The future of health and healthcare

Stanford CARE Research Summer Symposium

August 14, 2020

Nirav R. Shah, MD, MPH
Senior Scholar, Stanford University
Addressing the Social Determinants of Health

New York State Medicaid investments

• Water fluoridation: $1 → $14 saved
• Nurse family partnership programs: $1 → $5.70 saved
• Housing: $388M → $1B saved
1% of MEMBERS

Total: 4.1 Million Members

29% of TOTAL HEALTH CARE COSTS

$4 Billion ($98,000 per member)

$10 Billion ($2,500 per member)

Total: $14 Billion 2015 Health Care Costs

https://catalyst.nejm.org/predictive-analytics-determine-next-years-highest-cost-patients/
Social Needs Prevalence
What are members screening positive for?

- High Prevalence
  - Caregiver Support (30%)
  - Financial (31%)
  - Affording healthy meals (27%)
  - Food didn’t last (26%)

- Medium Prevalence
  - Health literacy/ numeracy (24%)
  - Social Isolation (22%)
  - Transportation (18%)
  - Utilities (19%)
  - Medical Care Costs (17%)

- Lower Prevalence
  - Homelessness (8%)
  - Applying for public benefits (7%)
  - Financial Counseling (6%)
  - Child-related (4%)
  - Employment (3%)

Source: http://catalyst.nejm.org/health-care-that-targets-unmet-social-needs/
Community Organizations aren’t always helpful

- Help: 10%
- Hurt: 27%
- Other: 63%
Pilot designs must support rigorous evaluation, because of significant regression to the mean.

Source: Unpublished evaluation, A. Davis (personal communication)
Care Across the Continuum: A scaled approach matching resource intensity to patient need

Our diverse member population has varying levels of need. Highest risk patients spend almost 50x as much as the lowest risk. Each square below represents 1% of all patients.

Patients with greater and more complex needs should be proactively matched to more intense resources. Lower-need patients can be best served by standardized, low-touch, and self-service resources. The length of each bar below represents the amount of resources needed per person.

Source: https://catalyst.nejm.org/predictive-analytics-determine-next-years-highest-cost-patients/