



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
August 19th, 2020

Whole Person Health Score

- Holistic measure of health in six dimensions:

- Physical Health
- Emotional Health
- Resource Utilization
- Socioeconomics
- Ownership / Activation
- Nutrition / Lifestyle

WPHS (Whole Person Health Score)

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Whole Person Health Score Summary

Assessment Last Completed: 10/7/2019 2:37 PM

	C	R	A	O	M	P
	Physical Health	Emotional Health	Resource Utilization	Socioeconomics	Ownership	Nutrition and Lifestyle
A-F	Good. Little opportunity for improvement (no referral needed).					
G-O	Fair. This is an area of health that is likely impacting your overall well-being. Consider seeking additional support or help (referral needed).					
P-Z	Needs Improvement. This is an area of health that is already impacting your overall well-being and needs immediate or continued attention (referral needed).					

Follow-up / Referral Recommendations:

- Emotional Health: Clinical Therapist or Psychologist
- Socioeconomics: Social Work or Social Services
- Ownership: Health Coach or Dietitian
- Nutrition and Lifestyle: Dietitian or Substance Abuse Counselor

- **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

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

Sherry et al. Mortality in the United States, 2017. Center for Disease Control and Prevention. National Center for Health Statistics Data Brief No. 328, November 2018. <https://www.cdc.gov/nchs/products/databriefs/db328.htm> (accessed August 11th, 2020).

