

BRIDGET DARBY

Healthcare Management Consultant

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Current Responsibility

Bridget Darby is a healthcare management consultant with Milliman's Health Practice, where she specializes in population health and behavioral health. She joined the firm in 2023.

Professional Work Experience

As a healthcare management consultant at Milliman, Bridget specializes in population health research and analytics, with a strong focus on social determinants of health (SDOH) and behavioral health. Her work helps to bridge financial and population health goals, ensuring that organizations can improve health outcomes, deliver quality care, and demonstrate their economic impact. Bridget has expertise in conducting research to evaluate program effectiveness, inform program design, and examine policy issues. She excels at developing and implementing data collection and measurement approaches for complex care and whole-person health models. At Milliman, she works with a wide range of clients, including foundations, advocacy groups, healthcare startups, state government agencies, payers, and provider organizations. Much of her experience at Milliman has supported work related to Medicaid and value-based care.

Prior to joining Milliman, Bridget was the Director of Medical Economics and Outcomes at a digital behavioral health platform, where she evaluated the impact of the intervention on patient reported outcomes and healthcare cost and utilization. Previously, she worked at Health Leads, a national non-profit, where she managed the research and analytics portfolio for social determinants of health interventions in clinical and community settings. In these roles, Bridget has collaborated closely with stakeholders to inform the design and interpretation of research, ensuring that results could be translated into meaningful action.

She holds an MS in Ecology and Evolutionary Biology from Cornell University. Her studies of climate change trained her in analyzing complex, large datasets and serve as a bridge between ecology and human health in her current work.

Education

- MS, Ecology & Evolutionary Biology, Cornell University, Ithaca NY
- BS, Biology, minor Mathematics, Boston University, Boston, MA

Presentations and Publications

- Trends in the use of SDOH ICD10 across time, geography, market and service type. Podium Presentation. SIREN Annual Research Meeting. February 2025. San Diego, CA.
- Analysis of High-Risk Pregnancies in Texas Medicaid. Milliman Research Report commissioned by Episcopal Health Foundation. February 2025.
https://www.episcopalhealth.org/research_report/analysis-of-high-risk-pregnancies-in-texas-medicaid/
- Prevalence and costs of diabetes in Texas Medicaid. Milliman Research Report for Episcopal Health Foundation. November 2024. <https://www.episcopalhealth.org/wp-content/uploads/2024/11/Milliman-Diabetes-prevalence-and-costs-in-Texas-Medicaid-2024-11-15.pdf>
- "Key Issues and Topics in Behavioral Healthcare." Panel Discussion. Society of Actuaries Health Meeting. July 2024.
- Access Across America: State-by-state insights into the accessibility of care for mental health and substance use disorders. Milliman Research Report for Inseparable, Inc. 2023.
- Summary of the U.S. Playbook to Address Social Determinants of Health. Milliman White Paper. 2023.
- Placzek, H., Darby, B., Kaplan, R., & Glassman, J. 2022. An Evaluation of a Care Coaching and Provider Referral Intervention for Behavioral Health Needs. American Journal of Managed Care.
- Manian, N., Wagner, C.A., Placzek, H., Darby, B.A., Kaiser, T.J., & Rog, D.J. Relationship between intervention dosage and success of resource connections in a social needs intervention. Public Health. 2020 Aug;185:324-331. doi: 10.1016/j.puhe.2020.05.058.