Chronic Disease Prevention and Control

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www.cdc.gov/chronicdisease

Chronic Diseases

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

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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

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
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
Diabetes: American Diabetes Association. Diabetes Care 2008; 31; 596-615

Factors that Affect Health

Examples
- Eat healthy, be physically active
- Rx for high blood pressure, high cholesterol, diabetes
- Immunizations, brief intervention, cessation treatment, colonoscopy
- Fluoridation, Og trans fat, iodization, smoke-free laws, tobacco tax
- Poverty, education, housing, inequality

Smallest Impact

Largest Impact
### National Center for Chronic Disease Prevention and Health Promotion

<table>
<thead>
<tr>
<th>Role:</th>
<th>How We Do It:</th>
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<tbody>
<tr>
<td>❑ Provide leadership and technical assistance</td>
<td>❑ Epidemiology and surveillance</td>
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<td>❑ Monitor chronic diseases, conditions and risk factors</td>
<td>❑ Environmental approaches</td>
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<td>❑ Conduct/translate research and evaluation to enhance prevention</td>
<td>❑ Health systems interventions</td>
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<td>❑ Engage in health communication</td>
<td>❑ Community-clinical linkages</td>
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<td>❑ Develop sound public health policies</td>
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<td>❑ Implement prevention strategies</td>
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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