Learning Objectives

By the end of our webinar today, participants will be able to:

• Identify benefits of Juniper program

• Explain how Juniper is serving patients in primary care and public health settings

• Describe how to become a part of the Juniper network
Juniper: Presenters

Mark Cullen, MPA
Vice President of Strategy and Operations at Innovations for Aging

Sara Lindquist, MD
Director of Healthcare Integration at Innovations for Aging
Juniper: Built by Minnesotans for Minnesotans

- Juniper was created by Minnesota’s Area Agencies on Aging in partnership with our provider community.

- Juniper leverages the Older Americans Act Title III-D network of providers across Minnesota.

- This structure creates opportunity to provide wrap around support for patients’ health and social needs.
Chronic Disease

The Epidemic of Our Lifetime

1 in 4 Americans live with multiple chronic conditions
Falls

The leading cause of fatal injury among older adults
Health Literacy and Patient Activation
Evidence-Based Health Promotion Programs

- Manage chronic conditions, prevent falls, foster well-being
- Provide education and fitness instruction
- Build self-management skills
- Improve health
- Engage people in small group workshops
- Does not replace standard medical care
Evidence-Based Self-Management Programs

Two Core Types

- Chronic Disease Self-Management Education
- Fall Prevention Programs
Chronic Disease Self-Management Education

- 6 week program
- Lay Led, Trained Volunteers
- Follows a specific Methodology

www.selfmanagementresource.com
Benefits of EBHP Programs

Chronic Disease Self-Management Education Programs

• Improves symptom management
• Improves communication with physicians
• Improves medication adherence
• Improves social activities
• Improves self-reported health

Fall Prevention Programs

• Reduces fear of falling
• Reduces fall rates
• Reduces risk of multiple falls
• Improves balance
Impact of EBHP Programs

- **CDSMP** *BMC Public Health* 2013;13:1141
  - Significant reductions in ER visits at 6 and 12-month follow-up
  - Reduction in hospitalizations at 6 months
  - Potential net savings of $364 per participant
  - Potential national savings of $3.3 billion if 5% of adults with > 1 chronic condition reached

- **DMSP** *Journal of Medical Internet Research* 2018;vol.20;iss.6
  - Direct cost savings of $815

- **A Matter of Balance** *CMS report to Congress* 2013
  - $938 in savings per participator with respect to unplanned hospitalization, skilled nursing facilities and home health costs
Most suitable for acutely ill individuals, not those facing ongoing, chronic issues
What Really Drives Health?

- Social and Economic Factors, 40%
- Health Behaviors, 30%
- Clinical Care, 10%
- Physical Environment, 10%
- Genes and Biology, 10%

The Challenge
Juniper Data

Number of Network Partners: 150+
Number of Healthcare Sector Partners: 45

Juniper Completers by Program

- Tomando Control de su Salud (Spanish CDSMP): 17
- Tai Ji Quan: Moving for Better Balance: 138
- Stepping On: 139
- Stay Active and Independent for Life: 65
- Living Well with Diabetes: 41
- Living Well with Chronic Pain: 344
- Living Well With Chronic Conditions: 638
- Diabetes Prevention Program: 549
- Arthritis Foundation Exercise Program: 41
- A Matter of Balance: 1158

Graph showing completers by program with a map of Minnesota.
After taking a fall prevention class, many participants reported taking steps to reduce their risk of falls:

- 37% talked to a friend or family member about reducing their risk of falling.
- 29% had their vision checked.
- 82% did the exercises they learned in the program at home.
- 30% had their medications reviewed.
- 52% made changes in their home to reduce their risk of falling.

73% of participants reported taking at least 2 steps to reduce their risk of falling, n=368.
Impact Beyond the Program

- **98%** agreed that the program helped them to **Continue to perform daily activities**
- **95%** agreed that the program helped them to **Eat healthier**
- **98%** agreed that the program helped them to **Manage a chronic condition**
- **93%** agreed that the program helped them to **Increase physical activity**
- **98%** agreed that the program helped them to **Cope with emotions like depression**

*Sample sizes:* 
- n=94
- n=94
- n=94
- n=90
- n=93
Join Us!

• Refer patients
  • Optimize patients for surgical intervention
  • Identify patients most likely to benefit
  • Cost of class is generally free
  • Beginning 1.1.19, classes offered to BCBS and HealthPartners MSHO members for free

• Work with health plans to identify patients most likely to benefit from programs
  • Example: Blue Cross and Blue Shield of Minnesota in the Willmar area

• Offer classes in your clinic or community based setting and become a provider in the Juniper network!
Juniper is improving health and wellness in communities across Minnesota.

Through a network of local leaders, community organizations and health systems, Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Juniper can support your efforts to live life as fully and independently as possible.

Features

- Preventing Falls: Just the Latest Obstacle for Ken Hobbins.
  Ken Hobbins knows a lot about overcoming obstacles. He was diagnosed with a malignant brain tumor at the age of [...] (LEARN MORE)

Community-Based Organizations: The Backbone of the Juniper Network.

The Juniper network is an innovative approach for disseminating health.
Make a Referral

Do you know someone who could benefit from one of Juniper's health promotion classes? Whether you are a friend, a relative, or a health professional, it's easy to make a referral. When you refer someone to one of Juniper's classes, they will be contacted by a representative in their area within three business days. The representative will help them find a class that best fits their needs.

Please fill out the form completely. For more information about Juniper classes, please call us toll free at 1-855-215-2774.

*Required

Name of Person Being Referred

First *

Last *

Date of Birth

--- Month --- Day Year

Phone *

Email

Doctor

Health system of person being referred *

--- Please Select ---

Address Line 1

Address Line 2
Connect with your peers on the LMS Discussion Board! Log into the MDH LMS, click Browse Training, and click Communities icon (left menu) to join. Reply to this question or start a new topic!

What suggestions do you have for identifying and engaging patients who would benefit from participating in the Juniper program?
Contacts & Resources

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Juniper: A Resource for Chronic Disease Management, Falls Prevention and Community Health
www.health.state.mn.us/healthreform/homes/collaborative/lms.html