



**Intermountain
Healthcare**

**Helping People Live the
Healthiest Lives Possible
Locke Ettinger PT, PhD**



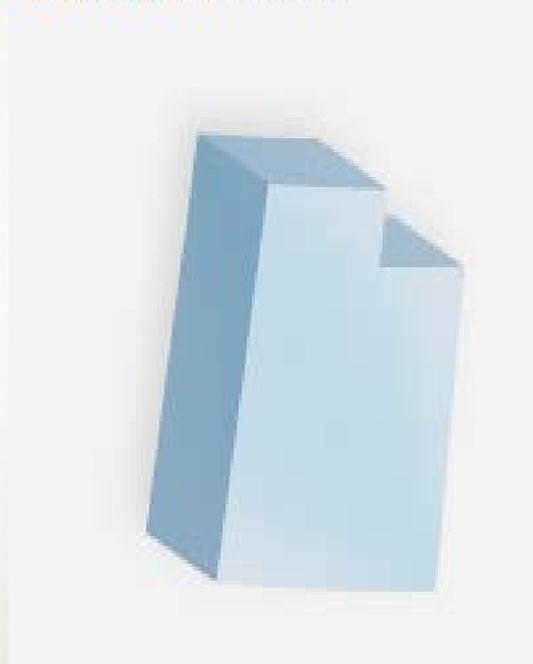
Objectives

- What?
 - Assessing the Health of a Community
- Why?
 - Business Case
- How?
 - Working together– Increasing the Impact
- The Power of Leadership – Call to Action



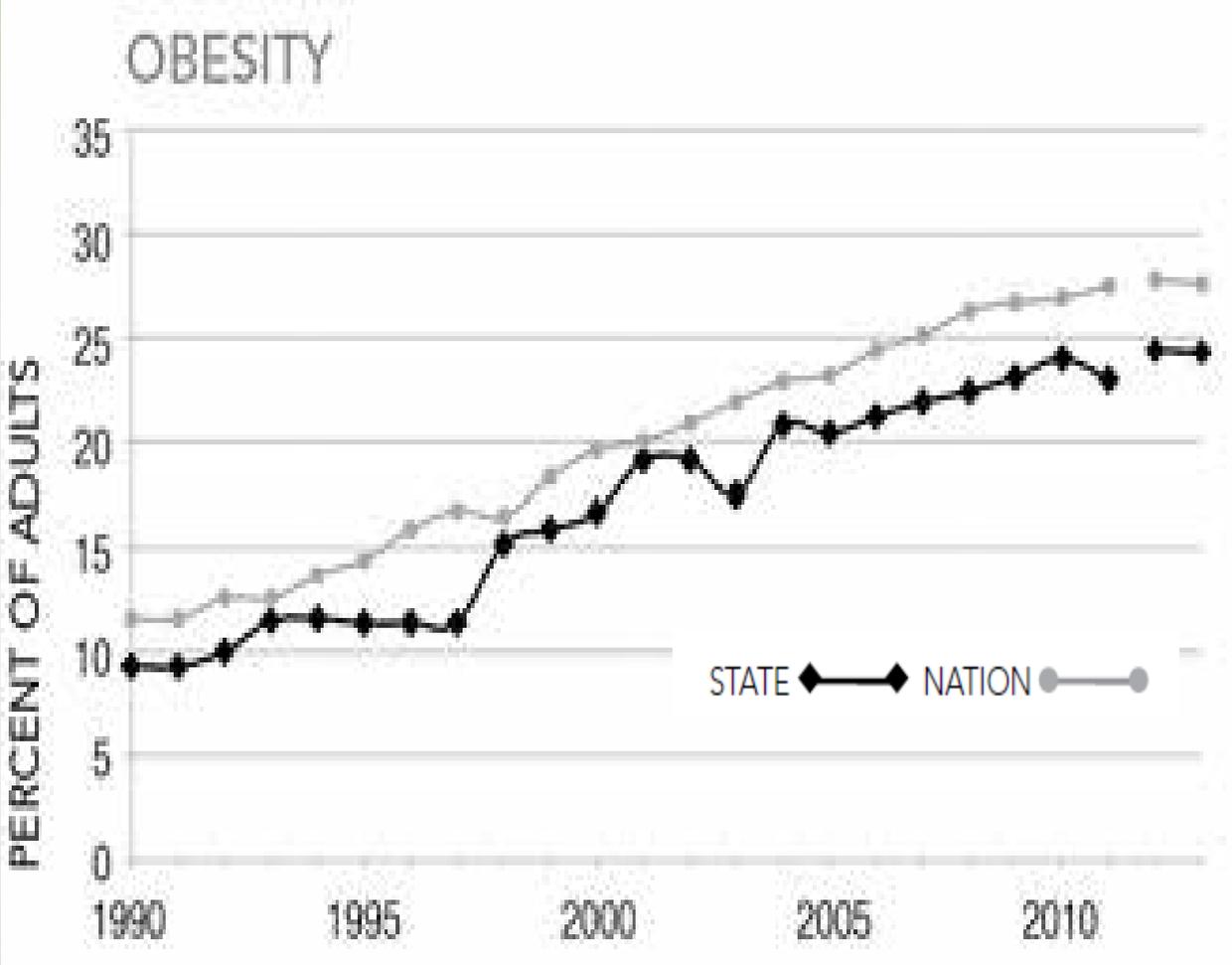
Overall Rank 5

State Data > Utah



<http://www.americashealthrankings.org/UT>

Utah Better but Worsening



Community Health Needs Assessment

- Conducted for 22 hospitals every three years
- Gather input from people representing broad interests of community and people with special knowledge of public health
- Collaborate with local and state agencies
- Develop strategies to address significant health needs



US Debt Clock.org

State Debt Clocks

World Debt Clocks

Debt Clock Time Machine

US NATIONAL DEBT

\$18,169,197,716,077

DEBT PER CITIZEN
\$56,672

DEBT PER TAXPAYER
\$154,103

US FEDERAL SPENDING **↑10%**
\$3,627,383,727,324

US FEDERAL BUDGET DEFICIT
\$476,183,378,059

US FEDERAL TAX REVENUE **↑68%**
\$3,151,200,349,265

REVENUE PER CITIZEN
\$9,829

INCOME TAX REVENUE
\$1,460,152,367,805

PAYROLL TAX REVENUE
\$1,044,048,480,664

CORPORATE TAX REVENUE
\$355,078,492,504

STATE REVENUE
\$1,633,552,617,408

LOCAL REVENUE
\$1,145,866,968,230

REVENUE PER CITIZEN
\$8,669

STATE DEBT
\$1,201,684,744,478

LOCAL DEBT
\$1,890,206,214,487

Largest Budget Items

MEDICARE/MEDICAID
\$928,046,172,062

SOCIAL SECURITY
\$866,048,480,664

DEFENSE/WAR
\$596,004,617,205

INCOME SECURITY
\$310,485,149,922

NET INTEREST ON DEBT
\$241,023,086,031

FEDERAL PENSIONS
\$251,013,851,616

US GROSS DOMESTIC PRODUCT **↑91%**
\$17,700,171,605,824

TOTAL FEDERAL/STATE/LOCAL SPENDING
\$6,489,680,476,535

GROSS DEBT TO GDP RATIO
102.6428789%

REVENUE TO GDP RATIO
33.5060181%

SPENDING TO GDP RATIO
36.6514542%

US TOTAL INTEREST PAID
\$2,512,902,006,194

INTEREST PER CITIZEN
\$7,838

US TOTAL DEBT **↑138%**
\$61,385,511,975,348

TOTAL DEBT PER CITIZEN
\$191,468

TOTAL DEBT PER FAMILY
\$757,619

SAVINGS PER FAMILY
\$7,767

TOTAL PERSONAL DEBT **↑113%**
\$16,848,165,666,194

MORTGAGE DEBT
\$13,493,389,212,496

STUDENT LOAN DEBT
\$1,347,035,581,048

CREDIT CARD DEBT
\$885,773,759,611

PERSONAL DEBT PER CIT.
\$52,551

Money Creation

MONETARY BASE 2015 **↑535%**
\$3,840,952,161,524

M2 MONEY SUPPLY 2015 **↑150%**
\$11,873,170,295,356

TREASURY SECURITIES 2015 **↑356%**
\$647,556,989,607

CURRENCY AND CREDIT DERIVATIVES 2015 **↑668%**
\$689,205,224,083,458

MONETARY BASE 2000
\$605,420,953,513

M2 MONEY SUPPLY 2000
\$4,731,117,909,252

TREASURY SECURITIES 2000
\$141,791,389,502

CURRENCY AND CREDIT DERIVATIVES 2000
\$89,654,744,723,157

Trade Numbers

US DEBT HELD BY FOREIGN COUNTRIES
\$6,279,725,668,870

US TRADE DEFICIT
\$723,303,537,696

US TRADE DEFICIT • CHINA
\$343,525,284,022

US IMPORTED OIL
\$310,054,596,821

IMPORTED OIL • OPEC
\$105,882,771,501

SMALL BUSINESS ASSETS
\$9,437,183,646,339

CORPORATION ASSETS
\$21,015,223,539,174

HOUSEHOLD ASSETS
\$84,411,808,816,162

TOTAL NATIONAL ASSETS
\$114,864,216,001,811

ASSETS PER CITIZEN
\$358,274

US FEDERAL BUDGET DEFICIT (GAAP)
\$5,605,940,031,111

SOCIAL SECURITY LIABILITY
\$13,819,172,151,514

MEDICARE LIABILITY
\$27,494,147,150,000

US UNFUNDED LIABILITIES (GAAP)
\$95,706,278,105,000

LIABILITY PER TAXPAYER
\$811,778

US POPULATION 320,603,267	US WORK FORCE 2015 148,559,016	OFFICIAL UNEMPLOYED 8,584,819
US INCOME TAXPAYERS 117,896,851	US WORK FORCE 2000** 153,486,028	ACTUAL UNEMPLOYED 17,102,561
PRIVATE SECTOR JOBS 117,121,843	NOT IN LABOR FORCE 2015 92,641,513	FULL-TIME WORKERS 121,094,181
SELF-EMPLOYED 8,359,152	NOT IN LABOR FORCE 2000** 78,416,901	PART-TIME WORKERS 27,478,076

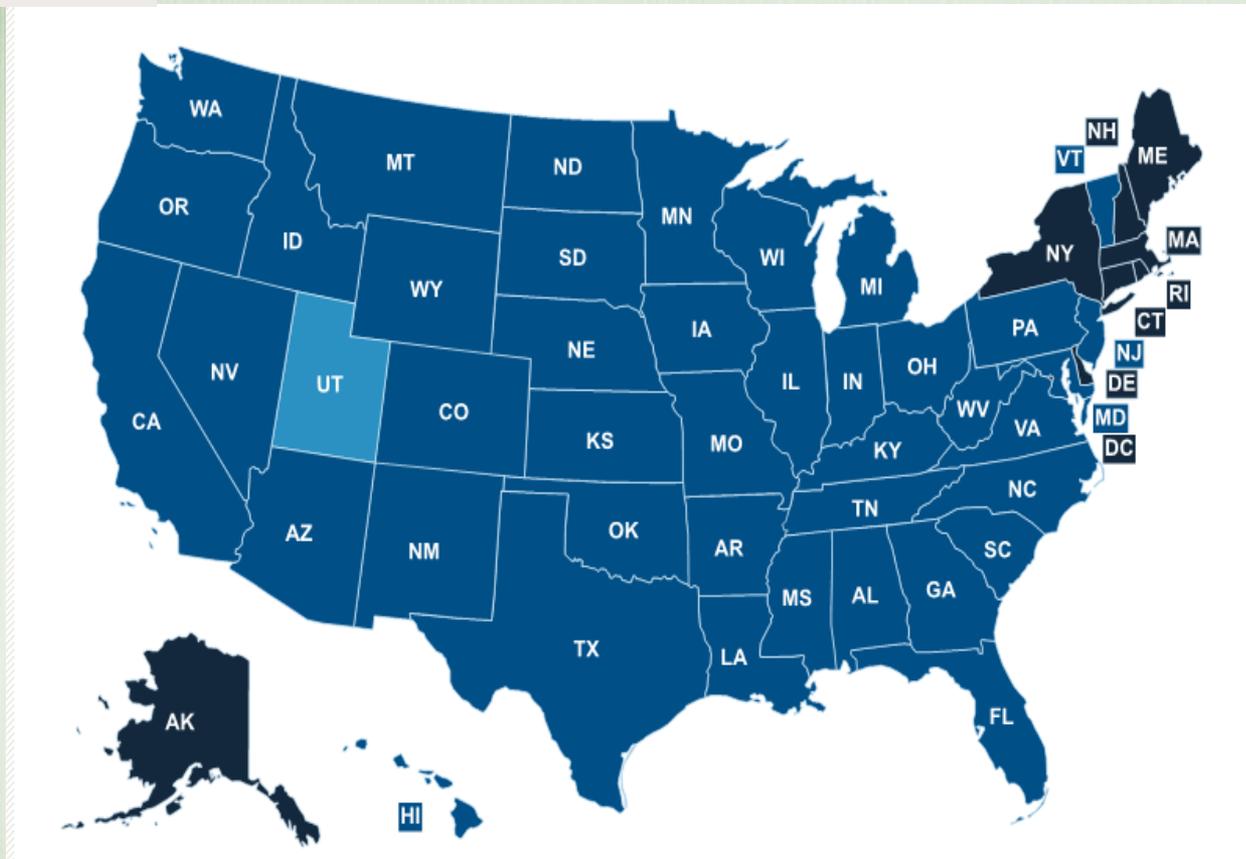
UNION WORKERS 14,855,901	MEDIAN INCOME NOW \$28,685	MEDIAN NEW HOME NOW \$282,321
GOVERNMENT EMPLOYEES 23,824,262	MEDIAN INCOME 2000** \$28,292	MEDIAN NEW HOME 2000 \$170,992

MANUFACTURING JOBS NOW 12,381,812	BANKRUPTCIES 889,051	PRISON INMATES 2,307,970
MANUFACTURING JOBS 2000** 19,428,227	FORECLOSURES 617,085	CONVICTED FELONS 6,574,910

US RETIREES 48,404,600	US VETERANS 21,275,089	PUBLIC SCHOOL STUDENTS 49,836,866
US DISABLED 10,915,809	US ARMED FORCES 1,373,925	CHARTER SCHOOL STUDENTS 3,297,056

LIVING IN POVERTY 44,185,066	MEDICARE ENROLLEES 55,835,494	FOOD STAMP RECIPIENTS 46,128,518
WITHOUT INSURANCE 40,971,797	MEDICAID RECIPIENTS 72,716,915	TOTAL RECEIVING BENEFITS 159,090,178

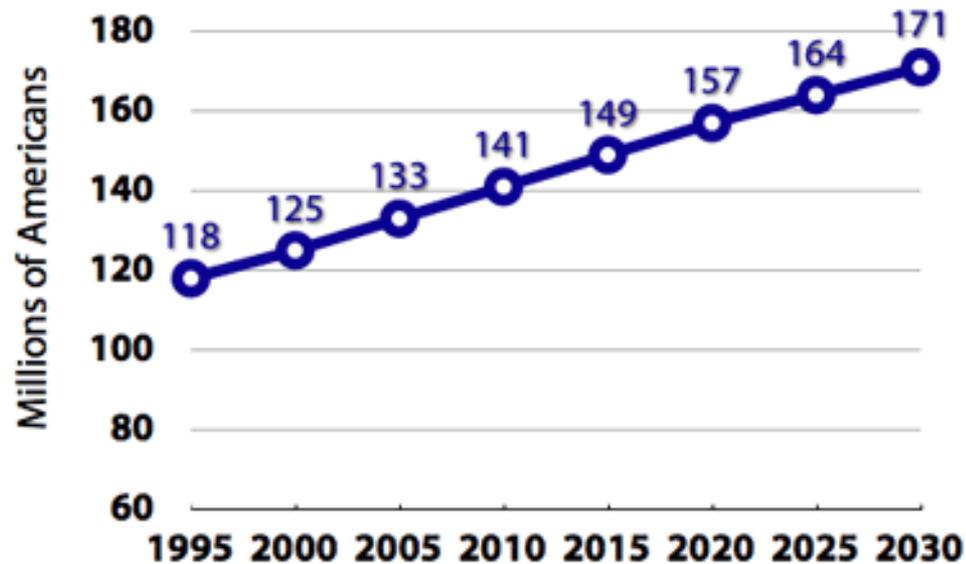
Health Care Expenditures per Capita by State



- Source: Kaiser Family Foundation, timeframe 2009
- <http://kff.org/other/state-indicator/health-spending-per-capita/#>

In the U.S. the number of people with chronic conditions is projected to increase steadily for the next 30

Prevalence of Chronic Disease in the U.S.



Source: Wu, Shin-Yi *et al.* 2000. Projection of Chronic Illness Prevalence and Cost Inflation. RAND Corporation.

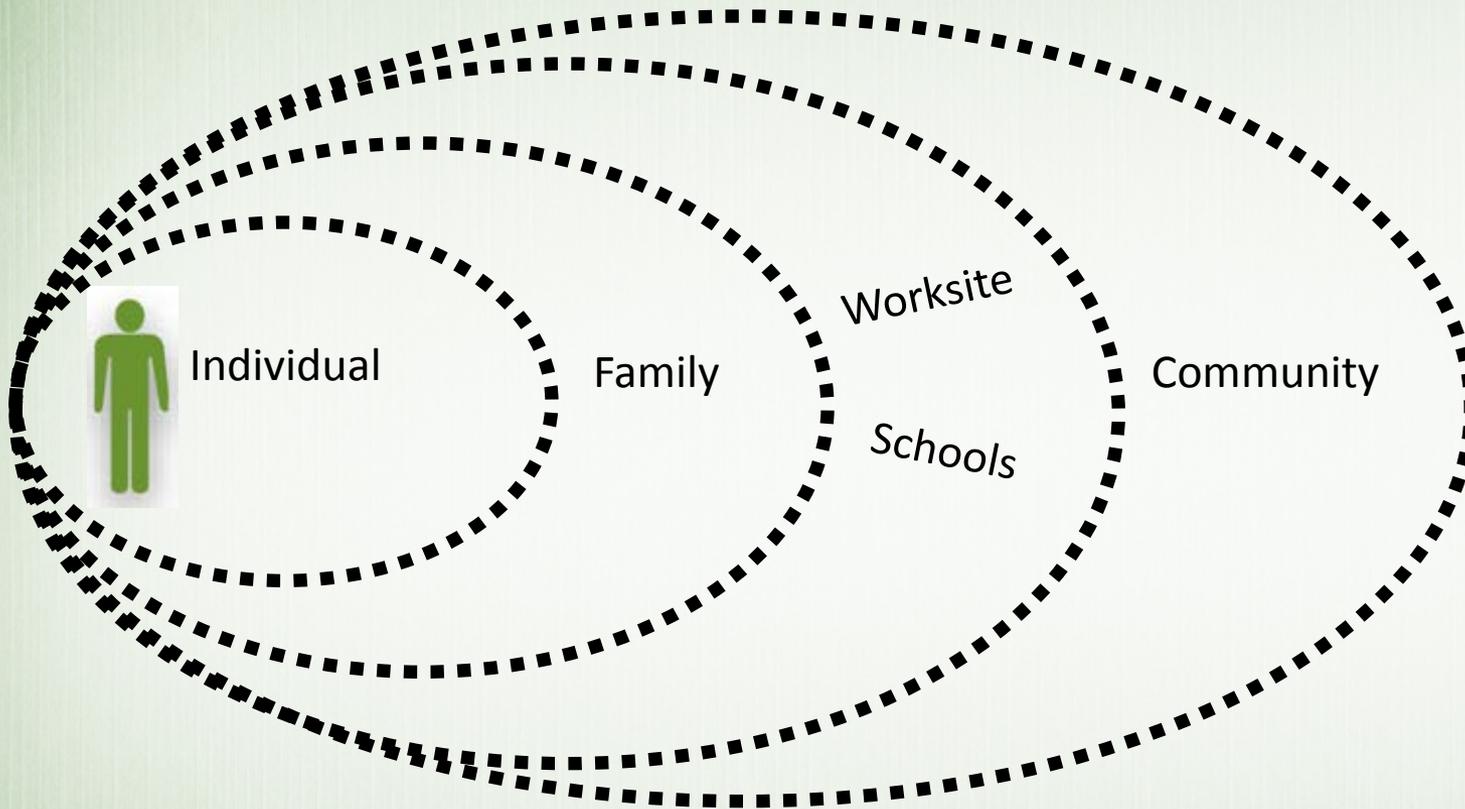
Business Case - Economics

- Investments in walkable communities typically increase land value by 70% to 300% and retail sales by 30%
- Research revealed that, with the economic downturn, the places that best maintained their value were walkable, mixed-use, transit-rich communities
- Attract Employers seeking a healthy workforce

Rainwater B, Brown T, Haber S. Local leaders: healthier communities through design [Internet]. The American Institute of Architects. 2012 Available from: <http://www.aia.org/aiaucmp/groups/aia/documents/pdf/aiab096790.pdf>

Walk this Way: The Economic Promise of Walkable Places in Metropolitan Washington, D.C. Available from: http://www.brookings.edu/~media/research/files/papers/2012/5/25/walkable_places_leinberger/25_walkable_places_leinberger.pdf

Who is Responsible



1 Aspirin 8 day
 ALlopurinol 300mg 1st Nite
 Enalapril 20mg 1 tab
 + HTZ 10mg
 Dac & Lac 100mg 1st Nite
 Furosemide 40mg 1 or 2 daily
 Indomethacin 5mg 30 day course
 Potassium 20mg ER
 Tevazolin 5mg 1 tab with B4
 Tramadol 50mg for Pain
 Verapamil ER 240mg 1 daily

TOTAL
 1.00
 1.45
 2.45

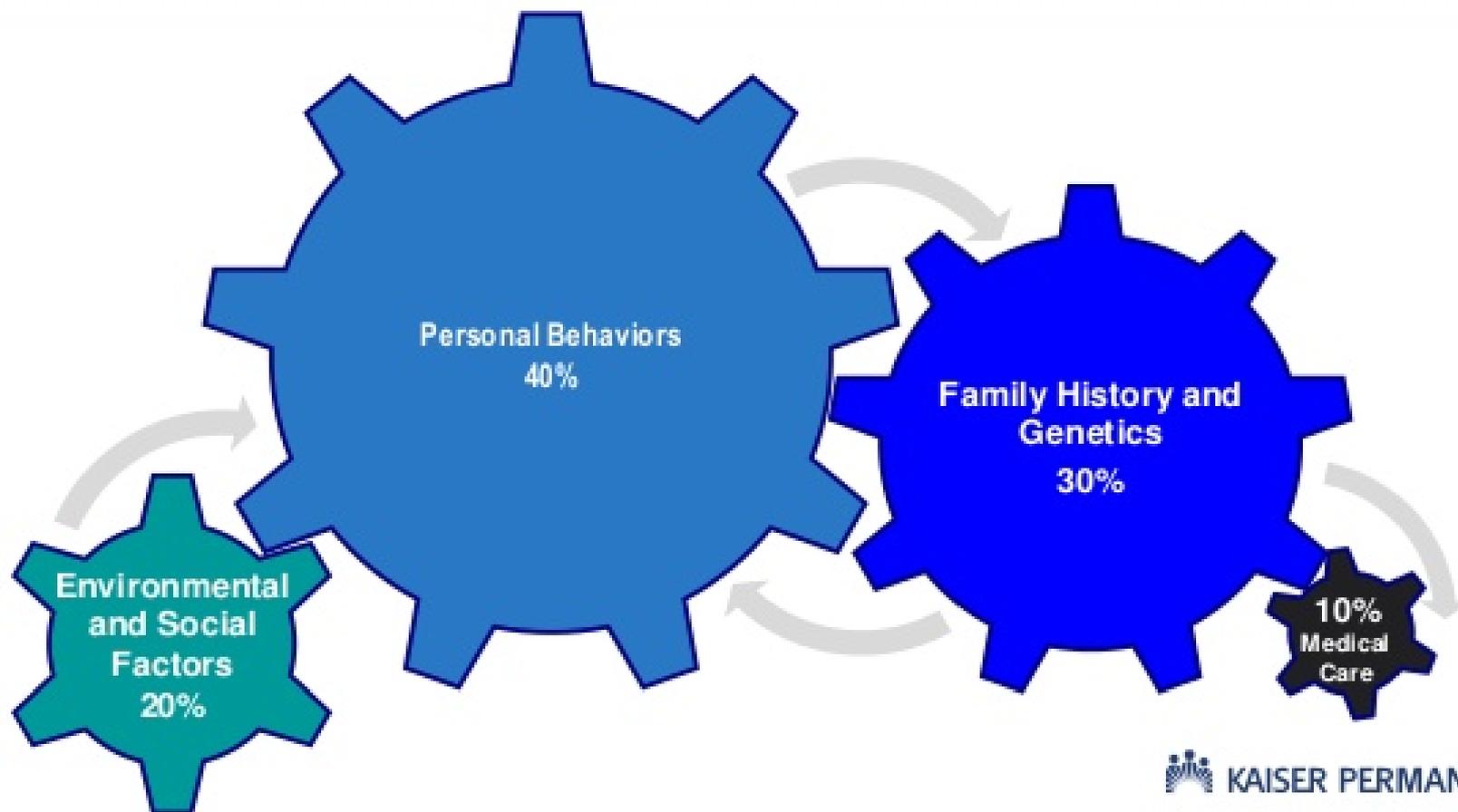
1 Double Cheeseburger
 1 L Sprite
 5 Double Cheeseburger
 1 L Sprite
 + HIS 1000
 Total 7.45
 Doc Q Lee
 4800 S
 SALT LAKE CITY
 8/23/13 (Fri) 20:53
 1000 Store # 1000

QTY	ITEM	TOTAL
5	Double Cheeseburger	7.45
1	L Sprite	1.00

Health is About More Than Access to Care

Health is driven by multiple factors that are intricately linked – of which medical care is one component.

Drivers of Health



Health Impact Project

Helps identify and address the health impacts of policies and decisions in non-health sectors such as;

- Building infrastructure
- Sustainable growth
- Agriculture
- Education
- Energy
- Applicable to Multiple Locations
 - Rural
 - Suburban
 - Urban

More than Collaboration

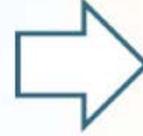
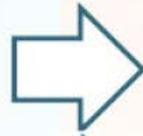
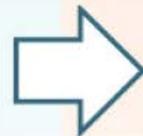
Collaboration

Convene around
Programs/Initiatives

Prove

Addition to
What You Do

Advocate for Ideas



Collective Impact

Work Together to
Move Outcomes

Improve

Is What You Do

Advocate for What
Works

We can change health behaviors



**DRUNK
DRIVING
DEATHS**



**Cut 50%
since 1982**



**SEATBELT
USE**



**14% in 1985
85% in 2012**



**TEEN
PREGNANCY**



**Cut 50%
since 1991**



**TEEN ALCOHOL,
DRUG, TOBACCO**



**Trending down
since 2002**



**HIGH LDL
CHOLESTEROL**



**59% in 1976
27% in 2010**



**ADULT
SMOKING**



**45% of all
adults in 1965
15% in 2014**

U.S. Data

Engaging All Generations

The National Association of Realtors found that 58% of homebuyers preferred mixed-use, walkable neighborhoods.

- The Millennial generation
 - less cardependent, with an emerging cycling culture.
- Generation X families
 - accessible amenities such as parks and trails for their children.
- Baby boomers
 - prefer to “age in place,”
 - want to live in areas that have easily accessible amenities.

Online Resources

- County Health Rankings
 - <http://www.countyhealthrankings.org/roadmaps/action-center>
- Community Guide
 - <http://www.thecommunityguide.org/>
- America's Health Rankings – Utah
 - <http://www.americashealthrankings.org/UT>
- Gallup Well-Being Index
 - <http://www.well-beingindex.com/>

Leading Change – All Hands on Deck

The Power of Leadership – Call to Action Mayor Mick Cornett



The screenshot displays the OKC Million website interface. At the top, a navigation bar includes links for Home, The Program, Events, Resources, Sponsors, and News. A search bar and utility links (Register, Contact Us) are also present. A central statistics box reports: Total Registered Participants: 39,665; Total Pounds Lost: 460,559; Since December 31, 2007; Average Per Person: 11.61. Below this, a banner for Oklahoma City, Oklahoma, states 'THIS CITY IS GOING ON A DIET!' and includes a 'Welcome to a site that can help you change your life.' message. A 'JOIN NOW!' button is prominently displayed, along with a 'Click to Watch a Message' button featuring a photo of Mayor Mick Cornett. On the right side, a red sidebar lists key achievements: 'OKC Million', 'First community based program to challenge citizens to make healthy life choices.', '1 Million Pound goal', 'Over 40,000 participants', '100 groups involved', '460,000 pounds lost', and '11 pounds lost per person'.

OKC Million

First community based program to challenge citizens to make healthy life choices.

1 Million Pound goal
Over 40,000 participants
100 groups involved
460,000 pounds lost
11 pounds lost per person

<https://www.thiscityisgoingonadiet.com/>