

UPDATE for the Community



LEARN MORE

LETTER FROM THE EXECUTIVE DIRECTOR

It's officially summer and I am appreciating the opportunity to spend more time in the garden with these long warm days, but it got me thinking about some recent studies on exercise. Did you know that according to a recent study by the [CDC](#), less than 25% of adults in the US get enough physical activity? Here in Washington state, the rate is a little better—28.9% said that they fulfilled the federal recommendation for weight-strengthening exercise at least twice a week and 75 minutes of high-intensity aerobic activity like running or 150 minutes of moderately intense exercise such as brisk walking each week from 2010-2015. But may I ask, what about all those other folks? In some states, like Indiana, Kentucky, and South Carolina, the percentage of nonworking women who met the federal exercise guidelines was in the single digits—less than 10%.

[\(Read the full letter HERE\)](#)

ALLIANCE UPDATES

- [News from the Quality Improvement Committee](#)
- [The Consumer Education Committee Seeks Spokespeople for Shared Decision Making Video](#)
- [Executive Director to Speak at Washington State Hospital Association Retreat](#)
- [New Member](#)
- [Joining the Alliance](#)



News from the Quality Improvement Committee

The QIC is working on developing a new “quality composite score” to

Join Us

Are you interested in learning more about membership in the Alliance? [Learn more about the value of Alliance membership.](#)

Choosing Wisely

Choosing Wisely is a campaign designed to provide easy-to-understand guides for getting better, safer, more effective care. It is a partnership between the Alliance, The American Board of Internal Medicine (ABIM), the Washington State Medical Association and others. [Learn more.](#)

Visit the Community Checkup website

The Community Checkup website helps consumers make informed choices by giving them access to a robust and accessible supply of data and resources. [Learn more.](#)

Follow the Alliance on Facebook

We invite you to follow the Alliance on Facebook.

Follow the Alliance on Twitter

We invite you to follow the Alliance on Twitter [@WAHealthCheckup](#).

Follow the Alliance on LinkedIn

We invite you to follow the Alliance on our [LinkedIn company page](#).

aggregate results from multiple individual performance measures into an overall score summarizing performance. Considered a natural evolution of the Alliance's work, this comes in response to purchaser and payer requests and will also provide an easier way for consumers to understand the Alliance's research and findings. This effort is expected to continue through the fall with the release of this new scoring method by November.

The Washington Health Alliance brings together those who give, get and pay for health care to create a high-quality, affordable system for the people of Washington state.

An ad hoc group of the QIC is updating the Alliance's "Potentially Avoidable ER Visits" measure. As you may know, there are few measures that relate to potentially avoidable ER visits, but none are currently endorsed by the National Quality Forum. The Alliance developed a measure several years ago that was agreed upon by Washington-based stakeholders, including clinician leaders from medical groups, hospitals, and insurers. The Alliance's "Potentially Avoidable ER Visits" measure, last updated in 2017, is part of the formally-approved WA State Common Measure Set on Health Care Quality and Cost and has been a part of the Community Checkup for several years. This work is expected to be complete in September.



The Consumer Education Committee Seeks Spokespeople for Shared Decision Making Video

As part of its shared decision making initiative to help patients participate more fully in their health care choices, the CEC is seeking volunteers for a video documentary project. If you or someone you know is a strong advocate of shared decision making and has used it recently to help inform their health care choices, the Alliance wants to hear your (or their) story to help inspire others to do the same. Contact Leslie at 206.454.2961 or lbennett@wahealthalliance.org.



Executive Director to Speak at Washington State Hospital Association Retreat

Alliance Executive Director Nancy Giunto will speak at the WSHA Summer Board retreat on July 12. Each summer, the WSHA Board of Trustees along with hospital and health system leaders meet to discuss health care issues and explore health system change. Nancy will be sharing highlights from our work and engaging important hospital leaders in our state on the purchasers' perspective about health care value.

New Members



This month, we're excited to welcome IBM Watson Health and Jazz Pharmaceuticals, Inc. as the newest members of the Alliance. Learn more about our new members [here](#).

Joining the Alliance

Our members can be the best ambassadors for our work. If you know someone who would like to learn more about membership in the Alliance, we have an online tool to help you talk about the value of Alliance membership. [Learn more at our Join Us website.](#)

