



Health Stats National Benchmarks

The Midwest Health Initiative (MHI) is pleased to share its Health Stats Scorecard for the St. Louis commercial population. Presented here are national benchmarks that represent the measures MHI reports. While not all of the MHI measures are available nationally, the below sources provide a national health stats snapshot.

Note: Many national health statistics are representative of all payer types, while MHI's database is limited to the commercially-insured population. Due to the difference in populations, some of the benchmarks presented here do not align with the measures reported by MHI but do provide broader context for many of the scorecard metrics.

Unless otherwise specified, each national benchmark is representative of all payer types across the United States. Additional information related to each national benchmark may be found at the source links provided.

Cost and Affordability

Measure Name	Value	Measure Year(s)	Source
Total Health Care Expenditures per Person Employer-Sponsored Insurance, Ages 0-64	\$6,467	2021	HCCI
Percent of Population with No Personal Healthcare Expenditures	15%	2020	AHRQ-MEPS
Percent of Health Care Expenditures Accounted for by the Top 5% of Persons	52.9%	2020	AHRQ-MEPS

Professional Services

Measure Name	Value	Measure Year(s)	Source
Physician Office Visits to Primary Care Specialty per 100 persons	161.4	2019	CDC

Population Health

Measure Name	Value	Measure Year(s)	Source
Asthma Prevalence All Ages	7.7%	2021	CDC
COPD (Chronic Obstructive Pulmonary Disorder) Age-Adjusted Prevalence of Adults Aged 18+	5.6%	2020	CDC
Diabetes Prevalence All Ages	11.6%	2021	CDC
Adults Aged 18-64, Employer-Sponsored Insurance	5.2%	2018	HCCI
Arthritis Prevalence Adults Aged 18+	21.2%	2019-2021	CDC
Hypertension Prevalence Adults Aged 18+	48.1%	2017-2020	CDC
Employer Sponsored Insurance Population, Aged 0-64	13.5%	2018	HCCI
Depression Prevalence Adults Aged 18+ Having Ever Been Diagnosed	18.4%	2020	CDC
Migraine Prevalence Adults Aged 18+ Reporting Migraine or Headache in Past 3 Months	4.3%	2021	CDC
Cancer: All Types 5-Year Limited Duration Prevalence	1.8%	2020	CDC-USCS
19-Year Limited Duration Prevalence	4.1%	2020	CDC-USCS
Cancer: Lung & Bronchus 5-Year Limited Duration Prevalence	0.132%	2020	CDC-USCS
19-Year Limited Duration Prevalence	0.2%	2020	CDC-USCS
Cancer: Female Breast 5-Year Limited Duration Prevalence	0.671%	2020	CDC-USCS
19-Year Limited Duration Prevalence	1.705%	2020	CDC-USCS
Cancer: Melanomas of the Skin 5-Year Limited Duration Prevalence	0.113%	2020	CDC-USCS
19-Year Limited Duration Prevalence	0.267%	2020	CDC-USCS

Care Quality

Measure Name	Value	Measure Year(s)	Source
30-Day All-Cause Hospital Readmissions			
All Payer Types	13.9%	2016-2020	AHRQ-HCUP
Privately Insured	8.5%	2016-2020	AHRQ-HCUP
Ambulatory Care Sensitive Admissions, AHRQ PQI 90, per 100,000			
Ages 18+	1,039.80	2020	AHRQ
Ages 18-64	567.23	2020	AHRQ
Asthma Medication Ratio, HEDIS (AMR)			
Commercial HMO	81.0%	2021	NCQA
Commercial PPO	83.3%	2021	NCQA
HbA1c Test Performed for Patients with Diabetes, HEDIS (CDC – Hba1c)			
Commercial HMO	91.1%	2021	NCQA
Commercial PPO	89.4%	2021	NCQA
Kidney Health Evaluation for Patients with Diabetes, HEDIS (KED)			
Commercial HMO	43.9%	2021	NCQA
Commercial PPO	39.6%	2021	NCQA
Breast Cancer Screening, HEDIS (BCS)			
Commercial HMO	71.1%	2021	NCQA
Commercial PPO	69.8%	2021	NCQA
Chlamydia Screening in Women, HEDIS (CHL)			
Commercial HMO	48.1%	2021	NCQA
Commercial PPO	44.1%	2021	NCQA
Cervical Cancer Screening, HEDIS (CCS)			
Commercial HMO	74.2%	2021	NCQA
Commercial PPO	72.8%	2021	NCQA
Birthrate (Deliveries)			
Total Birthrate per 1,000	11.0	2021	CDC
Cesarean Delivery			
Percent of All Deliveries by Cesarean	32.1%	2021	CDC
Vaginal Birth After Cesarean Delivery (VBAC) Rate, AHRQ IQI 22, per 1000			
All Payer Types	143.80	2019-2021	AHRQ
Privately Insured	140.64	2019-2021	AHRQ

Utilization

Measure Name	Value	Measure Year(s)	Source
Estimated % of Prescriptions Filled as Generic Drugs	91%	2022	FDA
Total Prescriptions Dispensed from Retail Pharmacies, per Person	11.6	2019	KFF
Opioid Prescriptions Dispensed from Retail Pharmacies, per 100 persons	39.5	2022	CDC
Emergency Department Visits, rate per 100			
All Payer Types	43	2021	CDC
Private Insured	22	2021	CDC
Emergency Department Utilization, NCQA HEDIS			
Commercial HMO	156.2	2021	NCQA
Commercial PPO	147.4	2021	NCQA
Rate of ED Visits Resulting in Hospital Admission	13.1%	2021	CDC
Potentially Avoidable ED Visits, per 1,000 (ESI)	133.9	2021	Commonwealth
CT Exams per 1,000	254.6	2021	OECD
MRI Exams per 1,000	107.6	2021	OECD
PET Exams per 1,000	6.7	2020	OECD
Imaging for Low Back Pain, NCQA HEDIS			
Commercial HMO	78.4%	2021	NCQA
Commercial PPO	76.6	2021	NCQA
Hospital Admissions per 1,000	96	2021	KFF
Average Hospital Length of Stay, Days	6.2	2019	CDC
Average Hospital Length of Stay, Days	5.9	2021	OECD