
**Presentation to House Health Care Committee
on the role of
public health and prevention in
Vermont health care costs and population health**

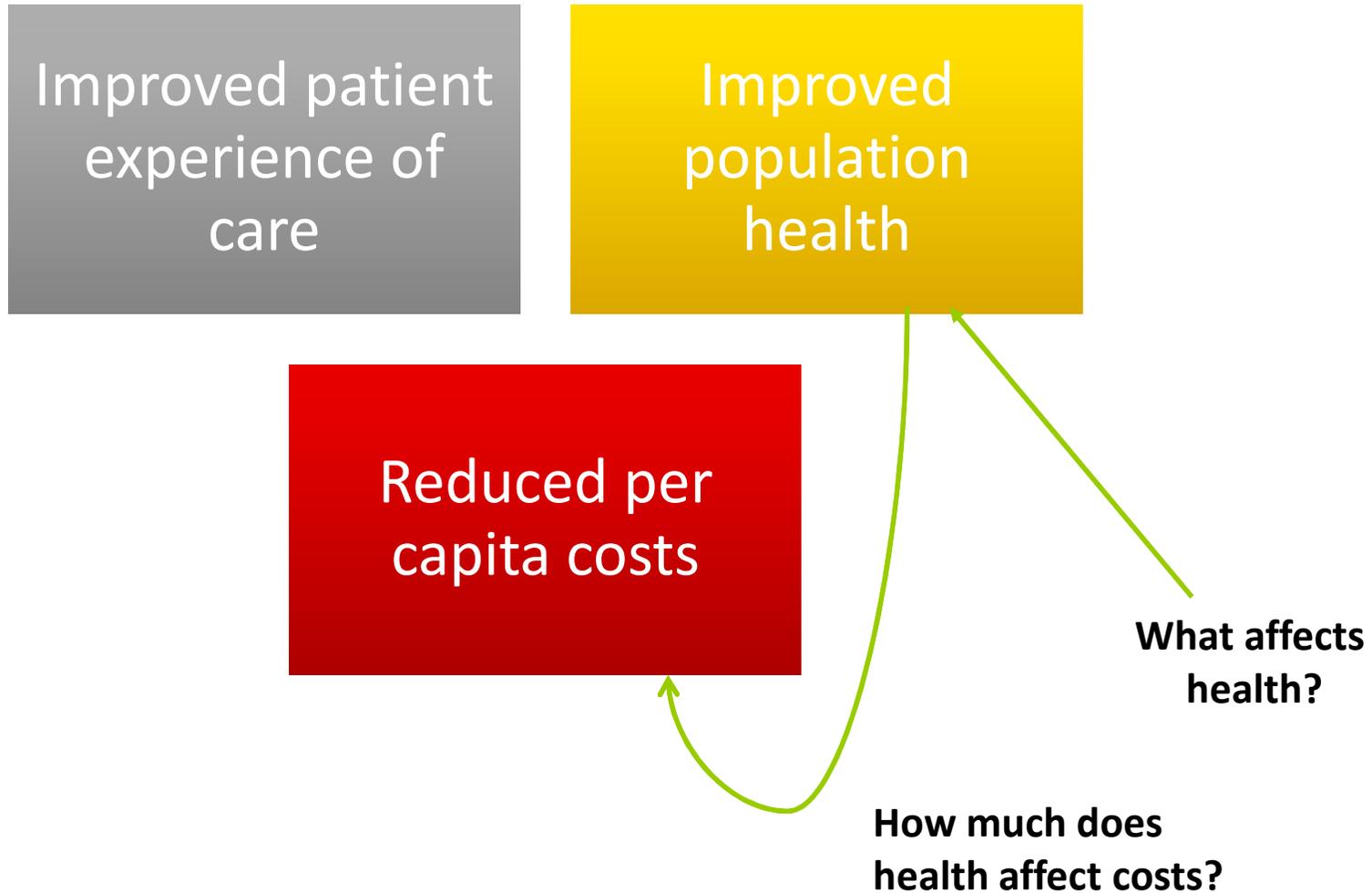
February 20, 2013

Anya Rader Wallack, PhD, Chair,
Green Mountain Care Board

VERMONT HEALTH REFORM



GMCB's goal: the "triple aim"

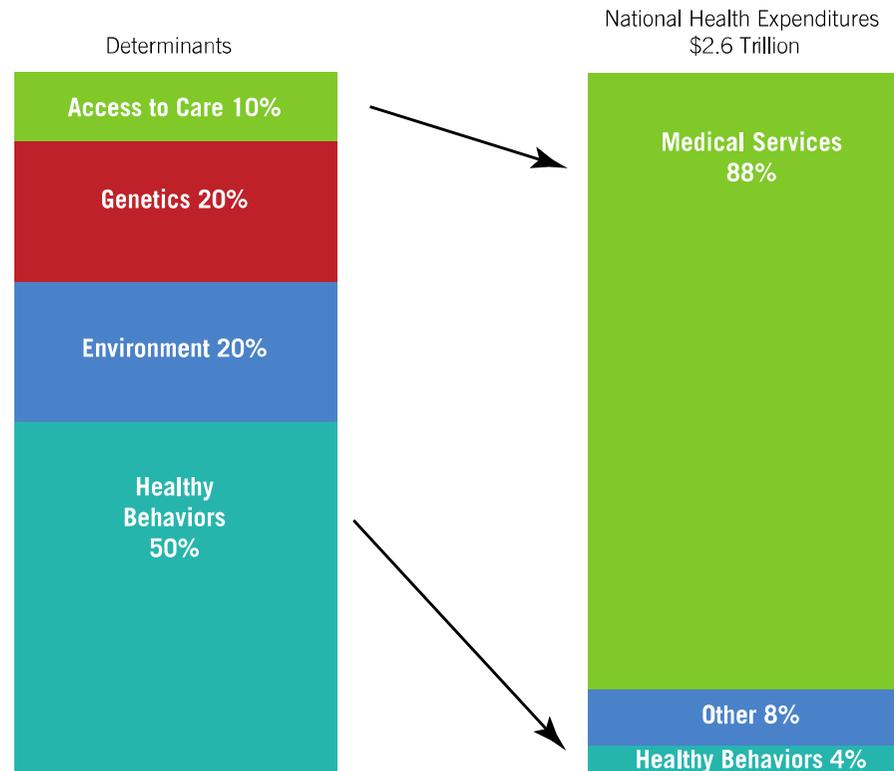


GMCB work to date

- Hired public health consultant to provide background on:
 - Benchmarks for VT public health and prevention spending
 - Best approaches to affecting “total population health”
- Working to incorporate the knowledge gained in our regulatory processes
- Developed Dashboard 1.0: includes indicators of how VT stacks up on measures of “healthy lives”

Spending not aligned with prevention

Spending Mismatch: Health Care and Other Key Determinants of Health



Source: NEHI, 2012.

Healthy People/ Healthy Economy: Second Annual Report Card, New England Healthcare Institute, 2012.

VERMONT HEALTH REFORM

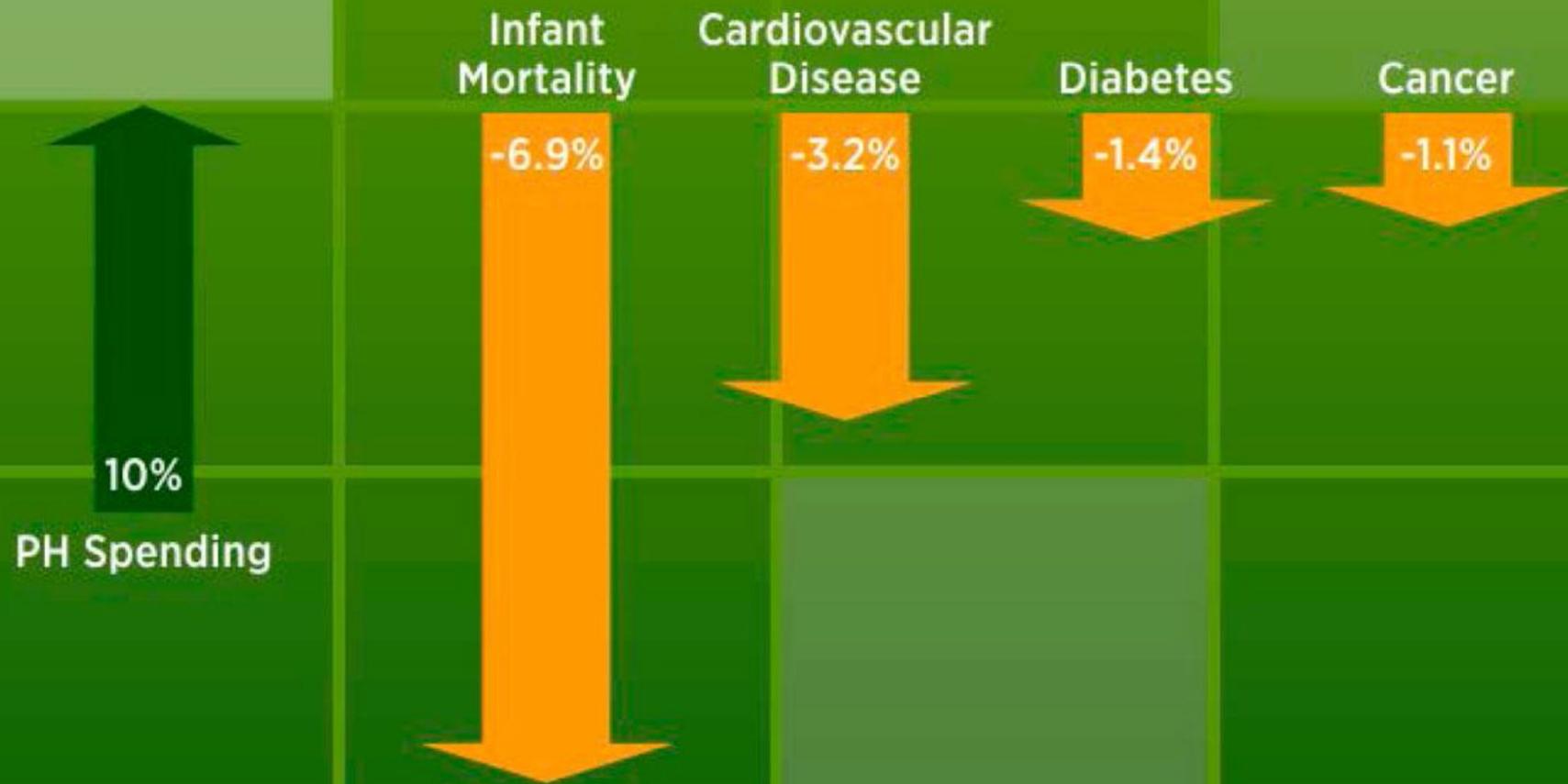


How does Vermont stack up?

- National spending only about **3-4 %** on public health (government health programs like CDC)
- Vermont health department budget* is \$70.24 per capita, ranked 7th highest in nation
- That = **0.9%** of VT health spending, 1.8% if include federal public health funding
- NOTE: this doesn't include private sector public health spending or expenditures on non-health programs that significantly affect health

* Investing in America's Health Trust for America's Health: A State-by-State Look at Public Health Funding and Key Health Facts. The Trust for America's Health, 2012.

Increased investment in public health prevents disease

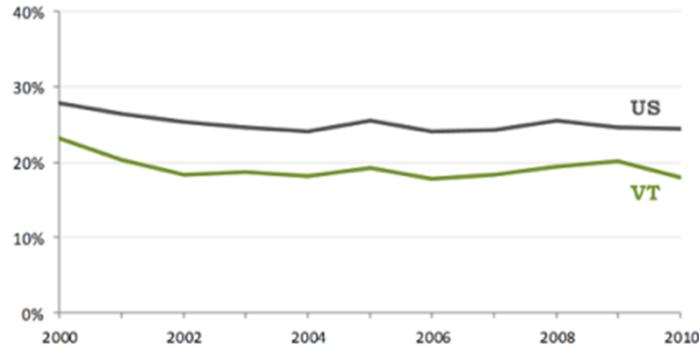


Source: Mays, Glen P., and Sharla A. Smith. 2011. "Evidence Links Increases in Public Health Spending to Declines in Preventable Deaths." *Health Affairs* doi: 10.1377/hlthaff.2011.0196

% of Adults who Do Not Exercise

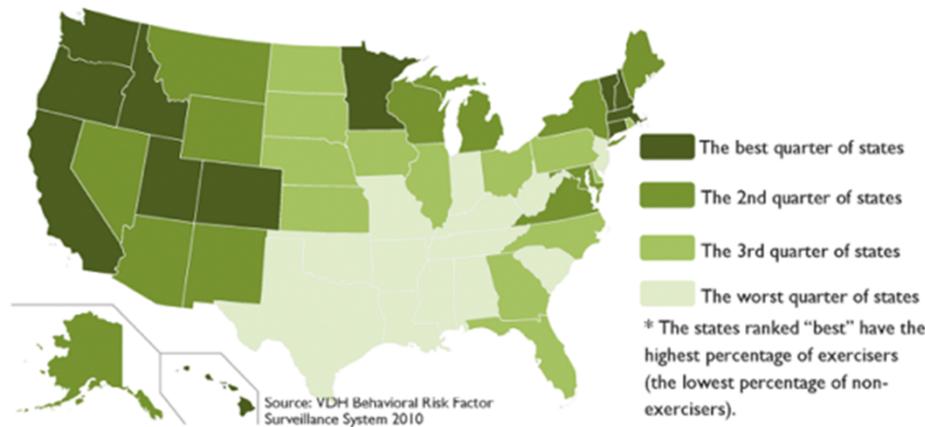
“Have you participated in physical activity or exercise outside of work in the past month?” In 2010, Vermont ranked among the best states in this measure, meaning a great percentage of Vermonters have exercised in the last month. Despite our aging population, the trend in Vermont has been an increase in the number of people exercising.

- The percentage of adults who do not exercise is decreasing slightly in Vermont.
- Our non-exercise rate is much lower than the US overall (a greater percentage of Vermonters exercise).



	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	23.2	20.3	18.3	18.7	18.1	19.2	17.9	18.3	19.4	20.2	17.9
US %	27.8	26.4	25.3	24.6	24.0	25.5	24.2	24.2	25.6	24.6	24.4

Source: VDH Behavioral Risk Factor Surveillance System 2010

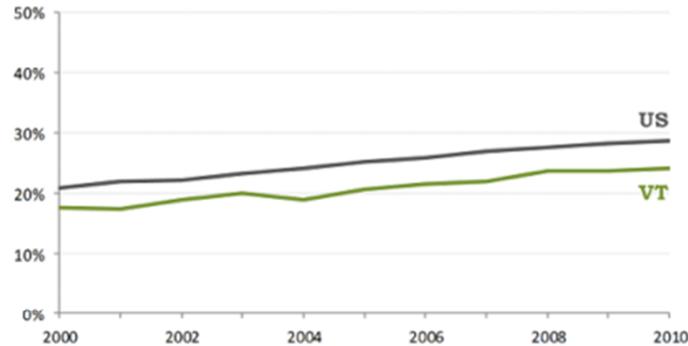


Source: VDH Behavioral Risk Factor Surveillance System 2010

% of Obese Adults

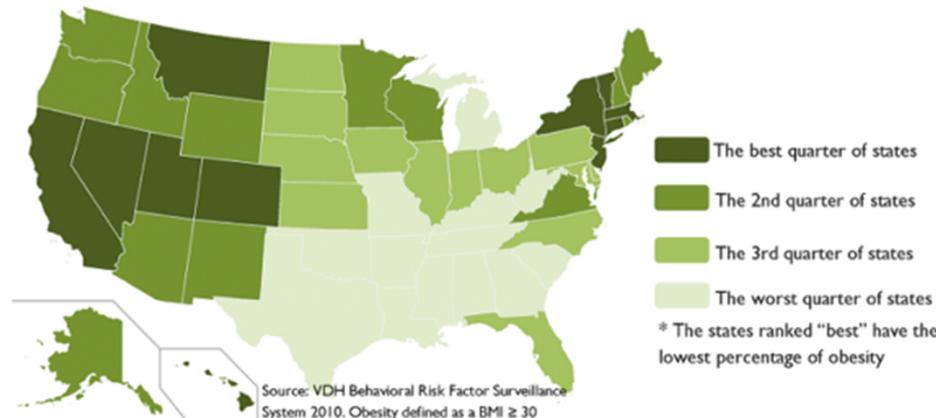
“How much do you weigh and how tall are you?” From this information, you can estimate your Body Mass Index (BMI) which indicates whether you are obese, overweight, a healthy weight or underweight. Obesity contributes to many costly medical conditions. In 2010, around one in every four Vermonters was obese, lower than the US on average. Vermont ranked among the best states in obesity rates, meaning we had some of the lowest numbers of obese residents.

- The percentage of Vermonters who are obese has been increasing steadily in recent years.
- Our rate is lower than the overall US rate and increasing at about the same rate.



	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	17.7	17.3	18.9	20.1	18.9	20.6	21.6	22.0	23.7	23.8	24.1
US %	20.8	22.0	22.3	23.3	24.2	25.2	25.8	27.0	27.5	28.2	28.7

Source: VDH Behavioral Risk Factor Surveillance System 2010. Obesity defined as a BMI ≥ 30



For the future

- How can we increase our investment in proven public health and prevention strategies?
 - Insurers
 - Hospitals/health systems
 - State government
- How can we better measure affects of interventions on health and return-on-investment for Vermonters?