Translating Coverage into Health Equity: the role of health literacy in healthy living

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Institute of Medicine Workshop
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AGENDA

• The intersection of health equity, disability and health literacy

• The role health literacy can play across race/ethnicity and disability

• Tools and approaches that are working in the field
  - Case Study: Evidence-Based Self-Management Programs
THE INTERSECTION
People with disabilities who are members of racial and ethnic minorities experience layers of inequities.

Social determinants of health are more numerous for this intersecting population.

Result is worse health outcomes.
• Research, historically, treats disability and health disparities as parallel issues

• Intersections reveal that racial and ethnic minorities with a disability face greater health disparities than their peers without a disability

• Braid the strands to reach health equity
“Equity in health is the absence of systematic disparities in health (or in the major social determinants of health) between groups with different levels of underlying social advantage/disadvantage - that is, wealth, power, or prestige.”

-Braveman and Gruskin
“Health literacy means more than being able to read pamphlets and successfully make appointments. By improving people's access to health information and their capacity to use it effectively, health literacy is critical to empowerment.”

– World Health Organization
Domains of Health Literacy

- Self-advocate
- Knowledge
- Information Seeker
- Problem Solver
- Literacy

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• Disability access: include physical access to providers as well as vision and hearing supports

• Cultural and language access: include providers that speak the language and provide culturally competent care

• Ongoing long-term support: include financial resources for consumer assistance and care coordination
How are advocates approaching this work?

- Medicare and Medicaid and federal and state budgets are policy vehicles for supporting health literacy and consumer empowerment.

- System innovation are opportunities to prioritize consumer engagement and health literacy within health transformation designs.

- Consumers must be empowered and active participants in understanding their health and their delivery system.
States that are leading the way…

- **Community Health Workers** in Rhode Island: Rhode Island Parent Information Network (RIPIN)

- **Life skills classes** in Missouri: Communities of Recovery Experience (C.O.R.E), a non-profit, faith-based addiction recovery program

- **Tools you can touch** in New York: My Health, My Voice: Raising Women’s Voices

- **Family Engagement** in Massachusetts: MA Federation for Children with Special Health Care Needs
THE ART OF TRANSLATION
CASE STUDY: EVIDENCE-BASED SELF-MANAGEMENT PROGRAMS

Rosa Palacios
Consumer Engagement Specialist
Objectives

• Discuss the use of evidence-based self-management programs in promoting health literacy and health equity

• How we are implementing these programs in Massachusetts and across the country to achieve better health, better health care and lower costs
Self-Management = Health Literacy = Healthy Equity

• Skills Mastery: Making an Action Plan and Action Plan feedback activities
• Modeling: People do better when taught by people like themselves
• Reinterpreting symptoms: People act based on what they believe about their illness
• Persuasion: By asking people to make Action Plans and report on these plans, participants are gently persuaded to try new activities
• Other Techniques: lecturettes, pairing and sharing, brainstorming, call-outs, problem-solving, and decision-making
A sample of select programs

Stanford University’s Self-Management Education Programs:

• My Life, My Health
• Tomando Control de su Salud
• Pain Self-Management Program
• Diabetes Self-Management Program
• Cancer Thriving and Surviving
• Matter of Balance
• Powerful Tools for Caregivers
Implementing these programs

• Integration of evidence-based, self-management programs held in diverse community settings within the health care delivery system
  o Evidence-based practice integration in medical homes
  o Accountable Care Organizations, dual eligible plans, and other shared-risk pilots

• Variety of models
  o Embedded within the practice
  o Contract with CBOs
  o Member’s Reimbursement

• Statewide Disease Management Coalition with website and universal license (www.healthyliving4me.org)
  o Centralized referral, technical assistance, learning collaborative, and quality assurance
  o Multi-program, multi-language, multi-venue, across-the-lifespan approach
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My Life, My Health: Value Proposition - Reaching the Triple Aim

**BETTER HEALTH** (e.g. self reported health, pain and depression)

- Decreased depression symptomatology
- Significant improvements in self-assessed health, quality of life, fatigue, and sleep problems
- Significant Improvements in pain and shortness of breath
- Increased odds of participating in moderate physical activity ($p < 0.001$)

**BETTER HEALTH CARE**

- Improved communication with physicians ($p<0.001$)
- Improved sleep, decrease in fatigue, SOB and pain ($p<0.001$)
- Improved Medication Compliance

**BETTER VALUE AND LOWER COST** (per patient/year)

- Significantly reduced risks of ER visits from 18-13% ($p<0.007$)
- Significantly lower odds of hospitalization in six months from 14-11% ($p<0.03$)
- Potential estimated cost savings of $713.80 per patient (net savings after costs of $364)

Other Empowerment Strategies

Meaningful Consumer Engagement Toolkit
- Explores approaches such as board participation, consumer advisory committees, member meetings, focus groups, surveys, newsletters
- Provides a checklist for increasing diversity offering incentives and overcoming barriers to meaningful participation

Lift Up Your Voice! Advocacy Training
- Educates consumers about the health care system and teaches them the invaluable role that individuals play in shaping this system
- Provides training on advocacy strategies and connects participants to state and local opportunities to influence health policy
“HEALTH EQUITY IS A PROCESS: ASSURANCE OF THE CONDITIONS FOR OPTIMAL HEALTH FOR ALL PEOPLE.”

- CAMARA JONES
Thank you. For more information, contact:

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