

**Measures of Patient Empowerment for Medicare Beneficiaries: Evidence from
the Patient Reported Indicators Survey (PaRIS)**

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PaRIS Survey - Background

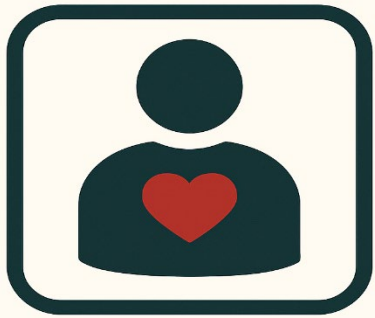
OECD Survey

- ❑ PaRIS is a global initiative led by the Organization for Economic Co-operation and Development (OECD).
- ❑ The initiative targets people aged **45 and older** with chronic conditions living in the community – population with highest healthcare needs.
- ❑ Focuses on collecting and comparing patient-reported outcomes and experiences (PROMs and PREMs) across **21 OECD countries**.
- ❑ Provides **cross-country comparable data** to understand and improve primary care performance, highlighting **patients' perspectives** on health outcomes and care experiences.

United States Participation

- ❑ The U.S. participated in PaRIS through a special segment of Medicare Current Beneficiary Survey (MCBS).
- ❑ Medicare beneficiaries aged 65 and older, residing in the community (**Winter 2023**), who had a healthcare visit in the past six months.
- ❑ The sample includes **4,200** beneficiaries, representing **50.5 million** beneficiaries residing in the U.S. as of Spring 2023.

U.S. PaRIS Survey – Patient Reported Outcome and Experience Measures



SP

Self-reported Health

15 Questions

- General health
- Physical health
- Mental health
- Social functioning
- Wellbeing



SP

Managing Health
and HealthCare

18 Questions

- Healthy eating and physical activity
- Discuss health eating and physical activity with healthcare professional
- **Confidence in Managing Health**
- **Health Engagement & Proactivity**
- **Shared Decision-Making & Communication**
- **Health Information Understanding & Literacy**



SP

Experience of
HealthCare

14 Questions

- **Usual Source of Care & Care Coordination**
- **Support for Self-Management & Wellbeing**
- **Person-Centered Care & Shared Decision-Making**
- Trust in the Health System

Beneficiary Characteristics – PaRIS U.S. Sample

- **74% beneficiaries are enrolled in MA or APMs**

- **80% beneficiaries live with 2 or more chronic condition**

- **70% beneficiaries are either overweight or obese**

Variable	Category	Weighted N	Percent
Insurance	APM - MSSP	8,777,497	17
	APM - CMMI	3,865,717	8
	NO APM	12,928,514	26
	Medicare Advantage	25,011,044	49
Age-Sex	65-74 Male	11,322,640	22
	75-84 Male	8,319,850	16
	85+ Male	2,128,323	4
	65-74 Female	15,244,638	30
	75-84 Female	9,793,019	19
	85+ Female	3,477,376	7
Education	<= High School	14,170,263	28
	Some College	14,092,139	28
	College or Above	22,320,370	44
Urbanicity	City	17,515,300	35
	Town or Suburb	21,219,999	42
	Rural	11,290,005	22
BMI Category	Underweight	834,888	2
	Normal Weight	14,758,550	29
	Overweight	17,820,614	35
	Obese	17,168,720	34
Chronic Conditions	1 Chronic Condition	10,796,934	21
	2-3 Chronic Conditions	23,655,104	47
	4-5 Chronic Conditions	8,028,553	16
	5+ Chronic Conditions	7,760,462	15

Managing Health and Healthcare

□ Key Findings

➤ Healthy Eating & Physical Activity

Limited Exercise and Poor Dietary Habits Reported

- *Nearly 30% of beneficiaries report no weekly physical activity, and 20% eat fruits and vegetables only once per week.*

➤ Discuss healthy eating and physical activity with a healthcare professional

Nutrition counseling is under-addressed relative to exercise

- *Around 60% of beneficiaries talk with providers about physical activity.*
- *Only 40% of beneficiaries have conversations about healthy eating.*

➤ Confidence in Managing Health

Moderate/Good Confidence in Managing health

- *77% are confident or very confident in managing their health and wellbeing.*
- *75% are confident or very confident in identifying if they are having a reaction to medication.*
- *77% are confident or very confident in identifying when it is necessary to seek medical help.*

Managing Health and Healthcare

□ Key Findings

➤ Health Engagement & Proactivity

- *93% feel they receive enough support from their providers.*
- *97% say they try to understand their personal health risks, showing strong patient initiative.*
- *75% say they bring relevant information to their provider after reading or hearing something related to their health.*

➤ Shared Decision-Making & Communication

- *90% feel they work with a healthcare professional to manage their health.*
- *91% agree they work with their providers and raise concerns when needed.*

High Reliance on providers to make the right health decisions.

- *Over half (54%) of beneficiaries rely heavily on providers to make the right decisions to manage health.*
- *Over half (53%) of beneficiaries depend on providers to tell them everything they need to manage health.*

➤ Health Information Understanding & Literacy

Health literacy is a barrier.

- *22% struggle to understand health information.*
- *17% find most health issues too complex to follow.*

Managing Health and Healthcare

- **Reliance on Providers:** Reliance on healthcare professionals for decisions is highest among beneficiaries with a high school education or less and those aged 85+, with about **70%** reporting reliance.
- **Health Literacy Challenges:** Difficulty understanding health information is much higher among beneficiaries with a high school education or less (41%) and among the oldest females (38%)—**nearly double the average rate.**
- **Complexity of Health Issues:** About **34%** of beneficiaries with a high school education or less report that health issues are too complex to understand—nearly double the overall average (17%).

Key findings – Experience of healthcare

➤ Care Coordination

- Two-thirds (**67%**) have someone responsible for coordinating care across services, but **about 1 in 5 (22%) do not.**
- Issues with medical records persist — about **20% had to repeat information** that should have been in their records.

➤ Person-Centered Care & Shared Decision-Making

- Most beneficiaries feel included in decisions: **78% are definitely involved, and another 12% are involved to some extent.**
- Similarly, **74% feel they are treated as a ‘whole person’**, beyond just their condition.

➤ Support for Self-Management & Wellbeing

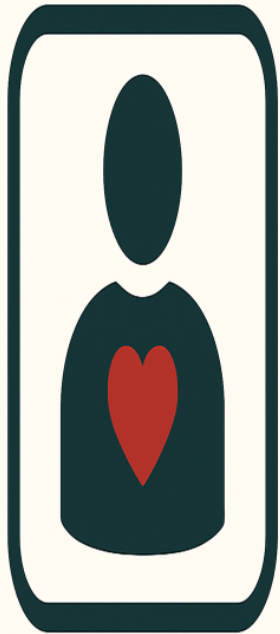
- **65% always/often** feel they receive enough support from healthcare professionals to manage their own health.
- Only **28% reported having a care plan** that takes wellbeing into account, and among those:
 - **Just 15% found the plan definitely useful.**
 - **And 13% said professionals consistently followed it.**

Takeaways for the Two Day Meeting

- Beneficiaries report high levels of engagement with providers, most surveyed beneficiaries:
 - reported that they participated in shared decision making,
 - were motivated to understand their health risks,
 - and feel confident they are getting information to manage their health
- Potential improvements:
 - More than half of surveyed beneficiaries rely heavily on their providers for information and to make health care decisions
 - About one-fifth of beneficiaries struggle to understand health information
 - A relatively small percent of beneficiaries felt that they had a useful care plan
- The focus of this two-day meeting will be the technology, infrastructure, data and incentives that will empower patients by enhancing patient/provider engagements, providing better information to patients for managing health, and improving health literacy.

Appendix

Self-Reported Health



SP

Self-reported Health

General Health

In general, would you say your health is excellent, very good, good, fair, or poor?

In general, how would you rate your physical health?

Physical Health

In the past 7 days, how much did pain interfere with your day- to day activities?

In the past 7 days, how would you rate your fatigue on average?

In the past 7 days, I have been short of breath

Mental Health

In general, would you say your quality of life is excellent, very good, good, fair, or poor?

In general, how would you rate your mental health, including your mood and your ability to think?

In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?

In general, how would you rate your satisfaction with your social activities and relationships?

Social activities and roles rating

In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)

Wellbeing

Cheerful and in good spirits

How you have been feeling over the last two weeks?

Calm and relaxed

How you have been feeling over the last two weeks?

Active and vigorous

How you have been feeling over the last two weeks?

Daily Life filled with interest

How you have been feeling over the last two weeks?

Wakes feeling fresh and rested

How you have been feeling over the last two weeks?

Managing Health and Healthcare



Managing Health
and HealthCare

Healthy eating and physical activity

- Eating Fruits, Eating vegetables, frequency of physical activity (exercise)

Discuss health eating and physical activity with healthcare professional

- In the past 12 months, has any healthcare professional talked with you about your physical activity?
- In the past 12 months, has any healthcare professional talked with you about healthy eating?

Actively Managing health

Confidence in Managing Health

How confident are you that you can manage your own health and wellbeing?

How confident are you that you can identify when it is necessary for you to get medical care?

Survey Participant (SP) has confidence in identifying if they are reacting to Meds

Health Engagement & Proactivity

SP actively try to prevent diseases and illnesses

SP tries to understand personal health risks

When I read or hear something that is relevant to my health care, I bring it up with my healthcare professionals

Shared Decision-Making & Communication

SP healthcare professionals and SP work together to manage health

When SP thinks something is wrong with my health care, SP raise my concerns with my healthcare professionals

SP leave it to healthcare professionals to make the right decisions about my health

SP rely on healthcare professionals to tell me everything I need to know to manage my health

Health Information Understanding & Literacy

SP believes most health issues are too complex for me to understand

SP have difficulty understanding a lot of the health information that I read

SP believes it is important to me to be informed about health issues

SP need to know about health issues so I can keep myself and my family healthy

Experience of healthcare



Experience of
HealthCare

Usual Source of Care & Care Coordination

Is there one single professional you usually go to for most of your health problems?

Who is this doctor? A primary care doctor, a specialist doctor, or are you not sure?

Do you have a single professional who takes responsibility for coordinating your care across the services that you use?

Were there times when you had to repeat information that should have been in your medical records?

Support for Self-Management & Wellbeing

Do you have enough support from your healthcare professionals to help you to manage your own health and wellbeing?

Has a care plan that takes into account wellbeing?

Is this care plan (or plan of care) available to you?

To what extent have you found your care plan (or plan of care) useful for you to manage your health and wellbeing?

To what extent do all the professionals involved in your care appear to be following the same care plan?

Person-Centered Care & Shared Decision-Making

Are you involved as much as you want to be in decisions about your care?

Are you considered as a 'whole person' rather than just a disease/condition in relation to your care?

Would you say not at all, to some extent, more often than not, always, or not relevant?

Trust in the Health System

How strongly do you agree or disagree that the health care system can be trusted?