

Health in Alabama's Third Century

Dr. Monica Baskin



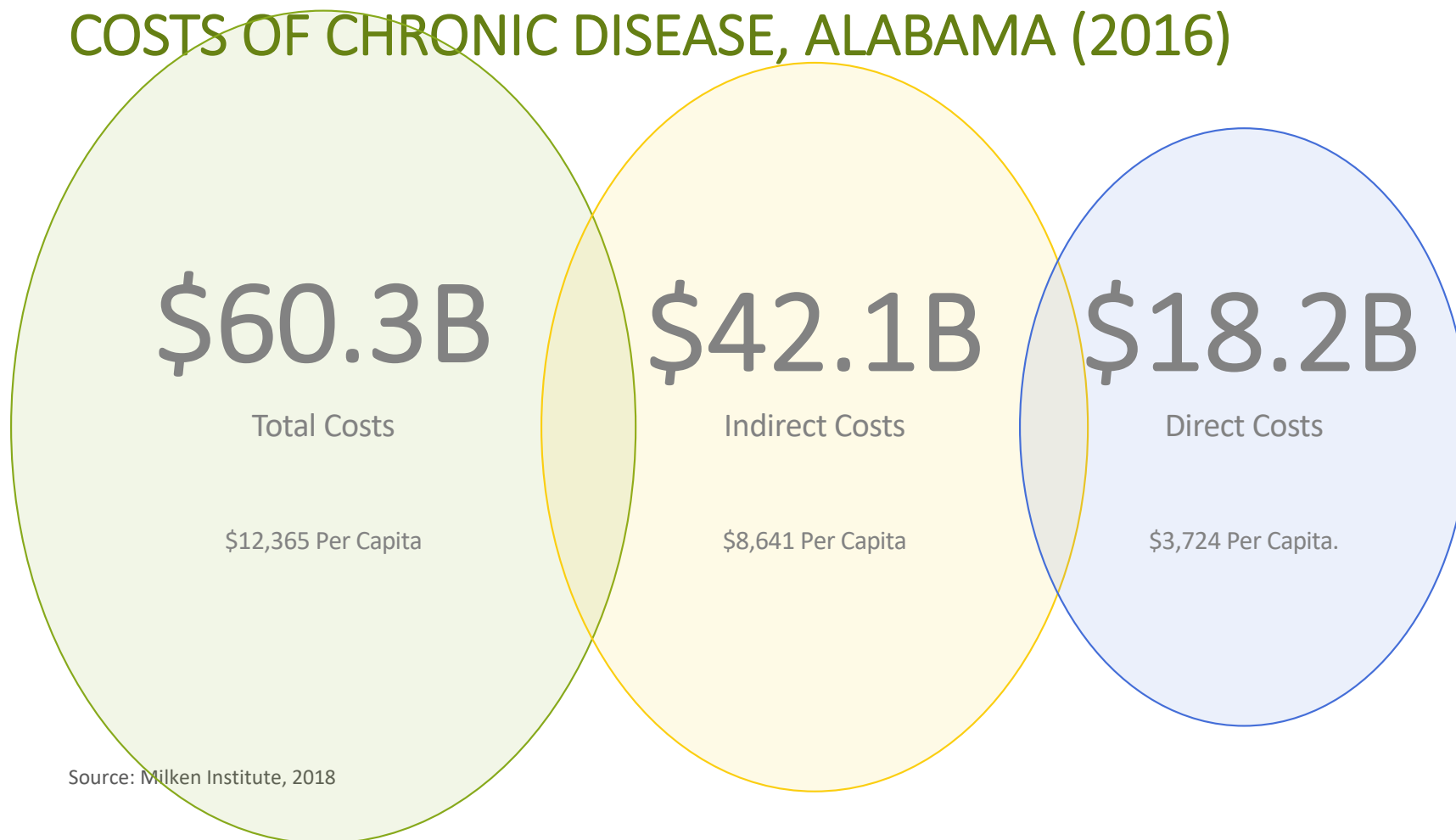
HEALTH IN ALABAMA'S THIRD CENTURY

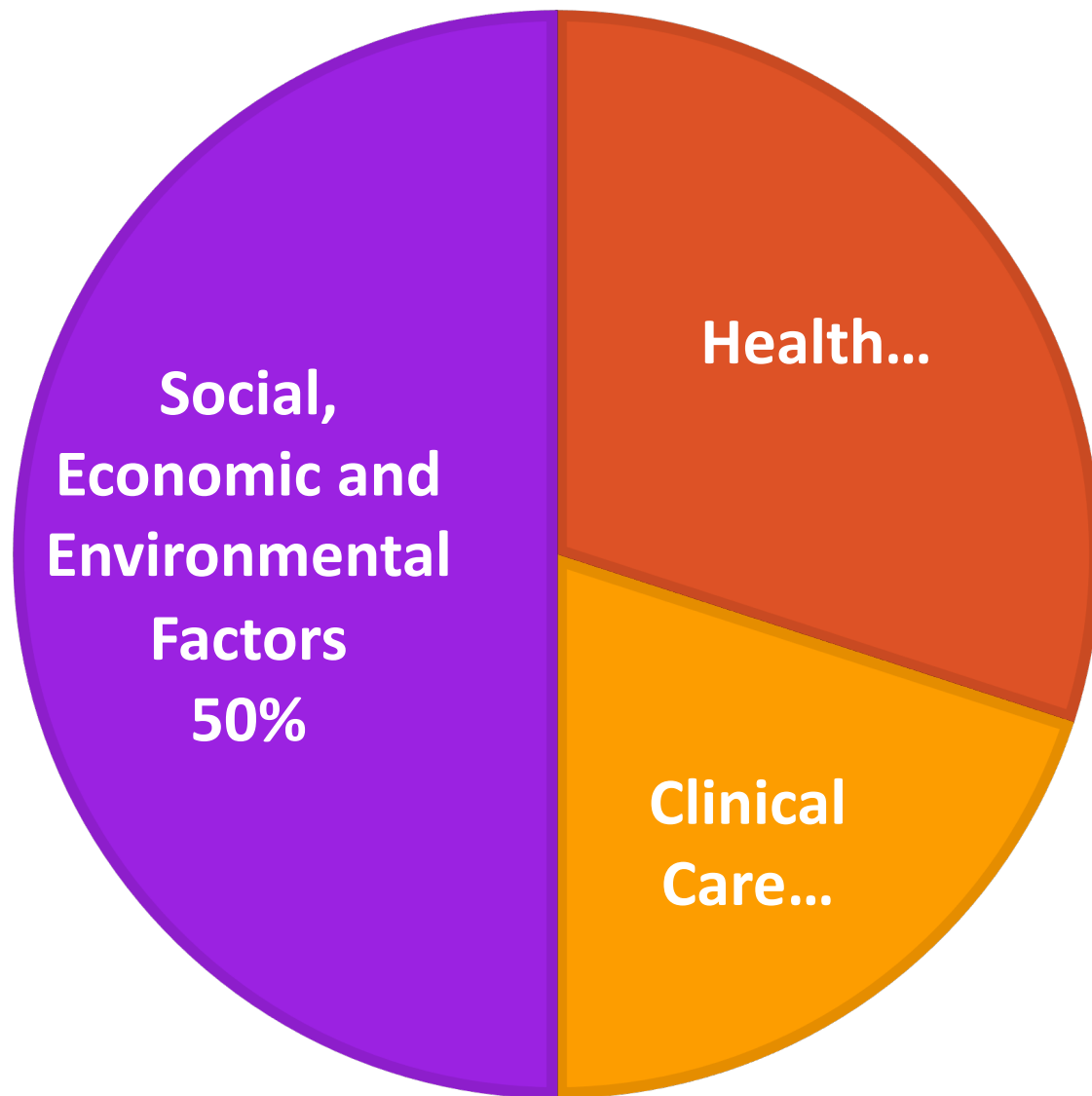
MONICA L. BASKIN, PHD

WHAT IS.....

\$60,300,000,000?

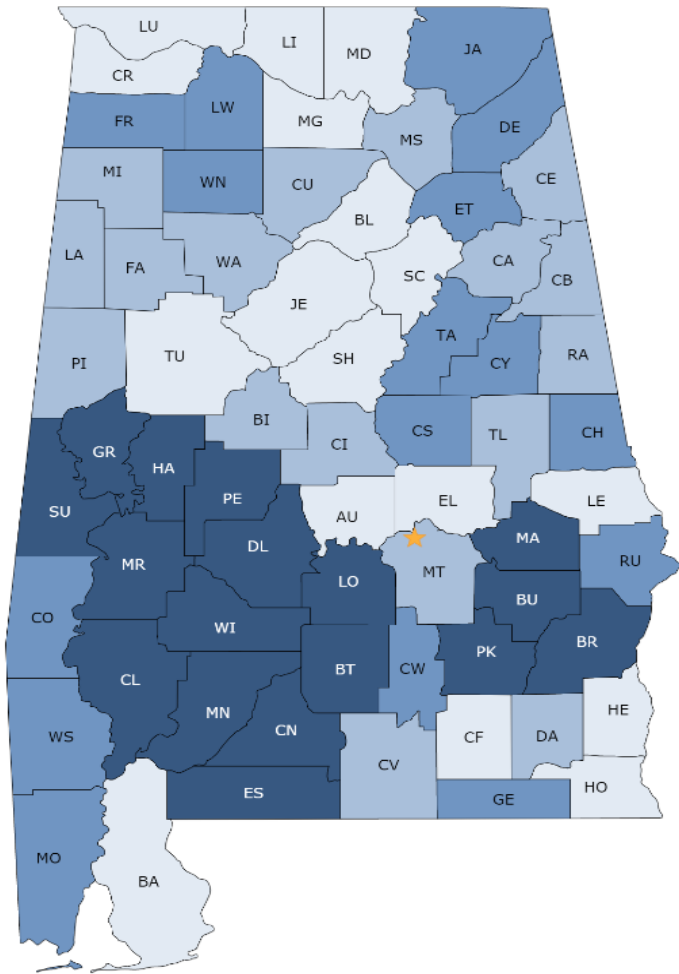
COSTS OF CHRONIC DISEASE, ALABAMA (2016)





FACTORS INFLUENCING HEALTH

2019 Health Factors - Alabama



Rank 1-17 Rank 18-34 Rank 35-50 Rank 51-67

<http://www.countyhealthrankings.org>

*Place
Matters*
for Health

*Health
Equity*

=

Everyone has a fair
opportunity to live a
long and healthy life.



THE
VISION



FACILITATING HEALTHY BEHAVIORS

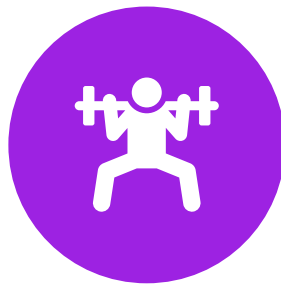
CHRONIC DISEASE PREVENTION



Healthy
Diet



Healthy
Weight



Physical
Activity

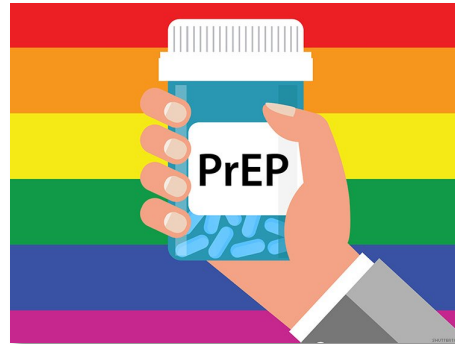


Quit
Smoking

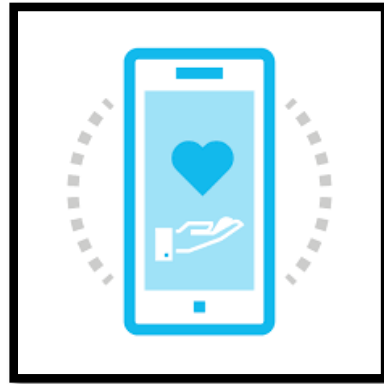


Treatment
Adherence



[illegible]

DISSEMINATION OF EVIDENCE-BASED PROGRAMS



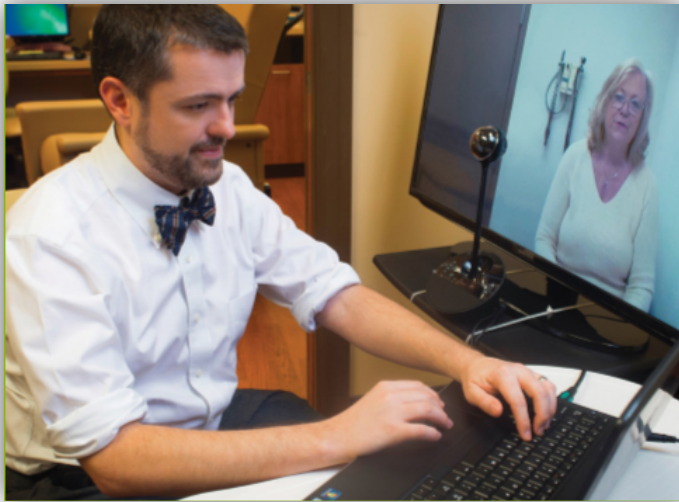
Digital platform that incorporates content to support healthy habits for over 25 chronic conditions, including:

- Type 2 Diabetes
- Weight Management
- Hypertension
- High Cholesterol
- Cancer

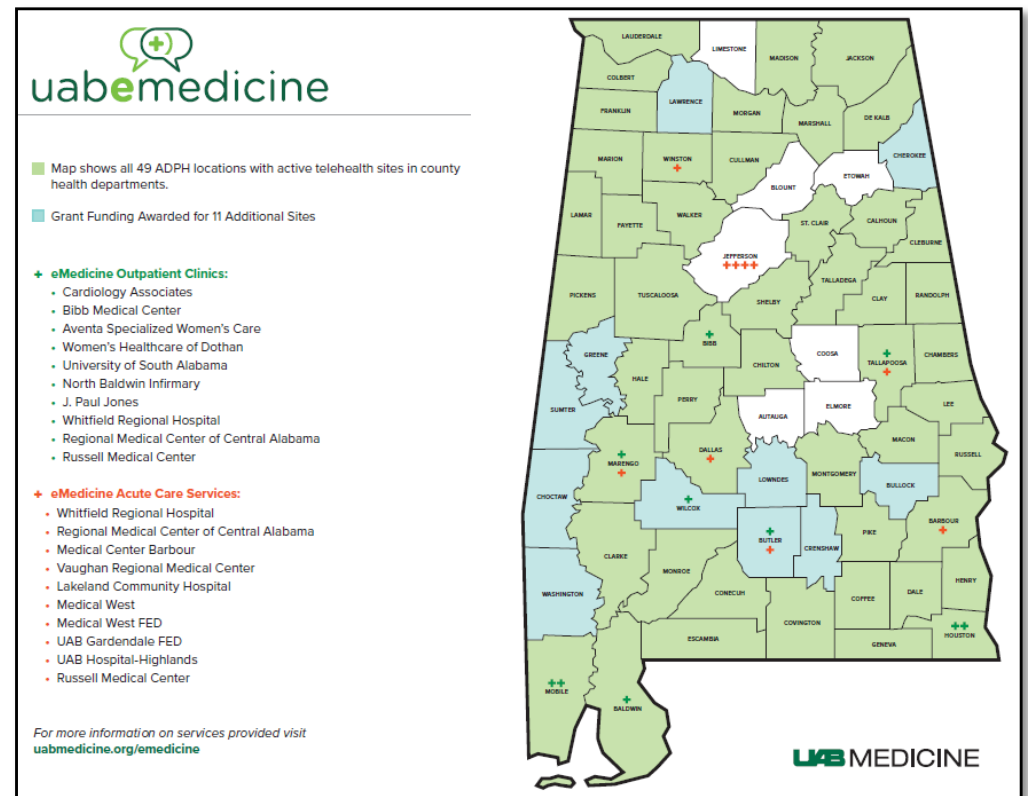
<https://solutions.packhealth.com/>



Access to High Quality Care



Virtual Specialty Consults



- 1,472 ambulatory visits that have saved a total of 157,127 miles of driving
- This equates to an emissions reduction of taking 13 cars off the road for a year.
- 2,611 hours of patients' driving time saved—a savings of \$54,962 in employee productivity.



- Total costs declined by \$781.29 more per quarter per navigated patient for an estimated \$19 million decline per year across the network.
- Emergency room visits, hospitalizations and intensive care unit admissions decreased per quarter by 6 percent, 7.9 percent and 10.6 percent, respectively.



HEALTH PROMOTING SOCIAL, ECONOMIC AND BUILT ENVIRONMENTS



Launched the Mental Health In School Collaborative Plan to build a sustainable and connected system of support in four participating districts

- **TRAINING**
- **ASSESSMENT**
- **SERVICES**

- More than 11,000 Central Alabama students have received behavioral screening.
- Nearly 400 teachers and staff have received mental health training.



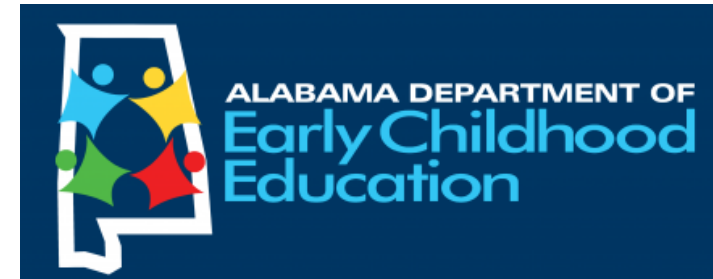
Children's
of Alabama®



UAB THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM



BIRMINGHAM'S HEALTH DISTRICT
INCREASE IN AGE TO PURCHASE TOBACCO (NOW 21)



PREPARING FOR SCHOOL SUCCESS

THERE IS HOPE
FOR A MORE
HEALTHY
ALABAMA IN ITS
3RD CENTURY!



JUST NEED TO ADD SOME ICE

- **Innovation**
- **Collaboration**
- **Equitable Dissemination**

THANK YOU!

