At A Glance 2015
National Center for Chronic Disease Prevention and Health Promotion

Chronic diseases are common, costly, and debilitating, but they can often be prevented. By choosing healthy behaviors—like avoiding tobacco, eating healthy food and beverages, and getting regular physical activity—people can reduce their chances of getting a chronic disease or improve their health and quality of life if they already have a chronic disease. The Centers for Disease Control and Prevention (CDC) works to prevent chronic diseases and reduce their health and financial costs with an approach that brings together data, communities, and health care systems to support healthy choices and reduce unhealthy behaviors for all Americans.

Public Health Problem

Chronic diseases—such as heart disease, stroke, type 2 diabetes, cancer, and chronic lung diseases—account for most deaths in the United States and globally. They are the major drivers of sickness, disability, and health care costs in the nation. Chronic diseases are responsible for 7 of 10 deaths among Americans each year, and they account for 86% of our nation's health care costs, which in 2013 were $2.9 trillion.

CDC's Response

CDC leads US efforts to prevent and control chronic diseases and associated risk factors through the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). NCCDPHP works in four key action areas or domains:

- Epidemiology and surveillance systems that track chronic diseases and their risk factors and provide data for action.
- Environmental approaches that improve community policies and design to make healthy choices easier.
- Health care system interventions that help doctors diagnose health threats earlier and manage them better.
- Community programs linked to clinical services that help people prevent and manage their chronic diseases and improve their quality of life.

See The Four Domains of Chronic Disease Prevention for more information.

Fast Facts

- Chronic diseases and conditions account for most deaths, disability, and health care costs in the United States.

- Most chronic diseases have the same underlying risk factors: tobacco use, poor nutrition, or lack of physical activity.

- CDC works to address these and other risk factors through four domains of public health action: epidemiology and surveillance, environmental approaches, health care system interventions, and community programs linked to clinical services.

- This approach provides data for action, supports healthy choices and behaviors, strengthens delivery of clinical preventive services, and helps Americans better manage their health.

National Center for Chronic Disease Prevention and Health Promotion
Office of the Director

Fiscal Year 2015 Budget

NCCDPHP's FY 2015 budget is $1.2 billion, including $452 million from the Prevention and Public Health Fund of the Affordable Care Act. Budget highlights include

- **Diabetes:** The FY 2015 budget includes $150 million to continue FY 2014 investments for diabetes. These investments helps state and local partners address primary prevention for people with prediabetes, such as through interventions that help people eat healthier and be more physically active.
- **Partnerships to Improve Community Health:** This community initiative for chronic disease prevention began in FY 2014. The current budget includes $80 million for CDC to help communities implement evidence-based interventions to help people adopt healthier behaviors.
- **Tobacco prevention and control:** Tobacco use is the leading preventable cause of disease, disability, and death in the United States. The FY 2015 budget includes $68 million to continue the *Tips From Former Smokers* national tobacco education campaign to raise awareness about the health effects of tobacco use and encourage smokers to quit.

See more CDC budget information and details of NCCDPHP's FY 2014 funding awards.

Future Directions

Because chronic diseases share many of the same risk factors, NCCDPHP will continue to coordinate its prevention efforts to make the most efficient use of resources and expertise. Specifically, the center will advance its work in the four domains of chronic disease prevention and expand its collaborative approach through partnerships with state, tribal, local, and territorial health departments; universities; community and nongovernmental organizations; and other government agencies at the local, state, and federal levels. By improving public health capacity and implementing effective programs, NCCDPHP supports

- Communities to promote healthy behaviors and reduce health risks.
- Health systems to diagnose diseases early and help people better manage their chronic conditions.
- State, tribal, local and territorial health departments to advance the health of their populations.

These efforts will spur meaningful progress in CDC's work to reduce disability and premature death from chronic diseases, increase life expectancy, improve quality of life, and lower health care costs.

NCCDPHP Programs

NCCDPHP's nine divisions and peer-reviewed journal reflect its work across the life span, as well as across multiple settings, risk factors, and chronic diseases.

- Cancer
- Community Health
- Diabetes
- Heart Disease and Stroke
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Preventing Chronic Disease E-Journal
- Population Health
- Reproductive Health
- Smoking and Tobacco Use

Performance Highlights

The rate of births among teens aged 15 to 19 in the United States decreased from 40 per 1,000 in 2009 to 27 per 1,000 in 2013.

Cigarette smoking among US adults dropped to an all-time low of 17.8% in 2013, down from 20.9% in 2005 and 42.4% in 1965, when the US government began keeping records on smoking.

Cardiovascular complications and deaths from high blood sugar decreased by more than 60% from 1990 to 2010.