

POPULATION HEALTH AND HEALTH DISPARITIES

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POPULATION HEALTH

- Population health has been defined as "the health outcomes of a group of individuals, including the distribution of such outcomes within the group".
- Population health is an art, process, science and a product of enhancing the health condition of a specific number of people within a given geographical area
- Population health as an art, simply means that it is geared towards equal health care delivery to an anticipated group of people in a particular geographical location

- It is an approach to health that aims to improve the health of an entire human population. It has been described as consisting of three components. These are "health outcomes, patterns of health determinants, and policies and interventions".
- A priority considered important in achieving the aim of population health is to reduce health inequities or disparities among different population groups due to, among other factors, the social determinants of health, SDOH

HEALTH DISPARITIES

- **Health disparities** are differences in the incidence, prevalence, and mortality of a disease and the related adverse health conditions that exist among specific population groups.
- These groups may be characterized by gender, age, race or ethnicity, education, income, social class, disability, geographic location, or sexual orientation.
- Multiple factors contribute to racial/ethnic health disparities such as socioeconomic factors, lifestyle behaviors, social environment, and access to preventive health-care services

MULTIPLE FACTORS INCLUDE:

- socioeconomic factors - education, employment, and income,
- lifestyle behaviors - physical activity, time factors, type of food consumption, survival options, alcohol intake,
- social environment – minimal educational and economic opportunities, racial/ethnic discrimination, neighborhood conditions, work conditions, family issues
- access to preventive health-care services – health insurance, transportation, health screenings, vaccinations, providers

ISSUES

- Contaminated water
- Loss of electricity
- Substandard housing.
- Incarcerated parent
- Frequent ER visits
- GI problems
- Chronic pain
- Inconsistent low income
- Medical clinic hours
- COVID-19

AMERICAN ACADEMY OF PEDIATRICS

- The American Academy of Pediatrics indicates that population health is an approach to care that uses information on a group of patients within a practice—or group or practices—to improve the care and clinical outcomes for those patients. Population health shifts the focus from caring for patients as they come into the office one after the other, to proactively managing a practice's patient panel.
- Population health also involves having a better understanding about the community in which patients reside; SDOH factors that might increase health risks, factors that might be protective, and the range of community resources that exist for patients and families and how to access them.

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..POTENTIAL APPLICATIONS IN A PEDIATRIC PRACTICE

- Determine which patients are behind on preventive care visits or immunizations, and send reminder emails/texts. Pay continued attention to those patients from diverse communities.
- Identify children with asthma in the practice, and identify those children in need of flu shots, those with excessive rescue treatments, or those who might benefit from group educational visits especially those from marginalized communities.
- Examine managed care patient lists and reach out to those who have not established care to date. Work with the social worker to determine what circumstances are at play with these clients.
- Understand the chronic disease incidence in the practice, or health risks that patients and families face including health disparities, and develop targeted educational interventions and identify relevant community resources that are relevant for the diverse community.
- Consider budgeting and contracting based on any newly discovered factors. recognizing that health disparities are prevalent and actions to avert these disparities assist the patients to have better outcomes.

- Remember that the change for all good things lies within your reach. Be the catalyst for that change!

CONTACT INFORMATION

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