



WICHITA STATE
UNIVERSITY

Health Homes Webinar Series: Health Promotion

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Health Care Finance

May 27, 2014

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KDHE Bureau of
Health Promotion

Community-Clinical
Linkages

Welcome!

- The Health Home Webinar Series is presented to highlight tools and resources available to potential Health Home Partners
- Posted on the KanCare website for future reference
- Thank you for calling in! All caller phones are muted for the duration of the presentation.
- Enter questions via “Question” box on your screen



Purposes for Today

- Define “Health Promotion” as a service provided by Health Home Partners
- Highlight resources within the KDHE Bureau of Health Promotion



KanCare Website

KanCare
AD ASTRA PER ASPERA

Latest News – Upcoming Events
Meetings for Members with Serious Health Conditions
I/DD Waiver Services' Incorporation into KanCare
Open Enrollment for Members with Jan. 1 Anniversary
Important message for Members (Video)

About Us **News** **Workgroups/Council** **I/DD** **Health Plans** **Contact Us**

Medicaid for Kansas

KanCare Consumer Assistance: 1-866-305-5147

Consumers

- Benefits & Services
- Apply for Medicaid/KanCare
- Choosing a KanCare Health Plan
- Events
- Frequently Asked Questions
- ...More

Providers

- Become a KanCare Provider
- Frequently Asked Questions
- Events
- KanCare Health Plan Information
- Pharmacy
- Provider Billing Information

Policies & Reports

- Medical Assistance Reports
- KanCare Quality Measurement
- Health Homes in KanCare**
- Readiness Activities
- Delivery System Reform Incentive
- Annual and Quarterly Reports

About Us

- What is KanCare?
- Kansas Medicaid Reform
- Sect. 1115 Waiver and Comments
- News
- Advisory Council & Workgroups
- Frequently Asked Questions

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KanCare Website

KanCare
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[About Us](#) [News](#) [Workgroups/Council](#) [I/DD](#) [Health Plans](#) [Contact Us](#)

Medicaid for Kansas

Health Homes in KanCare

Consumers

Providers

FAQs

News and Events

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KanCare Website

The screenshot shows the KanCare website header with the logo and navigation menu. Below the header is a banner image of a green field with the text 'Medicaid for Kansas'. The main content area is titled 'Health Home in KanCare' and contains a 'Providers' section. A red arrow points to the 'Informational Materials for Providers:' link in the left sidebar.

Providers

Informational Materials for Providers:

- Health Home
- Provider Regional Meetings
- Approaches to Health Homes
- Payment Principles and Parameters:
- Services
- Informational Materials for Providers:**
- Stakeholder Meetings
- Health Homes Webinar Series
- Contacts

Serious Mental Illness (SMI)

- SMI State Plan Amendment
- KanCare Health Homes Program Manual – SMI
- SMI Health Homes Provider Requirements
- SMI Health Homes Services and Professional Requirements
- Target Population Estimates
- Crosswalk of DSM-IV-TR diagnoses and DSM-5 diagnoses for SMI Target Population
- KanCare Health Homes Payment

Chronic Conditions (CC)

- CC State Plan Amendment
- KanCare Health Homes Program Manual – CC
- CC Health Homes Provider Requirements
- CC Health Homes Services and Professional Requirements
- Kansas CC Health Homes Target Population
- Target Population Estimates (.xlsx)
- KanCare Health Homes Payment

Health Action Plan

“Health Promotion” and Health Homes

Health Home Core Services

Health Homes Partners must commit to providing the following services:

- Comprehensive care management
- Care coordination
- **Health Promotion**
- Comprehensive transitional care
- Individual and family support
- Referral to community and social support services

What is “Health Promotion”?

- Engaging HH members by phone, letter, HIT, community “in reach” and outreach
- Assessing member’s understanding of their health status and motivation to engage in self-management
 - How important is their health status?
 - How confident is the member about changing behaviors?
- Assisting in the development of recovery plans
- Linking members to resources based on member needs and preferences
- Assisting in the development of skills and confidence that will enable the member to manage their needs independently

Health Promotion Activities

- Encourage and support healthy ideas and behaviors with the goal of motivating members to successfully monitor and manage their health
- Place strong emphasis on self-direction and skill development
 - Engage members, family members/support persons, and guardians in making health service decisions that assist in the evaluation of risks and benefits of recommended treatment



Health Promotion Activities



- Ensure all health action goals are included in person centered care plans
- Provide health education and coaching about chronic conditions and ways to manage health conditions based on member preference
 - Include members, family members/support persons, and guardians
- Offer prevention education about proper nutrition, health screening, and immunizations

Bureau of Health Promotion



Introduction to Health Promotion

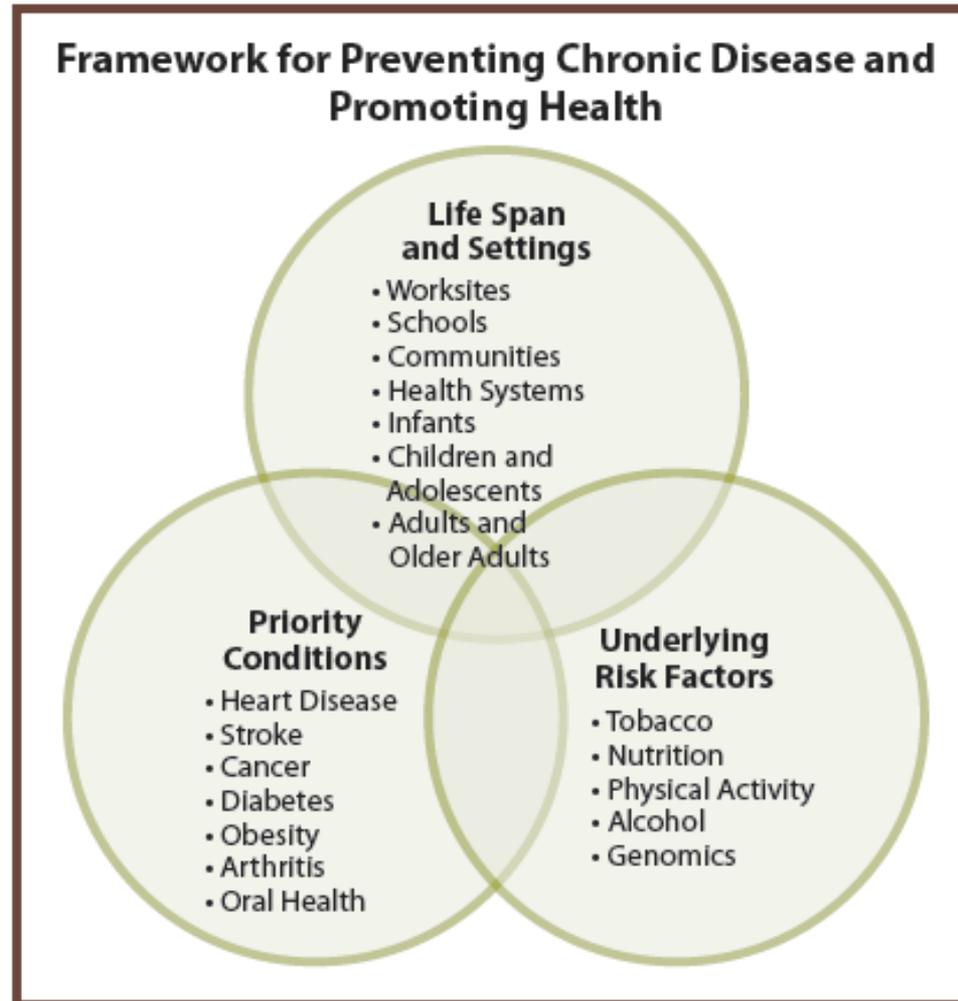
Chronic disease prevention, to be most effective, must occur in multiple sectors and across individuals' entire life spans.

Prevention encompasses **health promotion** activities that encourage healthy living and limit the initial onset of chronic diseases.

Prevention also embraces **early detection efforts**, such as screening at-risk populations, as well as strategies for appropriate **management** of existing diseases and related complications.

-CDC NCCDPHP

Introduction to Health Promotion



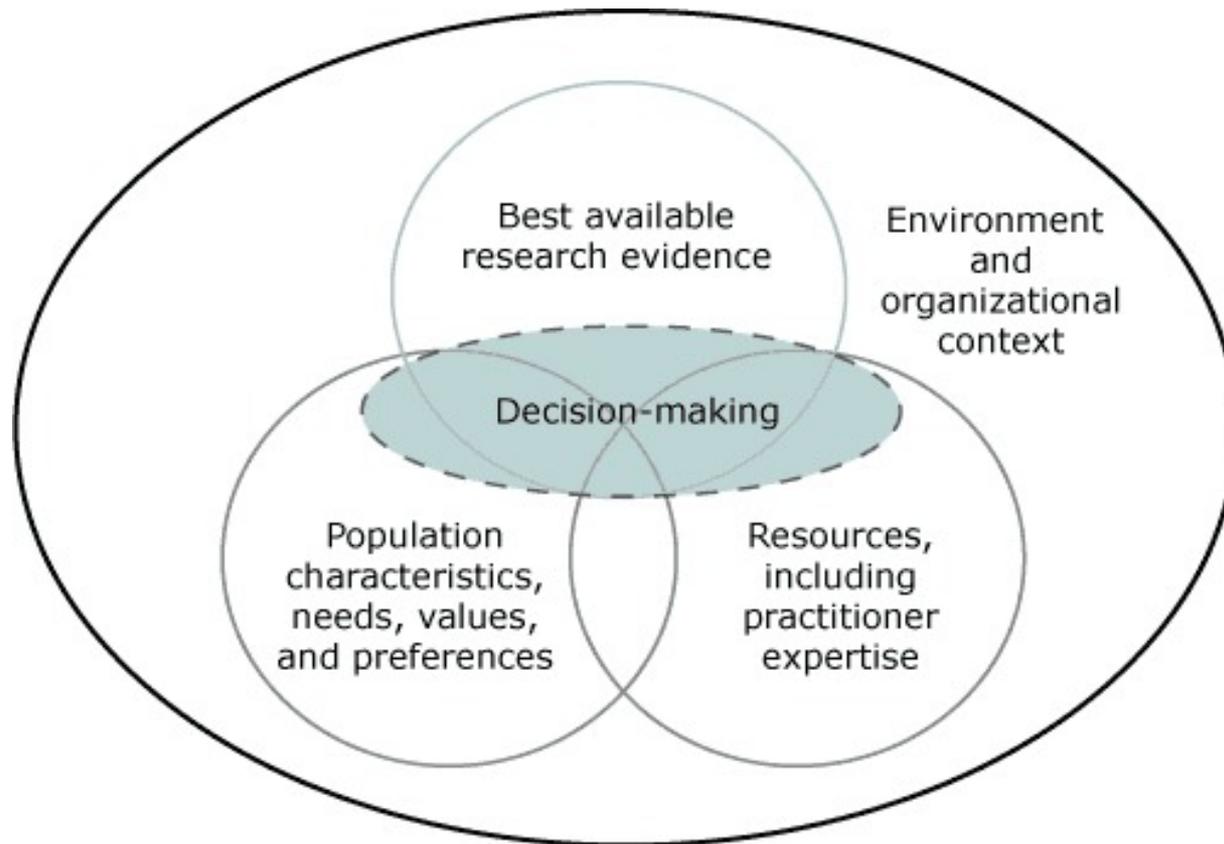
Evidence-based Public Health (EBPH)

- The practice of evidence-based public health (EBPH) is an integration of science-based interventions with community preferences for improving population health.

Kohatsu ND, Robinson JG, Torner JC. Evidence -based public health: an evolving concept. Am.J.Prev.Med. 2004 Dec; 27(5):417-421.

- Key components of EBPH include:
 - making decisions on the basis of the best available scientific evidence
 - using data and information systems systematically
 - applying program planning frameworks
 - engaging the community in decision-making
 - conducting sound evaluation
 - disseminating what is learned.

Evidence-based Public Health (EBPH)



Prev Chronic Dis. 2012; 9: E116. Published online Jun 21, 2012. doi: [10.5888/pcd9.110324](https://doi.org/10.5888/pcd9.110324)

Bureau of Health Promotion

Community-Clinical Linkages

- Arthritis
- Worksite Wellness
- Chronic Disease Self-Management
- Diabetes Self-Management
- Million Hearts
- Diabetes Primary Prevention
- State Coalition Development & Support

Community Health Promotion

- Tobacco Use Prevention Program
- Senior Farmers' Market
- Technical Assistance to Communities & Schools

Health Systems

- Kansas Quality of Care Project
- Breast & Cervical Cancer
- Comprehensive Cancer Control
- Cancer Registry
- Tobacco Cessation

Injury Prevention

- Safe Kids Kansas
- Sexual Violence Prevention Education
- Emergency Medical Services for Children
- Disability & Health Promotion
- State Partner Support & Planning

Community-Clinical Linkages (CCL)

- Kansas Arthritis Program (KAP)
- Kansans Optimizing Health Program (KOHP)
- Chronic Disease Self-Management (CDSMP)
- Diabetes Self-Management (DSMP)
- Diabetes Primary Prevention
- Worksite Wellness – WorkWell Kansas
- Chronic Disease Alliance of Kansas (CDAK)

Community-Clinical Linkages (CCL) & Health Homes

CCL Programs will primarily assist Health Home Partners focused on the Chronic Conditions target population.

This population includes:

- People who have asthma or diabetes (including pre-diabetes and metabolic syndrome) who also are at risk of developing:
 - Hypertension
 - Coronary artery disease
 - Depression
 - Substance use disorder
 - Being overweight or obese (Adult: BMI \geq 25; Child: age-adjusted)

Kansans Optimizing Health Programs (KOHP)



Walk with Ease

- ***Walk with Ease*** is a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year.
- During this 6-week program, participants are encouraged to walk 3 times a week for about 30 minutes. It can be done in a group setting with a trained leader or self-guided.
- **Benefits:** Reduced pain and discomfort of arthritis; Increased balance, strength, and walking pace; increased confidence in their ability to be physically active; improved overall health



Self-Management Workshops

- Chronic Disease-Self Management (CDSMP)
- Diabetes Self-Management (DSMP)
- Tomando Control de su Salud (culturally adapted Spanish CDSMP)



Why Self-Management?

- Increased exercise.
- Better coping strategies and symptom management.
- Better communication with their physicians.
- Improvement in their self-rated health, disability, social and role activities, and health distress.
- More energy and less fatigue.
- Decreased disability.
- Fewer [self-reported] physician visits and hospitalizations.

Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Making an action plan	•	•	•	•	•	•
Using your mind to manage symptoms	•		•		•	•
Feedback/problem-solving		•	•	•	•	•
Difficult Emotions		•				
Fitness/exercise		•	•			
Better breathing			•			
Pain			•			
Fatigue			•			
Nutrition				•		
Future plans for health care				•		
Communication				•		
Medications					•	
Making treatment decisions					•	
Depression					•	
Working with your health care professional						•
Working with the health care system						•
Future plans						•

Find a KOHP Workshop



<http://my.calendars.net/kohp>

KOHP Workshops and Trainings

[Calendars Net](#)

Kansans Optimizing Health Program

Navigate: < Year < Month < 2 Wks < Week Today Week > 2 Wks > Month > Year >
 Display: [Year](#) [Month](#) [Week](#) [Day](#) [Block](#) [List](#) [Condensed](#) [Abs](#) [Slide](#) [Calendars:](#) [Search](#)
 Add Events: [Daily](#) [Duration](#) [Periodic](#) [Administrator:](#) [This Calendar](#)

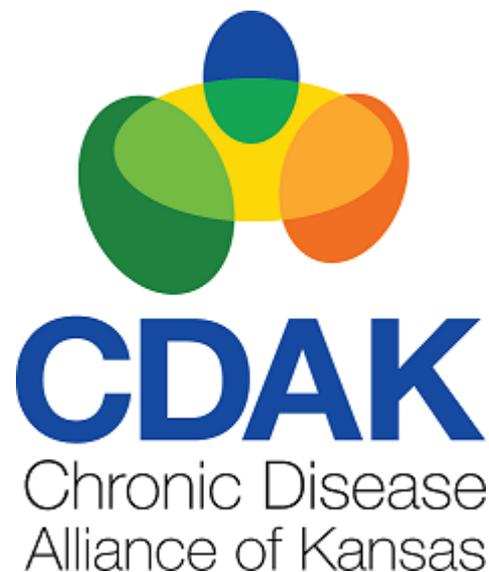
May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 May	19 10:00a -12:30p DSMP Workshop-Wichita 1:00p -3:30p CDSMP-Kansas City 2:30p -5:00p CDSMP-Colby 5:45p Group Walk With Ease-Topeka	20 10:00a -12:00p Tomando Control Workshop-Wichita 1:00p -3:30p CDSMP-Leavenworth 6:00p -8:30p CDSMP-Hays	21 9:00a -4:30p CDSMP Leader Training-Manhattan	22 9:00a -4:00p CDSMP Leader Training-Manhattan 9:00a -4:30p CDSMP-Manhattan	23	24
25	26 10:00a -12:30p DSMP Workshop-Wichita 1:00p -3:30p CDSMP-Kansas City 5:45p Group Walk With Ease-Topeka	27 10:00a -12:00p Tomando Control Workshop-Wichita 1:00p -3:30p CDSMP-Leavenworth 6:00p -8:30p CDSMP-Hays	28 9:30a -11:45p CDSMP Workshop-Newton	29 9:00a -4:30p Tomando Control Leader Training-Garden City 2:00p -4:00p CDSMP Workshop-Hugoton	30 9:00a -4:30p Tomando Control Leader Training-Garden City	31
1 Jun	2 9:00a -4:30p DSMP Leader Training-Wichita 10:00a -12:30p DSMP Workshop-Wichita 1:00p -3:30p CDSMP-Kansas City 5:45p Group Walk With Ease-Topeka	3 9:00a -4:30p DSMP Leader Training-Wichita 10:00a -12:00p Tomando Control Workshop-Wichita 1:00p -3:30p CDSMP-Leavenworth 2:00p -4:00p Stepping On-Wichita 6:00p -8:30p CDSMP-Hays	4 9:30a -11:45p CDSMP Workshop-Newton	5 9:00a -4:30p Tomando Control Leader Training-Garden City 2:00p -4:00p CDSMP Workshop-Hugoton	6 9:00a -4:30p Tomando Control Leader Training-Garden City	7
8	9 9:00a -4:30p DSMP Leader Training-Wichita 9:30a -12:00p CDSMP-Overland Park 10:00a -12:30p DSMP Workshop-Wichita 1:00p -3:30p CDSMP Workshop-Topeka 5:45p Group Walk With Ease-Topeka	10 9:00a -4:30p DSMP Leader Training-Wichita 10:00a -12:00p Tomando Control Workshop-Wichita 1:00p -3:30p CDSMP-Leavenworth 2:00p -4:00p Stepping On-Wichita 6:00p -8:30p CDSMP-Hays	11 9:30a -11:45p CDSMP Workshop-Newton	12 2:00p -4:00p CDSMP Workshop-Hugoton	13	14

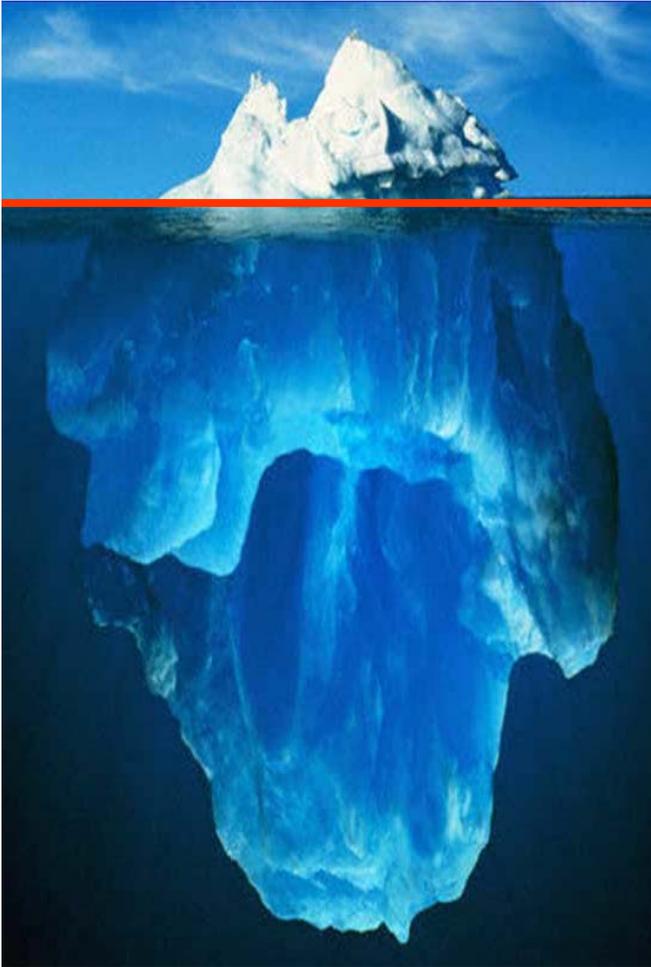
What is Coming with KOHP

- Expanded DSMP and DSMP networks
 - CDRR Coalitions
 - Robert J. Dole VA Medical Center - Wichita
 - Chronic Disease Alliance of Kansas
- Provider referral toolkit

KANSAS | **Chronic
Disease
Risk
Reduction**



Diabetes Prevention Program



26 million
with Diabetes

79 million
with Pre-diabetes

Diabetes Prevention Program

National Diabetes Prevention Program COMPONENTS



Training: Increase Workforce

Train the workforce that can implement the program cost effectively.



Recognition Program: Assure Quality

Implement a recognition program that will:

- Assure quality.
- Lead to reimbursement.
- Allow CDC to develop a program registry.



Intervention Sites: Deliver Program

Develop intervention sites that will build infrastructure and provide the program.



Health Marketing: Support Program Uptake

Increase referrals to and use of the prevention program.

www.cdc.gov/diabetes/prevention/recognition

Diabetes Prevention Program



WEEKLY SESSION DESCRIPTIONS:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Health Systems

- **Kansas Quality of Care Project**
- **Breast & Cervical Cancer**
- **Comprehensive Cancer Control**
- **Cancer Registry**
- **Tobacco Cessation**

Health Systems

Kansas Tobacco Quitline:

KanQuit!

1-800-QUIT-NOW (784-8669)

KSquit.org

Health Cost of Smoking

- Tobacco use is the leading cause of preventable death and disease in Kansas.
- Every year, approximately 3,900 Kansans die from diseases directly linked to smoking.
- More deaths are caused each year by tobacco use than by HIV, illegal drug use, alcohol use, car wrecks, suicides and murders combined.

Is the Quitline Effective?

- 31% were quit 7 months after treatment
- 94% were satisfied with the program
- 86% reported that their expectations of the Quitline were met.
- \$9.22 saved in KS medical expenditures and lost productivity for every \$1 spent on the Quitline and tobacco cessation media in FY2011

Quit Coaches



- ✓ Highly trained in cognitive behavioral coaching
- ✓ Over 50% have 3+ years of prior counseling experience
- ✓ Undergo ongoing quality control
- ✓ Receive more than 270 hours of training and evaluation

Text2QuitSM

THE NEWEST WAY TO KEEP YOUR HANDS BUSY.

We now offer Text2Quit, a new feature that will help you set a Quit Date, manage urges, play craving games, and track your quit weeks before and months after you stop using tobacco. Doing these things increases your odds of staying quit, and now they're right at your fingertips.

Text2Quit sends tailored text messages to your supported mobile device when you need them and keeps your Quit Coach[®] in the loop of your progress. Enroll in the program today to take advantage of this exciting new feature.

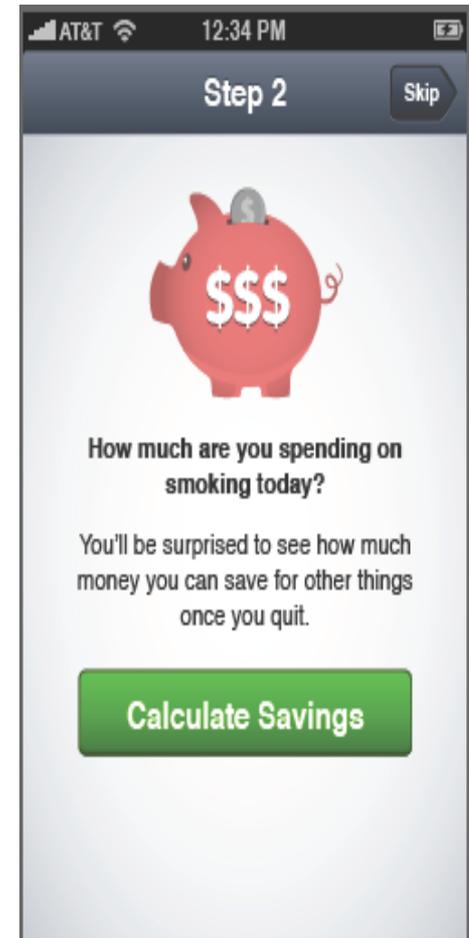
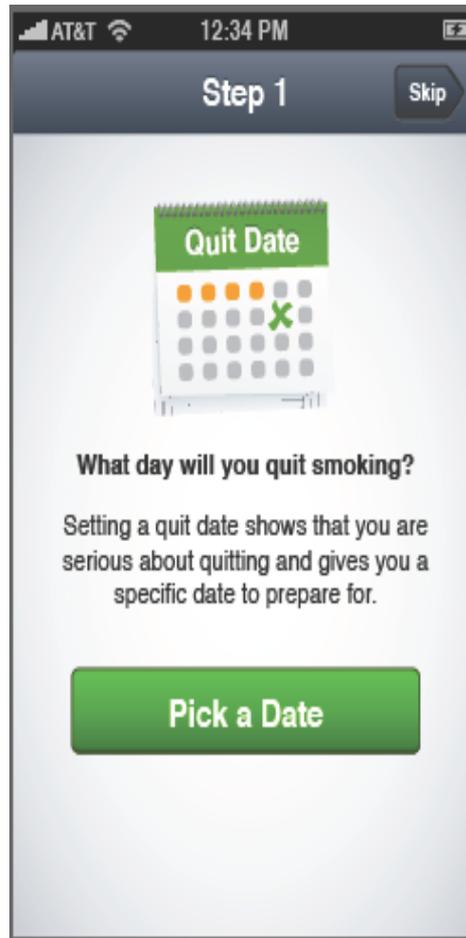
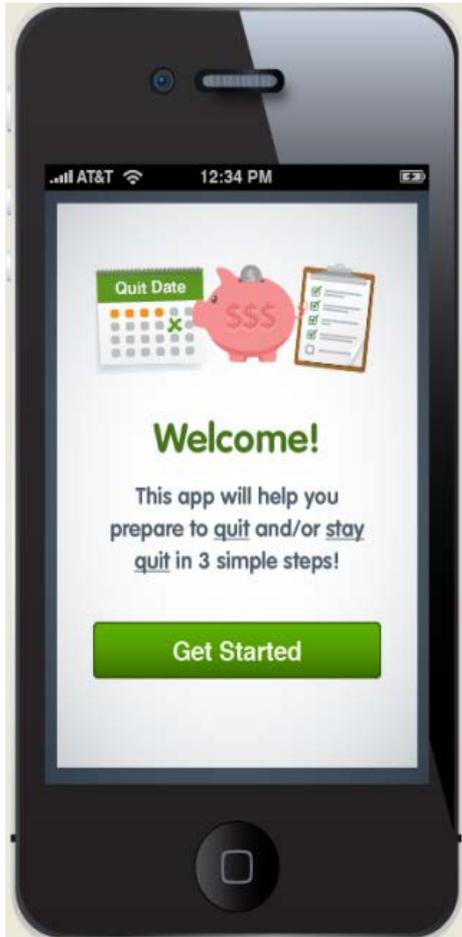
1-800-QUIT-NOW
(1-800-784-8669)



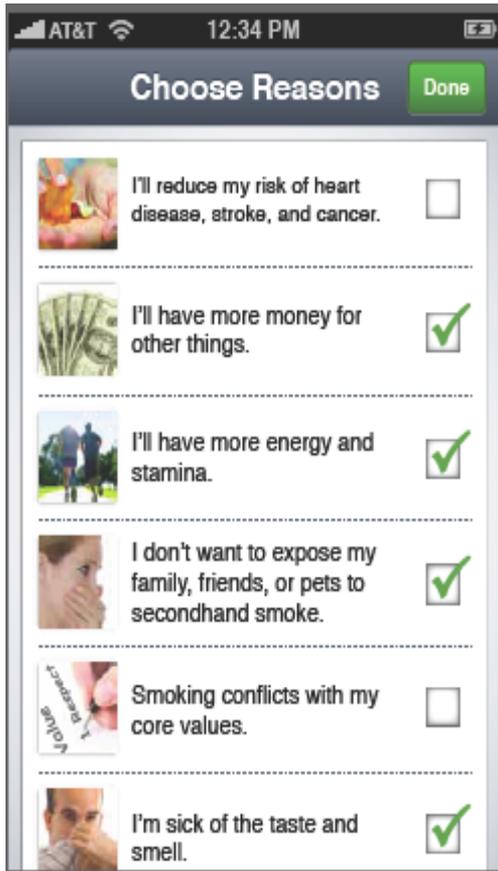
QuitNow Mobile App

- Visit www.quitforlife.com
- Download at Apple App Store
- Simply designed app to help current smokers (not designed to help smokeless tobacco users).
- App has two states:
 - Pre-quit: Will prompt user to set a quit date within 30 days and then motivate them by providing access to a variety of evidence-based tools.
 - Post-quit: Will actively support 14 days after quit date.
- App is free
- Users will get a chance to learn about the Quitline and will be prompted to call.

Mobile App Screenshots



Mobile App Screenshots



KanQuit! Website



KanQuit!

[Enroll Now](#)[About the Program](#)[Common Questions](#)

Josh Quit. Now He Can Help You.

If you have tried to quit before, try something different. Quit Coaches like Josh Walker can help you become an expert in living tobacco free with The 4 Essential Practices to Quit For Life.

[ENROLL ONLINE NOW ▶](#)

Already Enrolled?

[Log In Now »](#)

0 1 0 3 2 0

Lives Helped Counter

You can quit. We'll show you how.

We understand that quitting is about more than just not smoking. When you join our program, a Quit Coach® will help you become an expert in living without tobacco using "The 4 Essential Practices to Quit For Life," principles based on 25 years of research and experience helping people quit tobacco.

[Learn More About the Kansas Tobacco Quitline »](#)

Participant Testimonials

Thinking About Quitting?

Download our free e-book and learn how to make quitting manageable.

[Download e-book »](#)

Refer A Friend

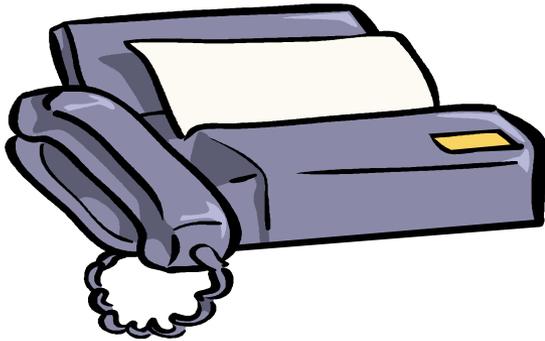


Refer a friend to this

KSquit.org

- Offers participants interactive features, information and social forums.
- Site blends information with social interaction and self-management tools.
- Information and tools on Web Coach support participants throughout the quitting process - from making the decision to quit to preventing relapse.
- Use Web Coach to:
 - Reinforce and increase motivation to quit
 - Talk with Quit Coaches and peers who are quitting in discussion forums
 - Prepare for quit date
 - Track money saved
 - Build and print a quit plan
 - Manage stress and avoid weight gain

Fax Referrals



- Health care provider completes a simple referral form and faxes to the Quitline
- The Kansas Tobacco Quitline makes 5 contacts to the patient/client and the service delivery protocol begins
- Patient/client will receive the same intake, assessment, and offer of services

Community Health Promotion

- Tobacco Use Prevention Program
- Senior Farmers' Market
- Technical Assistance to Communities & Schools

Physical Activity, Nutrition and Obesity Program (PAN)

- Provide direct technical assistance to communities regarding evidence-based strategies that address community-level PAN initiatives
 - Policy
 - Complete Streets
 - System
 - Farmers' Markets
 - Environmental Changes/Community Gardens
 - Increasing class time physical activity
- Coordinate and manage Statewide programming for the Senior Farmers' Market Nutrition Program (SFMNP)



Find a Farmers' Market in your area!
Visit: www.ksfarmersmarkets.org

Resources

Bureau of Health Promotion Resources

Kansans Optimizing Health Program:

Ariel Capes, Health Educator – acapes@kdheks.gov
<http://www.kdheks.gov/arthritis/kohp.htm>

Kansas Tobacco Quitline

Matthew Schrock, Cessation Coordinator – mschrock@kdheks.gov
www.KSquit.org.

Physical Activity Nutrition and Obesity Program

Anthony Randles – arandles@kdheks.gov
<http://www.kdheks.gov/bhp/pan/index.htm>

Additional Resources

The Community Guide

<http://www.thecommunityguide.org/index.html>

Million Hearts

<http://millionhearts.hhs.gov/index.html>

YMCA Diabetes Prevention Program

<http://www.ymcawichita.org/diabetes-prevention>

CDC Chronic Disease Prevention & Health Promotion

<http://www.cdc.gov/chronicdisease/>

Questions?

Contact Information

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Ben Pierce – United Healthcare

uhckshealthhomes@uhc.com

Save the Date! *(12-1 p.m.)*



- June 17 – Targeted Case Management (I/DD)

**Thank you for
participating!**