



## Preventing Chronic Diseases: A Wise Investment for New York State

Chronic diseases – such as heart disease, asthma, cancer, and diabetes – are among the most common and costly health problems, causing significant disability, suffering and early death. Effective interventions exist today to prevent, reduce or delay much of the chronic disease burden. Preventing chronic diseases is a wise investment for New York State.

### Chronic Diseases Cause Significant Disability, Suffering and Death

**6 out of every 10 deaths** in New York State are due to chronic diseases.

**One third of the years of potential life lost** before age 65 are due to chronic diseases.

**41% of adults** ages 35 -64 has at least one chronic disease.

Chronic diseases can be disabling and **greatly reduce quality of life.**

For example, chronic diseases can lead to:

- Amputations, kidney failure and blindness due to diabetes.
- Inability to perform daily tasks such as walking or bathing due to stroke.

### Chronic Diseases are Costly

**75% of health care spending** goes towards treating patients with chronic diseases.

New York State ranks **second highest** among all states in medical expenditures attributable to obesity (estimated \$11.8 billion each year).

**New York State employers and employees** are paying for the high costs of chronic disease through increases in health care costs.

### Chronic Diseases can be Prevented

Many chronic diseases could be **prevented, delayed or alleviated.**

The U.S. Centers for Disease Control and Prevention estimates that **eliminating three risk factors – poor diet, inactivity and smoking – would prevent:**

- **80%** of heart disease and stroke
- **80%** of type 2 diabetes
- **40%** of cancer

Even modest reductions in the rates of these risk factors can have a large public health impact. For example, the National Diabetes Prevention Program has shown that a 5-7% weight loss in a person with prediabetes can prevent or delay the onset of diabetes. Routine cervical and colorectal cancer screening can prevent these cancers from occurring altogether by finding abnormal cells and removing them before they become cancerous.

### Chronic Diseases can be Managed

If not prevented, chronic diseases are frequently manageable through **early detection, evidence-based clinical care and self-management.**

- Diabetes care and self-management is critical to prevent the debilitating complications of diabetes.
- Screening and follow-up for high blood pressure and elevated cholesterol can save the lives of those at risk for cardiovascular disease.
- Breast cancer screening can detect cancer early, when treatment may be most effective.

## Prevention Saves Money

A modest \$10 per person per year investment in community prevention can save New York State more than **\$1.3 billion annually** in health care costs within 5 years.

This represents a return on investment (ROI) for New York State of **\$7 returned for every \$1 spent**.

(Trust for America's Health)

## Prevention Programs are Effective

Chronic disease community prevention programs work to improve the health and quality of life of New Yorkers by:

- **Promoting safe, healthful behaviors** as the natural choice to prevent chronic disease.
- **Improving access to care** and detecting chronic diseases and conditions early.
- **Supporting optimal management** to avoid disease complications.

## New York State's Prevention Programs have Demonstrated Success...

### Youth and Adult Smoking in New York State:

- Between 2000 and 2013, **smoking by high school age youth declined nearly 60%**.
- The smoking rate among high school students was **11.9%** in 2012, the state's lowest recorded rate ever for youth smoking.
- Since nearly 90% of smokers become addicted to tobacco prior to the age of 18, youth who do not smoke during their high school years will likely never become smokers.
- Smoking by adults declined from 21.1% percent in 2009 to **16.2%** in 2012.
- New York has the **fifth lowest adult smoking rate** in the nation.

### Childhood Obesity in New York State:

- Beginning in the mid-1990s, New York State responded to rising childhood obesity rates by making several key changes to improve large-scale nutrition programs serving low-income children.
- Obesity among low-income children aged 2-5 years participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) **declined by 15%**, from 16.7% in 2003 to 14.2% in 2011.

### Cancer Screening in New York State:

- During 2013, nearly **41,000** uninsured, low-income men and women were screened for breast, cervical and/or colorectal cancer through the NYS Cancer Services Program. More than 1,000 precancerous and cancer case were detected and 791 people were enrolled in the Medicaid Cancer Treatment Program.
- Beginning in 2011, New York State began supporting patient navigation efforts in Federally Qualified Health Centers to improve cancer screening rates in health care settings that typically serve the most vulnerable populations.

**...but there is much more work that Can and Should be Done.**

**Preventing Chronic Diseases is an Investment in New York State's Future.**