



Live Well, San Diego!

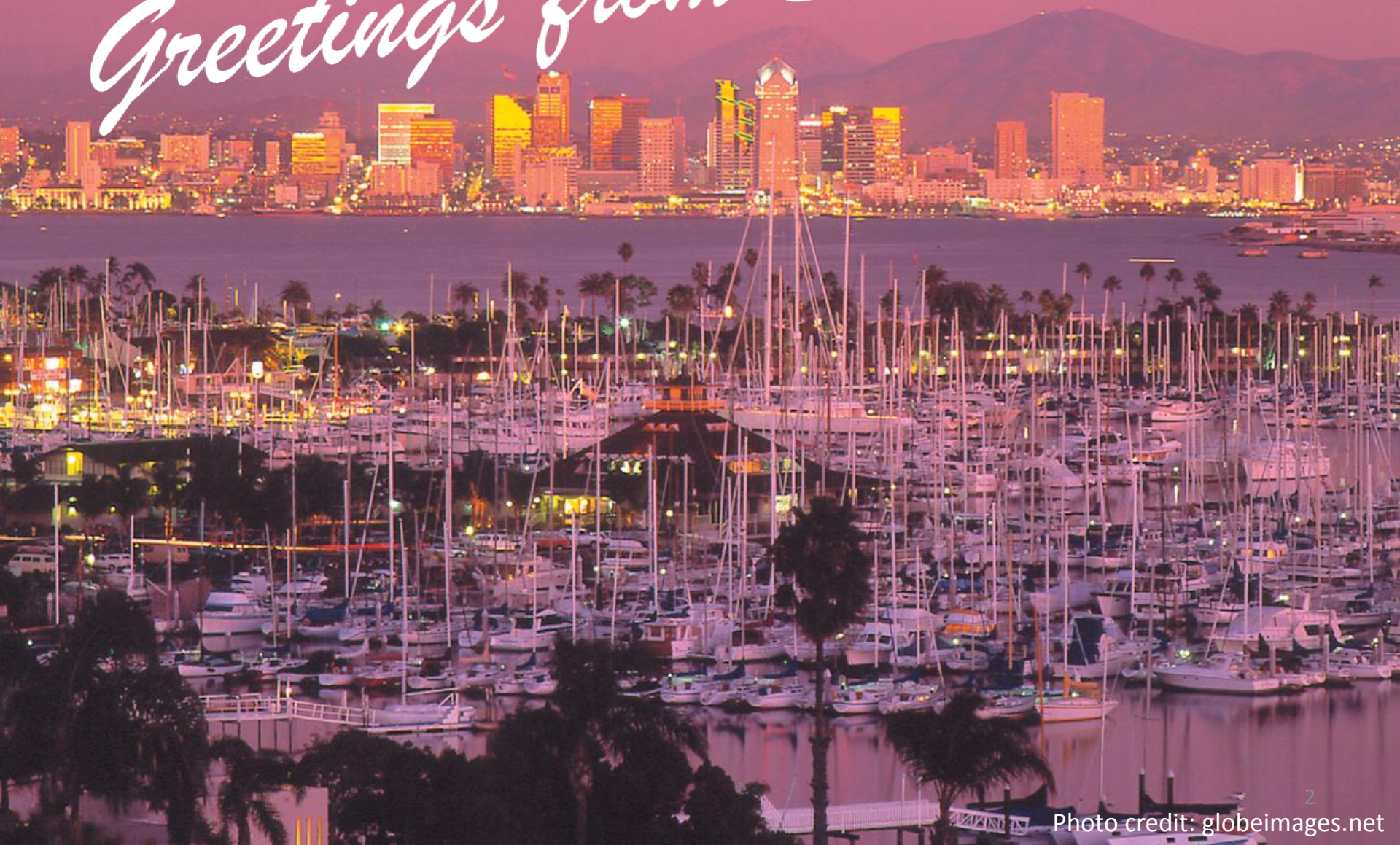
Nick Macchione, FACHE

Director, Health and Human Services Agency

County of San Diego



Greetings from San Diego!



County of San Diego, California

Integrated HHS Agency:

- Public Health
- Physical Health
- Behavioral Health
- Social Srvs/Public Assistance
- Child Welfare Services
- Aging & Independence Services
- Public Guardian/Administrator
- Military & Veterans Services





24
HOUR

FITNESS

24 HOUR
FITNESS
WORLD'S BEST

24 HOUR
FITNESS
WORLD'S BEST

FITNESS

24
HOUR



handles that is!

Overweight, Unfit & Unhealthy Kids...



POOR DIET



**LACK OF
PHYSICAL
ACTIVITY**

We See the Symptoms Everyday

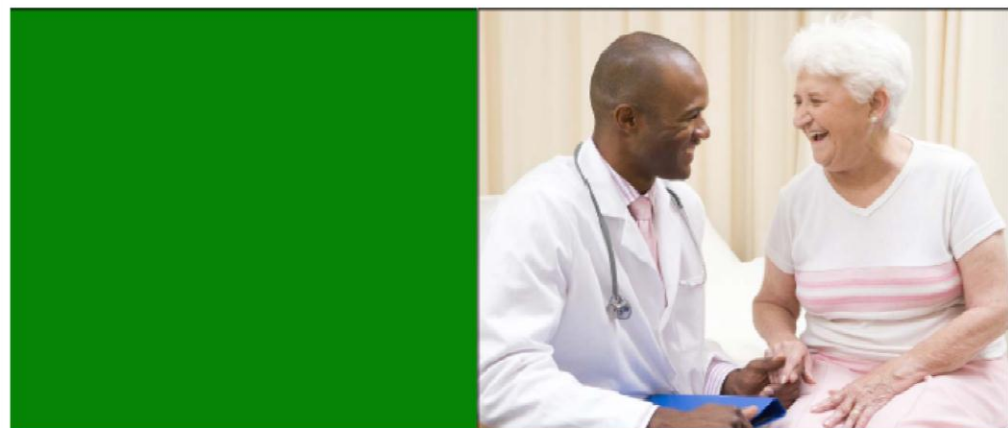


Grim Outcome...



57%
in San Diego County

What is the economic impact?



The Economic Burden of Chronic Disease in San Diego County

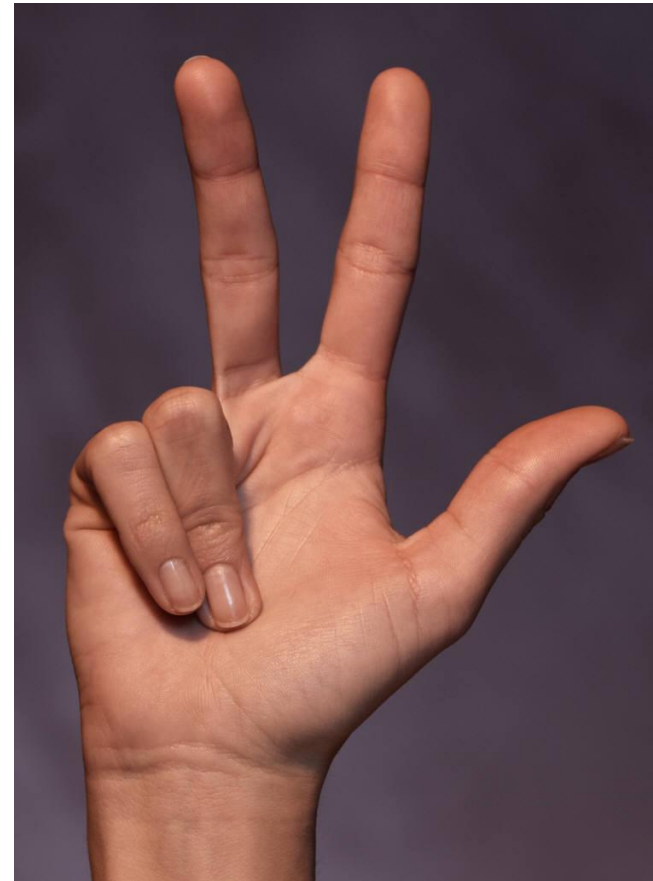


COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

OCTOBER 2010

Goal: Triple Aim

- **Large population-based health improvements**
- **Improve quality of care**
- **Lower costs**



Overview of *Live Well, San Diego!*: Building Better Health

3
Lead to

BEHAVIORS

- NO EXERCISE
- POOR DIET
- TOBACCO USE

4
Result in

DISEASES

- CANCER
- HEART DISEASE
- TYPE 2 DIABETES
- LUNG DISEASE

OVER 50

PERCENT

OF DEATHS IN
SAN DIEGO

Overview of *Live Well, San Diego!*: Building Better Health

- **Building a Better System**
- **Supporting Healthy Choices**
- **Policy/Environmental Change**
- **Changing the Culture from Within**





LIVE WELL SAN DIEGO

Building
Better
Health

Living
Safely

Thriving

Population Based Wellness Approaches

VERMONT
Blueprint for Health
Smart choices. Powerful tools.

Community


Self Management


Provider Practice

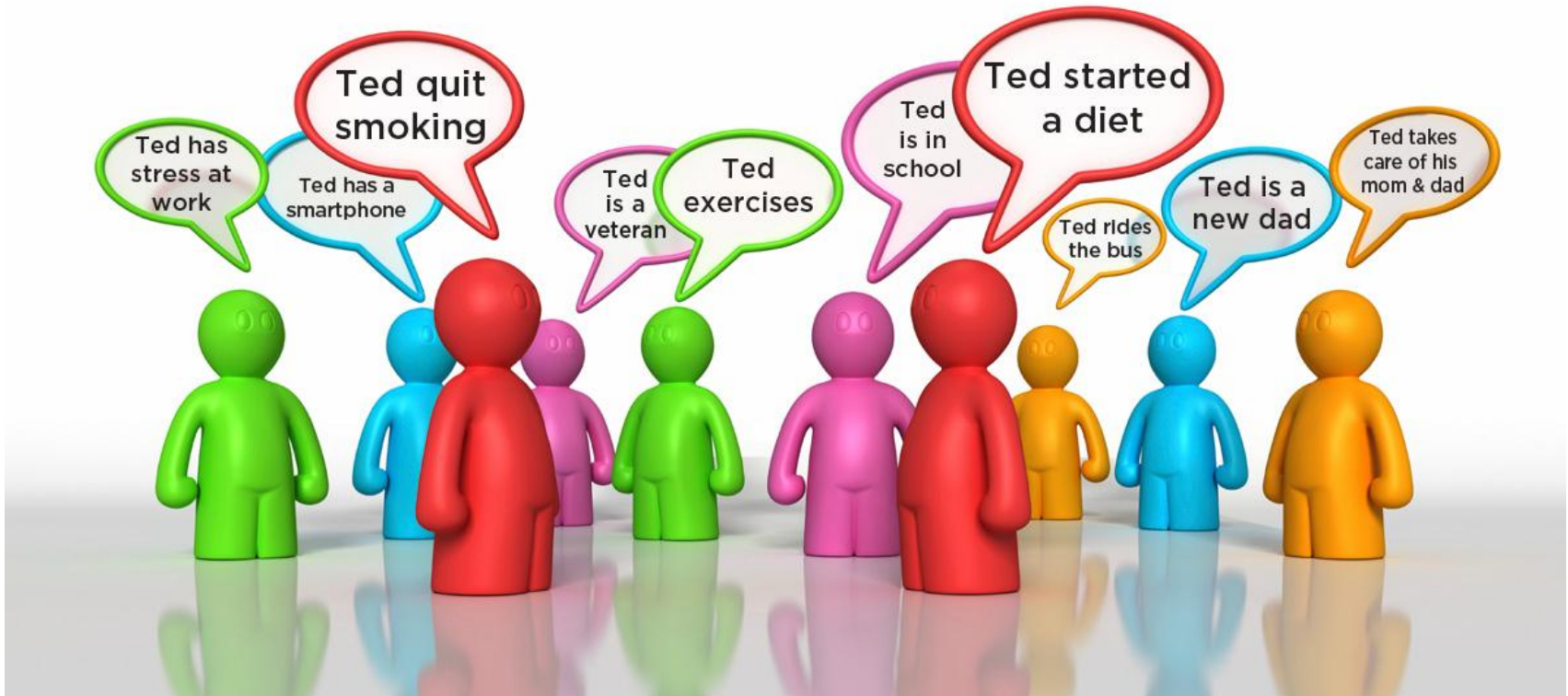

Information Systems




healthiest
— state —
initiative

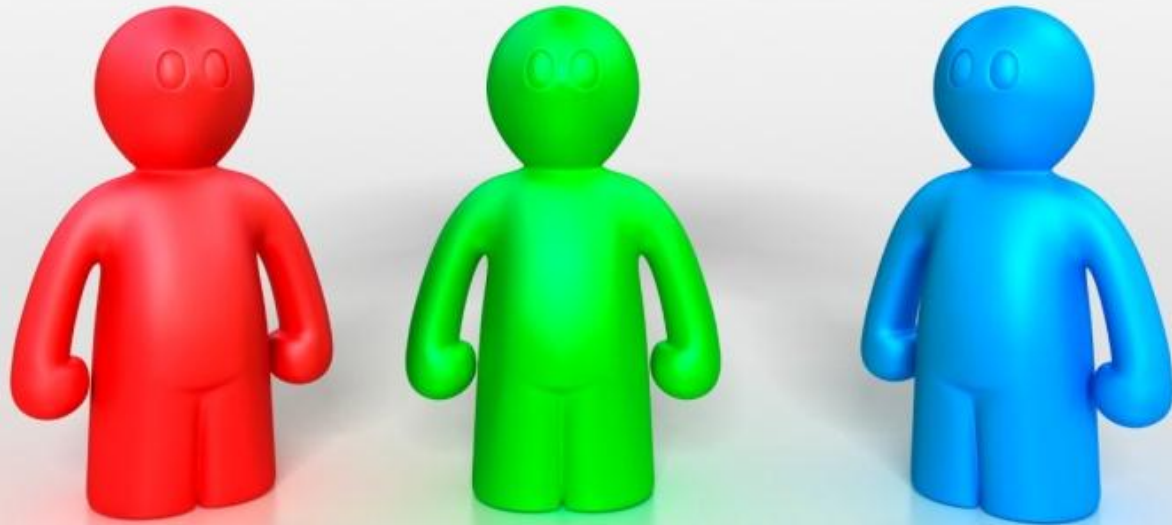


Service Delivery



Service Delivery

**We know what
Ted needs.**



Connecting Health to Care

**Meet
Donald...**

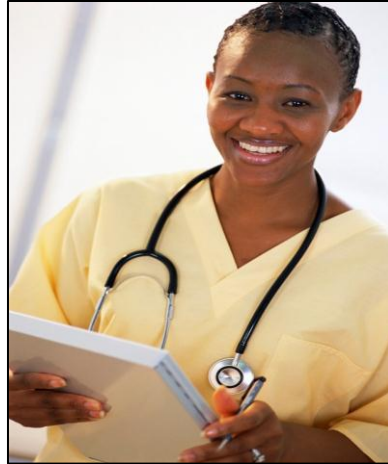


**One Person -
Many Facets**

**His wish is simple:
NOT to sleep in any more hospital beds!**

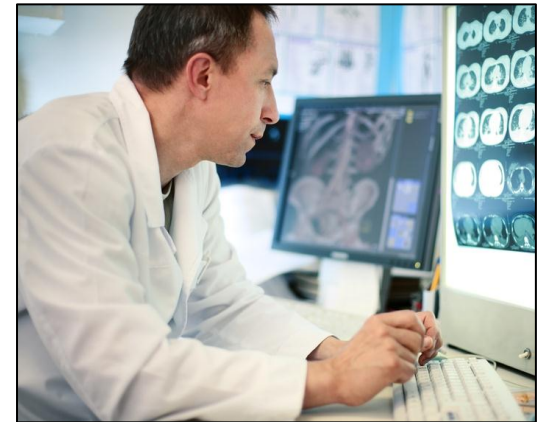
Treating the Cause, Not the Illness!

**Transitions
Care Coach first,
nurse second**



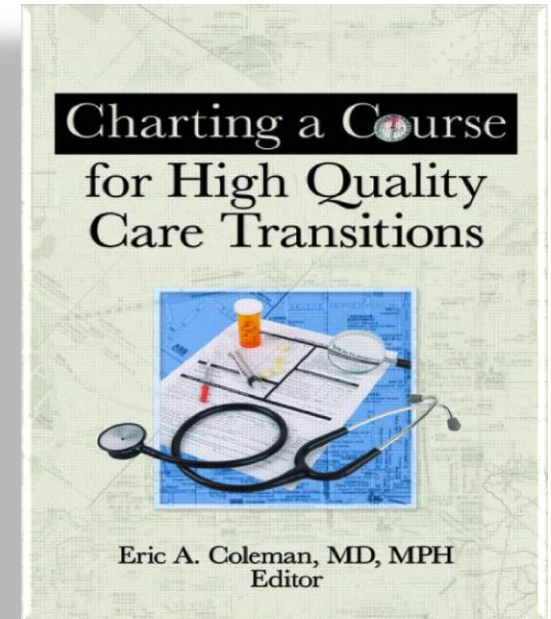
**Personalized
Technology**

Client Incentives



Care Transitions Intervention (CTI)

- Evidence based program
- Patient and caregiver centered
- 4 week program
- Patients are supported by a coach
- Patients with complex care needs receive specific tools-can choose electronic or paper
- Patients learn self-management skills



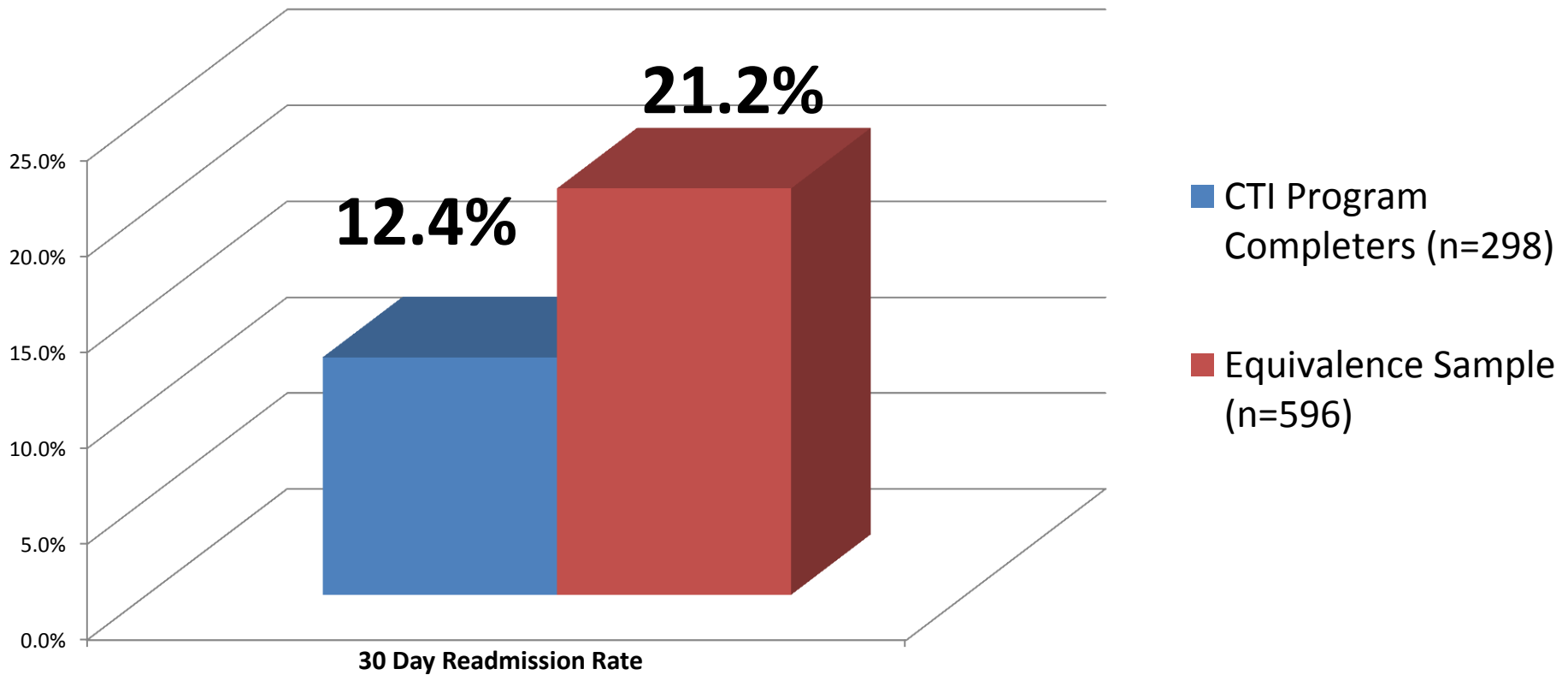
Key Elements of CTI



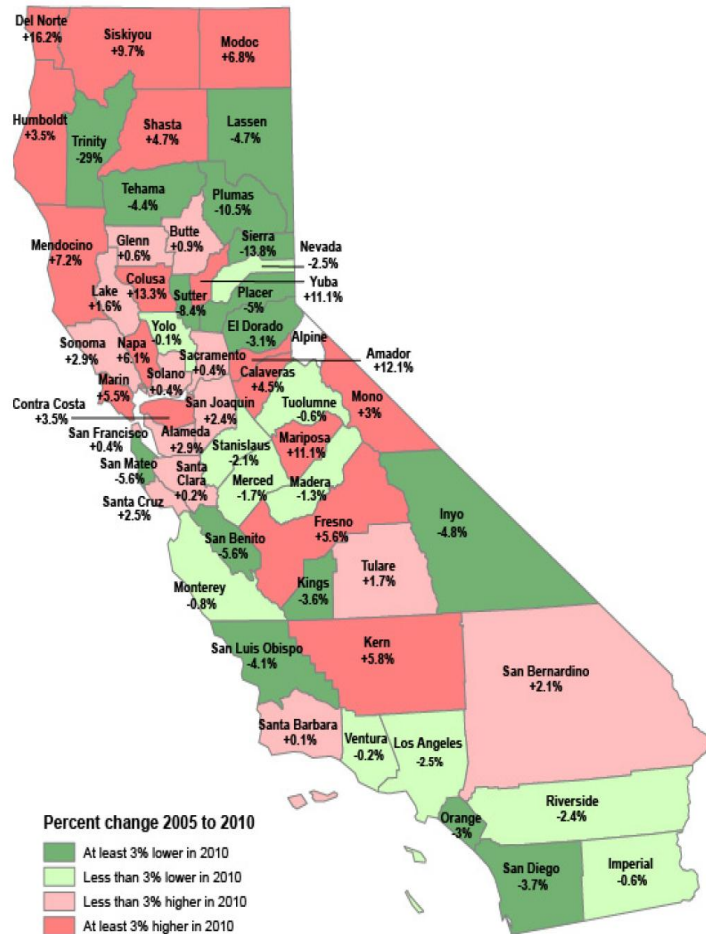
- Referral Process
- Hospital Visit
- Phone call to patient after discharge from hospital
- Home visit within 2 days after discharge
- Phone calls to patient 7 days and 14 days after home visit

Overall CTI Pilot Outcomes

All Hospitals Readmissions



Encouraging Trends: 10 Years of Obesity Prevention Work

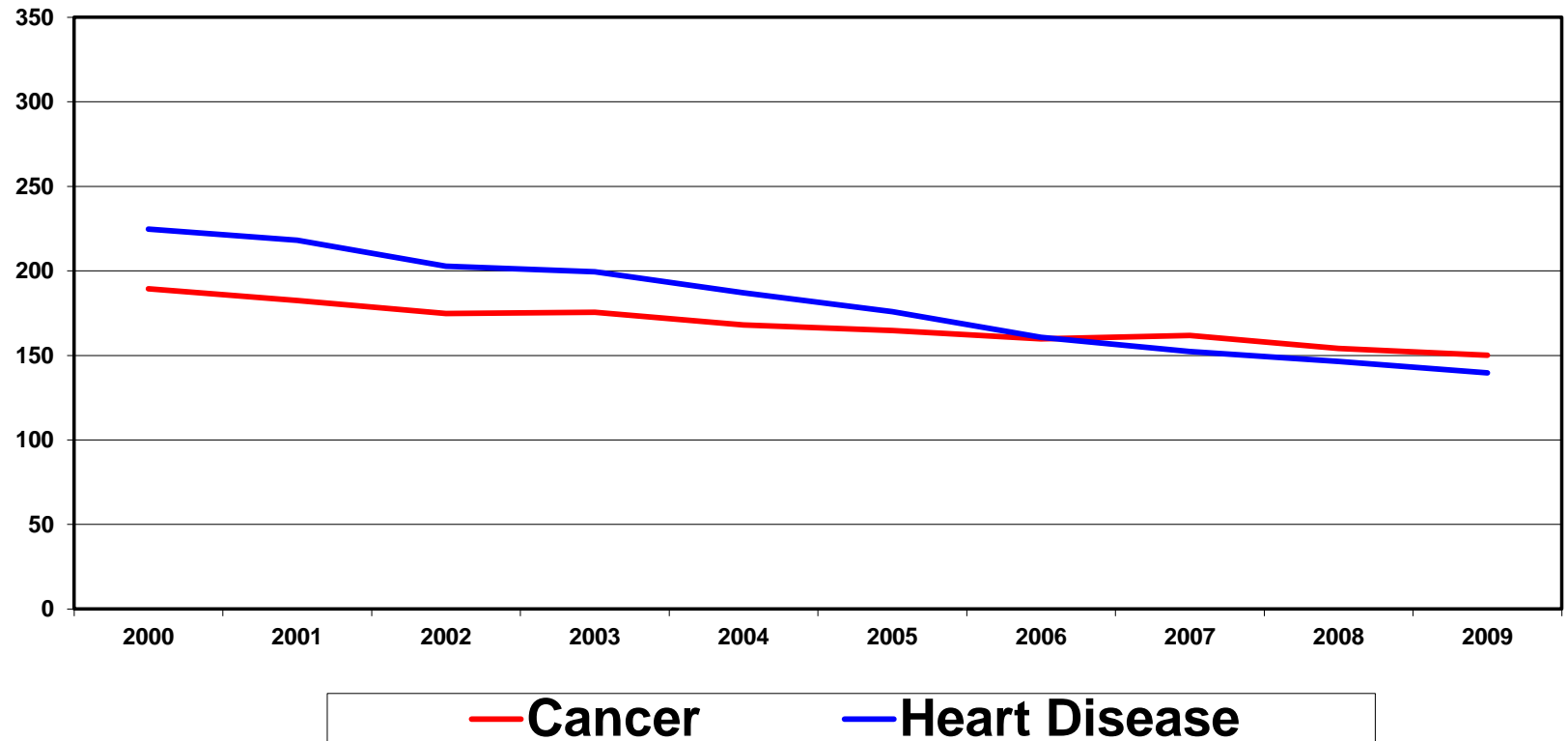


Between 2005 and 2010, the percentage of our children that are overweight or obese **decreased 3.7%** in San Diego County--the biggest percentage decline among Southern California counties.

Source: Babey SH, Wolstein J, Diamant AL, Bloom A, Goldstein H. A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th-, 7th-, and 9th-Graders, 2005-2010. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2011.

Encouraging Trends: Heart Disease

Heart Disease Deaths vs. Cancer Deaths in San Diego County 2000-2009

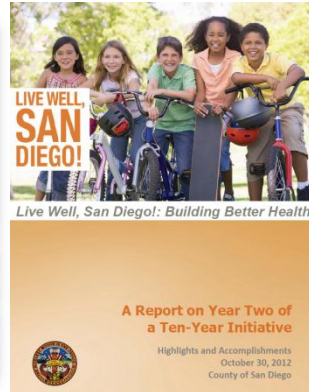


What We've Learned in San Diego

- Culture change
- Relationships across silos
- Plugs and wires to enable



Live Well, San Diego!



2010

2012

2014

2016

2018

2020



2011

2013

2015

2017

2019



LIVE WELL SAN DIEGO



Residents are *protected* from crime or abuse



Neighborhoods are *safe* to work, live and play



Communities are *resilient* to disasters and emergencies

Faith Community



FG³

Military

Schools

PSG

Cities



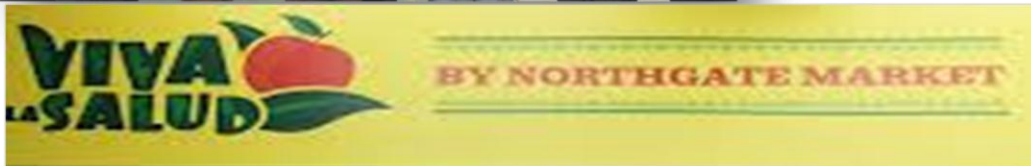
CSG

Business
Community

Non-Profits



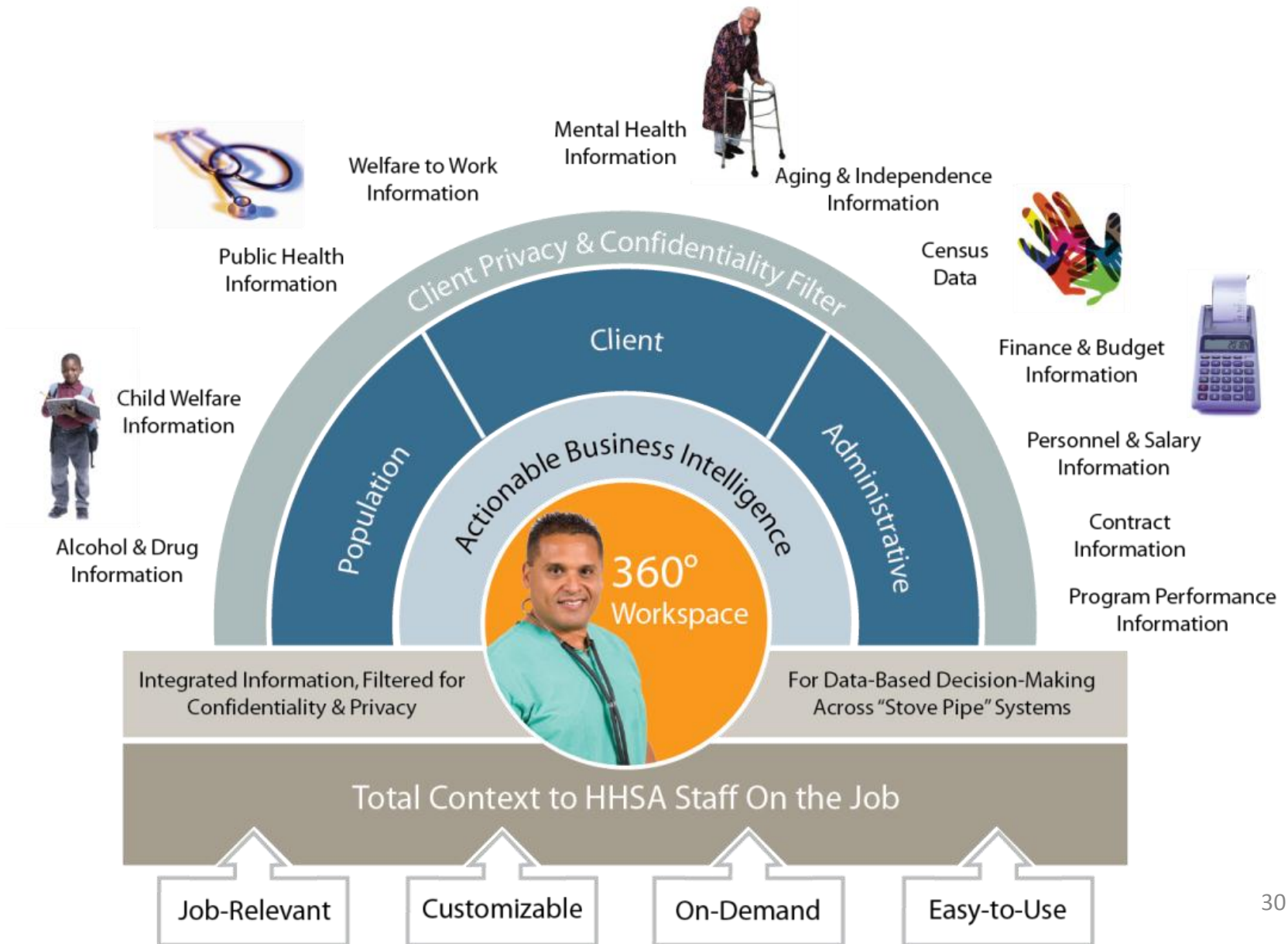
San Diego
North
Chamber of Commerce



Complex = Challenges



Knowledge Integration Project



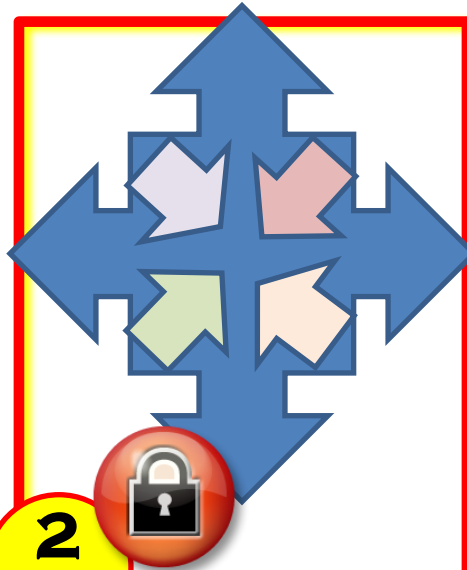
Electronic Information Exchange

1

CONSENT



County customer makes choice about allowing their information to be shared, for better service.



2

EXCHANGE

Secure Central Hub allows customer data to be exchanged between existing systems.

3

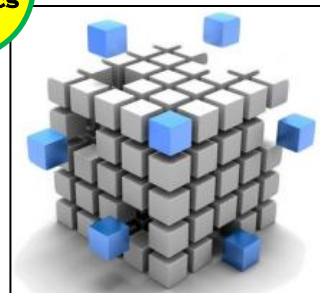
PORTAL

User can access available information about their customer via Portal.



4

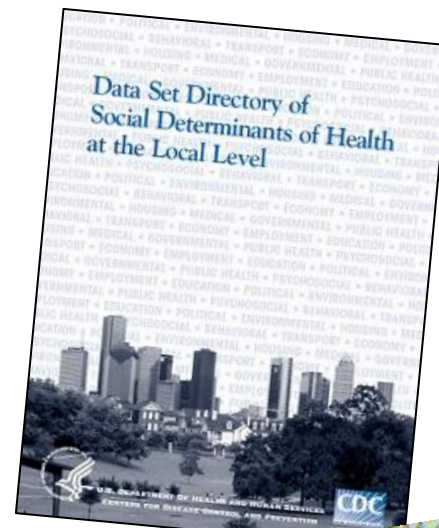
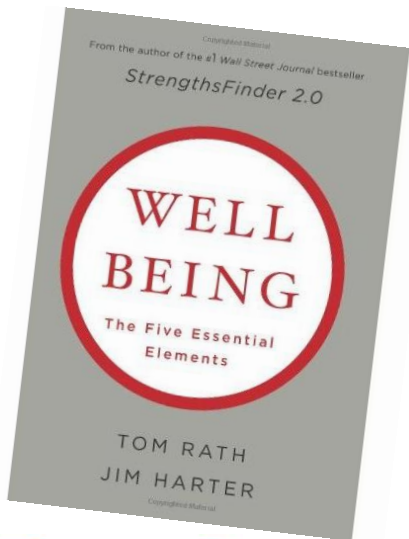
ANALYTICS & BI



Source: thinknook.com

Business decisions can be made using collective data.

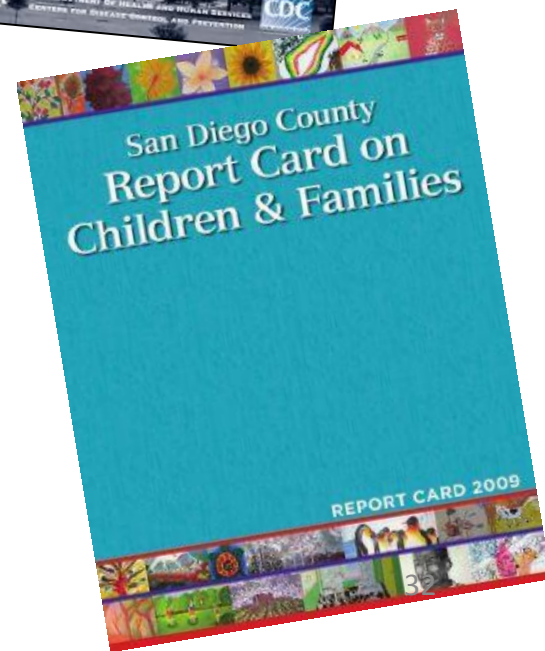
Reporting and Performance Metrics: Influences



County Health Rankings
Mobilizing Action Toward Community Health
countyhealthrankings.org



www.healthypeople.gov





LIVE WELL
SAN DIEGO

Live Well, California!