Population Health Improvement in Maryland:
An Integrated Strategy

Presentation to Prenatal and Infant Care Coordination Task Force
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Public Health in Maryland: 10 Essential Partnerships

1. Local Health Departments and Governments
2. Provider Practices and Health Systems
3. Public and Private Payers
4. Academic Institutions
5. Business, Community and Faith-Based Organizations
6. Legislators
7. Consumer, Professional and Advocacy Organizations
8. Media
9. Other State Agencies
10. Federal Government
Integrated Health Improvement: “The Maryland Health Model”

1. Hospital Quality and Pay-for-Performance
2. Care Transformation Across the System
3. Total Population Health

Shared Goals and Outcomes
Guiding Principles for Maryland’s Integrated Health Improvement Strategy

- Maryland’s strategy should fully maximize the population health improvement opportunities made possible by the Model
- Goals, measures, and targets should be specific to Maryland and established through a collaborative public process
- Goals, measures and targets should reflect an all-payer perspective
- Goals, measures and targets should capture statewide improvements, including improved health equity
- Goals for the three domains of the integrated strategy should be synergistic and mutually reinforcing
- Measures should be focused on outcomes whenever possible; milestones, including process measures, may be used to signal progress toward the targets
- Maryland’s strategy must promote public and private partnerships with shared resources and infrastructure
What is the Process for Population Health Goals?

- **Identify the Goals:** Establish a collaborative process to select targets, measures and milestones
- **Message the Goals:** Develop communications/outreach strategy for statewide engagement
- **Resource the Goals:** Develop multisector alignment of investments and accountability
- **Act on the Goals:** Launch and support a statewide network of effective change
- **Monitor the Progress:** Evaluate outcomes, reassess investments, adjust approaches accordingly
Diabetes: Maryland’s First Population Health Goal

- Leading cause of preventable death and disability
- Increasing prevalence reflecting significant racial, ethnic and economic disparities
- EBIs can prevent or delay onset and improve outcomes
- MD Medicaid launching DPP this Fall
- Diabetes/obesity cited as a priority by every jurisdiction’s LHIC and every hospital’s CHNA
- Strong private sector support for a sustained statewide initiative
Diabetes in Maryland

Healthy Population
1,351,479 (32%)

Overweight and Obese
2,799,259 (66.2%)

Prediabetes
1,575,829 (33.9%)

Diabetes
488,942 (10.5%)

Diabetes with Complications

Maryland Adult Population, 4,648,466

Data from: US Census; 2017 Maryland BRFSS, and for Prediabetes, CDC Fact Sheet for NHANES US prediabetes estimates applied to Maryland adult population.
Second Population Health Goal: Opioid/SUD Epidemic

- Prevention
- Screening/Detection
- Treatment
- Recovery
Third Population Health Goal:

- Reduce Pregnancy-Associated Mortality?
- Reduce Disparities in IMR and/or LBW?
- Prevent Falls?
- Reduce Prevalence of Hepatitis C?
- Prevent Adverse Childhood Experiences?
- Prevent Suicide?
- Reduce Burden of SCD?
- Prevent/Manage Asthma?
- Other?