



# Multiple Chronic Conditions & Population Health

---

Anand K. Parekh, MD, MPH  
Deputy Assistant Secretary for Health (Science & Medicine)  
Office of Public Health & Science  
U.S. Department of Health & Human Services

September 29, 2008



# HHS & Population Health

---

- HHS programs administered by 11 operating divisions
- Office of Public Health & Science (OPHS) - supports the Office of the Secretary in the areas of prevention, disparities, and public health infrastructure
- Healthy People 2010 & 2020 – national initiatives with population health benchmarks
- New Department-wide Initiative on Multiple Chronic Conditions



# Multiple Chronic Conditions

---

- Epidemiology:
  - Definition
    - Chronic condition
    - Multiple
  - Prevalence
    - Approximately, one in four Americans has multiple chronic conditions



# Multiple Chronic Conditions

---

- Quality
  - With increasing chronic conditions, an increase occurs in:
    - Mortality
    - Poor Functional Status
    - Inappropriate Hospitalizations (Ambulatory Care Sensitive)
    - Adverse Drug Events/Contraindicated Medications
    - Duplicative Tests
    - Conflicting Advice



# Multiple Chronic Conditions

---

- Example: Individuals with 5 or more chronic conditions
  - Average of 14 unique physicians/year
  - 11 home health care visits/year
  - 50 prescriptions/year
  - 10x more likely to be hospitalized than without chronic conditions



# Multiple Chronic Conditions

---

- Cost
  - With increasing chronic conditions, an increase occurs in:
    - Overall health care spending
    - Out-of-pocket spending
    - Prescription Drug spending
  - 65% of health care spending is on behalf of people with multiple chronic conditions
- Example: Individuals with 5 or more chronic conditions
  - 25x greater spending than without chronic conditions
  - 50x greater drug expenditures than without chronic conditions



# Prevention & Multiple Chronic Conditions

---

- Primary Prevention



- Secondary Prevention



- **Tertiary Prevention**



# Examples of Areas to Explore in Support of Tertiary Prevention

---

- Clinical Trials
- Clinical Guidelines
- Health Professional Education
- Provider payment-reform
- Self-care and case management



# Expanding Focus Areas to Include Broader Health Determinants

---

- Environmental
- Social (Behavioral)
- Educational
- Cultural
- Economic
- Genetic



# Panel Discussion

---