

The cultural shift for healthcare

The Institute for Healthcare Improvement's *Triple Aim* recommends health systems redesign to improve patient experience, decrease costs, and improve the health of whole populations. Population health strategies at the local level is key to meeting *Triple Aim* goals. Rural health systems can work nimbly with colleagues and community agencies to make a targeted difference in community health.

Financial Impact

As the move to value-based care continues, health systems are becoming increasingly responsible for the total healthcare spend of their community. Investing in upstream interventions that keep patients out of the hospital will be critical as Jefferson Healthcare takes on more financial risk. As a small rural hospital, Jefferson Healthcare cannot invest in all of the social determinants of health, so we have identified those that have both immediate and lasting impact.

Population Health

Population Health evaluates the health outcomes of a group of individuals, the 'population', with the goal of optimizing those outcomes to create a healthier community. Population health focuses on social determinants of health as the primary factors influencing health. Determinants can include poverty, housing, employment, food security, social cohesion, and community safety.

In 2016 Jefferson Healthcare began looking at population-level interventions, specifically ones associated with the social determinants of health. The Jefferson Healthcare Population Health Department is positioned to create the bridge between traditional, individual medical care and healing the social needs of our community. The department works to expand the boundaries of health care delivery by designing and implementing projects to address determinants of health. In 2018, efforts targeted housing, food insecurity, and social isolation.

Housing

In 2017, JH received a grant from the WA Department of Health to evaluate the role of hospitals in housing. This work was extended with additional funding. JH is currently partnering with OlyCAP by subsidizing a housing complex that supports high-needs, housing vulnerable patients.

Food

JH is committed to providing healthy food to our patients, staff, and the broader community. This portfolio is specifically looking to address food insecurity in Jefferson County, which effects over 4,000 of our community members. The Vegetable Prescription program (VegRx) is an innovative partnership between JH and the local farmers markets and food co-op that focuses on food insecure families identified by primary care providers at well child visits.

Social Isolation

Social isolation has significant impacts on health, including an increased risk for chronic diseases, poor mental health, hospital readmissions, and other negative outcomes. This portfolio is exploring the feasibility of an intergenerational program for adults and children to address social isolation in our community.

In 2019, Jefferson Healthcare's Population Health Department will be expanding their portfolios to include financial health, early life, and transportation. Addressing these social needs at several levels – individual, family, community, institutional, and policy – encourages a comprehensive set of interventions to promote health.

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