



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Population Health

A Primer for Psychologists

PARINDA KHATRI, PhD

Chief Clinical Officer, Cherokee Health Systems

WHO definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.

The Definition has not been amended since 1948.

“That means moving away from a system that focuses on episodic care in response to acute illness toward a system that is proactive and emphasizes health across a lifetime.”

—World Health Organization

“No mass disorder afflicting mankind is ever brought under control or eliminated by attempts at treating the afflicted individual or by attempts at producing large numbers of individual practitioners”

—George Albee, Psychologist

Population Health as a Concept of Health

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

—Kindig & Stoddart (2003)

Country Rankings

Mirror, Mirror On The Wall...

Top 2*
Middle
Bottom 2*



Overall Ranking (2013)	4	10	9	5	5	7	7	3	2	1	11
Quality Care	2	9	8	7	5	4	11	10	3	1	5
Effective Care	4	7	9	6	5	2	11	10	8	1	3
Safe Care	3	10	2	6	7	9	11	5	4	1	7
Coordinated Care	4	8	9	10	5	2	7	11	3	1	6
Patient-Centered Care	5	8	10	7	3	6	11	9	2	1	4
Access	8	9	11	2	4	7	6	4	2	1	9
Cost-Related Problem	9	5	10	4	8	6	3	1	7	1	11
Timeliness of Care	6	11	10	4	2	7	8	9	1	3	5
Efficiency	4	10	8	9	7	3	4	2	6	1	11
Equity	5	9	7	4	8	10	6	1	2	2	11
Healthy Lives	4	8	1	7	5	9	6	2	3	10	11
Health Expenditures/Capita, 2011**	\$3,800	\$4,522	\$4,118	\$4,495	\$5,099	\$3,182	\$5,669	\$3,925	\$5,643	\$3,405	\$8,508

Notes: * Includes ties. ** Expenditures shown in \$US PPP (purchasing power parity); Australian \$ data are from 2010.
 Source: Calculated by the Commonwealth Fund based on 2011 International Health Policy Survey of Sicker Adults; 2012 International Health Policy Survey of Primary Care Physicians; 2013 International Health Policy Survey; Commonwealth Fund *National Scorecard 2011*; World Health Organization; and Organization for Economic Cooperation and Development, *OECD Health Data, 2013* (Paris: OECD, Nov. 2013).

Healthcare in the U.S.

- **Unsustainable healthcare costs**
 - Most expensive in the world
 - Fastest growth rate in world
 - Highest % of GDP in world
- **Poor Outcomes**
 - Lowest rank of industrialized nations
 - Lower ranking among all nations
 - Significant disparities in health and healthcare

The Way We Were: Healthcare Focus

- Pathology and illness
- Improving health “one person at a time”
- Limited access to care
- Delayed and inconsistent care
- Intensive services for a few individuals
- Fragmented silos of care
- Payment for volume of care

Paradigm Shift: Healthcare Focus Now

- **Population Health**
- **Triple Aim**
- **Patient and Family Centered Care**
- **Value Based Payment Models**

Emerging Trends in Population Health Management

- **Population Risk Stratification**
- **Primary and At-Risk Intervention**
- **Disease and Complex Care Management**
- **Patient/Family Engagement and Activation**
- **Widespread Use of Health Information Technology**
- **Focus on Data**
- **Payment/Incentives Aligned with Outcomes**

Population Health at 30,000 feet

- **Increased collaboration** between organizations and systems of care
- **Community involvement** in management and design of healthcare services
- **Involvement in wide range of partners and services** to address determinants of health
- **Healthcare financing** aligned with improvements in population health

Population Health at 10,000 feet

- **Population segmentation** and risk stratification
- **Targeted strategies** to improve health depending on level of need and risk
- Programmatic interventions **targeting different groups** within a population
- Focus on eliminating **health disparities**
- Global and flexible funding to **support value and efficacy based care**

Population Health on the Ground

- Collaborations among all stakeholders
- Attention to cost of care
- Focus on outcomes – individual and group
- Access a priority
- Expanded scope of healthcare
- Strengthening of primary care systems
- Continuity of care

Implications for Health Psychologists

- **Broaden clinical practice** to include health promotion, prevention, and at risk intervention
- **Build partnerships** with stakeholders in healthcare 'neighborhood'
- **Open Access**
- **Focus on value of care**
- **Track outcomes**
- **Communicate and collaborate**

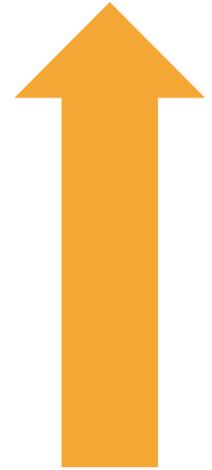
Use Your Compass



Cost of Care
Health Disparities



Access
Clinical Quality
Population
Health





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