

# Chronic Disease Prevention and Control

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[www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)



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## Chronic Diseases

- ❑ Responsible for 7 of every 10 U.S. deaths<sup>1</sup>
- ❑ Afflict 141 million Americans, living with 1+ chronic conditions<sup>2</sup>
- ❑ Cause major limitations in daily living for ~1 of 10 Americans<sup>3</sup>
- ❑ Account for 75%+ of annual U.S. medical care costs<sup>3</sup>: \$2.5 trillion<sup>4</sup>
- ❑ **Are largely preventable**

<sup>1</sup>Kung HC, Hoyert DL, Xu JQ, Murphy SL. Deaths: final data for 2005. *National Vital Statistics Reports* 2008;56(10).

<sup>2</sup>Wu SY, Green A. projection of chronic illness prevalence and cost inflation, Santa Monica, CA: RAND Health; 2000

<sup>3</sup>Anderson G. Chronic conditions: making the case for ongoing care. Baltimore, MD: John Hopkins University; 2010.

<sup>4</sup>CMS. National Health Expenditures 2010. Available at: <http://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NationalHealthAccountsProjected.html>



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## Primary Risk Factors: tobacco, diet, physical inactivity

Cause, exacerbate or negatively impact:

- ❑ Heart disease
- ❑ Stroke
- ❑ Cancer
  - Lung
  - Oral/pharyngeal
  - Colon
  - Breast
- ❑ Type 2 Diabetes
- ❑ Obesity
- ❑ Chronic Kidney Disease
- ❑ Osteoarthritis
- ❑ Poor reproductive outcomes
  - Infertility
  - Low birth weight
  - SIDS
- ❑ COPD
- ❑ Dental caries



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## Power of Prevention

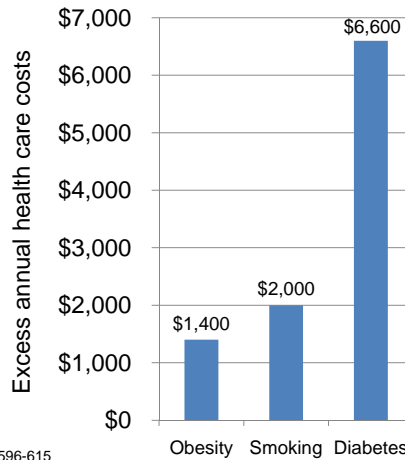
- ❑ Reduces and/or eliminates risk factors
- ❑ Mitigates or averts disease progression and complications
- ❑ Is a best buy for public health
  - Cost effective
  - (Sometimes) cost saving



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# Failure of Prevention

- Causes suffering
- Costs money - employer, health insurer, health care and government costs
- Reduces productivity

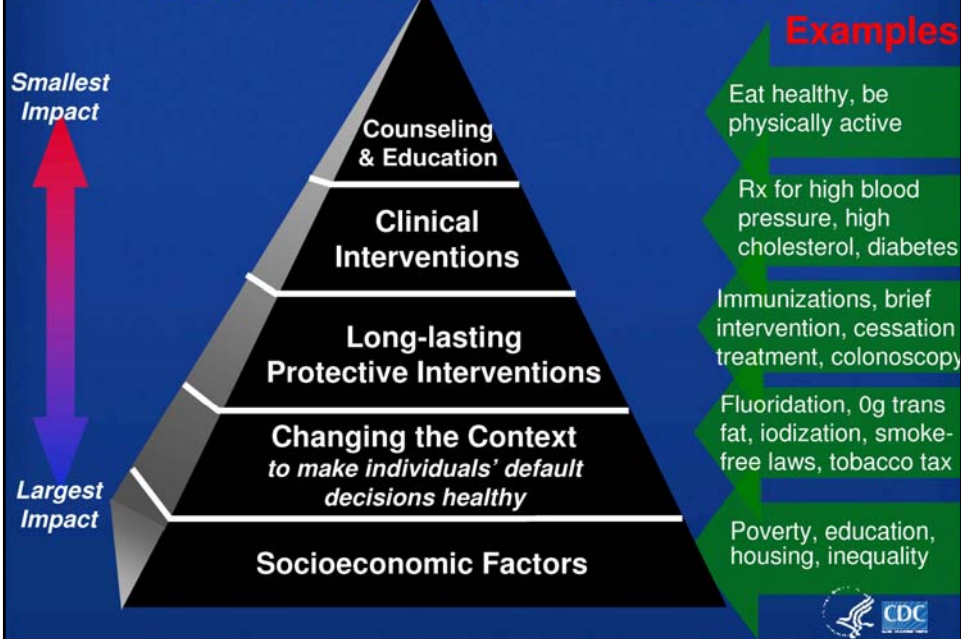


Graph references:  
 Obesity: Finkelstein et al. Health Affairs 2009; 28:w822-w831  
 Smoking: Solberg LI et al. Am J Prev Med 2006; 31:62-71  
 Diabetes: American Diabetes Association. Diabetes Care 2008; 31: 596-615



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# Factors that Affect Health



## National Center for Chronic Disease Prevention and Health Promotion

### Role:

- Provide leadership and technical assistance
- Monitor chronic diseases, conditions and risk factors
- Conduct/translate research and evaluation to enhance prevention
- Engage in health communication
- Develop sound public health policies
- Implement prevention strategies

### How We Do It:

- Epidemiology and surveillance
- Environmental approaches
- Health systems interventions
- Community-clinical linkages



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## Public health problems require multi-level, multi-sectoral strategies

- Increasing opportunities for health requires
  - National, state and local approaches
  - Engagement of sectors beyond health: transportation, agriculture, housing, education, planning and economic development, others
  - Maximizing resources and impact by focusing on underlying risk factors and common strategies that address multiple chronic diseases simultaneously



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