

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US have a **chronic disease**



4 IN 10

Adults in the US have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation's **\$4.1 Trillion** in Annual Health Care Costs



HEART DISEASE



CANCER



CHRONIC LUNG DISEASE



STROKE



ALZHEIMER'S DISEASE



DIABETES



CHRONIC KIDNEY DISEASE

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE



TOBACCO USE



POOR NUTRITION



PHYSICAL INACTIVITY



EXCESSIVE ALCOHOL USE

NCCDPHP PREVENTS CHRONIC DISEASE AND PROMOTES HEALTH FOR PEOPLE OF ALL AGES



IMPROVING QUALITY OF LIFE



INCREASING HEALTHY LIFE EXPECTANCY



REDUCING HEALTH CARE COSTS

WE WORK TO IMPROVE HEALTH ACROSS THE LIFE SPAN

Where People Live, Learn, Work, and Play



Infants

Reduce the leading causes of infant death and illness.



Children and Adolescents

Help support healthy communities, child care programs, and schools so children can eat well, stay active, and avoid risky behaviors.



Adults

Help adults lead healthy and active lives and increase the use of preventive services like cancer screenings.



Older Adults

Promote quality of life and independence for people as they age.

WHAT WE DO



Find out how chronic diseases affect populations in the United States.



Study interventions to find out what works best to prevent and control chronic diseases.



Fund and guide states, territories, cities, and tribes to use interventions that work.



Share information to help all Americans understand the risk factors for chronic diseases and how to reduce them.

HOW WE DO IT



Measure

how many Americans have chronic diseases or chronic disease risk factors.



Improve

environments to make it easier for people to make healthy choices.



Strengthen

health care systems to deliver prevention services that keep people well and diagnose diseases early.



Connect

clinical services to community programs that help people prevent and manage their chronic diseases and conditions.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

[@CDCChronic](https://twitter.com/CDCChronic) | www.cdc.gov/chronicdisease

OUR IMPACT



From 2012 to 2018, 16.4 million smokers attempted to quit and 1 million successfully quit because of the *Tips*® campaign.



47% of adults met the aerobic physical activity guideline in 2020.



The Million Hearts® initiative prevented an estimated 135,000 cardiac events from 2012 to 2016, averting \$5.6 billion in medical costs.



Teen birth rates fell 63% from 2007 to 2020—an all-time low.



Use of dental sealants among children from low-income households increased from 22% in 1999–2004 to 39% in 2011–2016.



Over 640,000 people have participated in the National Diabetes Prevention Program lifestyle change program.



Since 1991, the National Breast and Cervical Cancer Early Detection Program has served more than 6.0 million women and found 74,891 invasive breast cancers, 5,066 invasive cervical cancers, and 232,428 precancerous cervical lesions.



From 2010 to 2020 there was an 8% decrease in the number of secondary schools that sold less nutritious snacks or beverages.

