



**Department  
of Health**

# **Preventing Chronic Diseases and Supporting Health and Healthy Communities**

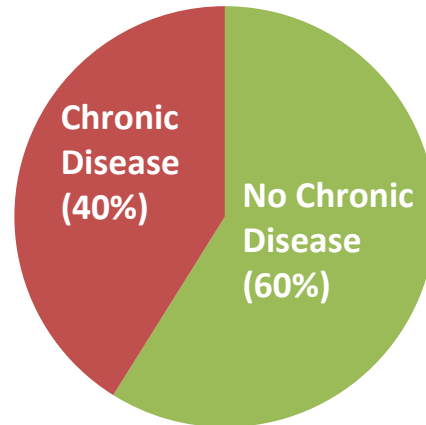
**Division of Chronic Disease Prevention**  
Updated: January 2017

# Chronic Disease in NYS

More than 40%  
of adults in  
NYS live with a  
chronic  
disease.

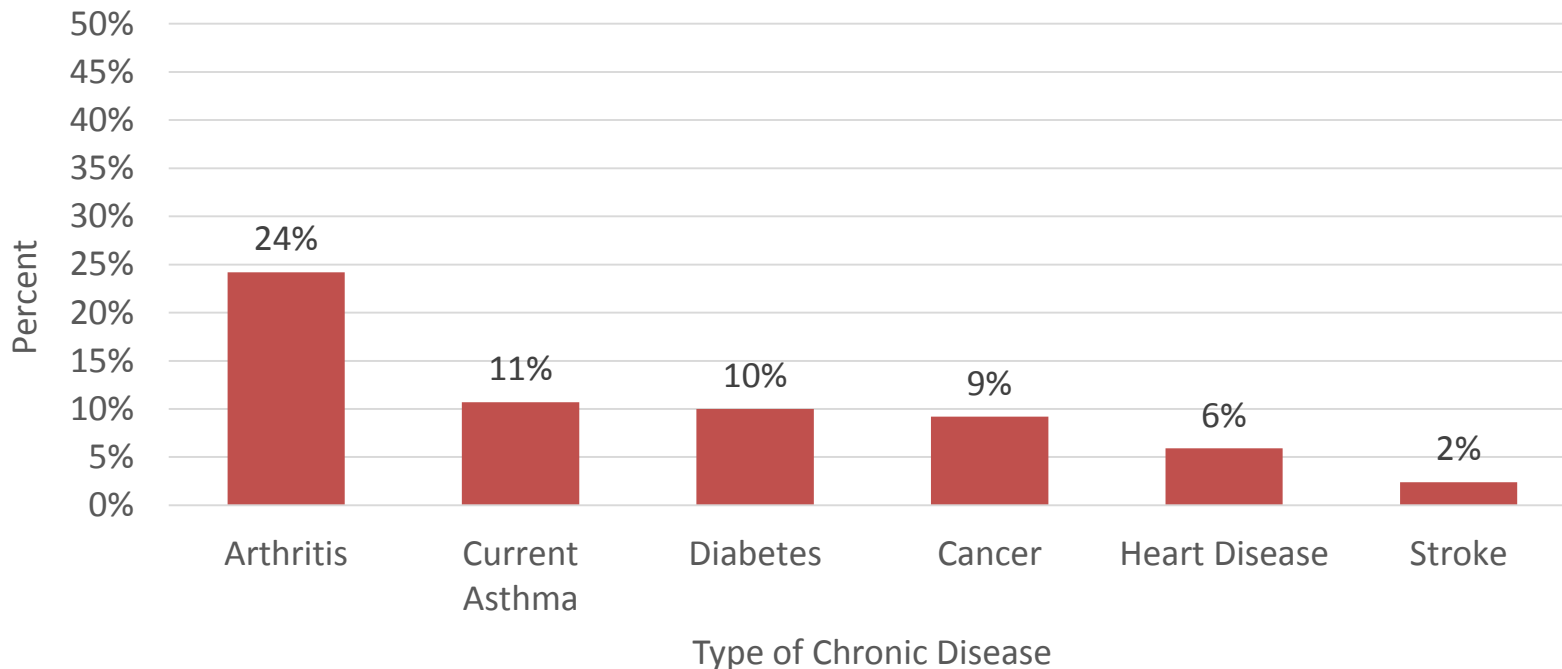


These diseases  
are largely  
preventable.



# Chronic Disease in NYS

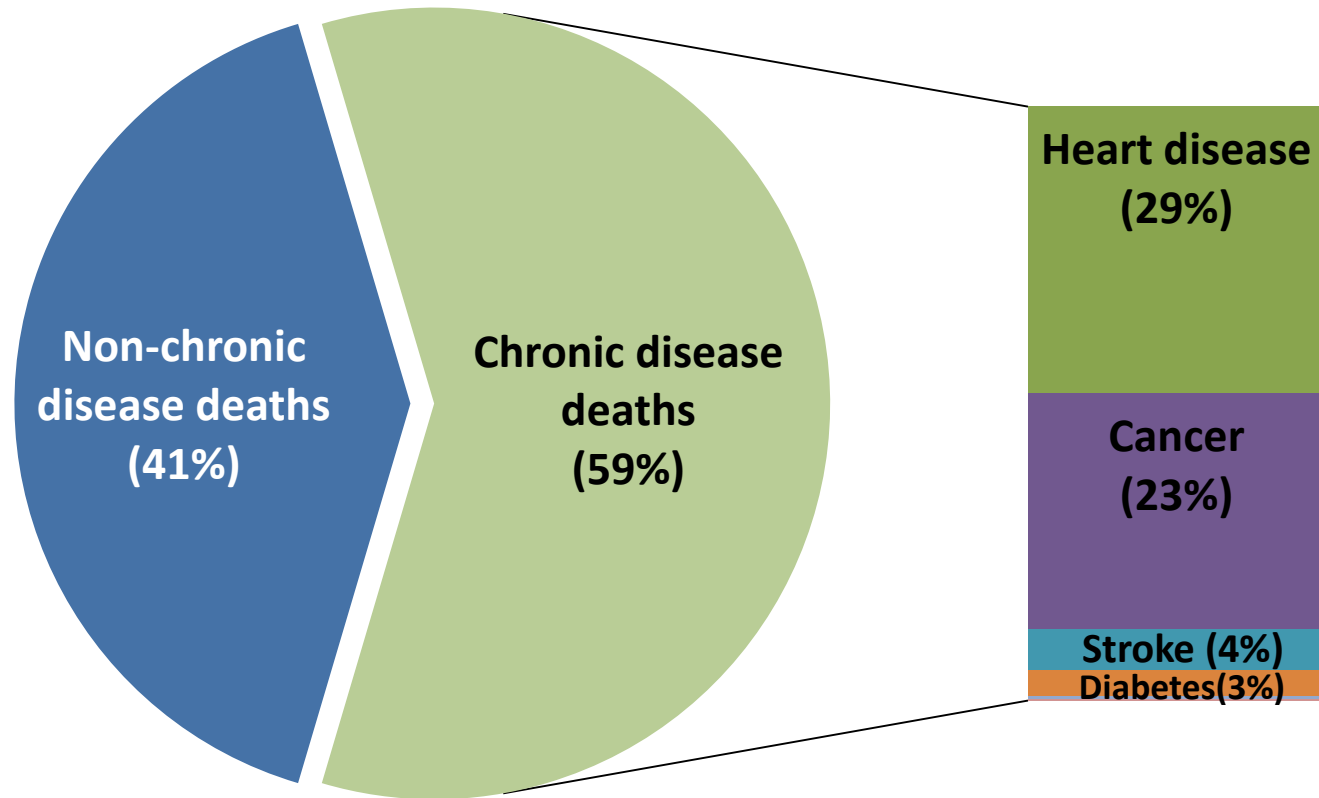
## Prevalence of Chronic Disease among NYS Adults by Disease Type



Chronic diseases are responsible for approximately 60% of deaths and 25% of hospitalizations in NYS.

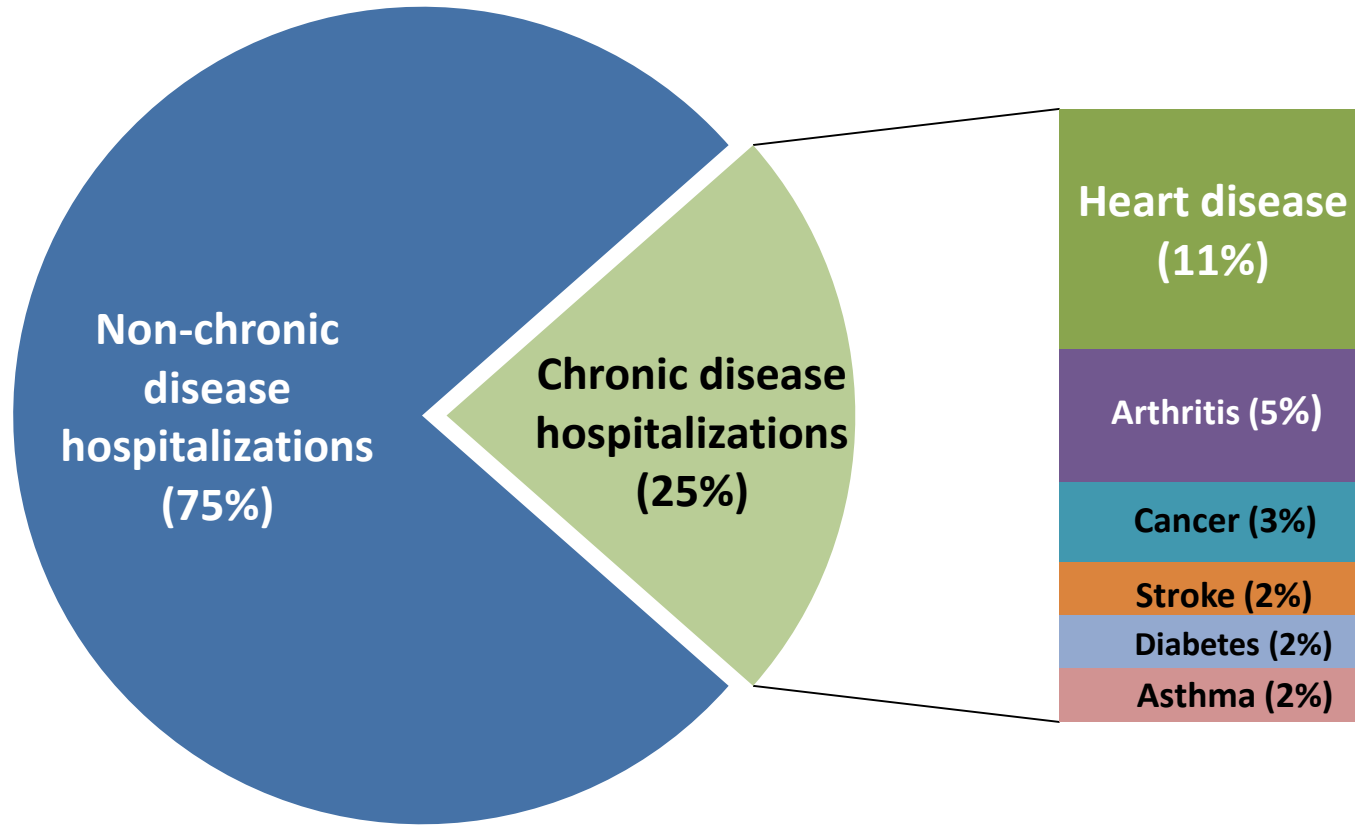


# Causes of Death in NYS



Source: Vital Statistics of New York State, 2014

# Hospitalizations in NYS



Source: Statewide Planning and Research Cooperative System (SPARCS), 2014



## Multiple Chronic Diseases

2 out of 5 adults New Yorkers live with at least one chronic disease.

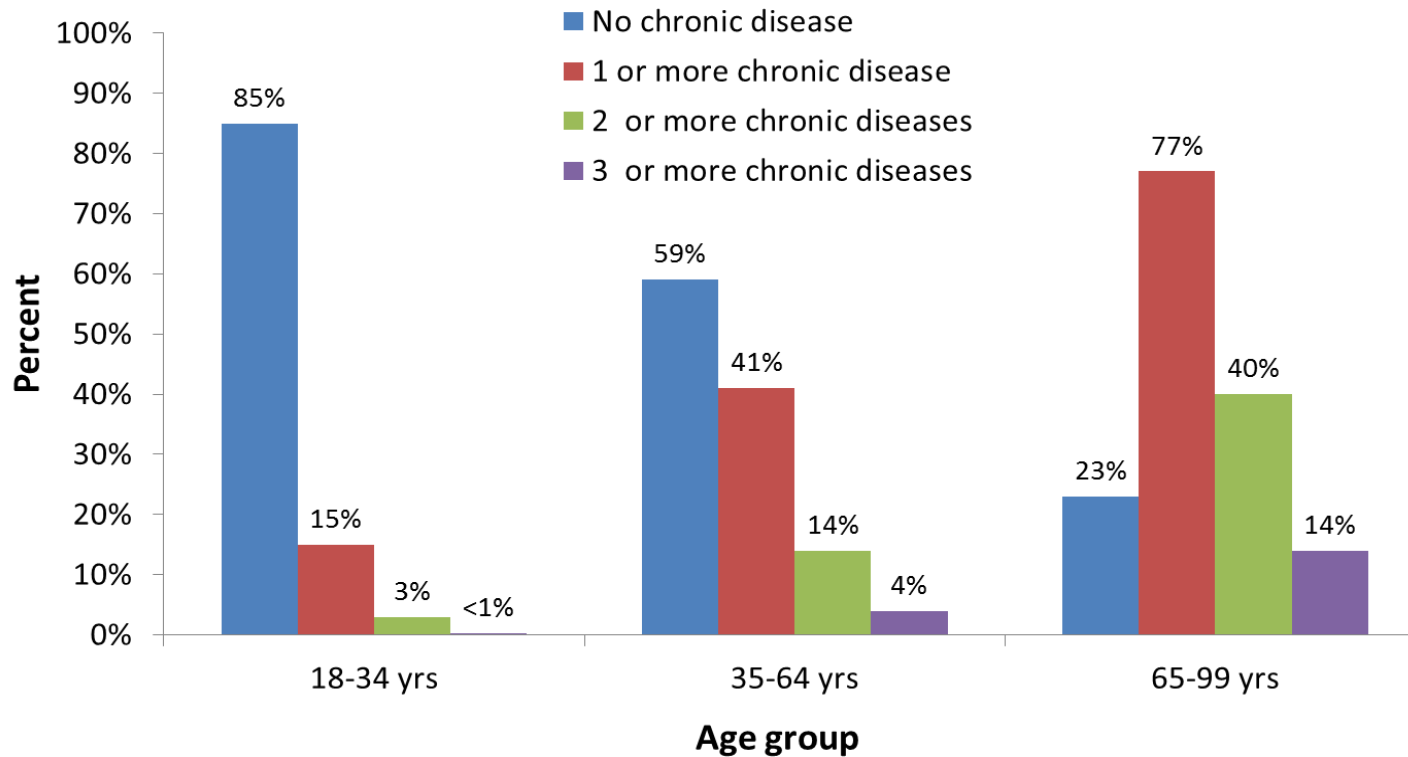


The probability of having multiple chronic diseases increases with age.



Having one chronic disease increases the likelihood of having another.

# Prevalence of Multiple Chronic Diseases in NYS



\*Chronic diseases include arthritis, current asthma, stroke, coronary heart disease (heart attack or angina), diabetes (excludes diabetes in pregnant women), and cancer (any type, includes skin cancer).

Source: 2014 New York State Behavioral Risk Factor Surveillance System





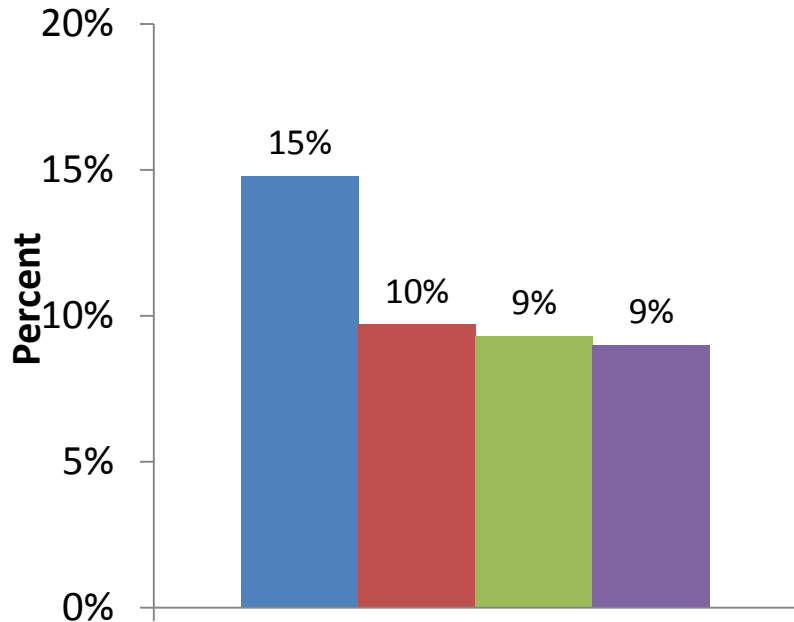
## Chronic Disease in NYS

New Yorkers with one or more chronic disease are more likely to report poor health and activity limitations than those without a chronic disease.



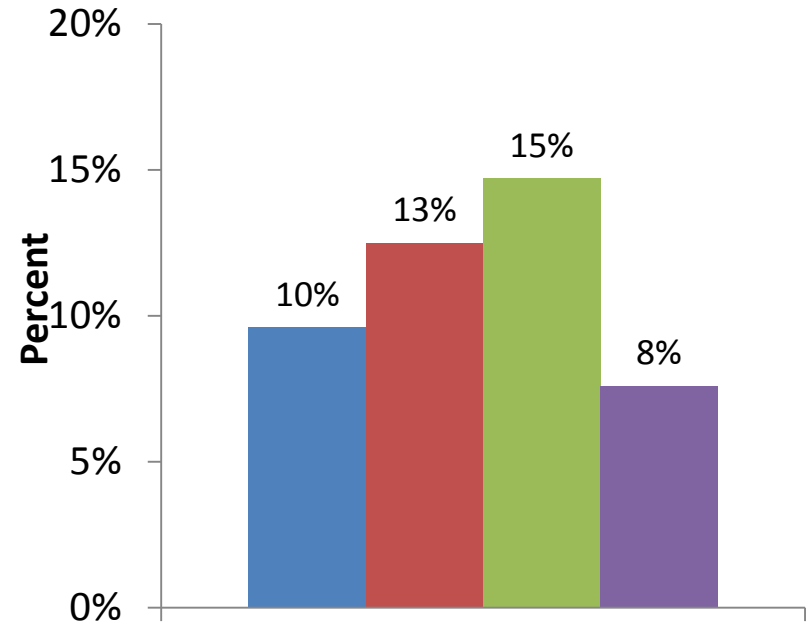
Chronic diseases have a disproportionate impact on vulnerable populations.

# Prevalence of Asthma by Income & Race/Ethnicity in NYS



Current asthma by income

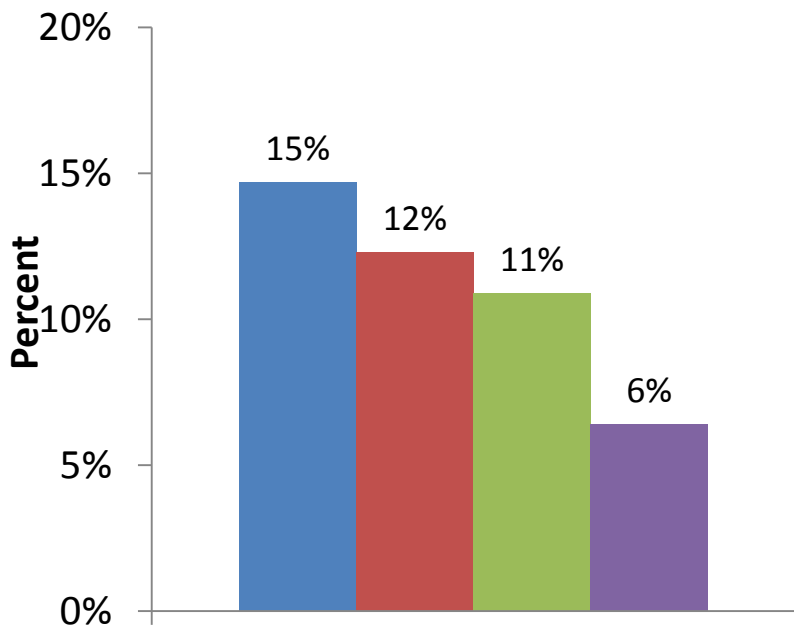
- <\$25,000
- \$25,000-\$34,999
- \$35,000-\$49,999
- \$50,000+



Current asthma by race/ethnicity

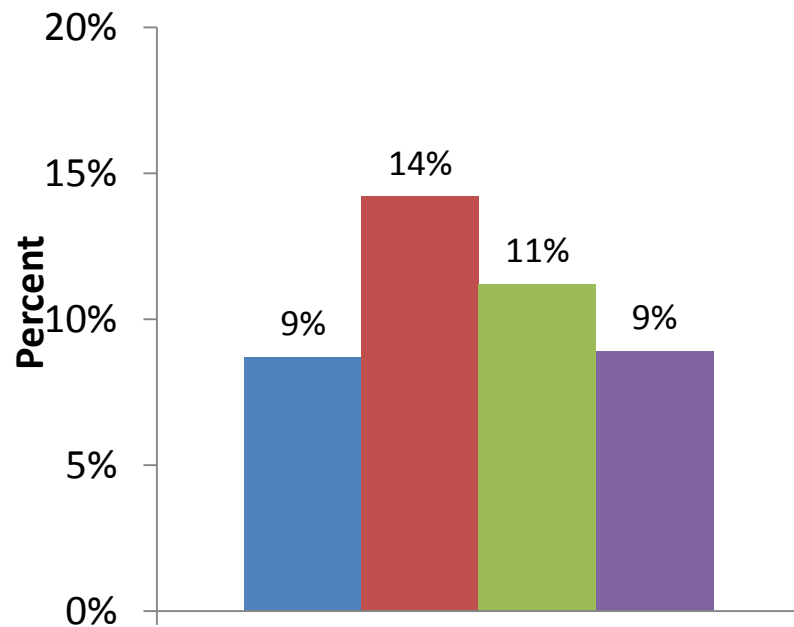
- White, non-Hispanic
- Black, non-Hispanic
- Hispanic
- Other, non-Hispanic

# Prevalence of Diabetes by Income & Race/Ethnicity in NYS



Ever told - diabetes by income

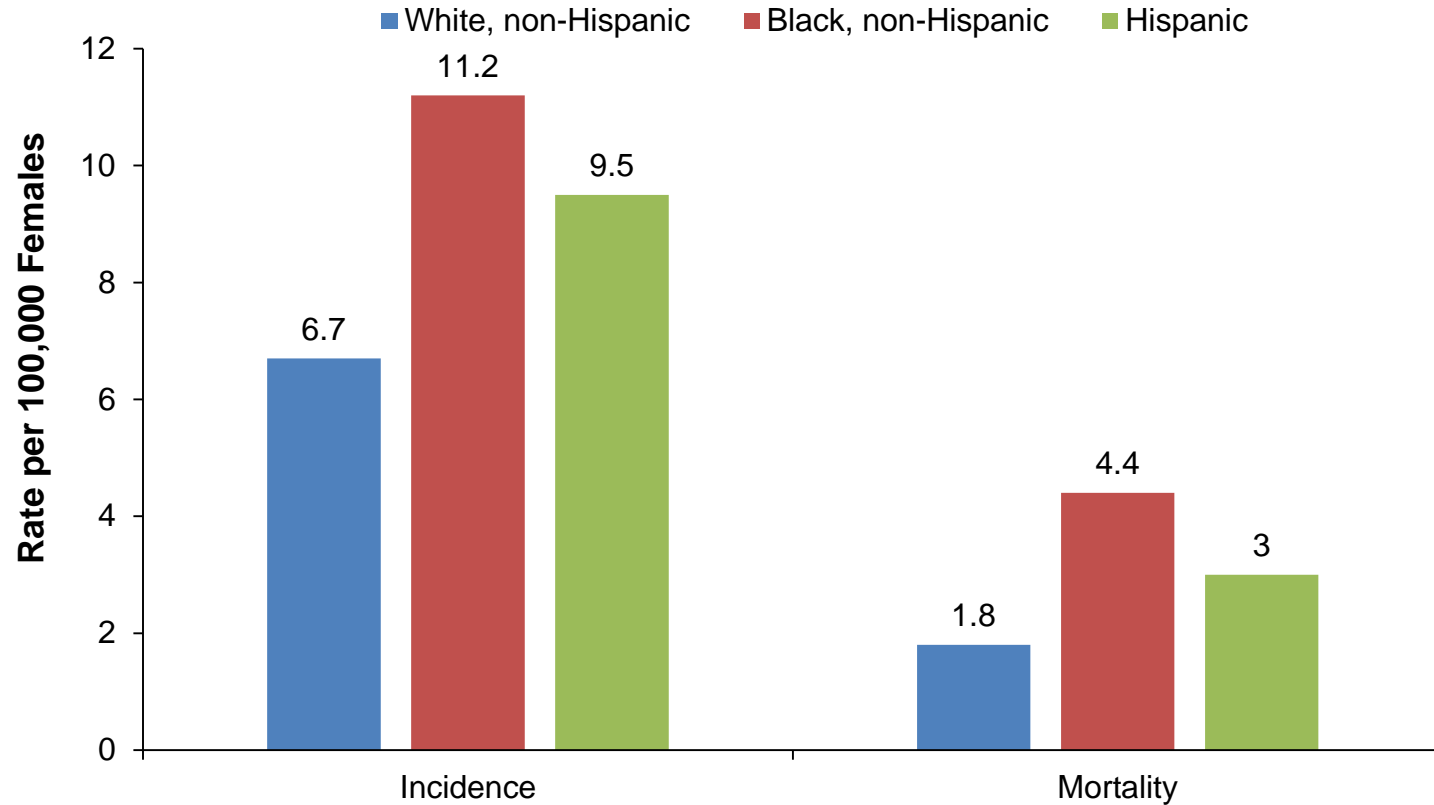
- <\$25,000
- \$25,000-\$34,999
- \$35,000-\$49,999
- \$50,000+



Ever told - diabetes by race/ethnicity

- White, non-Hispanic
- Black, non-Hispanic
- Hispanic
- Other, non-Hispanic

# Cervical Cancer Incidence and Mortality by Race/Ethnicity in NYS



Rates age-adjusted to the 2000 U.S. Standard Population  
Source: New York State Cancer Registry, 2009-2013



## Chronic Diseases are Costly

75% of health care spending in the U.S. goes toward treating chronic diseases.<sup>1</sup>

Health care costs for a person with chronic conditions are five times greater than for someone without.<sup>2</sup>

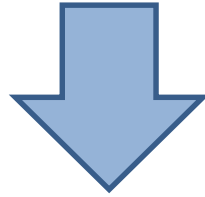
For example, NYS spends almost \$10.39 billion on tobacco-related health care costs every year.<sup>3</sup>

### Sources:

1. Trust for America's Health. Bending the Cost Curve, 2009
2. Partnership for Solutions. Chronic Conditions. Making the Case for Ongoing Care, September 2004
3. CDC Best Practices for Comprehensive Tobacco Control Programs, 2014

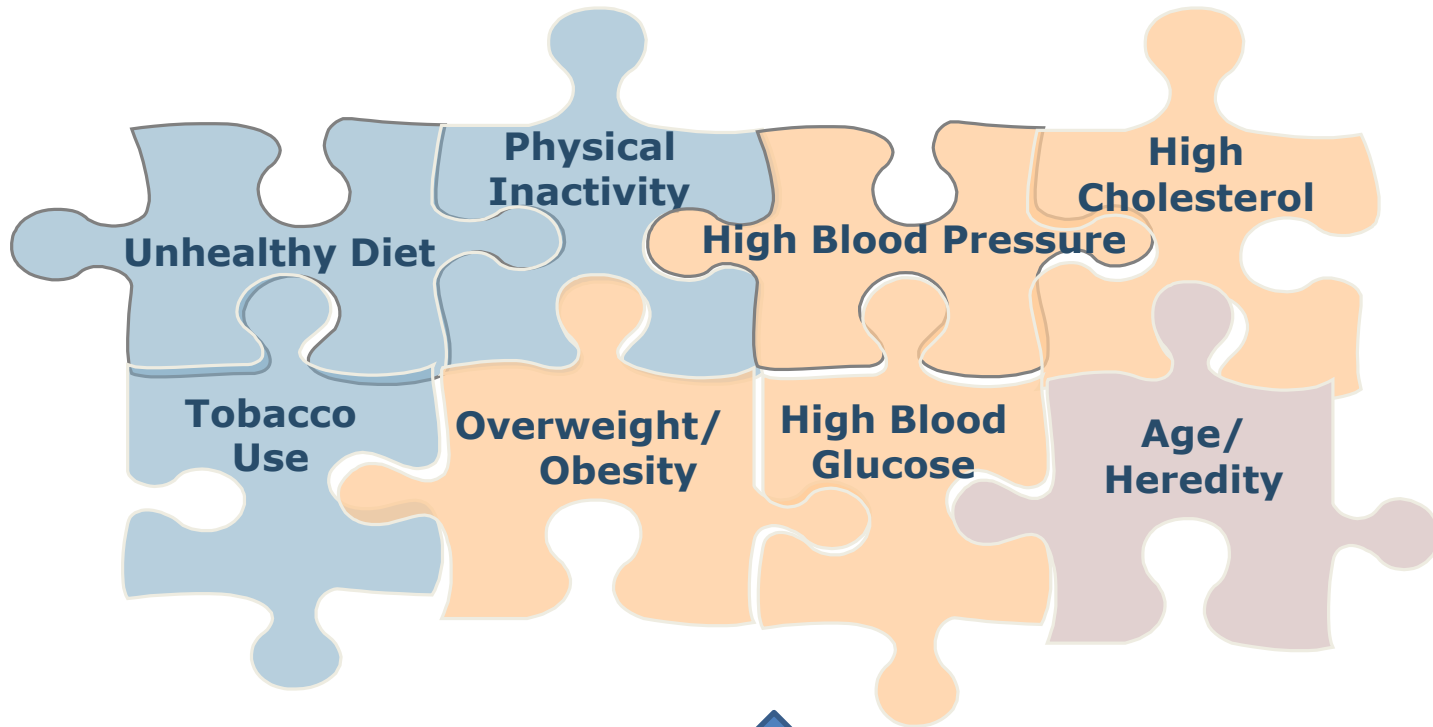


Chronic diseases are largely preventable.



Prevention costs less than treatment.

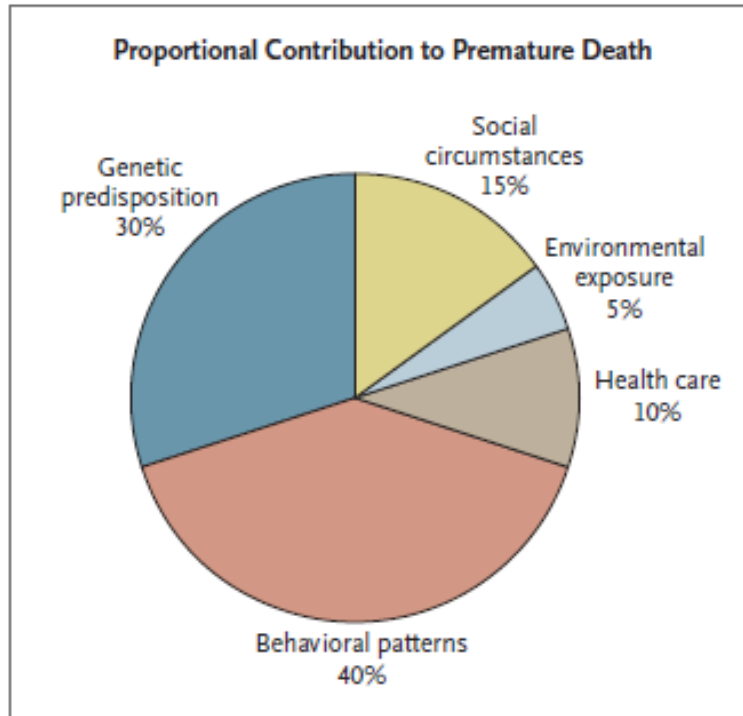
# Causes of Chronic Disease



Social determinants of health



# What Determines Health?



**Figure 1. Determinants of Health and Their Contribution to Premature Death.**

Adapted from McGinnis et al.<sup>10</sup>

CDC  
estimates:

- 80% of heart disease and stroke
- 80% of type 2 diabetes
- 50% of cancer cases

Could be  
prevented if  
Americans:

- Stop smoking
- Eat healthy
- Get moving





Smoking is the leading cause of preventable disease and death in NYS and the U.S.



About 2.1 million adults in NYS smoke cigarettes. Smoking kills about 28,000 New Yorkers every year.

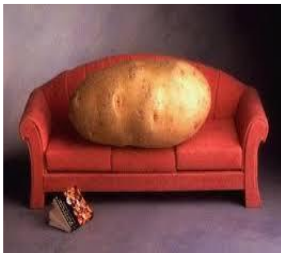
# Nutrition and Physical Activity in Adult New Yorkers



**One in three** adults consume fruit <1 time per day, and **one in five** consume vegetables <1 time daily.



**36%** of adults consume fast food weekly, and **22%** drink at least one soda or sugary beverage every day.



**Almost half** of adults do not get adequate physical activity.

# Unhealthy Behaviors and Addictions Begin Early



37.8% of NYS high school students consumed one or more sugary drinks daily.<sup>1</sup>

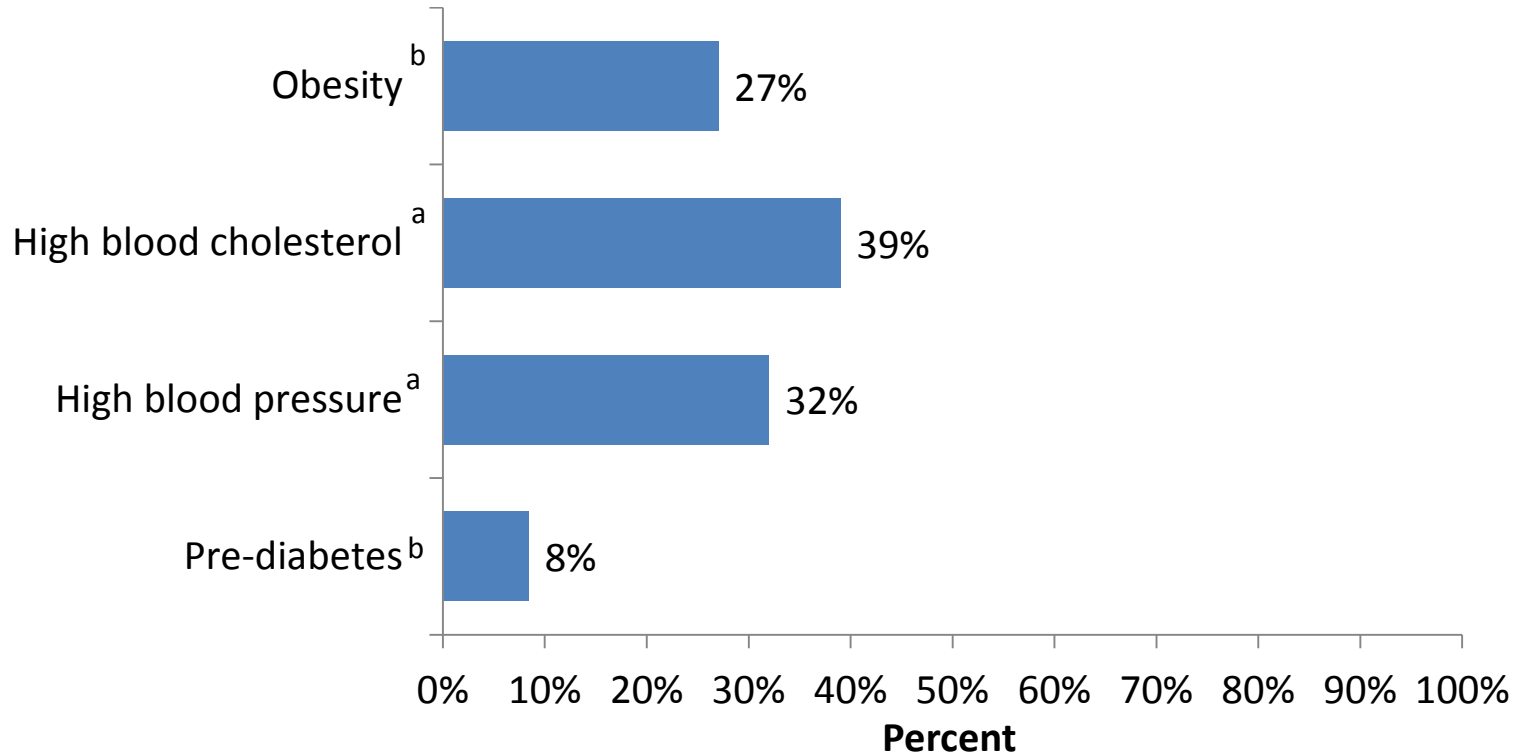


7.3% high school students smoked a cigarette on one or more days in the past 30 days.<sup>2</sup>

## Sources:

1. New York State Behavioral Risk Factor Surveillance System, 2009-2010
2. 2014 New York Youth Tobacco Survey

# Obesity and Early Signs of Chronic Disease in Adult New Yorkers



Sources:

a. 2013 New York State Behavioral Risk Factor Surveillance System

b. 2014 New York State Behavioral Risk Factor Surveillance System



# Childhood Obesity

34% of NY public school students (exclusive of NYC) are overweight or obese

40% of NYC public schools students ages 6-12 years are overweight or obese

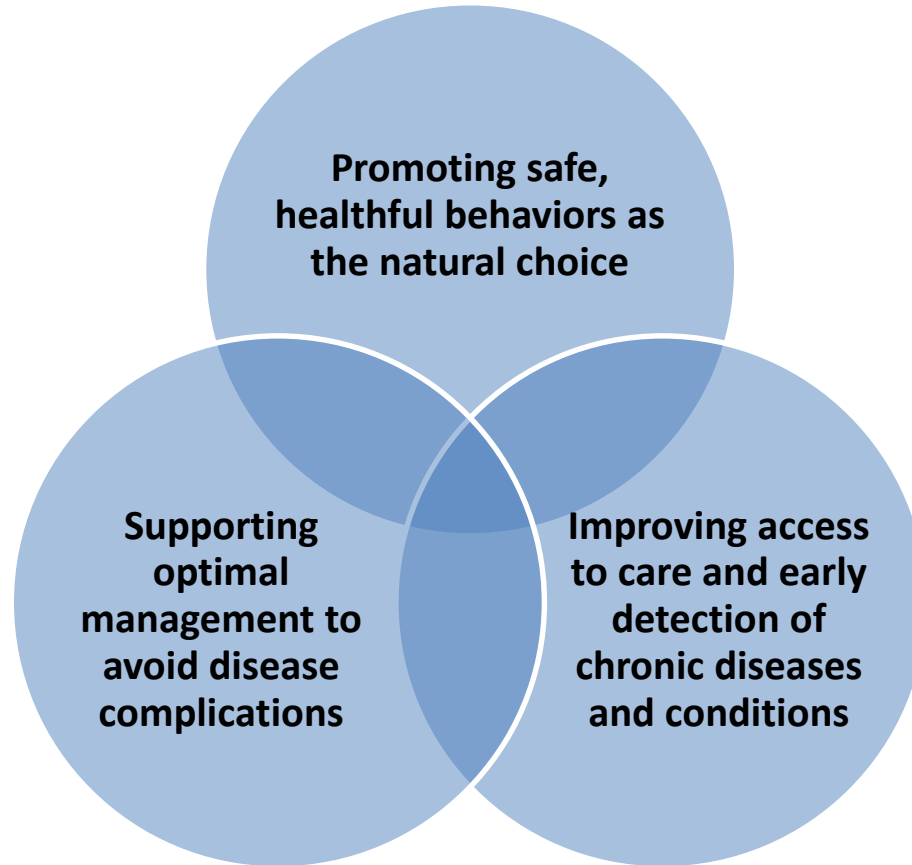
31% of NY children ages 2-4 enrolled in WIC are overweight or obese

**For the first time  
in our history,  
children may  
face a shorter  
lifespan than  
their parents.**



Communities where health is a priority, active living is promoted, disease is prevented, and residents naturally engage in behaviors leading to longer, healthier lives.





## Efforts to prevent and control chronic disease are advanced through the Division of Chronic Disease Prevention's Chronic Disease Framework based on CDC's four key domains.

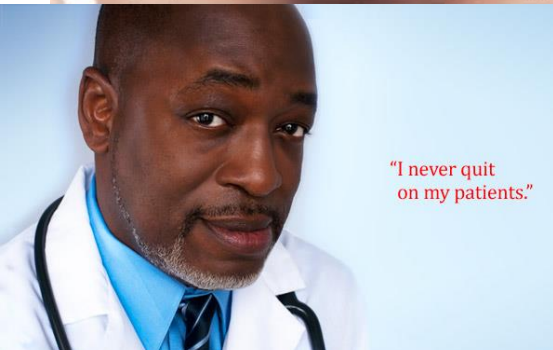
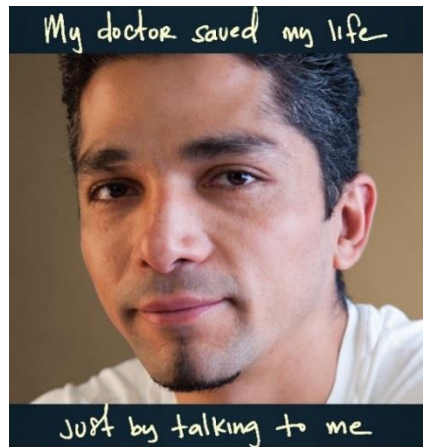
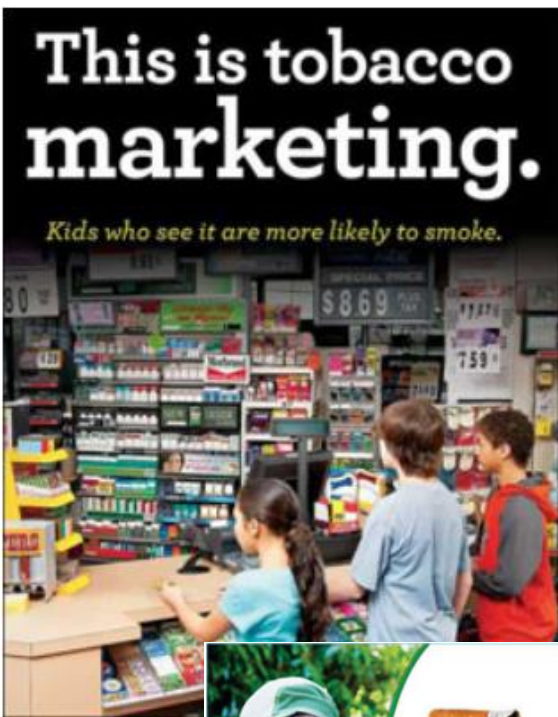
- **Epidemiology and Surveillance** – collection, analysis, and dissemination of data and information to inform, prioritize, deliver, and monitor program activities and population-level risk factors, diseases, and health.
- **Environmental Approaches** – policy, systems, and environmental changes to increase and promote opportunities for physical activity, healthy eating, and access to healthy foods.
- **Health System Interventions** – evidence-based strategies to improve the quality of clinical care for individuals with, or at-risk for, chronic disease.
- **Clinical-Community Linkages** – increasing awareness and opportunities for individuals with, or at-risk for, chronic disease to access community programs and gain self-management skills.



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



# Bureau of Tobacco Control – Community and Health System Interventions





**Medicaid  
and your Doctor  
can help you  
Quit Smoking**

Medications are covered.  
Call **1-866-NYQUITS**  
for more help.



## Treatment for nicotine addiction:

Medications and counseling  
double your patient's success rate.



 Department  
of Health [TalkToYourPatients.ny.gov](http://TalkToYourPatients.ny.gov)



Smoking causes  
**16** types of cancer.

Only **ONE**  
clear way to reduce  
your risk.

**STOMACH  
CANCER**

**You can quit!**  
Talk with your doctor.  
For more help call 1-866-NY-QUITS



**If you think something is  
wrong with this picture, you should  
see what's happening in stores.**



That's where tobacco companies spend more than half a million dollars every day here in New York State on promotions where kids can see them. And the more kids see tobacco, the more likely they are to start smoking.

Our kids should grow up without tobacco in their lives.

The average age for a new smoker is  
**13 YEARS OLD.**

Take action now at  
[SeenEnoughTobacco.org](http://SeenEnoughTobacco.org)

[facebook.com/tobaccocontrol](https://www.facebook.com/tobaccocontrol) [@tobaccocontrol](https://twitter.com/tobaccocontrol)



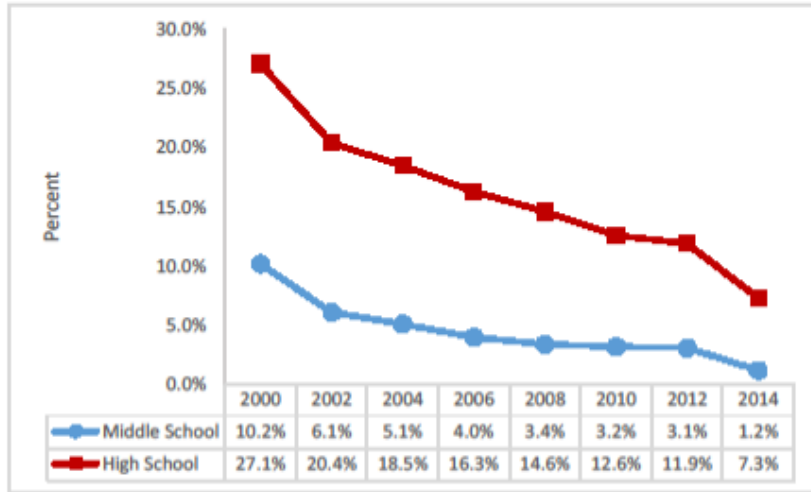
What if I never picked up that first cigarette?

In memory of Justin Scott Andrews, age 30  
1980-2010

Call your doctor or  
**1-866-NY-QUITS**

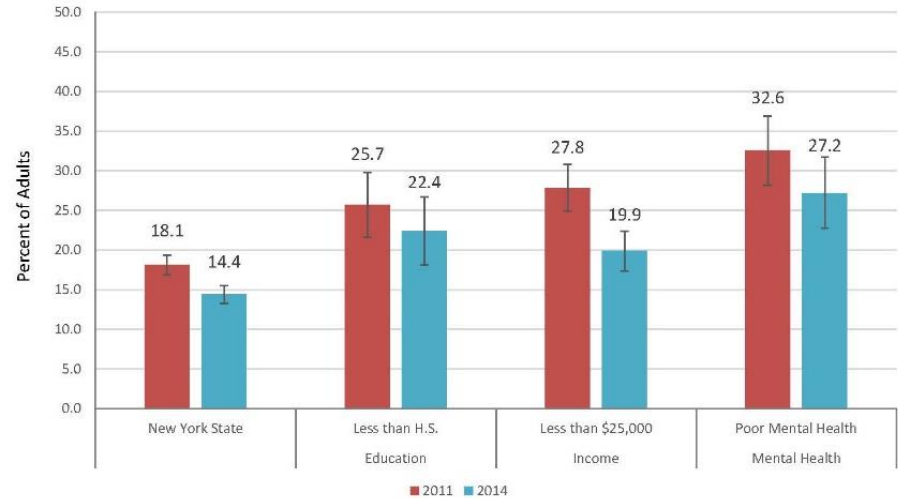
# Comprehensive Tobacco Control Works

Percentage of Current Smokers among Middle and High School Students



Source: New York State Youth Tobacco Survey, 2000-2014. Contact the Bureau of Chronic Disease Epidemiology and Surveillance, New York State Department of Health at (516) 473-0673 or type 'StatShot' in the subject line of an e-mail and send it to [tc@health.state.ny.us](mailto:tc@health.state.ny.us). Stat Shots can be accessed online at [http://www.health.ny.gov/prevention/tobacco\\_control/reports/statshots/](http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/)

Figure 2. Prevalence of Current Smokers by Socioeconomic Status Indicators and Mental Health Status in NYS, BRFSS 2011-2014







## Obesity

## Disability and Health

### Breastfeeding Promotion

*Creating Breastfeeding Friendly Communities*

*Breastfeeding Quality Improvement in Hospitals Learning Collaborative*

*NYS Breastfeeding Friendly Practice Designation*

### Nutrition and Physical Activity

*Creating Healthy Schools and Communities*

Increase access to healthy foods

Provide opportunities for physical activity

*Sodium Reduction in Communities*

### Equal Opportunity and Access

Increase health promotion opportunities and access to health care services

Collaborate across programs and agencies to ensure inclusion and integration of persons with disabilities

*Disability and Healthy Communities Project*

Diabetes and  
Prediabetes

Heart Disease  
and Stroke

## Quality Improvement in Health Systems

Learning Collaborative  
model

Team-based care  
approach

Evidence-based  
clinical care protocols

Health information  
technology

## Clinical-Community Linkages

Engaging and training  
Community Health  
Workers

Linking community  
pharmacists with  
patients and clinical  
care teams

Multi-directional  
communication and  
referral between  
health systems and  
community-based  
service providers

## Prevention and Self-Management Programs

*Diabetes Self-  
Management Education  
(DSME)*

*Diabetes Self-  
Management Program  
(DSMP)*

*National Diabetes  
Prevention Program  
(NDPP)*

Home Blood Pressure  
Monitoring

## Asthma

### Home and School-Based Services

- Self-management education
- Education for caregivers
- Linkages to clinical care
- Asthma control policies

### Health System Activities

- Quality improvement
- Team-based care
- Coverage and reimbursement
- System-level linkages

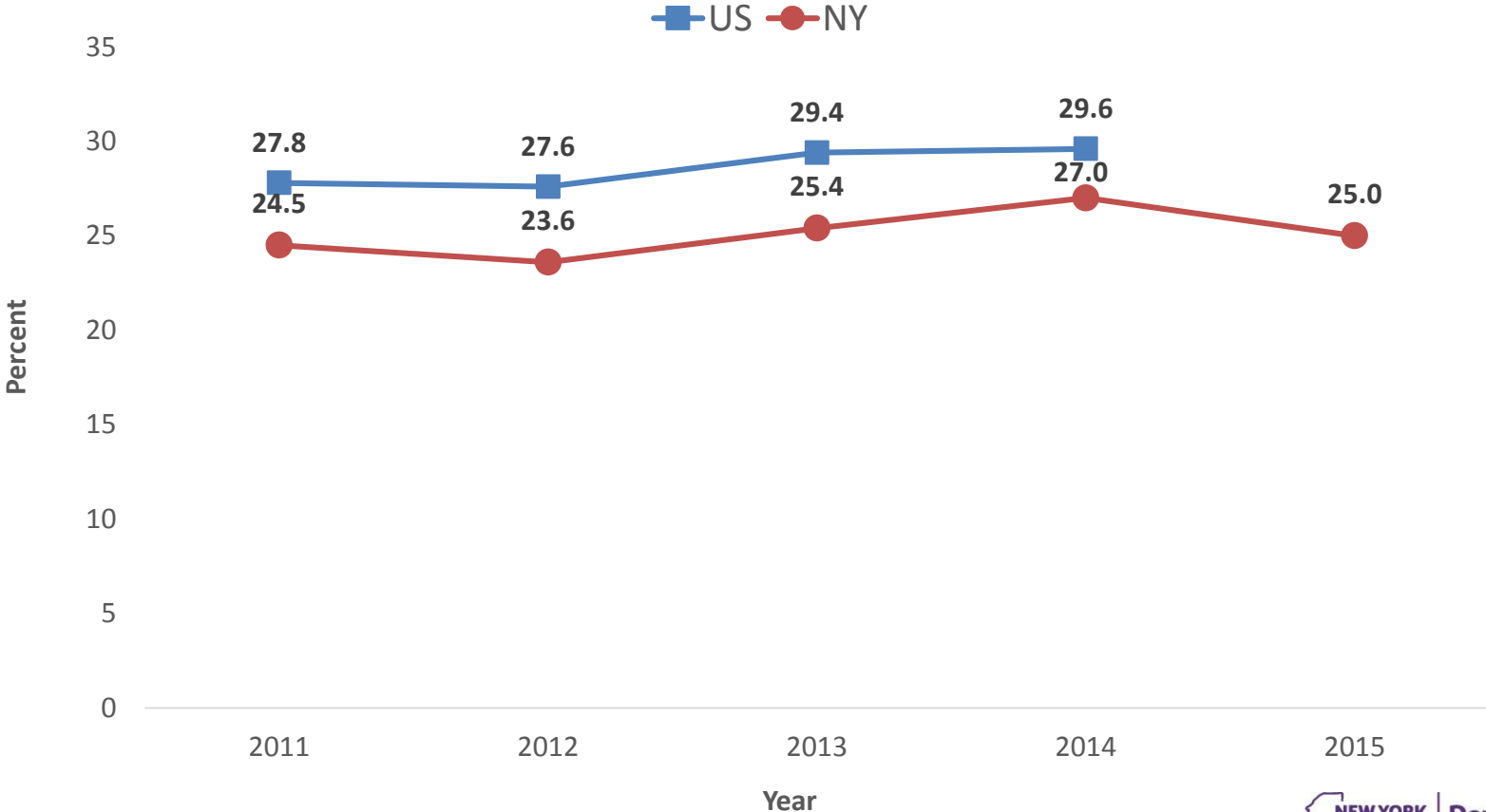
## Arthritis

### Evidence Based Self-Management Programs

*Chronic Disease Self Management Program*  
*Tomando Control de su Salud*  
*EnhanceFitness*

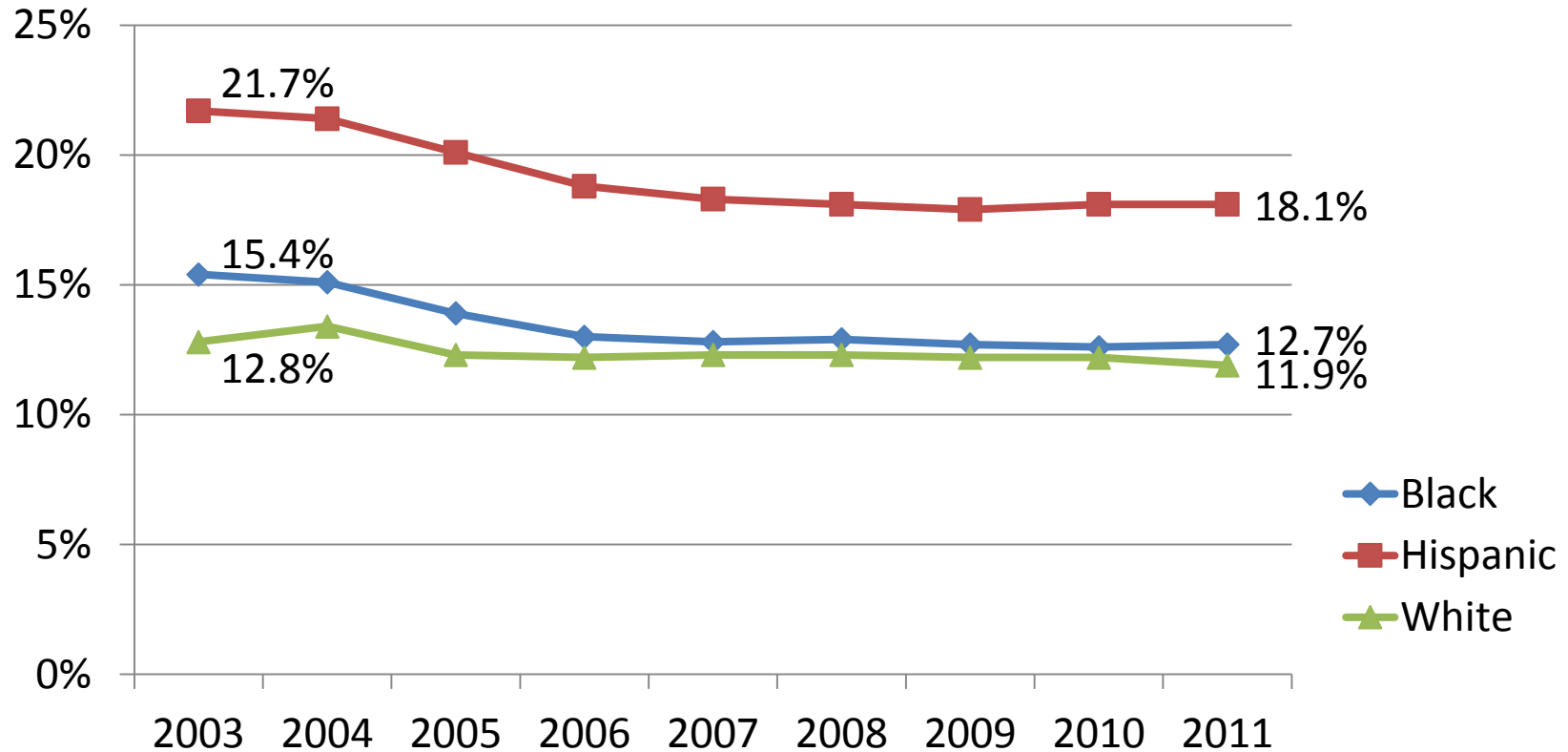
- Increase infrastructure for program delivery
- Embed program promotion and delivery into partner organizations
- Media campaigns to promote physical activity and program availability

# Adult Obesity Rates in the U.S. and NYS



Source: NYS BRFSS and CDC BRFSS  
\*US data is the median % from the 50 states and DC

# 14% Decline in Obesity among Low-income Children



## Mission

Reduce the Burden of Cancer for All New Yorkers

## What we do

Prevention, Early Detection, Follow-up Care and Support

## How we do it (EBIs)

Health  
Systems  
Engagement

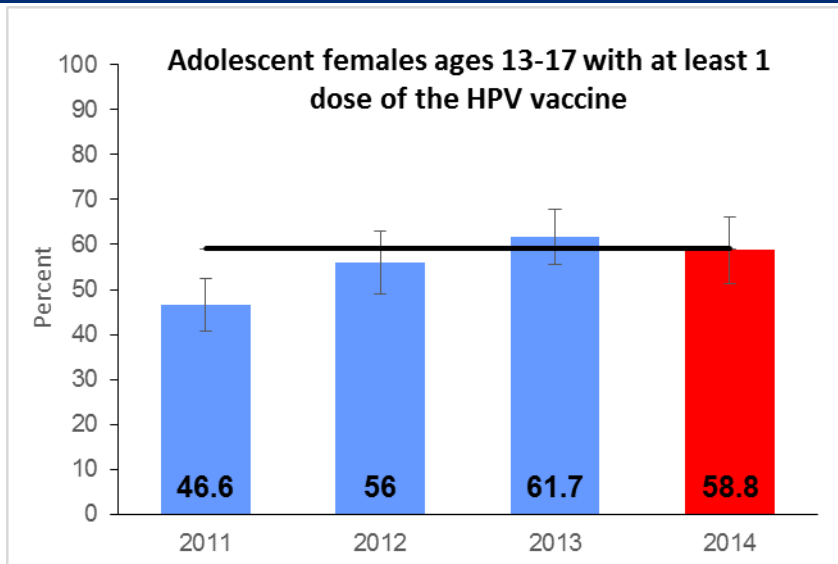
Policy  
Initiatives

Education /  
Media

# Reducing the Burden of Cancer through Prevention



# Prevention: HPV Vaccination



**Increases in HPV vaccine uptake will help reduce the burden of cervical and head and neck cancers among others.**

| Baseline<br>(Source, Year)    | 2017 Comprehensive Cancer<br>Control Plan Target | Trend Data |      |      |      | % Change<br>from Baseline |  |
|-------------------------------|--|------------|------|------|------|---------------------------|--|
| 46.6%<br>(CDC NIS-Teen, 2015) | 59%  | 2011       | 2012 | 2013 | 2014 | 26.2%                     |  |
|                               |  | %          | 46.6 | 56   | 61.7 | 58.8                      |  |



## Mammography



## Fecal Tests: FIT/FOBT



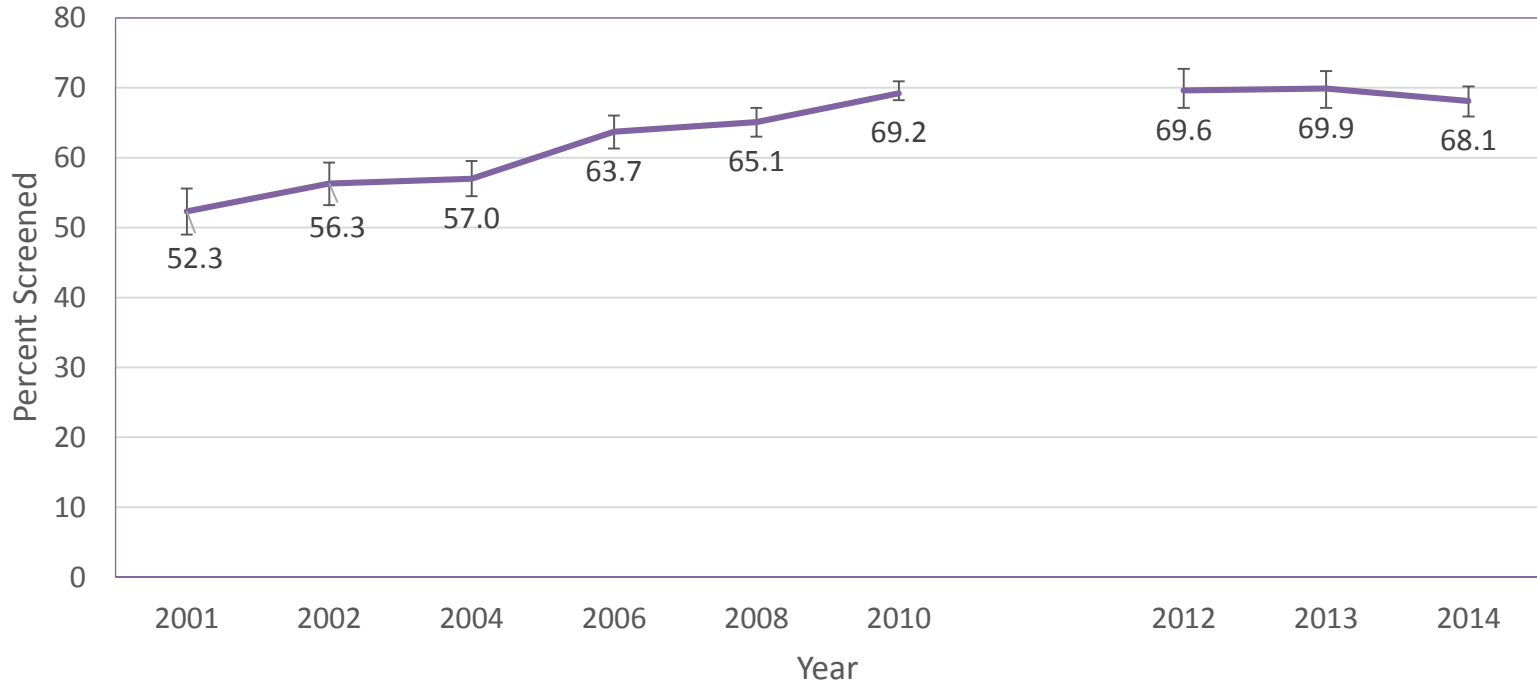
## Colonoscopy



## Pap Tests



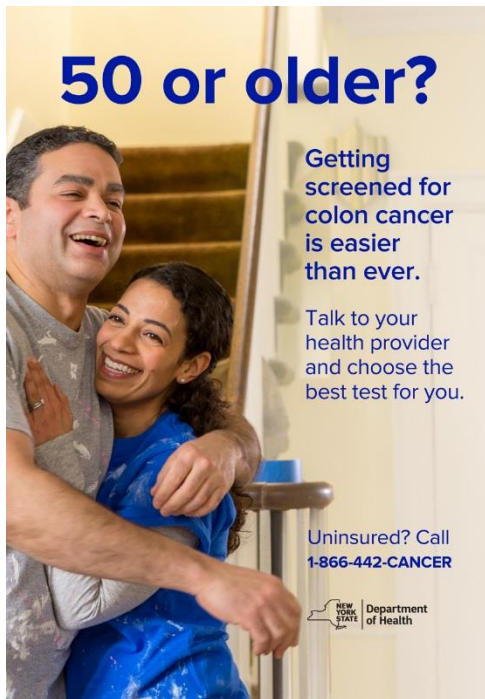
# Early Detection: 30% Increase in Colorectal Cancer Screening\*



Break in graph corresponds with a change in survey methodology

\*New York State adults aged 50-75 years with FOBT/FIT in the past year, OR sigmoidoscopy in the past 5 years with FOBT/FIT in the past 3 years, OR colonoscopy in the past 10 years, by BRFSS survey year from 2001 to 2014






**50 or older?**

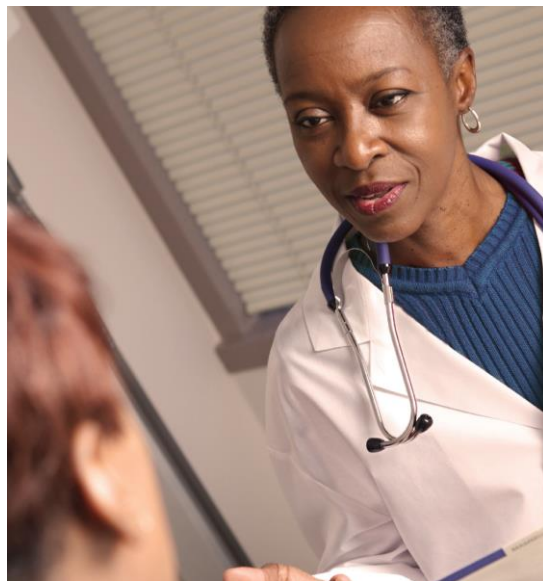
Getting screened for colon cancer is easier than ever.

Talk to your health provider and choose the best test for you.

Uninsured? Call  
**1-866-442-CANCER**

 Department of Health

Education and Media



Engaging Health Systems



Policies to Encourage Cancer Screening



The effects of cancer do not end with the last treatment.

# 2 Million

Nearly 2 million cancer survivors are alive today in NYS, and the number continues to rise.

## Preventing Chronic Diseases is an Investment in NYS's Future

Investing \$10 per person per year in community prevention can save NYS more than \$1.3 billion annually in health care costs within 5 years.



This represents a return on investment (ROI) for NYS of \$7 for every \$1.



Effective interventions prevent, reduce, or delay much of the chronic disease burden in NYS.

# Questions?

Email the Bureau of Chronic Disease Evaluation and Research

[BCDER@health.ny.gov](mailto:BCDER@health.ny.gov)

Subject: Chronic Disease Slide Deck