



WISCONSIN

American Health Care

From Past into the Future

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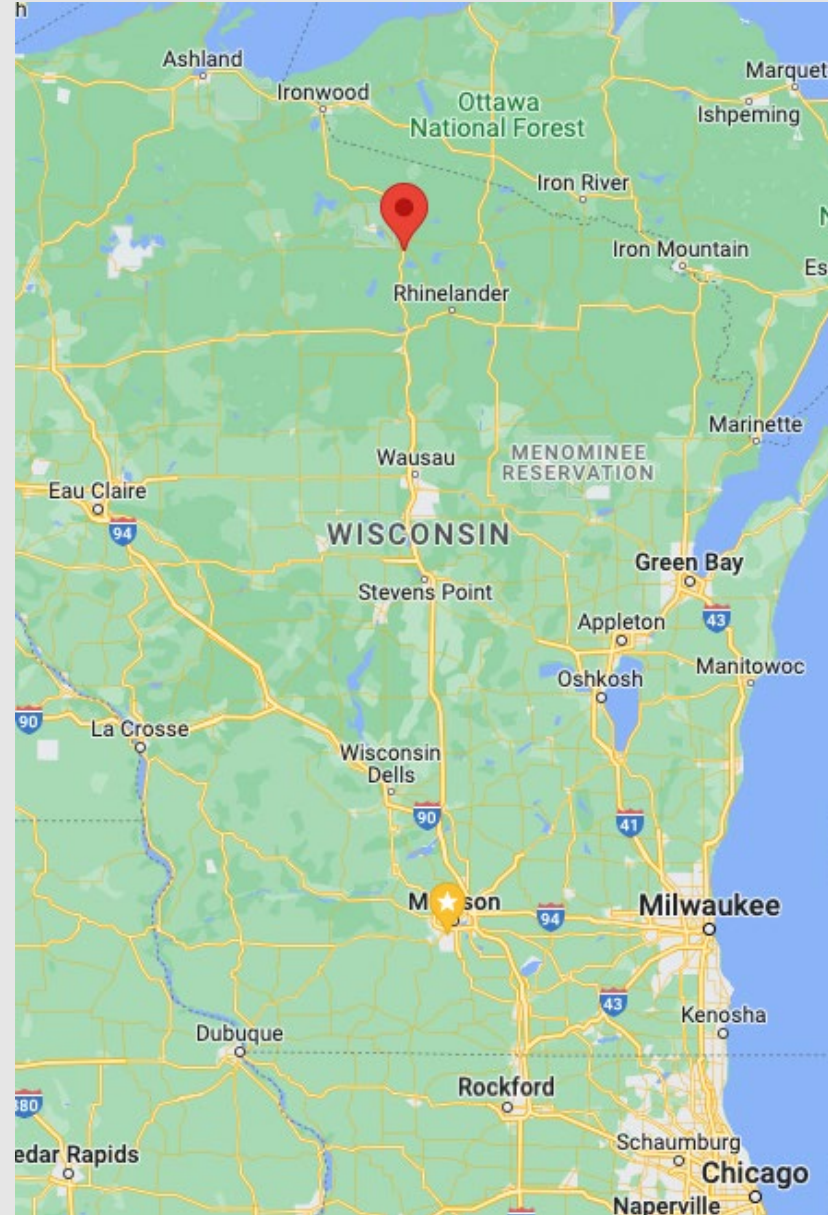


Disclosures

Medical Editor at Elsevier Medical Publishing

- Co-Editor: Textbook of Family Medicine
 - Co-Editor: Current Therapy
 - Co-Editor: Integrative Medicine
 - Editor in Chief: Primary Care Practice Update
- no relevant conflicts to this presentation

Kate Newcomb MD. Woodruff, WI



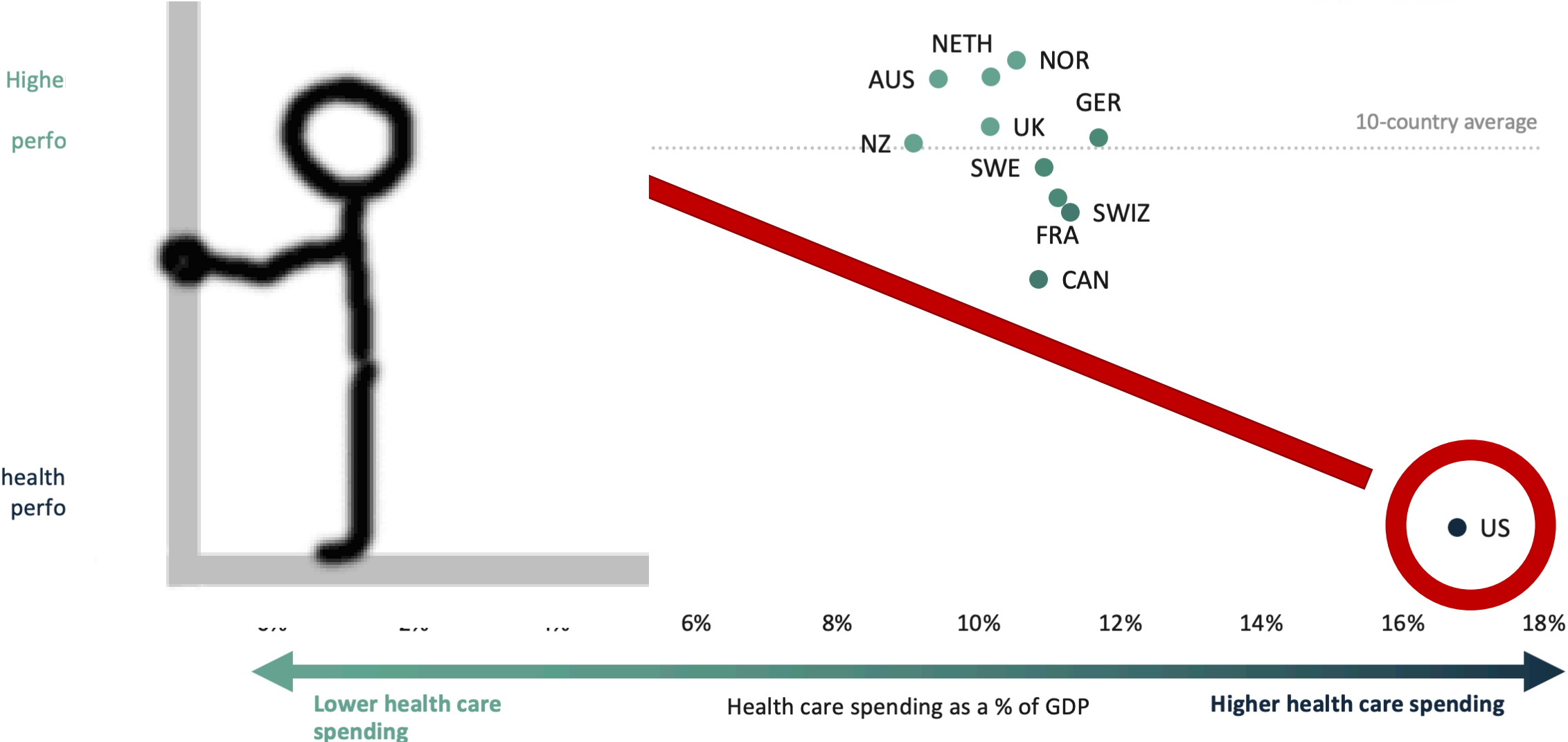
*That to which we
give attention
grows*

“The dream of
reason did not take
power into account”
-Paul Starr

Gizmo

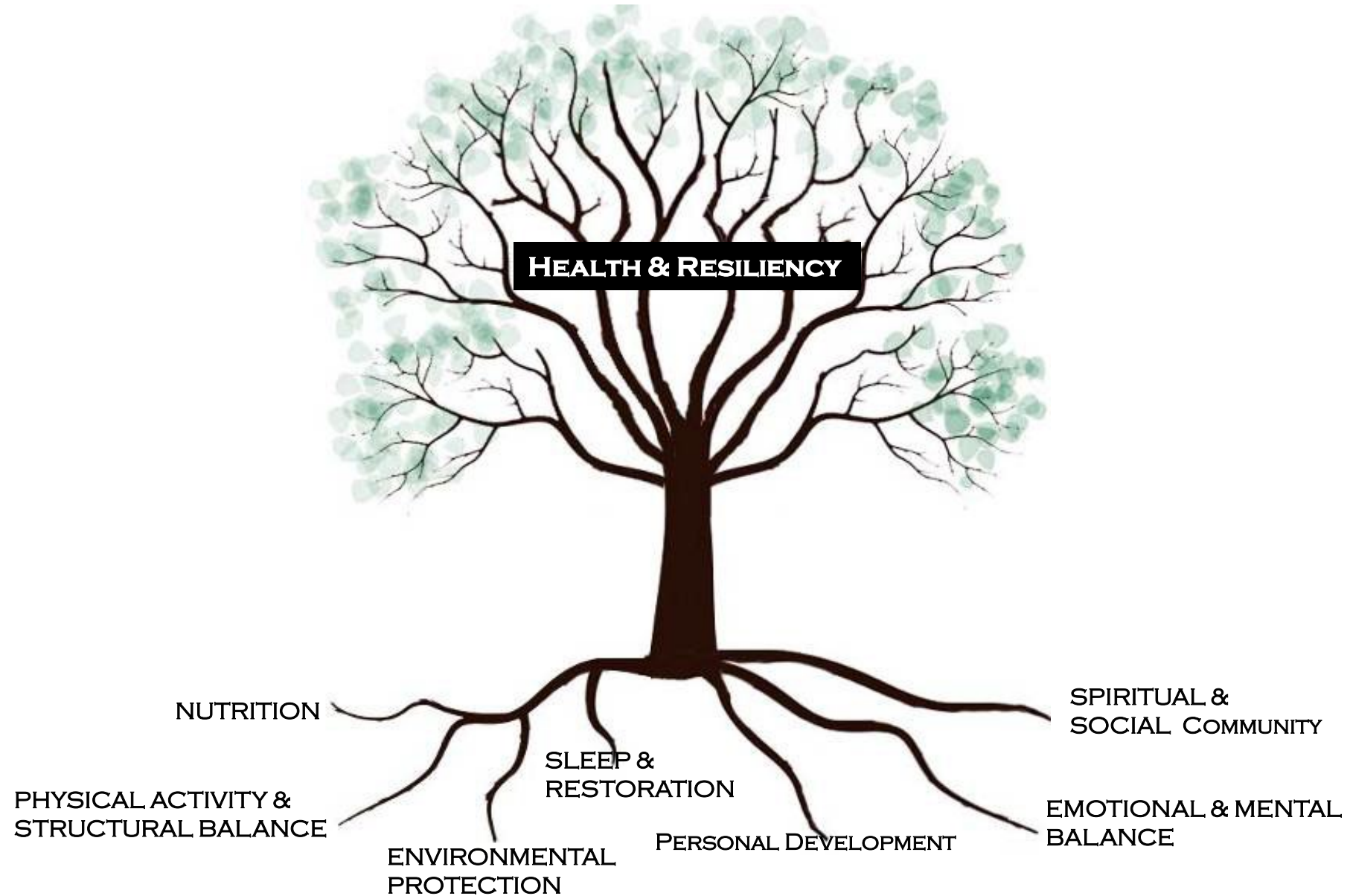


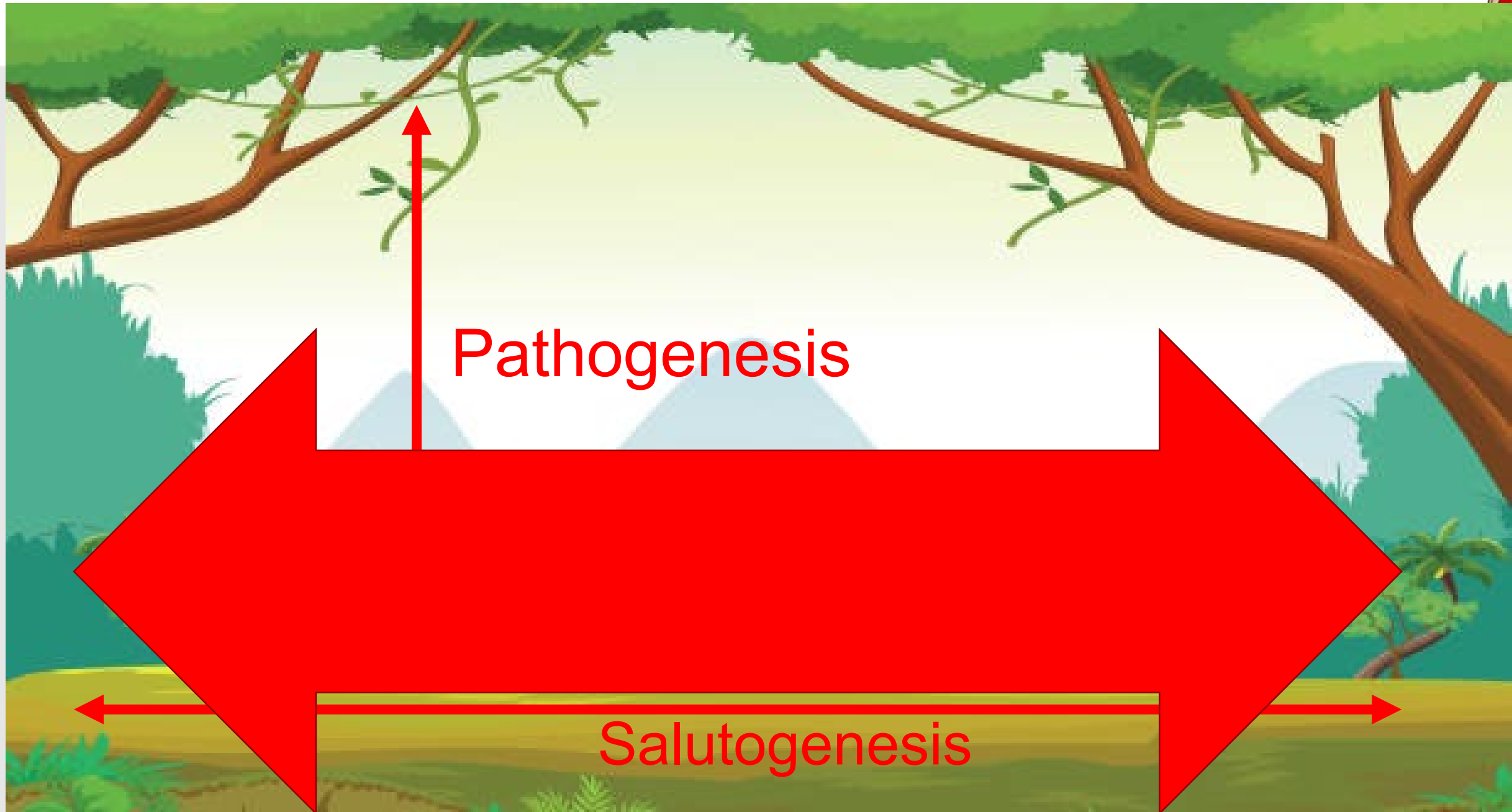
Health Care System Performance Compared to Spending



Note: Health care spending as a percent of GDP. Performance scores are based on standard deviation calculated from the 10-country average that excludes the US. See How We Conducted This Study for more detail. Data: Spending data are from OECD for the year 2019 (updated in July 2021).

Salutogenesis





Pathogenesis

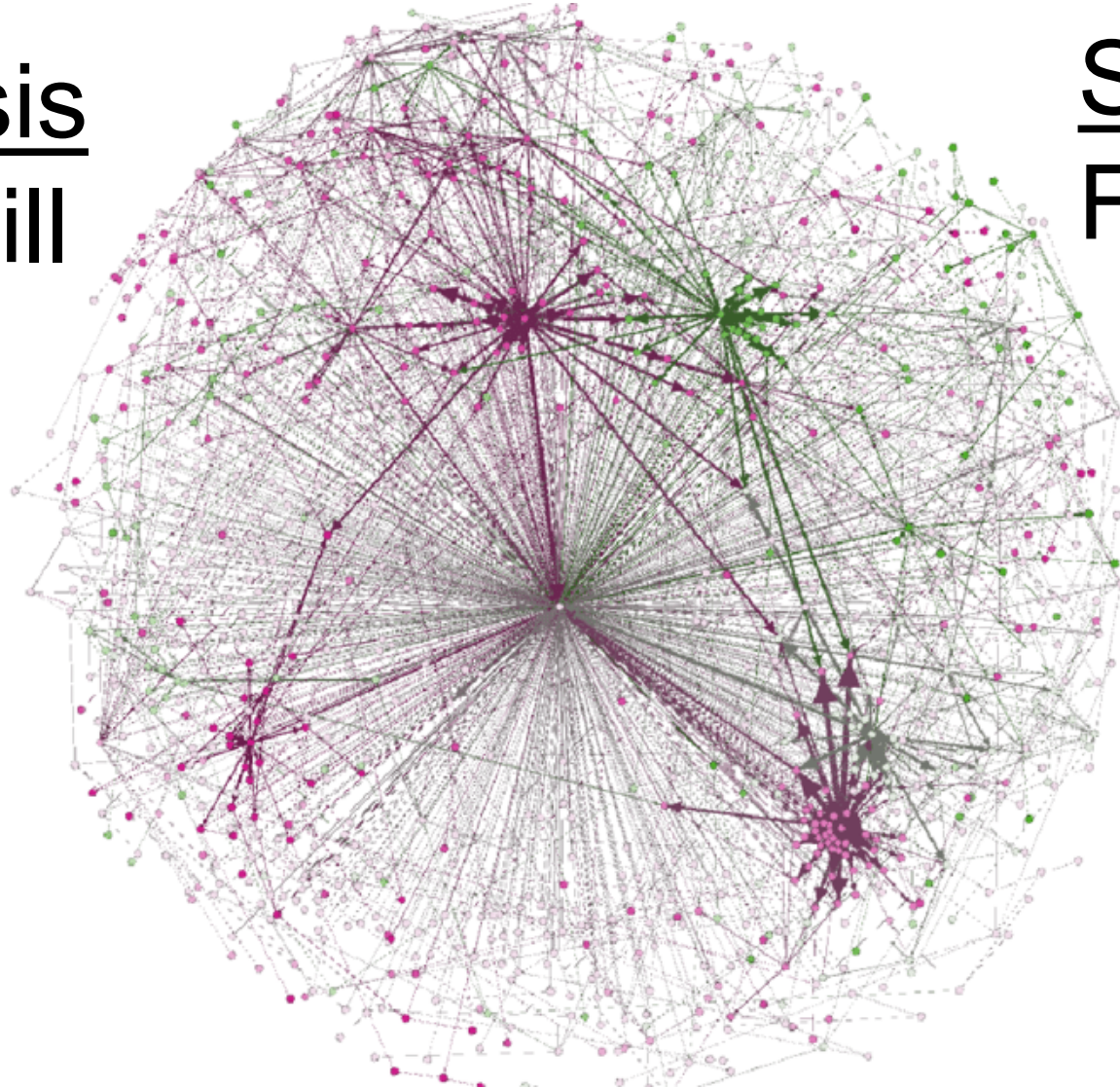
Salutogenesis

Systems Science Guides Salutogenic Science

Pathogenesis
Take This Pill



A Pill

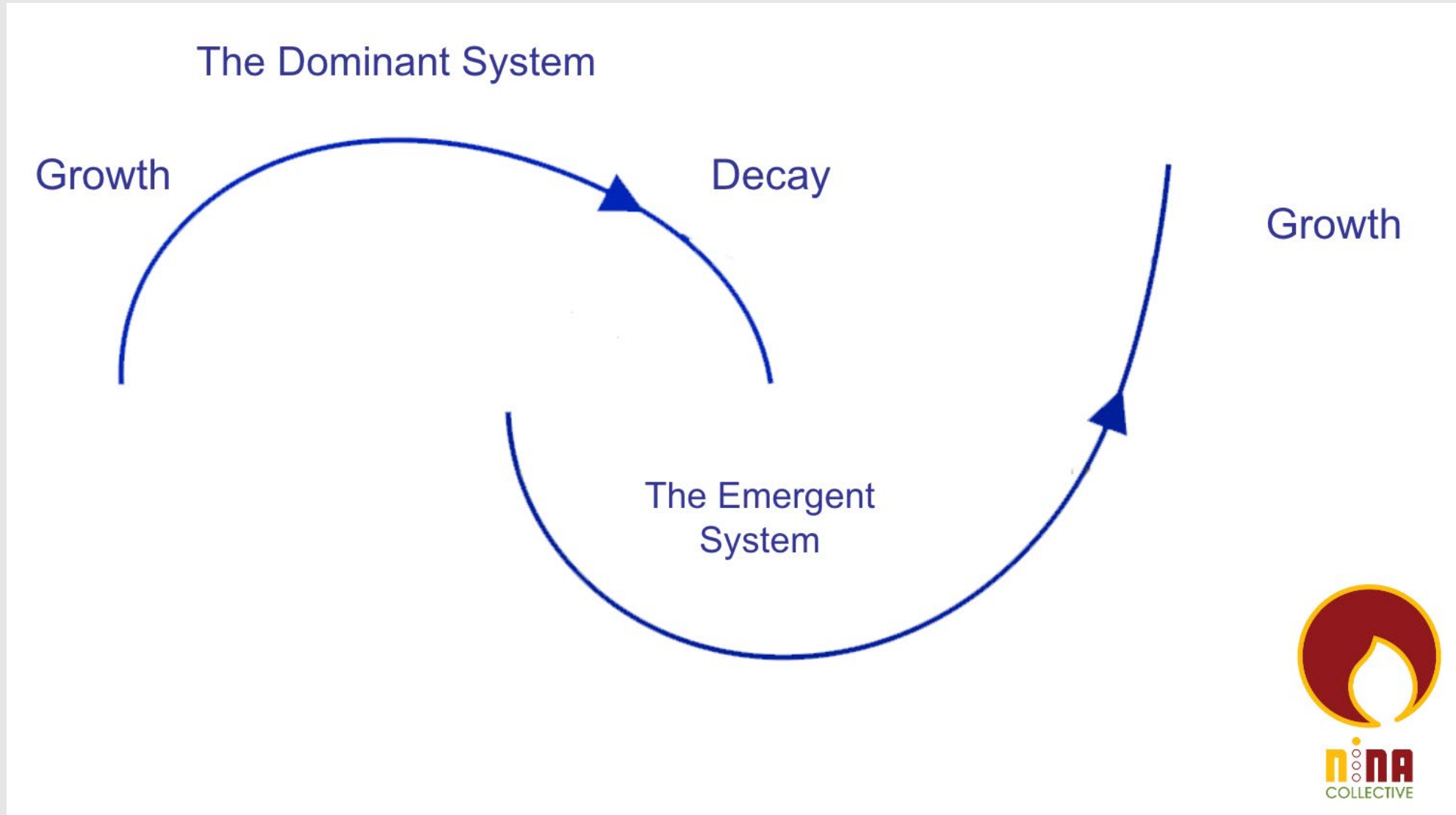


Salutogenesis
Find this Pattern



A Process

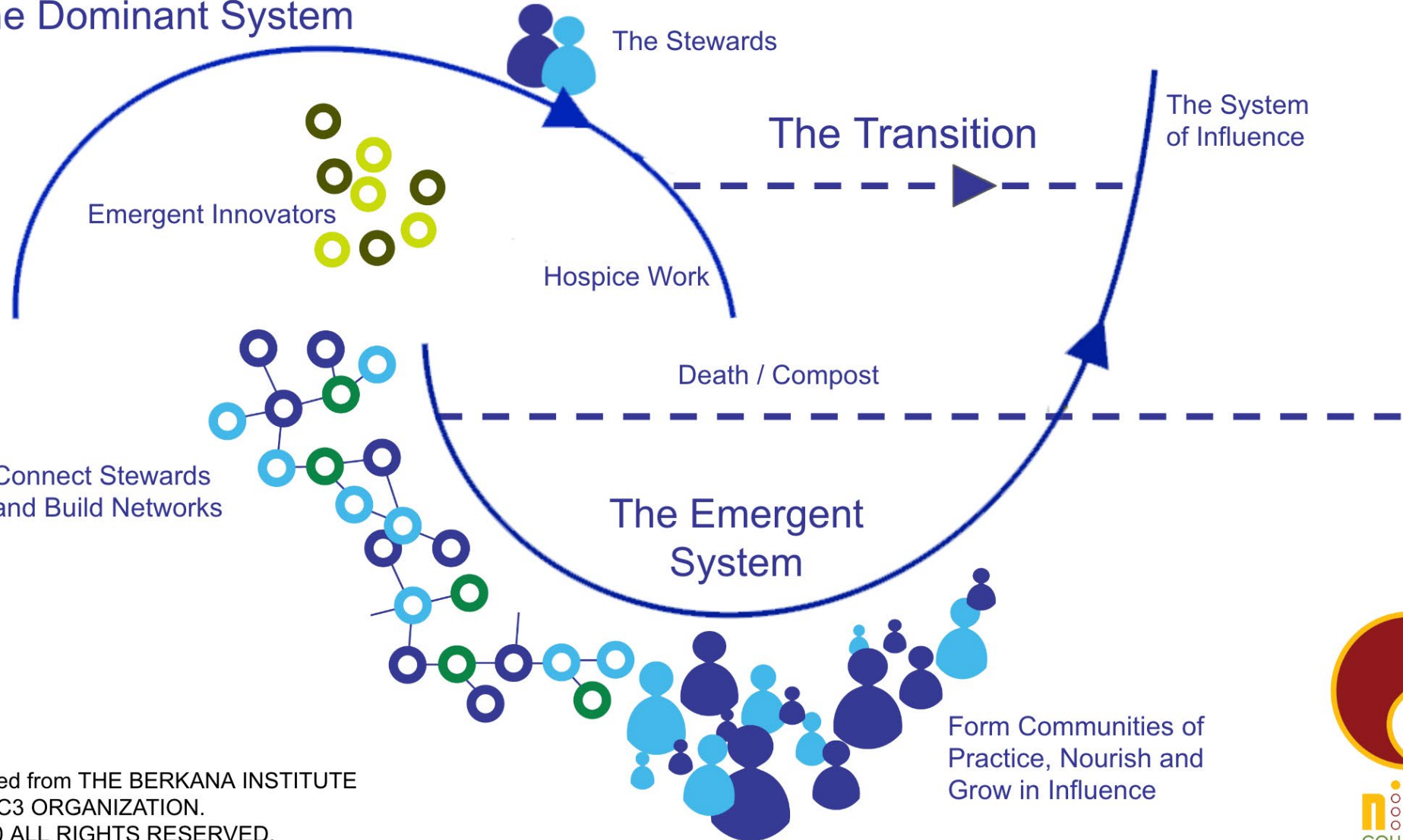
The Two Loop Model of Evolving Systems



Salutogenic Science = Emergent System



The Dominant System



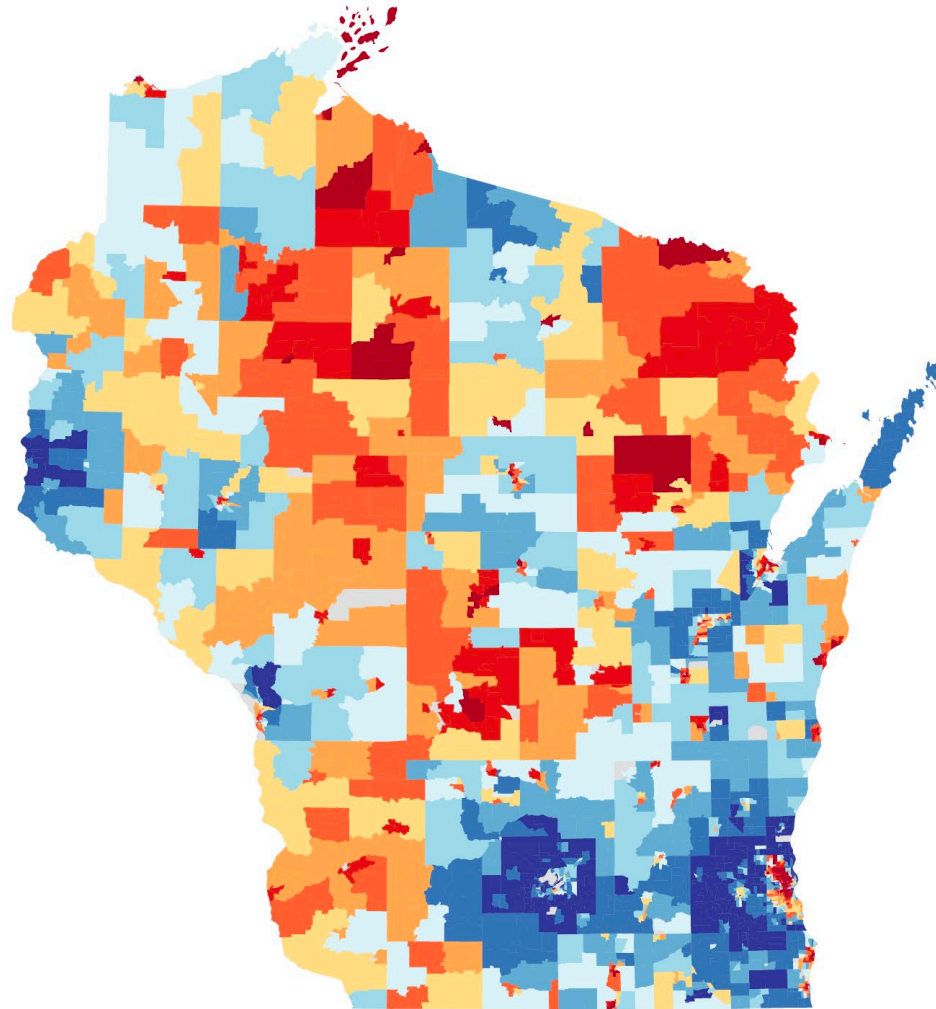
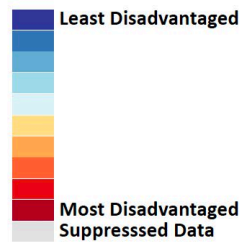
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Wisconsin Area Deprivation Index



Wisconsin - 2021 ADI
State Rankings



What is the optimal Primary Care Team....



that matches the needs of a unique community?



VS

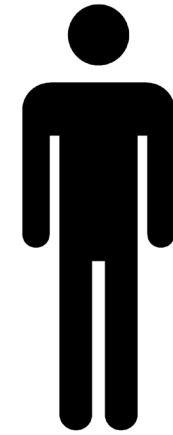


YOU

Artificial Intelligence

Authentic Intelligence

Pill or Process?

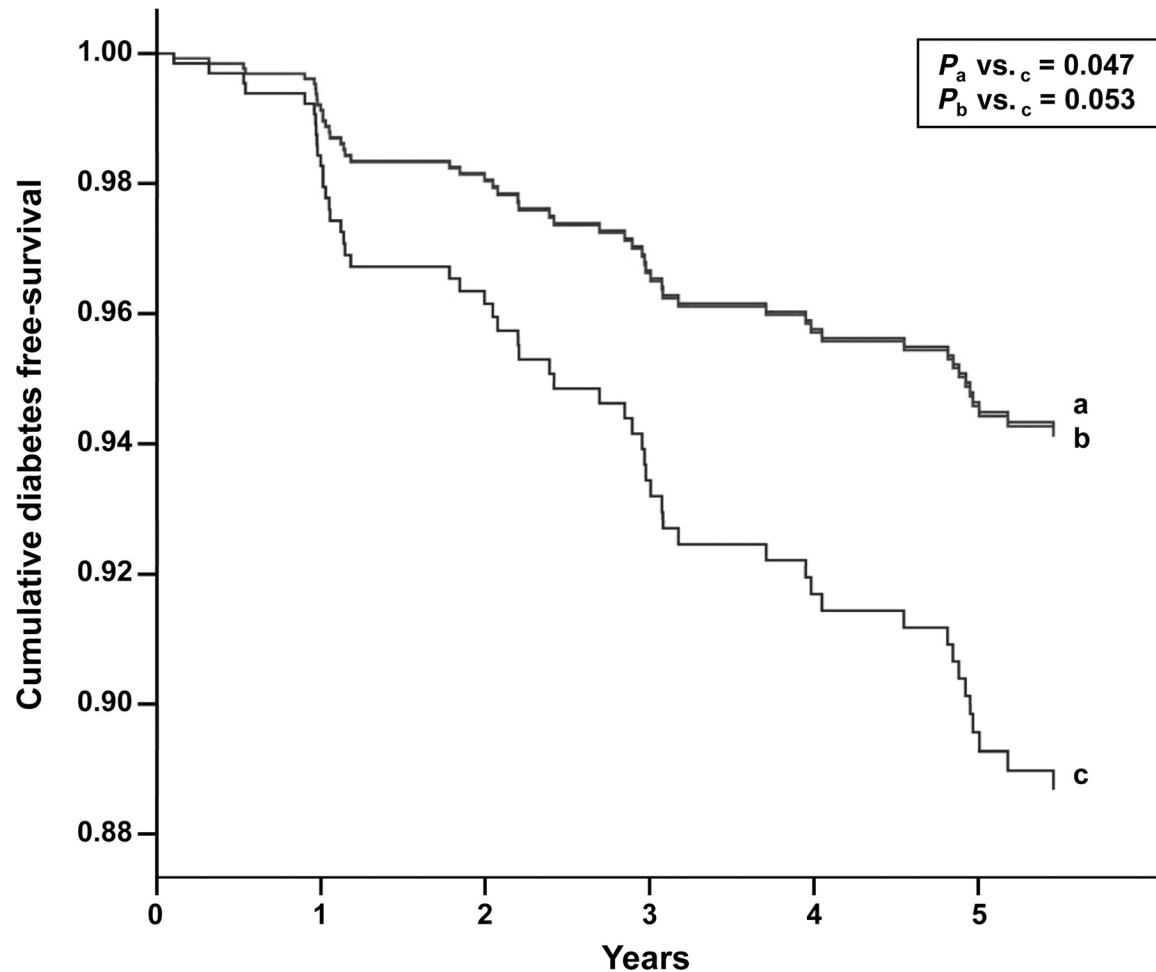


Joe

56 yo male with new onset type II DM, A1C of 7.8, TG of 287 and elevated AST and ALT

Salutogenic vs Pathogenic Intent?

Type of Food = What Mattered



52% reduction in diabetes in those with 3 risk factors.

- 1) Control (Low fat)
- 2) Med Diet (Olive Oil)
- 3) Med Diet (Nuts)

No calorie restriction

No weight loss

No increase in exercise

Benefits remain!!

Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. Diabetes Care. 2011 Jan;34(1):14-9. 2010

Artificial Intelligence: Wearables



Microsensor documents amount, and types of food eaten
(Tufts University)

Sources of Protein.....



Roots



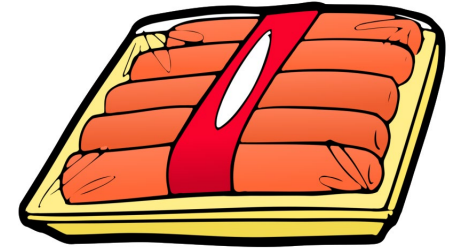
Fins



2 legs



4 legs



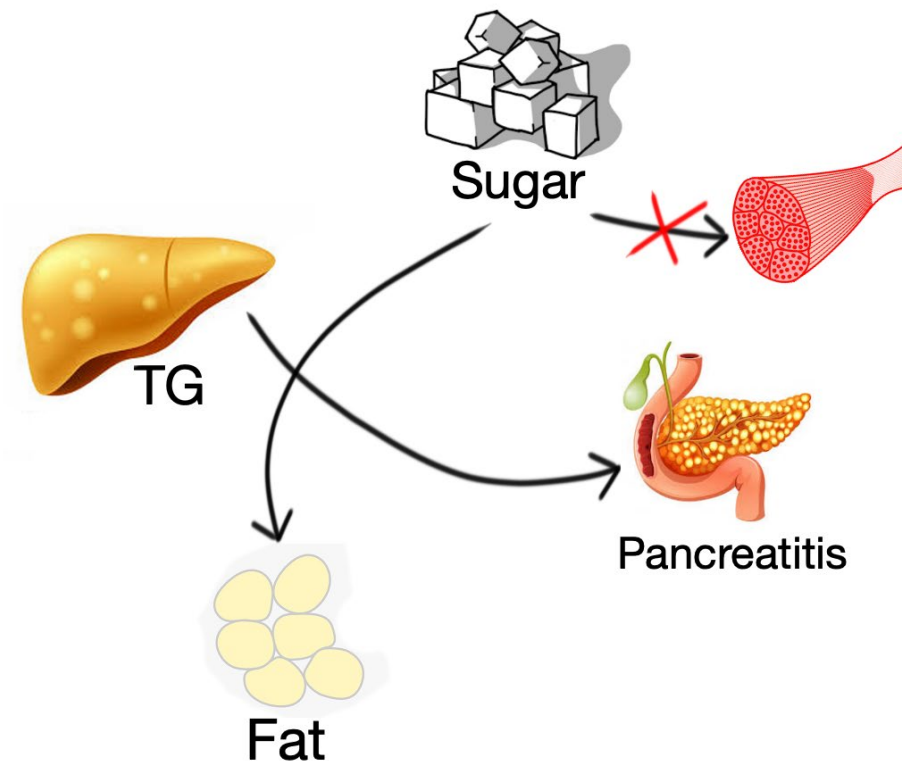
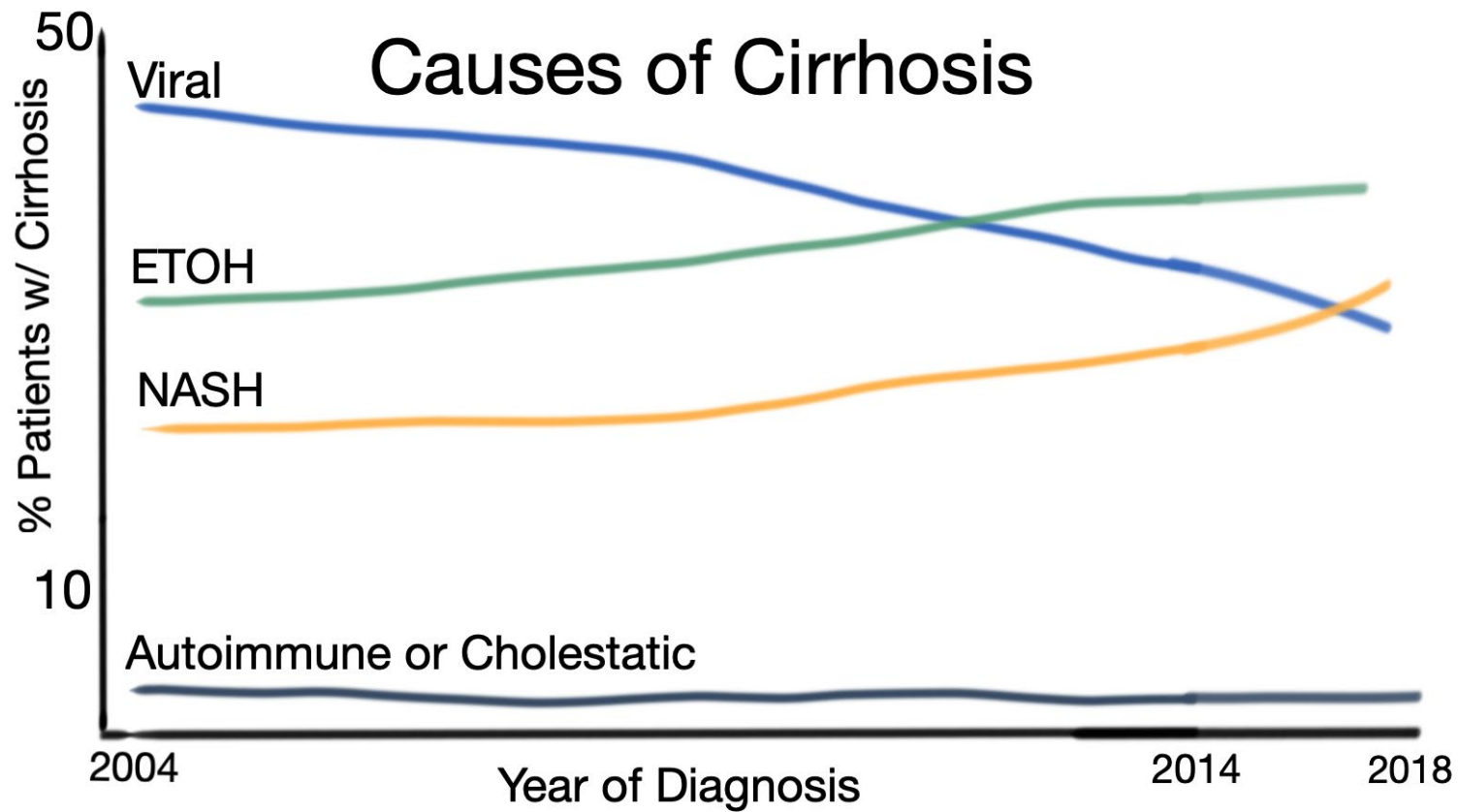
Packaged

Best



Moderation

Causes of Cirrhosis



Koutoukidis DA, et al. Association of Weight Loss Interventions With Changes in Biomarkers of Nonalcoholic Fatty Liver Disease: A Systematic Review and Meta-analysis. JAMA Intern Med. July 1, 2019.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

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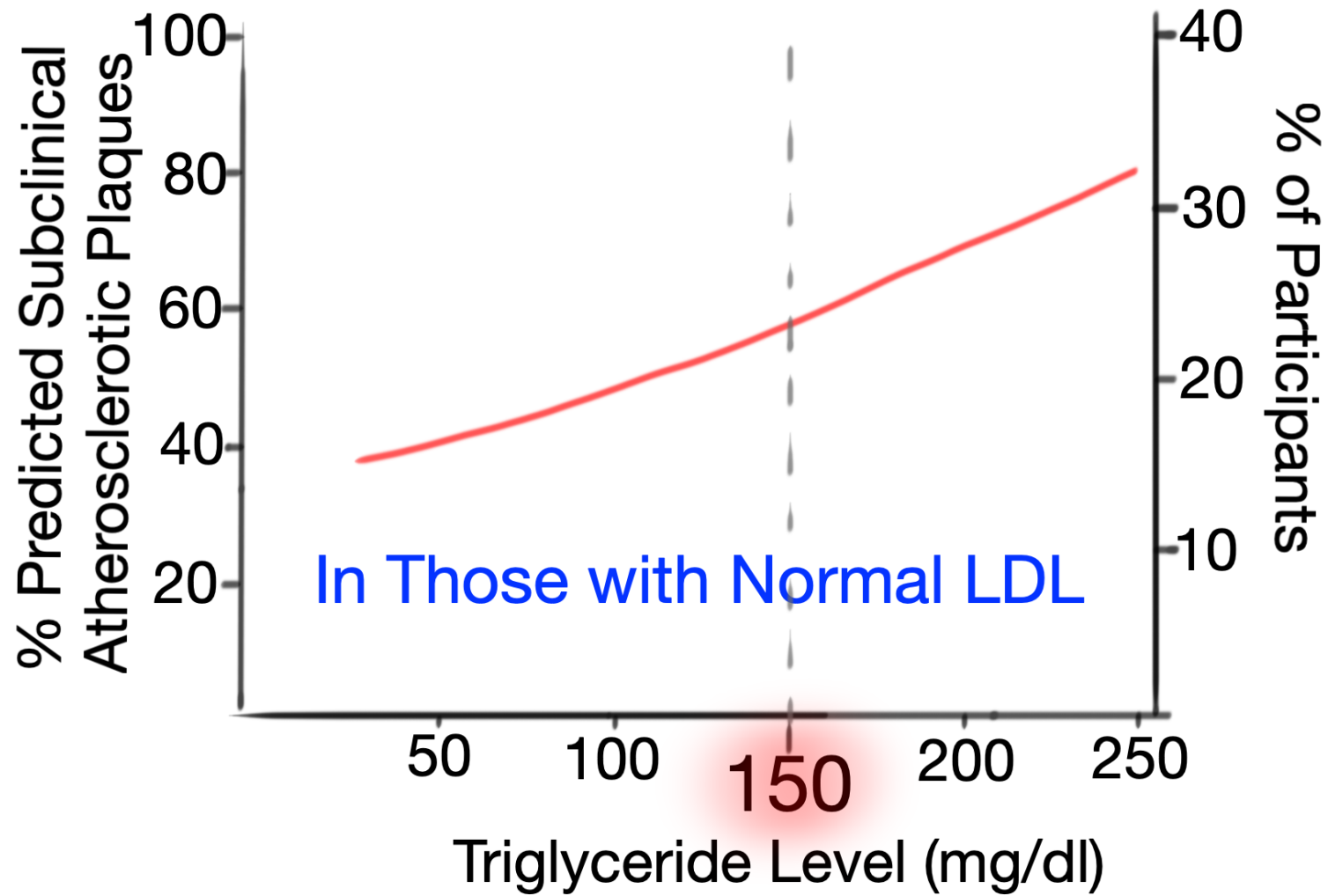
Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

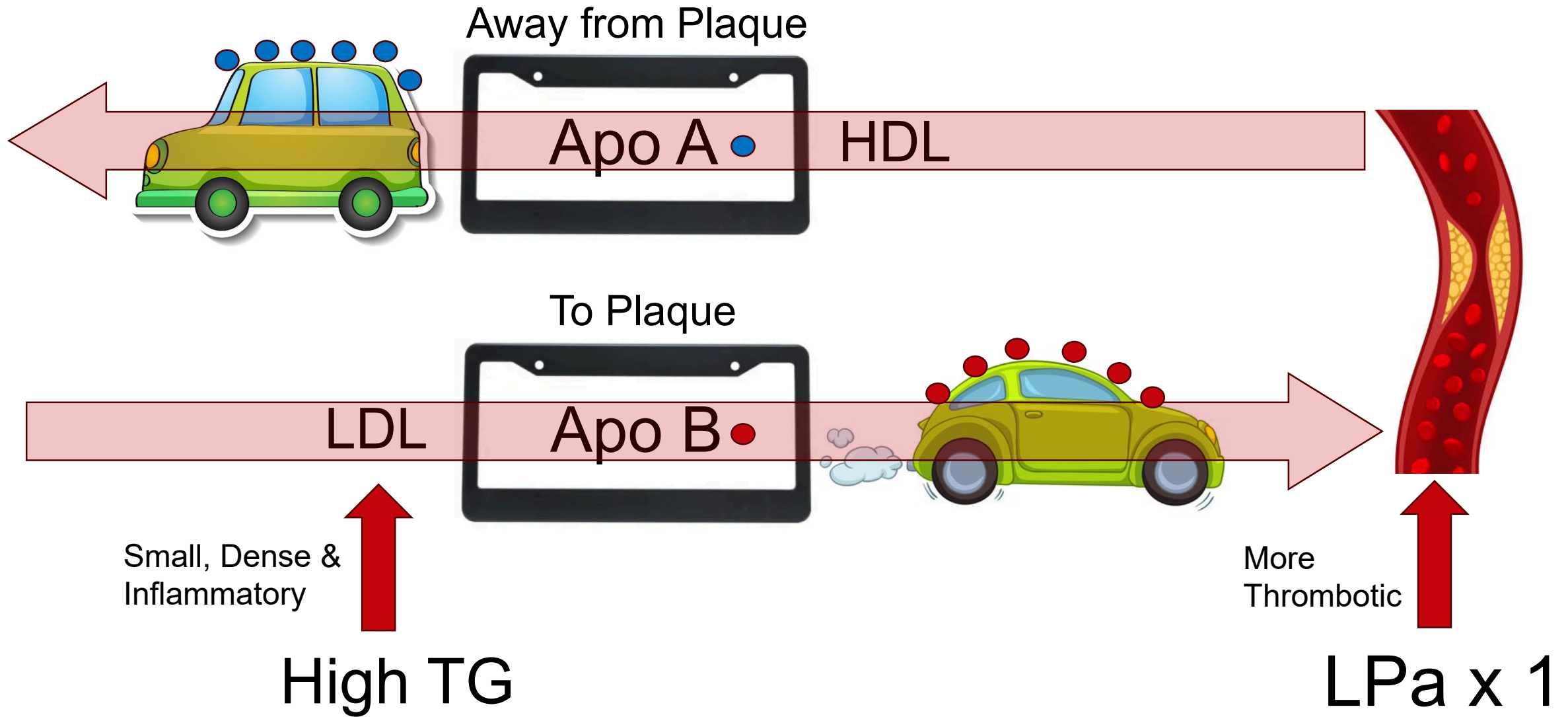
Total Sugars 12g

Includes 10g Added Sugars **20%**

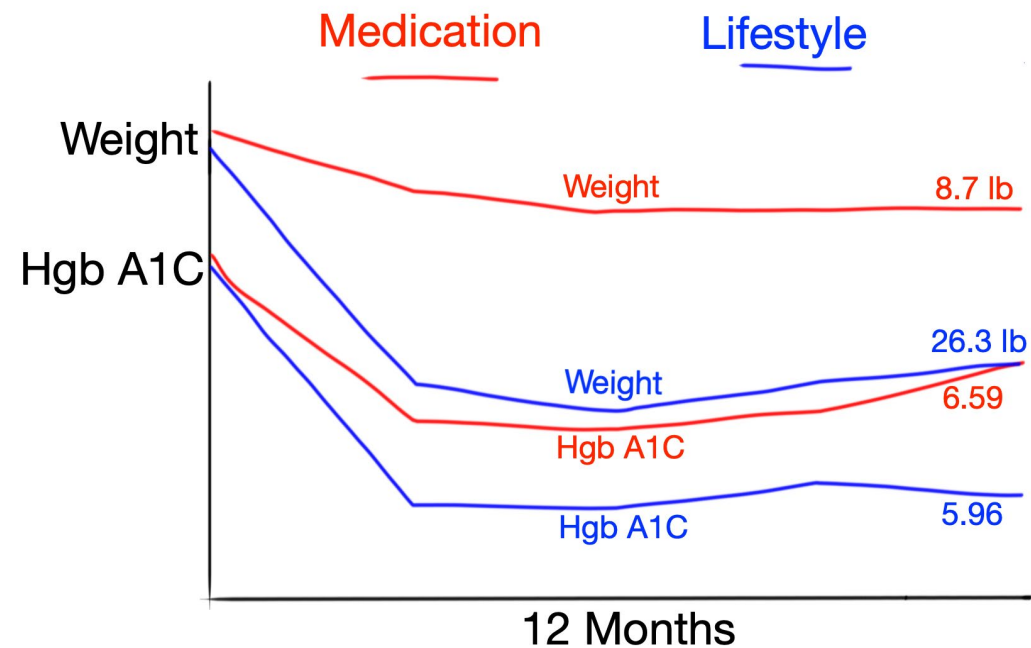
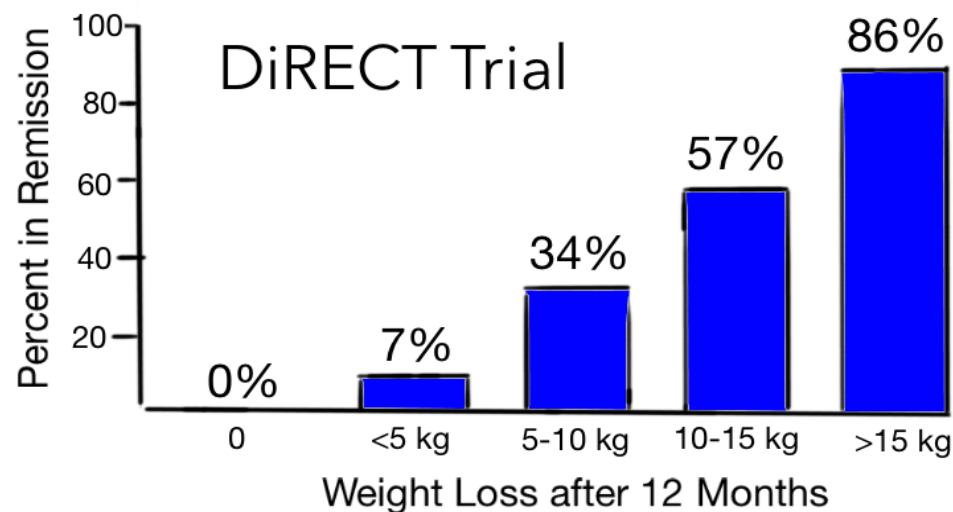
Protein 3g



Raposeiras-Roubin S, et al. Triglycerides and Residual Atherosclerotic Risk. JACC. VOL. 77, NO. 24, June 22nd, 2021.



The DiRECT and DIADEM-I Trials



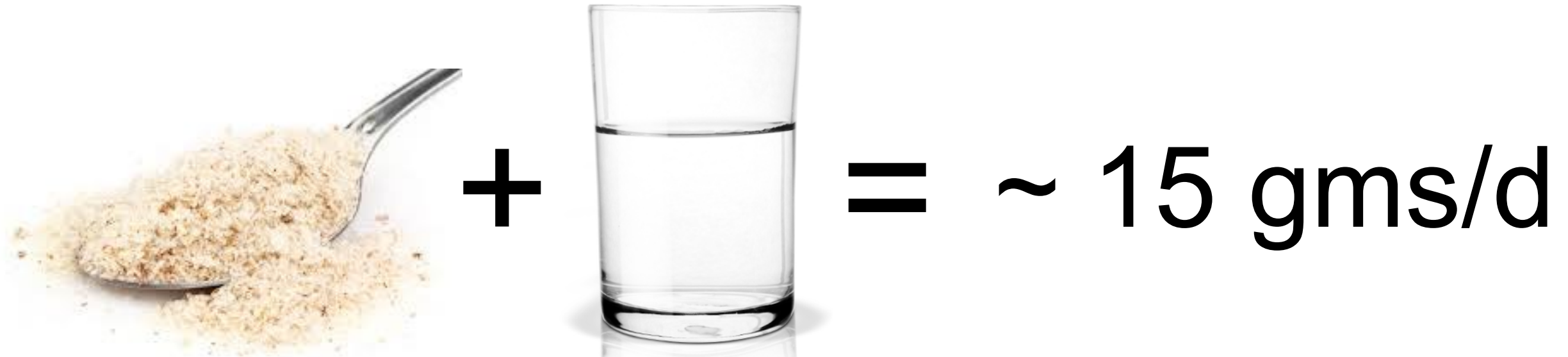
After 12 months	Weight	Remission	% on DM Rx	% on Lipid Rx	NI BP	QOL	Physical Activity
Lifestyle	↓ 26.3 lb	61%	6% (3 to 1)	26%	71%	↑	↑
Medication	↓ 8.7 lb	12%	81% (3 to 5)	76%	49%	↓	↓

Fiber

The most cost effective, value-based therapy in health care?

10 cents per day w/ little harm

Reduce A1C by 0.58% = 13.1 gms of Soluble Fiber Daily



1 Tbsp = 5 gms
fiber

(Range = 3.5 – 7 gms)

8-10 oz of
Water

Dosed 3x/ day
before meals

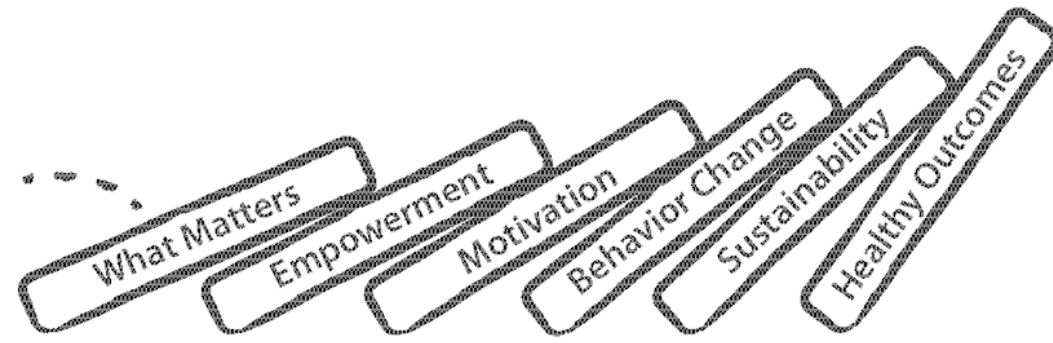
Jovanovski E, Khayyat R, Zurbau A, et al. Should Viscous Fiber Supplements Be Considered in Diabetes Control? Results From a Systematic Review and Meta-analysis of Randomized Controlled



Changing the conversation for
our Veterans:

*What do you want your health
for?*

What Matters and Why?



vs.



The definition of hell is a place where nothing connects with nothing.

-T.S. Eliot-

<https://www.va.gov/wholehealth/> Personal Health Inventory

VA | U.S. Department of Veterans Affairs

VA Benefits and Health Care | About VA | Find a VA Location | My VA

VA » Health Care » Whole Health

Whole Health

- Whole Health
 - Home
 - Get Involved
 - Veteran Resources
 - Professional Resources
 - Circle of Health
 - Feature Stories
 - Whole Health Library
 - More Health Care

Read Veteran Stories | Discover What Matters | Getting Started

Live Whole Health.

PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- "Me" at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.

Write where you feel you are on the scales below from 1-5, with 1 being not so good, and 5 being great.

Physical Well-Being: 1 NOT SO GOOD 2 3 4 5 GREAT

Mental/Emotional Well-Being: 1 NOT SO GOOD 2 3 4 5 GREAT

Life: How is it to live your day-to-day life? 1 NOT SO GOOD 2 3 4 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

Live Whole Health. 18-10-930 REVISED 01/2022 PG0814

Where You Are and Where You Would Like to Be

For each area below, consider "Where you are" and "Where you want to be." Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a "5" in any of the areas now, nor even wish to be a "5" in the future.

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.		
Recharge: Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.		
Food and Drink: What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.		
Personal Development: Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.		
Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being.		
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.		
Surroundings: Surroundings include where we live, work, learn, play, and worship—both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.		
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.		
Professional Care: Partnering with your health care team to address your health concerns, understand care options, and define actions you may take to promote your health and goals.		

Reflections

Now that you have thought about what matters to you in all of these areas, what would your life look like if you had the health you want? What kind of activities would you be doing? Or how might you feel different? What area might you focus on?

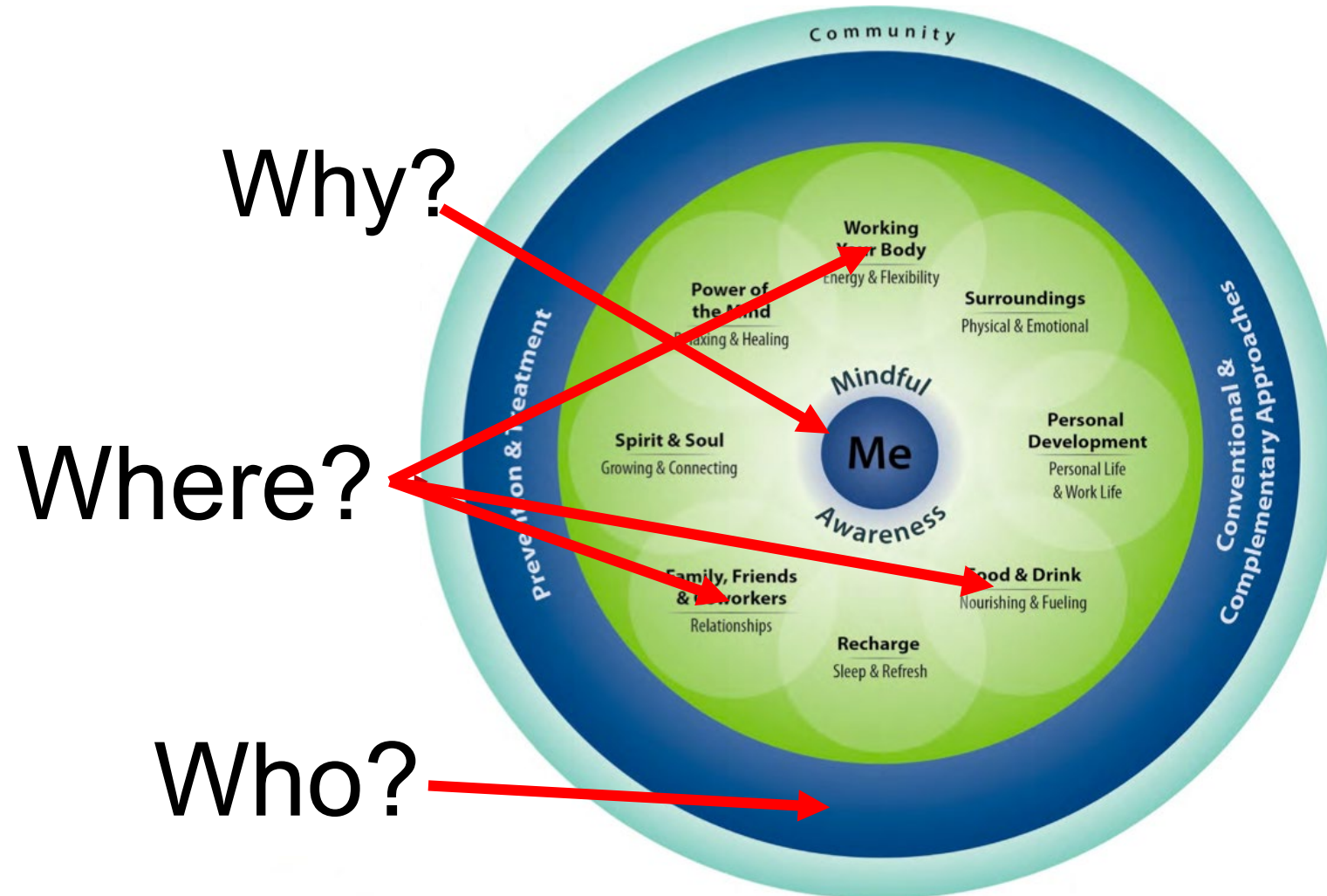
What might get in the way? How might you start?

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your health care team about areas you would like to explore further. Or visit www.va.gov/wholehealth.

“CIRCLE OF HEALTH”

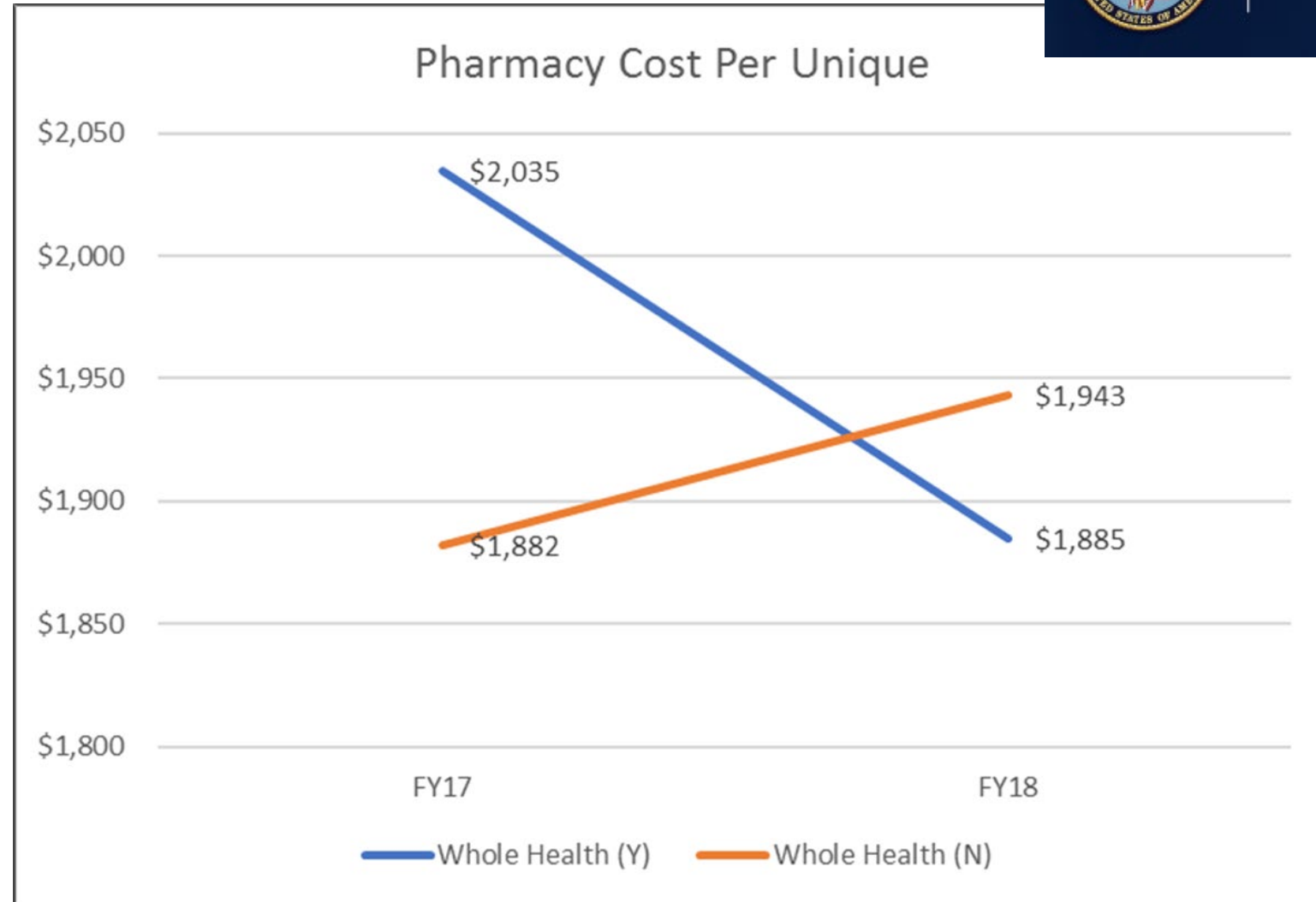


U.S. Department
of Veterans Affairs





FY 17-18 Pharmaceutical Costs



WH Cohorts
FY17 N= 57,459
FY18 N= 77,009

You can now add Patient Goals to the top of the Problem List in our Health Record

Problem List

+ Create Patient Care Coordination Note

patient goal + Add

Diagnosis ▾

Patient Goal

- ▶ Patient Life Goal: Climb Mt. Kilimanjaro

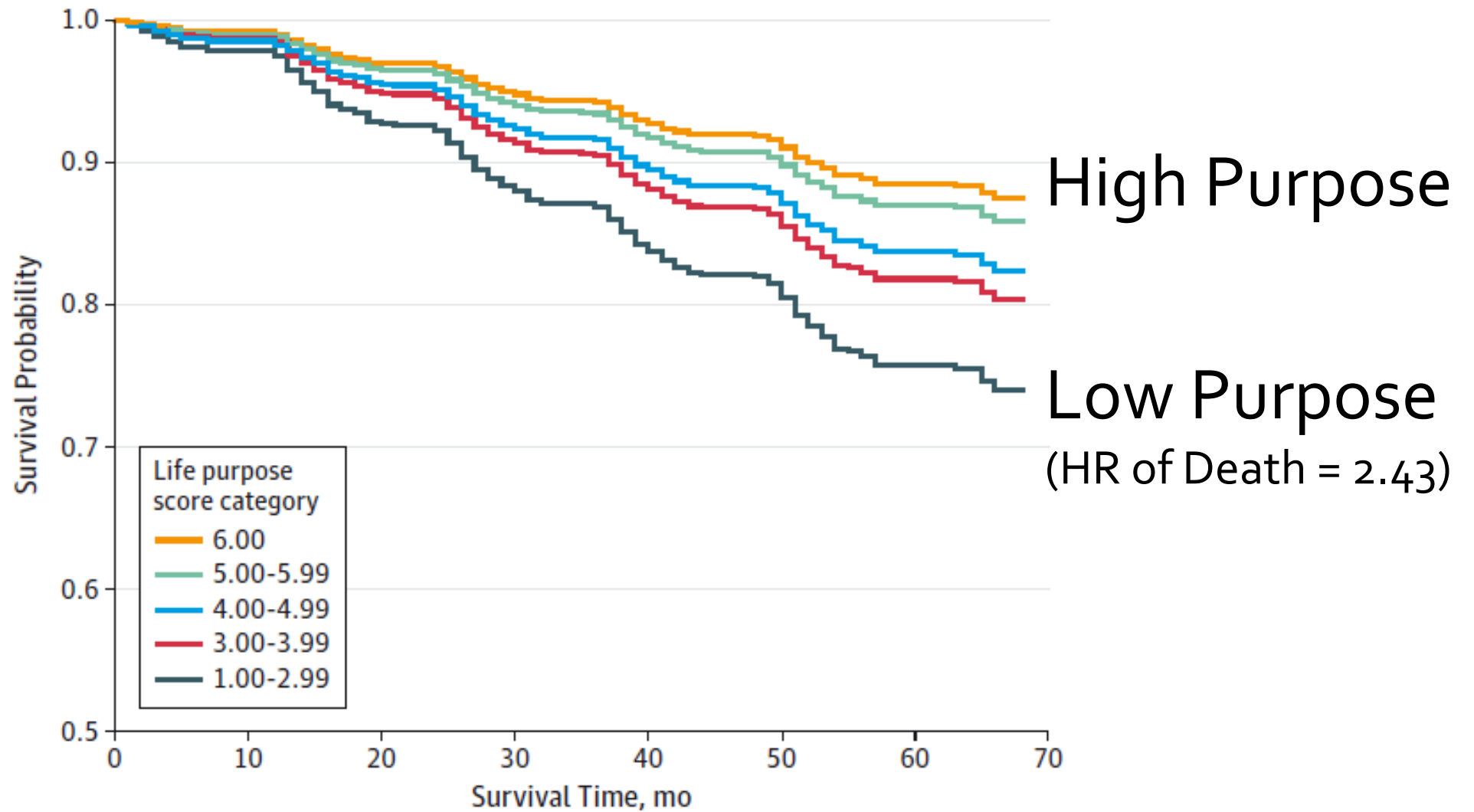
Cardiovascular

- ▶ Hypertension goal BP (blood pressure) < 120/80
- ▶ CAD (coronary artery disease)
 - Overview MI in 2000 Care Plan: if chest pain develops again, need to call clinic immediately

Endocrine

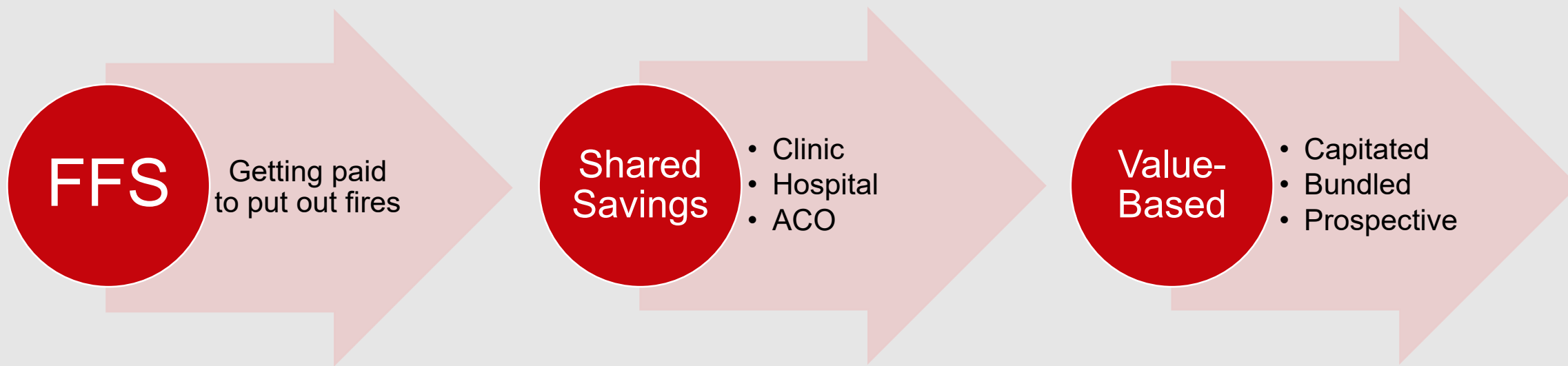
- ▶ Type 2 diabetes, HbA1C goal < 7%
 - Overview diagnosed 11/26/2012 with A1C of 11 and glucose of ~500. Family Hx: father had diabetes

Figure. Survival Curves Illustrating the Association Between Life Purpose and Mortality



Alimujiang A, et al. Association Between Life Purpose and Mortality Among US Adults Older than 50 Years. JAMA Open. 2(5):2019

Value-Based Payment = Paying for Health



FFS

Getting paid
to put out fires

**Shared
Savings**

- Clinic
- Hospital
- ACO

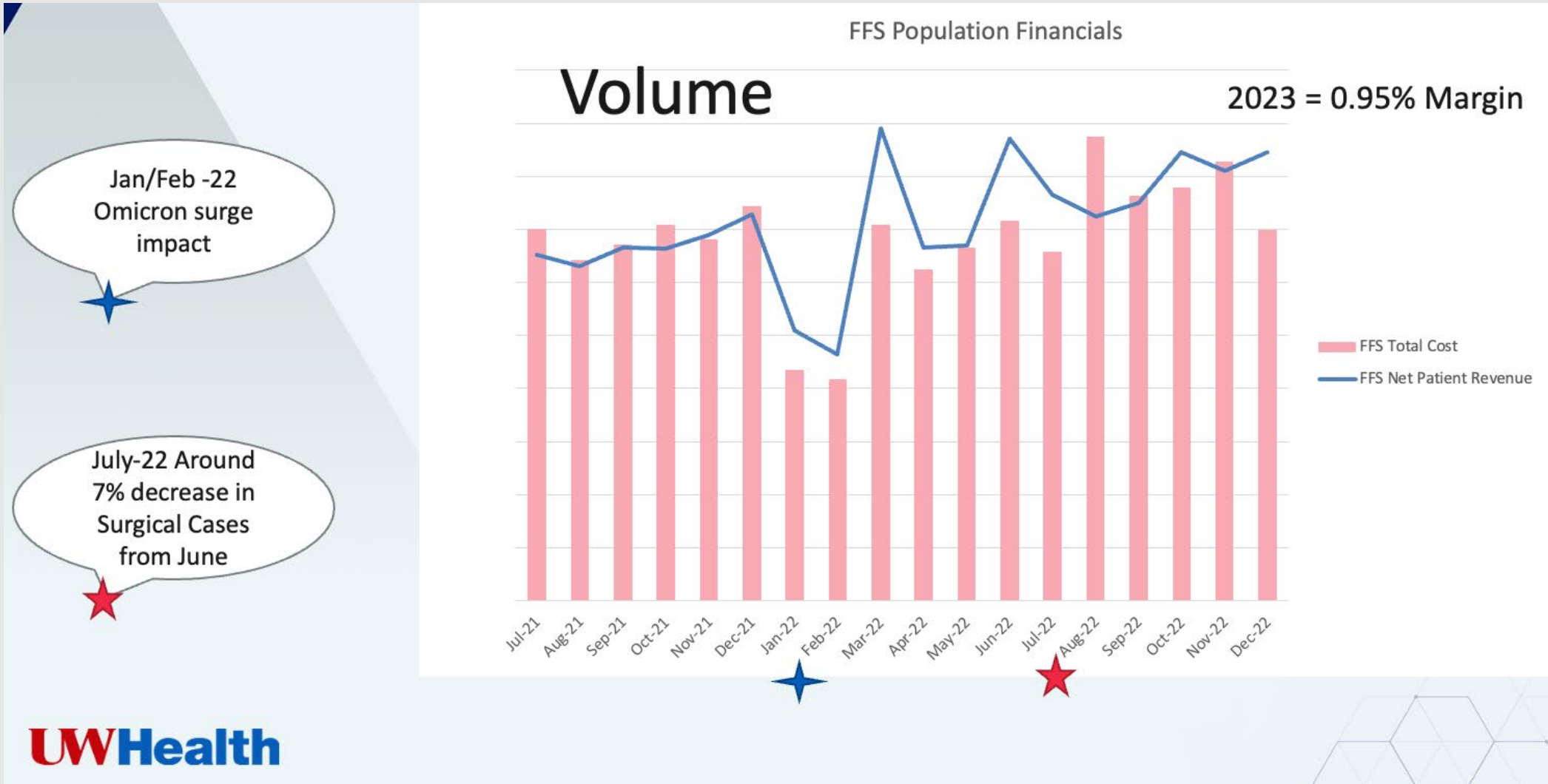
**Value-
Based**

- Capitated
- Bundled
- Prospective

**Fragmented
Reactive
Disease-Centric**

**Coordinated/Team
Based
Pro-Active
Health-Centric**

Margin of the Find It-Fix It, Throughput Model



Margin for Value and Salutogenic Science

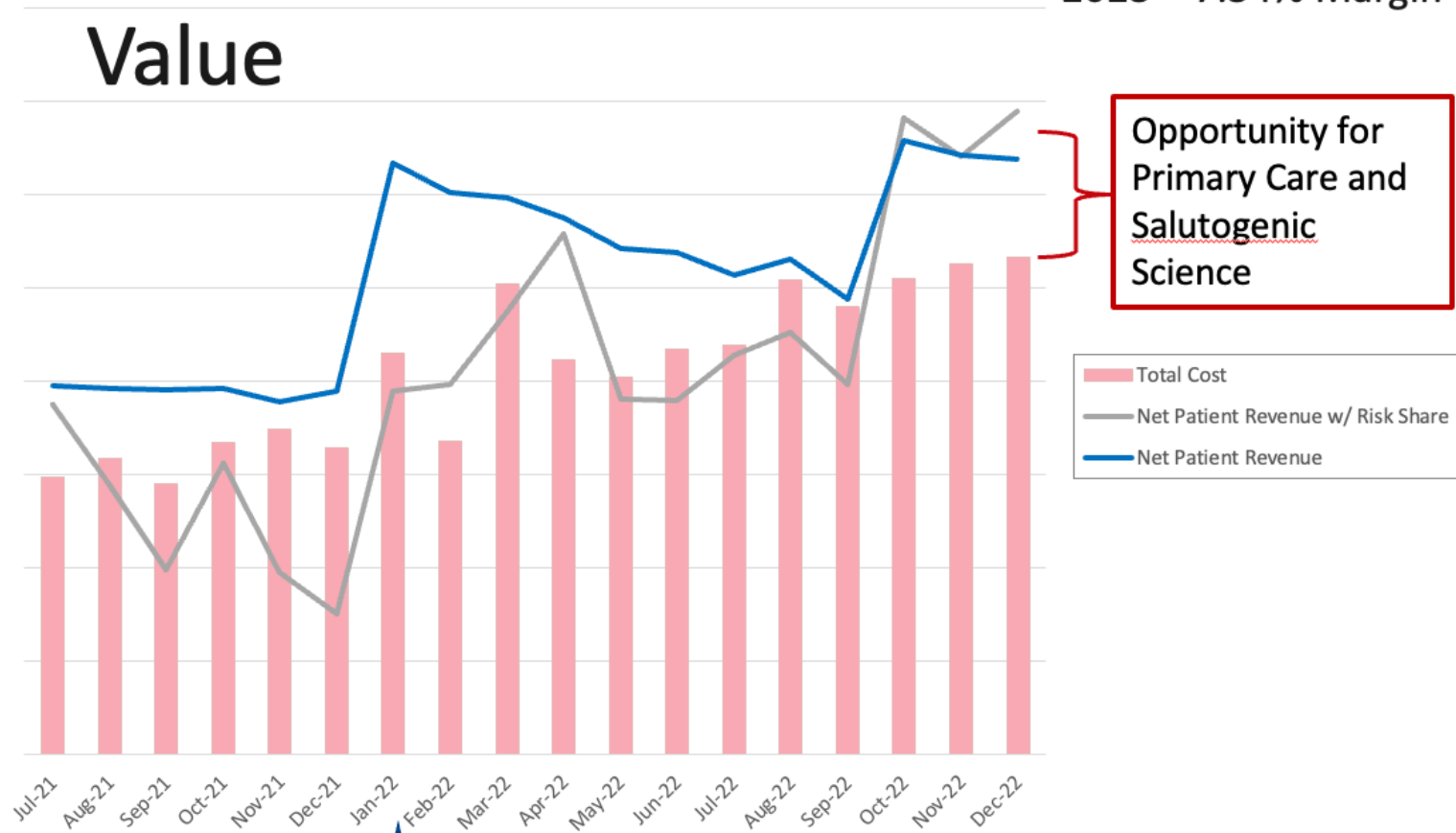


Capitated Population Financials

2023 = 7.34% Margin

Value

Jan/Feb -22
Omicron surge
impact



Primary Care Investment



Health Care Spending



Primary Care
Investment

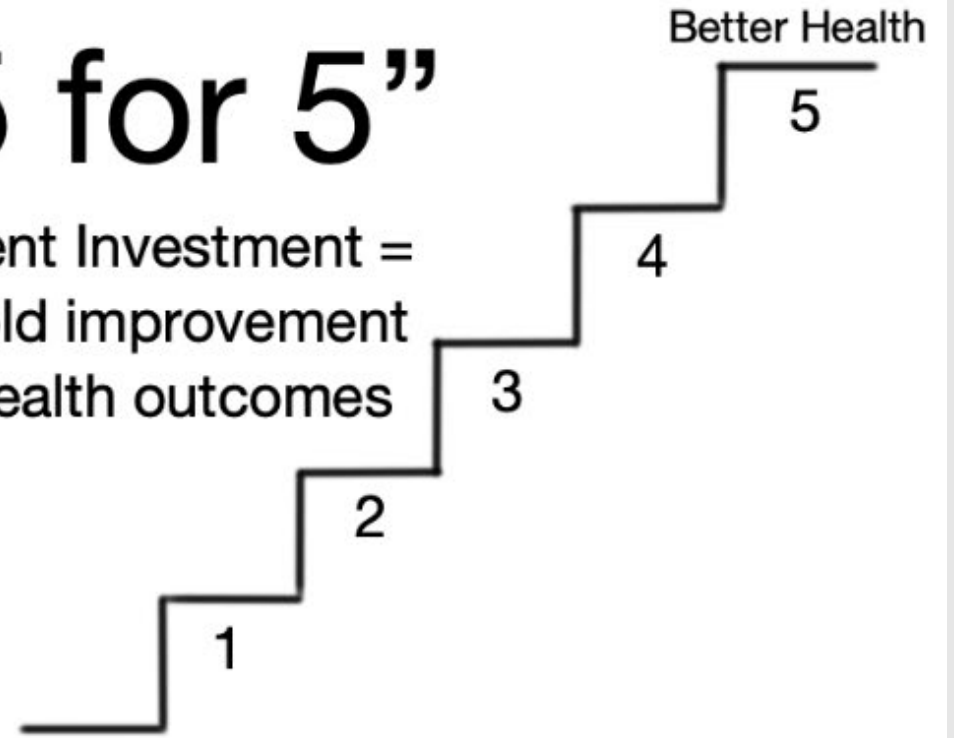
5 cents



10 cents

“5 for 5”

5 cent Investment =
5-fold improvement
in health outcomes



The Quadruple Aim



Situation

- Medically-tailored meals offer a **cost-effective strategy** to managing chronic conditions.
- **GLP-1** medications **require long-term use** and come at a **high cost** .
- Trulicity = \$706/mo, \$8472/yr.
- **Opportunity** to align strengths of provider [UW Health] and payer [Quartz] in a **payvider relationship** that offers more integrative whole health elements and achieves the quadruple aim.

What about Joe?

Pathogenic
Joe

Rx List:

Metformin

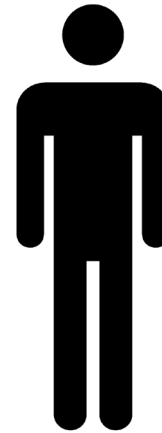
Empagliflozin

Lisinopril

Rosuvastatin

ASA

Sertraline



Salutogenic
Joe

Rx List:

Soluble fiber

Salutogenic Science finds a way in.....

