

Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults

Interventions Panel

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Shifting from Volume to Value

- **Population Health Perspective**

Health ≠ Health Care

- **Payers recognizing the impact of social determinants:**

Accounting for Social Risk Factors in Medicare Payment, Identifying Social Risk Factors, 2016, The National Academy Press

Medicare Spends More on Socially Isolated Older Adults

- Social isolation among older adults is associated with an estimated additional annual Medicare spending of \$6.7 billion
- Monthly, Medicare spent an estimated \$134 more for socially isolated older adults (\$1,608 more annually).
- The cost of social isolation to Medicare is comparable to that of some chronic conditions.
- Socially isolated individuals were 29% more likely to get care in a skilled nursing facility (SNF) and their monthly SNF costs were \$75 higher.

“Medicare Spends More on Socially Isolated Older Adults.” AARP Insight on the Issues 125.
11/27/2017

Loneliness & Social Isolation

A Social Determinant Risk with Negative Impact on Health

- Is observed across age groups, notably in those 65+
- Research demonstrates associations with increases in:
 - Heart disease
 - Cancer
 - Depression
 - Diabetes
 - Suicide

*“When you look at the data, what’s really interesting is **loneliness** has been found to be associated with a reduction of life span. The reduction in life span [for loneliness] is similar to that caused by smoking 15 cigarettes a day, and it’s greater than the impact on life span of obesity..”*

— Former U.S. Surgeon General Dr. Vivek H. Murthy,
Washington Post, October 2017

A Public Health Epidemic



Looking at the data in our own region to learn and guide action...

Medicare Total Health Assessment—looking at KPNW data

Medicare Annual Wellness visit includes a multiple item assessment.

How often do you feel lonely or isolated from those around you?

Do you have someone you could call if you needed help?

We looked at reported social isolation associations with poor rating perceptions:

How often do you feel lonely or isolated from those around you?

- *Overall health*
- *Quality of life*
- *Mental health*
- *Food Security*

Reported associations between social isolation & key factors for KPNW members with Medicare:

KP Center for Health Research findings on social isolation: Medicare Advantage Total Health Assessment



Outcome

Self-reported overall health

Finding

9.2 times more likely to report poor health



Self-reported quality of life

19.2 times more likely to report poor quality of life



Self-reported mental health

22.4 times more likely to report poor mental health



Do you always have enough money to buy the food you need?

5.7 times more likely to report not having enough money to the food they need.

Research implications for care delivery operations:

- Predictive analytics to target needed interventions & community resources
- Inform operational scheduling/capacity, access strategies
- Identifying community partners (e.g., Meals on Wheels)
- Supplemental benefit design given new CMS rule flexibility

Baylor Scott & White Health (a learning partner)

CMMI-funded Healthy Community Project led by Mae Centeno, APN

Looking at data among Medicare Advantage program participants to design a community-based intervention...

- 60% of Medicare readmissions are related to social determinants
- Proudful patients reluctant to report social risk factors
- #1 risk factor identified:
 - social isolation
 - most have multiple social determinant risk factors

Loneliness & Social Isolation in the U.S., U.K, and Japan: An International Survey

August, 2018 Henry J. Kaiser Family Foundation

- Those reporting loneliness appear to lack meaningful connections with others.
- Across three countries, people reporting loneliness are more likely to report being down and out physically, mentally, and financially.
- Death of a loved one, health problems are top reasons for loneliness among U.S., U.K, and Japan.
- Large majorities of those reporting loneliness or social isolation say they have few people they can rely on.

Meals on Wheels People's latest venture: The Diner Vancouver, Washington

A diner with mission. Integrating inter-generational dining together with MOW meal service.



On-Demand Grandkids and Robot Pals to Keep Senior Loneliness at Bay

Devices and services that facilitate—and in some cases replace—human contact are attracting insurers looking to combat an ever-more lethal crisis of loneliness

*By
Christopher Mims*

February 23, 2019 Wall Street Journal page B4

In her living room in Pittsburg, CA, a small city not far from Silicon Valley, Sue Karp begins every day by greeting her robot companion, ElliQ. The robot greets her back.

“I’ve got dogs, but they don’t exactly come up and say ‘Good morning’ in English,” says Ms. Karp, 61, who was forced to retire early by a stroke and now lives alone.

Thank you!