



Obesity and Healthcare Utilization

By: Shelly Hunter, FHFMA

Obesity is becoming a bigger problem every year. According to MSNBC, people who are 100 pounds or more overweight are the fastest-growing group of overweight people in the United States. The proportion of the severely overweight is 50% higher than it was in 2005.

In Missouri, our number of overweight children is 1% higher than the national average. The adult population in Missouri is 4% higher.

This is a trend that is only going to increase over time. Missouri has a higher incidence of obesity than the national average, in fact, we rank 4th in the nation.

How does this translate into utilization?

Obesity is responsible for higher rates in stroke, diabetes, heart disease and high blood pressure. Because of this, it isn't surprising that we also have higher use rates in those same areas than the national average.

The cost of healthcare for obese people is 37% higher than that of normal weight people, costing an extra \$732 per capital in the nations healthcare, according to U.S. Medicine. In fact, treatment for illness caused by obesity, makes up 9%

of all healthcare expenditures.

As healthcare providers, what is our responsibility to fight this growing chronic disease?

Currently, there are trends toward disease management programs, wellness programs and nutritional education. Is this enough?

Richard Simmons has been fighting to add fitness to the No Child Left Behind Act to help children understand that fitness can be fun. If children can learn this at an early age, we may prevent our next generation from the same fate we now see currently, an ever-increasing overweight society.

Many causes exist for obesity and they include: genetic, behavioral, economic, social, environmental. Because there are many causes, there are many ways to treat obesity. Because you know you will have many patients that will be treated with obesity related illnesses, you must look at your population and plan accordingly. Some of the effective treatments include prevention, medication, surgical intervention, education, and fitness programs. Targeting women's and pediatric programs would be a good start. Most healthcare decisions are made by women. And helping children now, may help us all later.

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May 9-11 is the Spring Conference in Branson, MO at Chateau on the Lake. This is a joint conference between the Show-Me Chapter and Greater St. Louis. We have many wonderful speakers lined up. We have a national speaker from HFMA to star the conference. Topics covered include Reimbursement Law, Leadership, Technical Procurement, HID, Physi-

cian Contracting, Revenue Cycle, Washington Update, and many other great courses. We are having a Murder Mystery Dinner on Thursday night that will be really fun! There is golf on Wednesday if you are a golfer!! This is going to be a great opportunity to network and learn!! Register today at: <http://www.hfmashowme.org/> or www.hfmastlouis.org.

Letter from the President

Greetings Show-Me Members,

My time is coming to a close as President of the HFMA Show Me Chapter. This is the last quarterly newsletter you will receive with me as President. Stephanie Fennwald will be stepping into the role of President in the near future. As I sit here and write this letter I look back on the past year and think WOW where has the time went?

The Board and I have had many goals at the beginning of last year. A lot of the goals have been met and some of them seemed like we ran out of time before we could get to them. One goal we did not accomplish this past year was initiating webinar educational opportunities in the Chapter. I am glad to say this goal has been carried forward for the upcoming year. As budget restraints continue to get tighter and additional job duties are added to people's plates webinars allow people to receive education without leaving work. I think the webinars will be a nice addition to our education track.

I hope all of you have checked out the brochure for the Spring Conference at Branson in May. It is full of great break out sessions. If you have not seen the brochure, email me and I will send it to you.

Best Wishes,
Amy Michael
HFMA Show Me of Missouri Chapter President



Amy Michael
President

Letter from the editor

Hi everyone!

We really have great conferences planned this year! I really hope you will try and attend –not only to hear some really excellent speakers, but to meet other people from providers all over the state.

I would love to hear from you regarding newsletter input, articles you would like to see, or just feedback.

I also encourage you to study for the cer-

tification exam. We will be teaching the coaching course again in the fall, in case you want to wait until after summer!!

Please, contact me with feedback on our programs, newsletter and anything else you have on your mind!

Have a great spring, see you in Branson in May!
~Shelly



Upcoming Education

May 9-11 Spring Conference
Greater St. Louis and Show-Me of
Missouri Chapter
Chateau on the Lake, Branson, MO

June 13 Trispan IP PPS & OP PPS
Workshop, Days Inn
Kirkville, MO

July 25-27 Summer Conference
Country Club Hotel & Spa
Lake Ozark, MO

August 21 Trispan ESRD Workshop
Stoney Creek Inn
Columbia, MO

October 17-19 Fall Conference
Sunflower, Greater St. Louis, Heart of
America, Show-Me
Tan-Tar-A, Lake Ozark MO



News from National

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FAH Unveils Universal Coverage Healthcare Reform Plan

The Federation of American Hospitals has released a healthcare reform proposal that will provide coverage to 98% of Americans “by building on what works in our system”—namely, employer-sponsored insurance and Medicaid and the State Children’s Health Insurance Program.

The plan, entitled “Health Coverage Passport,” would subsidize all or some of the cost of health insurance premiums, depending on income, for individuals living below 400% of the federal poverty level if they are not eligible for Medicaid or SCHIP.

Health coverage passports would be issued directly to individuals, who would use them to pay the premiums for employer-sponsored insurance if it was available. Under the plan, employer coverage would insure 55% of Americans. People who purchase insurance in the individual market would use the passports to pay premiums if they were eligible, and all premiums would be tax-deductible. Individual insurance plans would also be held to the same quality as major employers’ health plans. In addition, Medicaid and SCHIP would be expanded to cover more low-income Americans. To ensure coverage, individuals who are uninsured when they file tax returns or see a healthcare provider would be enrolled in the program and be expected to pay the premiums less any subsidies. The cost to the federal government: an additional \$115.2 billion.

FAH also released a survey of voters

that identifies health care as the most important domestic issue for the president and Congress to address, and 79% said a presidential candidate’s position on health coverage for the uninsured would affect their vote.

Healthcare Spending Projected to Account for Nearly 20% of GDP by 2016, Says Report

Over the next decade, U.S. healthcare spending is expected to double from today’s level, reaching \$4.1 trillion and consuming almost 20 cents of every dollar spent—or nearly 20% of the nation’s gross domestic product. That is the report of federal forecasters in an article published Feb. 21 as a Health Affairs web exclusive. Health spending in 2006 is projected at \$2.1 trillion, which accounts for 16% of the GDP. The average annual growth in healthcare spending is projected to remain relatively steady at 6.9% from 2006 through 2016, predict economists and actuaries from the Office of the Actuary at the Centers for Medicare and Medicaid Services in their annual forecasting report. The growth in health spending is expected to drop slightly from 6.9% in 2005 to 6.8% in 2006, marking the fourth consecutive year of a slowdown in spending, preliminary data show.

The CMS authors say that the addition of the Medicare drug benefit, slower projected growth in Medicaid, and slower growth in private healthcare spending are among the factors contributing to these trends. However, despite the mild expected slowdown, consumers’ out-of-pocket spending on health care—expected to reach \$250.6 billion in 2006—is projected to climb to more than \$440.8 billion by 2016, they report, “caused by gradually accelerating medical price inflation and increases in use.”

Health Benefit Costs to Remain at 8% Through 2008, Predict Employers

Employers expect health benefit cost increases to stay at 8% in 2007 and continue at that rate through 2008, according to an annual survey of 573 large employers conducted by Watson Wyatt Worldwide and the National Business Group on Health. While costs remain high, they have also become more predictable with 82% of employers saying their healthcare costs came in at or below budget in 2006. Meanwhile, employers continue to invest in on-site medical clinics (23%), on-site pharmacies (14%), call-in medical help lines (78%), and employee health appraisals (72%) in efforts to control those costs. In addition, 42% are implementing programs that focus on reducing obesity among employees.

Region 8 Representation

Each year, chapter Presidents-Elect from each of HFMA's 11 regions elect regional executives to serve as their chapter's primary volunteer and policy links to HFMA National. These executives are involved with policy-making, Davis Chapter Management, monitoring performance, and assist chapter leaders.

For the Past year, our rep for region 8, was Matt Levson. Matt is a former Show-Me President and has received the Follmer Bronze, Reeves Silver, and Founders Gold awards. Matt received his BA degree from the Univer-

sity of Iowa and his MBA from the University of Missouri in Kansas City. Currently Matt is the Associate CFO at University of Missouri Health Care.

Matt has been married for 25 years to Janis and they have two children.

He said HFMA has provided him the opportunity to meet, network and work with professionals who are dedicated to the healthcare finance industry. He has used the contacts to develop and explore various opportunities that he has utilized for his em-

ployer. It has also help him develop and maintain some strong friendships with his peers in the industry from different regions in the country.

To Matt, we say thanks for your Service!



Education Points-Are you up to date?

Did you know you are responsible for entering your points for education yourself? If you are certified or thinking of becoming certified your points are very important. There are points requirements for certification maintenance. Please take the time to update your education record using the on-line reporting tool. Information about activities eligible toward certification maintenance and how to report the activities can be found on the HFMA web site:

- Maintenance requirements/policy
- Eligible education activities
- On-Line Education Activity reporting tool

- How to use the tool

If you have any problems you can contact any officer of the Show-Me chapter for assistance or you can request information from the national web-site.

Please get credit for your education!!

**Education points are important for you personally and for the chapter!!
Please enter yours today!**

Tips for a successful Presentation....

When presenting to a group, you need to ensure your presentation represents the focal point of what you are saying and does not serve as a distraction. Here are a few tips:

- Only put the key points on the slide, don't clutter with everything you want to say
- Use some great graphics, but not on every slide-make sure they enhance, not distract

- Use an easy to read font
- Only use background if it doesn't distract from your points or added graphic content
- Use graphs when appropriate, they tell a great visual story that you can describe with words
- Don't make it too long, or too short
- If you are uncertain, a good rule

of thumb is one slide per minute of speaking

- And last...practice it once to make the delivery smooth!!

Presentations are a great way to get your message across but can harm if done incorrectly. I have seen many executives miss the mark because of style, don't let that be you!!

Good luck!



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Check out our web site!!

<http://www.hfmashowme.org/>



By joining HFMA you automatically have many benefits!! Members are the lifeblood of HFMA. Over 35,000 members provide the focus for the broad range of services and benefits which HFMA delivers. Members also provide the ideas and effort to help create and ultimately to administer these activities. With a broad range of professional settings from accountant to senior financial manager, from hospitals and nursing homes to consulting firms and insurance companies, members express a wide variety of viewpoints on key health care issues facing the industry, thereby guiding HFMA in representing the profession. Members have access to the National HFMA Website Members Only Area. The education sessions are great and the networking is great for your career and for making new friends who deal day to day with the same things you do!! Get involved!!

Certification

Certification Advantages

Survey results have shown a strong relationship between certification and career advancement. Certified members of HFMA tend to earn a higher annual salary and are more likely to be hired for upper-level positions in healthcare finance. They are respected members of the healthcare leadership team.

For more information about the HFMA Certification Program:

- Send an email to certification@hfma.org or
- Call 1-800-252-4362, ask for certification

Our Chapter provides study guides to check out and will reimburse your fee to sit for the exam if you are successful.

We will be offering a coaching course for the exam this fall in Kansas City.

If you would like more information, please contact the national link or you may contact me at shunter@stj.com or 417.625.2459.

