

2015 & 2016

Wisconsin Institute for Healthy Aging

Evidence-Based Prevention Programs

The Wisconsin Institute for Healthy Aging is a non-profit organization dedicated to the research and spread of evidence-based programs that promote better health and cost-saving through self-management as people age.

Prevention programs preserve independence and save money.

The Wisconsin Institute for Healthy Aging requests a permanent \$600,000 annual budget allocation to increase the number of older people and people with chronic conditions utilizing evidence-based health promotion programs in Wisconsin.

2015 & 2016

By the Numbers



7,347

Total Number of Program Participants

897

Total Number of Workshops Held

369

New Program
Leaders Trained

362

Number of Program
Volunteers

65

Number of Counties &
Tribes with Workshops

Preventing Falls

Stepping On is a 7-week, evidence-based intervention proven to decrease the incidence of falls in older people. In addition to practicing strength and balance exercises, participants learn about the role vision, medication, and footwear can play in falls. They also learn strategies for avoiding or eliminating fall hazards to better navigate inside and outside the home.



Costs & Prevalence of Falls in Wisconsin from DHS WISH Data

37,157 People went to an emergency department (ED) due to a fall in 2014

\$3,076 Average charge per ED visit due to a fall

\$114,293,055

ED charges due to falls in 2014

17,234 People were hospitalized due to a fall in 2014

\$34,854 Average charge per hospitalization due to a fall

\$600,667,061

hospital charges due to falls in 2014

Stepping On Outcomes

51%
reduction

in **falls** for people who complete Stepping On

(2015 & 2016)

Stepping On Activity

3,689

Participants

407

Workshops

116

New Leaders

61

Counties/Tribes

3,689
Stepping On participants
x 33%

= 1,230

would likely have fallen

x 51%

= 627

falls avoided

\$482,932

ED Charges Avoided

+

\$5,472,078

Hospital charges avoided

\$5,955,010

Total Charges Avoided

In 2015 and 2016, **3,689** people took the Stepping On workshop in Wisconsin.

We know that **1 in 3 people fall** every year and **51%** of those falls were avoided due to workshop participation (**627 falls**). Even if we assume that only half (**314**) of those people who avoided a fall would have needed medical care and, of those, half (**157**) visited the ED while the other half (**157**) were hospitalized, we have avoided **\$482,932** in ED charges (based on an average charge of \$3,076) and **\$5,472,078** in hospital charges (based on an average charge of \$34,854).

With an increased and permanent budget appropriation:

WIHA could increase the number of people taking Stepping On by 25% (to **4,611**) over the biennium avoiding **776** falls and, using the same assumptions above, saving **\$596,744** in ED charges and **\$6,761,676** in hospital charges.

Total ED & Hospital Charges That Could Be Avoided = \$7,358,420

Managing Diabetes

Healthy Living with Diabetes is a 6-week intervention proven to improve well-being and decrease health care utilization through self-management in people with diabetes. The programs are delivered by trained leaders and are available in both English and Spanish in Wisconsin.

Costs & Prevalence of Diabetes in Wisconsin

In Wisconsin, **399,523** adults have been diagnosed with diabetes.

United States Diabetes Surveillance System (2014)

Approximately **219 out of every 1,000** people with diabetes are hospitalized each year in Wisconsin.

Wisconsin Hospitalization Data (2014)

In 2009, Wisconsin's direct costs for diabetes-related care was estimated at **\$4.07 billion**, indirect costs were estimated at **\$2.04 billion**, totaling an estimated **\$6.10 billion**.

Burden of Diabetes in Wisconsin (2011)

The average hospitalization charge for diabetes in Wisconsin is **\$27,455**.

Based on the Burden of Diabetes in Wisconsin (2011)

Healthy Living with Diabetes (HLWD) Outcomes

\$816

in average avoided hospitalization and ED costs per person in the first year post-intervention*

(2015 & 2016)

HLWD Activity

1,545

Participants

193

Workshops

94

New Leaders

46

Counties/Tribes

1,545

HLWD participants

x **\$816**

in average avoided hospitalization and ED costs per person in the first year post-intervention*

= \$1,260,720

Hospital/ED costs avoided

In 2015 and 2016, **1,545** people took the Healthy Living with Diabetes workshop in Wisconsin.

Research has shown that, on average, individuals who complete Healthy Living with Diabetes avoid **\$816** per person in hospital and emergency department costs in the first year following the intervention.

With an increased and permanent budget appropriation:

WIHA could increase the number of people taking Healthy Living with Diabetes by 25% (**to 1,931**) over the biennium.

Using the above assumption, total hospitalization and emergency department costs that could be avoided:

\$1,575,696

* "A Diabetes Self-Management Program: 12-Month Outcome Sustainability For a Non Reinforced Pragmatic Trial" published in the *Journal of Medical Internet Research* (12/15/2016). Cost savings based on a post-study review of participant health care utilization and costs compared to a matched cohort during the follow-up year and based on analysis of claims data – anticipated publication, Fall 2017.



Managing Chronic Conditions

Living Well is a 6-week intervention proven to decrease health care utilization through self-management in people with chronic conditions. The programs are delivered by trained leaders and are also available in Spanish in Wisconsin.



Costs & Prevalence of Chronic Conditions in Wisconsin

Over half of Wisconsin adults (59%) – **2.5 million people** — are living with at least one chronic condition.

Behavioral Risk Factor Surveillance System (2015)

Approximately **1 in 5** (22%) people with chronic conditions are hospitalized each year in Wisconsin.

Wisconsin Hospitalization Data (2014)

The average hospital charge for people with 1 or more chronic conditions is **\$37,311**.

Hospital Utilization, Costs, and Mortality for Adults With Multiple Chronic Conditions, Nationwide Inpatient Sample (2009)

"In Wisconsin, adequately funded community-based programs that address insufficient physical activity, unhealthy diet, and tobacco use would yield a **return of \$6.20 for every \$1 spent** over the course of five years, with a potential annual savings of \$338 million."

The Epidemic of Chronic Disease in Wisconsin (2011)



1,497
Living Well participants
x 22%
= 329
would have been hospitalized
x 22%
= 72
hospitalizations avoided

\$2,686,392
Hospital charges avoided

In 2015 and 2016, **1,497** people took the Living Well workshop in Wisconsin.

We know that more than **1 in 5 (22%)** of people with chronic conditions are hospitalized every year and **22%** of those hospitalizations were avoided due to workshop participation (**72 hospitalizations**). Therefore, we have avoided **\$2,686,392** in hospital charges (based on an average charge of \$37,311 per incident).

With an increased and permanent budget appropriation:

WIHA could increase the number of people taking Living Well with Chronic Conditions by 25% (**to 1,871**) over the biennium avoiding **91 hospitalizations**.

Using the same assumptions above, total hospitalization charges that could be avoided:

\$3,379,201

Supporting Family Caregivers

Powerful Tools for Caregivers is a 6-week evidence-based intervention focusing on the physical, emotional, and financial well-being of family caregivers who are caring for an older adult or a child with special needs.



Costs & Prevalence of Family Caregiving in Wisconsin

There were about **578,000 family caregivers** in Wisconsin in 2013.

These caregivers provided **538 million hours** of care – **worth an estimated \$7 billion** – to their parents, spouses, partners, and other adults in 2013.

AARP Public Policy Institute, "Valuing the Invaluable: 2015 Update"

Research shows that interventions for caregivers may delay institutionalization, reduce re-hospitalization, and lead to shorter hospital stays for the care recipient.

Families Caring for an Aging America (2016)

The average monthly assisted living facility cost in WI — **\$3,980; \$7,410** monthly in a skilled nursing home.

Genworth 2015 Cost of Care Survey – Wisconsin

Powerful Tools for Caregivers Outcomes

- ♦ Improved self-care behaviors
- ♦ Increased confidence and better coping with the challenges, demands, and emotions of caregiving
- ♦ Increased awareness and use of community resources

(2015 & 2016)

Powerful Tools Activity



The Wisconsin Institute for Healthy Aging respectfully requests that the Wisconsin State Legislature and Governor approve a permanent \$600,000 annual budget allocation to fund the dissemination of evidence-based healthy aging programs in Wisconsin.

For more information, contact:

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