Chronic Disease Challenges and Solutions

Janet Collins, PhD
Director, Division of Nutrition, Physical Activity and Obesity, CDC

Council of State Governments
Kansas City, MO
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International Life Expectancy and Cost Per Capita

Sources: [http://ucatlas.ucsc.edu/spend.php](http://ucatlas.ucsc.edu/spend.php); [www.cdc.gov/mmwr/preview/mmwrhtml/mm4850bx.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm4850bx.htm)

Jeff Koplan, MD – Emory School of Public Health
Nearly Half of Americans Have At Least One Chronic Disease

44% -- 128 million Americans have one or more chronic diseases

Leading Causes of Death - United States

- Heart Disease
- Cancer
- COPD
- Stroke
- Unintentional Injuries
- Alzheimer’s disease
- Diabetes
- Pneumonia/influenza
- Kidney Disease

Percentage (of all deaths)

Disabilities

- **Arthritis** – is the number one cause of disability
- **Stroke** – has left 1 million Americans with disabilities
- **Heart Disease** – the leading cause of premature, permanent disability in the U.S. workforce
- **Diabetes** – the leading cause of kidney failure and new blindness in adults
Health Disparities

- Heart disease death rates are 30% higher for African-Americans than whites; stroke death rates are 41% higher.

- Diabetes is higher among American Indians and Alaska Natives (2.3 times), African Americans (1.6 times), and Hispanics (1.5 times).
Chronic Diseases Are Costly

- Chronic Diseases account for 75% of the $2.2 trillion annual U.S. medical care costs

- 96% of Medicare spending and 83% of Medicaid spending is for people with chronic conditions

Trends in Tobacco Use and Lung Cancer Death Rates* in the US

Per capita cigarette consumption

Male lung cancer death rate

Female lung cancer death rate

Lung Cancer Deaths per 100,000 persons

*Age-adjusted to 2000 US standard population.

Obesity Trends Among U.S. Adults 1990, 2000, 2010

1990

2000

2010

No Data          <10%           10%–14%            15%–19%            20%–24%            25%–29%           ≥30%
Prevalence of Obesity and Diagnosed Diabetes Among U.S. Adults

Obesity (BMI ≥30 kg/m²)

1994

No Data  <14.0%  14.0%–17.9%  18.0%–21.9%  22.0%–25.9%  26.0%

2000

2010

Diabetes

1994

2000

2010

No Data  <4.5%  4.5%–5.9%  6.0%–7.4%  7.5%–8.9%  ≥9.0%

Percentage of Overweight* Children and Adolescents

* ≥95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts
**Data are from 1963-65 for children 6-11 years of age and from 1966-70 for adolescents 12-17 years of age (Source: National Center for Health Statistics)
# Winnable Battle Risk Factors and Health Indicators

The summary table contains twenty indicators. Click on the column header to sort the states by the chosen indicator.

<table>
<thead>
<tr>
<th></th>
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<tbody>
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<td>Wyoming</td>
<td>183</td>
<td>40</td>
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<td>13.1</td>
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<td>182</td>
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<td>West Virginia</td>
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<td>18.28</td>
<td>190</td>
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</tbody>
</table>
Opportunities for Health

- National, state and local approaches
- Engagement of sectors beyond health: transportation, agriculture, housing, education, planning and economic development
- Maximizing impact by focusing on risk factors that maintain health
Health Systems

- High-quality screening and referral for obesity, tobacco use, high blood pressure, diabetes, breast, cervical, and colorectal cancers
- Electronic health records
- Birthing hospitals with Baby Friendly policies
The Community Context: Place Matters
Policies: Smoke-free indoor air laws

Laws in effect as of November 10, 2010

Source: CDC, Office on Smoking and Health. State Tobacco Activities Tracking and Evaluation (STATE) System.
Number of Adult Cigarette Smokers and Smoke-free Policy

<table>
<thead>
<tr>
<th>Level of Policy Implementation</th>
<th>Smoking is allowed in the Workplace, Restaurants and Bars</th>
<th>Smoking is allowed in either the Workplace, Restaurants and Bars</th>
<th>Smoking is not allowed</th>
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<tbody>
<tr>
<td>Lowest Percentages of Adult Smokers</td>
<td>State</td>
<td>% of adult smokers (2009)</td>
<td>State</td>
</tr>
<tr>
<td>Utah</td>
<td>9.8</td>
<td></td>
<td>South Carolina</td>
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<tr>
<td>California</td>
<td>12.9</td>
<td></td>
<td>Alaska</td>
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<tr>
<td>Washington</td>
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<td></td>
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<tr>
<td>Massachusetts</td>
<td>15</td>
<td></td>
<td>Tennessee</td>
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<td>Rhode Island</td>
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<td>Nevada</td>
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<td>Maryland</td>
<td>15.2</td>
<td></td>
<td>Louisiana</td>
</tr>
<tr>
<td>District of Columbia</td>
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<td>Alabama</td>
</tr>
<tr>
<td>Connecticut</td>
<td>15.4</td>
<td></td>
<td>Indiana</td>
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<tr>
<td>Hawaii</td>
<td>15.4</td>
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<td>Missouri</td>
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<td>New Jersey</td>
<td>15.8</td>
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<tr>
<td>New Hampshire</td>
<td>15.8</td>
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<td>Oklahoma</td>
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<tr>
<td>Arizona</td>
<td>16.1</td>
<td></td>
<td>Kentucky</td>
</tr>
<tr>
<td>Idaho</td>
<td>16.3</td>
<td></td>
<td>West Virginia</td>
</tr>
</tbody>
</table>
Improving Nutrition

- Nutrition/beverage standards in childcare and worksites
- Healthy food retail
- Breastfeeding policies for hospitals and worksites
Increasing Physical Activity

- Complete streets
- Street design for active transportation
- Green space and parks
- Joint use agreements
- Zoning for mixed use
## CDC Legislative Database

![Screen shot of CDC Legislative Database](http://apps.nccd.cdc.gov/DNPAOLeg/)

**Filter Options**

**Type**
- Select All
- Legislation (5,010)
- Regulation (392)
- Other (0)

**State**
- Select All
- District of Columbia (102)
- Florida (144)
- Georgia (78)
- Hawaii (302)
- Idaho (38)
- Illinois (208)
- Indiana (45)
- Iowa (97)
- Kansas (24)
- Kentucky (77)
- Louisiana (100)
- Maine (98)
- Maryland (164)
- Massachusetts (285)

**Health Category**
- Select All
- Cholesterol (0)
- Heart Disease (0)
- High Blood Pressure (0)
- Nutrition (3,972)
- Obesity (4,323)
- Physical Activity (2,811)
- Stroke (0)

**5,402 policies**

Expand policies to read abstracts and view policy elements and additional details. A icon next to the policy status indicates there are repeals or amendments related to this policy in the system.

### Expanded Policies

<table>
<thead>
<tr>
<th>Title</th>
<th>State</th>
<th>Health Category</th>
<th>Policy Topic</th>
<th>Type</th>
<th>Setting</th>
<th>Status</th>
<th>Year</th>
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</thead>
<tbody>
<tr>
<td>An act to expand access to healthy foods and create the Massachusetts Food Trust Relating to Grants Awarded to Schools for Food Programs (House bill)</td>
<td>MA</td>
<td>Nutrition</td>
<td>Access to Healthy Foods; Disparities/Equity; Farmers Markets; Food Assistance Programs</td>
<td>LEG</td>
<td>Community</td>
<td>Dead</td>
<td>2013</td>
</tr>
<tr>
<td>An Act to Make Appropriations</td>
<td>OR</td>
<td>Nutrition</td>
<td>Appropriations</td>
<td>LEG</td>
<td>School/After School</td>
<td>Introduced</td>
<td>2013</td>
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<tr>
<td>An Act to Make Appropriations Certification of State Farmers' Markets</td>
<td>AL</td>
<td>Nutrition; Physical Activity</td>
<td>Agriculture and Farming; Appropriations; Breastfeeding; Farm Direct Foods; Farmers Markets; Task Forces/Councils</td>
<td>LEG</td>
<td>Community</td>
<td>Enacted</td>
<td>2012</td>
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<tr>
<td>Certification of State Farmers' Markets</td>
<td>AL</td>
<td>Nutrition</td>
<td>Access to Healthy Foods; Agriculture and Farming; Farm Direct Foods; Farmers Markets; Fruits and Vegetables</td>
<td>REG</td>
<td>Community</td>
<td>Enacted</td>
<td>2012</td>
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<tr>
<td>Common sense Consumption Act</td>
<td>AL</td>
<td>Obesity</td>
<td>Liability and Indemnity</td>
<td>LEG</td>
<td>Community</td>
<td>Introduced</td>
<td>2012</td>
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<td>LEG</td>
<td>Community</td>
<td>Introduced</td>
<td>2012</td>
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<tr>
<td>Establishes an Alabama Purchase of Local Agricultural Products Incentive Program Fund</td>
<td>AL</td>
<td>Nutrition</td>
<td>Agriculture and Farming; Incentives</td>
<td>LEG</td>
<td>Community; Restaurant/Retail</td>
<td>Dead</td>
<td>2012</td>
</tr>
</tbody>
</table>

[http://apps.nccd.cdc.gov/DNPAOLeg/](http://apps.nccd.cdc.gov/DNPAOLeg/)
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