



Essential Background

- Well-being and HRQOL are integral to:
 - the current major transformation underway in American healthcare
 - our Health First Era in which good health has become a personal goal.



Why Well-being and HRQOL?

- Well-being and HRQOL are essential health ***processes***, and they are essential ***measures***.
- They are “***foundational***” because they reflect the dramatic shift in American healthcare from a focus only on ***disease*** and its treatment to a new focus on ***health***, disease ***prevention***, and health ***promotion***.
- We simply cannot overstate the importance of this transition to our Health First Era.



Pivotal Role of HP2020

- **HP2020** has played a **very major role** in fostering the **shift** from **disease to health**.
- The framework for HP2020 addresses:
 - Social and Physical Health Determinants
 - Community and Clinical Health Promotion and Disease Prevention
 - Lifestyle and Health Behavior Change
 - Health Disparities and Equity
- Each area relates to lifecycle stage.



An Example: Role of HP2020 in Reducing Disparities

- The HP2020 framework can identify and address ***disparities*** in ***health/health care***.
- ***Disparities*** are ***avoidable*** differences in health/health care in which those who are less advantaged fare worse.
- ***Equity*** represents an effort to reduce one or more disparities.
- Well-being and HRQOL are excellent measures of disparities; they also can be used to track our efforts to promote equity.



What is Health?

- The 1948 Preamble to the Constitution of the World Health Organization states:

Health is a state of complete *physical, mental and social well-being* and not merely the absence of disease or infirmity.
- Measures of Well-being and HRQOL reflect the essence of what constitutes good health.



Well-being and HRQOL are Personal Assessments of Health

- Well-being and HRQOL reflect ***what one thinks of one's own health***—physical, mental, social.
- They also reflect how one's health actually influences ***what one thinks*** about ***one's participation*** in the family, school or workplace, and the community.



The Affordable Care Act

- The ***Affordable Care Act (ACA)*** of 2010 is designed to improve ***health insurance coverage***, the quality of ***health care***, and ***population health***.
- ***Measures of population health and health care outcomes*** are essential to the success of the ACA.
- Well-being and HRQOL are excellent measurement tools for these ACA efforts.



Key ACA Prevention Measures

- One of the 10 ACA *Essential Health Benefits* for insurance is a **mandatory benefit for disease prevention and health promotion.**
- Measures of Well-being and HRQOL are **key barometers of personal and social health.**
- Thus, they are excellent measures for assessing the progress made in maintaining and promoting good health under the prevention and promotion benefit.



Key ACA Outcome Measures

- The ACA seeks to develop healthcare systems that are **person-centered**, in which the client is the “*true north*” of care.
- In this context, the **client’s viewpoint is paramount** for assessing care outcomes.
- Well-being and HRQOL reflect the client’s point of view and are excellent measures of care outcomes for the ACA.



The National Prevention Strategy (NPS)

- Because of its focus on health determinants, disease prevention, and health promotion, **HP2020** was a *primary stimulus* in the development of a **National Prevention Strategy** in 2011.
- A majority of the **objectives** and **measures** that are part of the National Prevention Strategy **come directly from HP2020**.



Key NPS Measures

- The ***National Prevention Strategy*** represents the first effort to coordinate all disease prevention and health promotion efforts across HHS.
- These ***efforts will require evaluation*** to determine their effectiveness.
- Well-being and HRQOL are excellent measures for these comparative assessments.



Key “Take Aways” from Today

- Well-being and HRQOL ***reflect our tectonic shift*** toward health and away from an exclusive focus on disease.
- They are ***foundational measures*** for HP2020, the Affordable Care Act (ACA) and the National Prevention Strategy (NPS).
- They can be very useful for ***identifying issues in health/health care*** for counties and communities, as well as ***for local advocacy***.



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