



CHCF



CHCF Regional Market Report: Humboldt/Del Norte

November 9, 2020

Regional Market Reports — Project Overview

- Studies of seven large, diverse regional markets to:
 - Examine the structure and performance of local health care systems
 - Identify common themes and emerging issues that influence how Californians receive health care
- Markets in 2020 study are Central Valley, Humboldt/Del Norte, Los Angeles, Riverside/San Bernardino, Sacramento, San Diego, and the San Francisco Bay Area
- Series of seven webinars between Nov. 2020 and Feb. 2021 to share results
- Consulting team includes Jill Yegian, Katrina Connolly, Caroline Davis, Len Finocchio, and Matt Newman

Panelists



Jill Yegian, PhD



Rosemary Den Ouden



Liz Gibboney



Roberta Luskin-Hawk, MD



Tim Rine



Nancy Starck



CHCF



Humboldt and Del Norte: Community Collaboration in the Face of Health Adversity

Jill M. Yegian, PhD, Yegian Health Insights,
and Affiliate, Blue Sky Consulting Group

November 9, 2020

Approach and Information Sources

Regional market study, fourth round; first conducted in 2009

- Story of the health care landscape and developments over the last five years

Interviews: 18 regional leaders representing:

- Health plans
- Health care providers
- County governments
- Community leaders

Data analysis from existing sources

News, current events, policy developments with local implications

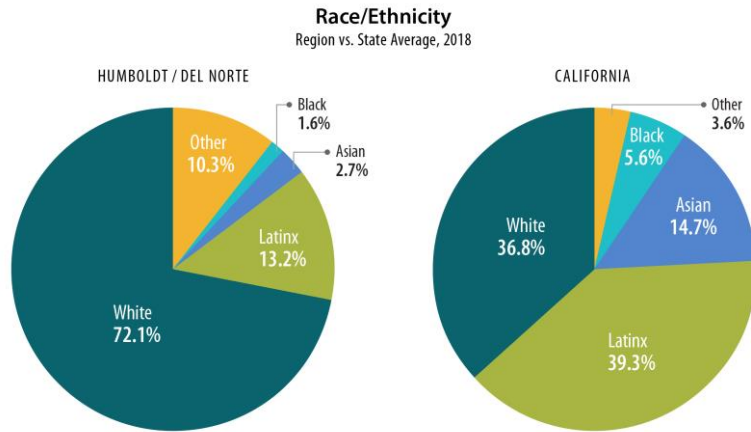
Context: project launched prior to COVID-19

- Interviews conducted March–May 2020, questions added midstream

Team effort: coauthor Katrina Connolly, contributions from Blue Sky Consulting Group team



Market Background: Humboldt and Del Norte Counties



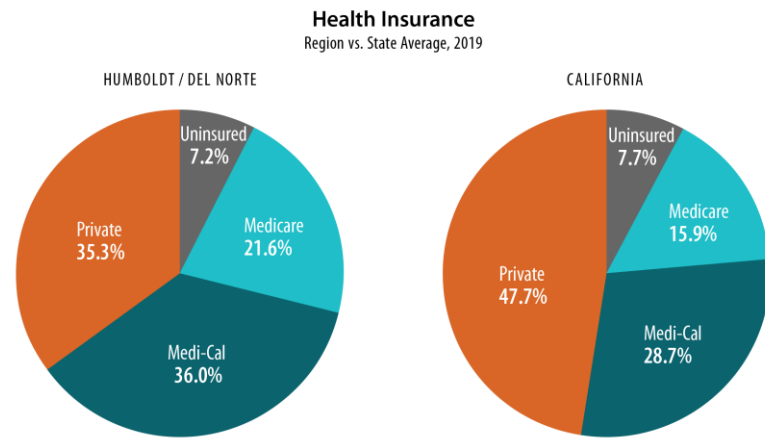
Population Statistics, 2018

	Humboldt / Del Norte	California
Total population (in millions)	0.164	39.557
Five-year population growth	1.2%	3.2%

Economic Indicators, 2018 (except where noted)

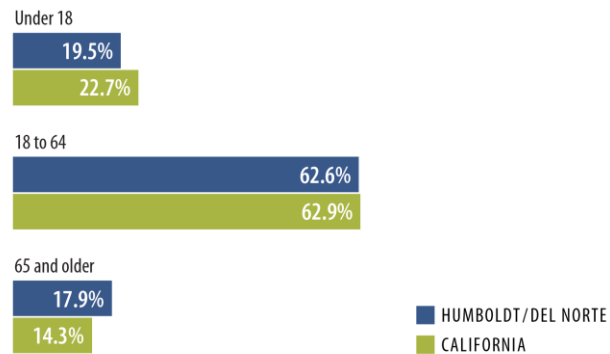
	Humboldt / Del Norte	California
Below 100% FPL	20.3%	12.8%
100% to 199% FPL	20.3%	17.1%
Unemployment rate	3.8%	4.2%
Able to afford median-priced home*	37.0%	31.0%

*Humboldt data only, 2019.



Age of Population

Region vs. State Average, 2018



Source: Regional Market Almanac, 2020: Humboldt/Del Norte – [Quick Reference Guide](#).

Humboldt and Del Norte are:

- Spectacular coastal communities near Oregon
- Small populations (136K in Humboldt, 28K in Del Norte)
- Struggling to diversify economically following the decline of logging

Compared to California overall, population is:

- More White
- Slightly older
- Slower in population growth
- Poorer
- More likely to have public insurance
- Less likely to have private/other health insurance

Death Rate in Humboldt County Much Higher Than Statewide

TABLE 2. Age-Adjusted Death Rates (per 100,000 population)

Humboldt County vs. California, 2014–2016 Average

	Humboldt	California
All causes	815.8	608.5
All cancers	164.9	140.2
Coronary heart disease	106.9	89.1
Accidents	69.2	30.3
Stroke	65.6	35.3
Chronic lower respiratory disease	45.4	32.1
Drug-induced deaths	37.4	12.2
Suicide	25.6	10.4
Chronic liver disease and cirrhosis	20.3	12.2
Firearm-related deaths	20.5	7.6
Motor vehicle traffic crashes	18.7	8.8

Note: Del Norte County's rates are similar but statistically unreliable and are not shown here.

Source: "Table 1," in *County Health Status Profiles 2018* (PDF), California Department of Public Health, 2018.

Source: Jill Yegian and Katrina Connolly, [Humboldt and Del Norte Counties: Community Collaboration in the Face of Health Adversity](#), October 2020, CHCF.

All-cause death rate in Humboldt County is one-third higher than statewide

- Death rate from stroke is almost twice the state average
- Death due to suicide, drug use, and firearms is 2.5–3 times the state average

Death rates in Del Norte County are similar

Differential is consistent with higher rates of mortality observed among rural residents nationwide

- Term "structural urbanism" has been used to describe systematic bias toward large population centers

Despite challenges, the community is resilient:

- "There's hope and innovation in our community"
- "There's no one else, so we need to figure it out — working together"

Health Care Market: Key Features

Health plans

- Partnership HealthPlan of California serves Medi-Cal, plays major role
- Only two commercial plans (Anthem, Blue Shield of CA), no Medicare Advantage

Hospitals

- Five hospitals in the area — St. Joseph in Humboldt is major player

Primary and specialty care

- Independent practice has largely disappeared
- Open Door CHC provides much of the primary care
- St. Joseph Health Medical Group provides much of the specialty care
- United Indian Health Services and other Native American clinics play key role

County HHS

- Key role in behavioral health services

TABLE 5. Hospital Overview: Humboldt and Del Norte Counties, 2018

	HUMBOLDT				DEL NORTE
	St. Joseph	Redwood Memorial	Mad River Community	Jerold Phelps Community	Sutter Coast
Ownership	Providence St. Joseph Health (nonprofit)		Investor-owned	District	Sutter Health (nonprofit)
Critical access		✓		✓	
Medi-Cal DSH*			✓		✓
City	Eureka	Fortuna	Arcata	Garberville	Crescent City
Licensed beds (acute)	138	25	78	9	39
Occupancy (acute)	68%	61%	27%	36%	51%
Discharges (acute)	6,610	1,413	1,752	59	2,156
Emergency department visits	31,460	11,995	17,301	3,102	19,540
Share of revenue from:					
Medicare	30%	34%	24%	52%	34%
Medi-Cal	25%	27%	65%	20%	30%

*DSH is disproportionate share hospital. The DSH program, operated by the California Department of Health Care Services, provides a supplemental payment to hospitals serving a "disproportionate share" of Medi-Cal members and uninsured individuals.

Sources: "Hospital Annual Utilization Report & Pivot Tables," California Office of Statewide Health Planning and Development, accessed June 1, 2020. Critical access hospital designation is available from the California Hospital Association. Share of revenue based on total revenue, not restricted to revenue from acute care.

Source: Jill Yegian and Katrina Connolly, [Humboldt and Del Norte Counties: Community Collaboration in the Face of Health Adversity](#), October 2020, CHCF.

Addressing Health Workforce Shortage

Challenge

- Erosion of independent physician practice due to retirement, difficulty recruiting
- Health workforce shortages, including physicians, nurses, behavioral health providers
- Respondent: “Extreme challenge with access”

Community response: “Grow our own”

- Prioritized by CEO Roundtable
- Family medicine residency program
- Family nurse practitioner residency program
- New RN-to-BSN program at Humboldt State Univ.
- Paramedic or LVN-to-RN program at College of the Redwoods
- Local schools creating pathways to prepare students for health-related study or job

TABLE 8. Physicians: Humboldt and Del Norte Counties vs. California, 2020

	Humboldt/ Del Norte	California	Recommended Supply*
Physicians per 100,000 population [†]	142.0	191.0	—
▶ Primary care	40.4	59.9	60–80
▶ Specialists	71.0	104.2	85–105
▶ Psychiatrists	7.3	10.6	—
% of population in HPSA (2018)	100%	28.4%	—

*The Council on Graduate Medical Education (COGME), part of the US Department of Health and Human Services, studies physician workforce trends and needs. COGME ratios include doctors of osteopathic medicine (DOs) and are shown as ranges above.

[†] Physicians with active California licenses who practice in California and provide 20 or more hours of patient care per week. Psychiatrists are a subset of specialists.

Sources: Healthforce Center at UCSF analysis of Survey of Licensees (private tabulation), Medical Board of California, January 2020; and Health Professional Shortage Area (HPSA) data from *Shortchanged: Health Workforce Gaps in California*, California Health Care Foundation, July 15, 2020.

Source: Jill Yegian and Katrina Connolly, [Humboldt and Del Norte Counties: Community Collaboration in the Face of Health Adversity](#), October 2020, CHCF.

Innovative Data Sharing to Support Care Coordination

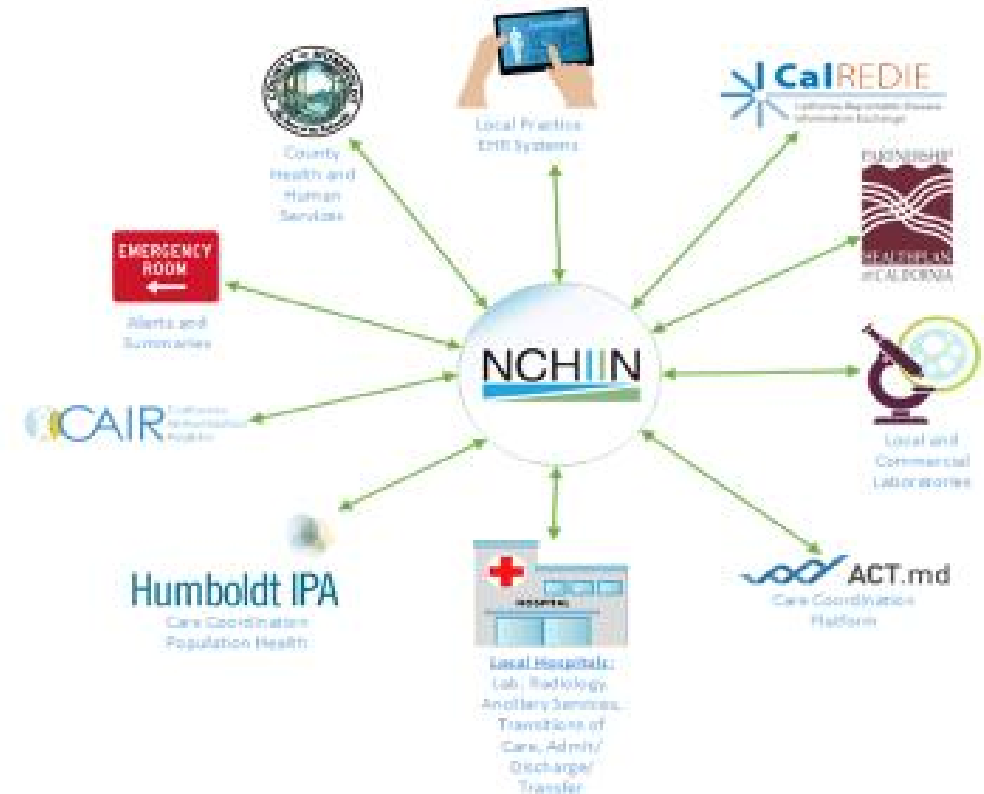
North Coast Health Improvement and Information Network (NCHIIN) created in 2010

- Widely used in Humboldt (not available in Del Norte)
- Connects St. Joseph Medical Group, Open Door, physician practices, hospitals, county HHS
- Example: registration at an ED triggers real-time delivery of medical summary, including diagnoses

Care coordination platform

- Additional interfaces to data for housing and other programs from law enforcement and probation
- Serves 1,400 clients with complex needs
- Used by Humboldt DHHS for outpatient mental health case management program and housing support
- Used by St. Joseph Hospital for community benefit programs

Health Information Exchange



Source: North Coast Health Improvement and Information Network

COVID-19

Key metrics through August

- Fewer cases and deaths than statewide
- Unemployment rate doubled; statewide rate almost tripled
- Expected increase in Medi-Cal enrollment had not (yet) materialized

Early provider experience

- Rapid pivot to telehealth
- Preparation for a surge that did not materialize

County focus on responding to COVID-19

- Care coordination platform for active management of COVID-positive people
- Concern about increased cost of pandemic and reduced revenue due to recession

TABLE 10. COVID-19 Impacts: Humboldt and Del Norte Counties vs. California

	Humboldt (H)	Del Norte (DN)	H/DN Region	California
PER 100,000 RESIDENTS (AUGUST 2020)				
▶ COVID-19 cases	276	388	295	1,791
▶ COVID-19 deaths	3.0	3.6	3.1	33
UNEMPLOYMENT RATE				
▶ Pre-pandemic (FEBRUARY 2020)	3.9%	6.2%	4.2%	4.3%
▶ Mid-pandemic (AUGUST 2020)	8.4%	9.4%	8.4%	11.4%
MEDI-CAL ENROLLMENT				
▶ Percentage change (FEBRUARY TO AUGUST 2020)	-0.1%	-0.8%	-0.2%	1.0%
CARES ACT, PER CAPITA (AUGUST 2020)				
▶ Provider Relief Funds	\$466	\$19	\$390	\$148
▶ High Impact Funds	\$0	\$0	\$0	\$16

Sources: "COVID-19 Cases," California Open Data Portal; "Employment by Industry Data," State of California Employment Development Department; "Month of Eligibility, Dual Status, by County, Medi-Cal Certified Eligibility," California Health and Human Services, Open Data; and "HHS Provider Relief Fund," Centers for Disease Control and Prevention. CARES Act data accessed August 31, 2020; all other data accessed September 30, 2020.

Source: Jill Yegian and Katrina Connolly, [Humboldt and Del Norte Counties: Community Collaboration in the Face of Health Adversity](#), October 2020, CHCF.

Issues to Track

What results will workforce initiatives yield for Humboldt and Del Norte?

Will Humboldt expand community information exchange that allows for data sharing among community-based organizations and across sectors?

What will happen with utilization of telehealth services as the pandemic continues to unfold?

How will the economic consequences of COVID-19 play out?

- For county governments in Humboldt and Del Norte
- For health care providers, including remaining independent practices
- For nonprofit organizations, such as NCHIIN
- For patients