

Better health, better care, lower costs

Why it matters for Oregon

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A team approach to targeting congestive heart failure



A coordinated approach to health care helps patients manage chronic illnesses and avoid hospitalization.

Ted Hanberg, 83, and his wife Mary live in their own home in Happy Valley, with help from their daughter and her husband. Hanberg has several chronic illnesses including diabetes, kidney disease and congestive heart failure and has had five heart attacks. Between early December and mid-March, he was hospitalized four times, each for six days or more.

Today Hanberg has a health team, which uses the coordinated care model to help patients manage

chronic conditions. The focus on managing high-maintenance illnesses such as congestive heart failure helps keep patients healthier while avoiding higher-cost hospital admissions. The team includes doctors, nurses and medical assistants.

He calls in once a week to report his blood pressure, weight and any health changes. In an emergency, he can page the team. He also sees his primary care doctor weekly.

“They all talk to each other,” says Hanberg.

Since mid-March, Hanberg hasn’t been back in the hospital. Staying out of the hospital keeps costs down, but it also means Hanberg is keeping his chronic illnesses under control. “I feel fine most of the time,” he says.

Healthy Kids celebration marks more than 85,000 children insured

Since the program expanded in 2009, the Oregon Health Authority’s Office of Healthy Kids has brought health coverage to more than 85,000 uninsured children across the state. Recently, lawmakers, community partners and stakeholders gathered to celebrate a milestone in the effort to improve the health of Oregon kids and teens.

Salem mother Rebecca Moulton addressed the crowd at the reception sponsored by Children First of Oregon.

Moulton’s family found itself without health insurance when rising costs forced her employer to drop health coverage for its employees.

“My husband and I did have coverage – everything was great,” she said. “But one of the first things my employer had to do away with in order to survive was

health care. And that was a very hard thing for that company to do, because it was a local company, and they loved each and every one of us.”



Bruce Goldberg, M.D., Oregon Health Authority director, thanked former Governor Ted Kulongoski, lawmakers, local and federal partners and others who have made the program a success.

“I have never been prouder to be an Oregonian,” Dr. Goldberg said. Families with uninsured children should apply for Healthy Kids today by calling 1-877-314-5678 or by visiting www.OregonHealthyKids.gov.

Helping to lower obesity and improve health – one vegetable at a time



More than one in five Oregon children are overweight or obese. Nationally, the proportion of overweight and obese kids has tripled over the past 20

years. Overweight children grow into overweight adults. Today more than 62 percent of adults in Oregon are overweight or obese.

People who are overweight or obese can face diabetes, heart conditions, stroke, high blood pressure, even psychological problems. Obesity is also the second leading cause of preventable death and costs Oregon an estimated \$781 million a year in medical costs. As much as 80 percent of health care costs are for chronic conditions that could have been helped or avoided with prevention.

An important tool for health is OHA's Special Supplemental Nutrition Program for Women, Infants and Children, also known as WIC.

WIC works to improve health through good nutrition – and stop obesity before it starts – through nutrition classes, one-on-one coaching and vouchers for healthy foods.

Giovanna Gonzalez, who has a 3-year-old son, recently attended a WIC class one evening with about 15 other mothers. There she learned to introduce healthy foods to picky eaters and how to prepare and store food for more vitamin content.

“I like these classes because I get information so that I can make good choices in the foods for my child and my health,” said Gonzalez.

Better care, lower hospital cost through coordinated approach



For nearly a decade after falling ill in 1999, Tammy Ashley was a “frequent flyer” in hospital emergency rooms around Portland.

Because she lacked insurance and had no regular doctor, Ashley's primary source of care was the ER – the most expensive and least effective place for treating chronic conditions. She was hospitalized dozens of times for hepatitis C, kidney and heart infections, heart disease and pneumonia. “It was a revolving door,” Ashley says.

Then, in late 2008 an OHSU doctor referred her to a primary care clinic in Southeast Portland and introduced her to team-based coordinated care. He set one basic rule: Call the clinic first, each time she felt the impulse to go to a hospital emergency room. Her health improved, and she cut back drastically on use of hospitals.

Coordinated care, a key component of Oregon's proposed health transformation, means more than just medical treatment. Ashley's care team, which includes a social worker, helped her find dental care, an apartment with subsidized rent and a smoking cessation class.

“It changed my life,” Ashley says.

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