



Medicaid Transformation Project: Chronic Disease Prevention and Control

Purpose

Managing chronic diseases places an overwhelming burden on our region's health system. Chronic diseases cause serious health issues and can negatively impact daily life. Cascade Pacific Action Alliance (CPAA) intends to prevent chronic disease, support patient self-management, and reduce costly health complications. This project includes increasing healthy lifestyle habits, regular check-ups with the doctor, preventative screenings, and educational and supportive classes.

Common Chronic Diseases

Arthritis
Asthma
COPD
Diabetes
Heart Disease
Obesity

What is the Chronic Care Model and Community Paramedicine?

Chronic Care Model cares for people with a chronic disease in primary care settings. It creates practical, supportive interactions between an informed patient and a proactive health care team. In **Community Paramedicine**, paramedics and EMTs have expanded roles to provide routine health care services and reduce unnecessary hospital admissions and readmissions.

Goals

- Raise awareness of chronic disease prevention through community outreach and education
- Educate doctors and nurses on chronic disease prevention and treatment
- Increase frequency of preventative screenings for common chronic diseases
- Expand community paramedicine resources (EMS)
- Improve coordination between medical and community resources for high risk patients

Social Determinants of Health and Chronic Disease Prevention and Control

Social determinants of health are the many social, economic, and behavioral factors that contribute to a person's health and well-being, things like education, income, housing, nutritious food, and access to health care. A healthy lifestyle is critical to the prevention and treatment of chronic disease, and it's a lot harder to be healthy if you don't have a job or a home or enough food. CPAA is committed to working with health care and other important services to address health inequities like stable housing, healthy food, health literacy, and reliable transportation to appointments.