

# *Pathways to Health Equity: Addressing Disparities, Improving Outcomes*

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Effectiveness Diversity Equity and Inclusion

**UPMC**  
LIFE CHANGING MEDICINE

# Health Equity

*Health equity is defined as the absence of unfair and avoidable or remediable differences in health among population groups defined socially, economically, demographically or geographically”.*



# Health Disparities



*Are preventable differences in the health status, outcomes, and access to healthcare services experienced by certain population groups. These disparities often arise due to a variety of factors including socioeconomic status, race, ethnicity, geography, gender, age, disability, and sexual orientation. Health disparities reflect inequities in the broader social, economic, and environmental conditions that impact people's health.*

# Key Examples

## Disparities

- Life Expectancy
- Infant Mortality
- Chronic Diseases
- Mental Health
- Access to Care
- Maternal Health

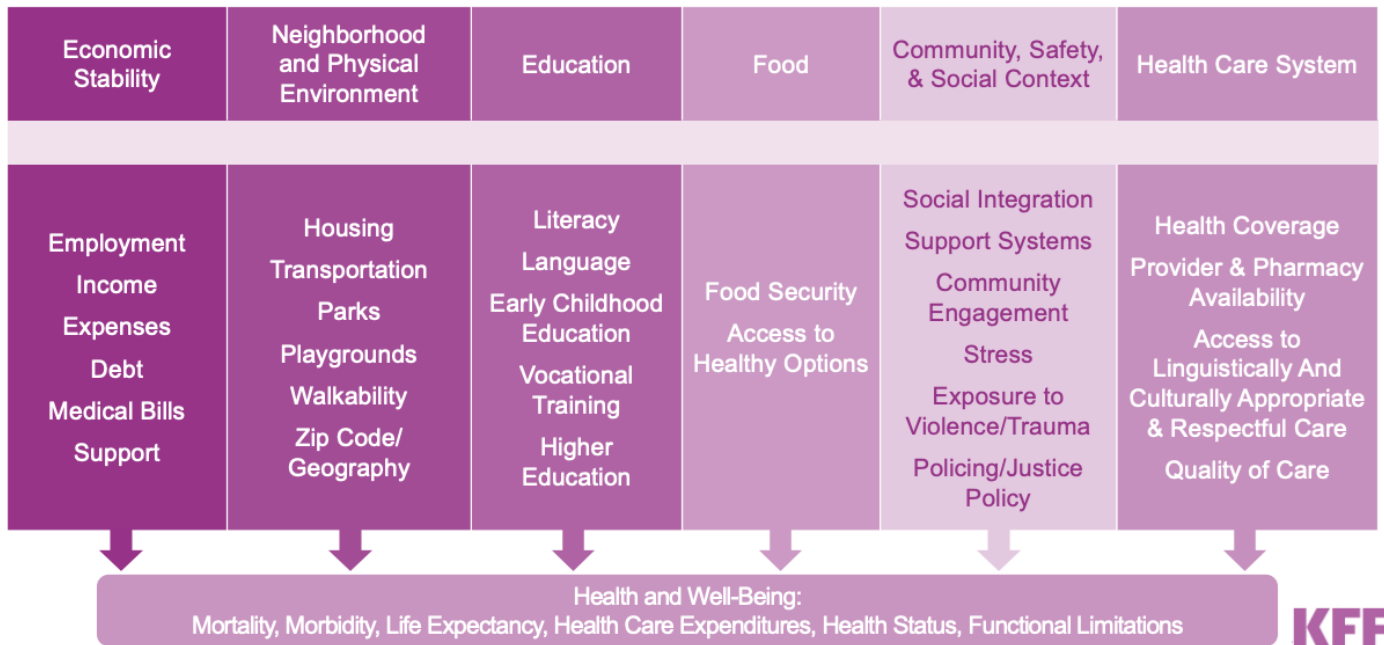
## Contributing Factors

- Socioeconomic Status
- Discrimination
- Geographic barriers
- Environmental Factors
- Cultural Barriers

# Social Determinants of Health

Figure 1

## Social Determinants of Health



# Economic Impact

- Excess Healthcare Spending
- Lost Productivity
- Public Program Strain
- Premature Death Costs



# Modeling the cost of health inequities in 2040

Cost of inequities today  
**\$320 billion**



We initially focused on a set of disease states to establish a baseline for the costs potentially attributed to inequities and bias

*Expected changes in population demographics, cost of care, and per capita spending*



Cost of inequities in 2040  
**\$1 trillion**



Using the assumptions from these disease states and disparities research, we extrapolated to all other disease states



# What we are doing!

Mission Effectiveness, Diversity Equity and Inclusion



# Providing Care for the Region

In Fiscal Year 2022, **UPMC in Central Pa.** contributed **\$173 million in community benefits** ay.

## Supporting Programs That Enhance the Health of the Community

Many of these programs address health priorities identified in our central Pa. CHNAs.

100 Community Health Education programs through the CARES program with approximately 25,000 attendees.

Provided more than 200 onsite health education programs, vaccinations and screenings.

Supported 500 community events across the region.



# UPMC in Central Pennsylvania

- UPMC has **seven acute care hospitals** in central Pa.
  - Also offers the Helen M. Simpson Rehab Hospital, a 55-bed inpatient rehab hospital jointly owned with Select Medical.
- UPMC offers access to more than **200 outpatient locations**, including primary and specialty care, UPMC Urgent Care centers, and UPMC Hillman Cancer Centers.
- UPMC is the leading health care employer in central Pennsylvania with **more than 13,000 employees, including more than 3,100 physicians and allied health professionals.**



**51,350+**  
Admissions

**1.4M+**

Outpatient Visits



**222,700+**  
ED Visits

**6,600+**

Birth/Deliveries



**1,283**  
Licensed Beds

**400+**

Clinical Trials



# Mission Effectiveness, Diversity & Inclusion

## Diversity & Inclusion

Language Services

Education

Health Disparities

Workforce  
Development

Health Equity

## Community Initiatives

Insurance Enrollment

Community Health  
Needs Assessment

SDOH

Community Benefits

## Community Health Services

Kline

Home Visit Services

Para Medicine

Opioid Treatment

REACCH

## Volunteer Services

Adult Volunteer  
Program

Student Volunteer  
Program

Gift of Heart

## Spiritual Care

Faith Community  
Health Connection

CPE

Chaplain Training

Bereavement Services

Staff Support Services

# Our Vision for Mission Effectiveness

Improved health for the community through cost-effective population health management with a focus on reducing health disparities and empowering vulnerable and undeserved populations to access and utilize health care through education and care coordination



# SHARPENING OUR FOCUS

## Addressing Health Disparities and Health Equity

Areas of Focus	Strategic Action
People	<ul style="list-style-type: none"><li>• Youth Wellness-expanding to UPMC Hanover, Memorial and Lititz</li><li>• COVID response Program</li><li>• Language Services</li><li>• Trauma Informed Care</li><li>• Street Medicine</li><li>• Virtual Community Health</li><li>• SMILES-Dental Services</li></ul>
Quality	<ul style="list-style-type: none"><li>• Kline Health Center</li><li>• Kline Specialty Care</li><li>• REACCH-HIV/AIDS Clinic</li><li>• Para medicine, Home Visits,</li></ul>
Finance	<ul style="list-style-type: none"><li>• Community Benefits</li><li>• Insurance Enrollment</li></ul>

# UPMC Community Health Needs Assessments

Listening to Our Communities and Addressing Their Needs

## LIVING OUR MISSION

UPMC's mission is to **serve our community** by providing outstanding patient care and to shape tomorrow's health system through clinical and technological innovation, research, and education.



- ✓ System-wide approach customized to each local community.
- ✓ Prioritizing most pressing needs based on community input.
- ✓ Facilitated by University of Pittsburgh School of Public Health.

- ✓ Completed CHNA with UPMC on June 30, 2022.
- ✓ Conducted every three years to meet IRS 501(r) guidelines.
- ✓ Opportunity to highlight UPMC's community health activities.



# UPMC Hospitals in Central Pa.

**ACTION REQUIRED**  
Mark an "x" to indicate 2022 priorities and submit to Special Projects

HEALTH NEEDS	ISSUES	EXISTING PRIORITIES 2019 CHNA	NEW PRIORITIES 2022 CHNA
CHRONIC DISEASE MANAGEMENT	Obesity		x
	Heart Disease and Stroke		x
	Respiratory Disease		
	Diabetes		x
	Cancer		
BEHAVIORAL HEALTH	Opioid Addiction and Substance Abuse	x	x
	Access to Behavioral Health Services	x	x
ACCESS TO CARE AND NAVIGATING RESOURCES	Primary Care		
	Specialty Care	x	x
	Care Coordination	x	x
	Palliative and End-of-Life Care		x
PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING	Community Prevention and Wellness Initiatives	x	x
	Interpersonal Safety		
	Health-Related Social Needs	x	x

IMPLEMENTATION PLAN CONTACT(S): Elisabeth Perez 717-782-5522

# Central Pa. Regional CHNA Progress Update

July 1, 2022 – Present

## BEHAVIORAL HEALTH



### **MAT Mobile Unit**

Collaborated with the Center for Addiction Recovery at UPMC in Central Pa. to provide medication-assisted treatment (MAT) to nearly 500 individuals in Cumberland, Dauphin, and York counties.

### **Mental Health First Aid**

Hosted Mental Health First Aid trainings to teach the public how to identify common signs and symptoms of mental health illnesses and substance abuse challenges in adults.

## ACCESS TO CARE AND NAVIGATING RESOURCES



### **Home Visit Program**

Cared for more than 300 homebound patients in Dauphin County and launched the program in York County.

### **End-of-Life Educational Tour**

Promoted education and awareness of Advanced Care Directives by reaching out to community members through a flea market. Engaged 1,000 people, resulting in 40 advanced care directives.

## PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING



### **Healthy Harrisburg**

Filled gaps in access to gyms and exercise classes by offering eight weeks of group fitness classes, which are free to Harrisburg city residents.

### **Street Medicine Program**

Offered medical care or help navigating resources to more than 400 unsheltered individuals.



# Working to Advance Health Equity

Central Pa. Regional CHNA Progress Update (July 1, 2022 – Present)

## ACCESS TO CARE AND NAVIGATING RESOURCES

### Enhancing Access to Care for Rural Communities

Increasing the convenience and accessibility of health care services by expanding access to behavioral health specialists and specialty providers.



### Transportation Vouchers:

Provided approximately 250 bus passes to patients who faced transportation barriers in accessing their prospective programs, appointments, or health services in Cumberland and York counties.

### Overcoming Language Barriers to Care

Enhancing translation services to provide linguistically and culturally appropriate and respectful health care.



### Language Assistance:

Provided translation services more than 36,000 times to non-English speaking patients and Deaf and hard of hearing patients.

## PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING

### Addressing the Health Needs of Underserved Populations

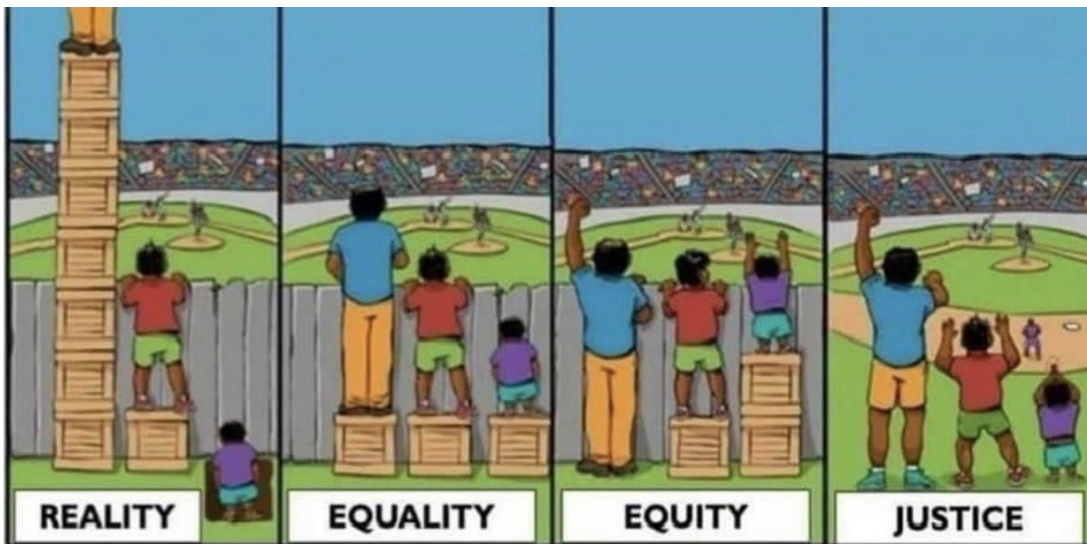
Offering programs that address economic and social barriers to health.



### Diversifying Doulas:

Connected 68 pregnant women of color with experienced doulas, free of charge, to provide care and education in Lancaster county.

# Achieving Health Equity



## REALITY

One gets **more than** is needed, while the other gets **less than** is needed. Thus, a huge disparity is created.

## EQUALITY

The assumption is that **everyone** benefits from the same supports. This is considered to be equal treatment.

## EQUITY

**Everyone** gets the support they need, which produces equity.

## JUSTICE

All 3 can see the game without supports or accommodations because the cause(s) of the inequity was addressed. The systemic barrier has been removed.

# Access To Care Focusing on Communities of Color



# Center for Addiction Recovery Mobile Unit Meeting People Where They Are!



# Q&A

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**Thank You!**

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