



# Why Preventive Care

The right preventive care at every stage of life helps all Americans stay healthy, avoid or delay the onset of disease, keep diseases they already have from becoming worse or debilitating, lead productive lives, and reduce costs.

**COUNSELING | SCREENING | WELLNESS VISITS | PRENATAL CARE**  
can improve health and reduce costs by preventing illness<sup>5</sup>

## THE PROBLEM

RESEARCHERS ESTIMATE THAT  
**75 PERCENT**  
OF ALL HEALTHCARE COSTS  
STEM FROM PREVENTABLE CHRONIC  
HEALTH CONDITIONS SUCH AS:



Chronic diseases, such as heart disease, cancer, and diabetes are responsible for **7 OF EVERY 10** deaths among Americans each year



AND  
account for  
**75%**  
OF THE NATION'S  
HEALTH SPENDING<sup>5</sup>



Impacting productivity, health problems are a major drain on the economy, resulting in **69 MILLION EMPLOYEES**



reporting missed days due to illness each year<sup>5</sup>

This loss of productivity reduces economic output by **\$260 BILLION** per year<sup>5</sup>



Only **HALF OF INSURED ADULTS RECEIVE PREVENTIVE INTERVENTIONS**



according to guidelines for their age and sex<sup>6</sup>

**\$2.3 TRILLION**

Only **2-3%** of the \$2.3 trillion spent on health care in the US is devoted to **PREVENTING ILLNESS & INJURY**<sup>1,2</sup>

## THE SOLUTION



Employers can increase the uptake of preventive services by



**CREATING EVIDENCE-BASED PREVENTION AND WELLNESS PROGRAMS**

AND



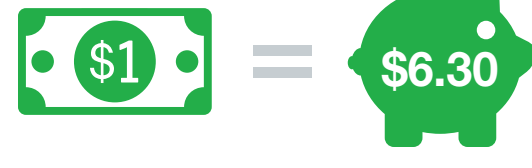
**EFFECTIVELY COMMUNICATING BENEFITS<sup>5</sup>**

### PREVENTING DISEASE INCREASES PRODUCTIVITY

Asthma, high blood pressure, smoking and obesity each **reduce annual productivity** by between **\$200-\$440/PERSON<sup>5</sup>**



Every dollar spent on **immunizations** saves \$6.30 in medical costs



Every **DOLLAR** spent on alcohol misuse screening and brief counseling **SAVES \$4** in health care costs<sup>10</sup>



Smoking cessation programs have the potential to **save almost \$200/SMOKER** in direct and indirect medical costs<sup>9</sup>



## RESOURCES

<sup>1</sup> Woolf SH. A closer look at the economic argument for disease prevention. JAMA. 2009;301(5):536-538.  
<sup>2</sup> U.S. Health Care Costs. Kaiser Family Foundation. <http://www.kaiseredu.org/Issue-Modules/US-Health-Care-Costs/Background-Brief.aspx>. Accessed on September 22, 2011.  
<sup>3</sup> Center for Medicare & Medicaid Services. National Health Expenditures and Selected Economic Indicators, Levels and Average Annual Percent Change: Selected Calendar Years 1990-2013. Washington, DC: Center for Medicare & Medicaid Services, Office of the Actuary; 2004.  
<sup>4</sup> Institute of Medicine. The Future of the Public's Health in the 21st Century. Washington, DC: National Academy Press; 2002.  
<sup>5</sup> <http://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/PreventiveHealth.html>  
<sup>6</sup> The Commonwealth Fund Commission on a High Performance Health System, Why Not the Best? Results from a National Scorecard on U.S. Health System Performance. The Commonwealth Fund. September 2006. Available from: [http://www.cmwf.org/publications/publications\\_show.htm?doc\\_id=401577](http://www.cmwf.org/publications/publications_show.htm?doc_id=401577).  
<sup>7</sup> [http://www.businessgrouphealth.org/resources/topics/preventive\\_services\\_2.cfm](http://www.businessgrouphealth.org/resources/topics/preventive_services_2.cfm)  
<sup>8</sup> Bloom DE, Canning D, Weston M. The value of vaccination. World Economics. 2005;6(3):1-40.  
<sup>9</sup> Fitch K, Iwasaki K, Pyenson B. Covering smoking cessation as a health benefit: a case for employers. Milliman, Inc. December 2006.  
<sup>10</sup> Zalin L, Lenocker K. Alcohol screening and intervention in the trauma setting save health-care costs by preventing further injuries. UW Today. 14 Jan 2005.