Medicaid Basics Closer Look

What Works to Improve Health Behaviors

October 2, 2019

3 key takeaways

- Unhealthy behaviors contribute to Ohio's greatest health challenges
- The environments in which we live influence health behaviors and not all Ohioans have the same opportunities to make healthy choices
- Ohio Medicaid, through managed care contracts, can do more to implement evidence-based strategies to improve health behaviors

Agenda

- Scope of the problem

- Factors that influence health behaviors
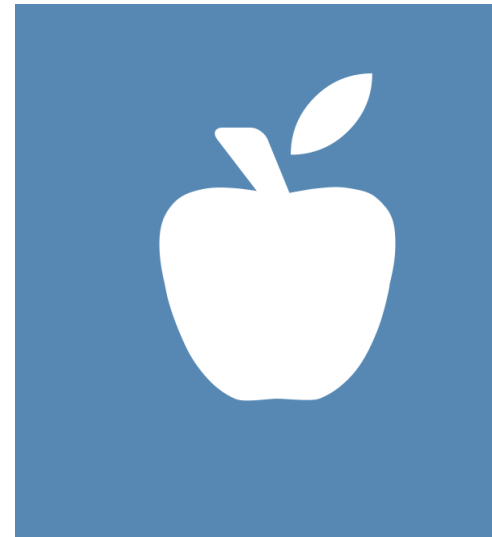
- Role for Ohio Medicaid

Health behaviors

Tobacco use

Physical activity

Nutrition

Excessive drinking

Health behaviors

Ohio's rank	Metric	Most recent data	Trend
46	**Health behaviors**		
37	**Excessive drinking.** Percent of adults that report either binge drinking, defined as consuming more than four (women) or five (men) alcoholic beverages on a single occasion in the past 30 days, or heavy drinking, defined as drinking more than one (women) or two (men) drinks per day on average (2017)	20.2%	No change
37	**Youth all-tobacco use.** Percent of youth, ages 12-17, who used cigarettes, smokeless tobacco, cigars or pipe tobacco during the past 30 days (does not include e-cigarettes) (2016-2017)	6.8%	Moderately improved
40	**Adult insufficient physical activity.** Percent of adults, ages 18 and older, not meeting physical activity guidelines for muscle strength and aerobic activity (2017)	81.7%	No change
44	**Adult smoking.** Percent of adults, ages 18 and older, who are current smokers (2017)	21.1%	No change

■ **Top quartile** ■ **Second quartile** ■ **Third quartile** ■ **Bottom quartile**

Of the 50 states and D.C.

Source: Health Policy Institute of Ohio 2019 *Health Value Dashboard.*
Trend note: Worsened or improved compares Ohio's change from baseline to most recent year relative to other states' performance on the metric. For more details, see the methodology section on the **2019** *Health Value Dashboard* **webpage.**

2019 Health Value Dashboard
Ohio's greatest challenges

Population health

50	Drug overdose deaths
44	Infant mortality
44	Adult smoking
43	Premature death
42	Life expectancy
42	Poor oral health
41	Adult obesity
40	Adult insufficient physical activity
39	Cardiovascular disease mortality

2020-2022 State Health Improvement Plan (SHIP) framework

Equity — To ensure all Ohioans achieve their full health potential, SHIP strategies must be targeted and tailored to communities where the need is greatest and coupled with efforts to address racism, discrimination and other forms of oppression.

Priorities — The SHIP identifies three priority factors and three priority health outcomes that affect the overall health and wellbeing of children, families and adults of all ages.

What shapes our health and wellbeing?
Many factors, including these SHIP **priority factors***:

Community conditions
- Housing affordability and quality
- Poverty
- K-12 student success
- Adverse childhood experiences

Health behaviors
- Tobacco/nicotine use
- Nutrition
- Physical activity

Access to care
- Health insurance coverage
- Local access to healthcare providers
- Unmet need for mental health care

How will we know if health is improving in Ohio?
The SHIP is designed to track and improve these **priority health outcomes**:

Mental health and addiction
- Depression
- Suicide
- Youth drug use
- Drug overdose deaths

Chronic disease
- Heart disease
- Diabetes
- Childhood conditions (asthma, lead)

Maternal and infant health
- Preterm births
- Infant mortality
- Maternal morbidity

All Ohioans achieve their full health potential
- Improved health status
- Reduced premature death

Vision
Ohio is a model of health, wellbeing and economic vitality

Strategies — The SHIP provides state and local partners with a menu of effective policies and programs to improve Ohio's performance on these priorities.

* These factors are sometimes referred to as the social determinants of health or the social drivers of health

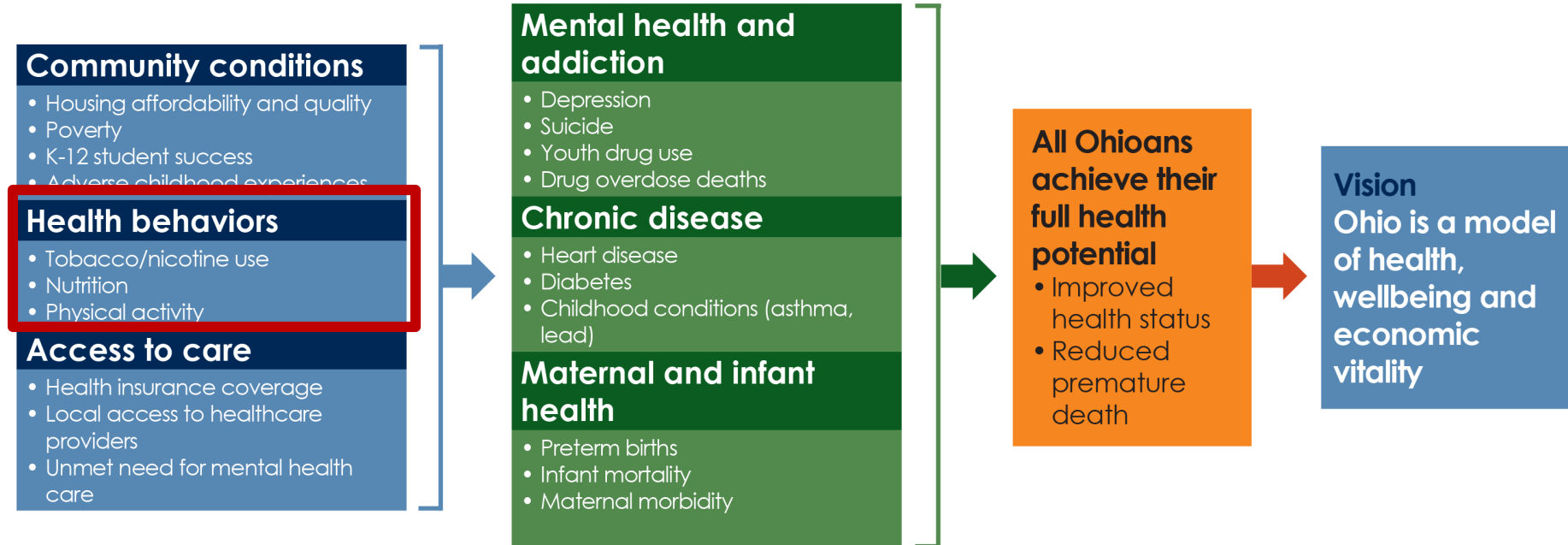# 2020-2022 State Health Improvement Plan (SHIP) framework

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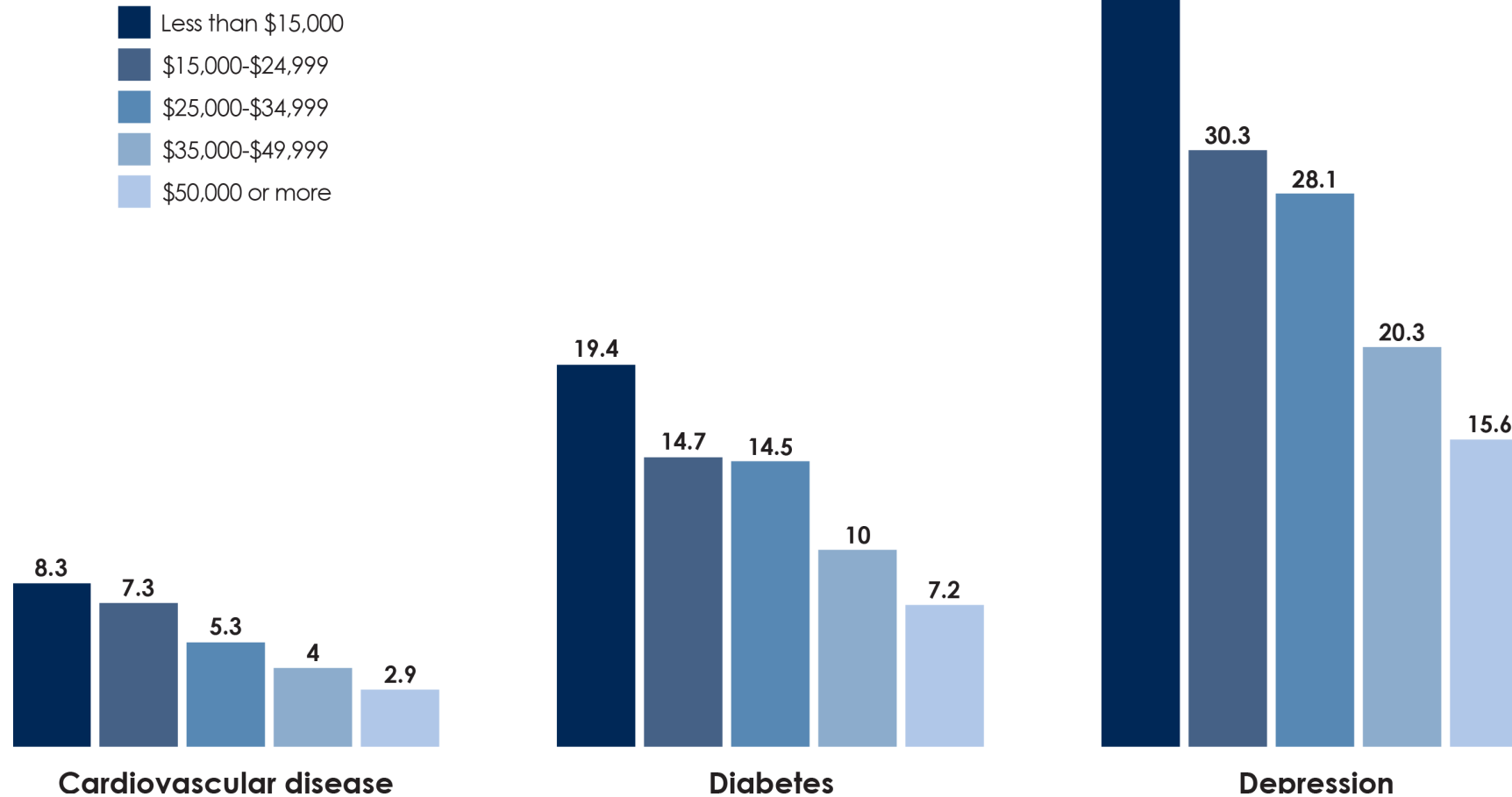Ohio is a model of health, wellbeing and economic vitality

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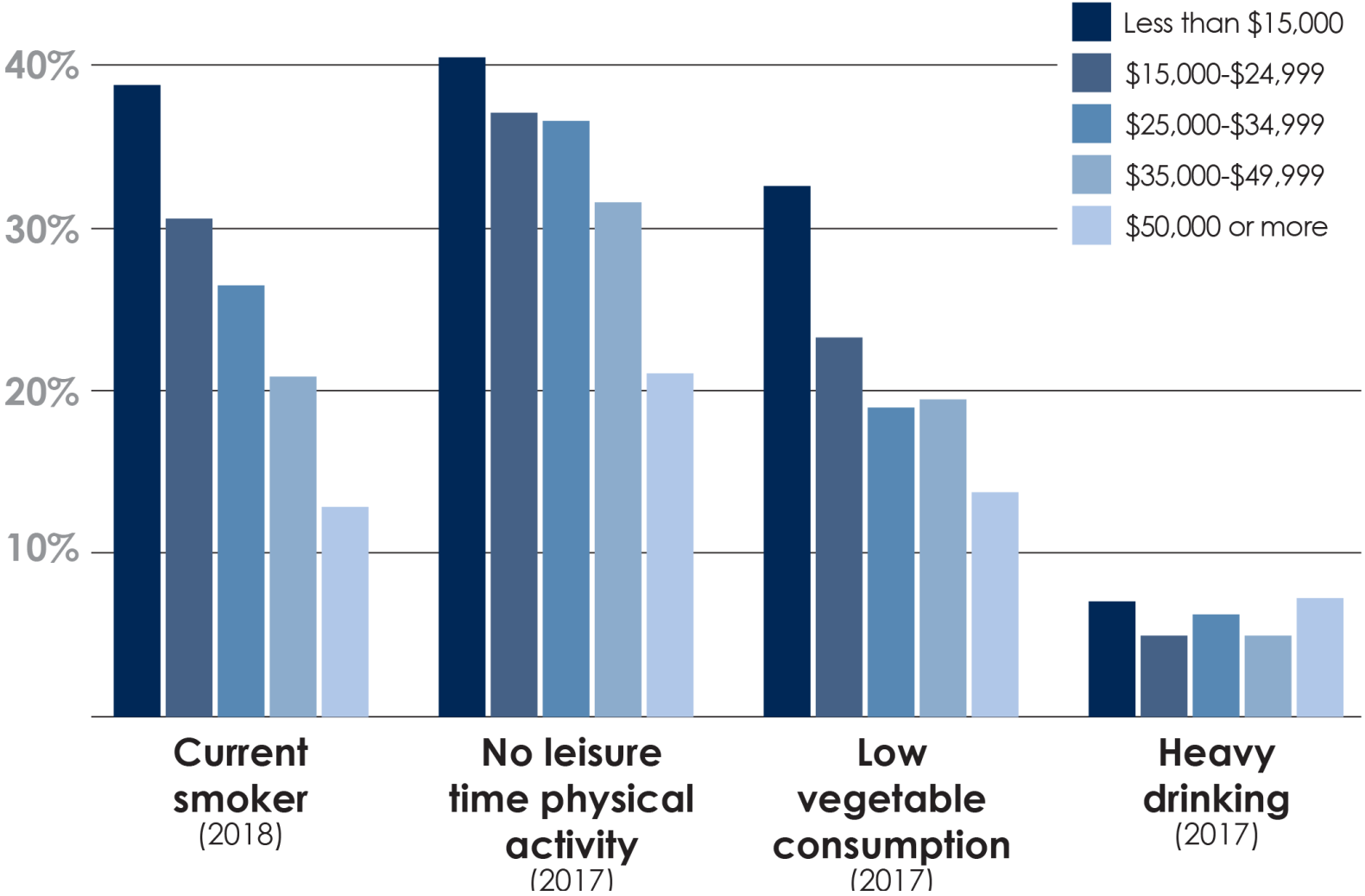* These factors are sometimes referred to as the social determinants of health or the social drivers of health

Health disparities by income

Percent of Ohioans with chronic conditions, by income, 2017

- Less than $15,000
- $15,000-$24,999
- $25,000-$34,999
- $35,000-$49,999
- $50,000 or more

Cardiovascular disease
8.3
7.3
5.3
4
2.9

Diabetes
19.4
14.7
14.5
10
7.2

Depression
41.2
30.3
28.1
20.3
15.6

Prevalence of health behaviors by income

Legend:
- Less than $15,000
- $15,000-$24,999
- $25,000-$34,999
- $35,000-$49,999
- $50,000 or more

Categories:
- Current smoker (2018)
- No leisure time physical activity (2017)
- Low vegetable consumption (2017)
- Heavy drinking (2017)

Source: Behavioral Risk Factor Surveillance System and Ohio Department of Health

Factors that influence health behaviors
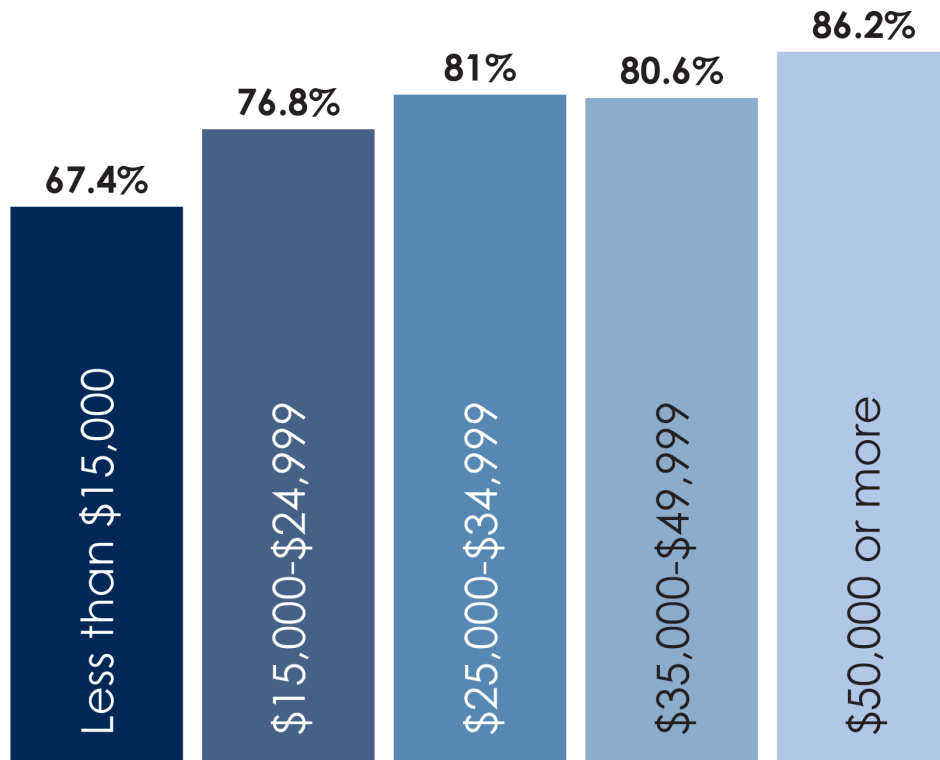
Community conditions

Access to health care

Stress and trauma

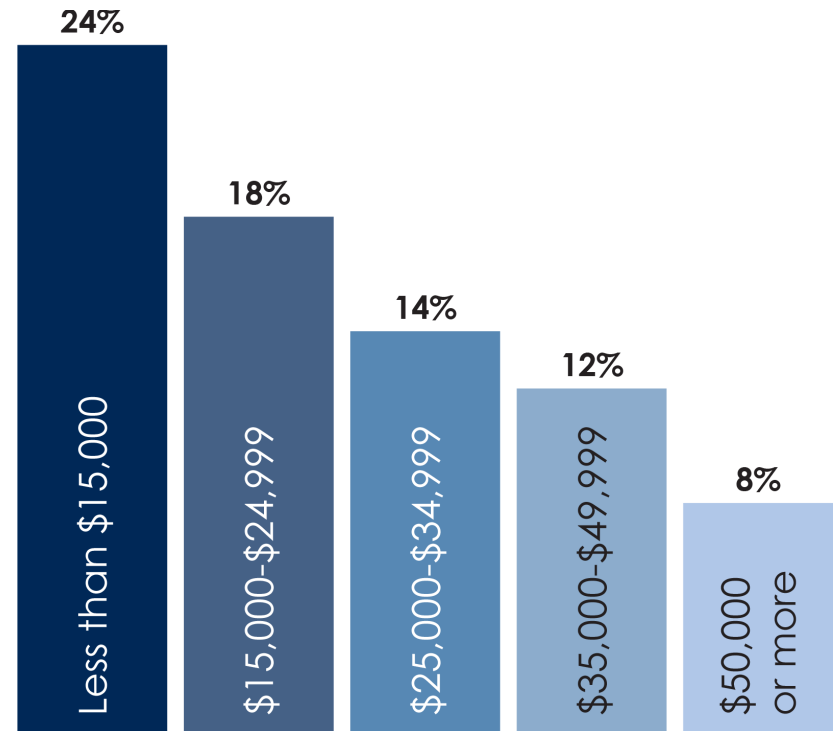# Factors that influence health behaviors
Community conditions

Percent of Ohioans who consume one or more servings of vegetables per day, by income, 2017

- Less than $15,000: 67.4%
- $15,000–$24,999: 76.8%
- $25,000–$34,999: 81%
- $35,000–$49,999: 80.6%
- $50,000 or more: 86.2%

Percent of Ohioans who live in food deserts, by income, 2015

- Less than $15,000: 24%
- $15,000–$24,999: 18%
- $25,000–$34,999: 14%
- $35,000–$49,999: 12%
- $50,000 or more: 8%

Factors that influence health behaviors
Stress and trauma

Percent of adult Ohioans who currently smoke cigarettes, by number of ACEs, 2015

40.8%

30.4%

15.7%

0-1 ACEs   2-3 ACEs   4+ ACEs

Factors that influence health behaviors
Access to care

- Prevention
- Screening, counseling and other interventions to support change
- Treatment for existing conditions

Medicaid's role

Evidence review process

Evidence registries consulted

- **What Works for Health**
- **Community Guide**
- **CDC – 6/18 Initiative**

Evidence review process

Medicaid documents reviewed

- **Ohio Medicaid Quality Strategy**
- **Ohio CPC annual report (metric alignment)**
- **Ohio Medicaid's current agreement with managed care organizations**
- **Managed care handbooks**

Key findings
of evidence review

- There are evidence-informed strategies to improve health behaviors
- Addressing the health behaviors of members who are sick and high-risk, including women who are pregnant, is a priority for Ohio Medicaid and managed care organizations
- There is not currently a comprehensive approach to improving health behaviors for all Ohio Medicaid members

Ohio Medicaid, through managed care contracts, can do more to implement evidence-based strategies to improve health behaviors

Resources

- Data
- Factors that influence health behaviors
- Inventory of evidence-based strategies with links to more information
- Recommendations for Ohio Medicaid

What **you** can do

- **Read and disseminate** the brief
- **Educate policymakers** about effective strategies
- **Advocate** for specific recommendations
- **Use evidence-based strategies** to develop recommendations to meet the needs of your service population
- **Find opportunities to implement** evidence-based strategies

Questions?