

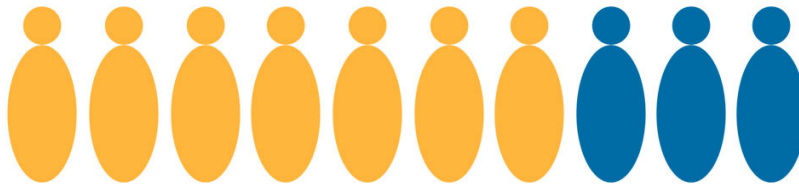
# An Unhealthy Truth: Rising Rates of Chronic Disease and the Future of Health in America

Six Unhealthy Truths Tell the Story of the Rise of Chronic Disease and Its Impact on Health and Health Care in the U.S.

1

**Truth #1: Chronic diseases are the #1 cause of death and disability in the U.S.**

133 million Americans, representing 45% of the total population, have at least one chronic disease



Chronic diseases kill more than 1.7 million Americans per year and are responsible for 7 of 10 deaths in the U.S.

2

**Truth #2: Chronic diseases account for 75% of the nation's health care spending**

During 2005, the U.S. spent almost \$2 trillion on health care.

Of every **dollar** spent ...



... **75 cents** went towards treating chronic disease

In public programs, treatment of chronic diseases constitute an even higher portion of spending:

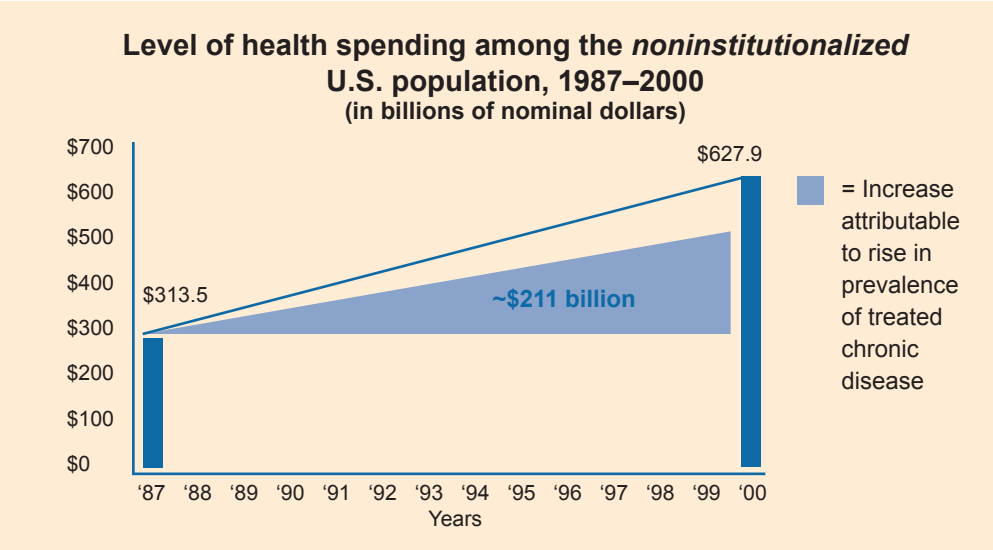
More than **96 cents** in Medicare ... ... and **83 cents** in Medicaid

“The United States cannot effectively address escalating health care costs without addressing the problem of chronic diseases.”

-- Centers for Disease Control and Prevention

3

Truth #3: Two-thirds of the increase in health care spending is due to increased prevalence of treated chronic disease

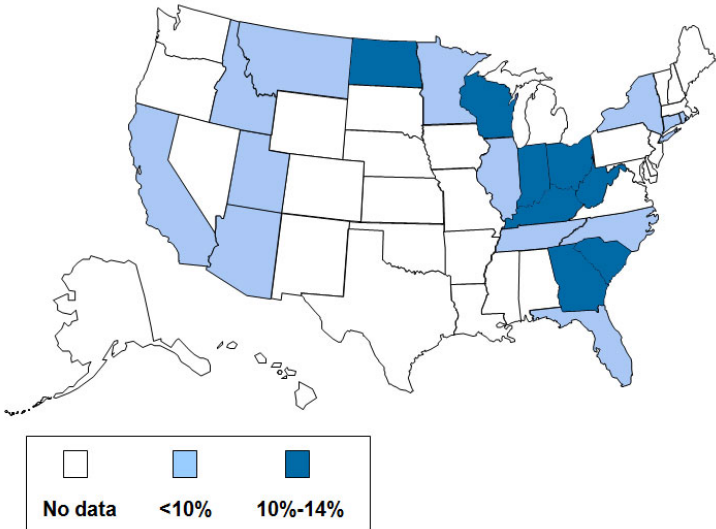


The percent of children and youth who are overweight has tripled since 1980

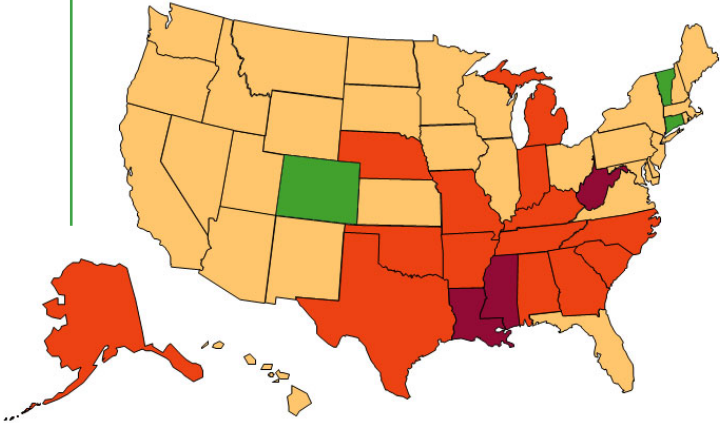
If the prevalence of obesity was the same today as 1987, health care spending in the US would be 10 percent lower per person—about \$200 billion less

4

Truth #4: The doubling of obesity between 1987 and today accounts for nearly 30% of the rise in health care spending



Percent of U.S. Adults Who are Obese\* 1985



Percent of U.S. Adults Who are Obese\* 1985

Percent of U.S. Adults Who are Obese\* 2000

\*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person

5

**Truth #5: The vast majority of cases of chronic disease could be better prevented or managed**

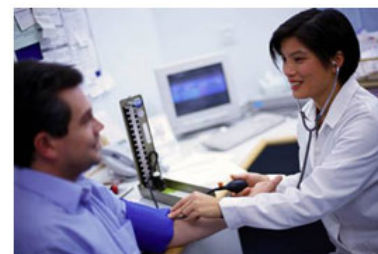
The Centers for Disease Control and Prevention (CDC) estimates...

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

...could be prevented if only Americans were to do three things:

- Stop smoking
- Start eating healthy
- Get in shape

Management of chronic disease could also be significantly improved: Chronically ill patients receive **only 56%** of the clinically recommended preventive health care services



6

**Truth #6: Many Americans are unaware of the extent to which chronic disease harms their health – and their wallets**

National survey conducted in April 2007 on Americans' views of chronic disease and its impact on health and spending

Percent of Americans who believe chronic disease is responsible for the following percent of death and health spending in the U.S.		
Percent answering:	Death	Spending
Less than 10%	3	6
10% but less than 20%	8	8
20% but less than 30%	14	12
30% but less than 40%	15	10
40% but less than 50%	15	12
50% but less than 60%	12	11
60% but less than 70%	7	9
<b>70% but less than 80%</b>	<b>8</b>	<b>7</b>
<b>80% but less than 90%</b>	<b>4</b>	<b>3</b>
<b>90% to 100%</b>	<b>3</b>	<b>4</b>
Not sure	10	18

Only a small fraction of Americans, **less than one in six**, comprehend the magnitude of the problem:

***That chronic diseases represent more than 70% of the deaths in the U.S. and more than 70% of health care costs***

## Sources

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133 million Americans, representing 45% of the total population, have at least one chronic disease SOURCE: Wu S, Green A. Projection of Chronic Illness Prevalence and Cost Inflation. RAND Corporation, October 2000.

### Truth #2:

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During 2005, the U.S. spent \$2 trillion on health care SOURCE: Centers for Medicare and Medicaid Studies. Historical Overview of National Health Expenditures. Available at: [http://www.cms.hhs.gov/NationalHealthExpendData/02\\_NationalHealthAccountsHistorical.asp#TopOfPage](http://www.cms.hhs.gov/NationalHealthExpendData/02_NationalHealthAccountsHistorical.asp#TopOfPage). Accessed on April 17, 2007.

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"The United States cannot effectively address escalating health care costs without addressing the problem of chronic diseases." SOURCE: Centers for Disease Control and Prevention. Chronic Disease Overview page. Available at: <http://www.cdc.gov/nccdphp/overview.htm>. Accessed April 6, 2007.

### Truth #3:

About two-thirds of the rise in health care spending is due to the rise in the prevalence of treated chronic disease SOURCE: Thorpe K. The Rise In Health Care Spending And What To Do About It. Health Affairs. 2005;6:1436-1445. Also, Thorpe K, Florence CS, Joski P. Which Medical Conditions Account For The Rise In Health Care Spending?

### Truth #4:

The doubling of obesity between 1987 and today accounts for nearly 30% of the rise in health care spending SOURCE: Thorpe K, Florence, C, Howard, D, Joski, P. The Impact of Obesity in Rising Medical Spending. Health Affairs. 2004.

The percent of children and youth who are overweight has tripled since 1980 SOURCE: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. JAMA 2006;295:1549-1555.

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Map SOURCE: Centers for Disease Control and Prevention. U.S. Obesity Trends 1985-2005 page. Available at: <http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/>. Accessed May 14, 2007.

### Truth #5:

Preventable: 80% of heart disease and stroke, 80% of type 2 diabetes, 40% of cancer SOURCE: Mensah G. Global and Domestic Health Priorities: Spotlight on Chronic Disease. National Business Group on Health Webinar. May 23, 2006. Available at: <http://www.businessgrouphealth.org/opportunities/webinar052306chronicdiseases.pdf>. Accessed April 17, 2007.

Chronically ill patients receive only 56% of the clinically recommended preventive health care services SOURCE: McGlynn EA, Asch SM, Adams J, et al. The quality of health care delivered to adults in the United States. New England Journal of Medicine 2003;348:2635-264.

### Truth #6:

Poll Information SOURCE: Survey by the Partnership to Fight Chronic Disease: Conducted by APCO Insight, April 27-29, 2007 and based on telephone interviews with a national adult sample of 1,001.