Race, Ethnicity, and the Whole Person Health Score

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“Caring for Patients with Cardiovascular Disease Against the Backdrop of COVID-19 and Systemic Racism”
Health Equity Leadership Panel
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Whole Person Health Score

• Holistic measure of health in six dimensions:
  – Physical Health
  – Emotional Health
  – Resource Utilization
  – Socioeconomics
  – Ownership / Activation
  – Nutrition / Lifestyle

• Validated 28-question assessment developed at RUHS

• Each question represents an element that has been shown to be related to how long people live

• Answers to each question have a different weighting and are converted into a final 6-letter score

• Purpose: 1) engage patients in their own health 2) help teams in providing strategic care 3) monitor impact of multidisciplinary interventions
Whole Person Health Score: Combination of Static and Fluid Elements

Physical
- Blood Pressure
- Body Mass Index
- Chronic Condition Load
- Functional Activity

Emotional
- Depression
- Anxiety
- Social Support
- Prayer / Meditation / Relaxation
- Meaning / Purpose

Resource Utilization
- Emergency Room / Hospital Visits
- Outpatient Visits
- Prescription Medications
- (Zip Code)

Socioeconomics
- Finances
- Housing
- Education, Employment
- Food Access, Transportation

Ownership and Activation
- Self-Rating
- Knowledge
- Self-Efficacy
- Self-Management

Nutrition and Lifestyle
- Diet, Physical Activity
- Alcohol, Substance Use
- Smoking
- Sleep
# Health Disparities and Health Advantages in RUHS Black Individuals

**Health Disparities**
- Blood Pressure
- Functional Capacity
- Emergency Visits / Hospitalizations
- Number of Medications
- Job Status
- Physical Activity
- Smoking

**Health Advantages**
- Education Level
Health Disparities and Health Advantages in RUHS Hispanic Individuals

Health Disparities
- Body mass index
- Education level
- Knowledge of own health

Health Advantages
- Blood pressure
- Chronic conditions
- Functional capacity
- Depression, Anxiety
- Social support
- Relaxation / Prayer
- Meaning / Purpose
- Emergency Visits / Hospitalizations
- Finances
- Overall Living Situation
- Job Status
- Access to Food
- Transportation
- Self-Rated Health
- Self-Monitoring of Health
- Eating Habits, Physical Activity
- Sleep
- Smoking
- Alcohol / Drugs
Using the Whole Person Health Score to Estimate Life Expectancy by Race, Ethnicity, and Gender

<table>
<thead>
<tr>
<th></th>
<th>Calculated Life Expectancy Based on WPHS at RUHS</th>
<th>Average Life Expectancy Based on National Vital Statistics (CDC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>86.1 years</td>
<td>N/A</td>
</tr>
<tr>
<td>Black</td>
<td>74.7 years</td>
<td>75.3 years</td>
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<tr>
<td>White</td>
<td>78.9 years</td>
<td>78.8 years</td>
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<tr>
<td>Hispanic</td>
<td>81.7 years</td>
<td>81.8 years</td>
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<tr>
<td>Not Hispanic</td>
<td>74.7 years</td>
<td>N/A</td>
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<tr>
<td>Male</td>
<td>76.0 years</td>
<td>76.1 years</td>
</tr>
<tr>
<td>Female</td>
<td>80.6 years</td>
<td>81.1 years</td>
</tr>
<tr>
<td>Overall</td>
<td>78.8 years</td>
<td>78.6 years</td>
</tr>
</tbody>
</table>