



THE MOST IMPORTANT DATA SET FOR POPULATION HEALTH SUCCESS

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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

Where does the food you eat come from?

Grocery store

All the time Most of the time Sometimes Seldom

Never

Garden ?

All the time Most of the time Sometimes Seldom

Never

Meals brought to my home ?

All the time Most of the time Sometimes Seldom

Never

Sit-down restaurant ?

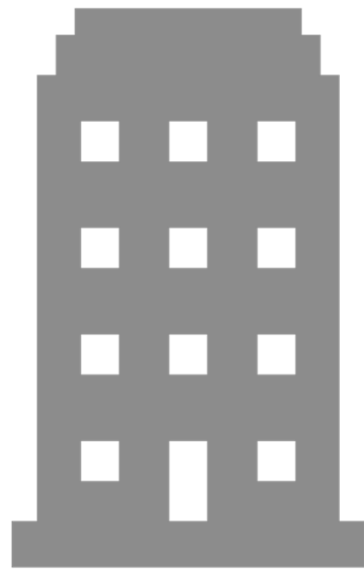
All the time Most of the time Sometimes Seldom

Never

Fast food restaurant ?

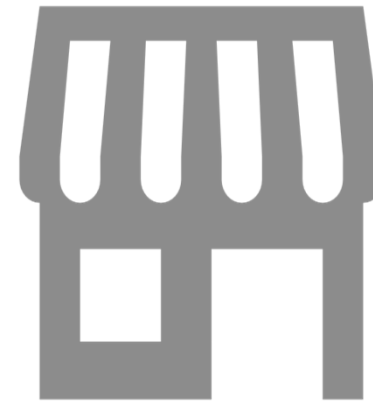
All the time Most of the time Sometimes Seldom

Never



62%

Large Companies



38%

Small Companies





MEET BERNIE

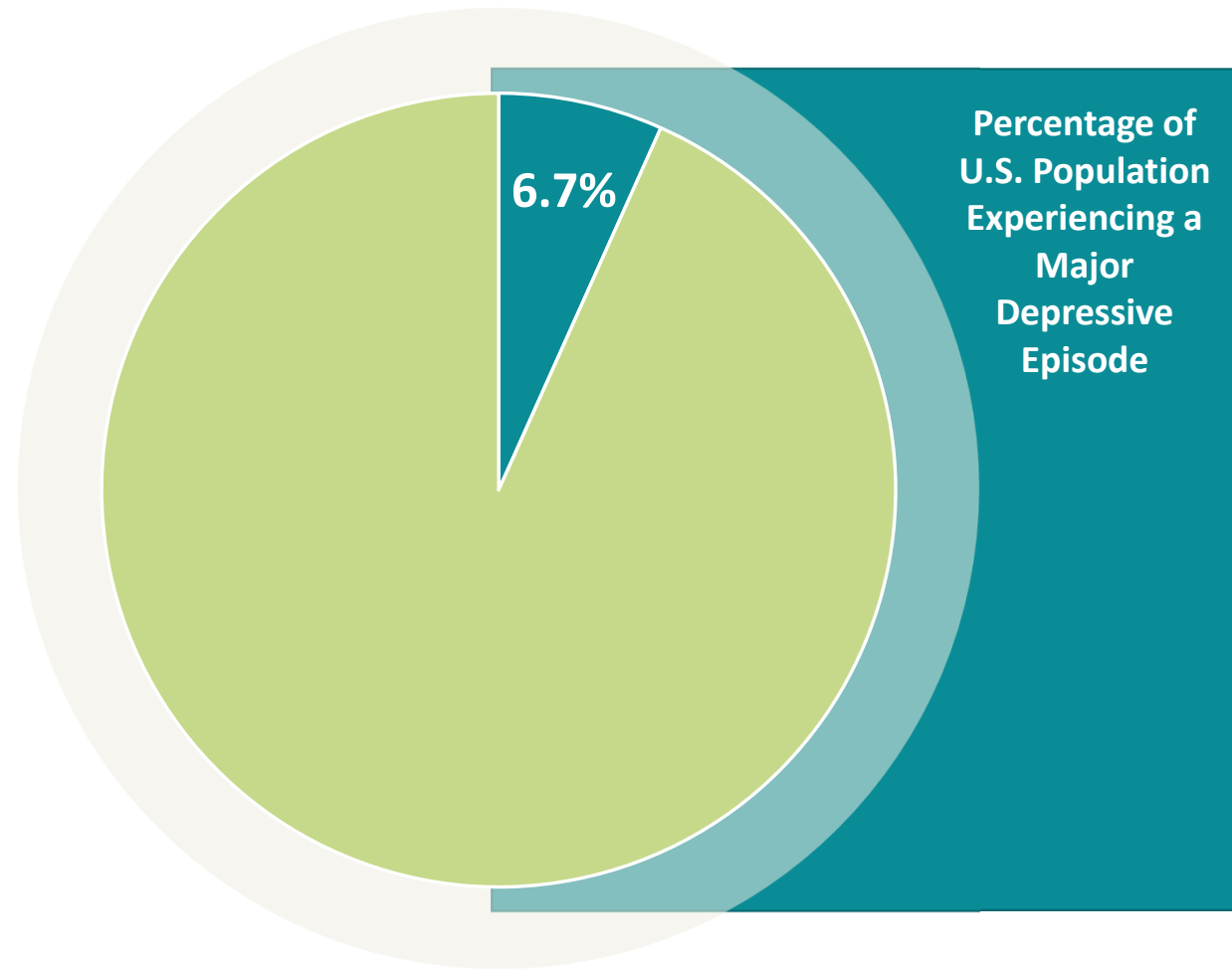
He takes a lot of steps...

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

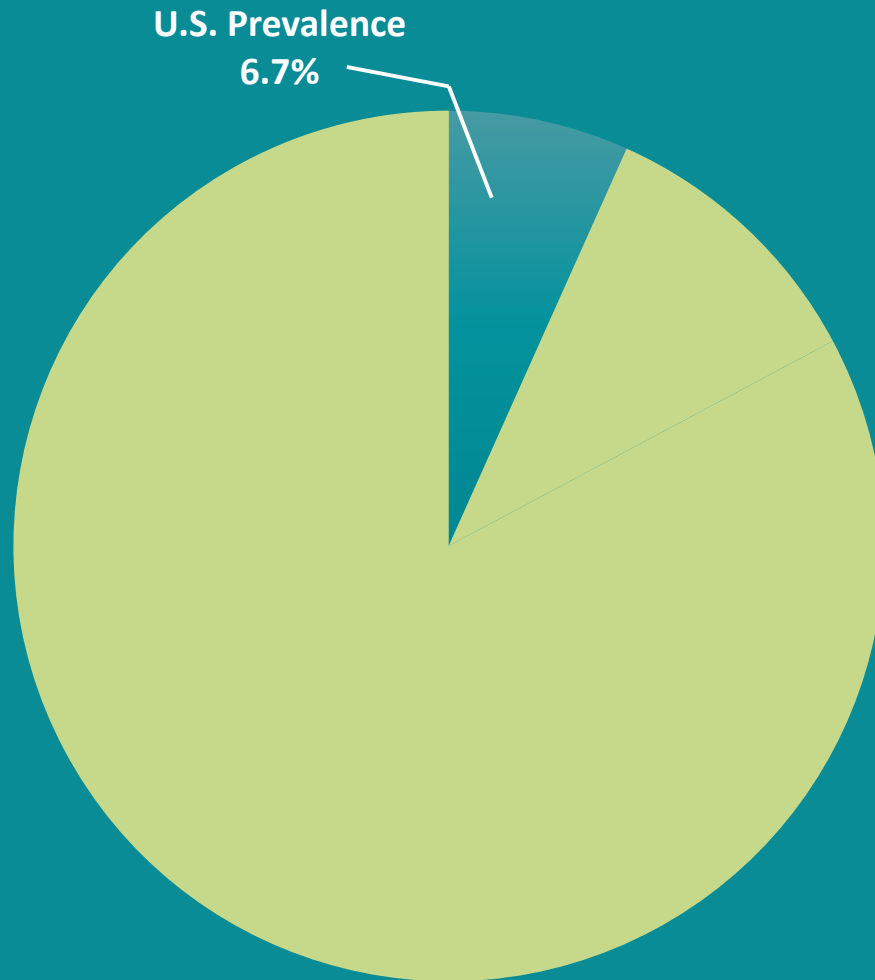


The Patient Health Questionnaire-2 (PHQ-2)

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

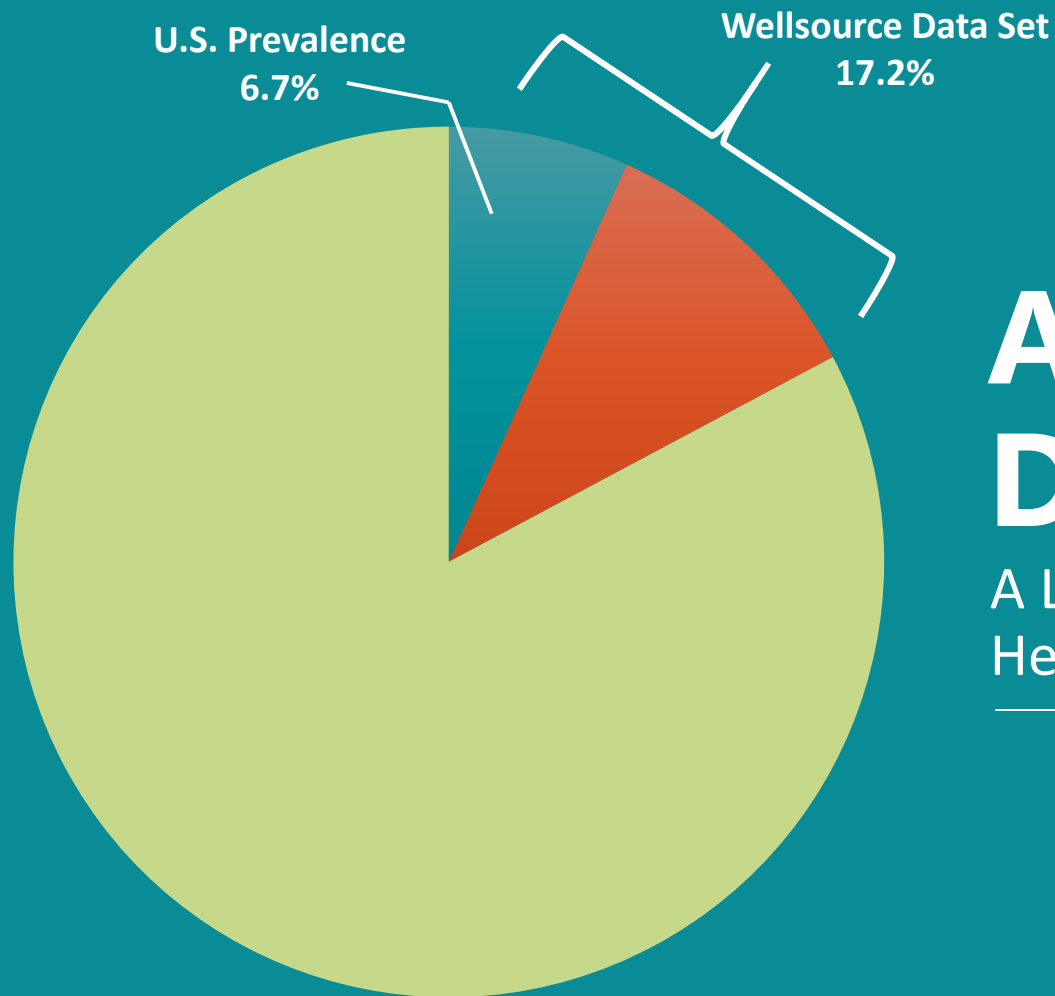
	Not At All	Several Days	More Than Half the Days	Nearly Every Day
1) Feeling down, depressed, or hopeless	0	1	2	3
2) Little interest or pleasure in doing things	0	1	2	3

TWO SIMPLE QUESTIONS FOR DEPRESSION



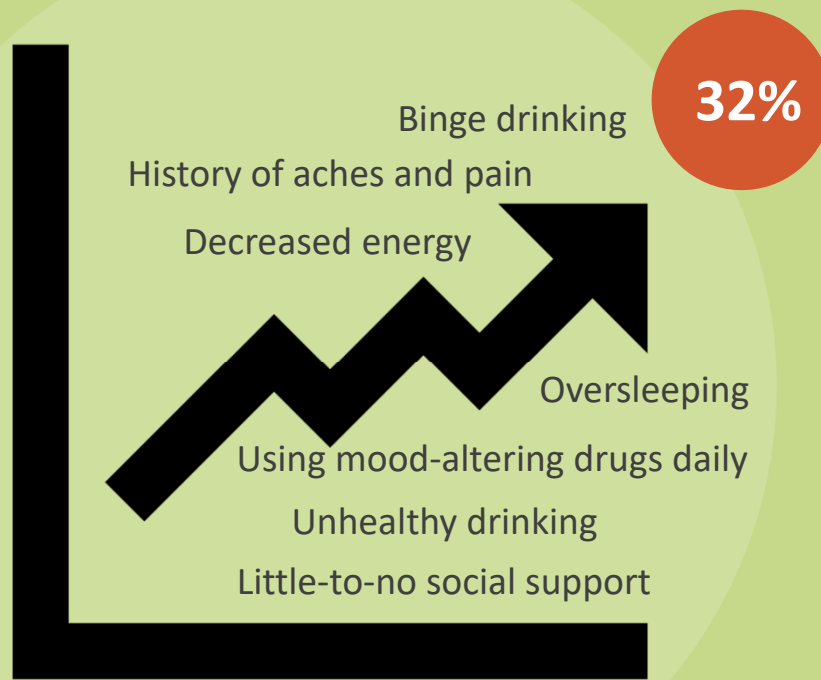
AT RISK FOR DEPRESSION

A Look At Self-Reported
Health and Lifestyle Data



AT RISK FOR DEPRESSION

A Look At Self-Reported Health and Lifestyle Data

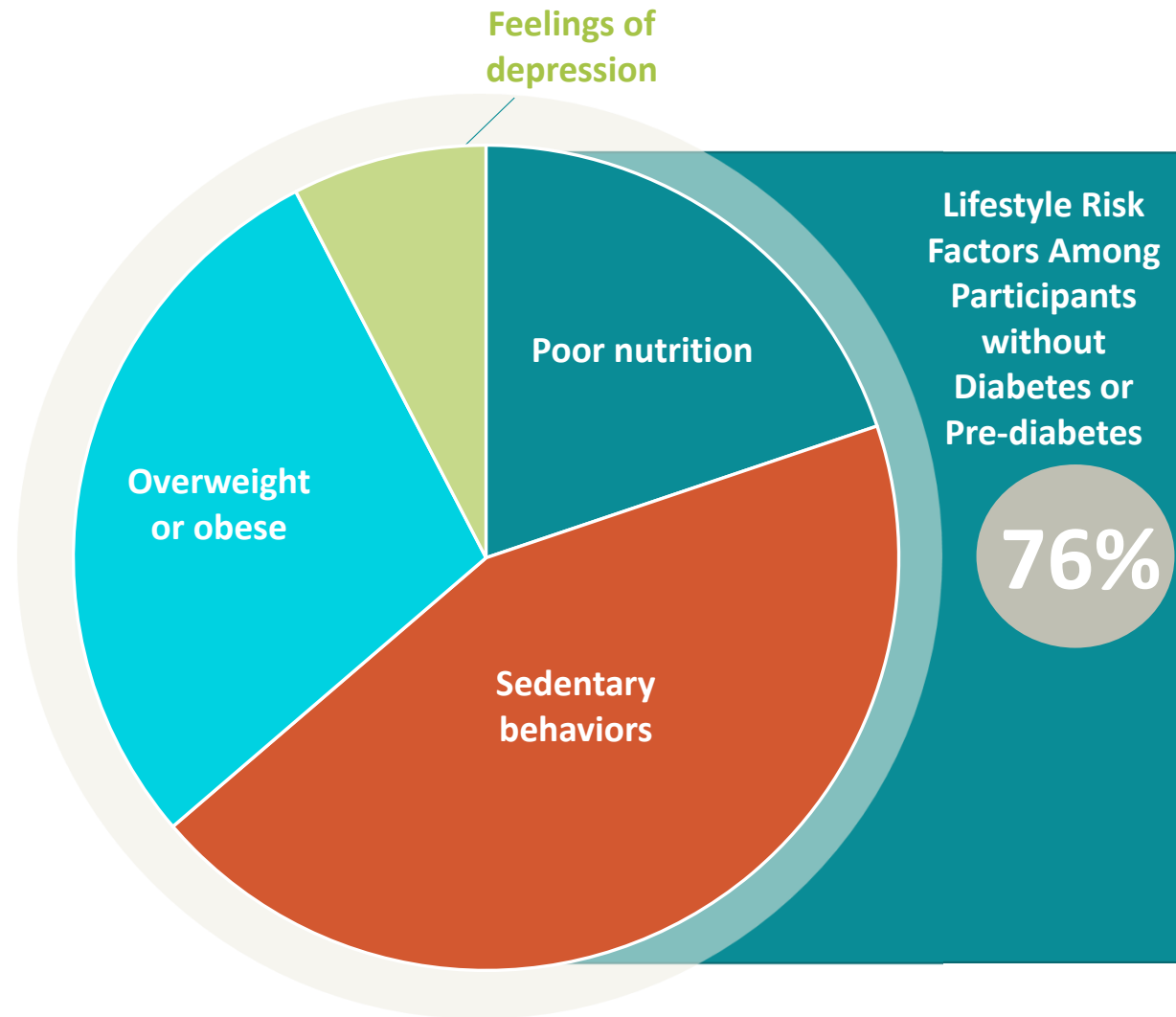


LIFESTYLE FACTORS INCREASING RISK FOR DEPRESSION

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>)





USE READINESS TO CHANGE DATA TO IMPROVE HEALTH OUTCOMES

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

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!





WIN a FitBit® Versa!

Get 2 entries in the raffle:

1. Fill out the survey →
2. Visit our booth ↓

Population Health Risk Assessments Workforce Medicare Medicaid 	Health Starts Here 	Wellscore Data Actionable Evidence-based Instant Reports Secure
	wellscore.com	800.533.9355

Thank you for your time during today's presentation!
Please fill out this brief survey for a chance to win a Fitbit® Versa!

How valuable was the information presented to you today?

1 (Not at all valuable) 2 3 4 5 (Moderately valuable) 6 7 8 9 10 (Extremely valuable)

Prior to this event, how familiar were you with Wellscore?

1 (Never heard of Wellscore) 2 3 4 5 (Moderately familiar) 6 7 8 9 10 (Very familiar)

After hearing this presentation, how likely are you to start using health risk assessment (HRA) data as a component of your population health strategy?

1 (Extremely unlikely) 2 3 4 5 (Likely) 6 7 8 9 10 (Definitely)

After hearing today's presentation, how would you rank the importance of HRA data in population health efforts?

1 (Not at all important) 2 3 4 5 (Moderately important) 6 7 8 9 10 (Critical)

Are you interested in seeing a demo of the WellSuite® IV HRA?

☐ Yes ☐ No

If no, why?

☐ Happy with existing HRA ☐ Do not see value in HRA data

☐ Not relevant for my role/business ☐ Other: _____

Any other comments you'd like to share?

Thank you! Please enter your information below for a chance to win a Fitbit® Versa!

Name _____

Company _____

Email _____ Job title/role _____

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*Winner will be notified via email after the conference.

Questions?



THANK YOU

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