

# 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 **\$3.3 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

**NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION**

@CDCChronic | [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

# OUR IMPACTS



Since 2012, the *Tips From Former Smokers*<sup>®</sup> campaign has motivated at least 500,000 cigarette smokers to quit for good.



The percentage of adults who meet physical activity guidelines increased from 44% in 2008 to 53% in 2016.



The percentage of adults who have their high blood pressure under control increased from 43.3% in 2005–2006 to 48.3% in 2015–2016.



Teen birth rates fell 51% from 2007 to 2016—an all-time low.



From 1999–2004 to 2011–2014, the percentage of low-income children with dental sealants increased 70%.



Nearly 170,000 people have completed the National Diabetes Prevention Program since 2010.



Since 1991, the National Breast and Cervical Cancer Early Detection Program has served 5.3 million women and found 63,000 cases of breast cancer and 199,000 precancerous cervical lesions.



From 2000 to 2014, 30% more schools offered at least 2 vegetables at lunch.