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
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

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

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

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

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* [source](source), California Department of Public Health, 2018.

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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”

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

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<table>
<thead>
<tr>
<th>TABLE 5. Hospital Overview: Humboldt and Del Norte Counties, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HUMBOLDT</strong></td>
</tr>
<tr>
<td>Ownership</td>
</tr>
<tr>
<td>Critical access</td>
</tr>
<tr>
<td>Medi-Cal DSH*</td>
</tr>
<tr>
<td>City</td>
</tr>
<tr>
<td>Licensed beds (acute)</td>
</tr>
<tr>
<td>Occupancy (acute)</td>
</tr>
<tr>
<td>Discharges (acute)</td>
</tr>
<tr>
<td>Emergency department visits</td>
</tr>
<tr>
<td>Share of revenue from:</td>
</tr>
<tr>
<td>Medicare</td>
</tr>
<tr>
<td>Medi-Cal</td>
</tr>
</tbody>
</table>

*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.

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

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

<table>
<thead>
<tr>
<th></th>
<th>Humboldt/ Del Norte</th>
<th>California</th>
<th>Recommended Supply*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians per 100,000 population</td>
<td>142.0</td>
<td>191.0</td>
<td>—</td>
</tr>
<tr>
<td>Primary care</td>
<td>40.4</td>
<td>59.9</td>
<td>60–80</td>
</tr>
<tr>
<td>Specialists</td>
<td>71.0</td>
<td>104.2</td>
<td>85–105</td>
</tr>
<tr>
<td>Psychiatrists</td>
<td>7.3</td>
<td>10.6</td>
<td>—</td>
</tr>
<tr>
<td>% of population in HPSA (2018)</td>
<td>100%</td>
<td>28.4%</td>
<td>—</td>
</tr>
</tbody>
</table>

*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.

1 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

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

<table>
<thead>
<tr>
<th>PER 100,000 RESIDENTS (AUGUST 2020)</th>
<th>Humboldt (H)</th>
<th>Del Norte (DN)</th>
<th>H/DN Region</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 cases</td>
<td>276</td>
<td>388</td>
<td>295</td>
<td>1,791</td>
</tr>
<tr>
<td>COVID-19 deaths</td>
<td>3.0</td>
<td>3.6</td>
<td>3.1</td>
<td>33</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNEMPLOYMENT RATE</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-pandemic (FEBRUARY 2020)</td>
<td>3.9%</td>
<td>6.2%</td>
<td>4.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Mid-pandemic (AUGUST 2020)</td>
<td>8.4%</td>
<td>9.4%</td>
<td>8.4%</td>
<td>11.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEDI-CAL ENROLLMENT</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage change (FEBRUARY TO AUGUST 2020)</td>
<td>-0.1%</td>
<td>-0.8%</td>
<td>-0.2%</td>
<td>1.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CARES ACT, PER CAPITA (AUGUST 2020)</th>
<th>Humboldt (H)</th>
<th>Del Norte (DN)</th>
<th>H/DN Region</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider Relief Funds</td>
<td>$466</td>
<td>$19</td>
<td>$390</td>
<td>$148</td>
</tr>
<tr>
<td>High Impact Funds</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$16</td>
</tr>
</tbody>
</table>


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