

One is the Loneliest Number (Part 1 of 2)

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Harry Nilsson said it best when he penned these lyrics for Three Dog Night's 1969 hit song "One":

"One is the loneliest number that you'll ever do"

Healthcare organizations and providers continue to face increased challenges to reduce costs and improve outcomes. In order to drive sound decision making for maximum impact the industry is turning to analytics. One is a lonely number, however, and one point of data means nothing if it can't be compared to a benchmark. Below are some lists of important health statistics and facts to remember as you begin planning for 2017.

Fraud and Abuse

- During Fiscal Year (FY) 2015, the Federal Government won or negotiated over \$1.9 billion in healthcare fraud judgments and settlements.¹
- \$487 billion dollars is estimated to be lost annually to fraud and abuse activities.²
- The Medicare Strike Force has a current conviction rate of 95 percent.³
- In FY 2015, the Department of Justice (DOJ) opened 983 new criminal healthcare fraud investigations.⁴
- In FY 2015, Office of Inspector General (OIG) investigations resulted in 800 criminal actions and 667 civil actions against individuals or entities related to crimes against Medicare and Medicaid.⁵
- In FY 2015, the return on investment for all fraud and abuse programs is \$6.10 returned for every \$1.00 expended.⁶

General Healthcare

- Obesity (defined as BMI at or over 95th percentile) for US children is currently: nine percent for two- to five-year-olds, 18 percent for six- to 11-year-olds, and 21 percent for 12- to 19-year-olds.
- 10 percent of average US consumers have fair or poor health.⁸
- Between 2000 and 2014 the birth rate among teenagers reached a record low for the US, down to 24.2 live births per 1,000.⁹
- Adult ages 18 to 24 report an average of 4.0 mentally unhealthy days in the past 30 days, while adults age 75 and older reported only 2.0.¹⁰
- Heart disease, cancer, and stroke alone cause more than 50 percent of all deaths each year.¹¹
- Honolulu, HI is ranked number one in overall performance by hospital region, according to the 2016 Commonwealth Fund Scorecard.
- Hattiesburg, MS is ranked 306 out of 306 in overall performance by hospital region, according to the 2016 Commonwealth Fund Scorecard.
- Infant mortality in part of Mississippi, South Carolina, and Georgia average 10 deaths per 1,000 live births (rates that are par with Serbia and China).¹²
- Adult obesity rates rose in 111 of 306 hospital regions between 2011 and 2014.¹³

Health Expenditures

- For 2015-2025, health spending is projected to grow at an average rate of 5.8 percent per year.¹⁴
- Health spending is projected to grow faster than the Gross Domestic Product, rising to 20.1 percent of the GDP by 2025.¹⁵

- From 2015-2020 as health spending increases, some large employers with low-wage employees are expected to discontinue offering health insurance to their workers and just pay the penalty mandated in the Affordable Care Act.¹⁶
- 50 percent of all bankruptcies are in part due to medical expenses.¹⁷
- Uninsured rates for working adults ranged from four percent in Massachusetts to nearly 50 percent in Harlingen and McAllen, Texas.¹⁸
- By 2020, Medicare is projected to remain consistent at 20 percent of national health spending.¹⁹
- By 2020, the total government healthcare expenditure is projected to be 49 percent of national health spending.²¹

Health Insurance

- Medicare spending is projected to grow to 7.9 percent by 2020.²²
- Medicaid spending is projected to average a 6.0 percent growth rate from 2016-2025.²³
- Despite expanded insurance coverage, growth is expected in private health insurance spending on physician services by the continued expected growth of high-deductible health plans.²⁴
- Medicare spent as much as \$8.5 billion (2.7 percent of total spending) on services deemed to have little or no clinical value in 2009, according to a 2014 *JAMA Internal Medicine*
- Despite a small increase in 2013 the rate of uninsured consumers in the US decreased in every age group from 2000-2014.²⁵
- Between 1999 and 2006, self-insurance rates increased from 44 to 55 percent among all employers, and from 62 to 89 percent among employers at firms with 5,000 or more employees.²⁶

Health Literacy

- Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.²⁹
- The Office of Disease Prevention and Health Promotion estimates the annual cost of limited health literacy is \$1.6 to \$3.6 trillion.²⁷
- Nine out of 10 adults may lack the skills needed to manage their health and prevent disease.²⁸
- Persons with limited health literacy skills are more likely to skip important preventive measures such as mammograms, Pap smears, and flu shots.³⁰
- A person who has limited or low literacy skills is not illiterate.³¹
- Persons with limited health literacy are more likely to have chronic conditions and less able to manage them.³²

Notes

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