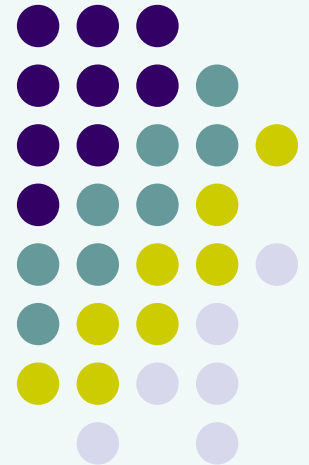


# The Evidence: Health, Costs and Employer Solutions



Michael D. Parkinson MD, MPH, FACPM  
President



# American College of Preventive Medicine



- **National professional society for preventive medicine physicians established in 1954**
- **Represents 2,300 physicians certified in preventive medicine and other specialties**
- **Preventive medicine and public health practice, teaching, and research**
- **Population AND clinical perspective**
  - **Clinical practice, public health officers, health systems and corporate medical directors**
- **[www.acpm.org](http://www.acpm.org)**

# How Many Americans (or Employees) “Just Say Yes” to All 5 Questions?



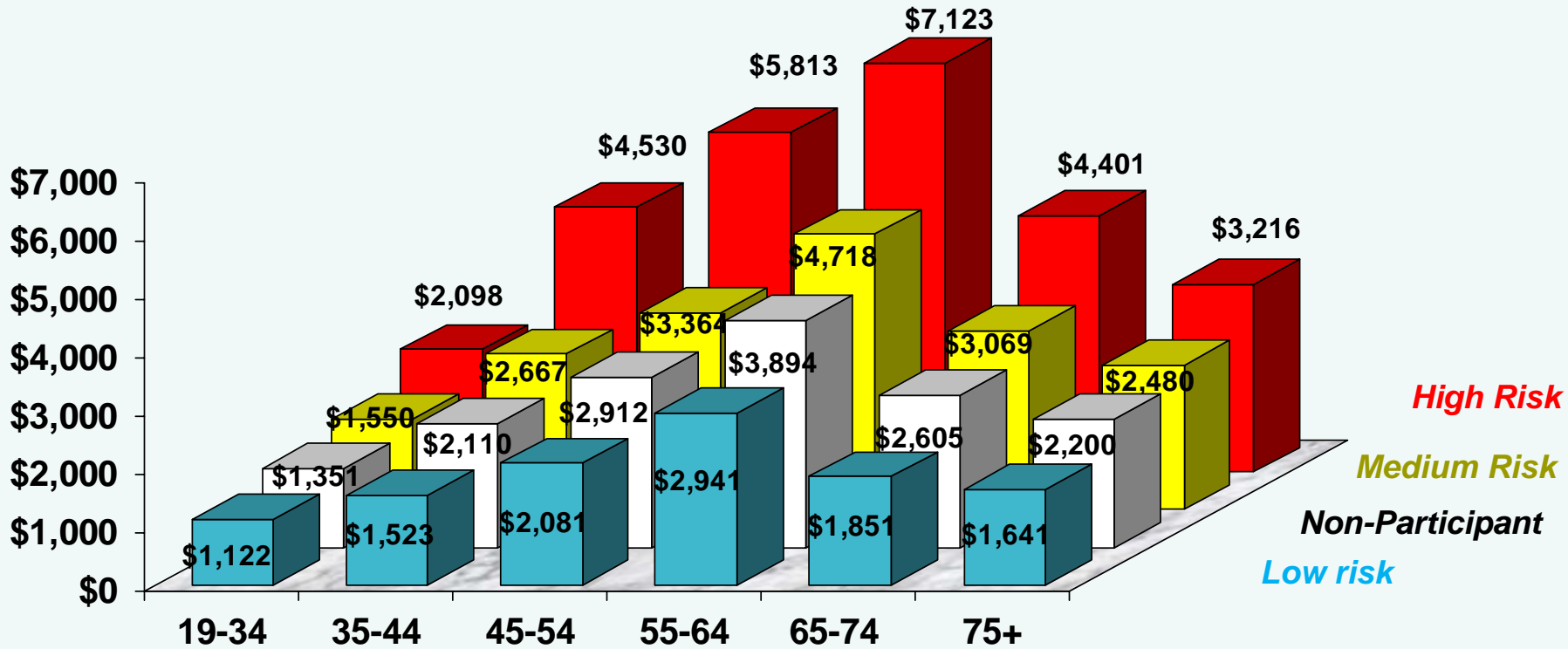
1. I am within 5 pounds of my ideal body weight
2. I exercise 30 minutes or more most days of week
3. I eat a healthy diet with 5 fruits/vegetables most days
4. I don't use tobacco products
5. I have 2 or fewer alcoholic drinks per day

# Mediterranean Diet, Nonsmoker, Daily Activity & No or Moderate Alcohol Use

<u>Disease</u>	<u>Reduction Compared to US</u>	<u>Comment</u>
Heart Disease	64%* - 83%**	80% due to modifiable risk factors
Cancer	60%*	National Cancer Institute estimates
Diabetes	91% **	No Type II Diabetes Epidemic
All-cause Mortality	50%*	25 year Okinawa Program Similar Findings

\* Knoop et al and \*\*Rimm, Stampfer, JAMA 2004;292:1433-1439

# Behaviors Drive Medical, Disability, Absenteeism, Worker's Comp, & Total Employer Costs



Edington. Am J Health Promotion 15(5):341-349, 2001

# Health Insurance Coverage of Prevention\*



- Survey of 2,180 employers
- Coverage by type of preventive service
  - Physical exams, immunizations and screening tests: 50%
  - Tobacco cessation: 4-20%
  - Weight management: 4-20%
- Even fewer without copays, deductibles or incentives for assessment or improvement

\*American Journal of Health Promotion 2006;20:214-222

# Prevention DOES Save \$\$\$: Particularly for Employers'!



- Rewarding healthy behaviors
  - Lowest cost, highest productivity, lowest total employer cost (and global competitiveness)
- Improving unhealthy behaviors
  - Well-designed & resourced wellness programs consistently return 3-4:1 total employer costs
- Delivering evidence-based clinical preventive services
  - Cost-effective and some cost-savings compared to “medical treatment”

# Prescription for Better Health & Corporate “Bottom Line”



- Create a “culture of health”
  - Home, schools, worksite, community
- Invest in and incentivize prevention
  - Preventive medicine residency funding to insure physicians well-trained in prevention and public health (H.R. 3404)
  - Employer incentives to accelerate health- and cost-effective worksite wellness and productivity programs (H.R. 853)
- Improve public and private insurance coverage of evidence-based clinical preventive services
  - Counseling, screening tests and immunizations
  - Consumer-driven health plans (HRA’s, HSA’s) and “value-based” designs with 1<sup>st</sup> dollar coverage