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% of 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.

1 condition Diabetes
2 conditions Alcohol/Drug Dependency, Diabetes
3 conditions Serious Mental Illness, Alcohol/Drug Dependency, Diabetes

These conditions are tied to negative exposures & behaviors

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

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

Here’s How

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

Improving community conditions

A comprehensive approach also includes:

- Reducing the severity of existing health conditions of high utilizers
- Preventing individuals from becoming high utilizers in the first place, reducing the overall risk for preventable injury and illness among the broader population
- Supporting 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

IMPROVING COMMUNITY CONDITIONS

Examples: Incentivize healthy food outlets, increase safe and affordable housing, foster peer support networks, increase safe park space and lighting, increase job and life skill training.

Housing
EXAMPLE: Incentivize healthy food outlets
DISRUPTS: Type-2 diabetes and heart disease

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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Improving community conditions shape health

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

Examples: Increase safe park space and lighting, increase job and life skill training.