

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US have a **chronic disease**



4 IN 10

Adults in the US have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY
and Leading Drivers of the Nation's **\$3.8 Trillion** in Annual Health Care Costs



HEART DISEASE



CANCER



CHRONIC LUNG DISEASE



STROKE



ALZHEIMER'S DISEASE



DIABETES



CHRONIC KIDNEY DISEASE

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE



TOBACCO USE



POOR NUTRITION



LACK OF PHYSICAL ACTIVITY



EXCESSIVE ALCOHOL USE

NCCDPHP PREVENTS CHRONIC DISEASE AND PROMOTES HEALTH FOR PEOPLE OF ALL AGES



IMPROVING QUALITY OF LIFE

INCREASING HEALTHY LIFE EXPECTANCY

REDUCING HEALTH CARE COSTS

WE WORK TO IMPROVE HEALTH ACROSS THE LIFE SPAN

Where People Live, Learn, Work, and Play



Infants

Reduce the leading causes of infant death and illness.



Children and Adolescents

Help support healthy communities, child care programs, and schools so children can eat well, stay active, and avoid risky behaviors.



Adults

Help adults lead healthy and active lives and increase the use of preventive services like cancer screenings.



Older Adults

Promote quality of life and independence for people as they age.

WHAT WE DO



Find out how chronic diseases affect populations in the United States.



Study interventions to find out what works best to prevent and control chronic diseases.



Fund and guide states, territories, cities, and tribes to use interventions that work.



Share information to help all Americans understand the risk factors for chronic diseases and how to reduce them.

HOW WE DO IT



Measure

how many Americans have chronic diseases or chronic disease risk factors.



Improve

environments to make it easier for people to make healthy choices.



Strengthen

health care systems to deliver prevention services that keep people well and diagnose diseases early.



Connect

clinical services to community programs that help people prevent and manage their chronic diseases and conditions.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

[@CDCChronic](https://twitter.com/CDCChronic) | www.cdc.gov/chronicdisease

OUR IMPACT



From 2012 to 2018, 16.4 million smokers attempted to quit and 1 million successfully quit because of the *Tips* campaign.



The proportion of adults meeting aerobic physical activity guidelines increased from 44% in 2008 to 54% in 2018.



The percentage of adults who have their high blood pressure under control increased from 43.3% in 2005–2006 to 48.5% in 2015–2016.



Teen birth rates fell 60% from 2007 to 2019—an all-time low.



From 1999–2004 to 2011–2016, the percentage of low-income children with dental sealants increased 75%.



Over 400,000 people have participated in the National Diabetes Prevention Program lifestyle change program.



Since 1991, the National Breast and Cervical Cancer Early Detection Program has served more than 5.6 million women and found 68,486 invasive breast cancers and 214,652 precancerous cervical lesions.



From 2008 to 2018, 26% fewer secondary schools across states sold less nutritious snacks or beverages.

