

The Office of the Chief Medical Officer

# Bold Goal

2019 Progress Report

-2.9%

reduction in  
Unhealthy Days  
for MA members  
with diabetes

11.3% prevalence  
of diabetes<sup>2</sup>

More than 15% of residents  
are food  
insecure<sup>3</sup>

Humana®

GCHKFFQEN 0419

## We are making progress

Social, environmental and economic factors influence about 70 percent of what makes people healthy.<sup>1</sup> Given this, we must focus on not only clinical challenges, but also the social needs that impact an individual's whole health. This is why we announced our Bold Goal four years ago, and why it continues to be a key strategy for our organization. Through our Bold Goal, in partnership with nonprofit organizations, businesses, government leaders and healthcare professionals, we are working to identify the root causes of poor health and build an integrated health ecosystem that meets people where they are.



### Kansas City Metro

Scaling food insecurity interventions for maximum impact

Overall, Humana Medicare Advantage (MA) members in Kansas City saw a slight reduction in Unhealthy Days from 2015 to 2018. Those MA members living with diabetes saw a 2.9 percent reduction, and those with depression saw a 7.2 percent reduction. In 2018, Humana partnered with the VFW and After the Harvest to collect enough food for more than 54,000 meals. Humana also collaborated with Walgreens and other clinical partners to screen more than 15,000 individuals for food insecurity. Kansas City is expanding screenings of social determinants and Healthy Days with physician practices.

## Moving forward: 2020 and beyond

Improving population health is a long-term investment and journey. As we move toward 2020, we are making plans for the future. We want to thank the dedicated organizations and people who have been with us since the beginning. We look forward to working with you toward 2020 and beyond—and to giving back more Healthy Days to every community, employee and member we serve.

<sup>1</sup>Shroeder S, NEJM. 2007

<sup>2</sup>500 Cities Project

<sup>3</sup>Greater Kansas City Food Policy Coalition

