A Call to District Action: Linking Public Health Strategies to Reduction of Avoidable Hospitalizations

AROOSTOOK DISTRICT, MAINE (2010)

GOALS: To reduce avoidable hospitalizations by 50% by 2015 (through prevention, proper management, and appropriate treatment of disease).

	Prevention Quality Indicators (PQI's) that measure the potentially avoidable hospitalization rates that are major cost drivers in the state of Maine*:	Current Rates (Adjusted rate of admissions per 100K)	Goal (Reduction by 50% by 2015)	Cost savings in District given a 50% reduction by 2015
	Respiratory Infections			
1	Adult asthma admission rate*	108	54	$246,535
	Bacterial pneumonia admission rate*	497	249	$1,310,425
	Chronic obstructive pulmonary disease admission rate*	360	180	$951,125
	Heart Failure			
2	Congestive heart failure admission rate*	450	225	$1,204,795
	Hypertension admission rate*	39	20	$77,300
	Diabetes			
3	Diabetes short-term complication admission rate*	30	15	$78,396
	Diabetes long-term complication admission rate*	129	65	$393,885
	Uncontrolled diabetes admission rate *	9	5	$12,085
	Rate of lower-extremity amputation among patients with diabetes*	29	15	$142,540
		Total potential cost savings for Aroostook District:		$4,417,086

Population Health Indicators: If these indicators are addressed comprehensively by the system, there will be a measureable reduction in the rates of avoidable hospitalizations.

		Aroostook District	Maine	Goal (Movement of trend)
1,2,3	Percent of adults that are obese (report a BMI >=30) [2008]	31	26	↓
1,2,3	Percent of high school youth that are overweight or obese [2007]	n/a	26	↓
1,2,3	Percent of adults that have not exercised in the past 30 days [2008]	30	23	↓
2,3	Percent of high blood pressure among adults [2008]	32	31	↓
2,3	Percent of high cholesterol among adults [2008]	44	41	↓
2,3	Prevalence of diabetes among adults (%) [2008]	10	8	↓
3	Percent of adults with diabetes who have received a Hemoglobin A1c test at least once yearly [2008]	90	93	↑
1	Percent of adults with asthma [2008]	11	10	↓
1	Percent of child and youth asthma, <18 years old [2007]	n/a	9	↓
1,2,3	Percent of adults that report smoking at least 100 cigarettes and that they currently smoke [2008]	22	18	↓
1,2,3	Adolescent smoking prevalence, 6-12 graders (%) [2008]	15	12	↓
1,2,3	Percent of adults that report binge drinking in the past 30 days [2008]	14	16	↓
2,3	Previous 30-day alcohol use, 9th-12th graders (%) [2008]	34	35	↓
1,2,3	Percent of adults reporting fair or poor health status in last 30 days [2008]	18	13	↓
1,2,3	Mean physically unhealthy days/month for adults [2008]	4.0	3.5	↓
1,2,3	Mean mentally unhealthy days/month for adults [2008]	4.5	3.5	↓
1,2,3	Percent of adults with >=14 days of frequent mental distress in past month [2008]	14	10	↓
1	Percent ever had Pneumococcal vaccine, >=65 Years [2008]	68	72	↑
1	Percent, Influenza vaccine past year for adults >18 years [2008]	35	41	↑
1,2,3	Access to primary care physician (population to physician ratio) [2004]	1034::1	978::1	↓
2,3	Percent of adults with a routine dental visit in past year [2008]	68	70	↑
1,2,3	Number of visits to KeepMEWell.org (count)	n/a	125,000	↑

Context: Socioeconomic status.

	Aroostook District	Maine
Total population [2008]	71,676	1,316,456
Percent individuals living in poverty [2007]	17	12
Population density (people per mi^2) [2008]	11	43
Percent of population non-white [2008]	5	5
Percent of population between the ages of 18-64 years old [2008]	63	65
Percent 65 years and older [2005-07]	18	14
Percent of adults with lifetime educational attainment less than high school [2000]	23	15
Percent of householders >=65 Living Alone [2000]	13	11
Percent of adults with no health insurance [2008]	11	11
Percent of children age 0-18 years without health insurance [2006]	8	7

* Prevention Quality Indicator (PQI): Risk adjusted for age and sex, number of admissions per 100,000 population. Generated by the Maine Quality Forum using a tool created by the Agency for Healthcare Research and Quality (AHRQ). See back for further detail.