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

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

Root Causes: Poor Nutrition/Physical Inactivity/Tobacco Use

- Cancer
- Diabetes
- Nutrition
- Heart
- WIC
- Recreation Programs
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

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