

WHY MOVE HEALTH CARE UPSTREAM?

Right now, upstream determinants of health affect communities where people live, work, and play, leading to health disparities early in life and poor health outcomes across the life course. Throughout the country there is an urgent need to shine a light on health care system strategies that narrow persistent and costly health inequities at their origins.

A growing body of evidence shows that health care providers can play an important role in collaborating with other community-based organizations to help children, patients, and families access new resources and influence those factors that play an important role in determining their health. It means building a bridge between health care and the promotion of health to keep people from getting sick in the first place. It means focusing our efforts on the early years when the foundations of life-long health are established and the return on investment in prevention is greatest.

And, it means breaking down silos—working across sectors to build a system of care that moves beyond the walls of hospitals and doctor’s offices and into the communities to better address the root causes of disease where people live, learn, work and play. Whether it is a health center working with local schools to identify factors that exacerbate asthma attack, or local physicians joining forces with a coalition of child care centers to prevent obesity, cooperation can make a difference, and can influence the determinants of health that medical care cannot address on its own.

Ultimately, these efforts can effectively prevent illness, in addition to speeding recovery pathways when we are sick, and buffer the long-lasting harmful effects of adversity in our communities. By moving upstream and addressing the other causal factors that determine our health—health care systems can have an even greater impact, especially if implemented in the early years of life.

CONNECTING INNOVATORS TO INFLUENCE HEALTH

To do this, Moving Health Care Upstream will give the most promising population health and health of community innovators a structured platform to share, learn, and innovate. By working together to lift up promising practices, we can ensure better outcomes through integrated, high quality child, family, and community oriented services.

A growing number of innovators are already investing in programs and approaches aimed at improving the health and productivity of people living in their communities. Unfortunately, information about what these innovators are doing and how this work is improving health is not being captured in a systematic way that helps them connect, share, and learn from each other.

Since the bulk of the work happens in communities across the country, we’ve created an online hub that can serve as a collaborative platform where findings, ideas, and solutions can be shared. MHCU will engage with a multi-sector group of experts from across the country representing public health, health care, early education and social services who are designing innovative approaches to help health care go upstream and work in partnership with families and other community entities in identifying and mitigating factors that inhibit their optimal health potential.



75%

of all health care costs
are spent on treatment of
preventable chronic diseases.*



BECOMING A HUB FOR NEIGHBORHOOD HEALTH

The pediatric primary care clinic at Cincinnati Children’s Hospital resides in a city where nearly 60 percent of children are low-income, with higher-than-average rates of asthma. The Avondale-based clinic has evolved from a medical system that treats disease to a hub for promoting neighborhood health. It has done this by partnering with schools, pharmacies, and housing leaders to create a seamless network of services. Clinic leaders work with school nurses to help them better identify and manage high-risk children; connect with retail pharmacists to foster more collaborative care management; and engage with housing and legal advocates to address toxic buildings or unsafe houses.



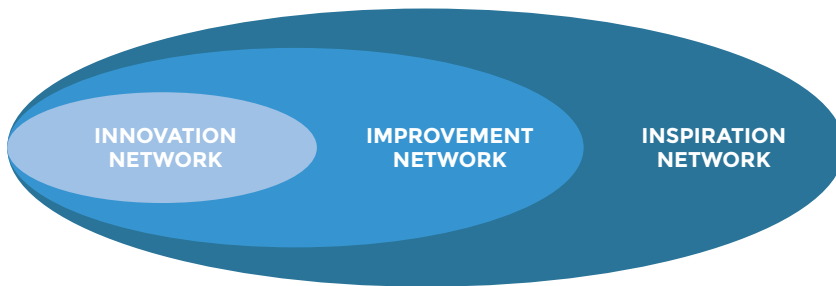
**Moving
Health Care
Upstream**

Innovating. Improving.
Inspiring a New Vision of Health.

MHCU will create a formalized system to advance learning, spark innovation, and diffuse knowledge in a deliberate way. MHCU will seek out effective community health and health delivery practices and provide stakeholders from different sectors and regions with a publicly accessible, online network to share, test, and innovate together to move these solutions forward.

The Nemours and UCLA teams are looking for strategies that leverage new partnerships to grow a broad network of individuals, organizations and delivery systems interested in developing strong models for improving health. The goal is to build a framework for what an ideal health system would look like and provide a mechanism that helps communities get there.

The initiative will move health care upstream through a series of networks that will:



- 1. Test and innovate** by fostering more effective collaboration among community stakeholders and leaders, health centers, and health systems in multiple sites. The Collaborative Innovation Networks (CoINs) will provide these innovators with technical support and coaching to test new ideas and approaches.
- 2. Spread what works** by nurturing an active network of learners to implement ideas and innovations that emerge from the CoINs. Through the Improvement Network these approaches and other promising practices would be shared among health systems, local governments and non-profit partners working to improve community health for children and families.
- 3. Disseminate knowledge to influence policy and practice** by promoting promising strategies and broadening the network of those who want to advance better health for the entire community. The Inspiration Network is designed to improve connectivity among stakeholders doing the work and promote needed policy or payment changes to accelerate health system transformation.



Chronic diseases cost the U.S. an additional **\$1 TRILLION** each year in lost productivity.**



LOOKING BEYOND CLINICAL WALLS TO IMPROVE HEALTH

In Wilmington, DE hospital community health liaisons have partnered with the housing authority, the school system, Head Start, other health providers, and other planning and environmental groups to reduce air pollution to help children with asthma. To achieve this objective, Nemours and its partners identified specific areas where bus idling was prevalent in places where children spent time. Nemours has met with bus fleet managers and directors to raise awareness of these issues, reinforce the role of the bus driver in improving the health of children, and garner commitments to continue to comply with state air emissions regulations.***

To learn more about Moving Health Care Upstream, please visit MovingHealthCareUpstream.org, email MHCU@nemours.org or contact MHCU Leadership:

NEMOURS: Debbie Chang, Enterprise Vice President for Policy & Prevention, Deborah.Chang@Nemours.org

UCLA: Neal Halfon, Professor and Director of the UCLA Center for Healthier Children, Families and Communities, nhalfon@ucla.edu

*Centers for Disease Control & Prevention

**Partnership to Fight Chronic Disease & Partnership for Prevention

***This Wilmington, Delaware project was made possible, in part, by Grant 1c1cMS331017 from the Department of Health and Human Services, Centers for Medicare and Medicaid Services. The contents of this publication are solely the responsibility of the authors and do not necessarily represent the views of the Department or any of its agencies.