

The Office of the Chief Medical Officer

# Bold Goal

2019 Progress Report

-3.9%

reduction in  
Unhealthy Days

23.4%

of those living in Orleans  
Parish are food insecure<sup>2</sup>



In areas served by Second  
Harvest Food Bank of Greater  
New Orleans, 1 in 7 struggles  
with hunger<sup>3</sup>

Humana®

GCHKFFLEN 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.



### New Orleans, Louisiana

Education and awareness improve health outcomes

Humana Medicare Advantage (MA) members living in New Orleans saw a 3.9 percent reduction in Unhealthy Days from 2015 to 2018, and MA members living with diabetes showed a 6 percent decline. Medicare Advantage members also saw improvements across several priority conditions: Those living with CHF saw a 9 percent improvement, and the population living with COPD improved 6 percent. MA members living with depression, however, continue to see increases in Unhealthy Days. The New Orleans Health Advisory Board and Humana have been focused on promoting physical activity and healthy eating throughout the city with their continued partnership with FitNOLA. In 2019, they are exploring opportunities to educate and engage healthcare professionals around additional social determinants of health and how they impact chronic conditions such as diabetes and depression. They are also working with the American Heart Association to build health literacy and advocacy programs in one of New Orleans' most underserved neighborhoods.

### 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>[map.feedingamerica.org/county/2015/overall/louisiana/county/orleans](http://map.feedingamerica.org/county/2015/overall/louisiana/county/orleans)

<sup>3</sup>Feeding America, [www.feedingamerica.org/find-your-local-foodbank/second-harvest-food-bank-of-greater-new-orleans-and-acadiana](http://www.feedingamerica.org/find-your-local-foodbank/second-harvest-food-bank-of-greater-new-orleans-and-acadiana)