

THE MONTH'S TOP STORIES

NATIONAL STUDY OF DISEASE BURDEN SHOWS MINNESOTA LEADS NATION IN HEALTHY LIFE EXPECTANCY

Minnesotans live longer and healthier lives than residents of most other states, according to results of a study from the Institute for Health Metrics and Evaluation at the University of Washington.

The study, which looked at the impacts of disease in all 50 states, also showed significant disparities among states and an overall national performance that lags behind other less developed countries that spend less on health-related costs per person. It is part of the Global Burden of Disease study, which is an effort to quantify health internationally, covering 333 diseases and injuries and 84 risk factors.

The results showed that Minnesota ranks fourth overall in life expectancy, behind Hawaii, California, and Connecticut. When life expectancy was compared by gender, Minnesota males lead the nation with a life expectancy of 78.7 years while females in the state rank fourth, at 82.9 years. Overall, Minnesota residents lead the nation in healthy life expectancy, which is defined as years of life spent in full health, at 70.3 years.

"Minnesota has a lot to be proud of and a lot to work on when it comes to public health," said Jan Malcolm, Minnesota commissioner of health. "Our strong performance relative to other states is encouraging, but the report clearly shows big challenges that must be addressed. The nation's overall health performance is poor when compared with many other countries, and if we want to turn that around we need to focus more on preventing diseases rather than just treating them. Closer to home, Minnesota has serious health disparities across population groups, and we need to reduce these disparities in order for all of us to be as healthy as we can be."

Smoking was the top-ranked risk factor causing death and disability in Minnesota. Other factors included obesity, high fasting plasma glucose, high blood pressure, and alcohol use. Low back pain topped the list of health issues causing Minnesotans to live with years of disability, followed by depression. There were also dramatic increases in Minnesotans' disease burden due to diabetes and opioid use between 1990 and 2016.

U OF M PARTNERING WITH CLINICS TO LAUNCH CANCER CLINICAL TRIALS NETWORK

Patients throughout the state will soon have better access to new cancer treatments through clinical trials with a new state-funded partnership led by the University of Minnesota. The University is launching the Minnesota Clinical Cancer Trials Network (MNCCTN) as part of the Minnesota Discovery, Research, and Innovation

IN BRIEF

ALLINA HEALTH EDINA CLINIC JOINS CENTENNIAL LAKES CLINIC

Allina Health has moved all providers, staff, and services from its Edina Clinic to the Allina Health Centennial Lakes Clinic location, which is also located in Edina.

In anticipation of the move, the Centennial Lakes Clinic has expanded its space and now occupies both the first and second floors of the Centennial Lakes Medical Center building. The addition of staff from the Edina Clinic means that internal medicine and chiropractic care are now available at the Centennial Lakes Clinic location for the first time.

SUICIDE PREVENTION TEXT SERVICES NOW AVAILABLE FOR ALL MINNESOTANS

Minnesotans now have access to suicide prevention and mental health crisis text messaging services 24 hours a day, seven days a week. The Crisis Text Line launched on April 1. People who text "MN" to 741741 will be connected to a trained counselor who will help defuse the crisis and connect the texter to local resources.

Minnesota has had text suicide prevention services since 2011, but they have only been available in 54 of the state's 87 counties, plus tribal nations.

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Economy (MnDRIVE) partnership with the State of Minnesota.

The goal of the partnership is to improve prevention, treatment, and survivorship through greater access to cancer clinical trials. These trials will originate from Minnesota’s two National Cancer Institute-designated Comprehensive Cancer Centers—the Masonic Cancer Center and Mayo Clinic Cancer Center, along with The Hormel Institute in Austin. It will include multiple locations across the state.

The MNCCTN is a collaboration between the Masonic Cancer Center, Essentia Health Community Oncology Research Program; Fairview Health Services; The Hormel Institute; Mayo Clinic Cancer Center; Metro-Minnesota Community Oncology Research Consortium; and Sanford Community Oncology Program of the North Central Plains. There will be 18 new locations across the state that will participate in MNCCTN cancer clinical trials in the first year of the program. Additional sites across the state will be added in subsequent years.

The first 18 locations are Aitkin, Albert Lea, Austin, Cambridge, Deer River, Detroit Lakes, Fosston, Grand Rapids, Hastings, Hibbing, Mankato, Monticello, Park Rapids, Princeton, Thief River Falls, Virginia, and Worthington. Hibbing will host two locations, one through Fairview and one through Essentia Health.

“Early cancer screening and world-class care saved my life,” said Gov. Mark Dayton. “The \$8 million in new MnDRIVE funding secured last session will help ensure greater access to new cancer treatments and enhanced care for patients across Minnesota.”

Nearly half of all Minnesotans will be diagnosed with potentially life-threatening cancer in their lifetime, and current access to clinical trials is difficult for many—56 percent of residents live more than 30 miles from a hospital or clinic that offers access to these trials. The partnership will help increase access to clinical trials in Greater Minnesota, which will create more equitable access to care and could improve cancer outcomes statewide.

SCHOOL DISTRICTS FUNDED TO IMPLEMENT MENTAL HEALTH INITIATIVES

The PrairieCare Child & Family Fund has awarded \$100,000 in grant funding to five Minnesota school districts to support mental health education and training to those who support or provide educational services to youth.

The fund received 39 proposals for funding totaling over \$1.2 million, and selected these districts based on the overall impact and sustainability of their proposed programs—Faribault Public Schools; Le Sueur-Henderson Public Schools; Paynesville Public Schools; Prior Lake Savage Area Schools; and Prodeo Academy in Minneapolis.

This is the second series of grant funding awarded. The goal is to help create sustainable education programs for district and program staff to better identify and work with kids who may be struggling with poor mental health. Many proposals included regular staff education and seminars, as well as curriculums that promote

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This new service is available to all counties and tribal nations, including the Twin Cities metro area for the first time.

“It’s important that we reach people where they are at, and text-based services such as Crisis Text Line are one vital way to do that,” said Claire Wilson, Minnesota assistant commissioner of human services. “It’s especially crucial that we reach youth with these services, and we all know that texting has fast become a preferred way of communication.”

Crisis Text Line is a nonprofit that has worked nationally since 2013. It handles 50,000 messages per month from across the U.S. For most people that text for services, the average wait time for a response is 39 seconds. Counselors at the nonprofit undergo a six-week, 30-hour training program and supervisors are mental health professionals with either master’s degrees or extensive experience in the field of suicide prevention.

LAW ENFORCEMENT, HEALTH CARE COMMUNITIES CREATE ROADMAP TO ENHANCE SAFETY

Minnesota’s law enforcement community and health care providers have created a statewide roadmap for improving collaboration and communication when caring for individuals who need health care while involved with law enforcement.

The Health Care and Law Enforcement Coalition launched in August 2016 by the Minnesota Department of Health, Minnesota Hospital Association, and Minnesota Sheriff’s Association to improve communication and



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resiliency and mental wellness that will be implemented into the daily educational routine for kids.

The awarded districts are finalizing the development of their programs this spring and will implement them in the fall for the start of the school year.

MINNESOTA STD RATES CONTINUED TO RISE IN 2017

There was a continued rise in sexually transmitted diseases (STDs) in Minnesota in 2017 compared to 2016, according to the Minnesota Department of Health’s (MDH) annual STD, HIV, and hepatitis surveillance report.

The new report shows a 10 percent increase in new syphilis cases and a 28 percent increase in new gonorrhea cases. The number of new chlamydia, gonorrhea, and syphilis cases combined increased by 8 percent (30,981 cases in 2017 compared to 28,631 in 2016). HIV cases remained relatively stable, but disparities remain among communities of color and men who have sex with men. Hepatitis C cases increased by 15 percent, and half of those new cases reported injection drug use.

Chlamydia, the most reported infectious disease in the state, reached a new high in 2017 with 23,528 cases, a 4 percent increase from 2016. Sixty-two percent occurred in teens and young adults between the ages of 15 and 24 and one in every three cases occurred in Greater Minnesota.

Gonorrhea remained the second most commonly reported STD with 6,519 cases in 2017, a 28 percent increase from 2016. Forty-five percent of these cases occurred among 15- to 24-year-olds and 78 percent of cases occurred in the Twin Cities metropolitan area.

There were 934 syphilis cases in 2017—the number of cases with the most infectious stages (primary and secondary) decreased overall by 5 percent, but increased in Greater Minnesota by 18 percent. In addition, the presence of syphilis among females, especially those who are pregnant or of child-bearing age, continues to be of concern to state officials.

HIV cases remained stable with 284 cases in 2017. Males accounted for 74 percent of these new HIV cases and male-to-male sex remained the main risk factor for males of all ages, making up 66 percent of new infections among male cases. Sixty-six percent of these new cases were among communities of color.

The number of resolved hepatitis C cases reached a new high in 2017, with 2,982 newly resolved infections—that’s more than double the resolved infections in 2016. Acute hepatitis C cases also reached a new high, at 59 cases in 2017 compared to 51 in 2016—29 cases reported injection drug use and 24 percent of newly reported chronic infections occurred in people under the age of 30.

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better protect patients, law enforcement, and health care staff.

The coalition’s new road map includes a collection of best practices and tools for health care and law enforcement stakeholders that includes sample policies, procedures, and court orders. It clarifies roles and responsibilities in situations such as when an incarcerated person is brought to a hospital by law enforcement for evaluation or treatment; when health care staff call law enforcement personnel for assistance; or other instances where the professions collaborate to care for patients in health care settings. It also provides guidance on how a hospital or health system and local law enforcement partners can meet regularly to develop working relationships, make security and communications plans, and prepare for potentially urgent or emergency situations.

“Through this coalition, we have all developed a better understanding of and response to situations when health care and law enforcement come together,” said Rahul Koranne, MD, MBA, chief medical officer of the Minnesota Hospital Association. “Hospitals are places of healing, but they can also be places of great stress. By anticipating and preparing, we can ensure that the interactions of health care and law enforcement organizations are aligned in service of our patients, health care providers, and law enforcement personnel.”

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