2016 President’s Challenge: Building Community Capacity and Changing the Narrative

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Advancing Health Equity and Optimal Health for All

Triple Aim of Health Equity

- Implement Health in All Policies
- Expand Understanding of Health
- Strengthen Community Capacity

- Implement a Health in All Policies Approach With Health Equity as the Goal
- Expand Our Understanding of What Creates Health
- Strengthen the Capacity of Communities to Create Their Own Healthy Future
Larry Adelman
Expanding our understanding about what creates health change the narrative
H. G. Wells
born on September 21, 1866

• Writer of science-fiction and imaginative social philosophy, e.g., "Time Machine."

• “After people have repeated a phrase a great number of times, they begin to realize it has meaning and may even be true.”
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- Implement Health in All Policies
  - Implement a Health in All Policies Approach With Health Equity as the Goal
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- Strengthen Community Capacity
- Social Cohesion
  - Strengthen the Capacity of Communities to Create Their Own Healthy Future
100 Million Healthier Lives

Connecting health, wellbeing and equity

September 21, 2016
Health and Social Inequity are Interconnected

2 newborns will have a 25 year gap in life expectancy 2 miles apart based on where they grow up.
Cost of inequity and its impact on chronic disease is unsustainable.

**THE STAGGERING COST OF DIABETES**

Today, **4,660** Americans will be diagnosed with **Diabetes**

Nearly **30 million Americans have diabetes**

86 million Americans have prediabetes

**322 billion** per year spent on diabetes and prediabetes

1 in 5 health care dollars is spent caring for people with diabetes

1 in 3 Medicare dollars is spent caring for people with diabetes

People with diagnosed diabetes have healthcare costs **2.3 times higher** than if they didn’t have the disease

Learn how to combat this costly disease at [diabetes.org/congress](http://diabetes.org/congress)
5 key shifts we need to make

• From a “health care system” to a “health and wellbeing system”

• Take our work on equity from “doing good” to a recognition that we are interconnected and cannot afford the price of poverty and inequity in terms of health outcomes or health care cost

• From scarcity to abundance

• From pathology to vision – change is possible

• From communities of poverty to communities of solution
100 Million Healthier Lives

**Identity:** An unprecedented collaboration of change agents pursuing an unprecedented result:

*100 million people living healthier lives by 2020*

**Vision:** to fundamentally transform the way we think and act to improve health, wellbeing, and equity.

**Equity** is the “price of admission.”

> 1000 members, partners and communities globally who reach more than 100 million people in the US alone
A growing movement: >1000 members in 15+ countries worldwide – will you join us?
www.100mlives.org/map
Core strategies

1. Create healthy, equitable communities
2. Build bridges across sectors
3. Create a health care system that is good at health AND good at care
4. Promote peer-to-peer approaches
5. Create enabling conditions
6. Develop new mindsets
There are many definitions of health equity

• “Just and fair inclusion into a society in which all can participate, prosper, and reach their full potential. Unlocking the promise of the nation by unleashing the promise in us all.”
  -Policy Link

• 100 Million Healthier Lives approach:
  “Who isn’t thriving? What would it take for that to change?”
Chronic inequities are not accidental – there is a system in place that propagates them.

Chronic contributors: Racism, Poverty, Gender, Stigma

“What Happened to You?” Report from the Prevention Institute
Abundance

“Abundance does not happen automatically. It is created when we have the sense to choose community, to come together to celebrate and share our common store. Whether the scarce resource is money or love or power or words, the true law of life is that we generate more of whatever seems scarce by trusting its supply and passing it around. Authentic abundance does not lie in secured stockpiles of food or cash or influence or affection but in belonging to a community where we can give those goods to others who need them—and receive them from others when we are in need.”

-Parker Palmer, “Let Your Life Speak”
Toward a community of solutions

• The capacity and abundance of leaders at every level is unlocked to improve their own health and the health and wellbeing of the community

• People with lived experience are part of driving change (co-production)

• Leaders across sectors coordinate assets across a community to address the priority needs of the community and use data to drive short and long-term improvement

• Leaders across the community work together strategically to create the systems and policies needed to sustain long term change
Childhood Asthma Outcomes at Cambridge Health Alliance

Childhood Asthma:
% Patients with Asthma Admissions

Goal <=0.5%

Pilot Sites (PEDO & SOPED)  Rest of CHA
Tulakes students at 65%ile achievement through transformation of how teachers and students approach their education (training on structural racism; students guide their own improvement)
100 Million Healthier Lives

www.100mlives.org

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- **Implement Health in All Policies**
  - Implement a Health in All Policies Approach With Health Equity as the Goal

- **Expand Understanding of Health**
  - Expand Our Understanding of What Creates Health

- **Strengthen Community Capacity**
  - Strengthen the Capacity of Communities to Create Their Own Healthy Future