



Advancing Arthritis Public Health Priorities through National Organizations:

Health System Demonstration Pilot

I. Project Overview

In collaboration with the Centers for Disease Control and Prevention's (CDC) Arthritis Management and Well-Being Program, the National Association of Chronic Disease Directors (NACDD) is partnering with the Iowa Community HUB and Primary Health Care, an FQHC in Des Moines Iowa to pilot the care model entitled the "Public Health Framework for Collaborative Arthritis Management and Wellbeing."

This Framework was designed to

- A. Expand the availability and accessibility of arthritis-appropriate evidence-based interventions (AAEBIs) that focus on self-management education AND physical activity.
- B. Increase healthcare provider screening of arthritis patients for function, pain, physical activity, and counseling about the benefits of physical activity for reducing arthritis pain and limitations.
- C. Increase healthcare provider referral of patients with arthritis to AAEBIs or evidence-based lifestyle management programs.
- D. Promote physical activity and self-management skills to manage arthritis symptoms.
- E. Raise awareness of the burden of arthritis and ways to manage it.

II. CHPcommunity/Iowa Community HUB

- Lead by President/CEO Trina Radske-Suchan, PT
- The mission of the Iowa Community HUB is to "support community partners to initiate, expand, and sustain health and wellness programs and services that address important health issues facing our communities."
- The Iowa Community HUB has a primary purpose to help prevent and manage chronic disease in Iowa by ensuring individuals of all ages, abilities, and incomes are participating in community health promotion programs with an equitable opportunity to live a healthy life.
- The Iowa Community HUB (HUB) operates as a community care hub and supports a network of community-based organizations in their delivery of evidence-based programs (EBPs), including several AAEBIs.
- In 2019-2020, CHPcommunity leaders were selected along with 10 other national organizations by the National Council on Aging for a ten-month Network Development Learning Collaborative focused on trainings and education around the hub model.

CHPcommunity was also selected to the ACL's Community Care Hub National Learning Community 2022-2023 and 2023-2024. The selected organizations participate in shared learnings, information and resource sharing, and technical assistance to build the strength and preparedness of each Community Care Hub to address health-related social needs and public health needs through contracts with health care entities.

- The Iowa Community HUB was awarded the 2024 Iowa Public Health Association Partner of the Year Award
- CHPcommunity was selected as the recipient of the Iowa Medical Society's 2023 Washington Freeman Peck Award. This award is given annually by the Iowa Medical Society to honor outstanding contributions to public health. The award documents ongoing efforts of the HUB to connect healthcare partners and resources across the community to enhance care coordination, care quality, and health outcomes for patients and community members.
- The HUB currently offers and/or is developing centralized administrative functions and operational infrastructure, including but not limited to, following the best practices of an Umbrella HUB model, contracting with health care systems, handling payment operations, providing bidirectional referral mechanisms, managing referrals, ensuring service delivery fidelity and compliance, integrating necessary technologies, ensuring information security, and collecting and reporting data on program enrollment, completion, and outcomes. Through this support system, the HUB is a capacity-building and sustainability partner for community-based organizations in supporting their program efforts in Iowa.
- The HUB works directly with the Iowa State University Translational Research Network (U-TuRN). This formal partnership provides complementary connections and skills to support health programming in Iowa. The specific vision of U-TuRN is to "enable healthy lives by empowering communities to take action informed by science," and the focus is on systems-based approaches that build capacity in community settings.
- The HUB has a sole source contract with the Iowa Department of Health and Human Services for enhancing referrals of priority populations to evidence-based programs through utilization of a community care hub model including addressing health-related social needs of program participants.
- The HUB partners with Capital City Fruit and other food initiatives/partners to couple evidence-based programs with increased access to food and nutrition education.

III. Primary Health Care (PHC)

- Primary Health Care is a Federally Qualified Health Center that was founded by Dr. Bery Engebretsen in Des Moines in 1981.
- Primary Health Care's mission is to provide high-quality, cost-effective, community based comprehensive primary and preventive health care to the residents of Des Moines, Marshalltown, Ames and surrounding communities without regard to an individual's or family's ability to pay for such services. To be a team of caring professionals providing healthcare and supportive services for all people to improve their quality of life.

- PHC has 400 employees including 62 physicians, dentists, advanced practice clinicians, dental hygienists, and licensed social workers
- PHC services include family practice, dental, behavioral health, homeless support, midwifery/women's health, pediatrics
- PHC operates 7 clinics covering Ames, Marshalltown, Des Moines, and Urbandale.
- PHC's patient demographics include about 35,000 high need patients, mostly minority patients. Just prior to COVID in 2019, PHC served 40,427 patients, two thirds from minority populations and many immigrants. In 2022, PHC clinics and programs served 37,678 patients with over 132,185 patient and client encounters. There were 56% of patients in 2022 that fell below 100% of the federal poverty level (FPL), 38% of patients fell below 101-200% FPL, and 6% fell below 200% FPL. In 2022, 49% of PHC patients indicated they were of Hispanic/Latino origin.
- Payer mix in 2022, 46% of patients were on Medicaid, 28% were uninsured, 17% had private insurance, 7% were on Medicare, and 1% on public. Finally, 23% of PHC patients in 2022 were 45-64 years of age and 8% were over the age of 64. PHC also serves veterans.

IV. PHC-HUB relationship

- Primary Health Care (PHC) has been a partner of the Iowa Community HUB since 2020.
- The HUB is already serving PHC's populations through the Produce Prescription Program, with ~ 176 referrals from PHC in the last 1.5 years.
- Presently, PHC's providers are being supported to refer into the Produce Prescription Program, Healthy LifeStars (childhood obesity), and Diabetes Prevention Program. They are excited to start sharing about the AAEBIs with their patients.
- The Iowa Primary Care Association (Iowa PCA) has provided technical assistance and training to Iowa's health centers to support their ongoing commitment to provide quality, affordable, and integrated primary, and preventive health care to meet community needs since 1988. The Iowa PCA is a non-profit membership association comprised of thirteen health centers (including PHC) and one migrant health program.
- Iowa PCA sees their partnership with the Iowa Community HUB as essential to providing access to evidence-based programming to the patients who receive care at health centers in Iowa.