

UPDATE for the Community



January 2021: Time for Tintinnabulation

LETTER FROM THE EXECUTIVE DIRECTOR

We have a tradition in the Alliance office, the “ringing of the bell.” Whenever we have a significant achievement, we ring a bell and gather together for just a moment to appreciate it. Over the last year, the bell has been ringing virtually and I would like to highlight some of the successes in 2020, and to foretell the chimes we plan to hear in 2021.

We released two [Community Checkup reports](#) last year and are on schedule for another release in Q1 2021. We introduced the [Quality Composite Score](#), a more nuanced and sophisticated way to compare quality in Washington state than we have used before. This year, we will work with our member organizations to expand this methodology to include a cost dimension, allowing us to report on the overall value of care.

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

ALLIANCE UPDATES

- [Karen Johnson Presents Alliance Data to the State Cardiovascular Disease and Diabetes Network Leadership Team](#)
- [From Impossible to Implementation: Mobilizing Collective Action Around Social Determinants of Health Webinar](#)
- [Nancy Giunto to Speak at 2021 Washington State of Reform Virtual Health Policy Conference](#)
- [The Alliance Welcomes New Members for 2021](#)

LEARN MORE

Join Us

To find out about the benefits of joining the Alliance, email Theresa Lampkin Tamura, Director of Membership and Business Engagement, at ttamura@wahealthalliance.org.

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, 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



Karen Johnson Presents Alliance Data to the State Cardiovascular Disease and Diabetes Network Leadership Team

While UK [scientists](#) have discovered a link between type 2 diabetes and an increased risk of cardiovascular disease, research shows early treatment can reduce cardiovascular-related health problems and mortality. This is important news for the more than [34 million Americans](#) with diabetes, as about 90 to 95% of them have type 2 diabetes. Research shows that having type 2 diabetes increases the risk of developing both non-fatal and fatal forms of cardiovascular disease, but controlling common risk factors (high blood pressure, high LDL (bad) cholesterol, smoking, obesity, having an unhealthy diet and inactive lifestyle) can: decrease the likelihood of developing cardiovascular disease; dramatically reduce the risk of cardiovascular-related events; and may extend a person's life expectancy by up to 8 years. While type 2 diabetes historically has affected those over 45, it is [increasingly](#) being diagnosed in younger people.

[Nationally](#), heart disease, stroke, and other cardiovascular diseases cause 1 in 3 deaths, cost the health care system more than \$200 billion a year, and cause an additional \$138 billion in lost productivity from premature deaths. In [Washington state](#), heart disease is the second leading cause of death with one in four men and one in five women dying of heart disease. In 2018, heart disease caused the deaths of [11,655 Washingtonians](#). To provide understanding of how well the state is doing on measures related to diabetes and cardiovascular disease, Alliance Director of Innovation and Performance Improvement Karen Johnson presented the latest Community Checkup (CCU) results to the Washington State Cardiovascular Disease and Diabetes Network Leadership Team.

The CCU includes these cardiovascular disease measures:

- blood pressure control;
- monitoring patients on high blood pressure medications;
- statin therapy;
- generic prescriptions for cholesterol-lowering and high blood pressure medications;
- taking cholesterol-lowering medications and hypertension medications as directed; and
- 30-day death rates for heart attack.

And reports on these diabetes measures:

- blood pressure control;
- blood sugar (HbA1c) testing;
- poor control of blood sugar (HbA1c);
- eye exams;
- kidney disease screenings; and
- taking diabetes medications as directed.

To see the presentation on the CCU diabetes and cardiovascular disease measures for health plans, medical groups, clinics, and counties across the state, click [here](#).

accessible supply of data and resources. [Learn more.](#)

We invite you to follow the Alliance

- on Facebook
- on LinkedIn
- on Twitter
[@WAHealthCheckup](#)

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.



From Impossible to Implementation: Mobilizing Collective Action Around Social Determinants of Health Webinar

Join the Washington Health Alliance and Bree Collaborative on Thursday January 21, 2021 from 11:00 am - 12:30 pm PST for the first of our four-part “Framework for Action” webinar series, sponsored by Cambia Grove. Hear from national and local leaders about specific steps we can all take to collectively impact the social and moral determinants of health.

- **Sara Singleton**, Principal at Leavitt Partners, LLC, and advisor to the National Alliance to Impact Social Determinants of Health, will share lessons learned and resources from their multi-sector partnerships.
- **Alison Poulsen**, Executive Director of Better Health Together, will talk about local partnerships they use to collectively address the root causes of social need.

Register [here](#).



Nancy Giunto to Speak at 2021 Washington State of Reform Virtual Health Policy Conference

One of the key elements of health care reform is to engage employers to push for health and needed change to the health delivery system. Employers have become increasingly more active in working to control their health care costs as purchasers, while also engaging in policy conversations to improve the system as a whole.

Alliance Executive Director Nancy Giunto will share real world examples of what purchasers are doing to improve the health of their employees and families in the ***How Employers Are Navigating Employee Health in 2021*** panel discussion on January 7th at 9 am to 9:50 am PST.

State of Reform events are always exceptional learning opportunities. Register [here](#).

The Alliance Welcomes New Members for 2021



Boulder Care offers telehealth addiction treatment grounded in kindness, respect, and unconditional support. At Boulder, participants and caregivers make all the important decisions together. Their clinicians, peer coaches, and care advocates offer support with everything from medical advice and referrals to searching for a safe place to live to dealing with insurance paperwork and pharmacy issues.



Bristol Myers Squibb is a global biopharmaceutical company whose mission is to discover, develop and deliver innovative medicines that help patients prevail over serious diseases. They work every day to transform patients' lives through

science. Combining the agility of a biotech with the reach and resources of an established pharmaceutical company, they are a global leading biopharma company powered by talented individuals who drive scientific innovation.



Collective Innovative Solutions, LLC delights in helping members of our community make the best possible decisions. Their services include help with financial and retirement goals, navigating the health insurance process, choosing the right health plan, and alternative payment options for medical bills. People are their number one priority.



Elevate Health is dedicated to the health of their community. They improve health care delivery by incentivizing change and creating space for sharing and building strategies as a region. They elevate all voices, ensuring cross-sector partners are engaged in transformation, and working as a community to prioritize and address the unique challenges we all face. Together, they continuously improve their strategies through data analytics and evaluation.



Greater Columbia ACH encompasses a diverse geographic region of southern and southeast Washington, from the crest of the Cascade Mountains in the west to the Blue Mountains and Idaho border in the east. They address health issues by bringing people together who have a passion and a commitment to improving the conditions in which our citizens live, improving access to services, and understanding what the data can tell us about our population.



Kaiser Permanente Northwest began their presence in this region when they established a health care system to serve workers at the Kaiser shipyards in Vancouver, Washington and Portland, Oregon during World War II. Since that time, their presence in the region has expanded to serve the health needs of communities throughout Oregon and southwest Washington state.



Northwest Permanente is an independent, physician-led medical group, providing integrated care through Kaiser Foundation Health Plan and Hospitals. Their innovation never stops. They are forward-thinkers, and proactively imagine, create, and implement ideas that improve patient care. If there's a better way to do something they will find it.

[Learn more about our new members here.](#)

Joining the Alliance

To find out about the benefits of joining the Alliance, email Theresa Lampkin Tamura, Director of Membership and Business Engagement, at ttamura@wahealthalliance.org.

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