

# MEDICAL HIGH UTILIZATION

A Complex Challenge That Can Be **Prevented**

**50%**

of total healthcare costs are from 5% of the total adult population, known as High Utilizers

**9% GDP**

cost of high utilizers medical care, which is almost \$1.45 trillion



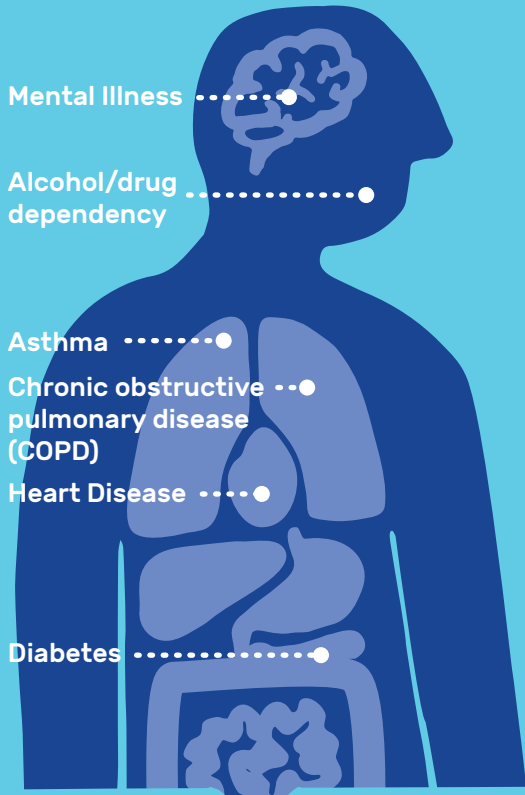
High utilizers are often the most vulnerable and sickest Americans



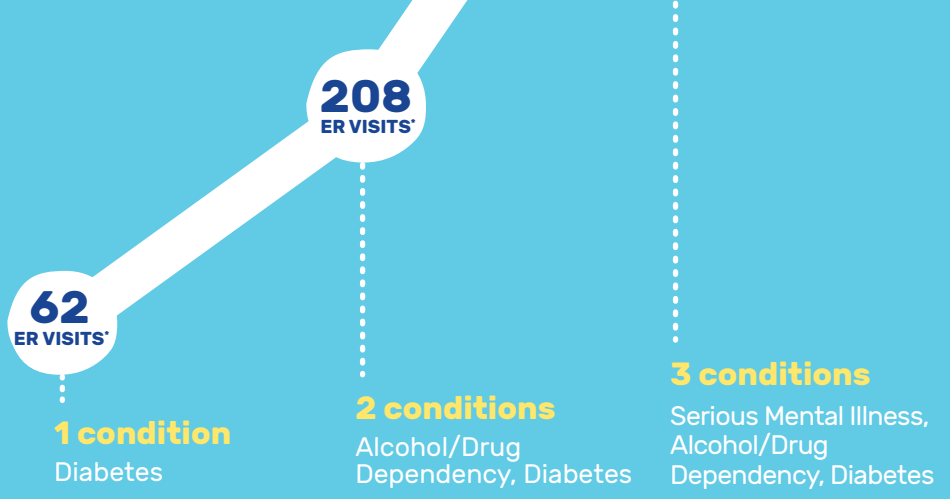
Tremendous impact on emergency departments, hospital admissions and healthcare providers

## Exponential Impact of Multiple Conditions

High utilizers often have multiple conditions



The effect of multiple conditions is more than just the sum of its parts. This leads to increased suffering and medical costs, as can be seen in the example below.



\*Per 1000 member months  
Source: DHCS, Research and Analytic Studies Division

These conditions are tied to negative exposures & behaviors

- trauma
- poverty
- social isolation
- unemployment
- exposure to toxins
- sedentary behavior
- housing instability
- poor diet

MANY, IF NOT ALL, OF THESE ARE **PREVENTABLE** BY IMPROVING COMMUNITY CONDITIONS

HERE'S HOW

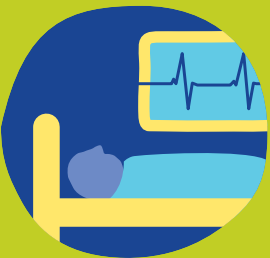
## Community conditions shape health

so community interventions are needed to disrupt the pathway to high utilization.

What's Sold & How It's Promoted	Housing	Social Networks & Trust	Look, Feel & Safety	Living Wages & Local Wealth
<p>EXAMPLE: Incentivize healthy food outlets</p> <p>DISRUPTS: Type-2 diabetes and heart disease</p>	<p>EXAMPLE: Increase safe and affordable housing</p> <p>DISRUPTS: Asthma, housing instability, multiple physical/mental health concerns</p>	<p>EXAMPLE: Foster peer support networks</p> <p>DISRUPTS: Social isolation, substance abuse, mental illness</p>	<p>EXAMPLE: Increase safe park space and lighting</p> <p>DISRUPTS: Type-2 diabetes, heart disease, and depression</p>	<p>EXAMPLE: Increase job and life skill training</p> <p>DISRUPTS: Unemployment, poverty, multiple physical/mental health concerns</p>

## Improving community conditions has an exponential positive impact

Complementing current interventions with community-wide prevention strategies reduces suffering and cost for high utilizers.



### Reduce

the severity of existing health conditions of high utilizers



### Prevent

individuals from becoming high utilizers in the first place, reducing the overall risk for preventable injury and illness among the broader population



### Support

the maintenance of health of those at risk for becoming high utilizers

Current interventions typically focus on reacting to immediate needs already diagnosed. While necessary, these interventions do not prevent illness and injury in the first place.

TREATING THE SICK + COORDINATED CARE + SOCIAL SERVICES

A comprehensive approach also includes:

IMPROVING COMMUNITY CONDITIONS



To learn how prevention can impact high utilization, check out:  
[www.preventioninstitute.org/projects/prevention-approach-medical-high-utilization](http://www.preventioninstitute.org/projects/prevention-approach-medical-high-utilization)



blue of california