

# 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.



## 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.



EVERY **\$1 SPENT** ON PREVENTION **SAVES \$5.60** IN HEALTHCARE SPENDING

### ANNUAL COSTS OF...

**OBESITY: \$190 BILLION**

**DIABETES: \$245 BILLION**

**COLON CANCER: \$35 BILLION**

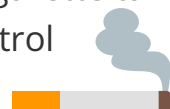
**CARDIOVASCULAR DISEASE: \$555 BILLION**

**STROKE: \$67 BILLION**

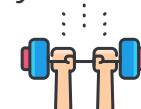
**HYPERTENSION: \$110 BILLION**

### 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 **2 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.



# SOURCES

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