

# CDC Winnable Battles are making a difference and together we can do more.

With strong  
partnerships,  
we can make  
significant  
progress.

We know what works. The time  
is now to put knowledge into action.



Tobacco



Nutrition  
Physical activity  
Obesity



Food safety



Healthcare-  
associated  
infections



Motor vehicle safety



Teen pregnancy



HIV in the U.S.

## CDC *Winnable* Battles

The **seven Winnable Battles** address the leading causes of death and disability and represent enormous societal costs. For each, implementing evidence-based interventions helps us get results relatively quickly. While not de-emphasizing work in other areas, *Winnable Battles* helps drive focus and accelerates improved outcomes.

**Two of the seven Winnable Battles** have already met or exceeded their original targets, **but despite gains much work remains.**



# Strategies that Work



Implement effective policies such as comprehensive smoke-free laws and run ad campaigns that depict the dangers of smoking and exposure to second-hand smoke.

Tobacco kills almost **500,000** people in the U.S. each year, that's **1,300** a day.



Improve the health of Americans where we live, learn, work and play with strategies such as adoption of comprehensive school physical activity programs and increasing access to healthier foods and beverages through implementation of standards such as the Federal Food Service Guidelines.

About **35%** of U.S. adults and **17%** of children and adolescents (ages 2 – 19) are obese.



Improve foodborne illness surveillance data to enable earlier detection of outbreaks, quicker response, and better monitoring of the effectiveness of interventions.

Each year, **1 in 6** Americans gets sick by consuming contaminated foods or beverages.



Enhance and promote use of the National Healthcare Safety Network to develop data needed to identify infection problem areas, measure progress of prevention efforts, and drive progress toward elimination of HAIs.

About **1 in 25** patients get a healthcare-associated infection each year while receiving medical care in United States hospitals.



Increase proper restraint use (seat belts, car seats, booster seats). Motor vehicle crashes are the leading cause of death in the first three decades of American lives.

Motor vehicle crashes killed over **32,700** people in 2013.



Promote the use of effective contraceptive methods, including long-acting reversible contraception (LARC) by sexually active teens. LARC (IUDs and implants) is a safe and effective birth control option for most teens and young women, including those who have not given birth.

Despite recent declines, teen births in the U.S. are up to **9 times** higher than in most other developed countries.



Work towards viral suppression among all persons living with HIV by improving diagnosis, linkage and retention in care, and antiretroviral provision and adherence.

**1.2 million** people in America are living with HIV and approximately **50,000** new infections occur annually in the U.S.

For more information, visit [www.cdc.gov/winnablebattles](http://www.cdc.gov/winnablebattles)