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Newsletter sponsored by
Florida Alliance for Healthcare Value
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WINTER 2021 UPDATE

FROM THE PRESIDENT'S DESK...

Welcome to our Winter 2021 Newsletter!

The new COVID-19 vaccines bring us hope that the end of the pandemic is in sight. However, there are obstacles in the way of getting us there sooner rather than later, especially vaccine hesitancy. With any challenge comes opportunity and the greatest opportunity for the Florida Alliance is to serve as “vaccination champions,” encouraging employees, family members and even hesitant healthcare providers to get vaccinated against COVID-19 and other preventable illnesses.



Vaccine hesitancy is not new and occurs across all age groups, races, and ethnicities. Did you know that in the U.S., more than 54% of adults refuse an annual flu vaccine? In fact, Florida has the lowest flu vaccination rate in the country with an average of only 40.3% of adults vaccinated in the past three years.

Myths that vaccines can cause autism, that they are full of toxins, and that it is better to develop immunity by getting a disease have circulated for years, especially on social media. While scientifically proven false, these myths have bred mistrust and fear, nonetheless. As a result, we have our work cut out for us to build trust and boost vaccine confidence, especially with the new COVID-19 vaccines. As a trusted resource, there are several actions employers can take as vaccines become more widely available:

- Provide ongoing education to inform employees and their family members about the goals, safety, effectiveness, and benefits of vaccination

- Eliminate barriers and provide easy access to obtain vaccines
- Consider incentives to further encourage immunization

The National Alliance of Healthcare Purchaser Coalitions has produced a "Get the Facts" Video in collaboration with the Centers for Disease Control COVID-19 Response Team and I encourage you to share it with your employees. [CLICK HERE FOR THE VIDEO](#)

In our recent Vaccine Confidence webinar, Michael Brown, MD, Regional Medical Director at Merck Vaccines, said, "Vaccines are the greatest tool we have to prevent millions of cases of disease and saying 'no' to a vaccine is an active decision to remain vulnerable to disease."

Together we hold the power to help protect our workplaces and communities, and the Florida Alliance for Healthcare Value remains committed to supporting our members with practical tools and information in our collective efforts to champion vaccination.

Please feel free to reach out to me at any time at karen@flhealthvalue.org or 407-425-9500 with questions or needs.

Karen

Karen van Caulil, Ph.D.
President and CEO
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28th Annual Conference and Meeting of the Board of Directors

Join us for our **28th Annual Conference** and **Annual Meeting for the Board of Directors**, a virtual 2-part series.

**Take Action: Accelerate Value
Through Transparency and Innovation**

Tuesday, April 13, 2021

8:45 AM - 12:00 PM ET

Virtual event via WebEx Event platform



This year's Annual Conference keynote address, **Transparency in Healthcare: What the Doctor Ordered**, will be delivered by **Dr. Marty Makary** on **Tuesday, April 13.**

Marty Makary, MD, is a Johns Hopkins surgeon, healthcare futurist, and Professor of Health Policy & Management. A frequent medical commentator on NBC and FOX News, Makary has also been featured in the *Wall Street Journal* and *USA Today*, and published more than 250 scientific articles, including articles on payment reform.

During this thought-provoking session, Dr. Makary **will highlight key topics covered in his most recent best-seller**, *The Price We Pay*, including the ongoing issue of transparency in healthcare and what business leaders can do to combat rising costs for their employees. You will hear Dr. Makary's unique insider perspective as both a practicing physician and public policy expert. He believes employers, who provide healthcare to over 100 million Americans, can change healthcare for the better.

Panel session following keynote:

Niall Brennan, MPP, *President & CEO*, **Health Care Cost Institute**

Mary Mayhew, *President & CEO*, **Florida Hospital Association**

Chris Whaley, PhD, *Health Economist*, **RAND Corporation**

Karen van Caulil, PhD, *President & CEO*, **Florida Alliance for Healthcare Value**, Panel Moderator

Tuesday, April 20, 2021

1:00 PM - 4:30 PM ET

Virtual event via WebEx Event platform

Part 2 of the 2-part series will begin with the roll-out of the results of the study conducted by the Catalyst for Payment Reform (CPR) of the opportunities and obstacles for driving healthcare value in the Orlando and Tampa markets.

Speakers:

Suzanne Delbanco, PhD, *Executive Director*, **Catalyst for Payment Reform**

Andréa Caballero, MPA, *Program Director*, **Catalyst for Payment Reform**

The Annual Meeting of the Board of Directors will follow the presentation of the CPR study results and will include the announcement of the new Florida Alliance Board of Directors and Officers.

REGISTRATION is OPEN!

CLICK [HERE](#)

Thank you to our Annual Conference sponsors!

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Sponsorships are still available for the Annual Conference.
For more information, please contact: lisa@FLHealthValue.org

Obesity and its Workplace Impact



Today one in three American adults lives with obesity according to data from the National Health and Nutrition Examination (NHANES) study, and if current trends continue, 51 percent of the U.S. adult population will have obesity by 2030. Yet, it is often overlooked as a disease, and those suffering from obesity do not always seek proper medical care from a healthcare professional.

Defined as a body mass index (BMI) of 30 or more, obesity is a serious, multifaceted, chronic disease associated with physical health issues, poorer mental health, and reduced overall quality of life. It is also a significant workplace issue, resulting in increased sick days, healthcare costs and disability claims along with reduced productivity.

Understanding Obesity

While increased physical activity and healthy eating are critical to weight management, they are not always enough to help some people keep off excess weight. In fact, it has been estimated that those battling obesity make an average of seven serious attempts to lose weight over time because after initially losing weight, metabolism slows, hunger increases, and fullness decreases. As a result, many living with obesity are in a constant “tug of war” battle with their biology where their body’s metabolic and hormonal responses affect their ability to maintain weight loss.

Several factors can play a role in the body weight of people with obesity:

- **Appetite Signals** — When weight is lost, it changes the way the body deals with hunger and how it burns calories. The hormone that signals hunger increases, and hormones that cause the feeling of fullness decrease.
- **Behavior** — Lack of proper sleep and physical activity can both contribute to body weight issues.
- **Genetics** — Genes can also play a role in weight gain.
- **Environment** — Access to healthy, affordable food and safe space for exercise can negatively impact efforts to maintain proper weight.
- **Medication** — As a side effect, certain drugs can promote weight gain.

In addition to its direct impacts, obesity is also associated with more than 50

co-morbidities and chronic health conditions, including Type 2 diabetes, heart disease, high blood pressure, osteoarthritis, and even cancer.

The Impact of Obesity on Employers

According to data from a 2006 survey adjusted to 2019 inflation rates, the aggregate cost of obesity among full-time employees in the U.S. was \$92.1 billion. A company's medical and pharmacy costs can reveal the negative impact of obesity's related co-morbidities. Furthermore, as BMI increases, so do costs associated with short-term disability and worker's compensation claims. In addition to healthcare and disability costs, obesity can also negatively impact productivity and result in an increase in "presenteeism" which includes losing concentration, feeling fatigued, repeating a job, working slower than usual, or doing nothing at work because of not feeling well.

Addressing Obesity

With a proper individualized care plan, people with obesity can achieve sustained weight loss that positively impacts their health. This can include a combination of lifestyle changes, physical activity, meal planning, medicine, and other medical interventions. Even a small amount of weight loss can provide meaningful health benefits to employees struggling with obesity and reduce medical expenses for employees and employers alike.



Helpful Resources from Affiliate Member and Newsletter Sponsor Novo Nordisk

Novo Nordisk offers several online obesity resources and tools for employers, employees and healthcare providers:

- Learn more about Novo Nordisk's focus on obesity: <https://www.novonordisk-us.com/disease-areas/obesity.html>.
- Novo Nordisk WORKS™ helps employers understand the value of chronic weight management in the workplace and provides resources that can help your organization improve, maintain, and monitor employee health and wellness: <https://www.novonordiskworks.com>.
- The Novo Nordisk patient support site, TruthAboutWeight, provides information about the science of obesity and its causes: <https://www.truthaboutweight.com>.
- Novo Nordisk also provides resources for healthcare providers: <https://www.rethinkobesity.com>.

ABOUT NOVO NORDISK:

Novo Nordisk, a global healthcare company, has been committed to discovering and developing innovative medicines to help people with serious chronic conditions lead longer, healthier lives with fewer limitations. We're working toward a future where fewer people get chronic diseases, everyone is diagnosed, and all patients receive adequate treatment.

**"Best of the Best" Showcased Innovation in
Enhancing Mental Health Care During the Pandemic
and Engaging Employees in a Virtual World**



We held our 25th Annual "**Best of the Best**" virtually on December 1, 2020.

Thank you to our sponsors including AdventHealth, eHome Counseling Group, Orlando Health, and Welldoc.

This year's event highlighted effective programs initiated by both self-funded and fully insured employers and featured three educational sessions as well as the presentation of the **Dr. Jack Mahoney Healthcare Hero Award** to the University of South Florida's **Dr. William Sappenfield** for his leadership and accomplishments in significantly improving maternal and child health in the state of Florida and the **Most Engaged Employer Award** given to Florida Alliance Employer member, the **Florida Bankers Health Consortium**, for their high level of commitment to the Florida Alliance's efforts to drive value in health care.

Thank you to our wonderful speakers

- **Dr. Charles Lattarulo**, *Director of Behavioral Health, American Express*
- **Darcy Gruttadaro, JD**, *Director, Center for Workplace Mental Health/American Psychiatric Association Foundation*
- **Michelle Martin, MBA**, *VP, Total Reward Experience, ViacomCBS*
- **Laurel Pickering, MPH**, *Executive VP, Enterprise Solutions, Welldoc, Inc.*
- **Carey Hutchins, MHRD**, *VP, Client Success, Welldoc, Inc.*
- **Andrea Caballero, MPA**, *Program Director, Catalyst for Payment Reform*

Leapfrog's 2020 Top Hospitals and Fall 2020 Safety Grades Announced

On December 8, the Leapfrog Group announced the winners of the prestigious Top Hospitals Award, the nation's most elite recognition for hospital excellence. Less than 5% of all eligible hospitals, as identified through the Leapfrog Hospital Survey, receive the award. This year, 17 Florida hospitals received award recognition, more than any other state. Congratulations to the following Florida hospitals:

2020 Leapfrog Top General Hospitals

- AdventHealth Altamonte Springs
- AdventHealth Apopka
- AdventHealth Kissimmee
- AdventHealth North Pinellas
- AdventHealth Sebring
- AdventHealth Zephyrhills

2020 Leapfrog Top Rural Hospitals

- AdventHealth Wauchula

2020 Leapfrog Top Children's Hospitals

- Golisano Children's Hospital of Southwest Florida

- Joe DiMaggio Children's Hospital
- Nemours Children's Hospital, Orlando

2020 Leapfrog Top Teaching Hospitals

- AdventHealth East Orlando
- AdventHealth Orlando
- AdventHealth Tampa
- AdventHealth Winter Park
- Healthpark Medical Center
- Lee Memorial Hospital
- Orlando Health Winnie Palmer Hospital for Women and Babies

The Leapfrog Fall 2020 Hospital Safety Grades were announced on December 14, 2020. This independent grading system assigns "A," "B," "C," "D" and "F" letter grades to general acute care hospitals in the U.S. based on their ability to protect patients from avoidable errors, injuries, accidents, and infections. In Florida, 182 hospitals were graded and 66 earned an "A," 55 earned a "B," 56 earned a "C," 2 earned a "D," and 3 earned an "F."

For more information about the Leapfrog Hospital Safety Grade as well as individual grades and state rankings, please visit hospitalsafetygrade.org.



Member Resources

Here are some of the latest resources from the Florida Alliance for Healthcare Value and the National Alliance of Healthcare Purchaser Coalitions.

[Medical Imaging](#)

Imaging is a considerable contributor to waste, leading to costly and ill-advised procedures. It's important to broaden the focus of medical imaging to include cost *and* value.

[Stroke Awareness](#)

See why it's crucial to urge employees to get emergency care during the pandemic.

[What Makes Primary Care Advanced Primary Care \(APC\)](#)

Learn how APC adds value to healthcare.

[Rethinking Health and Wellbeing Strategies](#)

Discover how using the health and well-being strategic framework developed by the National Alliance and others can give employers an unparalleled opportunity to expand their use of available data to inform strategic and tactical benefits planning and look at ways to encourage a thriving workforce.

For additional resources, educational information and other important briefs provided by the National Alliance of Healthcare Purchaser Coalitions/Florida Alliance for Healthcare Value, please visit our [website](#).

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