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

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.

<table>
<thead>
<tr>
<th>Conditions</th>
<th>ER Visits*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 condition</td>
<td>62</td>
</tr>
<tr>
<td>2 conditions</td>
<td>208</td>
</tr>
<tr>
<td>3 conditions</td>
<td>469</td>
</tr>
</tbody>
</table>

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

Many, if not all, of these are preventable by improving community conditions.

Community conditions shape health, so community interventions are needed to disrupt the pathway to high utilization.

Improving community conditions has an exponential positive impact.

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

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

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

What’s Sold & How It’s Promoted
EXAMPLE: Incentivize healthy food outlets
DISRUPTS: Type-2 diabetes and heart disease

Housing
EXAMPLE: Increase safe and affordable housing
DISRUPTS: Asthma, housing instability, multiple physical/mental health concerns

Social Networks & Trust
EXAMPLE: Foster peer support networks
DISRUPTS: Social isolation, substance abuse, mental illness

Look, Feel & Safety
EXAMPLE: Increase safe park space and lighting
DISRUPTS: Type-2 diabetes, heart disease, and depression

Living Wages & Local Wealth
EXAMPLE: Increase job and life skill training
DISRUPTS: Unemployment, poverty, multiple physical/mental health concerns

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