

PREVENTION IS SMART

PREVENTION SAVES LIVES

Between **70-90%** of leading chronic conditions (diabetes, heart disease, stroke, and cancers) can be **PREVENTED** through public health programs

HEALTH BENEFITS

By a combination of not smoking, maintaining a healthy weight, engaging in moderate physical activity, consuming a healthful diet and limiting alcohol consumption,

90% OF TYPE 2 DIABETES,
80% OF HEART DISEASE,



70% OF COLON CANCER AND
70% OF STROKE IN US ADULTS



can be **PREVENTED**.



Eating a healthful diet is linked to
a 19% lower risk
of developing a chronic disease.

Epilepsy Self-Management programs have been shown to **PREVENT** episodes of Major Depressive Disorder and **INCREASE** quality of life.



The National Diabetes Prevention Program (DPP) reduced the risk of developing type 2 diabetes by **58%**

PREVENTION SAVES MONEY

Healthcare accounts for **15% of GDP** and is projected to **increase to 25%** by 2025. Prevention programs can save the country **more than \$16 billion** annually within 5 years.

ANNUAL COSTS OF...

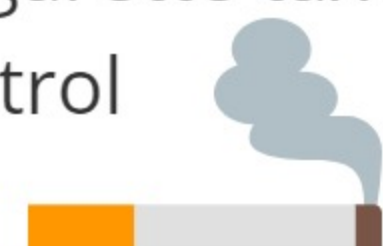
OBESITY: \$190 BILLION
DIABETES: \$327 BILLION
CANCER: \$80.2 BILLION

CARDIOVASCULAR DISEASE: \$555 BILLION

STROKE: \$67 BILLION
HYPERTENSION: \$110 BILLION

FINANCIAL BENEFITS

\$2.4 billion from cigarette taxes invested into tobacco control programs resulted in a **\$134 billion** return on investment.



Inadequate physical activity accounts for **11.1%** of total healthcare spending.



For every HIV infection prevented, an estimated **\$355,000 is saved**

A 100 calorie reduction in daily intake per person in the US would:



eliminate approximately
71.2 million cases
of overweight/obesity



save \$58 billion
annually in the US



increase annual productivity
by \$45.7 billion

PREVENTION SAVES BUSINESSES MONEY

INCREASED burden of disease and healthcare spending will **EXACERBATE** current stresses on the economy, employers, government programs, and the public.



Asthma, hypertension, smoking and obesity **EACH** reduce annual worker productivity between
\$200-\$440 PER PERSON



Workers with diabetes miss **1.7 MORE WORKDAYS** per year than workers without diabetes

Indirect costs of employees' poor health to employers can be **2 TO 3 TIMES** the cost of direct medical expenses.



Supported by the CDC, Prevention Research Centers work as an interdependent network of community, academic, and public health partners to conduct prevention research and promote the wide use of practices proven to promote good health.

WWW.CDC.GOV/PRC

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