

Access and Prevention: Achieving a Healthy Balance

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Chronic Diseases

- More than 1.7 million Americans die of a chronic disease each year, accounting for 70 percent of all U.S. deaths
- Five chronic diseases = 2/3 of all deaths
- One-third of the years of potential life lost before age 65 is due to chronic disease

Source: The Power of Prevention, U.S. Department of Health and Human Services, 2003



Leading vs. Actual Causes of Death

■ Leading causes of death/disability

- ✓ Heart disease
- ✓ Cancer
- ✓ Stroke
- ✓ Accidents
- ✓ Chronic lung disease
- ✓ Pneumonia/Flu
- ✓ Diabetes

■ Actual causes of death/disability

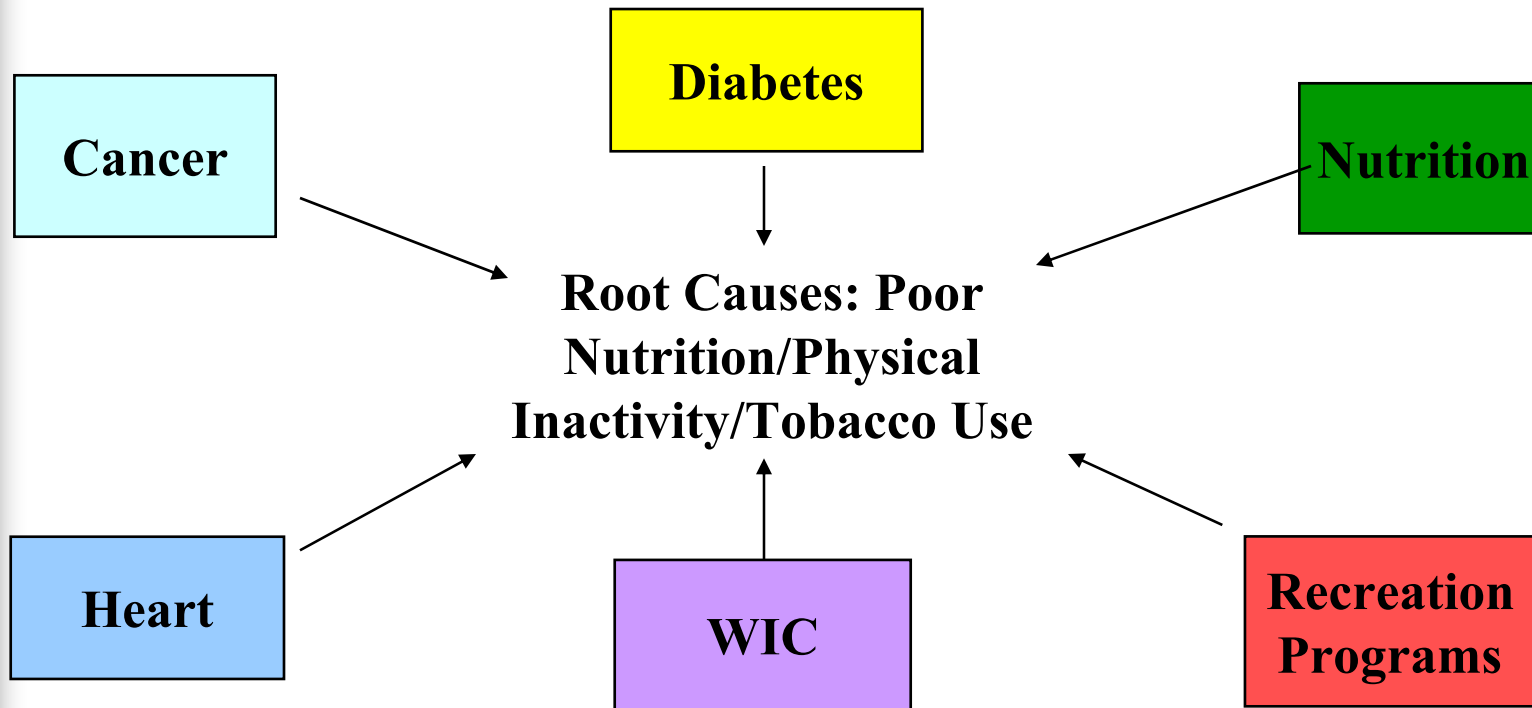
- ✓ Tobacco use
- ✓ Diet/Sedentary lifestyle
- ✓ Alcohol
- ✓ Sexual behavior
- ✓ Toxic agents
- ✓ Infections



Improving Oral Health and Overall Health

- Decrease incidence of obesity
- Reduce the incidence of diabetes
- Reduce tobacco use

The Root Cause Approach Supports Systems Building





State Health Improvement Plan (SHIP)

- A root cause approach
- Data supported planning
- Resource coordination
- Focus of disparate population



SHIP and Healthy People 2010

- SHIP parallels Healthy People 2010
 - Emphasis on the prevention of premature death and preventable disease and disability
 - Emphasis on linking statewide health status improvement plans to local plans and actions



Steps to a Healthier US

- Component of President Bush's Healthier US initiative
- Seeks to reduce the prevalence of asthma, diabetes and obesity by focusing on three modifiable risk factors:
 - Poor nutrition
 - Physical inactivity
 - Tobacco use
- Integrated, coordinated public health approach
 - Communities
 - Schools
 - Worksites



Steps to a Healthier PA

- Five-year grant from the Centers for Disease Control and Prevention (CDC)
- Funding:
 - Year 1: \$1.5 million
- Target areas selected based on disease burden, demographics, and existing program infrastructure



Access to Preventive Care

- Health Professional Shortage Areas
- Dental Health Professional Shortage Areas
- Mental Health Professional Shortage Areas



Why Invest in Prevention?

- Chronic disease accounts for roughly 75 percent of health care costs each year
- Financial disease burden
 - Cardiovascular disease and stroke = \$351 billion
 - Obesity = \$117 billion
 - Cancer = \$171 billion

Source: The Power of Prevention, U.S. Department of Health and Human Services, 2003



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- Strong partnership between public health, chronic disease prevention programs and communities