



The Hospital + Healthsystem
Association of Pennsylvania

Leading for Better Health



Getting Healthier is the Key to Spending Less

Population Health

"Health outcomes of a group of individuals, including the distribution of such outcomes within the group."

David Kindig, MD, PhD

Health Disparities

"Preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations."

**Centers for Disease Control
and Prevention**

Determinants of Health

"The range of personal, social, economic, and environmental factors that influence health status."

Healthy People 2020

The Institute for Healthcare Improvement created a "Triple Aim" framework to optimize health system performance.



Three Pillars of the Triple Aim

- Improving the patient experience
- Improving health of populations
- Reducing per capita costs of health care

Population health programs focus on more than sudden illness and complex diseases.

To get healthier, we must:

- Focus on preventive health and wellness
- Provide the right care in the right place at the right time
- Create cost-effective processes
- Improve patient outcomes
- Reduce health disparities—improve equal access to services
- Identify policies to address disparities
- Implement evidence-based programs
- Increase patient engagement in decision making
- Analyze outcome trends for disease groups
- Address determinants
 - Social—Income, education, employment, culture, poverty, public safety
 - Physical—Water and air quality, environment, urban design, neighborhoods



That's why hospitals are working to keep people healthy and out of the hospital as well as taking excellent care of them when they are sick or injured.

HAP created a population health dashboard to monitor current statewide performance in measures spanning:

- Community health
- Disease prevalence
- Mental health and substance use disorder
- Risk factors for disease
- Women's health

HAP uses these measures to drive our advocacy efforts through Healthy Me PA and other forms of education and outreach.

