



EUGENE S. FARLEY, JR.  
HEALTH POLICY CENTER

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

# FRIDAY'S FEATURES

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## NEWS, ANNOUNCEMENTS, CELEBRATIONS

[Colorado is Ready!](#) is a collaborative effort by the Farley Health Policy Center and the Colorado SIM Office to highlight the integration work in Colorado the past several years (mental health into primary care...a lot of pearls here), along with a readiness assessment done this fall in partnership with the Wandersman Center. To continue to support the effort that Colorado is poised to advance the next iteration of integration, join the [I'm Ready](#) LinkedIn group conversation, and share the videos with your colleagues.

[Abundance](#) is Michael Fine's newest book that is touted as an "unforgettable thriller" grounded in real events in Liberia. Michael is a writer, community organizer, family physician, public health officer and author of *Healthcare Revolt: How to Organize, Build a Health Care System, and Resuscitate Democracy...All At the Same Time*.

[This is one of Colorado's most beautiful running races but you've probably never heard of it](#) is a story in *The Know*, *The Denver Post* by John Meyer who describes the [40<sup>th</sup> Eldorado Run for the Cure](#), the state's oldest charity race, taking place the evening of August 11<sup>th</sup>. This is a family-friendly four-mile course that begins and ends at the Eldorado Springs Pool.



## COMMUNITY HEALTH AND PREVENTION

[It's a superpower': how walking makes us healthier, happier and brainier](#) is a story in *The Guardian* by Amy Fleming who interviewed (during a walk) neuroscientist Shale O'Mara who believes that plenty of regular walking unlocks the cognitive powers of the brain like nothing else.

[\*Health insurers lend a hand to lonely patients\*](#) is an article in *Modern Healthcare* by Shelby Livingston who discusses how some health insurers and healthcare systems are partnering with community organizations and employers to bring social connection and other social determinants of health into focus as part of a broader emphasis on integrating behavioral and physical health.

[\*The Benefits of Stair Climbing Exercise\*](#) is a story in *U.S. News* by Ruben Castaneda who talked to Dr. Kenneth Hunt, director of the UCHealth Foot and Ankle Center-Stapleton, Denver, who believes stair climbing (steps or machine) can be an efficient and safe way for most people to exercise multiple muscle groups, which can translate into improved function with daily activities.

[\*Colorado Springs' new Children's Hospital behavioral health unit the 'envy' of medical community\*](#) is a story in *The Gazette* by Debbie Kelley who reports on the state-of-the-art design of a new inpatient behavioral health unit with children-in-crisis in mind. The unit, funded by the Colorado Health Access Fund and Denver Foundation, also include windows to allow patients 'see' the cycles of night and day.

[\*New Report: Climate Change Harms Pennsylvanians' Health\*](#) is a blog post by Juanita Constible and Mark Szybist for the Natural Resources Defense Council (NRDC) about a new report of climate-related health harms in Pennsylvania.



[\*Participation in APMs, MIPS climbed significantly in 2018\*](#) is an issue brief posted on *Healthcare Dive* by Ron Shinkman about how CMS's payment reform programs have come under criticism, how CMS has tried to make programs more flexible, and how CMS is tightening the rules for participation in 2019 for APMs.

[\*Exploring the Impact of Integrated Medicaid Managed Care on Practice-Level Integration of Physical and Behavioral Health\*](#) is an issue brief by Logan Kelly and colleagues at the Center for Health Care Strategies that makes recommendations for states seeking to improve health outcomes through advancing greater physical-behavioral integration organized within three areas...1) data and quality measures, 2) payment and business practices, and 3) integrated clinical service delivery.

[\*What Makes an Alternative Payment Model Successful\*](#) is a posting on *RevCycle Intelligence* by Jacqueline LaPointe who reports that experts at Ananya Health Innovations Inc. say that key to alternative payment model success are: flexibility, leadership engagement, and regional benchmarking.

[\*Polis Celebrates Colorado's New Reinsurance Program, Which Could Lower Premiums in the Future\*](#) is a CPR story by John Daley who reports that the

federal government has approved a Colorado program that aims to lower costs for consumers...especially those who have to purchase plans through the individual market and those who don't qualify for federal tax credits.

[\*Morning Report: The Mental Health Care System Is Clogged\*](#) is a story on *Voice of San Diego* about how waits for psychiatric patients looking for long-term care in San Diego County have been wreaking havoc on the entire mental health care system. And about a proposal approved by council for inclusionary housing.

[\*Why aren't voters more willing to abandon a health system that's failing?\*](#) is an interesting article by Ezra Klein for Vox that highlights why "Medicare-for-all needs a better answer to the public's fears".

[\*The Impact of Racism on Child and Adolescent Health\*](#) is a policy brief in *Pediatrics* by Maria Trent and colleagues that provides evidence focused on the role of racism in child and adolescent development and health outcomes.



[\*Trends in Health Equity in the United States by Race/Ethnicity, Sex, and Income, 1993-2017\*](#) is an article posted on *JAMA Network* by Frederick J. Zimmerman and Nathaniel W. Anderson, whose study found that from 1993-2017, the black-white gap showed significant improvement...though measure of health equity and health justice declined over time, and income disparities worsened.

[\*Just one supportive adult cuts the chance an LGBTQ youth will attempt suicide by 40%\*](#) is a story on *LGBTQ Nation* by Gwendolyn Smith about how two reports emphasized that just having at least one accepting adult in their lives, reduced the chance of a suicide attempt by an LGBTQ youth by 40%.

[\*New opioid data spurs widespread condemnation, calls for action\*](#) is a story in *The Washington Post* by Colby Itkowitz and Katie Zezima about a massive database, recently published by WaPo, that tracks the distribution of opioids in the United States from 2006 to 2012...specifically where and how many. This data is now being used by policymakers, media outlets and others to understand the sheer scope of the crisis...with a call to action.

[\*A New Way to Measure the Mental Health Benefits of Nature in Cities\*](#) is a story on WTTW by Alex Ruppenthal about a study co-authored by Chicago psychologist Marc Berman that offers a framework cities can use to begin measuring the mental health benefits of nature, while helping municipal planner and policymakers integrate nature into their projects.

[\*Population health in an era of rising income inequality: USA, 1980-2015\*](#) is an article in *The Lancet* by Prof. Jacob Bor and colleagues whose review focuses on income-related and education-related inequalities in health and why these inequalities in health matter.

[The addition of fluoxetine to cognitive behavioural therapy for youth depression \(YoDA-C\): a randomized, double-blind, placebo-controlled, multicenter clinical trial](#) is an article in *The Lancet* by Prof. Sue Cotton and colleagues about their study that suggests that young people (aged 15 to 25 years) seeking help for depression should be offered psychotherapy as the first line treatment with medication as a secondary option.



## MEDICAL-LEGAL PARTNERSHIPS

[LegalHealth plays key role in NY law allowing immigrant parents to designate a standby guardian for their children](#) is a story on the national center's site about a law signed last year in New York that allows parents who are at risk of immigration enforcement given their status to designate a standby guardian to care for their children in the event the parent is detained or deported.

[Medical-Legal Partnership Clinic](#) is a course posted on The University of Memphis's Cecil C. Humphreys School of Law site about an interdisciplinary offering in which Memphis Law students represent low-income pediatric patients and their families at Le Bonheur Children's Hospital. The clinic is a collaborative effort among the School of Law, Memphis Area Legal Services, and Le Bonheur to address the legal and social issues that impact child and family health through direct legal services, education and systemic advocacy.

[Medical-Legal Partnerships](#) is a posting on the Yale Law School's site about their model where students meet with patients at local health clinics and help address legal needs like access to government program, housing and custody. The law school coordinates student participation in five MLPs, working across the continuum of care and life experiences.



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