

Community Health Programs for All

Jackson Care Connect

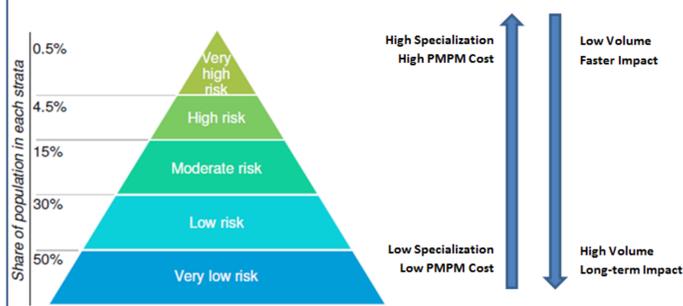
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Background

Jackson Care Connect (JCC) has been funding wellness and community health activities on a project-by-project basis. There has not been a consistent evaluation protocol.

JCC would like to implement a more comprehensive strategy for wellness programs with a more stable funding model.

Cost and Impact by Risk Segment



Project Description

Support development of a comprehensive wellness program strategy that will:

- Utilize consistent program evaluation principles and tools
- Adapt population segmentation concepts to identify wellness opportunities for all members
- Change the funding model from being project based to being supported by a per member per month budget allocation

Objectives

- Develop pre- and post-intervention wellness survey and pilot with YMCA program participants, 2015 Q3
- Identify population segments and prioritize programs that could provide wellness benefits to reach all segments, 2015 Q4
- Draft strategic plan with cost estimates and evaluation protocol for presentation to JCC Board of Directors, 2016 Q1

Early Successes

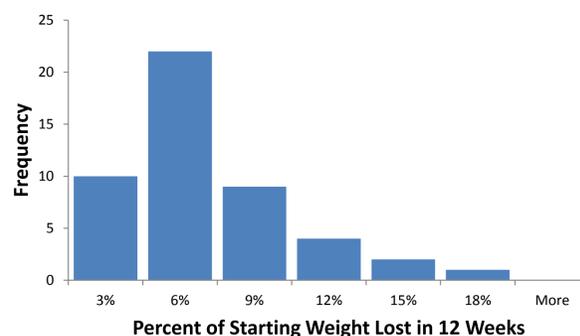
YMCA membership continues to increase:

- Over 1,200 JCC/family members in Medford
- 170 JCC members in Ashland

12-week weight loss program continues to be in high demand with good results:

- 7th adult class started in late September with >50 community members
- We receive positive feedback from providers:
"Patient's labs have vastly improved and she is no longer in danger of becoming diabetic secondary to the lifestyle changes she has made through this program."

Weight Loss Results, Cohorts 4 and 5



Next Steps

- Create an inventory of all projects related to community health that JCC has supported
- Estimate cost and reach of recent programs
- Use matrix of age and relevant conditions to understand gaps in equity of wellness benefits
- Research costs of best-practice wellness programs for Medicaid members

Strategic Planning – Wellness Programs for All Segments

Age	Mostly Healthy	Chronic Conditions	Physical Disability	Learning Disability	Severe Mental Illness	Advanced Stage Illness
0-18	YMCA Memberships	Group Classes	Bike First!	Bike First!	Trauma Informed Care	Alternative Therapies
	Food Rx			Kid Time		
19+	YMCA Memberships	Group Classes			Trauma Informed Care	Alternative Therapies
	Food Rx	Support Groups				

Priorities for Program Development: High volume, existing community partners, impact

References

- Population Segmentation, Risk Stratification, and Information Governance.
<http://www.england.nhs.uk/wp-content/uploads/2014/09/1-seg-strat.pdf>
- RE-AIM for Program Planning: Overview and Applications.
http://www.cdph.ca.gov/programs/cpns/Documents/Re-Aim_Brief.pdf
- A Review of the US Workplace Wellness Market.
<http://www.dol.gov/ebsa/pdf/workplacewellnessmarketreview2012.pdf>