

# A Call to District Action: Linking Public Health Strategies to Reduction of Avoidable Hospitalizations

**AROOSTOOK DISTRICT, MAINE (2010)**

**GOALS: To reduce avoidable hospitalizations by 50% by 2015 ( through prevention, proper management, and appropriate treatment of disease).**

Prevention Quality Indicators (PQI's) that measure the potentially avoidable hospitalization rates that are major cost drivers in the state of Maine*:		Current Rates (Adjusted rate of admissions per 100K)	Goal (Reduction by 50% by 2015)	Cost savings in District given a 50% reduction by 2015
<b>Respiratory Infections</b>				
1	Adult asthma admission rate*	108	54	\$246,535
	Bacterial pneumonia admission rate*	497	249	\$1,310,425
	Chronic obstructive pulmonary disease admission rate*	360	180	\$951,125
<b>Heart Failure</b>				
2	Congestive heart failure admission rate*	450	225	\$1,204,795
	Hypertension admission rate*	39	20	\$77,300
<b>Diabetes</b>				
3	Diabetes short-term complication admission rate*	30	15	\$78,396
	Diabetes long-term complication admission rate*	129	65	\$393,885
	Uncontrolled diabetes admission rate*	9	5	\$12,085
	Rate of lower-extremity amputation among patients with diabetes*	29	15	\$142,540
			<b>Total potential cost savings for Aroostook District:</b>	<b>\$4,417,086</b>

**Population Health Indicators: If these indicators are addressed comprehensively by the system, there will be a measureable reduction in the rates of avoidable hospitalizations.**

		Aroostook District	Maine	Goal (Movement of trend)
1,2,3	Percent of adults that are obese (report a BMI >=30) [2008]	31	26	↓
1,2,3	Percent of high school youth that are overweight or obese [2007]	n/a	26	↓
1,2,3	Percent of adults that have not exercised in the past 30 days [2008]	30	23	↓
2,3	Percent of high blood pressure among adults [2008]	32	31	↓
2,3	Percent of high cholesterol among adults [2008]	44	41	↓
2,3	Prevalence of diabetes among adults (%) [2008]	10	8	↓
3	Percent of adults with diabetes who have received a Hemoglobin A1c test at least once yearly [2008]	90	93	↑
1	Percent of adults with asthma [2008]	11	10	↓
1	Percent of child and youth asthma, <18 years old [2007]	n/a	9	↓
1,2,3	Percent of adults that report smoking at least 100 cigarettes and that they currently smoke [2008]	22	18	↓
1,2,3	Adolescent smoking prevalence, 6-12 graders (%) [2008]	15	12	↓
1,2,3	Percent of adults that report binge drinking in the past 30 days [2008]	14	16	↓
2,3	Previous 30-day alcohol use, 9th-12th graders (%) [2008]	34	35	↓
1,2,3	Percent of adults reporting fair or poor health status in last 30 days [2008]	18	13	↓
1,2,3	Mean physically unhealthy days/month for adults [2008]	4.0	3.5	↓
1,2,3	Mean mentally unhealthy days/month for adults [2008]	4.5	3.5	↓
1,2,3	Percent of adults with >=14 days of frequent mental distress in past month [2008]	14	10	↓
1	Percent ever had Pneumococcal vaccine, >=65 Years [2008]	68	72	↑
1	Percent, Influenza vaccine past year for adults >18 years [2008]	35	41	↑
1,2,3	Access to primary care physician (population to physician ratio) [2004]	1034::1	978::1	↓
2,3	Percent of adults with a routine dental visit in past year [2008]	68	70	↑
1,2,3	Number of visits to KeepMEWell.org (count)	n/a	125,000	↑

**Context: Socioeconomic status.**

	Aroostook District	Maine
Total population [2008]	71,676	1,316,456
Percent individuals living in poverty [2007]	17	12
Population density (people per mi <sup>2</sup> ) [2008]	11	43
Percent of population non-white [2008]	5	5
Percent of population between the ages of 18-64 years old [2008]	63	65
Percent 65 years and older [2005-07]	18	14
Percent of adults with lifetime educational attainment less than high school [2000]	23	15
Percent of householders >=65 Living Alone [2000]	13	11
Percent of adults with no health insurance [2008]	11	11
Percent of children age 0-18 years without health insurance [2006]	8	7

\* Prevention Quality Indicator (PQI): Risk adjusted for age and sex, number of admissions per 100,000 population. Generated by the Maine Quality Forum using a tool created by the Agency for Healthcare Research and Quality (AHRQ). See back for further detail.