

Comment from: Teresa LoPorto
Submitted: 11/07/2017

Dear Dr. Kara Odom Walker, Ms. Miller-Armbrister and DE DHSS/HCC,

There is no question that everyone involved with *The Road to Value* has only the best of intentions but, after what I heard at McKean High School last night, it doesn't look like *anyone* has even 1 concrete idea on how you're actually going to lower costs.

I bet everyone already knows what the options are but no one wants to bear the brunt of criticism for proffering them. The options for lowering health care expenditures are difficult but simple:

- 1) Pay less to providers for the same amount of care (which will eventually lead to less care)
- 2) Provide fewer and less expensive options for care (which will also eventually lead to less care) or
- 3) Decrease the need for care.

As regards #3, here are some ideas:

- a) Ban all mass media food ads in Delaware except those for fruits and vegetables*
- b) Decrease EBT amounts slightly and make up the difference with deliveries of fresh fruits, vegetables and whole grains.
- c) Place 1\$ voucher machines in state park areas *that are only accessible by walking at least a mile*. Vouchers redeemable for cash at park offices; 1 voucher per hiker per day.
- d) Place 1\$ voucher treadmill machines in schools, malls or public spaces. Voucher dispenses only *after the equivalent of 1 mile is walked*, 1 voucher per person per day. Vouchers redeemable at school's main office, mall office or nearby store. Vouchers also redeemable for >\$2 worth of fruit, vegetables, milk, protein or whole grains at WaWa, supermarkets or other nearby healthy food store.
- e) And - most politically sensitive idea - decrease the number of abortions to decrease cost of premature births, breast cancers and emotional illnesses. See documentary movie "Hush" by Punar Kumar Gill (a pro-abortion advocate) if you doubt the connections.
- f) And then there are all the other creative ideas that more knowledgeable people can come up with

Yours truly,

Teresa LoPorto