



# The Value of Prevention

**When it comes to health and health care in America, here are some figures that may surprise you:**

- ➔ Rising health care costs are the leading driver of our national debt and primarily due to treating our chronic disease epidemic.
- ➔ Chronic noncommunicable diseases account for 70% of deaths in the U.S. and nearly 80% of indirect health care costs, such as lost work productivity linked to physical and mental disability.
- ➔ Among the most preventable conditions with the greatest impact on health care spending: Obesity is the No. 1 risk for multiple health problems. Smoking is the No. 1 cause of preventable disease.

**The leading chronic diseases** are heart attack, stroke, cancer, diabetes, COPD, musculoskeletal disorders and mental illness. **About 80% of these diseases can be prevented or delayed** when we use available clinical care methods, foster health education and make individual health changes through:

↑ Prevention services, such as immunizations, disease screenings and behavioral counseling.

↑ Community preventive programs that address entire population needs.

↑ Employer-sponsored wellness and health promotion.



**As individuals, we can actively protect our health and reduce premature disabilities. For example:**

↑ For tobacco users, quitting is the best thing you can do for your health.

↑ For obesity, weight loss can provide multiple benefits.

↑ For guidance, work with your health care provider.

**To control medical costs and maintain quality care, it's clear the solutions must focus heavily on disease prevention. You can learn more about prevention efforts at [fightchronicdisease.org](https://fightchronicdisease.org).**