

Closing the Gaps: Making the Health System Work Well for Older Women

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Making the Health System Work for Older Women

- Older Women: Health and Functional Status
- Health Systems Transformation
- Opportunities for Improvement
- Closing the Gaps



- “It's not how old you are, but how old you feel.”

Essie Smith

Older Women: Health and Functional Status

Aging and Health: Gender Differences

- Mortality
- Disability
- Patterns of Illness
- Use of Health Services
- Financial and Social Resources

Extending Active Life Expectancy

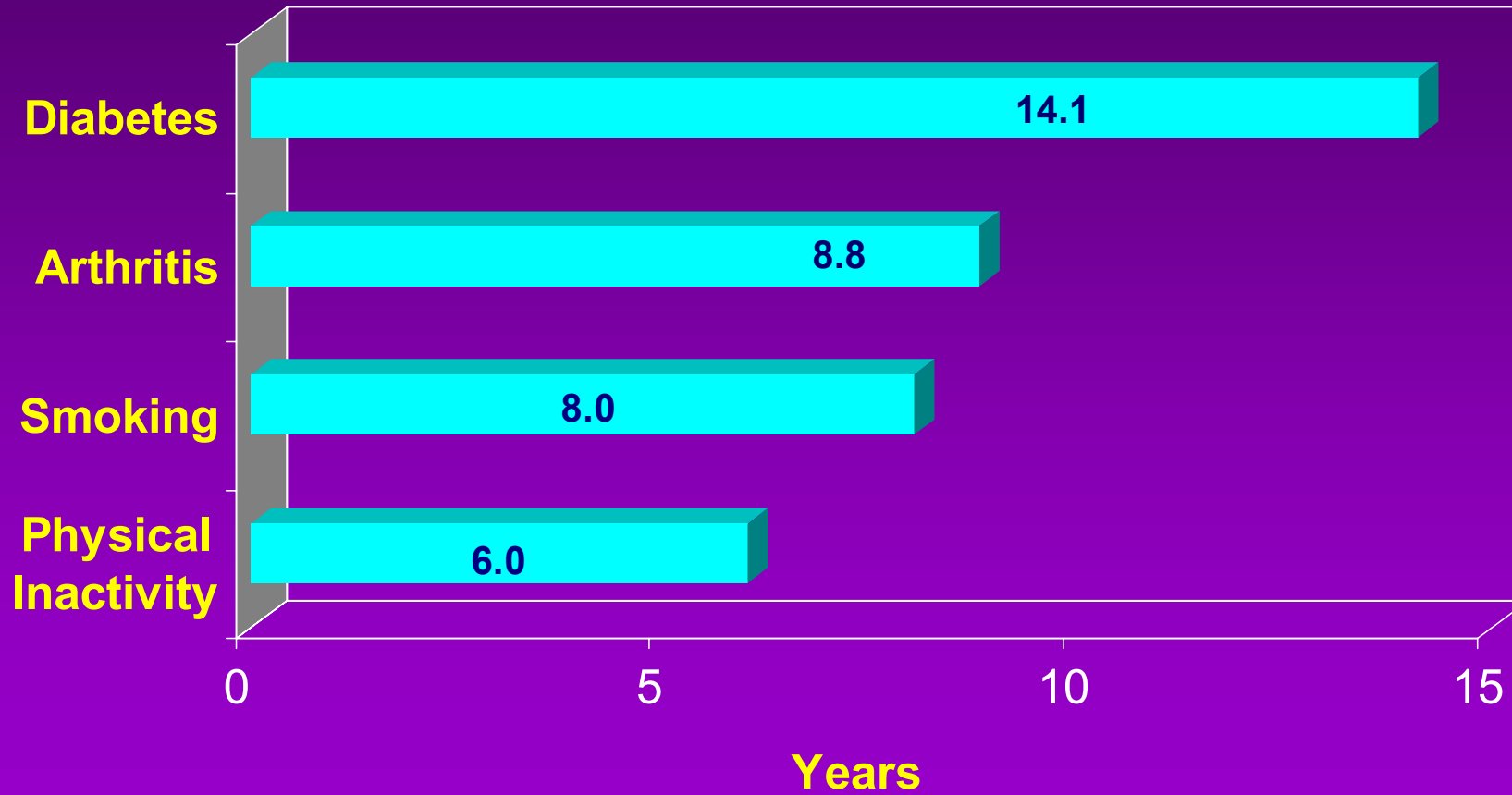


■ Active Years ■ Disabled Years

Source: Manton JAMWA 1997

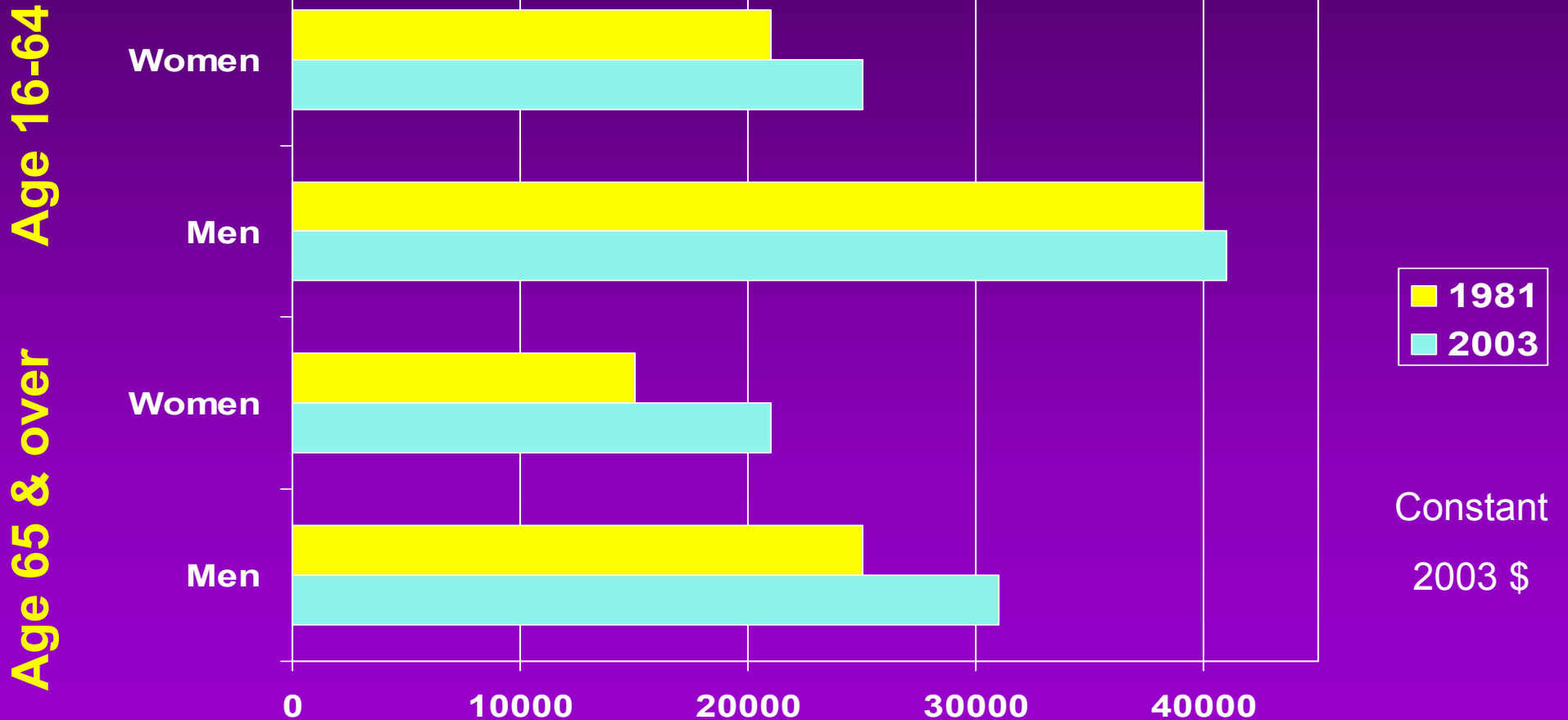
Women

Disability-Free Life Expectancy: Years Lost



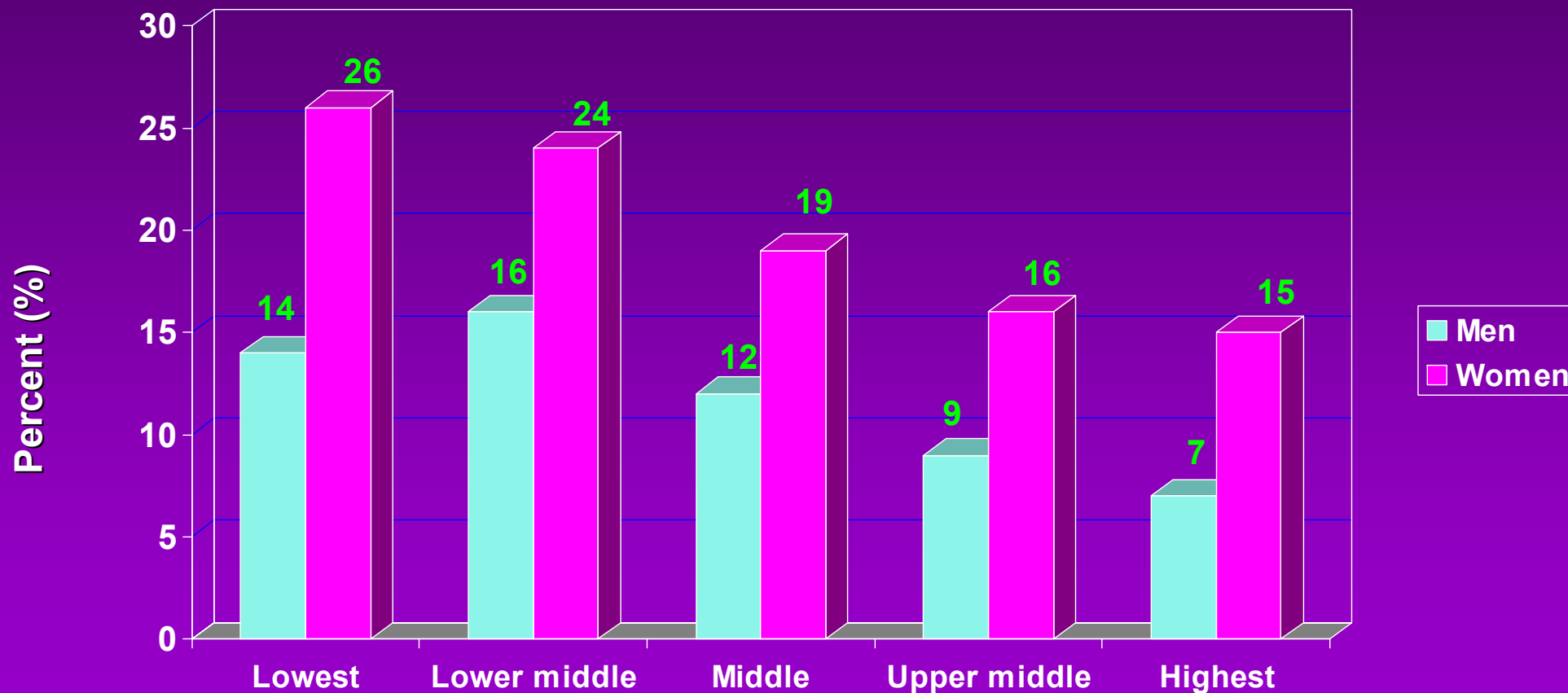
Source: Belanger, Journal of Women & Aging (2002)

Average Income: Canadian Women and Men



Source: Statistics Canada, 13-207-XPB; and Survey of Labour and Income Dynamics

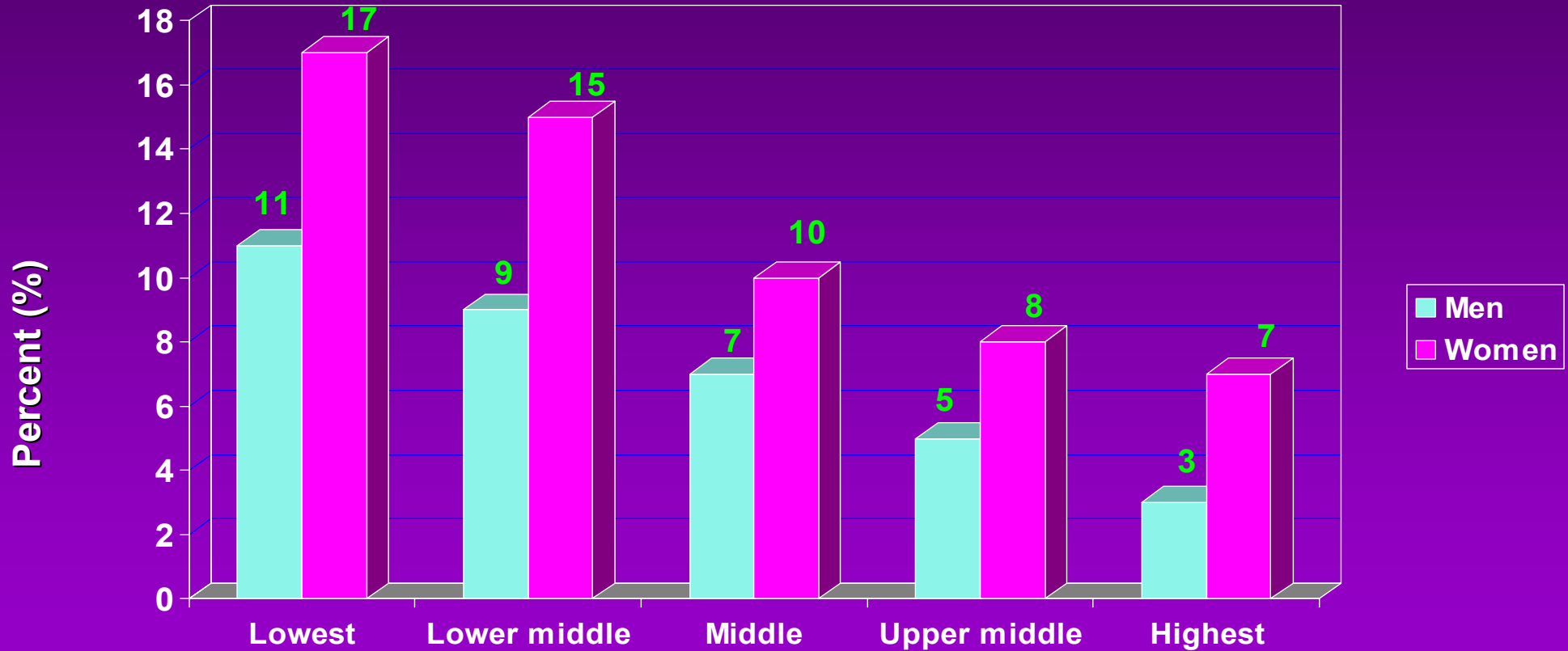
Comorbidity (4 Or More Chronic Conditions) Income And Sex



^Adjusted for age

CCHS - Cycle 1.1

Depression, Gender, and Income



^Adjusted for age,

Probable depression: CIDI-SFMD predicted probability score of ≥ 0.9

CCHS - Cycle 1.1

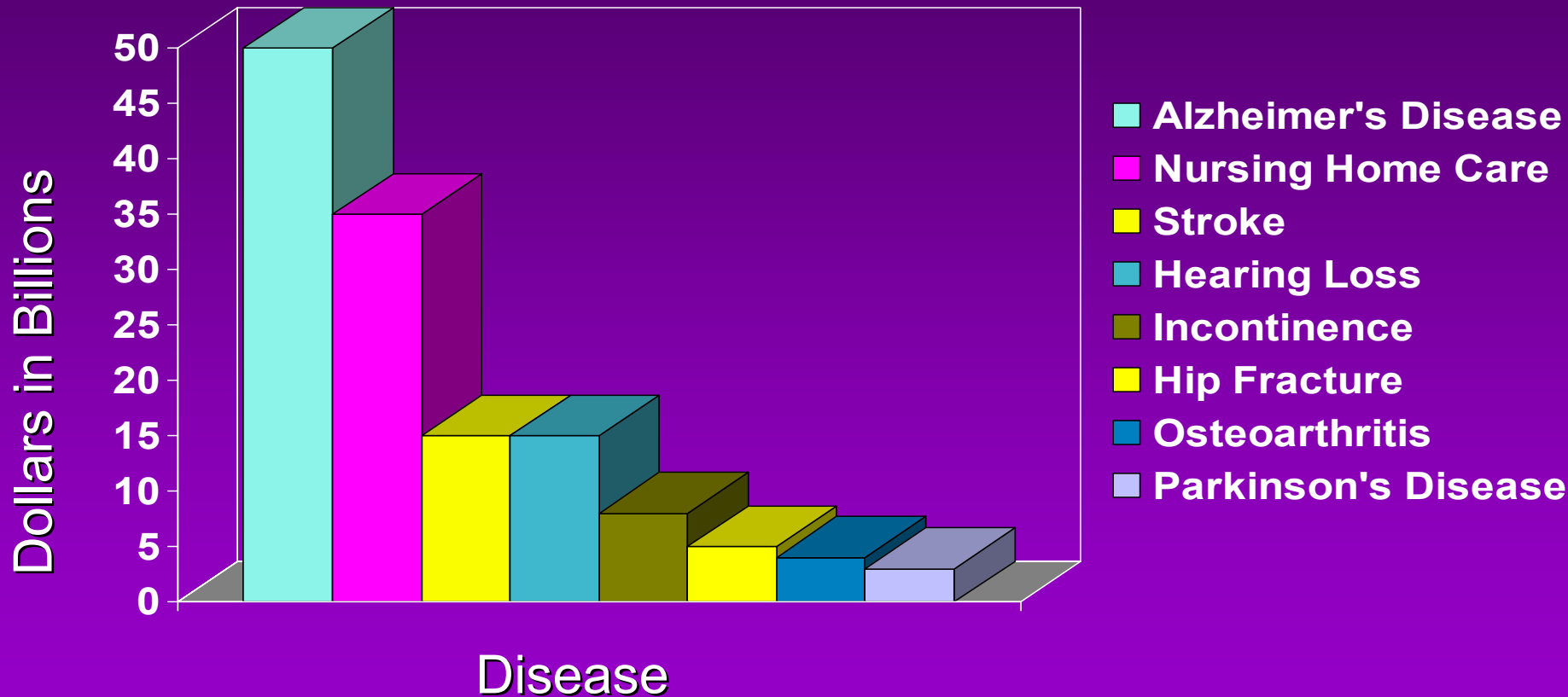
Top 10 Chronic Conditions Leading to Poor Physical Function Among Elderly Women

- Arthritis
- Coronary Artery Disease
- Hypertension
- Low Back Pain
- Urinary Incontinence
- Asthma/Chronic Obstructive Pulmonary Disease
- Congestive Heart Failure
- Diabetes
- Stroke
- Depression

Top 10 Chronic Conditions Leading to Poor Mental Function among Elderly Women

- Urinary Incontinence
- Difficulty Hearing
- Low Back Pain
- Inflammatory Bowel Disease
- Other Heart Conditions
- Asthma/Chronic Obstructive Pulmonary Disease
- Difficulty Seeing
- Stroke
- Diabetes
- Coronary Artery Disease

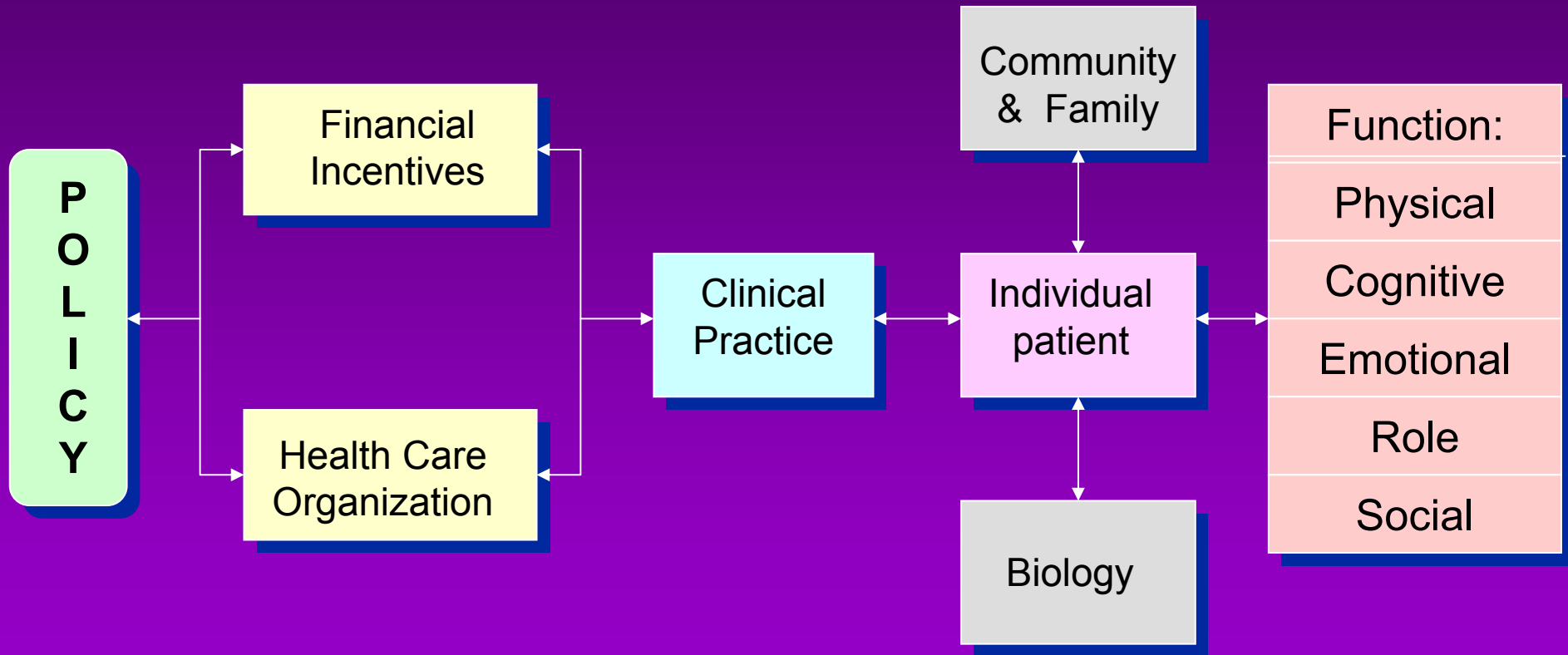
Annual Cost Savings of Delaying Onset of Disease by 5 Years



Source: Putting Aging on Hold: Delaying the diseases of old age, AFAR & the Alliance for Aging Research, 1995

Transforming Systems of Care

Policy, Practice, and Health Outcomes



Bierman: 1999

AHRQ Task Force on Aging Report

Improving Outcomes for Chronic Disease

- Prevention
 - Health Promotion, Risk Factor Modification
- Improved Care for Chronic Conditions
 - CHF, Diabetes, Arthritis
- Improved Management of Geriatric Syndromes
 - Falls, Incontinence

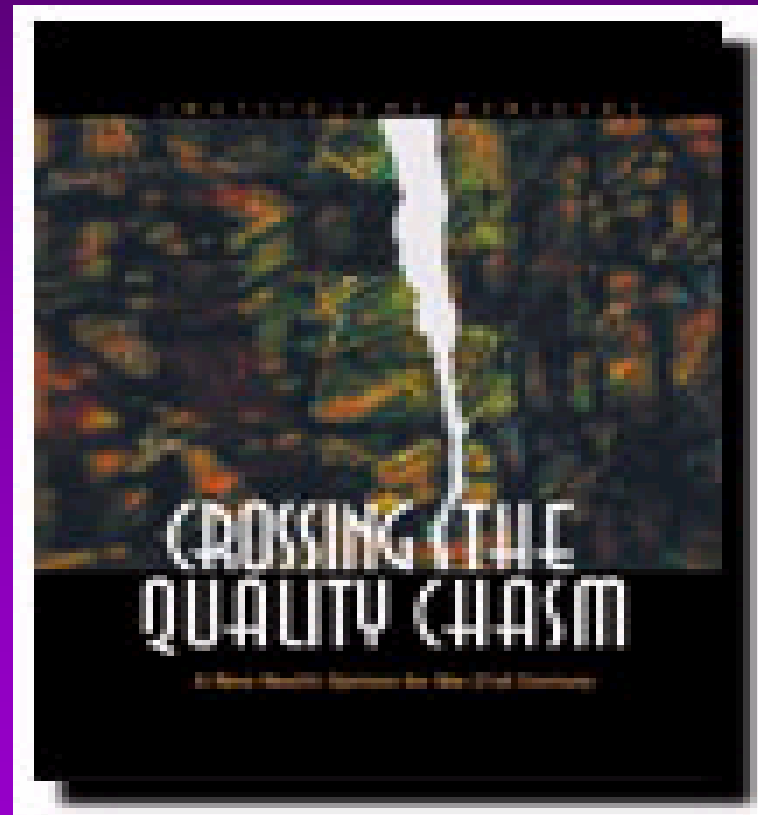
Osteoporosis: A Life Stage Approach

- Risk Factor Reduction
 - smoking, diet, exercise, alcohol counseling and treatment
- Diagnosis
 - Identification and screening of high risk women
- Treatment
 - Pharmacotherapy
- Secondary and Tertiary Prevention
 - Fall Prevention

Quality

- “The degree to which health services for individuals and populations increase the likelihood of desired health outcomes and are consistent with current professional knowledge”
 - Institute of Medicine, 1990

The IOM Quality report: *A New Health system for the 21st Century*



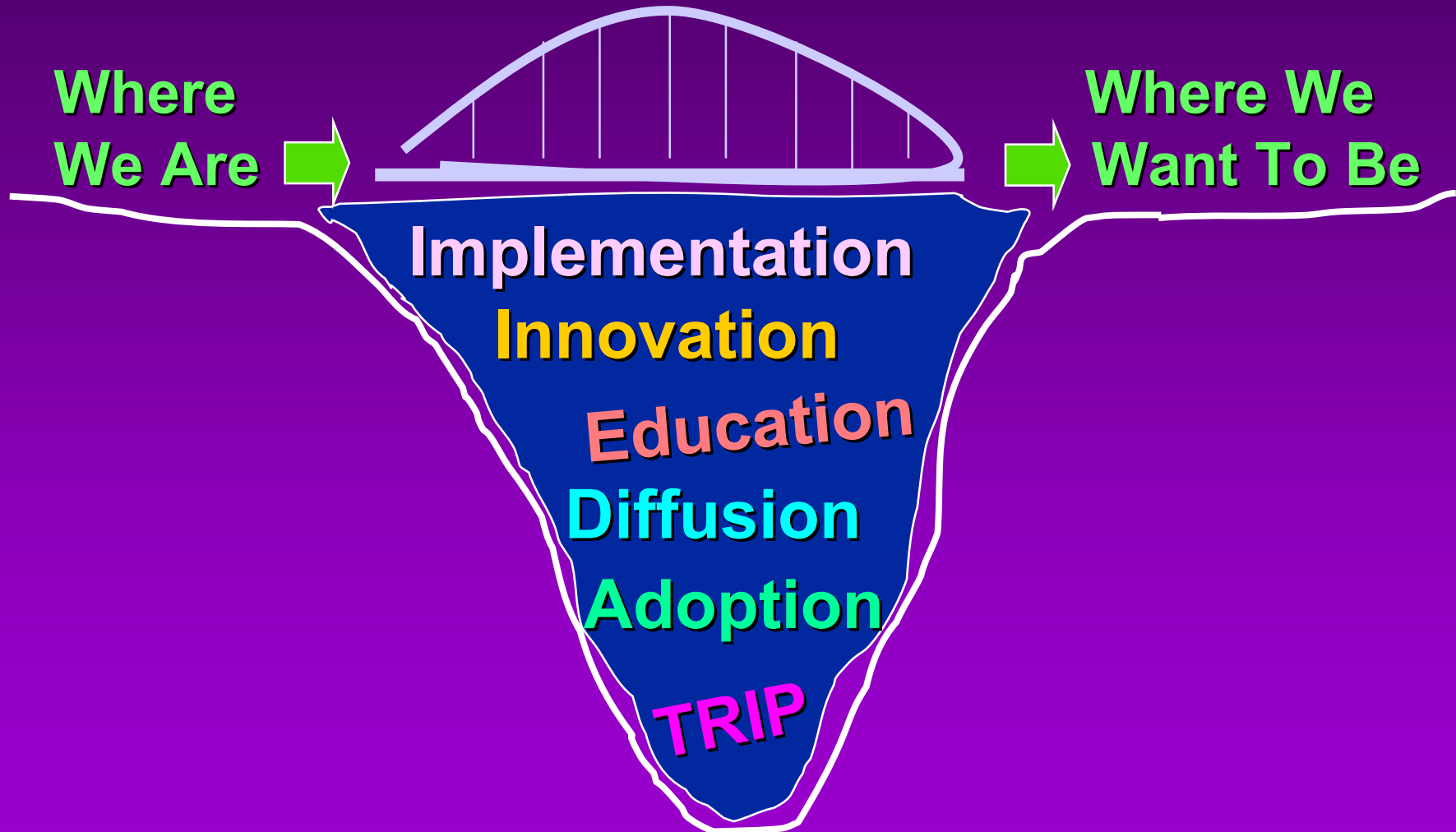
The Quality Chasm: Institute of Medicine Report

- There are serious problems in quality
 - *Between the health care we have and the care we could have lies not just a gap but a chasm.*
- The problems come from poor systems...not bad people
 - *In its current form, habits, and environment, American health care is incapable of providing the public with the quality health care it expects and deserves.*
- We can fix it... but it will require changes

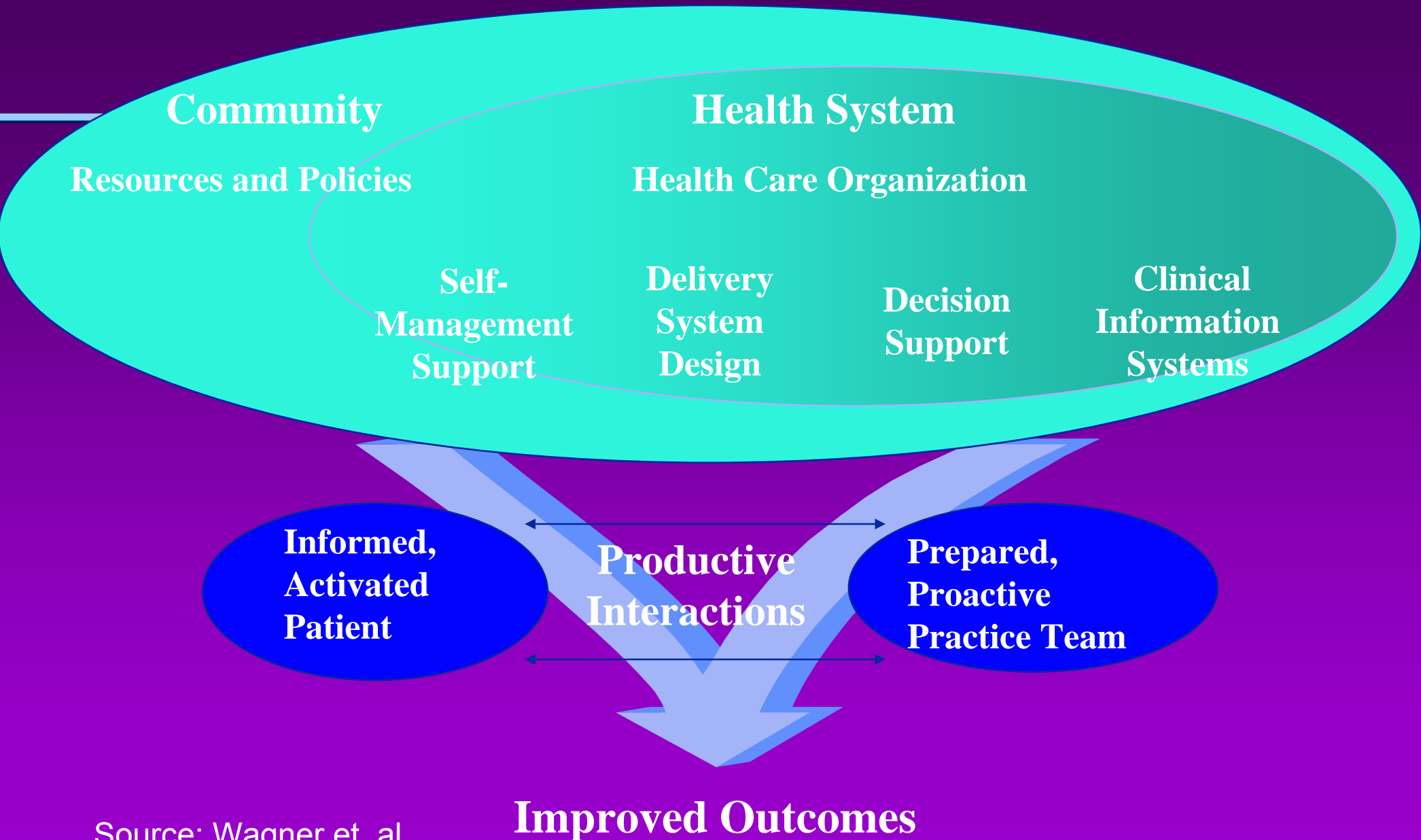
The IOM Quality report: *A New Health system for the 21st Century*

- “The current care systems **cannot** do the job.”
- “Trying harder will not work.”
- “Changing care systems will.”

Transforming Care for Older Women



Chronic Care Model



Source: Wagner et. al

Roles of Patients as Co- Producers of Health

Participant in Care

- self-management
- involvement in care (e.g., chronic care)
- lifestyle, personal health choices (e.g., diet, exercise, stress)

Decision Maker

- choice of plan, provider, prescriptions
- choice of when to seek care

Information

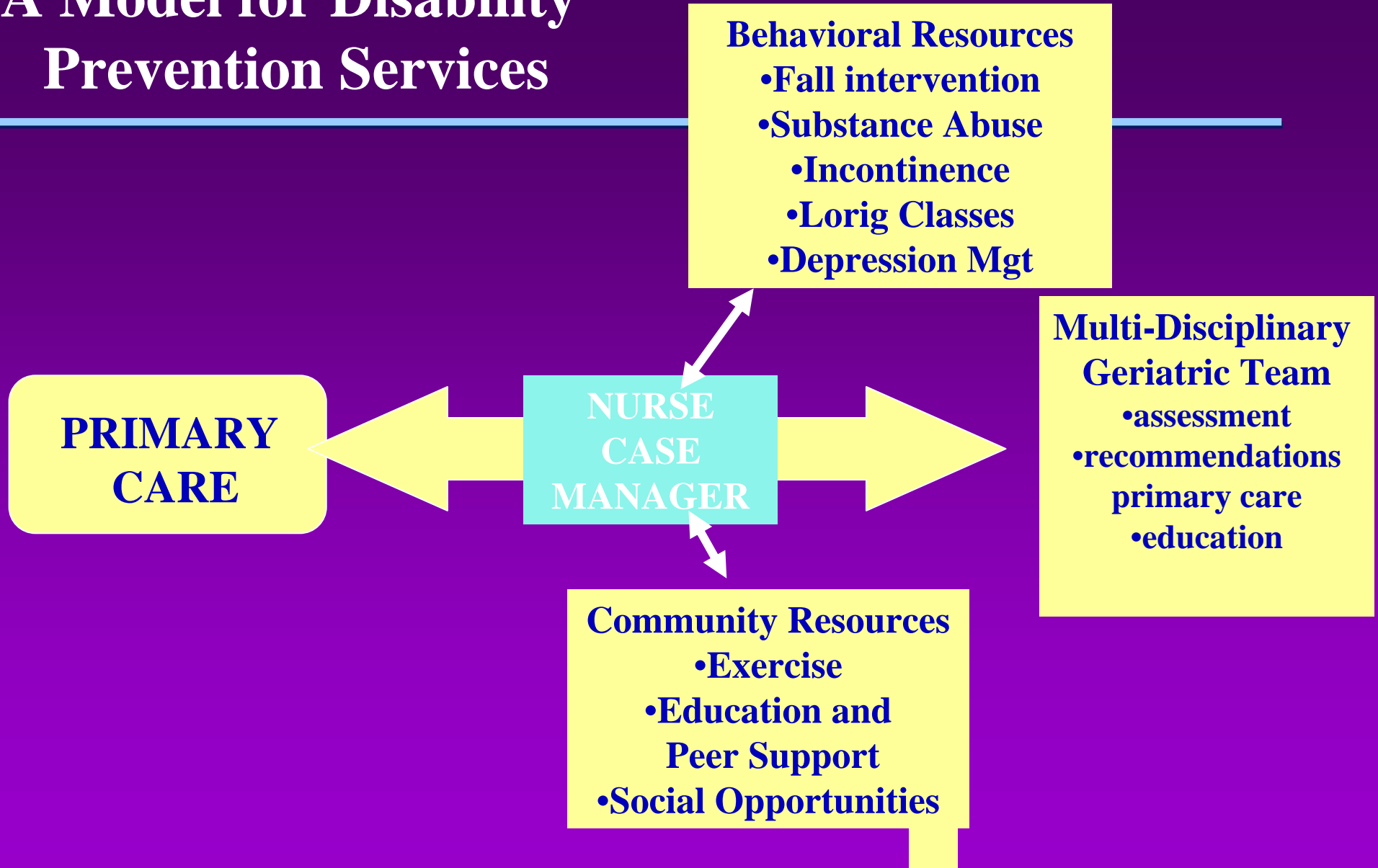
Autonomy

Self-Efficacy

Evaluator

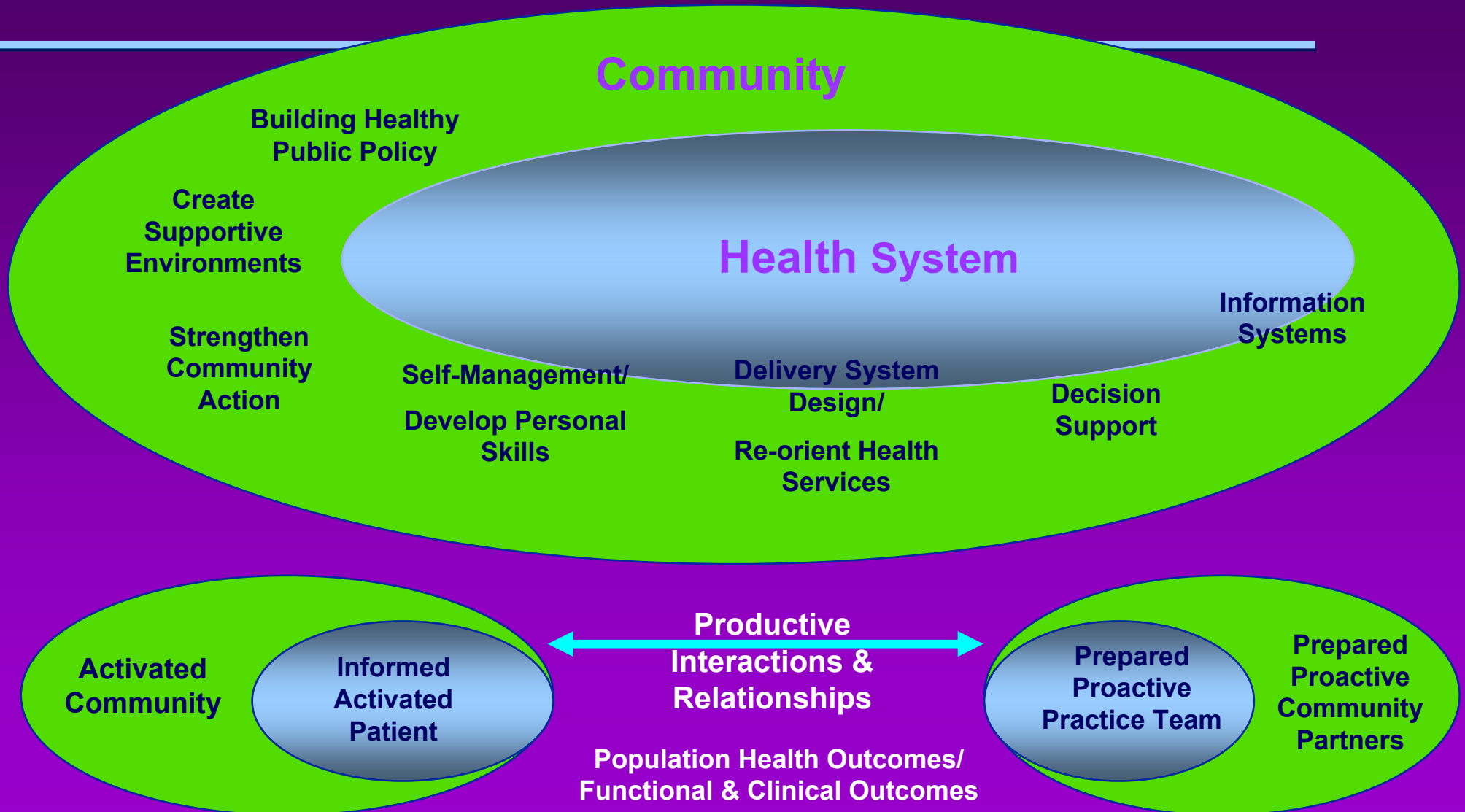
- report on satisfaction and experience

A Model for Disability Prevention Services



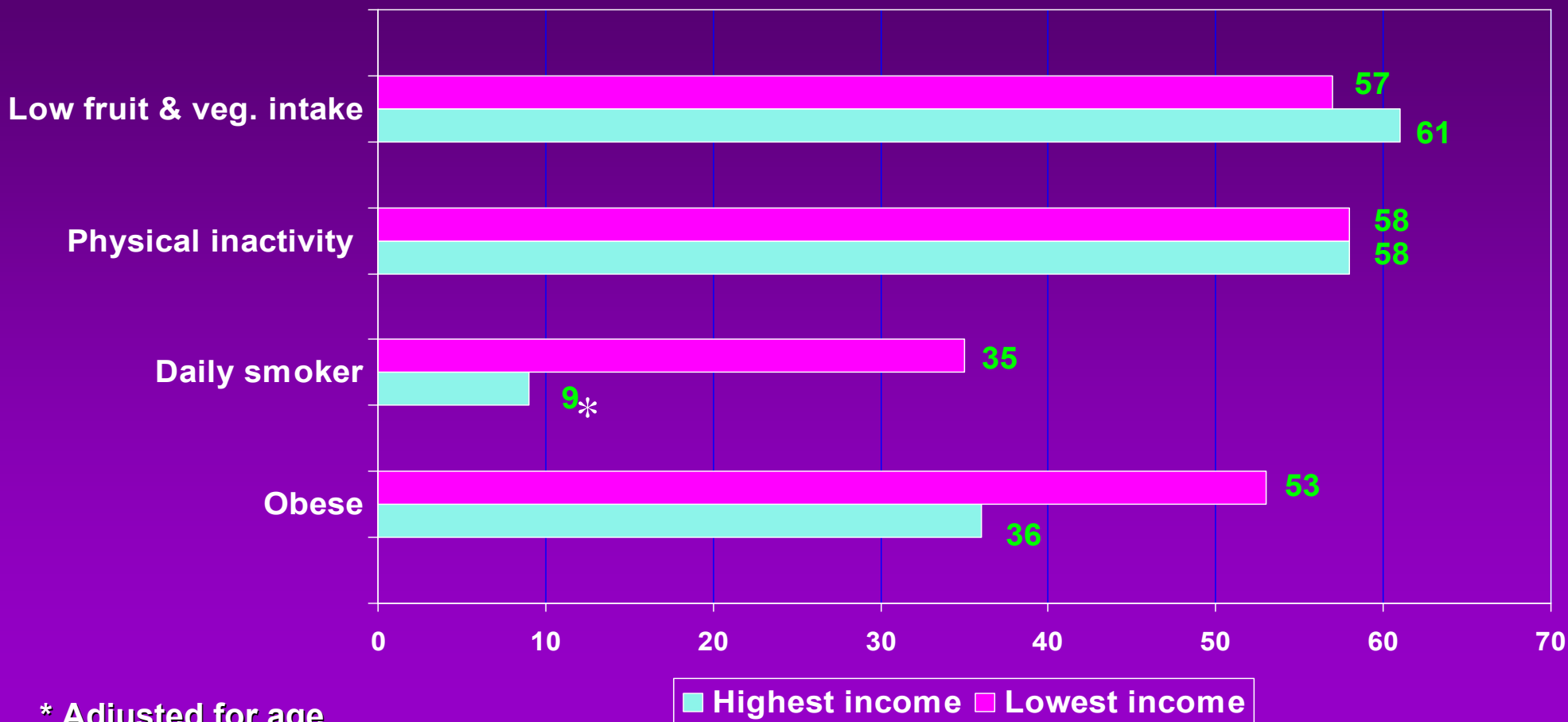
Source: Wagner et. al

The Expanded Chronic Care Model



Opportunities for Improvement

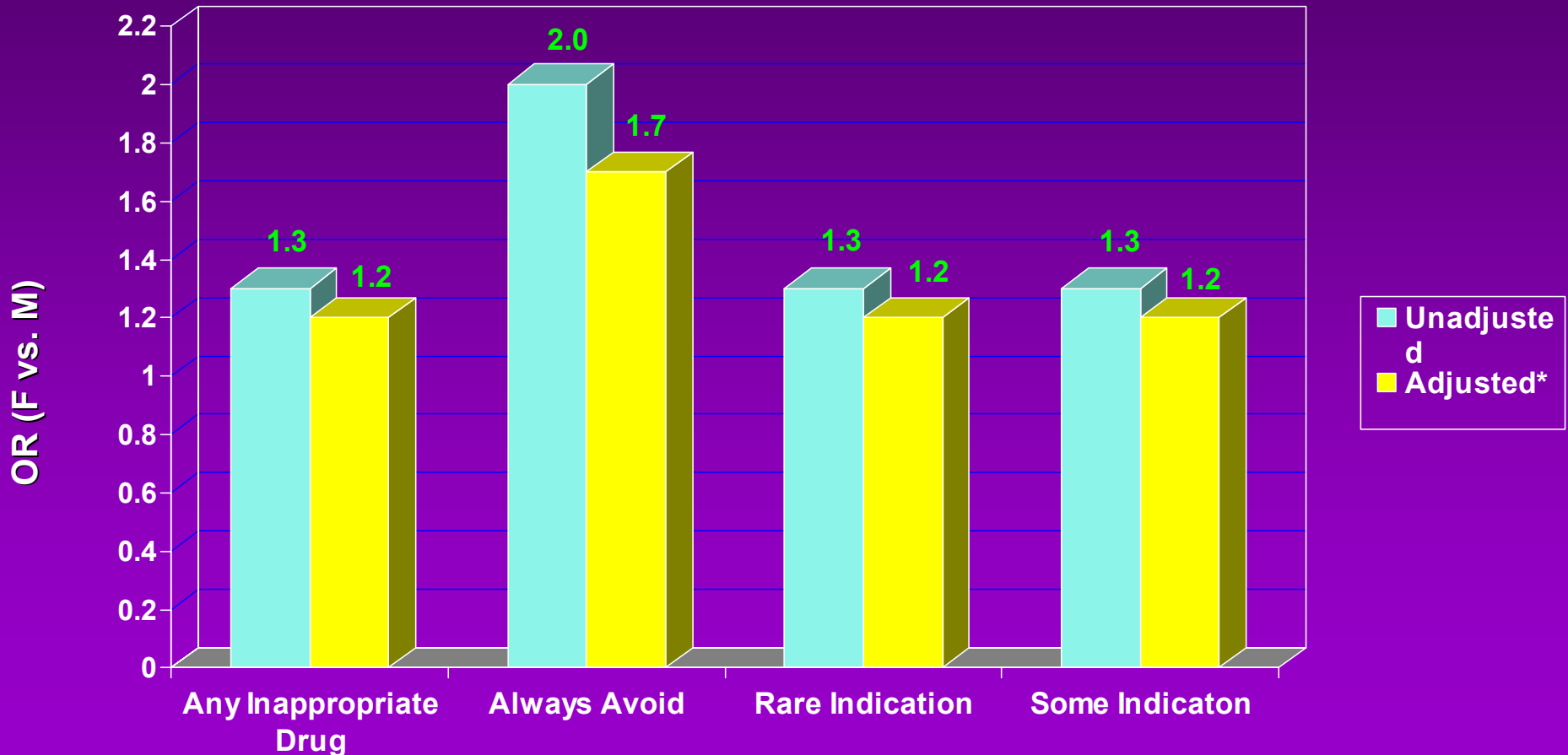
Health Behaviours and Women With Diabetes



* Adjusted for age

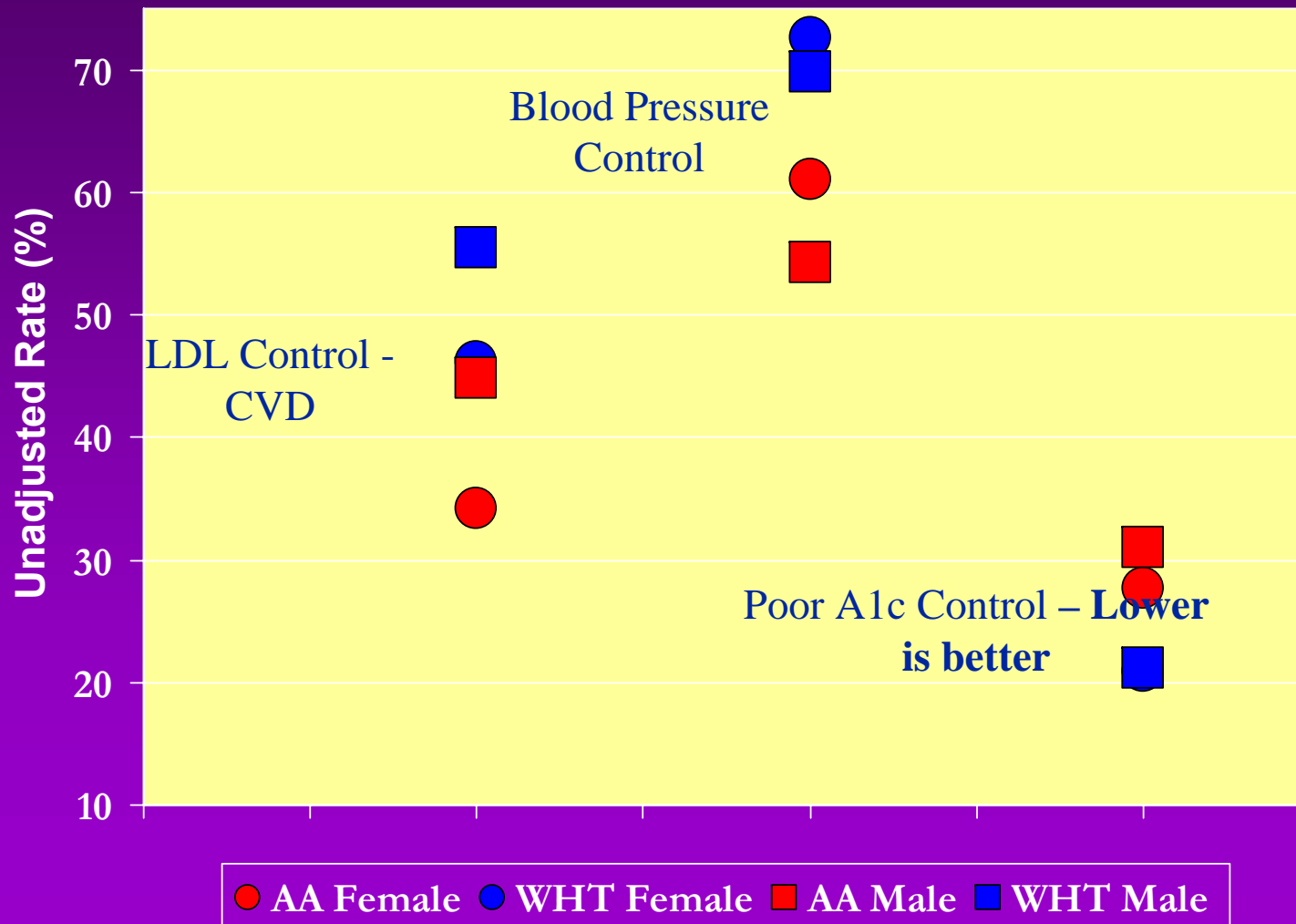
* Interpret with caution due to high sampling variability (CV 16.6-33.3)

Odds of Receiving Inappropriate Drugs: Diagnosis Adjusted



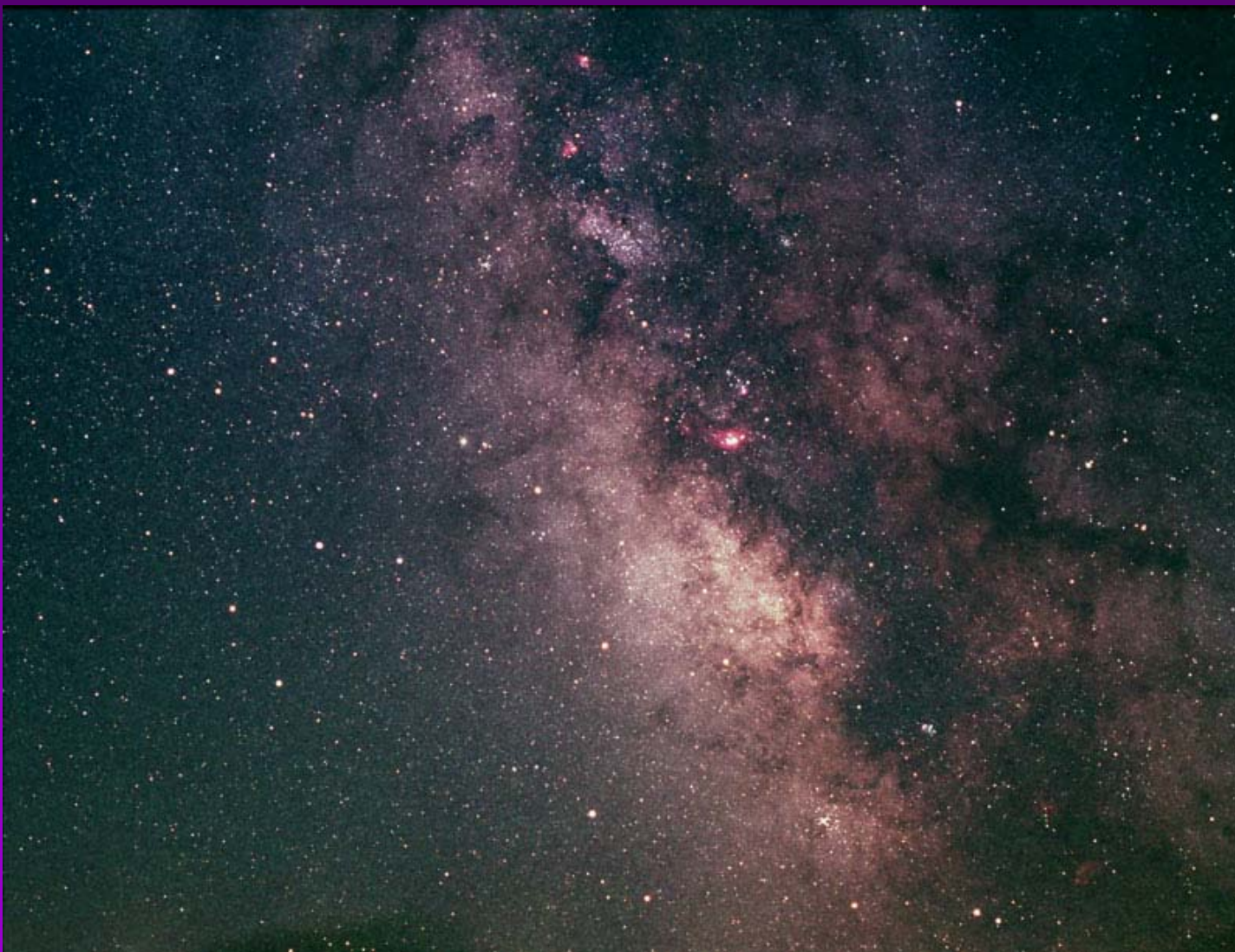
*Adjusted for demographics, comorbidities, unique meds & characteristics of care

Intersectionality: Gender and Ethnic Disparities



Closing the Gaps

The Stars are Aligned



Project for an Ontario Women's Health Evidence-Based Report Card: The POWER Study

Applying What We Know

www.powerstudy.ca

The Project for an Ontario Women's Health Evidence-Based Report Card (**POWER**) will serve as a tool to help policymakers and providers to improve the health of and reduce inequities among the women of Ontario.



Project for an Ontario Women's Health Evidence-Based Report Card

Women's Health Reporting: Developing a New Model

- The Ontario Women's Health Report Card project can serve as a model for
 - incorporating gender and equity as an integral component of improvement efforts;
 - focusing on the need to integrate efforts to improve population health and health care services;
 - building upon evidenced-based analyses to provide new information on factors and pathways contributing to gender differences in health outcomes.

Ontario Women's Health Report Card

First report will include:

- Burden of illness
- Access to health care services
- Cardiovascular Disease
- Cancer
- Depression

Ontario Women's Health Report Card

Second report will include:

- An update and expansion of indicators in the first report
- Other major causes of mortality and morbidity
 - Diabetes
 - Musculoskeletal Disorders (Arthritis, Osteoporosis)
 - Reproductive Health
 - HIV Infection
- Populations at Risk
 - Low Income Women
 - Immigrant and Minority Women
 - Older Women
- Population Health and Social Determinants of Health

Senior Council Toronto Central LHIN: Priorities for Senior Health

Toronto Central LHIN's 2007-2010 Integrated Health Service Plan

■ **Integration Priority 1:**

- Provide supports for marginalized and at risk seniors who need to navigate their way through the health system

■ **Integration Priority 2:**

- Enable seniors to live independently in the community for as long as possible

Transforming the Ontario Health System

- Ontario Health Quality Council
- Aging at Home
- Flo Collaborative

Improving Outcomes for Chronic Disease

- Prevention
 - Health Promotion, Risk Factor Modification
- Improved Care for Chronic Conditions
 - CHF, Diabetes, Arthritis
- Improved Management of Geriatric Syndromes
 - Falls, Incontinence

Opportunities for Improvement: Across the Continuum of Care

- Health Promotion
- Clinical Preventive Services
- Improved Management of Chronic Illness
- Improved Coordination and Accountability
Across Different Sites and Settings of Care
- Coordination Between Clinical and Community
Services

Multiple Levels of Intervention

- Personal
- Organizational (schools, workplaces)
- Community
- Health System
- Environmental
- Policy/legislative

Improving the Health and Well-Being of Older Women: Targeting the Gaps

- Access Gaps
- Organizational Gaps
- Quality Gaps
- Payment Gaps
- Knowledge Gaps
- Health Inequities



- “It's not how old you are, but how old you feel.”

Essie Smith

Vision and Action

Vision without action is
daydreaming;

Action without vision is a
nightmare.