THE MOST IMPORTANT DATA SET FOR POPULATION HEALTH SUCCESS

Brittany U. Carter, DHSc, MPH

Director of Health and Research

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POPULATION HEALTH STARTS HERE℠

GATHERING HEALTH AND LIFESTYLE DATA

- Health and lifestyle data collected from
  - Health risk assessments
  - Health appraisals
  - Wellness surveys
  - Lifestyle questionnaires
  - Clinical interviews
- Includes information about a person's
  - Health
  - Wellness
  - Lifestyle
  - Feelings
  - Attitudes
  - Beliefs

62%

38%

Large Companies

Small Companies
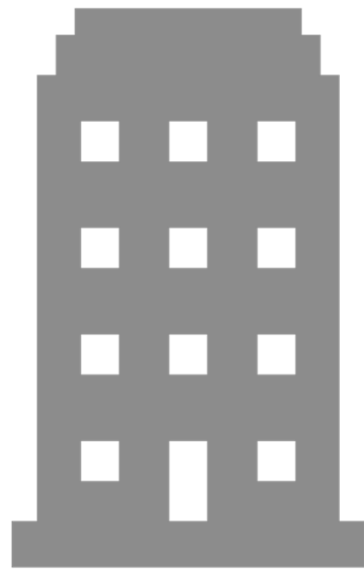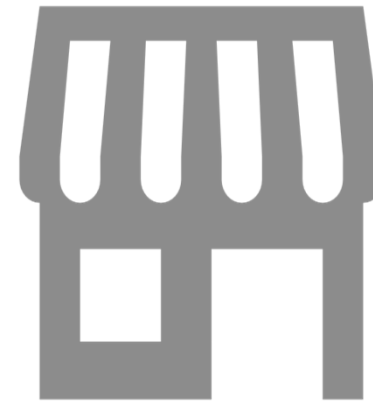
Reference: Kaiser Family Foundation (https://www.kff.org/report-section/ehbs-2017-section-12-health-and-wellness-programs/)

MEET BERNIE

He takes a lot of steps…

MINIMIZING BIAS IN SELF-REPORTED DATA

- Use valid and reliable tools
- Create a safe and comfortable environment
- Educate the participant
- Follow privacy and other laws/policies
- Uphold anonymity and confidentiality

PREVALENCE OF DEPRESSION

- 16.2 million adults in the U.S. experienced at least one major depressive episode last year
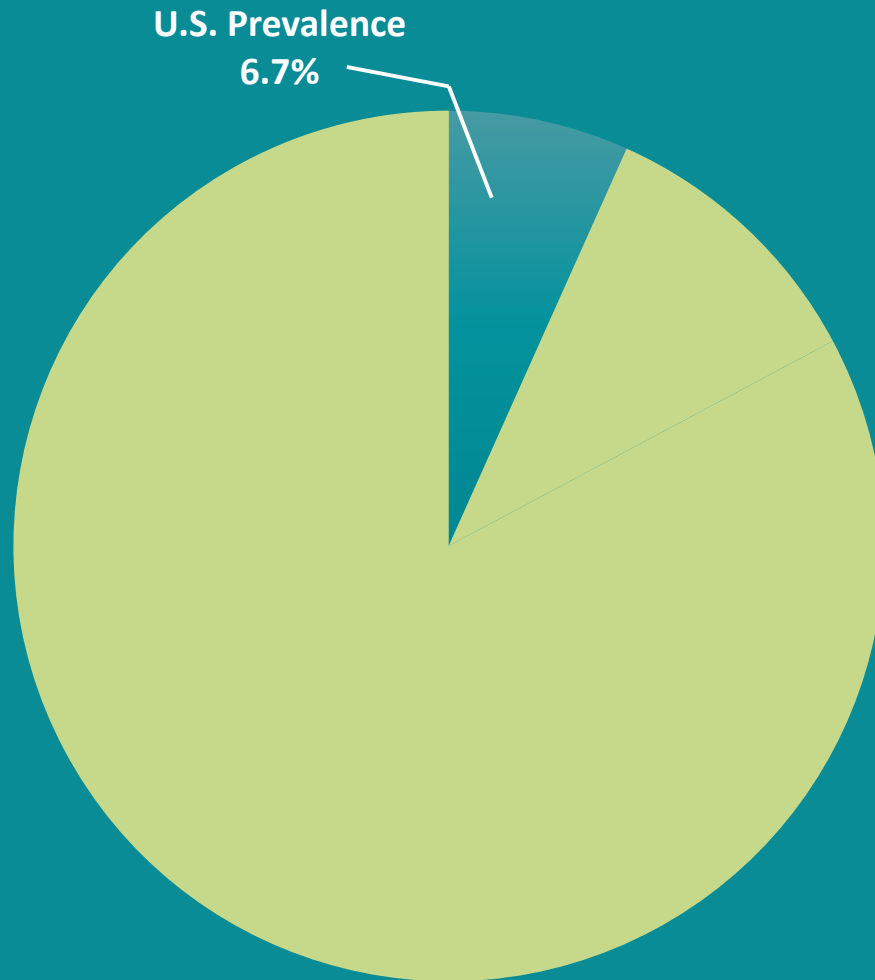
6.7%

Percentage of U.S. Population Experiencing a Major Depressive Episode

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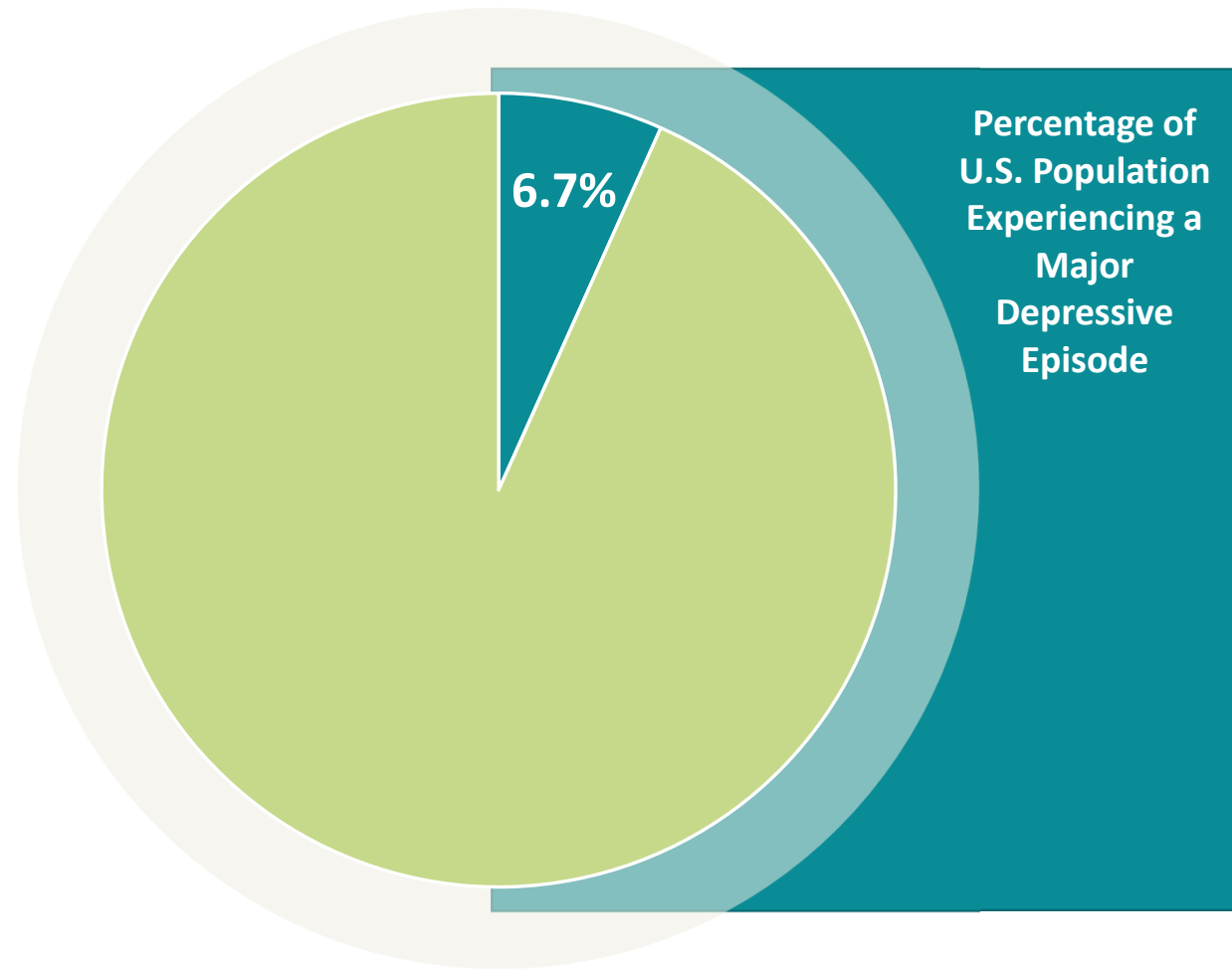
The Patient Health Questionnaire-2 (PHQ-2)

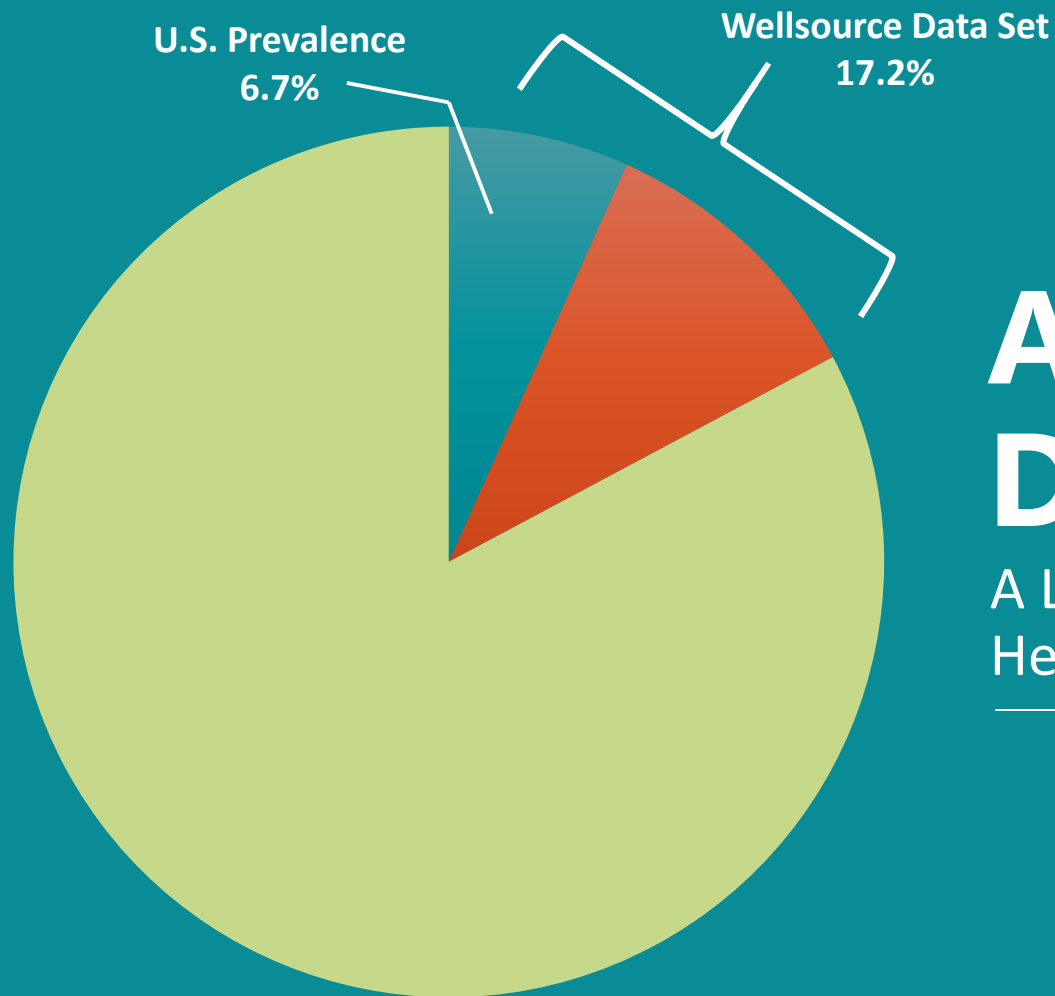**Over the past two weeks, how often have you been bothered by any of the following problems?**

	Not At All	Several Days	More Than Half the Days	Nearly Every Day
1) Feeling down, depressed, or hopeless	0	1	2	3
2) Little interest or pleasure in doing things	0	1	2	3

TWO SIMPLE QUESTIONS FOR DEPRESSION

U.S. Prevalence 6.7%

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AT RISK FOR DEPRESSION

A Look At Self-Reported Health and Lifestyle Data

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U.S. Prevalence 6.7%

Wellsource Data Set 17.2%

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AT RISK FOR DEPRESSION

A Look At Self-Reported Health and Lifestyle Data

32%

Binge drinking
History of aches and pain
Decreased energy
Oversleeping
Using mood-altering drugs daily
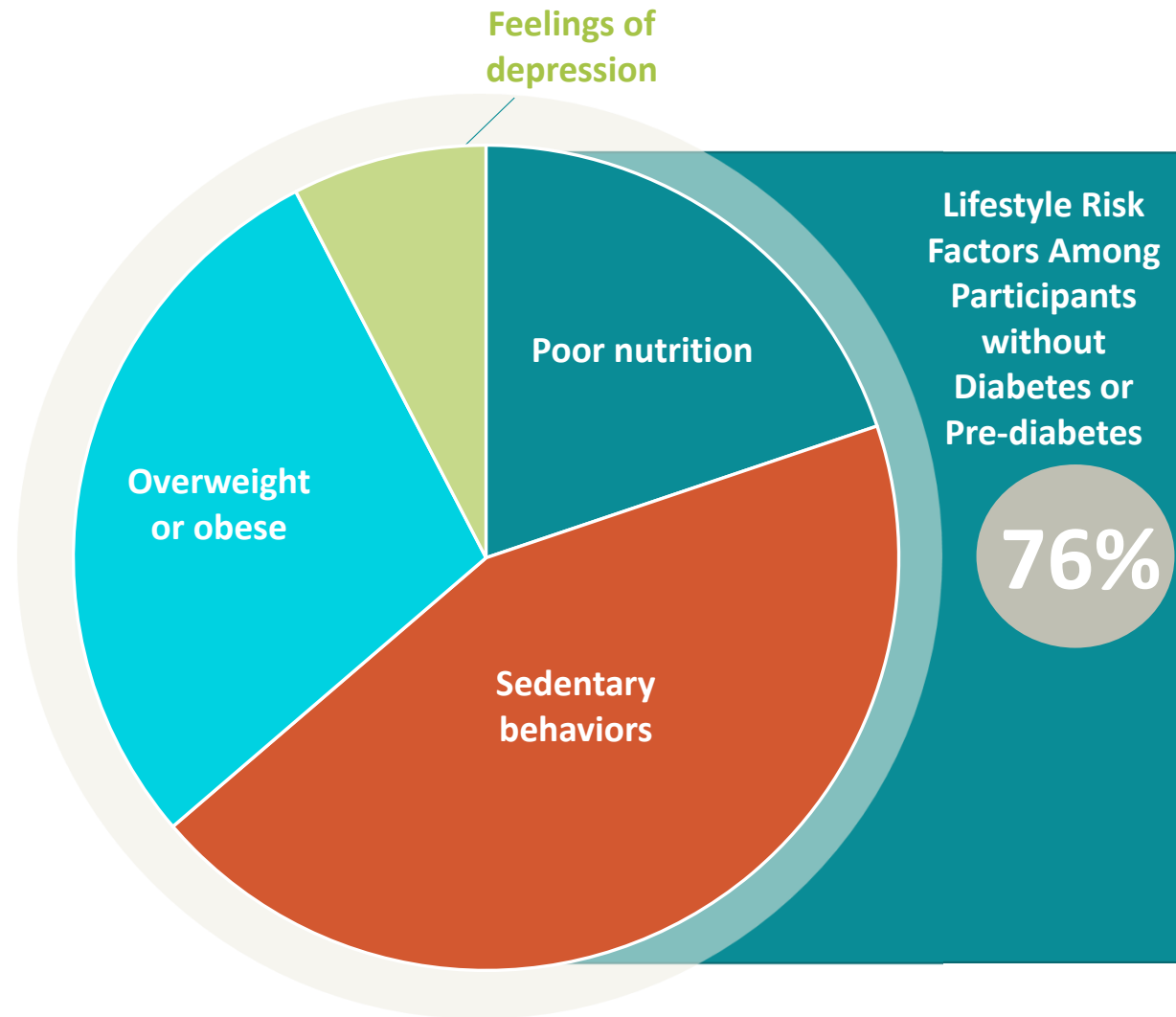Unhealthy drinking
Little-to-no social support
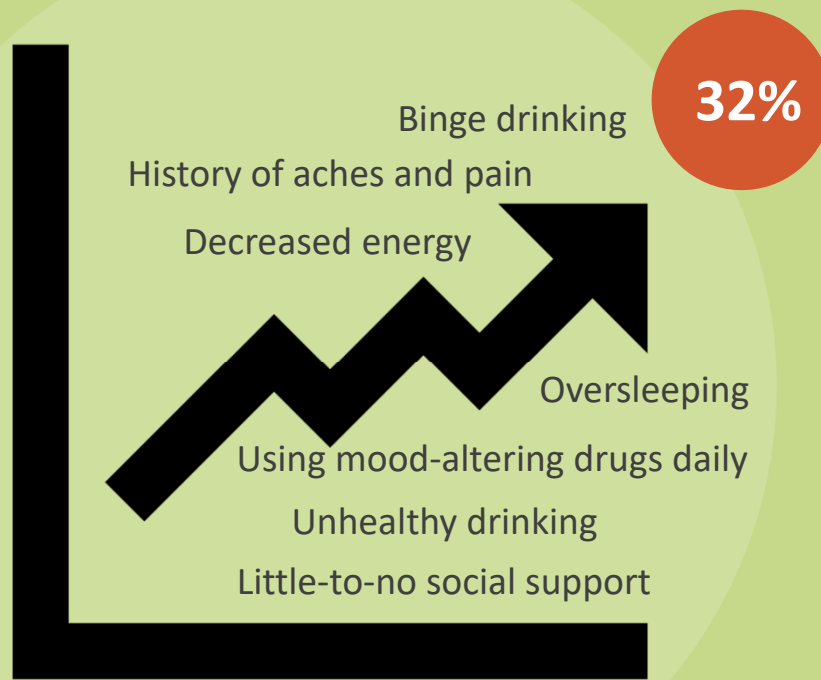
LIFESTYLE FACTORS INCREASING RISK FOR DEPRESSION

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PREVENTING CHRONIC CONDITIONS

- More than 100 million Americans have diabetes or prediabetes

- 1 in 3 adults will be diagnosed with diabetes by 2050

Reference: Centers for Disease Control and Prevention
(https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf)

Feelings of depression

Poor nutrition

Overweight or obese

Sedentary behaviors

Lifestyle Risk Factors Among Participants without Diabetes or Pre-diabetes

76%

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USE READINESS TO CHANGE DATA TO IMPROVE HEALTH OUTCOMES

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IT'S HOW YOU CAPTURE THE DATA THAT MATTERS

VALID & RELIABLE

Ask the right questions in the right way

PERSON-CENTERED

Be considerate of the individual

PREDICTIVE ANALYTICS

Use evidence-based risk prediction algorithms

ACTIONABLE RESULTS

Leverage data to inspire lifestyle changes

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NEXT STEPS

- **Evaluate current approach**
  - Review health and lifestyle questions
  - Consider compliance
- **Set wellness goals**
  - Prioritize health risks
  - Target interventions
- **Measure population health success**
  - Make improvements over time

Population health starts with the individual!

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Get 2 entries in the raffle:

1. Fill out the survey →

2. Visit our booth ↓

Questions?

THANK YOU

Brittany.Carter@wellsource.com

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