



TED



**THE
UPSTREAM
DOCTORS**

**RISHI
MANCHANDA**

*Rishi Manchanda MD
MPH*

*Author,
The Upstream Doctors*

Founder,



Veronica had a chronic headache.

**She sought relief in numerous
healthcare encounters**



**But Veronica
was still sick.**

Good Care?

Veronica then presented to a clinic that asked her routine questions about housing-related risk factors, identified her problem and developed a treatment plan.



**Veronica
and her home
got better.**

Better Care

As we implement health reform,
are we missing critical
opportunities to address the social
context of disease and achieve
the triple aim?



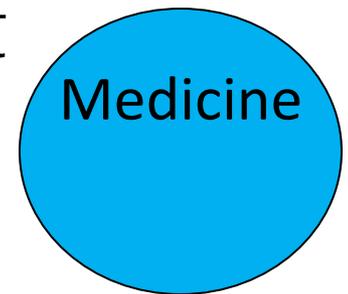
At the intersection of medicine
and the social determinants of
health,

the current standard of care isn't
good enough

Better Standard Obscured

A biomedical worldview combined with perverse structural & policy incentives have defined our current standard of care

- Preventable illness & health disparities
- Avoidable costs: > \$1.24 Trillion (2003-06)
- Less effective interventions
- Patient distrust and mis-engagement
- Workforce recruitment & retention problems



Will ACA Innovations Improve Health Where it Begins?

- Likely to improve biomedical care, but may not be enough to improve population health
 - Enabling Services are inadequately evaluated, funded, and costs are rising
 - Data and funding to support other clinic-integrated public health interventions (e.g. housing, food insecurity, etc) are limited
 - Few structural incentives to integrate and coordinate public health interventions and medical care

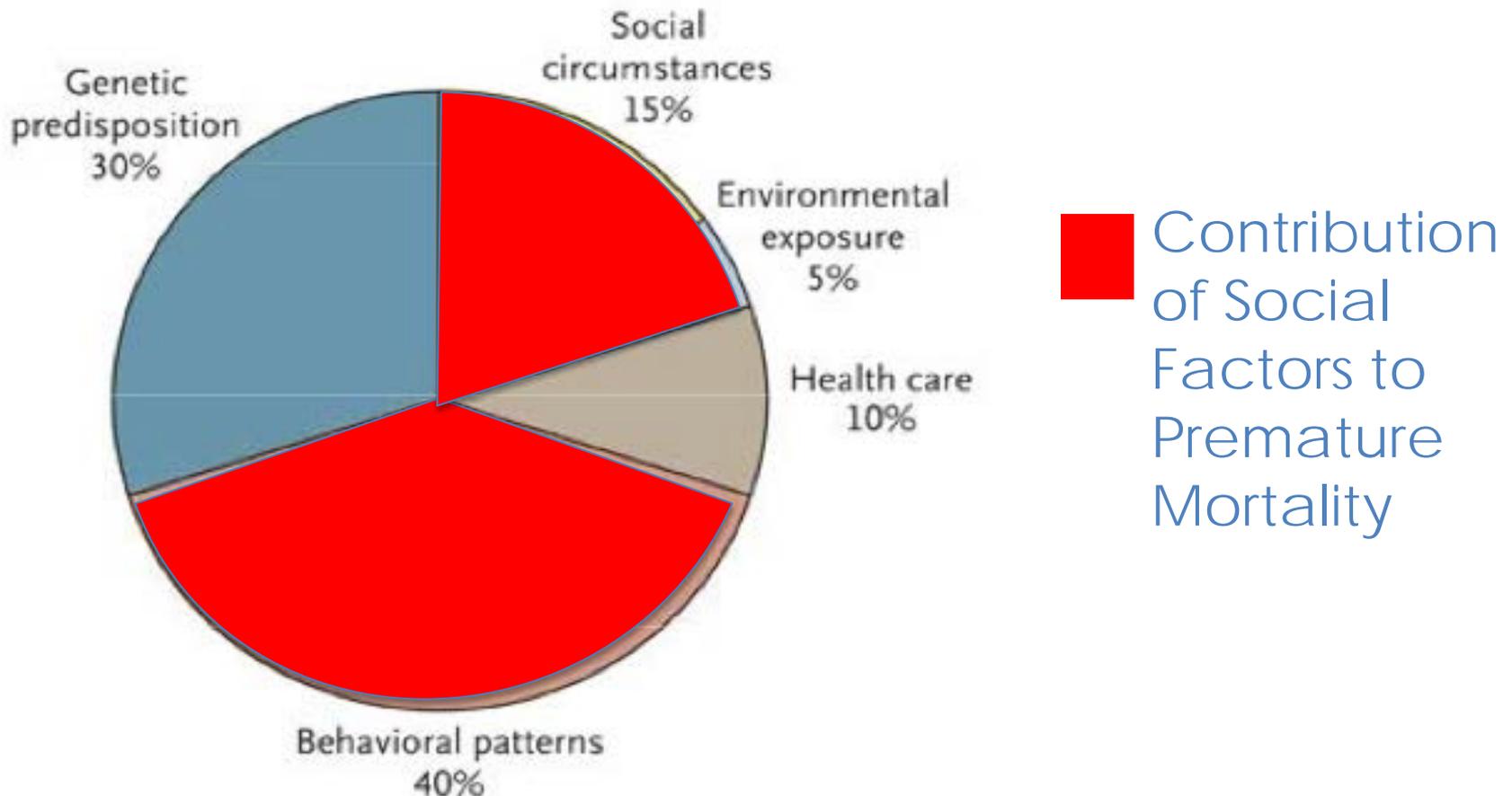
The image features a dark background filled with numerous out-of-focus, warm-toned circular lights, creating a bokeh effect. The lights vary in size and brightness, with some appearing as sharp, glowing circles and others as softer, more diffused shapes. The overall color palette is dominated by golden-yellow and light brown tones against a deep black or dark brown background.

Glimpses
of a better standard
of care are out there

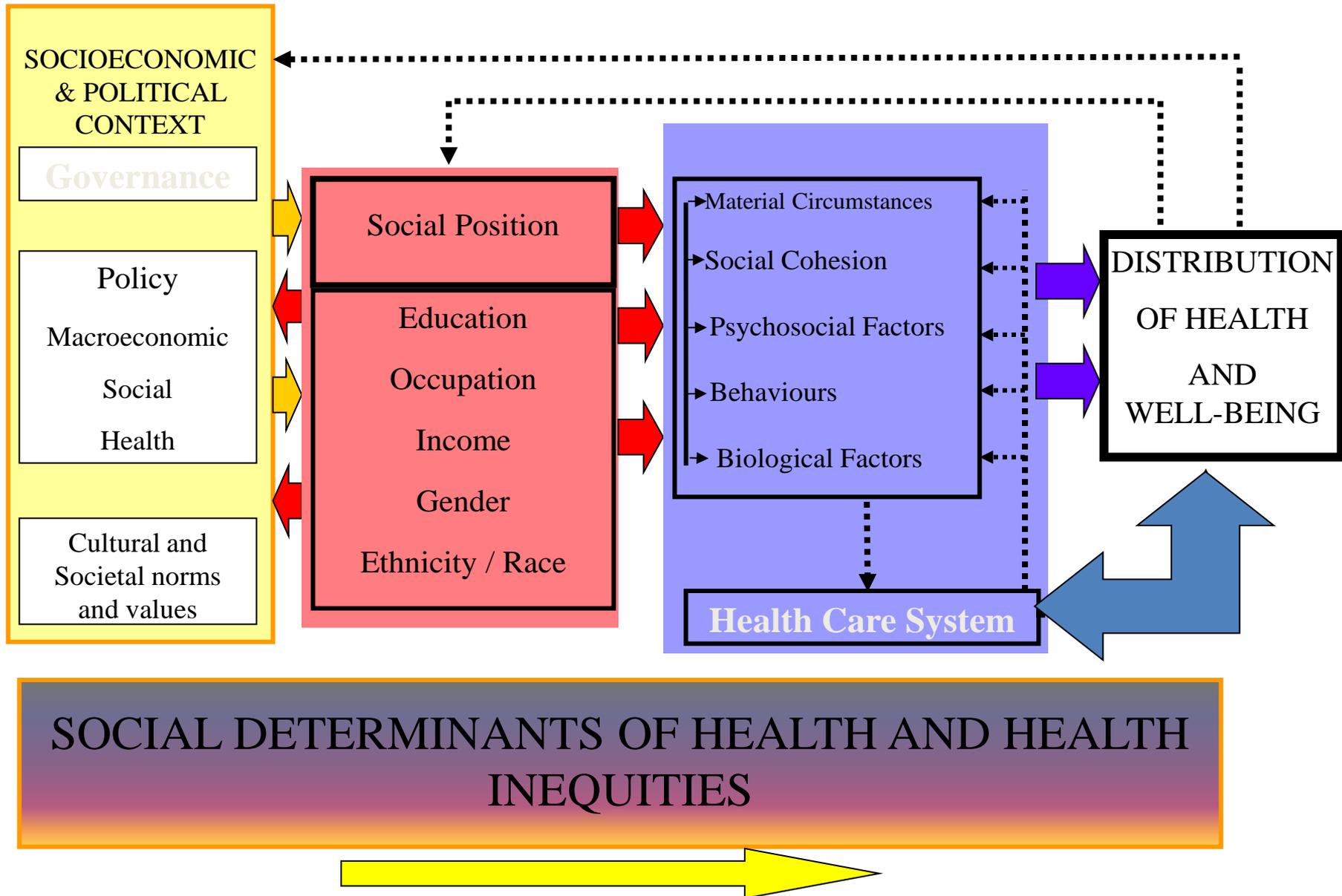
60%

Social factors contribute to 60% of premature death

Proportional Contribution to Premature Death



“Closing the Gap”: WHO Conceptual Framework



Perilous Waters

These everyday forces flow together to shape our health

Unequal power

Gross inequity in power and opportunity disrupts both mental and physical health.



Low income

Wealthier people tend to be healthier, no matter their race.



Poor education

The lower your education level, the less healthy you're likely to be.



Social isolation

A lack of social support can lead to depression and even heart disease.



Pollution

Industrial toxins and car exhaust fuel asthma and cancer.



Sprawl

As suburbs spread and commutes lengthen, people walk less and sit more.



Cars as kings

Streets designed mainly for car traffic discourage walking and biking.



Unhealthy houses

Mold, pests, and unsafe conditions foster asthma, allergies, and injuries.



Food options

What's available and affordable naturally influences what we eat.



Health care access

If you're uninsured or have few clinics nearby, you're less likely to see a doctor.



Unsafe streets

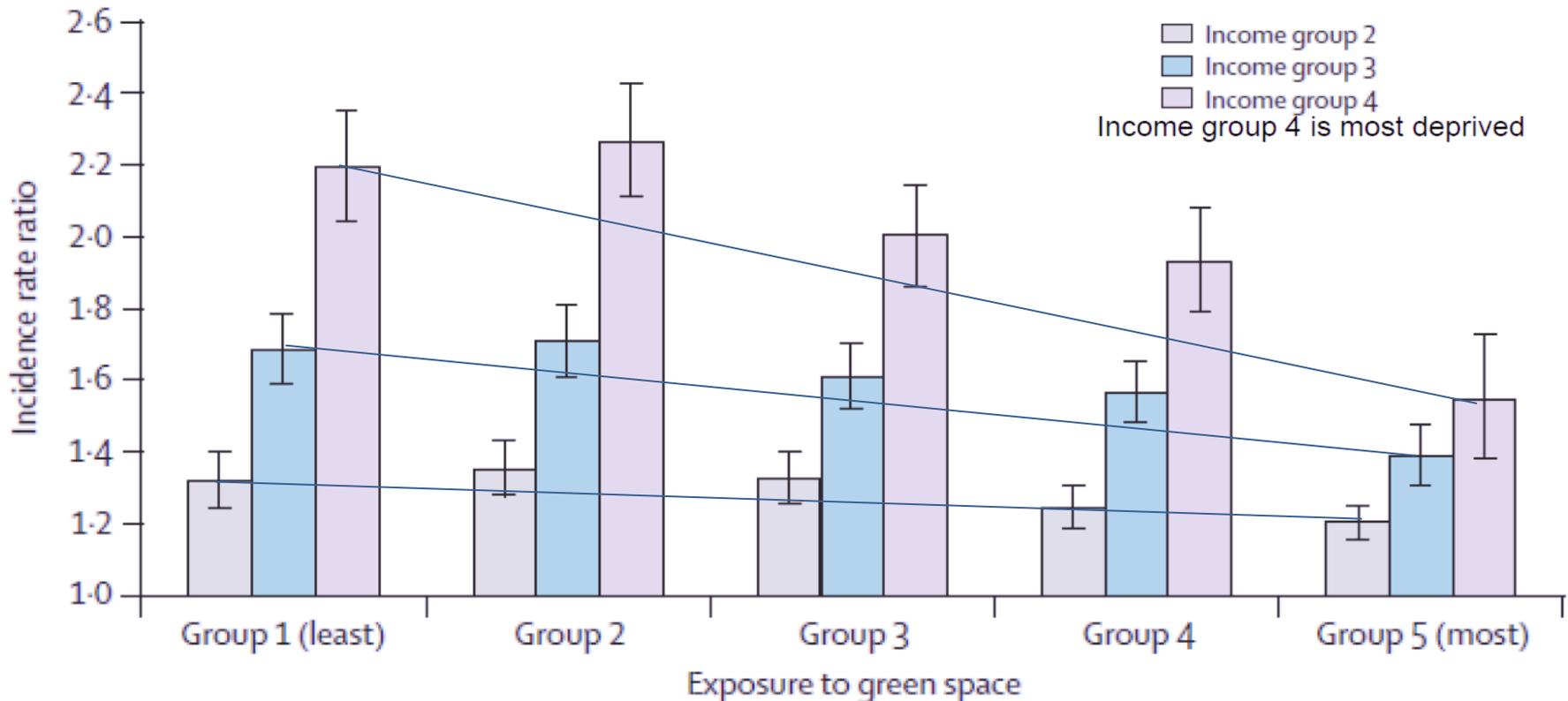
Violence keeps people indoors and produces injuries, trauma, and chronic stress.



Place and Health

Zip code more than important than genetic code

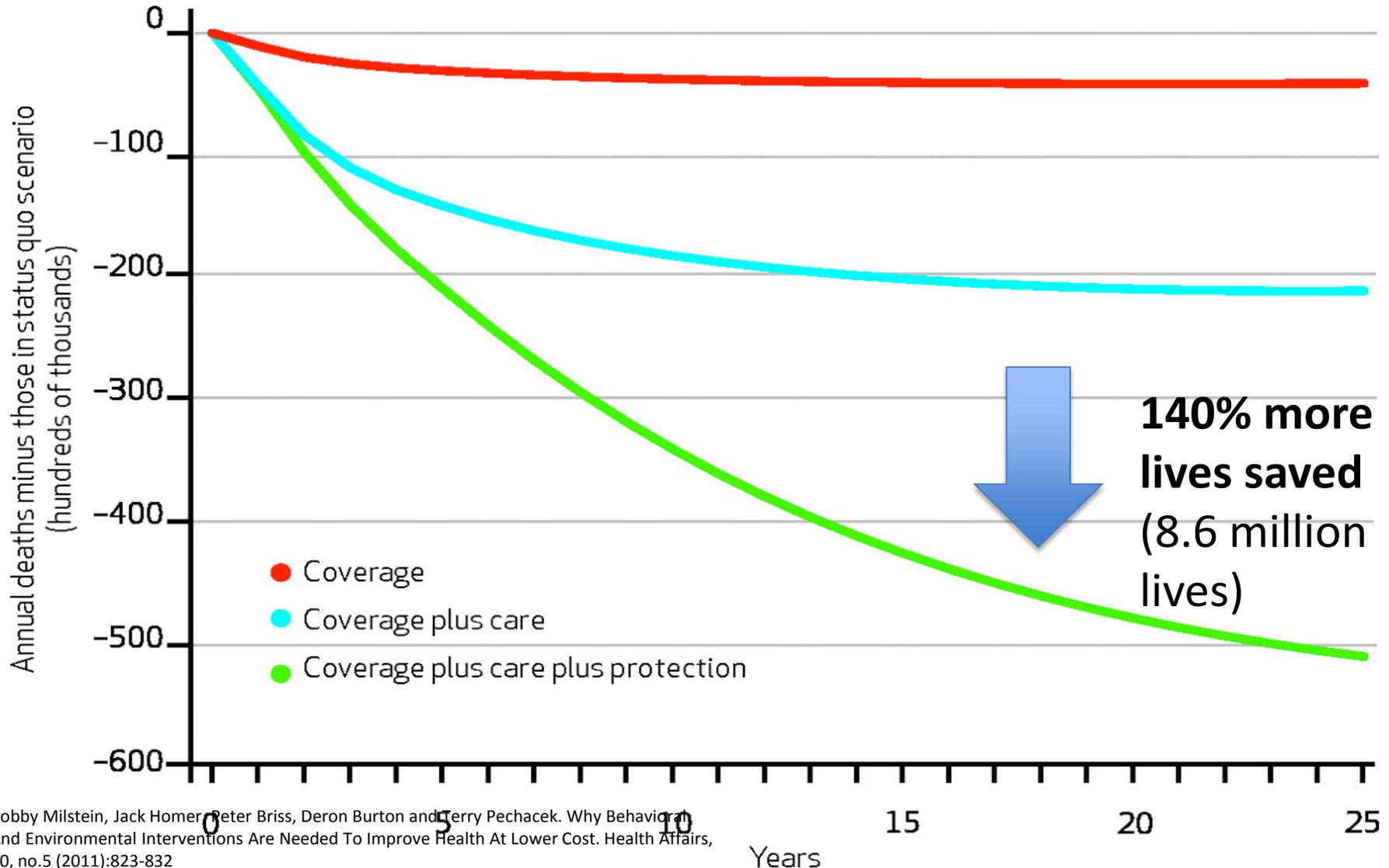
Deaths from circulatory disease



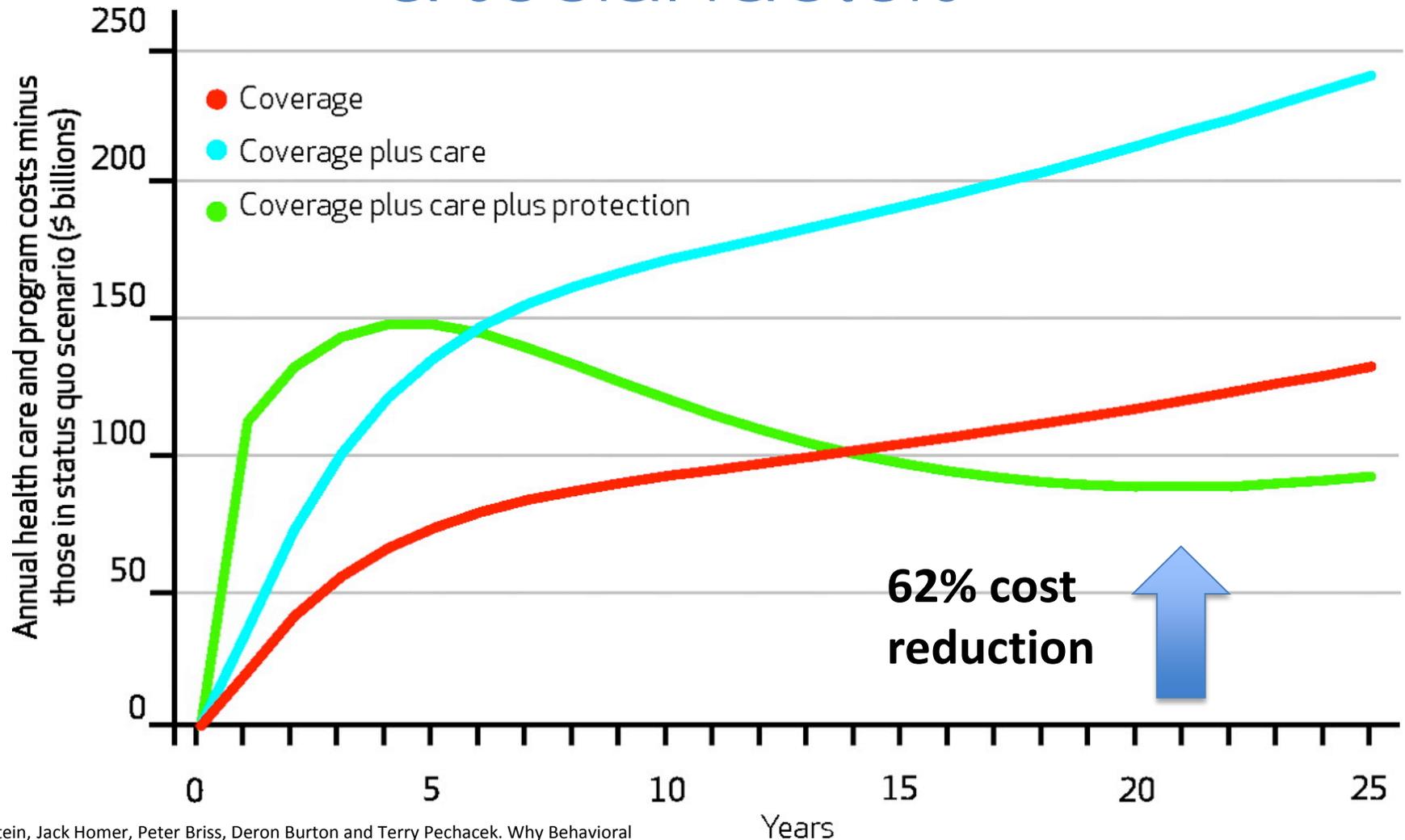
The field of epigenetics is helping us to understand how zip code, and other social and environmental factors, shape genetic code



Addressing social factors can save more lives

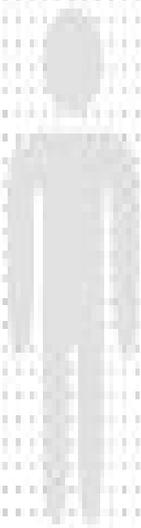
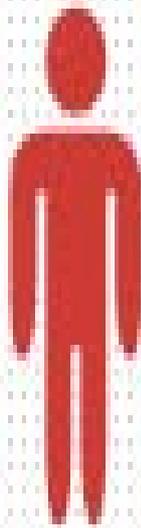


The cost curve only bends by improving care, coverage & social factors



**62% cost
reduction**



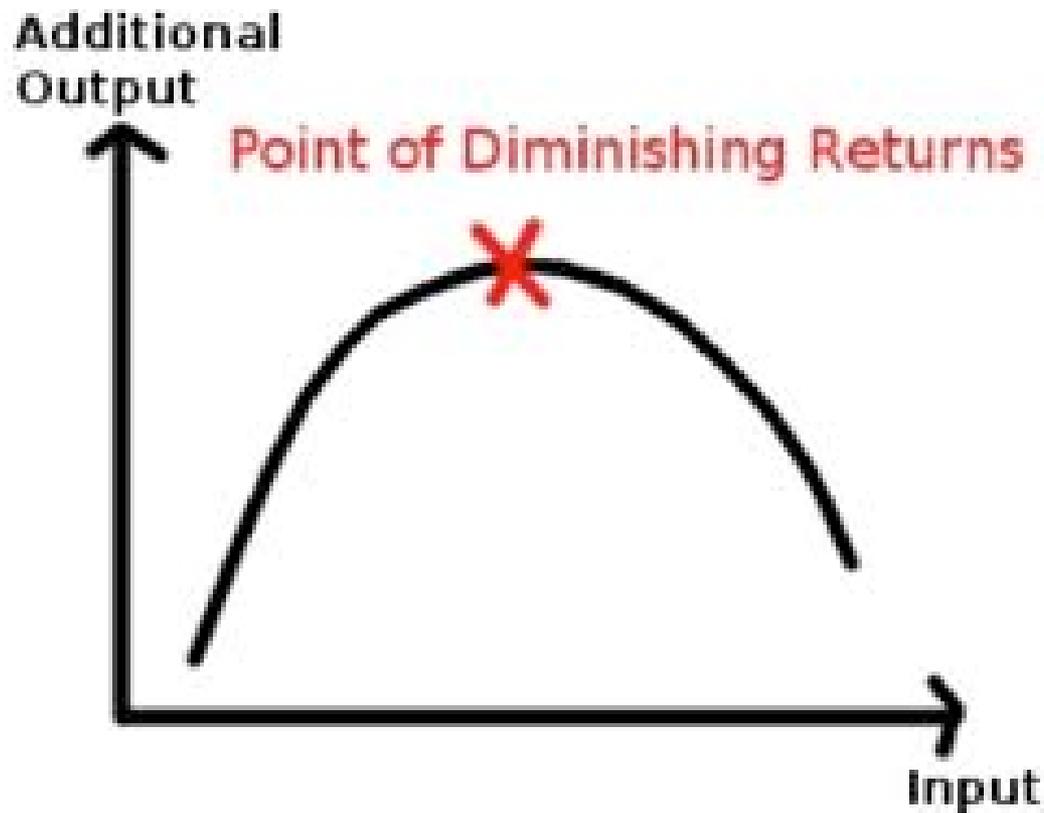


20%

U.S. doctors equipped to address patients' social needs

Robert Wood Johnson Foundation
"Health Care's Blind Side" December 2011

Treating people without tackling the conditions that make them sick is a losing value proposition

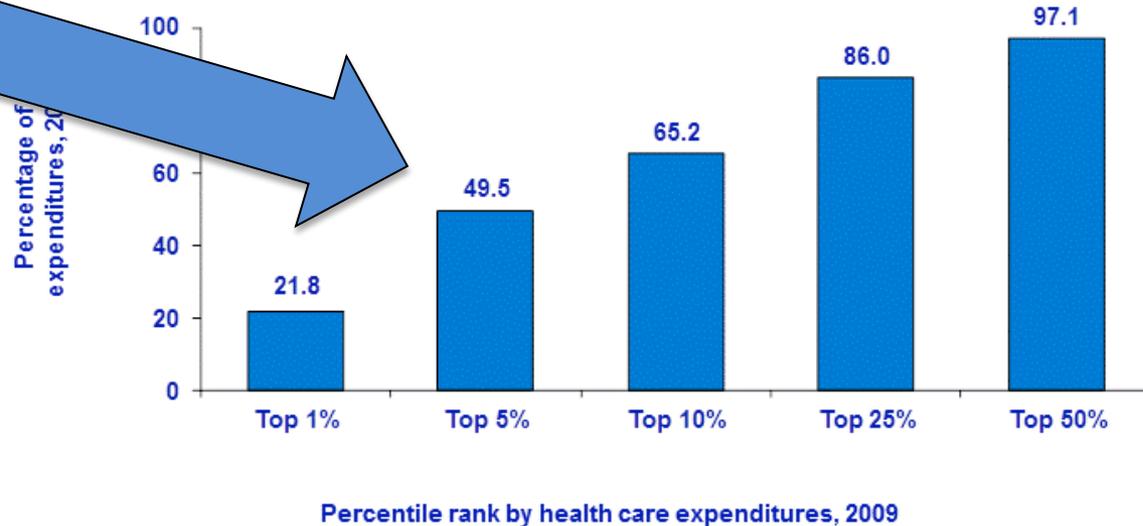


The sickest, costliest patients often have unmet needs in the social & built environment

In 2009, 5% of the population accounted for nearly 50% of overall US health care spending



Figure 1. Concentration of health care expenditures, U.S. civilian noninstitutionalized population, 2009



Source: Center for Financing, Access, and Cost Trends, AHRQ, Household Component of the Medical Expenditure Panel Survey (HC-129), 2009

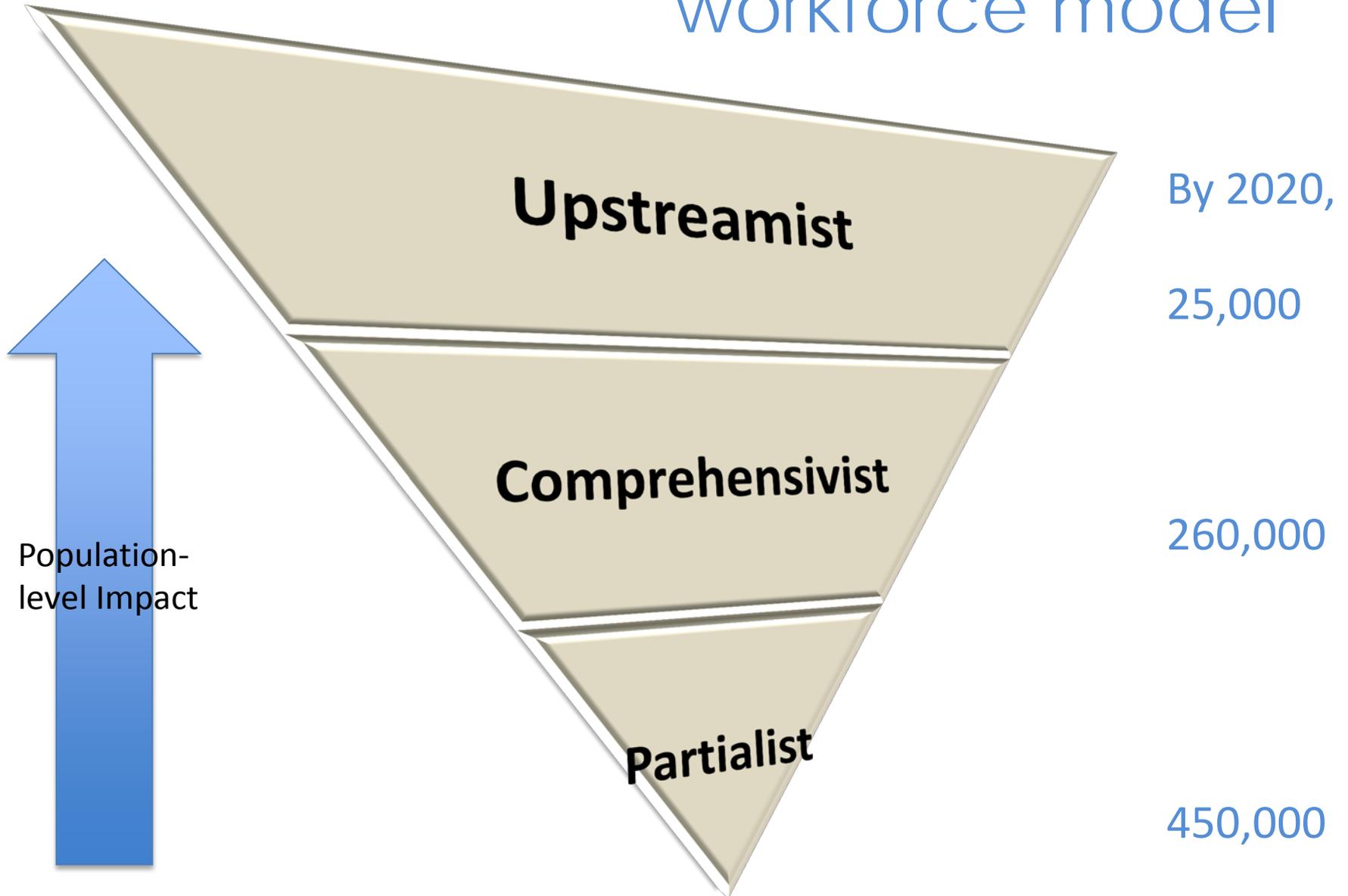
Cohen, S. *The Concentration of Health Care Expenditures and Related Expenses for Costly Medical Conditions, 2009*. Statistical Brief #359. February 2012. Agency for Healthcare Research and Quality, Rockville, MD. http://www.meps.ahrq.gov/mepsweb/data_files/publications/st359/stat359.shtml

As we implement the Affordable Care Act, we have an opportunity to reimagine our healthcare workforce in order to improve care, improve health where it happens, and lower costs

Smart medicine starts upstream



A better healthcare workforce model

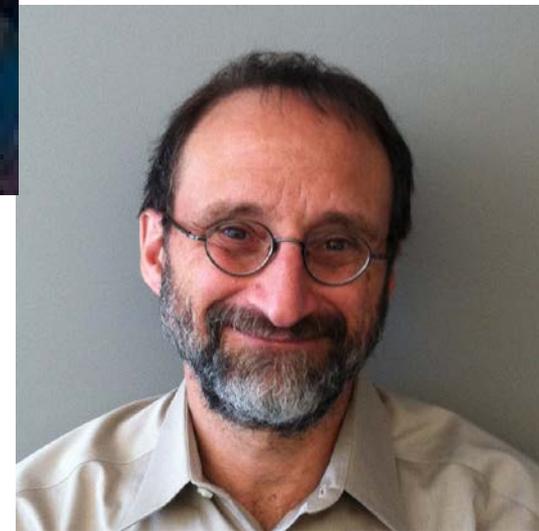
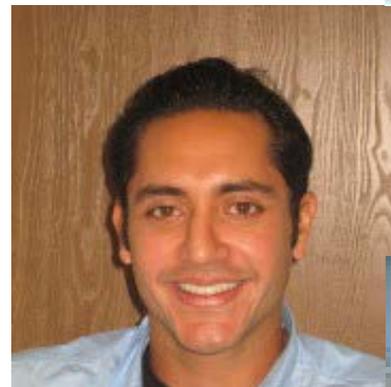
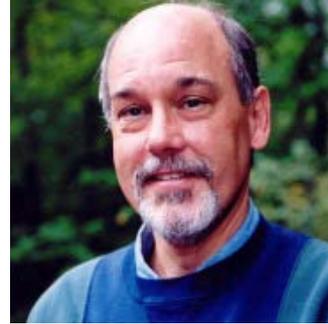


Upstreamists ensure that their healthcare systems systematically:

- Ask about where patients live, work, eat, and play

- Address upstream problems at patient, clinic, and population levels

- Build bridges with upstream actors (i.e. those who work where health happens) using a data-driven approach and a unique blend of skills.



Opportunities to align



Opportunities: Medi-Cal

- Preventable hospitalizations for Ambulatory-Care Sensitive Conditions
- Medi-Cal Managed Care
- Complex Care Coordination/Super-utilizers
 - Medicaid Health Homes
- ACOs
- Community Health Teams

Medicaid ACOs

Hennepin Health, Minnesota

- Several county organizations share financial risk (a medical center, health plan, social services organization, and Federally Qualified Health Center)

CHCS - Advancing Medicaid Accountable Care Organizations: A Learning Collaborative

(Maine, Massachusetts, Minnesota, New Jersey, Oregon, Texas, & Vermont)

Vermont's Community Health Teams



To improve outcomes and lower costs, healthcare needs:

- Training & Tools
- Resources & time
- Incentives
- Actionable data
- Networks & support
- A cultural shift
- The power of community

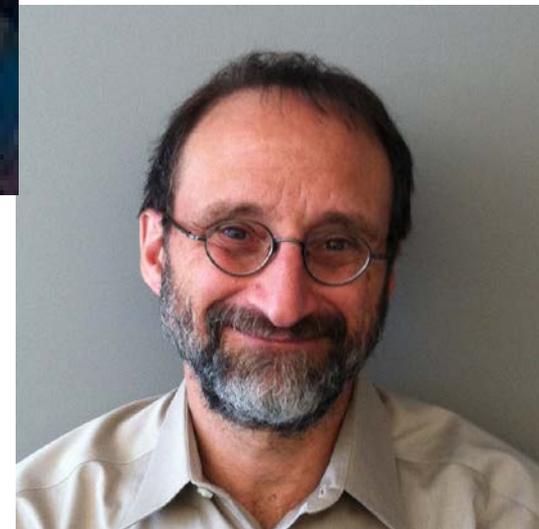
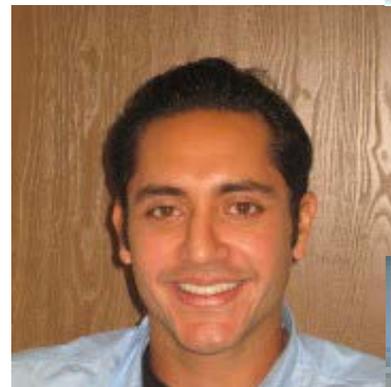
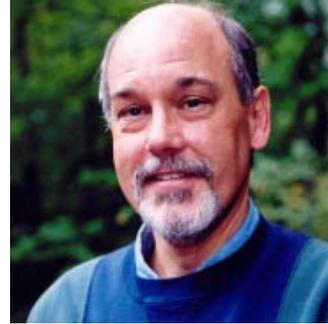


Health Begins

Goal

Equip 25,000 Upstreamists with tools and training to transform care & improve lives of 25 million Americans by 2020





The image shows a screenshot of the HealthBegins website. At the top left is the HealthBegins logo with the tagline "Smart Medicine Starts Upstream". A navigation bar contains links for "about", "topics", "strategies", "community", "multimedia", and "my ne". Below the navigation is a "WELCOME" section featuring a video player. The video player displays the HealthBegins logo and the text "Introducing HealthBegins". Below the video player, a caption reads: "As many as four out of five clinicians don't feel equipped to". To the right of the video player is an "Edit" button and a partial sentence: "care by changing le sick."

Online learning collaborative
for Upstreamists

Healthbegins.org
640 members & growing

Community Health Detailing: Using a community-powered “Yelp for Health”



HB Mapper: Find help for patients with social needs



Welcome, admin | Logout

EVERYWHERE

Search for

Near

SEARCH

What you are looking for?

In which area?

EDUCATION

EMPLOYMENT

FOOD

HEALTH

HOUSING

LEGAL SERVICES

RECREATION

TRANSPORTATION

ADD LISTING

Blog > Places > Un > Neighborhood Housing Services

Tweet 0

Like 0

+1 0

To provide all information a person or home owner needs in order to not get their homes Foreclosed. Also, attorney?s are available

Accessibility: ★★★★★
Communication: ★★★★★
Effectiveness: ★★★★★
Professionalism: ★★★★★
Quality: ★★★★★
Rating: 0.0/5 (0 votes cast) [Review](#)

PLACE CATEGORIES: Emergency Shelter.
PLACE TAGS: Emergency Shelter.

Contact info :

Suite 200, 3926 Wilshire Blvd.,
Los Angeles, CA 90010

Phone :

(888)-895-2674

Website:

<http://nhslacounty.org/contact>.

Contact Person : Directory

Languages Spoken : English and Spanish

Add to Favorites ▾

SEARCH

ALSO IN THE NEIGHBOURHOOD

No Image Available

Neighborhood Housing Services

To provide all information a person or homeowner needs in order to not get their

TOP RATE LISTING

Online training modules

HB University

HOME

FACULTY | STUDENTS

PRACTITIONERS

THE 6-STEP ROADMAP

ABOUT US

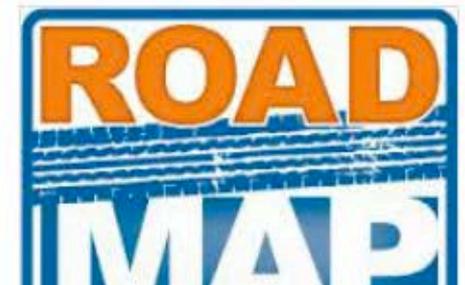
**Healthcare
can be better.**

Welcome to the
think-and-do tank
for health.

Founded by public health physicians

Powered by a community of innovators

Committed to improving healthcare and
the social conditions that make people sick



HealthBegins Roadmap for Upstreamist interventions

DESIGN:

Step 1: Define Population and Its Needs

Step 2: Identify Intervention

Step 3: Design Evaluation Plan

IMPLEMENTATION

Step 4: Pilot Intervention Project

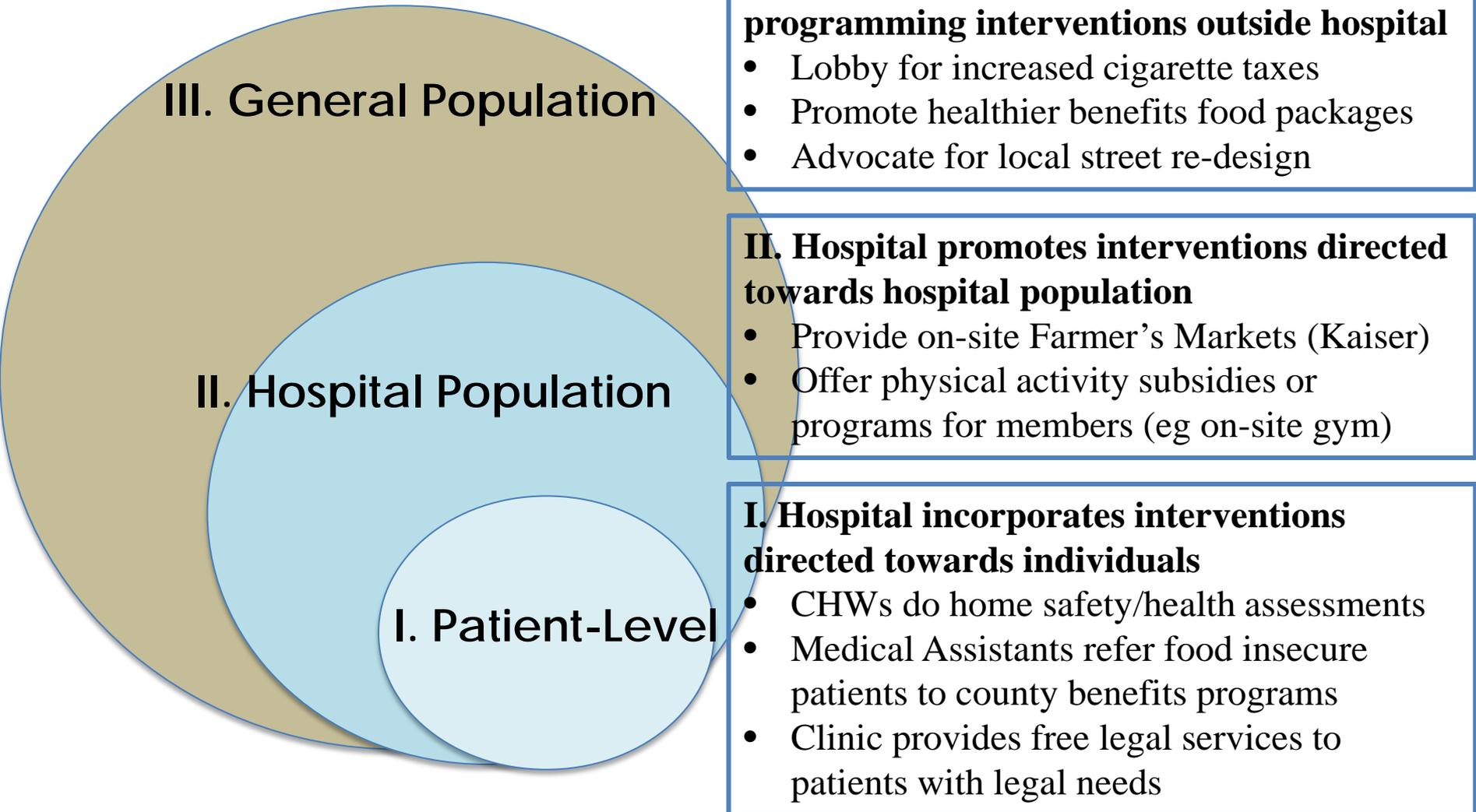
Step 5: Collect & Review Data

SPREAD

Step 6: Celebrate Success and Spread

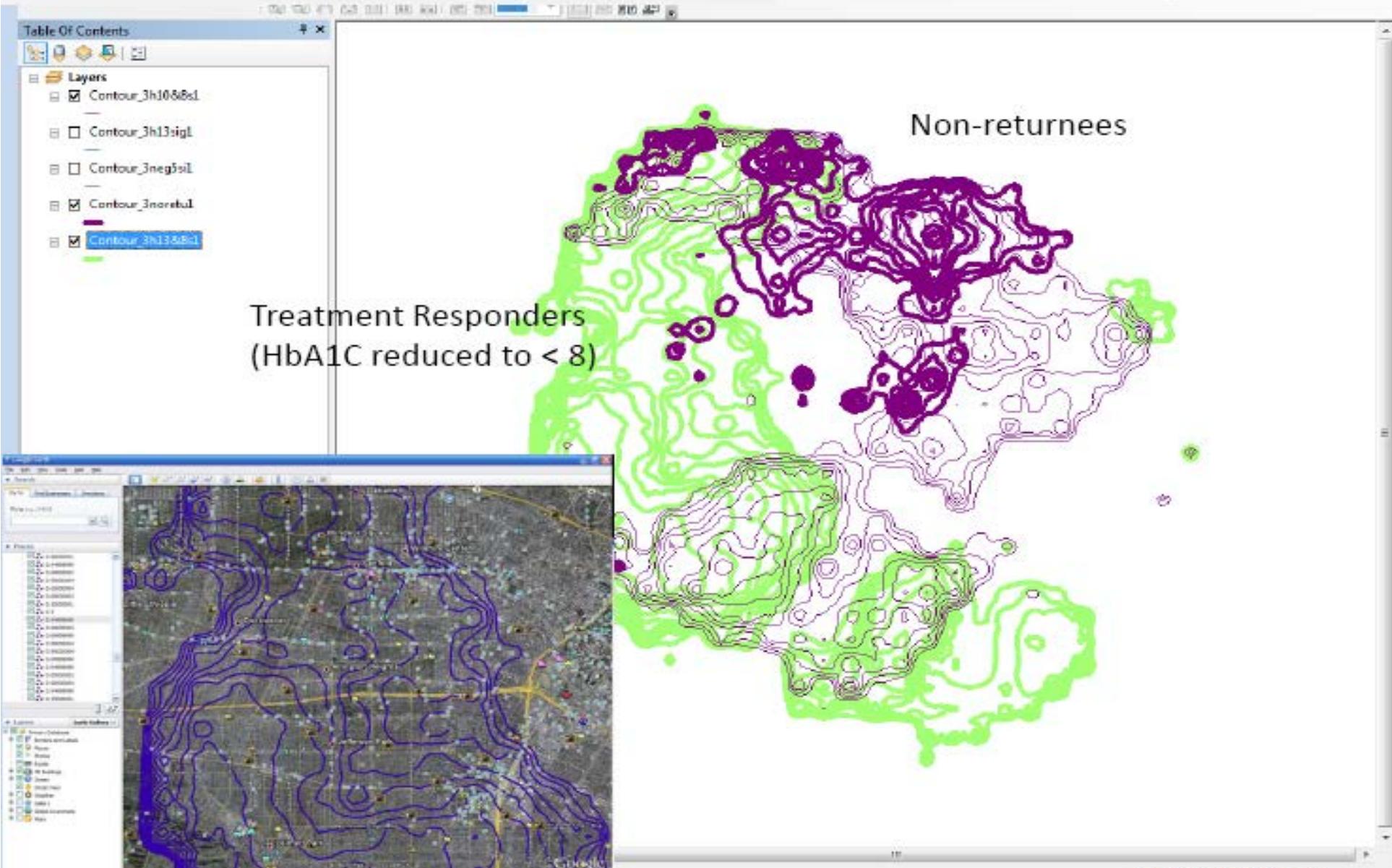


Tiers of Health Care Setting Interventions on the Social Determinants of Health



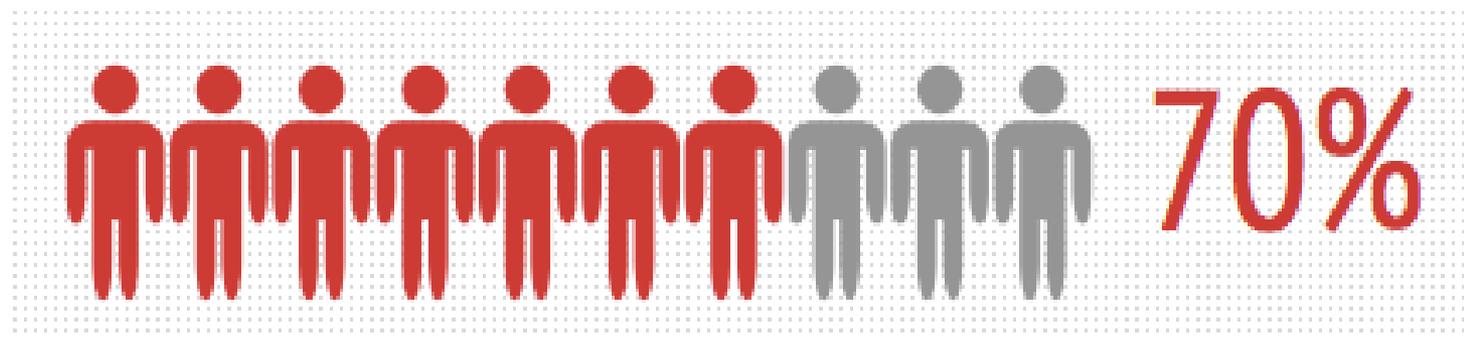
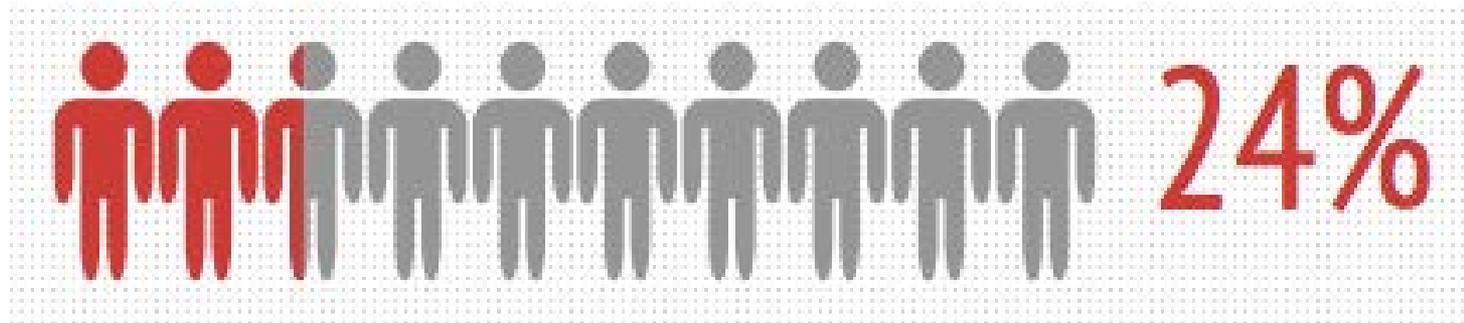
Geomapping

Predicting patient outcomes



With tools and training, clinicians and care delivery systems can better address social factors

Provider confidence to address health-related housing and other social needs



A better standard of care is possible





“For all those concerned with the health and well-being of the poor or otherwise marginalized, of the frail or the elderly, of those bent under the weight of serious illness, *The Upstream Doctors* offers important ideas and examples of solutions to their current predicament —and thus to our own.”
– Paul Farmer MD PhD



Available on Amazon Kindle, Nook, iBookstore, and via TEDBooks app

Leverage power of caregivers

There are approximately 65 million caregivers in the US.

Many family caregivers lack a simple way to keep track of their loved one's care.

CareHuddle.com provides a web-based application to help family caregivers keep track of a loved one's care.

Expand capacity to address patients' health and social needs

Easily keep track of your loved one's healthcare.

It takes less than one minute to create a care plan. Share it with an unlimited number of people who are close to you and your loved one. It's free for 14 days, then it's only \$5 a month.



START YOUR FREE TRIAL NOW!

 Sign in with Facebook

(14 day free trial)



June Smith
Loves Horses and Roses Daydreamer,

[➔](#) [i](#) [💬](#)

June's Support 42 people [✎](#) [🔍](#)



[See all](#) [Add](#)

Advice Corner [▾](#)

[📅 Upcoming Appointments](#) [Past Appointments](#) [➔](#) [🔍](#)

- ★ Friday, July 12th, 2:30 PM
Lorem ipsum dolor sit amet, consectetur adipisicing elit [i](#)
- ★ Friday, July 12th, 2:30 PM
Lorem ipsum dolor sit amet, consectetur adipisicing elit [i](#)
- ★ Friday, July 12th, 2:30 PM
Lorem ipsum dolor sit amet, consectetur adipisicing elit [i](#)

[Sync](#) [See all](#) [Add](#)

[☰ Pending To-Dos](#) [Done To-Dos](#) [➔](#) [🔍](#)

- ☑ Friday, July 12th, 2:30 PM Activity, Place, [Ray Loren](#) [✎](#)
- ☑ Friday, July 12th, 2:30 PM Activity, Place, [Ray Loren](#) [✎](#)
- ☑ Friday, July 12th, 2:30 PM Activity, Place, [Ray Loren](#) [✎](#)

[See all](#) [Add](#)

Advice Corner [▾](#)

The Social Determinants of Health

- **The conditions in which people are born, grow, live, work and age, including the health system.**
 - These conditions are shaped by the distribution of money, power and resources at global, national and local levels, which are themselves influenced by policy.
- **Major contributor to health inequities**
 - “Health inequities are unfair and avoidable differences in health status seen within and between countries often over generations.”