The State of Health in Kansas

Robert St. Peter, M.D.
September 15, 2016 • Wichita, Kansas
KAAP Progress in Pediatrics

Disclosure

- I have no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity
- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation
### Kansas Overall Ranking

**United Health Foundation – America’s Health Rankings 2015**

<table>
<thead>
<tr>
<th>Trend: Overall, Kansas</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991 Kansas = 8th Best</td>
</tr>
<tr>
<td>2015 Kansas = 26th</td>
</tr>
</tbody>
</table>

**Health Status**

<table>
<thead>
<tr>
<th>Low for weight-for-height</th>
<th>Children without health insurance</th>
<th>Child and teen deaths per 100,000</th>
<th>Teenage alcohol, alcohol or drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.0%</td>
<td>5%</td>
<td>26</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Family + Community**

<table>
<thead>
<tr>
<th>Children in single parent families</th>
<th>Children in a family where the household head lacks a high school diploma</th>
<th>Children being in a family where the household head lacks a high school diploma</th>
<th>Teen births per 1000</th>
</tr>
</thead>
<tbody>
<tr>
<td>31%</td>
<td>11%</td>
<td>9%</td>
<td>28</td>
</tr>
</tbody>
</table>

Data source: Centers for Disease Control and Prevention.
What Is Health?
Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity
World Health Organization

What Are the Determinants of Health?
- Social and economic conditions
- Physical and built environments
- Health behaviors and coping skills
- Genes and biology
- Health care services
Determinants of Health

- Social
- Environmental
- Behavioral
- Medical Care
- Genetic

**American Academy of Pediatrics**

**Determinants of Health**

- Social and economic conditions
  - Income and income distribution
  - Class
  - Social support
  - Community characteristics/social cohesion
  - Race/ethnicity
  - Education
Determinants of Health

Physical environment
- Water
- Air
- Food supply

Built environment
- Housing
- Recreational opportunities
- Work place
- Injuries (intentional and unintentional)

Determinants of Health

Health behaviors and coping skills
- Health promoting attitudes, beliefs, behavior
- Adaptive/maladaptive behaviors to stress
- Diet and exercise
- Tobacco
- Sexual behavior
- Substance abuse

Determinants of Health

Genes and biology
- Pre-conception through aging
- Predisposition to disease
- Interaction with other determinants
- Targeted interventions
Determinants of Health

- Health care services
  - Access
  - Preventive vs. curative
  - Quality
  - Effectiveness
  - Cost of services

Cost and Quality

Around the Nation
A breakdown of healthcare spending state by state
US Health System Performs Poorly Compared to Other Countries

<table>
<thead>
<tr>
<th>Country</th>
<th>Health Care</th>
<th>Public Health</th>
<th>Child Health</th>
<th>Overall Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>US</td>
<td>9</td>
<td>7</td>
<td>6</td>
<td>13</td>
</tr>
<tr>
<td>Switzerland</td>
<td>8</td>
<td>9</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Japan</td>
<td>10</td>
<td>8</td>
<td>9</td>
<td>3</td>
</tr>
<tr>
<td>Sweden</td>
<td>9</td>
<td>10</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>Italy</td>
<td>11</td>
<td>11</td>
<td>11</td>
<td>20</td>
</tr>
<tr>
<td>Canada</td>
<td>11</td>
<td>12</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>Norway</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>Netherlands</td>
<td>13</td>
<td>13</td>
<td>13</td>
<td>20</td>
</tr>
<tr>
<td>Spain</td>
<td>14</td>
<td>14</td>
<td>14</td>
<td>20</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>France</td>
<td>16</td>
<td>16</td>
<td>16</td>
<td>20</td>
</tr>
<tr>
<td>Germany</td>
<td>17</td>
<td>17</td>
<td>17</td>
<td>20</td>
</tr>
<tr>
<td>Denmark</td>
<td>18</td>
<td>18</td>
<td>18</td>
<td>20</td>
</tr>
<tr>
<td>Belgium</td>
<td>19</td>
<td>19</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>United States</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
</tr>
</tbody>
</table>

Note: Table based on data from the World Health Organization and the Institute of Medicine. The rankings are based on a composite score that includes factors such as life expectancy at birth, infant mortality rates, and health care indicators.
“Americans die sooner and experience higher rates of disease and injury than people in other high-income countries.”

“Disadvantage exists at all ages from birth to 75, …and even among advantaged Americans.”

“Among peer countries, the US is at or near the bottom in nine key areas of health outcomes” including – life expectancy at birth, infant mortality, injuries, obesity.

County Health Rankings
Kansas Health Institute

**Health Factors, 2016**

<table>
<thead>
<tr>
<th>Measure</th>
<th>Kansas</th>
<th>Worst County Value</th>
<th>Best County Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Smoking</td>
<td>17%</td>
<td>23%</td>
<td>13%</td>
</tr>
<tr>
<td>STIs</td>
<td>381.6</td>
<td>704.5 Wyandotte</td>
<td>62.0 Johnson</td>
</tr>
<tr>
<td>Teen Birth rate</td>
<td>38</td>
<td>88 Seward</td>
<td>12 Douglas</td>
</tr>
<tr>
<td>Children with single parent</td>
<td>29%</td>
<td>48% Wyandotte</td>
<td>52% Scott</td>
</tr>
</tbody>
</table>

**Health Outcomes, 2016**

**CHR Disparities in Kansas, 2016**
Changes in the US Mortality Rates

All-cause mortality, ages 45–54 for US White non-Hispanics (USW), US Hispanics (USH), and six comparison countries: France (FRA), Germany (GER), the United Kingdom (UK), Canada (CAN), Australia (AUS), and Sweden (SWE).

Anne Case, and Angus Deaton PNAS 2015;112:15078-15083
©2015 by National Academy of Sciences

Mortality by cause, white non-Hispanics ages 45–54.

Anne Case, and Angus Deaton PNAS 2015;112:15078-15083
©2015 by National Academy of Sciences
Insurance Coverage

Figure 1. Uninsured Rates for Kansas and the United States, 2009–2014

Kansas Health Insurance Marketplace - 2016

- Four insurance companies (down from 5)
- 42 health plans (down from 64)
- Prices increased, but variable impact
- 2016 enrolled 104,823
  - 2015 enrolled 96,197
  - 2014 57,013
- 30% of enrollees are new in 2016
  - 55% active re-enrollees
  - 15% automatic re-enrollees
- 75% of active re-enrollees switched plans

Medicaid Expansion
182,000 Kansas Adults Fall into Eligibility Gap

Figure 1: Estimated Number and Percent of Kansas Adults (Age 19-64) in the Eligibility Gap by Region, 2009-2011

ACA Has Reduced Number of Uninsured

- Private Health Insurance
  - Health insurance marketplaces (aka-exchanges)
  - Premium tax credits (between 100-400% FPL)
  - Cost sharing reductions (100-250% FPL)
- Medicaid expansion
  - Everyone under 138% FPL eligible
  - SCOTUS in June 2012 made this optional for states
- CHIP Reauthorization
- Individual mandate or pay "tax"
- Large employer mandate to provide insurance
- Small employer incentives to provide insurance

Umbrella Graphic from Kaiser Family Foundation, 2015
Top State Health Policy Issues

- Medicaid and the budget
- Mental health, substance abuse
- ACA implementation
  - Medicaid expansion
  - Health insurance marketplace
  - Sec. 1332 waivers
- Regulate insurance markets
- Scope of practice issues
- Implement/manage statewide HIE