An Ounce of Prevention is Worth A Pound of Cure: The Annual Wellness Visit Toolkit

Orange County Healthy Aging Initiative (OCHAI)

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OCHAI: Who We Are

• Formed in early 2013; now subcommittee of Orange County Aging Services Collab (OCASC)

• Members: OCHCA, CSU Fullerton, Office on Aging, Council on Aging, UCI, Alzheimer’s Orange County, Social Services Agency, SeniorServ, St. Joseph Health, CalOptima, geriatricians, others

• Initial goal: to assist/ improve county-wide comprehensive strategic planning to address current and future needs
Older Adult Data Resources

http://www.ochealthiertogether.org/

ORANGE COUNTY OLDER ADULT PROFILE, 2016
## Some Sobering Statistics
### Adults > 65 in OC

<table>
<thead>
<tr>
<th>Disease</th>
<th>Prevalence</th>
<th>Comparison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>27.7%</td>
<td><img src="image" alt="Comparison" /></td>
</tr>
<tr>
<td>Hypertension</td>
<td>55.9%</td>
<td><img src="image" alt="Comparison" /></td>
</tr>
<tr>
<td>Diabetes</td>
<td>26.5%</td>
<td><img src="image" alt="Comparison" /></td>
</tr>
<tr>
<td>Dementia</td>
<td>11.7%</td>
<td><img src="image" alt="Comparison" /></td>
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</tbody>
</table>

[http://www.ochealthiertogether.org/](http://www.ochealthiertogether.org/)
So what are we doing about all this?

Priority Area 2: Older Adult Health

Key Findings: By 2040, 1 in 4 residents of Orange County will be 65 or older. The public health system is challenged to meet the needs of this growing population.

Goal 1: Improve wellness and quality of life of older adults in Orange County.
Objective: Increase early identification of conditions that commonly affect older adults by increasing utilization of the Annual Wellness Visits by 5% each year.

>Highlighted Strategy: Increase consumer outreach and education about the Annual Wellness Visit.

Objective: Reduce complications of chronic disease by increasing completion rates in chronic disease self-management program by 10%.

>Highlighted Strategy: Develop a lay leader recruitment program among senior/health providers.

http://www.ochealthhiertogether.org/
Annual Wellness Visit (AWV) Toolkit

• For medical providers in OC
• Tools for performing the visit
• Local resources for older patients
What is the AWV?

• Medicare benefit since 2011
• **Not** an annual physical exam; it is a visit to focus on prevention and:
  – Detect risks to health
  – Provide information/referrals to address risks
  – Schedule preventive services
  – Encourage healthful behaviors
What Center for Medicare Services (CMS) Says About Prevention

“CMS is committed to promoting the appropriate use of Medicare preventive services. Medicare now covers a broad range of services to prevent disease, detect disease early when it is most treatable and curable, and manage disease so that complications can be avoided...”
Why is Prevention Important?

• Being healthy is more fun than being sick
  – With better health, seniors are more likely to keep their independence, have better quality of life and have positive emotional/mental health

• Being healthy is cheaper than being sick
  – Average health care cost for an older person with no chronic conditions is about $1/5$ that of a person with 5 or more chronic conditions, and $1/10$ that of a person in a long-term care facility

What Can You Expect During an AWV? (Part 1)

• Fill out some paperwork
• Have a few tests
• Talk to your provider about being healthy, not about illness
Paperwork

• Health Risk Assessment
• List of medications and providers
• Home Safety Checklist
• Fall risk self-assessment
Health Risk Assessment (HRA)

• Behavioral risks
  – Exercise, diet, smoking, alcohol intake, etc.

• Psychosocial risks
  – Isolation, mistreatment, lack of food, money, transportation and/or support

• Activities of daily living (ADLs)
  – Eating, bathing, dressing, cooking, cleaning, shopping, managing finances, etc.
Super OC Seniors: Involved and Active!

Lahoma Snyder: at 80 years old, worked 30+ hours per week with the OC Long Term Care Ombudsman Program

www.ocregister.com, 2014

Serafin Zasueta: at age 74, “Sef” is an accomplished athlete, placing first in the 70+ division of the San Diego International Triathlon. Sef regularly rides 40+ miles every weekend, and swims, runs or rides several times a week
Tests During the Visit

• Height, weight, body mass index (BMI), blood pressure
• Screen for depression
• Assess walking stability (if indicated)
• Assessment of cognitive (mental) function
What Can You Expect During an AWV? (Part 2)

• Personalized preventive plan, including:
  – Written schedule of preventive services for next 5-10 years
  – Referrals for counseling or behavioral therapy as needed
  – Resources as needed

• Health advice and education
Did You Know?
Adults > 65 in OC

2 out of 10 have not had recommended screenings for colon cancer\(^1\)

3 out of 10 did not get a flu shot in last 12 months\(^2\)

A provider’s recommendation is the first step in improving these numbers!

What Preventive Services Does Medicare Cover?

• Screenings: for cancers, diabetes, high cholesterol and other conditions
• Vaccinations: influenza, pneumonia, Hepatitis B
• Behavior therapy and counseling: diabetes, nutrition, obesity, quitting smoking, etc.
Other Contents of the AWV Toolkit

• Resources and referrals: local agencies/organizations that can help address issues that are identified during the AWV
• Patient education: brochures with information about issues that may be identified during AWV
• Elder abuse: prevention, detection, reporting
• Advance directive
Want to See the Toolkit?

• All materials available online on Orange County Aging Services Collaborative (OCASC) website:
  http://www.ocagingservicescollaborative.org/annual-wellness-visit-toolkit

• Questions/comments welcome! E-mail us at OCHAI@ocagingservicescollaborative.org
Determinants of Health

Genetics

Access to Care

Income

Education

Behaviors

Social Factors
“Silver buckshot, not a silver bullet”

Successful aging requires more than just one intervention/behavior, but multiple behaviors.....
Blue Zones: Power 9®

1. Move naturally (moderate, regular physical activity)
2. Life purpose
3. Down shift (stress reduction)
4. 80% rule (moderate caloric intake)
5. Plant slant (mostly plant-based diet)
6. Wine @ 5 (moderate alcohol intake, especially wine)
7. Belong (engagement in spirituality or religion)
8. Loved ones first (family life)
9. Right tribe (social engagement)

https://bluezones.com/
AARP/Blue Zones Vitality Project

- These practices are applicable to other communities
- North Karelia, Finland¹:
  - 1972 highest rate of heart attack mortality in the world
  - Public health physician started movement to stop smoking and change diet
  - 25 years later, cardiovascular mortality down 73%, life expectancy up 7 years
- Albert Lea, Minnesota, 2009²:
  - Changes in physical and social environment and diet
  - Estimated increase in life expectancy of 3 years, reduced work absenteeism and healthcare costs

One Out of One Doctor Recommends:

- Get moving!
- Get connected
- Get a purpose
- Get the right amount/type of food
- Get your AWV!

Thank you for your attention!
Any questions?