**Health Enhancement Communities:
A Pathway to Better Health**

Stakeholder Tabletop Exercise Session
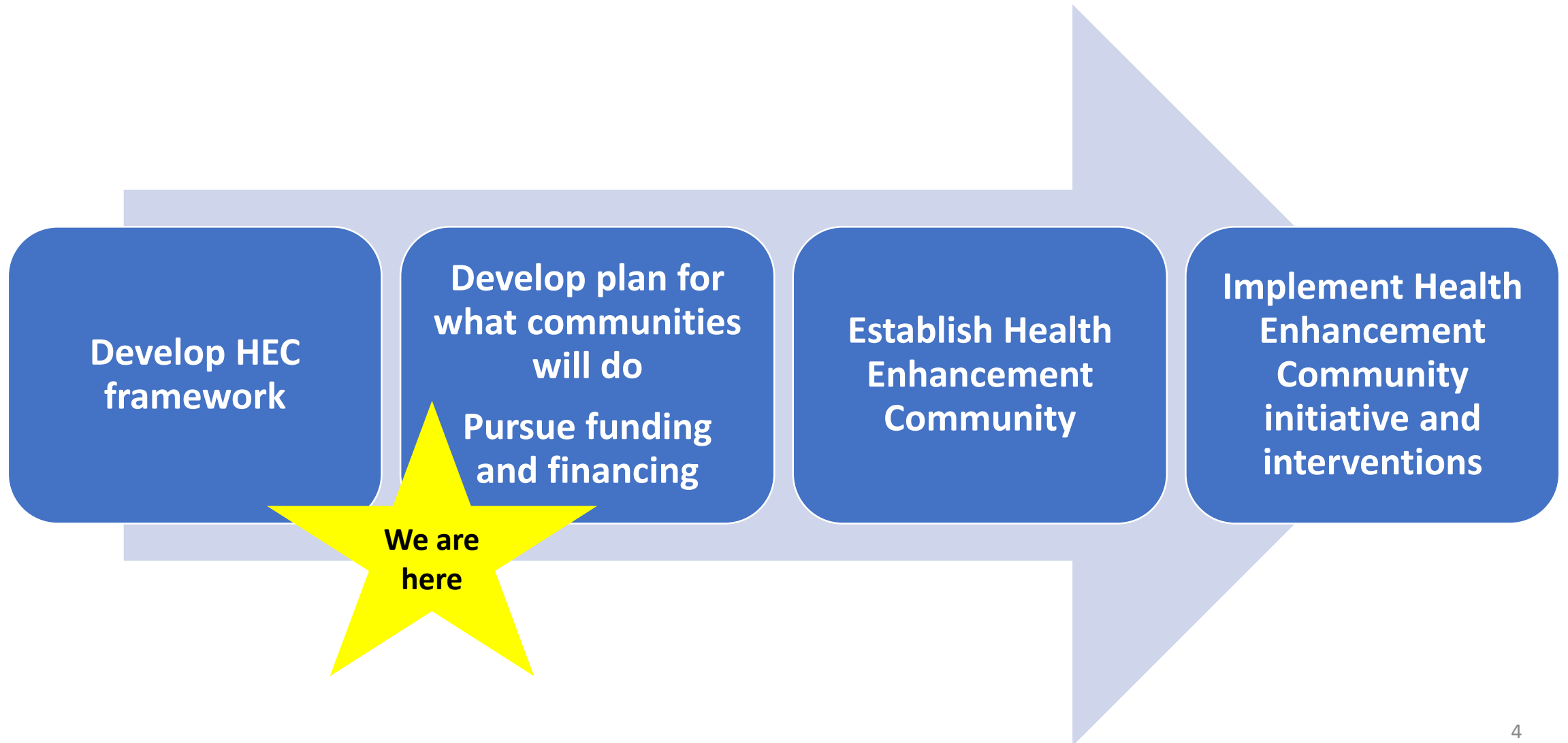July 11, 2019

Introduction

- Overview of Health Enhancement Community Initiative.
- The initiative is focused on *preventing* people from getting sick in the first place.
  - Not focused on making healthcare better.
  - It's focused on improving community health and health equity across Connecticut.

Introduction

- What we will do today and what we hear from you will help us make better choices about what we need to do in the next phase of work.
  - We developed a framework, which says what it is, is focused on, and is trying to do.
  - Next phase would be to plan for what communities will do.
  - We want to walk through examples with you that will tell us what needs to happen for this to work in the real world.

Where We Are in the Initiative

Develop HEC framework

Develop plan for what communities will do

Pursue funding and financing

We are here

Establish Health Enhancement Community

Implement Health Enhancement Community initiative and interventions

When they start, what will Health Enhancement Communities be?

- Health Enhancement Communities will be collaboratives in one or more specific communities.
- They will include or involve many different types of people and organizations, such as:
  - Community members, community-based organizations, health care providers, local health departments, local government, social services agencies, schools, housing agencies, food security organizations, health plans, employers, and others.

When they start, what will Health Enhancement Communities be?

- Health Enhancement Communities will do many things to:
  - Improve the health of their communities
  - Improve opportunities to be healthy
  - Prevent people from getting sick
  - Reduce costs and cost trends over time

When they start, what will Health Enhancement Communities be?

- Health Enhancement Communities will be formal groups of people and organizations that have agreed on how they work together and how they make decisions together.

Primary Priorities

Improve Child Well-Being
Prevent Adverse Childhood Experiences (ACEs) and mitigate the impact of ACEs

Increase Healthy Weight and Physical Fitness
Prevent overweight and obesity

Improve Health Equity

Health Enhancement Communities may also select additional priorities but financing strategies will be for the two priorities.

Improving Child Well-Being

- **The goal is to assure safe, stable, nurturing relationships and environments for children.**

- For this project, communities would do things to prevent Adverse Childhood Experiences (ACEs).

  - Adverse Childhood Experiences are certain types of bad things happening to children.

  - The more Adverse Childhood Experiences a child has, the more likely they are to have health problems throughout their lives.

- Communities would also do things to help children who already have Adverse Childhood Experiences be better able to live healthy lives.

What Are Adverse Childhood Experiences?*

Adverse Childhood Experiences are these types of bad things happening to children.

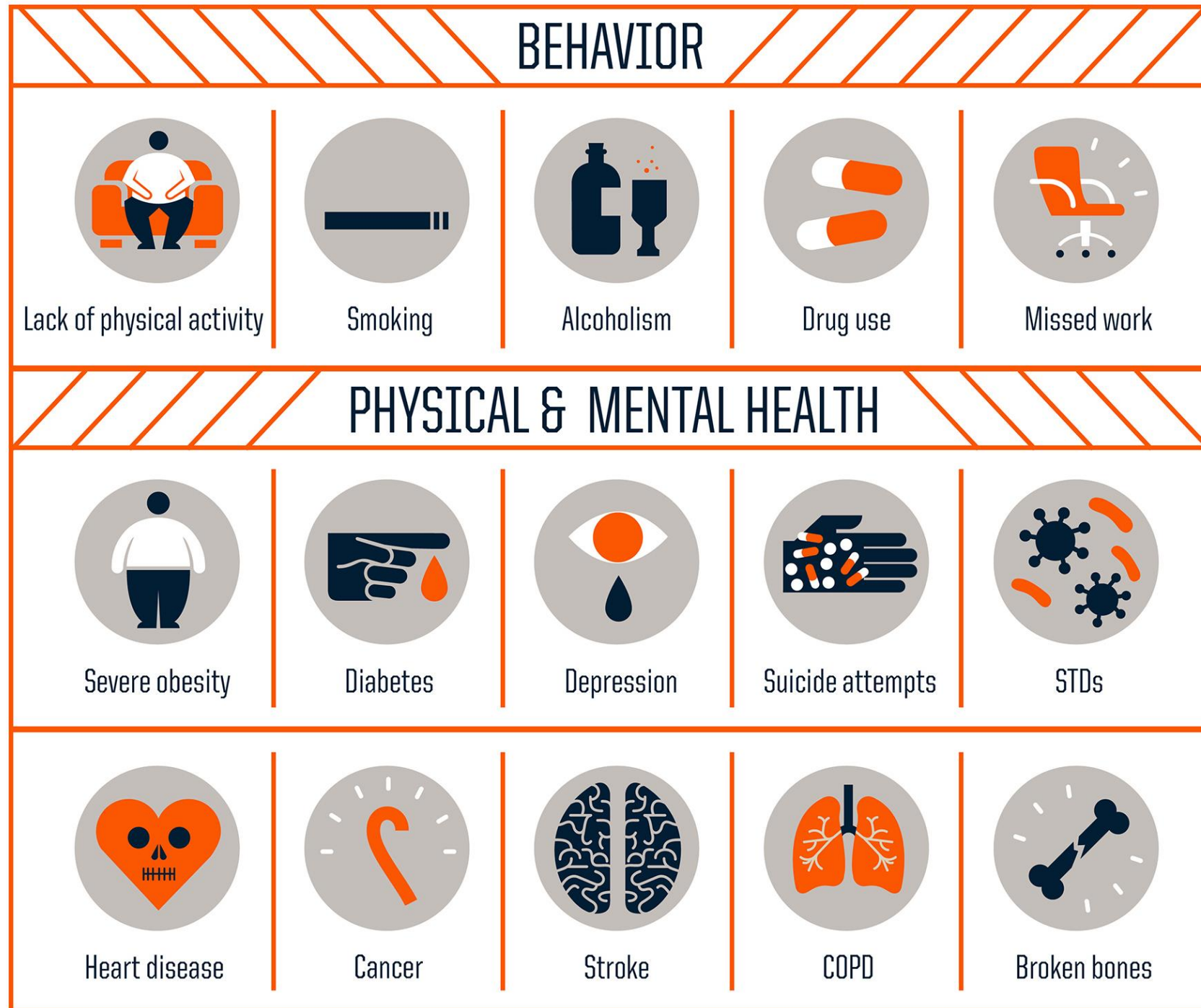It can also be other things like not having good or stable housing or not having enough to eat.

- Physical, sexual, and emotional abuse
- Emotional and physical neglect
- Mental illness of a household member
- Problematic drinking or alcoholism of a household member
- Drug use by a household member
- Divorce or separation of a parent
- Violence in the household and/or community
- Incarceration of a household member

Adverse Childhood Experiences (ACEs)

*Examples of ACEs adapted from *The Adverse Childhood Experiences (ACE) Study, May 2014;* the Center for Youth Wellness; and stakeholder feedback.

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What Do Adverse Childhood Experiences Mean for Children in their Lives?

The more bad things children have happen to them, the more likely they are to have health problems later.

BEHAVIOR

| Lack of physical activity | Smoking | Alcoholism | Drug use | Missed work |

PHYSICAL & MENTAL HEALTH

| Severe obesity | Diabetes | Depression | Suicide attempts | STDs |

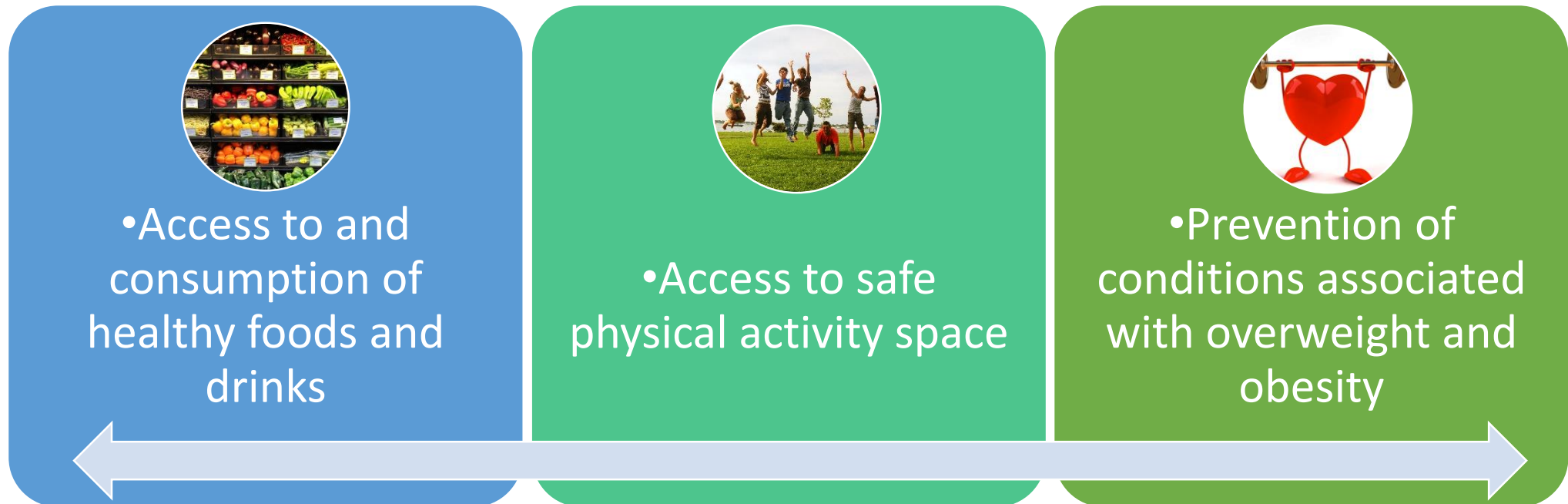| Heart disease | Cancer | Stroke | COPD | Broken bones |

Healthy Weight and Physical Fitness

The goals are to assure that people and communities:

- Maintain a healthy or healthier body weight.
- Be physically active regularly,
- Ensure that everyone is able to do so no matter who they are or where they live.
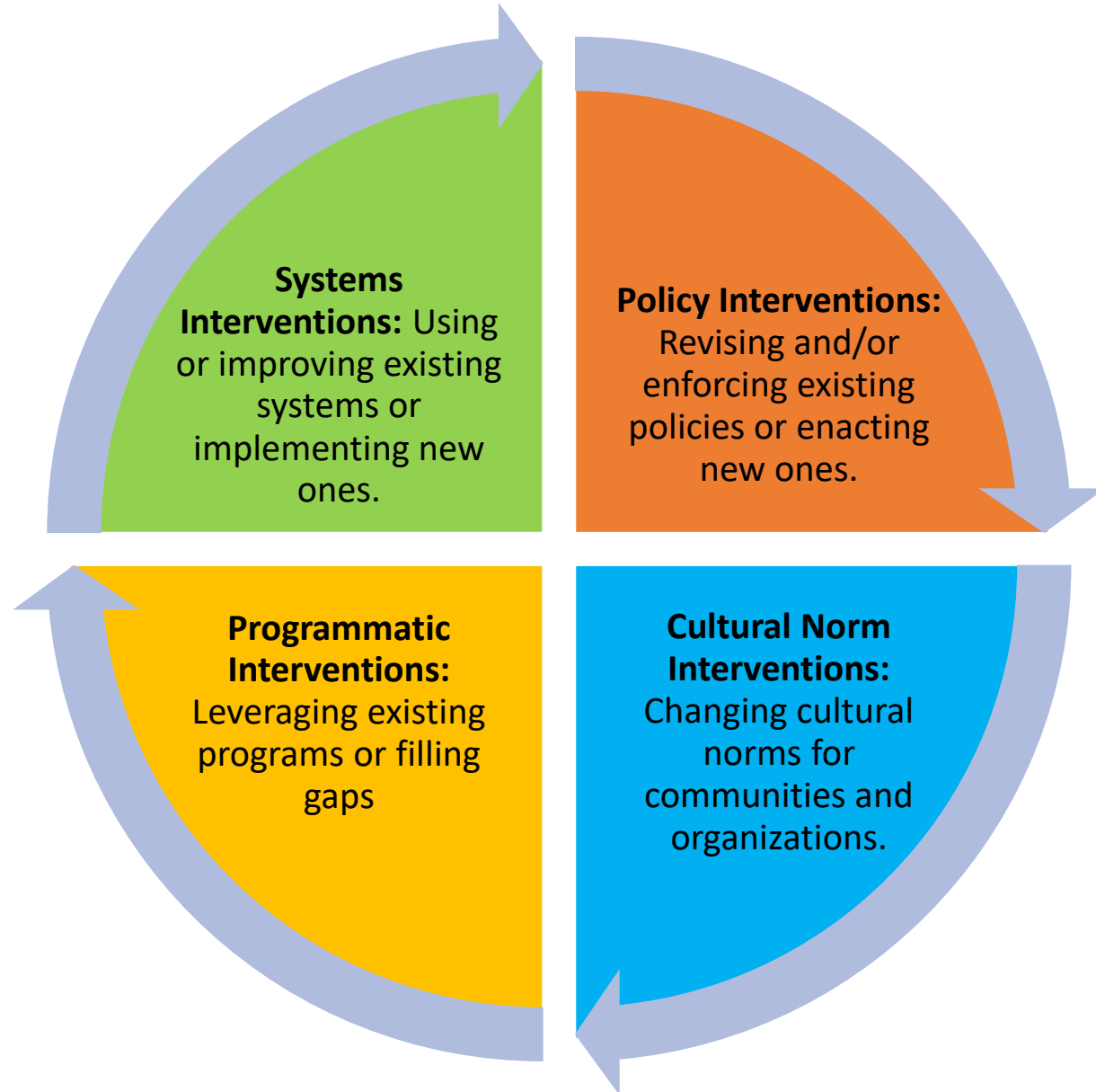
Healthy Weight and Physical Fitness

- Communities would do things to help people prevent becoming or staying overweight and obese across their lives.

- This will reduce the chance of getting serious health conditions like diabetes and heart disease.

- Access to and consumption of healthy foods and drinks

- Access to safe physical activity space

- Prevention of conditions associated with overweight and obesity

What Will Health Enhancement Communities Do?

Once they are formed, Health Enhancement Communities will select and implement different types of *upstream* interventions.

- Focused on what it causing or contributing to poor health, particularly social determinants of health

Systems Interventions: Using or improving existing systems or implementing new ones.

Policy Interventions: Revising and/or enforcing existing policies or enacting new ones.

Programmatic Interventions: Leveraging existing programs or filling gaps

Cultural Norm Interventions: Changing cultural norms for communities and organizations.

Exploring Many Options for Financing

New Funds

- Grants
- Debt and Equity
- Tax Credits

HECs

Outcomes-Based Financing

- Shared savings arrangements
- Pay for Success/ Social impact bonds
- Outcomes Rate Cards

Flexible Funds

- Braided Funds
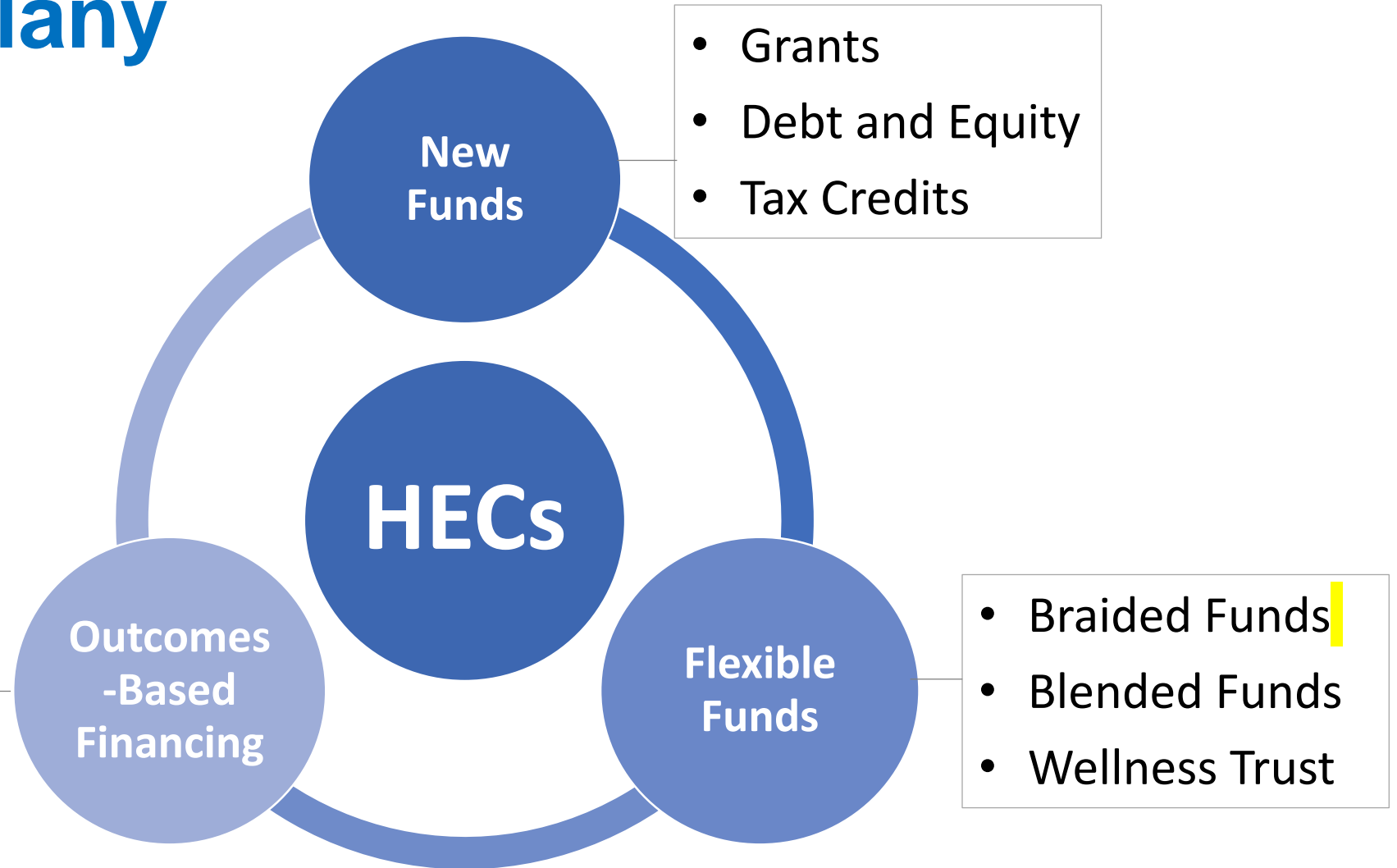- Blended Funds
- Wellness Trust

Illustration of HEC Funding and Financing Options

Phase 1: Near-Term

Years 0 to 5

Examples:
- Philanthropy
- Braided and Blended Funding
- Wellness Trust
- Social Investment

Phase 2: Long-Term

Years 5 to 10

Examples:
- Outcomes-Based Financing
  - Multi-Payer Demonstration
  - Investment Arrangements
- Braided and Blended Funding

More Information:

- You can check out the report that has more details. There are two different documents available online:
    - **HEC Framework**–Shorter description of the Health Enhancement Community framework.
        - https://portal.ct.gov/-/media/OHS/SIM/HISC/2019/05-09-19/CT-SIM-HEC-Framework---REVISED-4-30-19.pdf
    - **HEC Technical Report**– Longer, more detailed description of the framework for those who want more specific details about the initiative.
        - https://portal.ct.gov/-/media/OHS/SIM/HISC/2019/05-09-19/CT-SIM-HEC-Framework---REVISED-4-30-19.pdf
- You can also read the **public comments and responses** here:
    - https://portal.ct.gov/-/media/OHS/SIM/HISC/2019/05-09-19/HEC-Response-to-Public-Comments---FOR-HISC_20190501.pdf