

The Office of the Chief Medical Officer

Bold Goal

2019 Progress Report

+1.5%

increase in
Unhealthy Days

5.1%

of Humana MA
members report
depression²

LOUISVILLE RANKS

11th

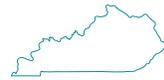
out of 50 peer
cities in rates
of suicide³

Humana®

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We are making progress

Social, environmental and economic factors influence about 70 percent of what makes people healthy.¹ 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.



Louisville, Kentucky

The intersection of chronic conditions and non-clinical needs

Since 2015, Humana Medicare Advantage (MA) members have seen a 1.5 percent increase in Unhealthy Days. While the overall number is still statistically flat, MA members across four priority conditions—diabetes, depression, chronic obstructive pulmonary disease (COPD) and congestive heart failure (CHF)—saw a significant reduction in Unhealthy Days. In 2018, the Louisville Health Advisory Board launched an Essential Needs Navigation Pilot with Family Health Centers to assess lower-income individuals for basic non-clinical health needs. In addition, the board's Behavioral Health Committee trained more than 2,200 community volunteers in Question, Persuade, Refer (QPR), an emergency response designed to help prevent suicide. Louisville ranks 11th out of 50 peer cities in rates of suicide.³ Louisville's Health Advisory Board and Humana will continue to work on suicide prevention and improving respiratory health, as well as address food insecurity, loneliness and social isolation with both physician and community partners.

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.

¹Shroeder S, NEJM. 2007

²Internal – MHS/CHD Q2 2017

³City of Louisville, louisvilleky.gov/events/qpr-suicide-prevention-training