

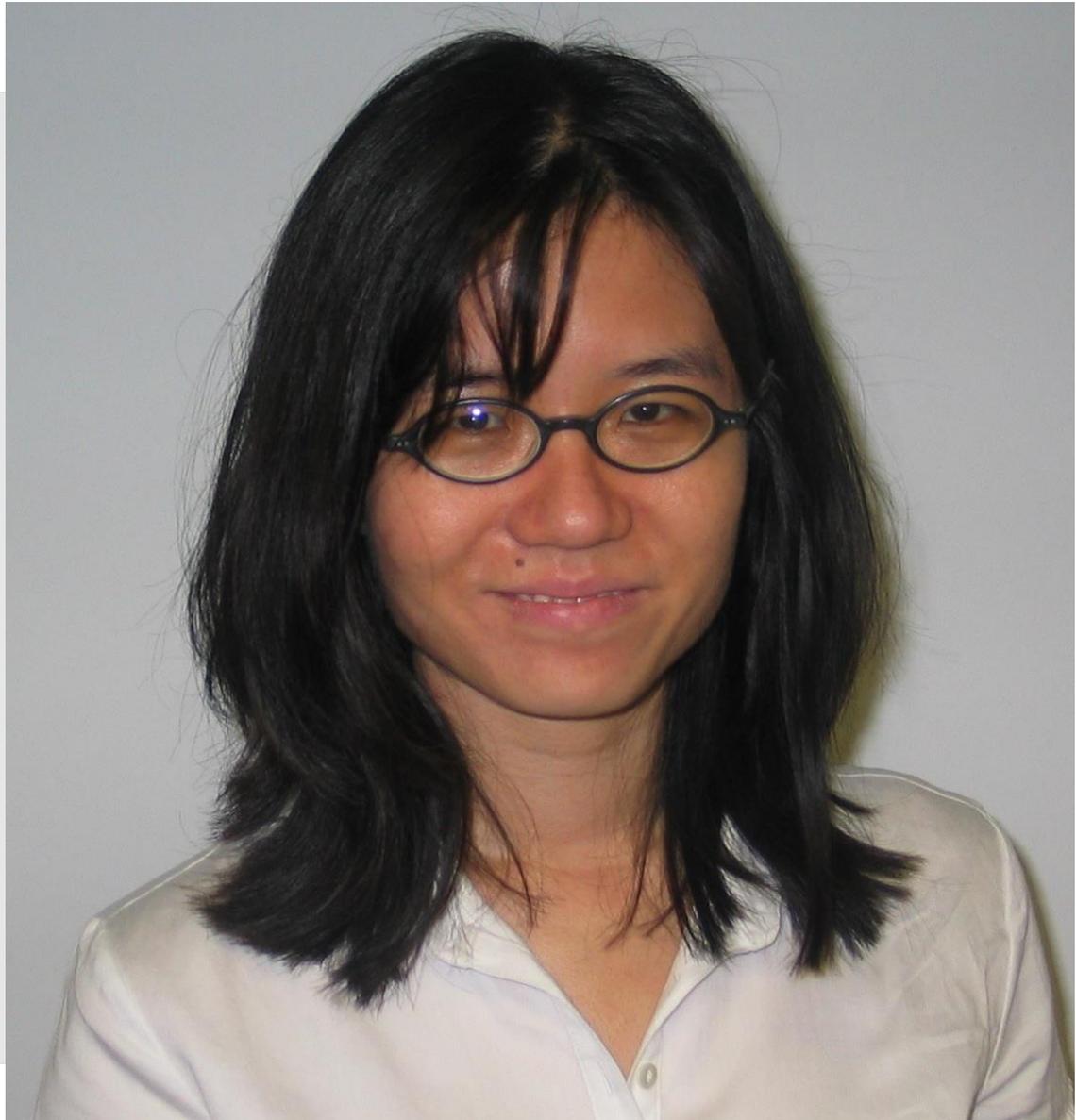
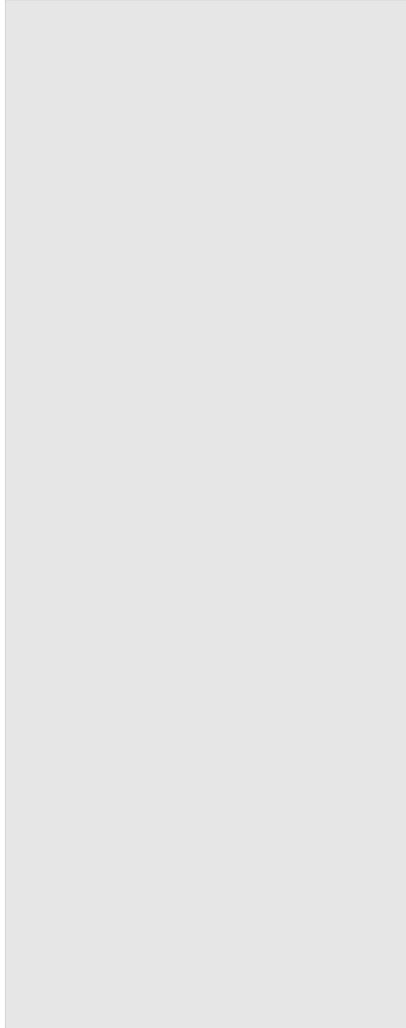
HEALTH  
MANAGEMENT  
ASSOCIATES

**The Importance of Race  
and Ethnicity in  
Accounting for Social  
Risks in Medicare Value-  
Based Payments**

*April 3, 2019*

Maddy Shea, Judy Ng, and Kima Taylor

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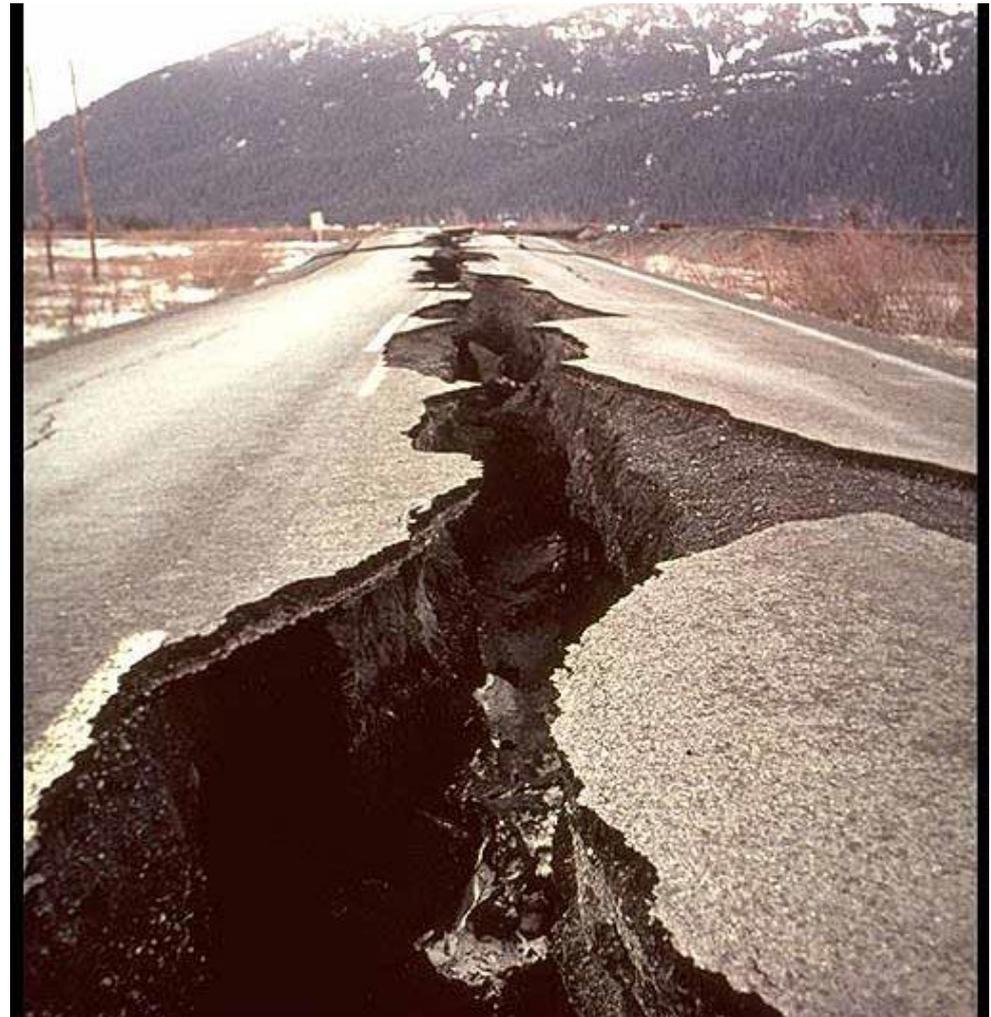
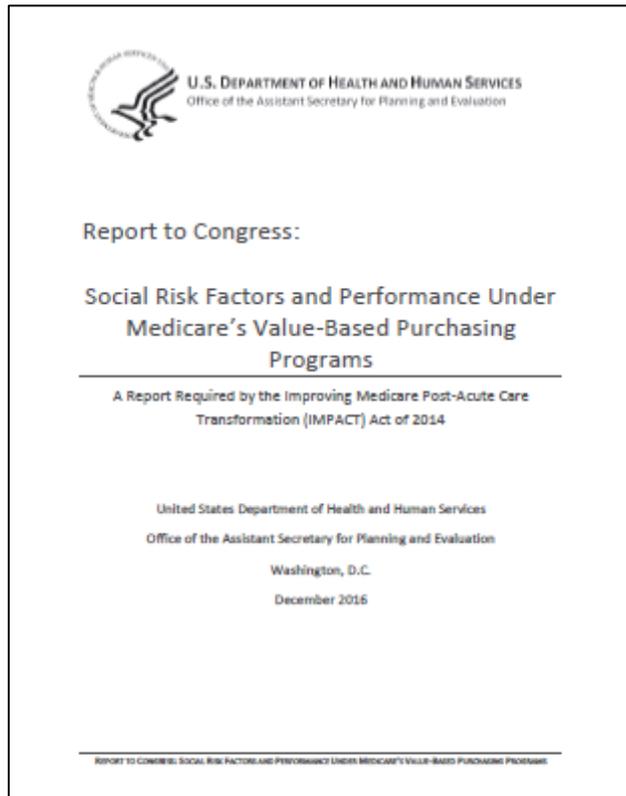
# Maddy Shea, PhD, Principal, HMA Community Strategies



# Presentation Overview

- Background**
- How Race and Ethnicity Influences Health**
- Remedies to Racial and Ethnic Risks**
- Q & A**

# Seismic Impact of Shift to Value Based Care



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# Introduction



*Background*

- Emerging concepts on the contribution of minority status to health disparities: **Minority stress, Resilience, Epigenetics, Life course**
- Understanding the contribution of minority status to disparities is critical:
  - Parse out role of different risk factors
  - Understand underlying mechanisms
  - Target interventions, modifiable pathways
  - Inform payment and delivery models

# Assessment



*Goal*

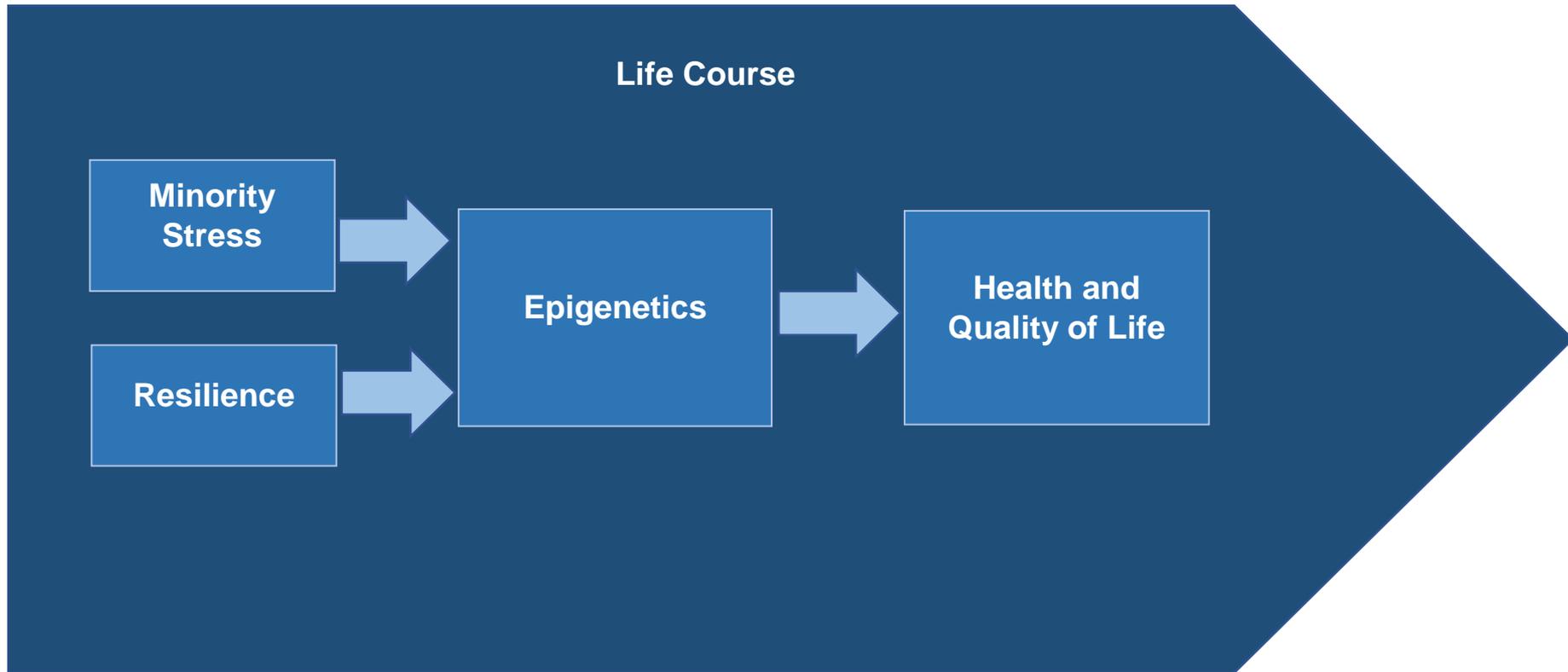
- Understand evidence supporting concepts, how they may work together, and policy implications



*Questions*

- What is the concept? How is it operationalized (mechanism of action)? Strength of evidence?

# How might concepts work together?



# Minority Stress

## Definition/Operationalization

- The chronic stress resulting from experiences of unfair treatment and abusive behavior related to one's belonging to a stigmatized minority group.
- Most well-understood causes of minority stress are prejudice & discrimination, which affects health via activation of fight/flight response (increases blood pressure, cortisol), or health behavior (unhealthy drinking, eating).

### Mechanism of Action

Factors that may influence pathway between discrimination and health include perception of discrimination as stressful, and coping responses that may moderate health.

### Strength of Evidence

Individual studies suggest association between minority stress and health disparities, but systematic reviews did not demonstrate link.

# Minority Stress



Source: <https://washingtonmonthly.com/magazine/janfeb-2014/driving-while-black/>

# Minority Stress



Source: <http://www.racismreview.com/blog/category/native-american/>

# Minority Stress



Source: <https://www.theatlantic.com/notes/2016/07/a-single-photo-that-captures-race-and-policing-in-america/490664/>

# Minority Stress



Source: [http://www.badnewsaboutchristianity.com/gab\\_racism.htm](http://www.badnewsaboutchristianity.com/gab_racism.htm)

# Resilience

## Definition/Operationalization

- Generally refers to positive adaptation (doing well) despite adversity, trauma, threat, but lack of universal definition. Common concepts include:
  - Recovering or bouncing back from adversity
  - Rising above adversity
  - Adaptation/adjustment process
  - Lower incidence of mental health issues after adversity.

### Mechanism of Action

Resilience-related, protective factors include resources (social support) that facilitate resilience, or traits (optimism).

Vulnerability factors (urban poverty) may moderate resilience effects.

### Strength of Evidence

Multiple studies on role of resilience in moderating disparities in vulnerable groups, but systematic reviews demonstrating link between resilience and disparities are limited.

# Resilience



Source: <https://www.npr.org/sections/health-shots/2017/07/15/536657455/moms-need-social-support-and-not-just-in-the-baby-years>

# Resilience



Source: <https://www.lynda.com/Business-tutorials/Enhancing-Resilience/718618-2.html>

# Epigenetics

## Definition/Operationalization

- Study of changes in gene expression (phenotype) regulated by the epigenome: the modifiers (biological processes such as DNA methylation) that direct DNA expression.
- Modifiers can be altered by social, cultural, psychological, physical, environmental exposures.

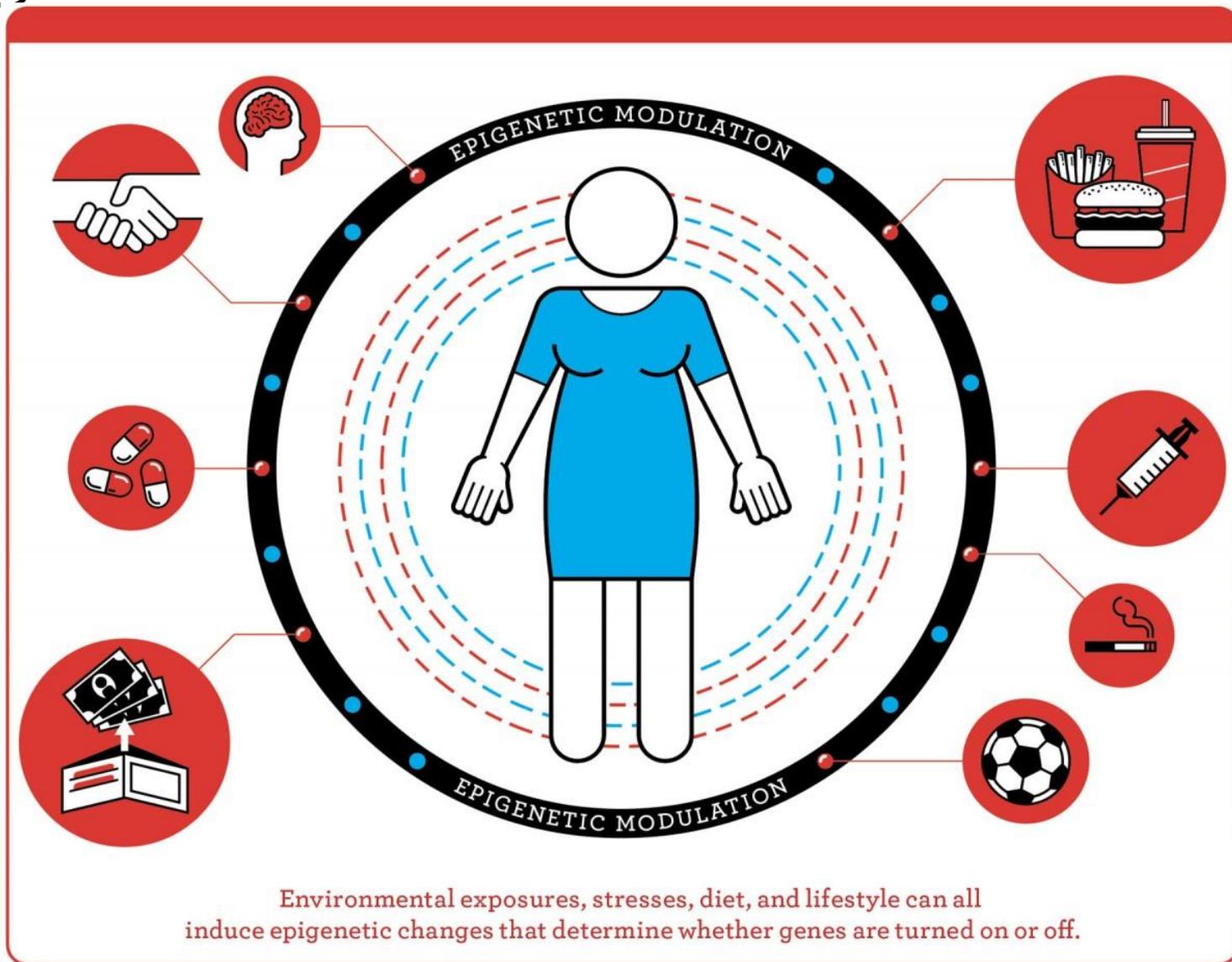
### Mechanism of Action

Factors influencing epigenetic regulation include: Maternal behaviors during pregnancy, paternal health, social interaction, diet and exercise, environmental chemicals.

### Strength of Evidence

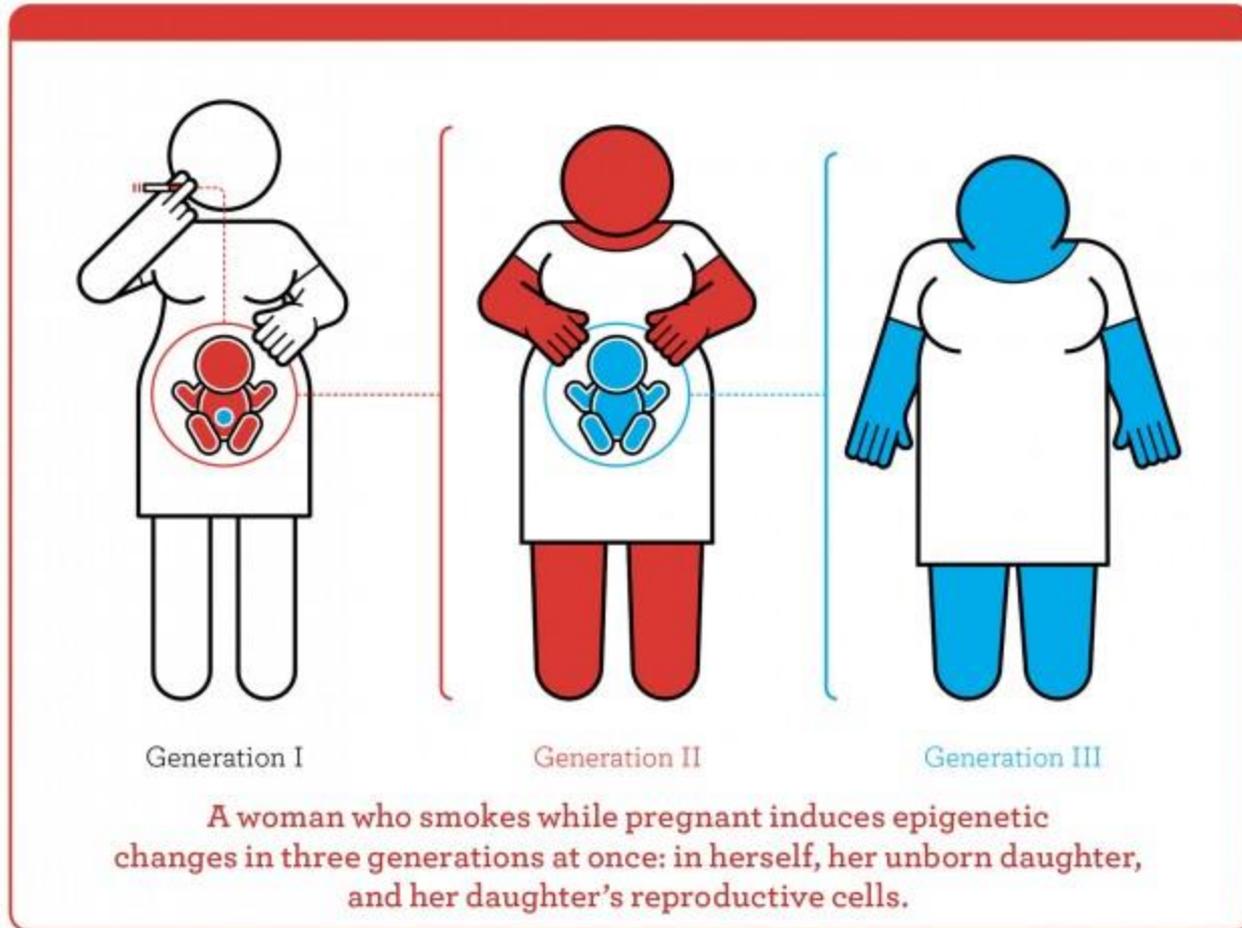
Evidence on regulation of specific genes for health outcomes (e.g., cancer), but systematic reviews/meta-analyses evidence on link between epigenetics and disparities is limited.

# Epigenetics



Source: <https://harvardmagazine.com/2017/05/is-epigenetics-inherited>

# Epigenetics



Source: <https://harvardmagazine.com/2017/05/is-epigenetics-inherited>

# Life Course

## Definition/Operationalization

Health is:

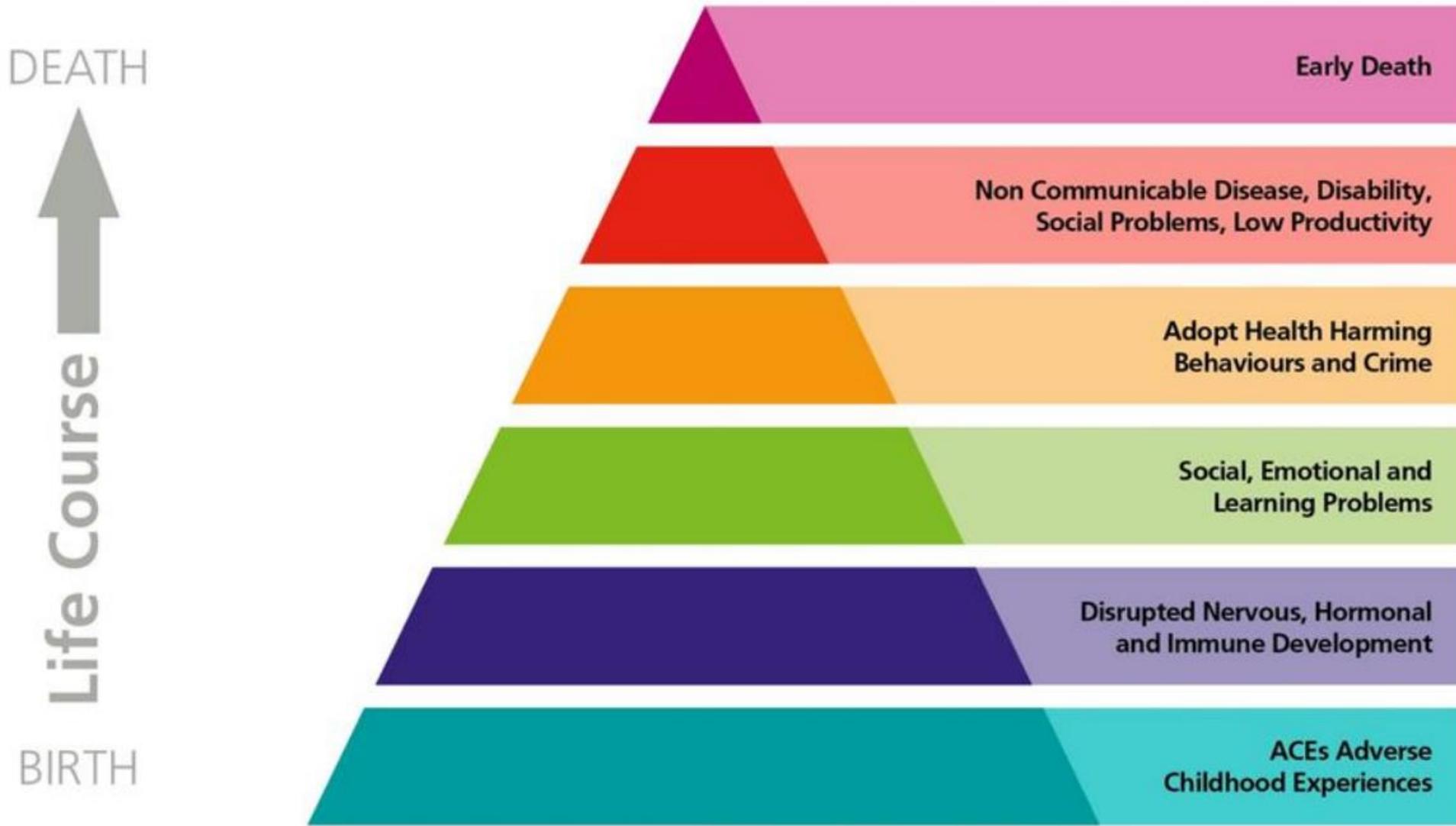
- Shaped over time
- Affected by multiple factors (social, cultural, physical, other)

Overarching framework to understand how experiences or exposures affect health through life.

Sub-concepts include: sensitive periods, accumulation effect, linked lives.

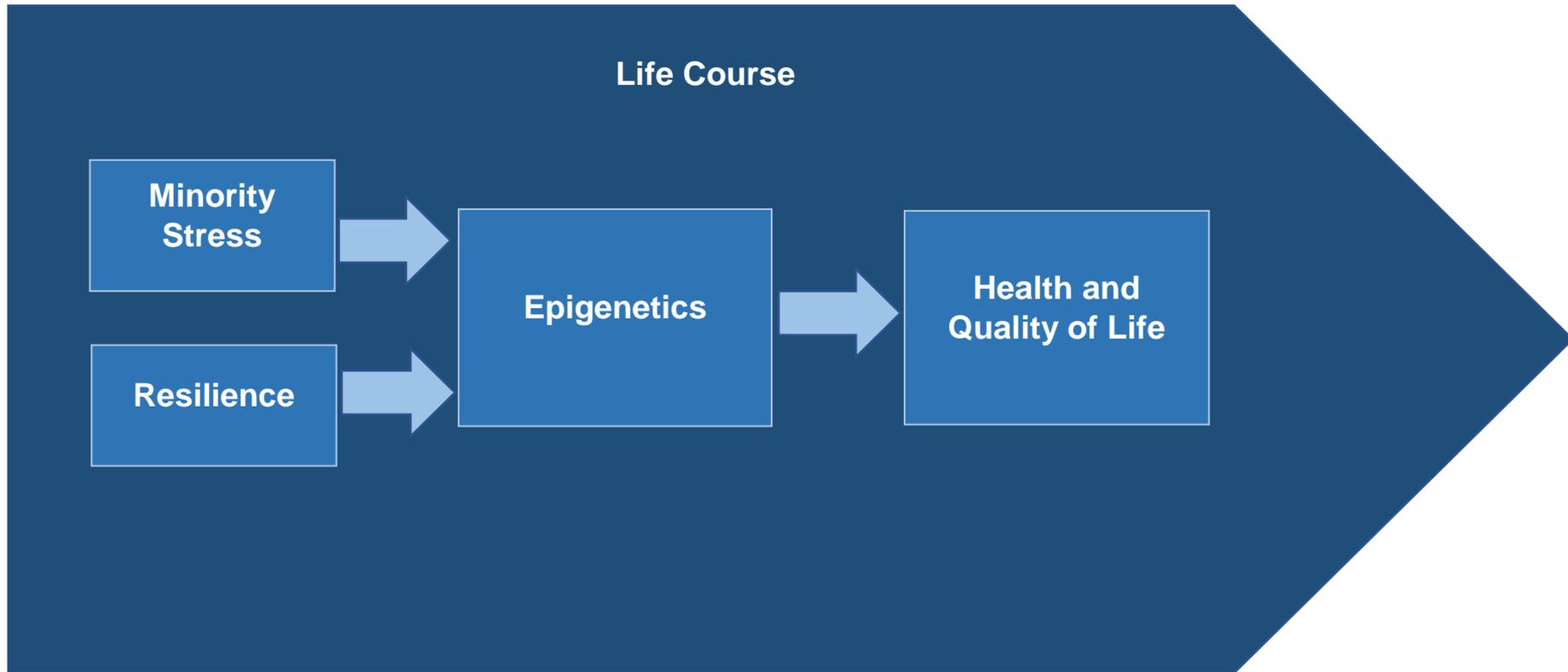
<b>Mechanism of Action</b>	Acknowledges importance of various factors that may interact over time to affect health.
<b>Strength of Evidence</b>	Compelling evidence to support life course perspective, mostly on early life socioeconomic conditions and adult health.  Evidence on causal mechanism limited.

# Life Course



Source: [http://www.worcestershire.gov.uk/download/downloads/id/10484/2018\\_briefing\\_on\\_adverse\\_childhood\\_experiences](http://www.worcestershire.gov.uk/download/downloads/id/10484/2018_briefing_on_adverse_childhood_experiences)

# How might concepts work together?



# In Sum



Concepts relevant for understanding disparities & may work together to undergird disparities



But all have literature gaps that we can work together to address



Food for thought: In ignoring race and ethnicity, do we disadvantage providers serving a high-proportion of minorities? And their patients?

# Policy Implications



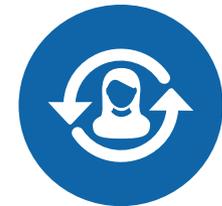
Consider range of factors that influence health



Consider experiences throughout life



Minority status may be proxy for discrimination & minority stress



Resilience addresses traits, processes, factors that may interact & confer health advantage →  
Intervention opportunities

# Getting into Action

- ✓ Collect standardized self reported race and ethnicity data for all individuals
- ✓ Reduce minority stress
- ✓ Build resilience
- ✓ Prevent and mitigate harms early in the life course

# Questions?

# Resources

- [Explaining the Relationship Between Minority Group Status and Health Disparities: A Review of Selected Concepts](#)  
*Judy H. Ng, Lauren M. Ward, Madeleine Shea, Liz Hart, Paul Guerino, and Sarah Hudson Scholle, Health Equity, March 2019*
- ASPE Report to Congress: Social Risk Factors and Performance Under Medicare's Value-Based Purchasing Programs - A Report Required by the Improving Medicare Post-Acute Care Transformation (IMPACT) Act of 2014 <https://aspe.hhs.gov/pdf-report/report-congress-social-risk-factors-and-performance-under-medicares-value-based-purchasing-programs>
- Accounting for Social Risk Factors in Medicare Payment  
<http://nationalacademies.org/hmd/Activities/Quality/Accounting-SES-in-Medicare-Payment-Programs/Medicare-Social-Risk-Factors-Overview>
- National CLAS Standards-Office of Minority Health  
<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=53>
- Advancing Health Equity At Every Point of Contact  
<https://www.thinkculturalhealth.hhs.gov/>

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