

Mission:

To build a network of international workforce, mobilizing communities to be self-sufficient, executing effective and efficient assessments, feasibility studies, and implementing projects for the complete physical, mental and social wellbeing of all.

—Optimal Wellbeing.

What do we do?

A-Kins Analysts and Project Managers, a minority woman owned community based small business, is a specialty provider of Health Consulting Services including:

- Health Care Advisory & Support Services
- Health Care Strategic Plans/Project Management
- Business Plan Development/Financial Resource Planning/Analysis

.....Health Care Systems Development; Research; Analytics; and community based social determinants of health -Economics

"Successfully implementing challenging projects in challenging places"

INSIDE THIS ISSUE:

Health Care Reform 2

Obama Care, to be or
not to be? 3

Health Care Reform: 4
Where we are.....

Health Care Reform: 5
Where we should be.....

Ingredients 6

A-Kins Newsletter 2018

VOLUME 4, ISSUE 1

MAY 13, 2018



US —Health Care in Reform.....continued

Obama Care, to be or not to be?..... #2



....or not to be?



....to be?





Health Care Reform (ACA):a Continual Continuum....

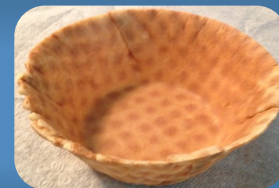
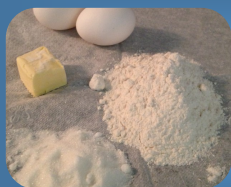
A hot summer day, mother who had spent the early afternoon preparing ingredients for her children to stay cool during the hot summer months, called out to her children, "come for it, ice cream sundae". The children, having spent the late morning playing in the beautiful summer garden, ran for the ice cream sundaes, just to find the ice cream cones broken, on the

ing down their face, as they had woken up to the smell of ice cream cones this morning and had patiently played in the garden while mama made them the ice cream sundaes. Their great anticipated ice cream, to help them cool off this hot summer days, was all gone!

Mama looked at them in dismay as they all stood crying. She wiped



triplets said, "let's help mama gather the ingredients, and make



floor, all crushed! The cat and dog licking away, as the cream melted all over the floor.

Very disappointed, the children ran to look for their mama. "Mama, mama", they cried out, "the ice cream cone broke and the dogs and cats are licking the cream on the floor". Tears roll-



each of their teary faces, and then she said, "let me see..... uhhhhmmmm", as she strolled to the kitchen, to see what ingredients she had left, to save the day. Mama knelt down by the triplets and said, "we have two choices here, you could be patient and I will gather the ingredients again and make another cone and ice cream or we could shhhhhhhh the cats and dogs away and see if we could put the coned ice cream back together again".

With bright-eyes-glittering with hope, the triplets huddled together to decide what to do. Two of the

another cone for our ice cream sundae. We just have to be patient. The last triplet insisted, "the way to go is to shhhhhh the cats and dogs away, scoop up the ice cream, and put the cones together again!".

Mama, knowing what should be done was already in the kitchen, gathering the ingredients to make three new cones for the ice cream sundae. The impatient triplet went off to work on the cats and dogs, and the other two triplets ran off to the kitchen, hoping that if mama could be helped, the ice cream cones will come together quickly,



Obama Care,to be or not to be?

and they could have their ice cream sundae.....

Mama was quick to remind the two triplets who came to help her in the kitchen that it would soon get hot in the kitchen. "The ingredients would have to go through the fire and get baked into cone-perfection", she said. The two triplets agreed, they

With great anticipation for the ice cream sundae, they got up to the hot summer day, ready to give it all they got, and be good for mama; who was preparing their favorite desert for the hot summer day, -ice cream sundae.

All geared up to be good for the day and help, anticipating the ice cream coned sundae, all three triplets started their day. To their dismay, the cats

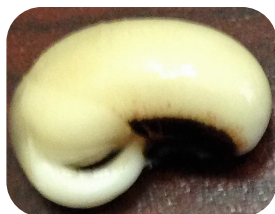


Obama Care Seedling



were ready for the transient heat. With a nod, the baking began.

The United states health care system is pretty-similar. We have the Health Care System for men, women and children -mama's triplets; all waking up on the hot summer day, with the smell of ice cream sundae cone in the air. Mama is at it again, cooking something great in the kitchen.



Clinton Health Care Seeds

and dogs took it all, and they were left with the leftovers on the floor.

Reporting the situation back to mama, mama gave them two options: 1) deal with the dogs and cats or 2) get the ingredients together again and make a better cone. The latter choice demands gathering ingredients and patience, while the former option means we keep going with the patched-up cone, and leftovers from the dogs and cats.

If the choice is to deal with the dogs and cats, then we would have to *act fast and deliberate* or loose it all to the dogs and cats, or loose it to the

order of the day; which at this time was, "a hot summer day". We chose to be patient and gather the ingredients with mama. **Did we lose track and start playing in the kitchen? Did we forget we ran to mama in tears, and asked for another coned ice cream sundae, to survive the hot summer day? Why have we stopped gathering the ingredients?.....it is still a hot summer day!**

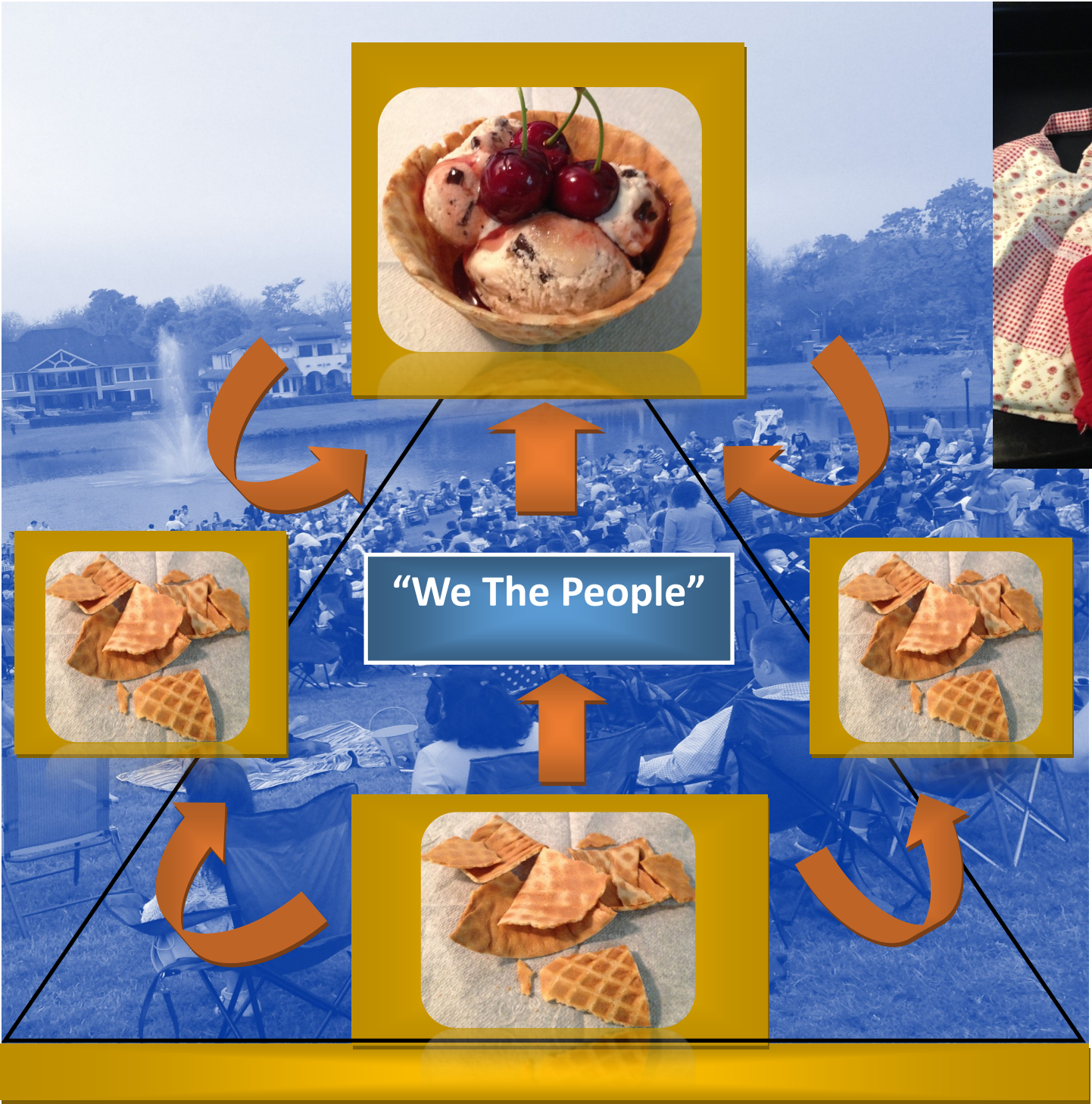


To be or not to be.....?



US Health Care Reform

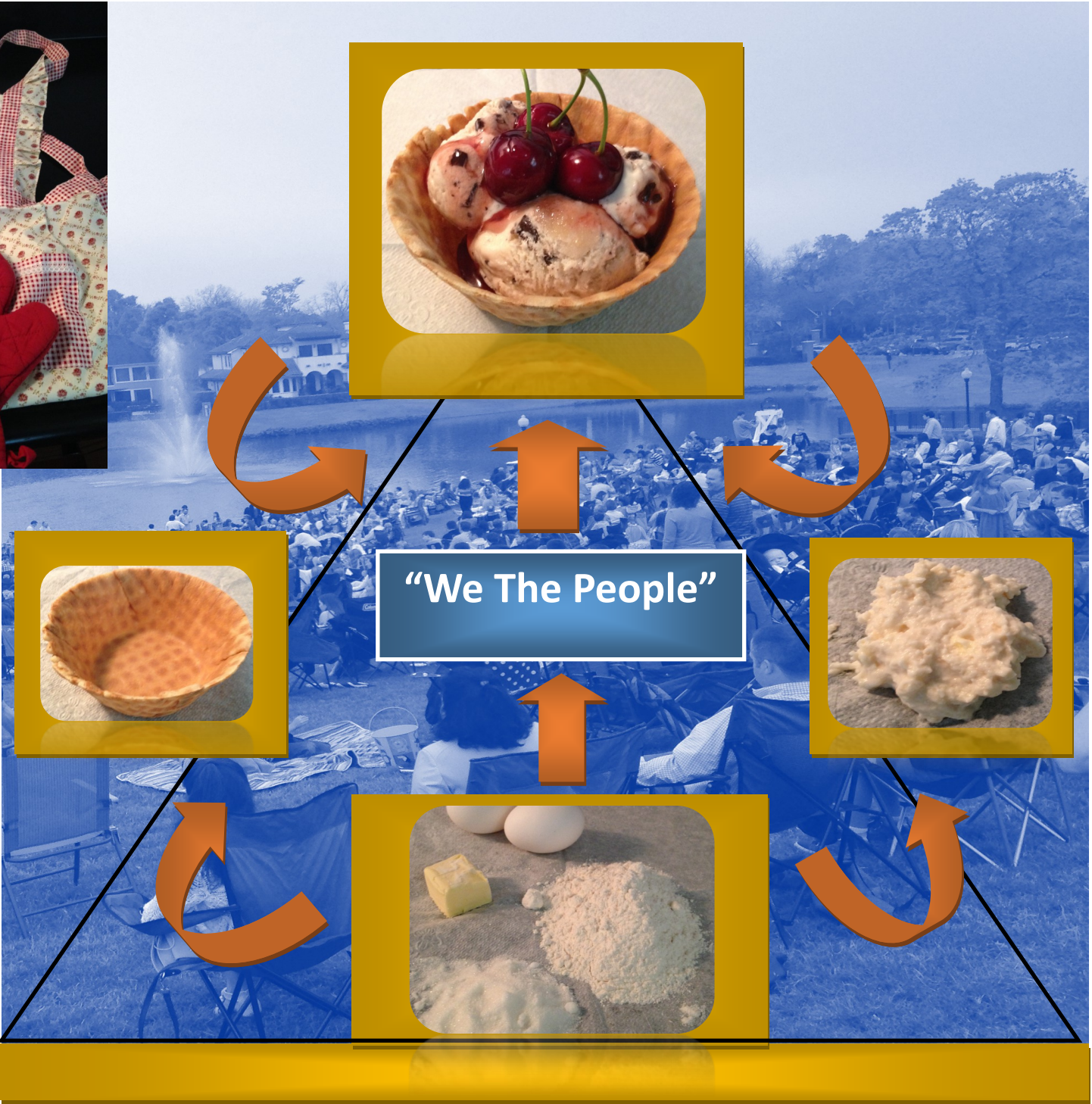
Where we are.....





US Health Care Reform

Where we should be.....





Health Care Reform (ACA):a Continual Continuum

The Ingredients:

- ☐ Power
- ☐ Policy
- ☐ Market
- ☐ Price
- ☐ Cost Savings
- ☐ Health Care Service (Quality)
- ☐ Health Status of the People.



Policies:

- Pricing
- Activities
- Providers
- Time of intervention








The Change Effect.....

Aim: The Power, the Funds, the Market, the Facilities, and the Ownership, of US Health Care Systems remains within the local communities for the **OPTIMAL WELLBEING** of the PEOPLE.

Optimal Wellbeing is defined as the state of complete Health (Physical and Mental Health) and Economic (Social Determinants of Health) wellbeing of all.

"Complete" is defined as a quantity based on Age, Sex, Race/Gene, Geography and Culture .

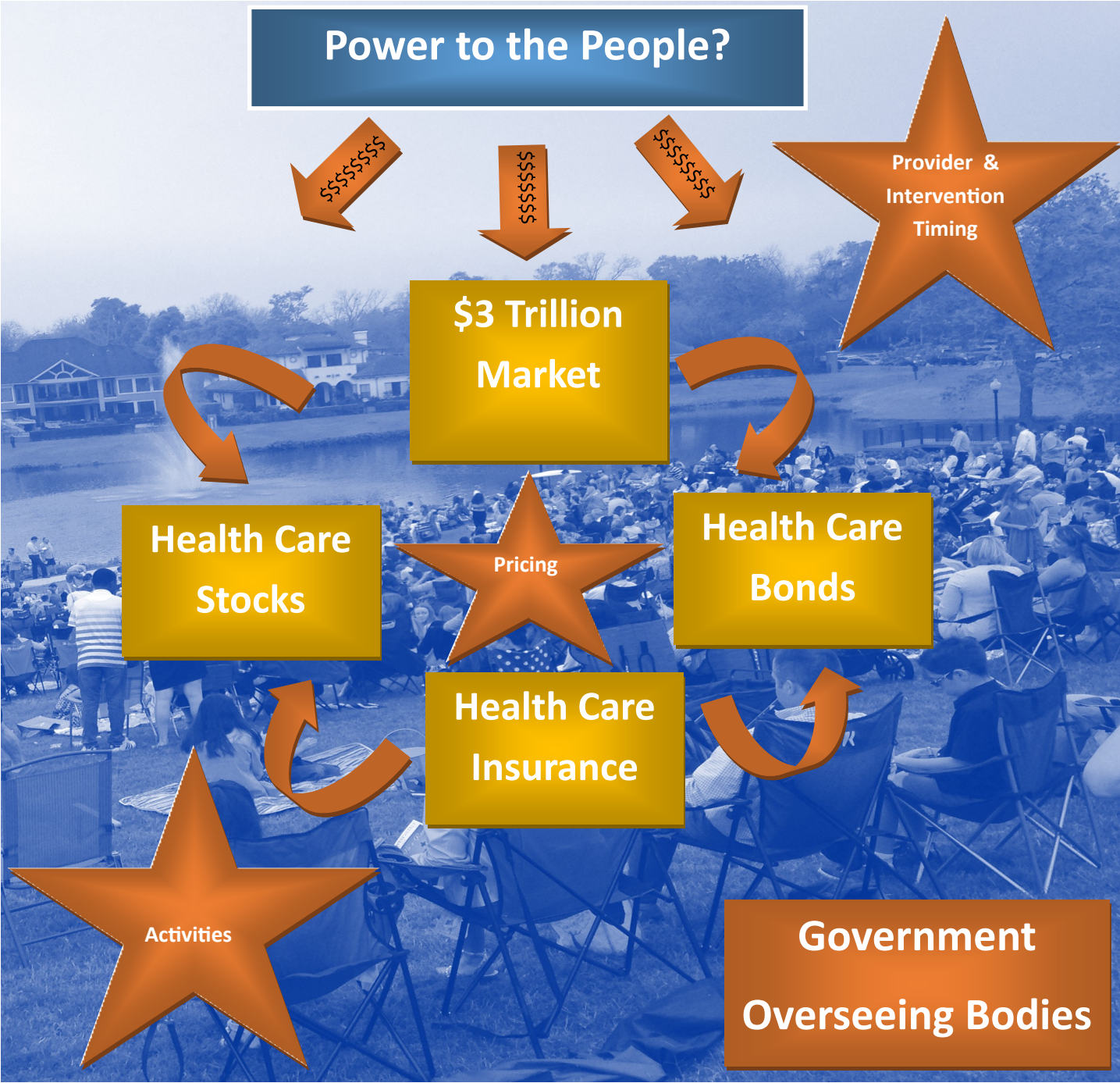
Change Effect Test

- ☐ Knowledge of the "Need" for Change 
- ☐ Well Defined Change "Goals" and "Objectives" Leading to "Strategic Plans" 
- ☐ System "Partnerships" for the Change Needed 
- ☐ Sensitized Leadership for the Needed Change 
- ☐ Set Aside Resources for the Change 



US Health Care in Reform

Power, Policy & Market



US Health Care in Reform Price & Cost Savings

US Health Care Expenditure

17.9% Gross Domestic Product –GDP, 2016

1st in the world

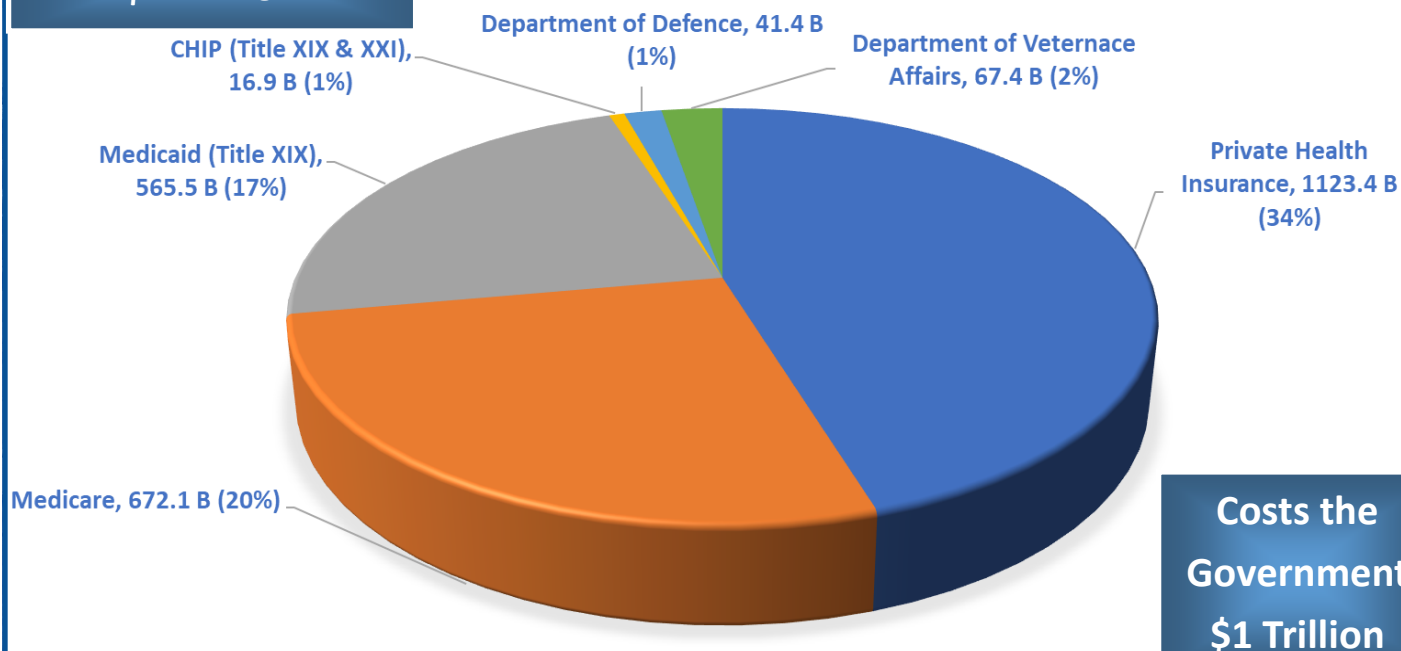
1st

\$3.3 Trillion, 2016

Source: <https://data.worldbank.org/indicator/>

**Costs the People
\$2 Trillion**

**US HEALTH CARE GOVERNMENT SPENDING \$1.36 TRILLION;
US PRIVATE HEALTH CARE SPENDING \$1.12 TRILLION, 2016**



<https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/CMS-Fast-Facts/index.html>



US Health Care in Reform Quality: Health Care Service



3 Hospital Beds per 1,000 US Population

US is 72nd out of 180 Nations, 2013

Hospital Bed Density



3 Physicians per 1,000 US Population

US is 57th out of 185 Nations, 2014

Physician Density



Source: <https://www.cia.gov/library/publications/resources/the-world-factbook/geos/us.html>



US Health Care in Reform

Health Care Status of the People

80 Years, US Life Expectancy at Birth
43rd out of 224 Nations, 2017



8 Deaths Occur in US per 1,000 Population (at mid year –Crude Rate)
US is the 138th out of 184 Nations, 2017



14 Mothers Die at Child Birth per 100,000 live Births
US is the 85th out of 226 Nations, 2015



1 in 3 US Adult is Obese

4 in 10 Adults (36.2% Prevalence)

US is the 12th most obese out of 192 Nations, 2016

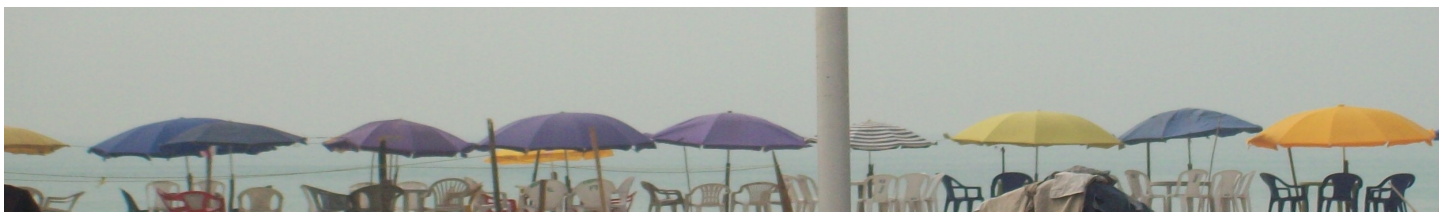


6 US infants per 1,000 live births Die within the First Year of Life.

US is 170th out of 225 Nations, 2017



Source: <https://www.cia.gov/library/publications/resources/the-world-factbook/geos/us.html>



The Best of Two Worlds: Bar Beach, on the Island, Lagos Nigeria



Author: Folorunso Akintan MD MPH MBA

Published Letters to the Editor

The publisher is encouraging feedback on this issue. Please do write back and let us rub minds. You may send your feedback via:

1. Mail to the Editor (please see address below)
2. Web: "Contact Us" page at www.a-kins-analysts.com
3. Facebook: <https://www.facebook.com/A.Kins.Analysts.Project.Managers>
4. E-mail: folo.akintan@a-kins-analysts.com

Please include "LETTER TO THE EDITOR" in the Subject line of your feedback. The editors will review each feedback and publish/respond to one by ballot.

DISCLAIMER

#Please note: Sending your comments and feedback to the editor serves as automatic permission for publication, unless otherwise stated by the candidate. If you do not want your comments or feedback to be published or you do not want your name or picture published, please state that clearly in your feedback letter by mail, web contact or e-mail. The publishers are indemnified/will not be held responsible for any charges pertaining to publication or response thereof. All feedback and responses received will be categorized as publishable material unless otherwise stated within the documents received. No fees/bills will therefore be incurred due to the publications of feedback or response thereof.

Looking forward to hearing from you!



Contact Author: Folorunso Akintan, MD MPH MBA

1700 McHenry Ave

Suite 65B #184

Modesto, CA 95350

Phone: 209-272-6991

Email: folo.akintan@a-kins-analysts.com

Website: www.a-kins-analysts.com

Facebook: <https://www.facebook.com/A.Kins.Analysts.Project.Managers>

"Successfully implementing impossible projects in impossible places"

A - K I N S N E W S L E T T E R