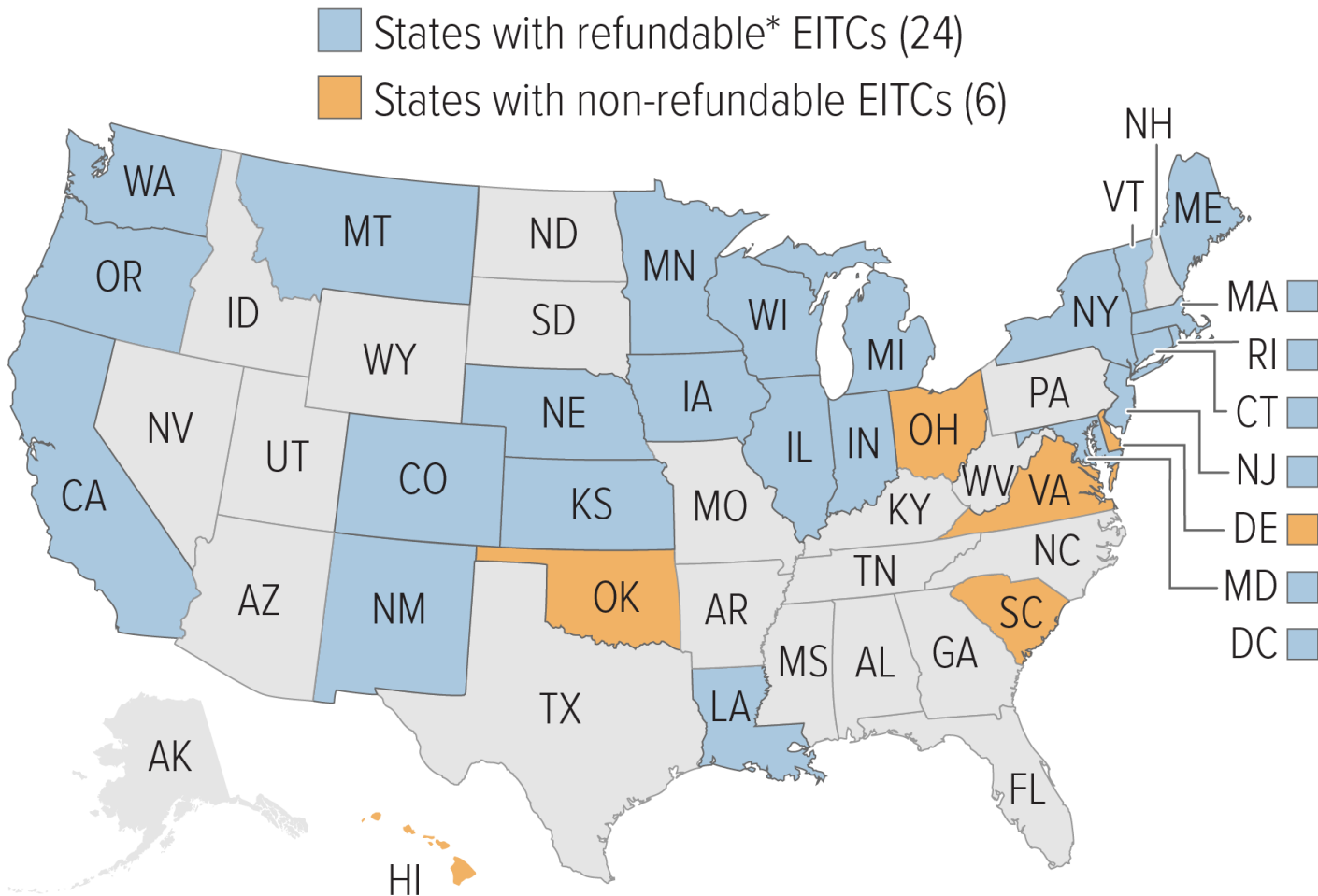


\$1000 EITC increase associated with these impacts:

- 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



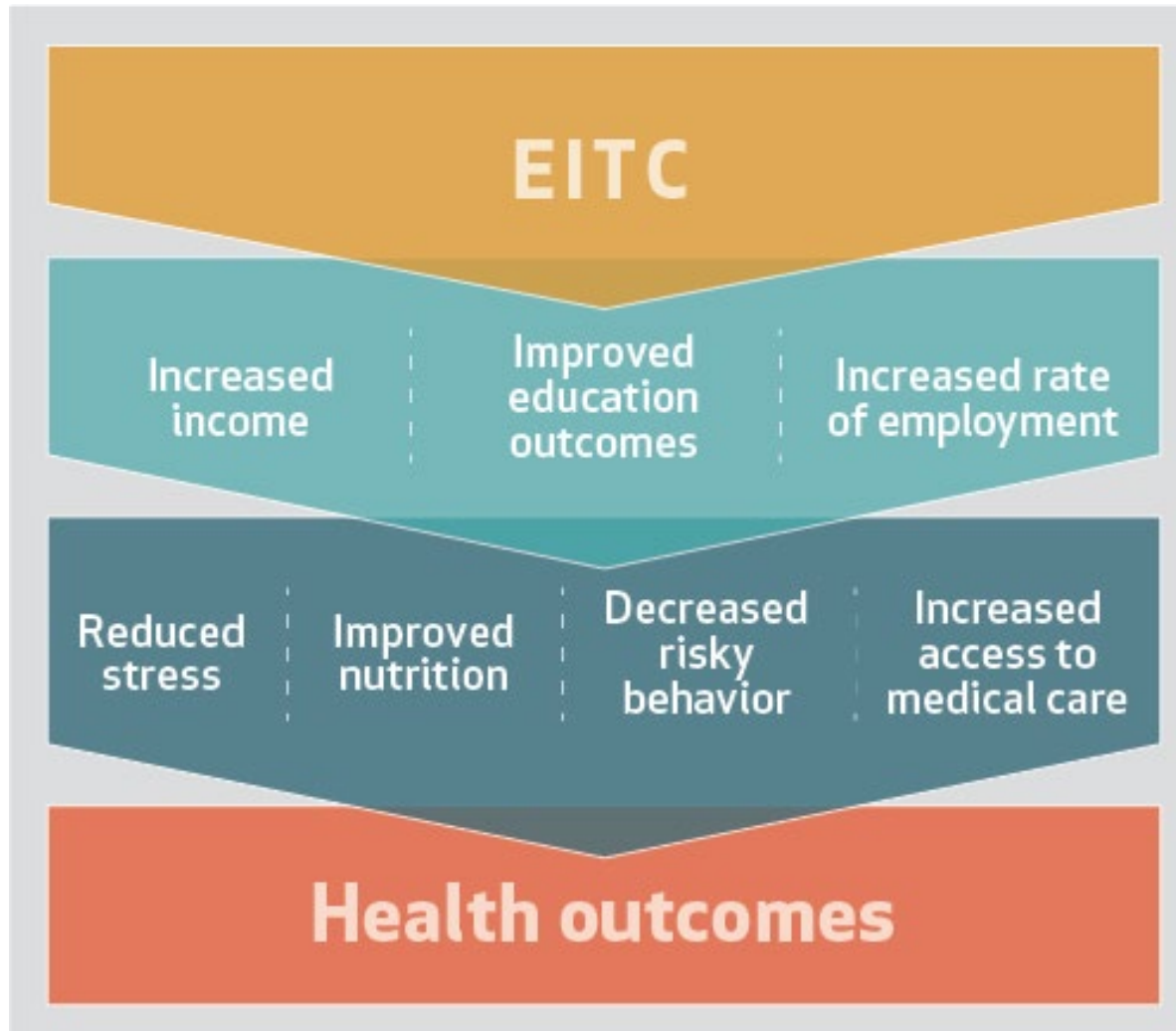
Twenty-Nine States and D.C. Have Enacted Earned Income Tax Credits (EITCs), 2018



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

Source: CBPP analysis

EITC-health pathways



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





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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>