



St. Louis Health Stats National Benchmarks

The Midwest Health Initiative (MHI) is pleased to share its St. Louis Health Stats, a Community Scorecard. Presented here are national benchmarks that compare our region to the national landscape. While not all of the MHI measures are available nationally, the below sources provide national comparisons to MHI's data where available.

Population Health

Asthma

Prevalence of adults aged 18 or older in the United States during the year 2020 ([CDC](#)).

- 7.8%

Diabetes

Prevalence of adults aged 18 or older in the United States during the year 2018 ([HCCI](#) pg10).

- 5.2%

Arthritis

Prevalence of adults aged 18 or older in the United States between the years 2013-2015 ([CDC](#)).

- 22.7%

Hypertension

National population 0-64 years of age during the year 2018 ([HCCI](#) pg10).

- 13.5%

Depression

Prevalence among adults who had symptoms of depression that were either mild, moderate, or severe in the past 2 weeks in 2019 ([CDC](#)).

- 18.5%

Care Quality

Hemoglobin A1c Testing

Assesses adults 18-75 years of age during 2020 with Type 1 and Type 2 diabetes ([NCQA](#)).

- 88.0%(Commercial HMO)
- 87.0% (Commercial PPO)

Breast Cancer Screening

Assesses women 50-74 years of age during the year 2019 who had at least one mammogram to screen for breast cancer in the past two years ([NCQA](#)).

- 71.2% (Commercial HMO)
- 69.5% (Commercial PPO)

Chlamydia Screening

Percentage of women 16-24 years of age during the year 2020 who were identified as sexually active and who had at least one test for chlamydia during the measurement year ([NCQA](#)).

- 47.7% (Commercial HMO)
- 44.1% (Commercial PPO)

Cervical Cancer Screening

Assesses women 21-64 years of age during the year 2020 who were screened for cervical cancer using either of the following criteria: women 21-64 years of age who had cervical cytology performed every 3 years OR women 30-64 years of age who had cervical cytology/HPV co-testing performed every 5 years ([NCQA](#)).

- 73.8 % (Commercial HMO)
- 72.4 % (Commercial PPO)

Cost and Affordability

Annual Spend per Person

Total spend of all categories (inpatient, outpatient, professional services and prescription drugs) for the national population 0-64 years of age in the year 2020 ([HCCI](#)).

- \$5,607

Professional Services

Primary Care Physician Office Visits

Percent of adults aged 18 and older who made visits to a primary care physician in 2018 ([CDC](#)).

- 51.2%

Utilization

Contact with a Health Care Professional

Percentage of adults 18 years and older who had contact with a health care professional in the year 2020 ([CDC](#))

- 83.4%

Emergency Department Utilization

Assesses emergency department utilization among adults aged 18 or older during the year 2019 with observed rates of ED use and a predicted rate of ED use based on the health of the member population and other factors ([NCQA](#)).

- 195.3 (Commercial HMO)
- 190.3 (Commercial PPO)

Emergency Department Utilization Resulting in Hospital Admission

Percent of patients from all ages (0- 75+) during the year 2018 whose ED visit resulted in a hospital admission ([CDC](#)).

- 12.4%