

# **Urgency of Chronic Disease Prevention**

## ***The Need for Local Action to Confront a National Crisis***

Wayne H. Giles, MD, MS  
Director

Division of Adult and Community Health  
National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control & Prevention

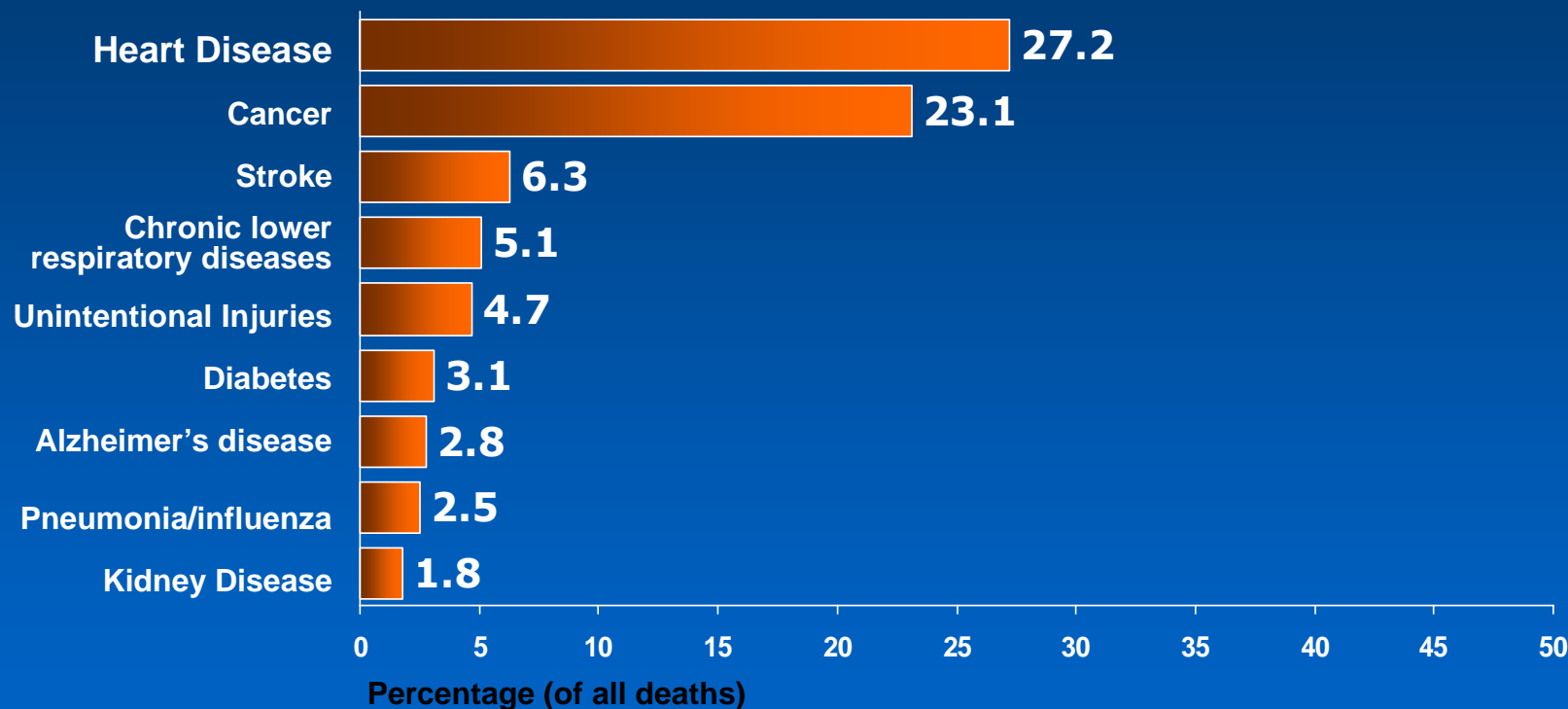


# Presentation Outline

- **Why are we here?**
- **What can communities do?**
- **Why focus on policy change?**
- **What does it take?**

- **Why are we here?**

# Leading Causes of Death United States, 2004



National Center for Health Statistics. Deaths: Final Data for 2004. Hyattsville, MD: US Department of Health and Human Services; 2006.

# 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.



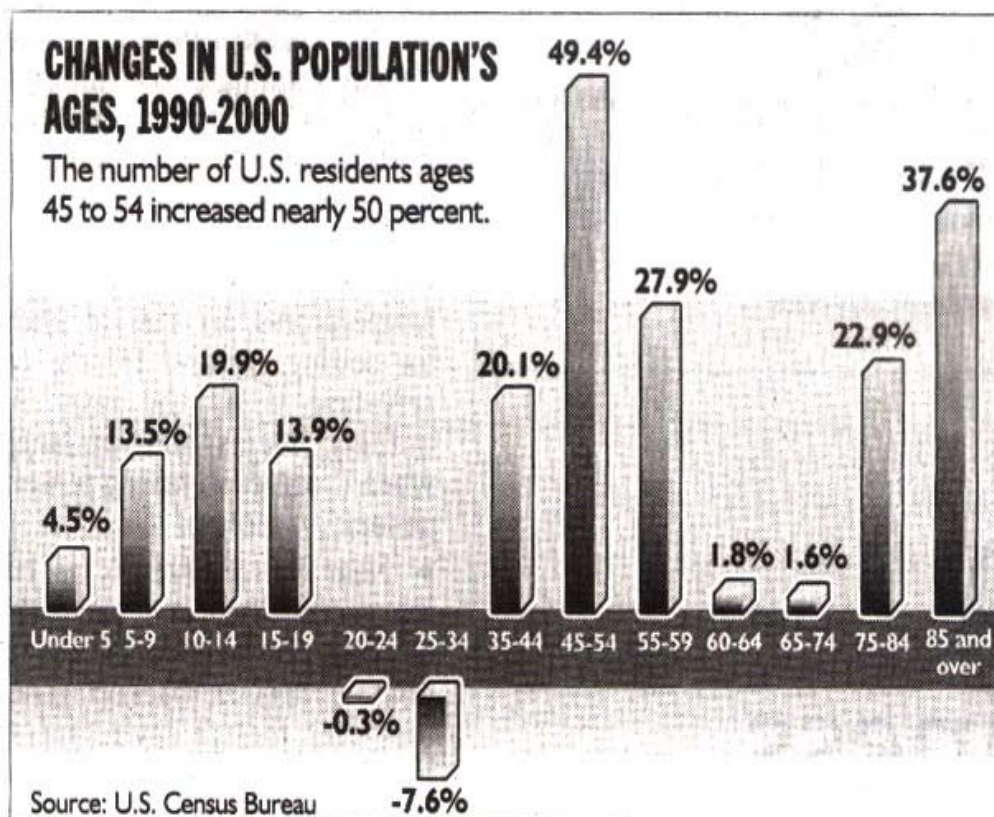
# Social Security, Medicare systems facing possible crisis as baby boomers grow old

By CHERYL SEGAL  
csegal@ajc.com

**Washington** — Efforts to revamp Social Security and Medicare are coming none too soon, new census data made clear today.

They show that within 10 years, America's middle-aged baby boomers will begin bearing down on retirement systems, health care and other services for senior citizens. Mass retirements could also cause a labor shortage, analysts say.

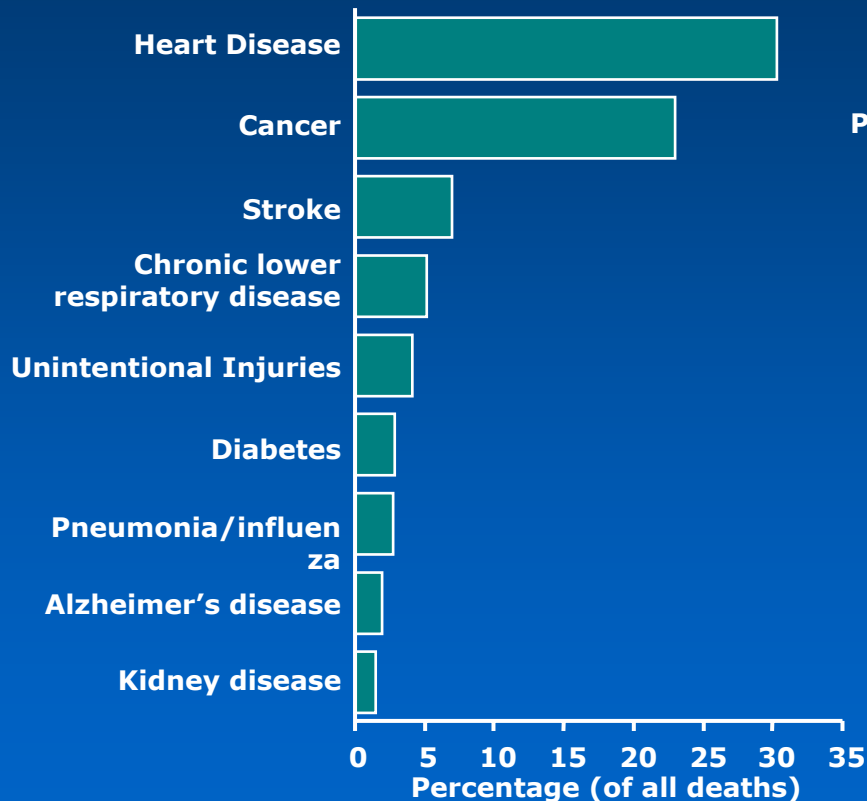
The number of Americans aged 45 to 54 grew by almost half over the past decade to just under 38 million, according to detailed numbers from the 2000 census. Those working will start retiring in 2011.



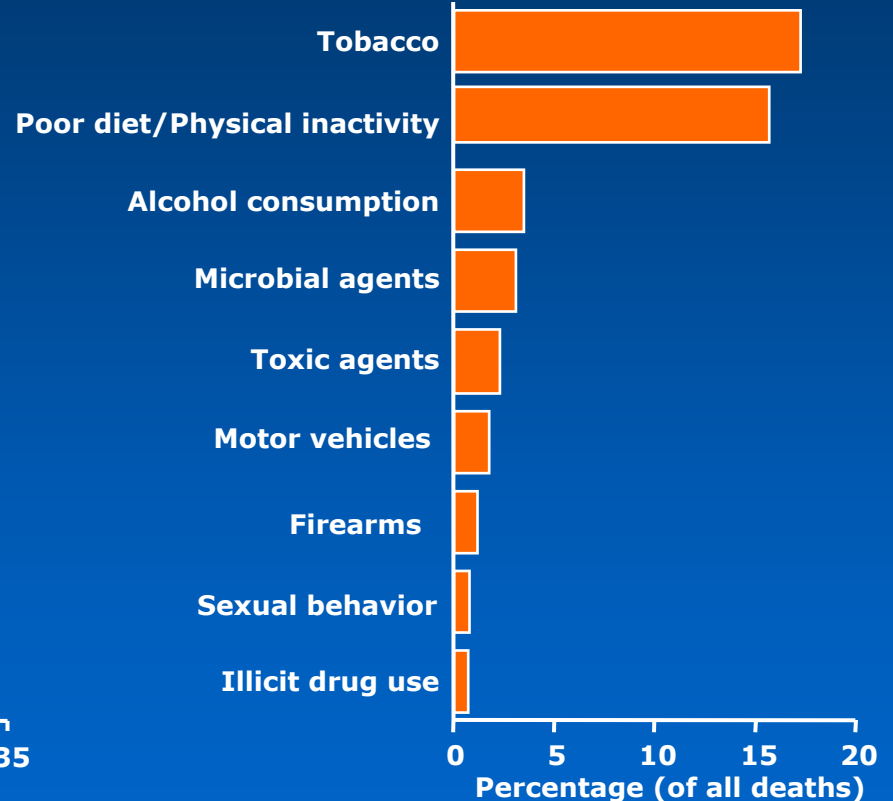
CHUCK BLEVINS / Staff

# Chronic Diseases and Related Risk Factors

**Leading Causes of Death\***  
United States, 2000



**Actual Causes of Death†**  
United States, 2000



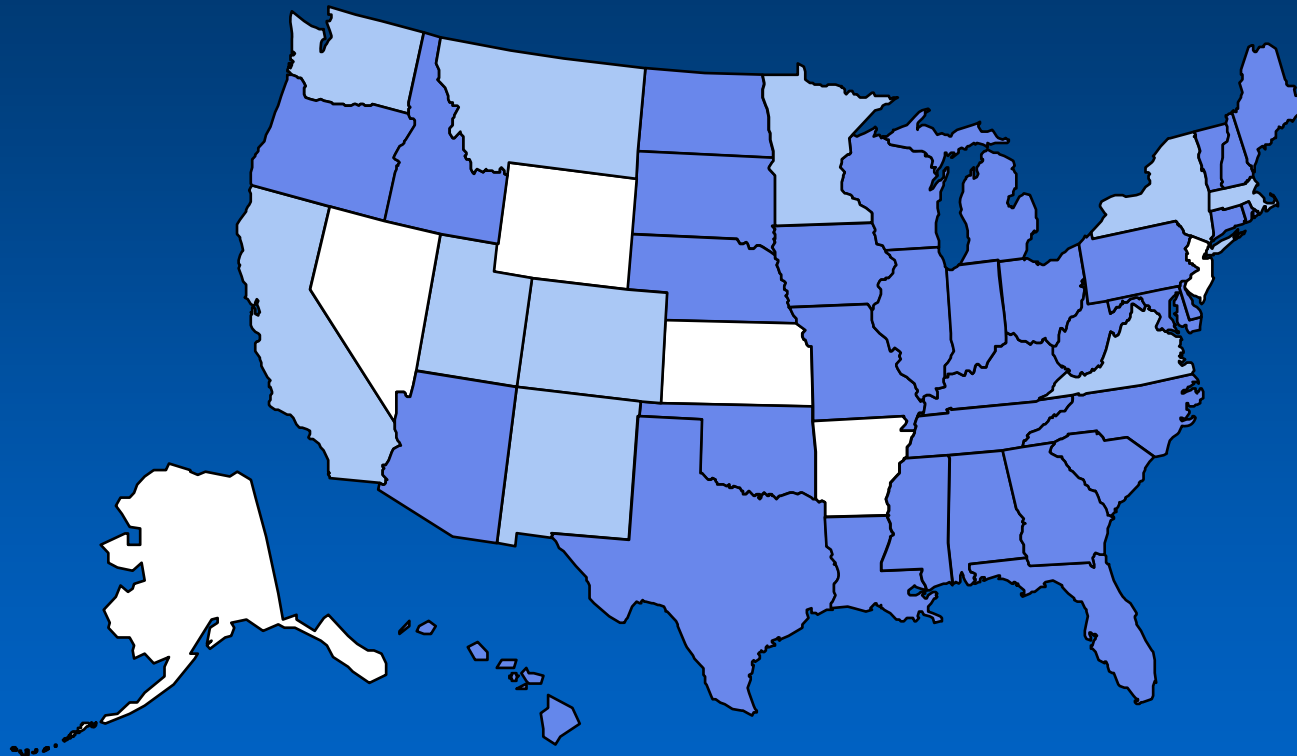
\* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

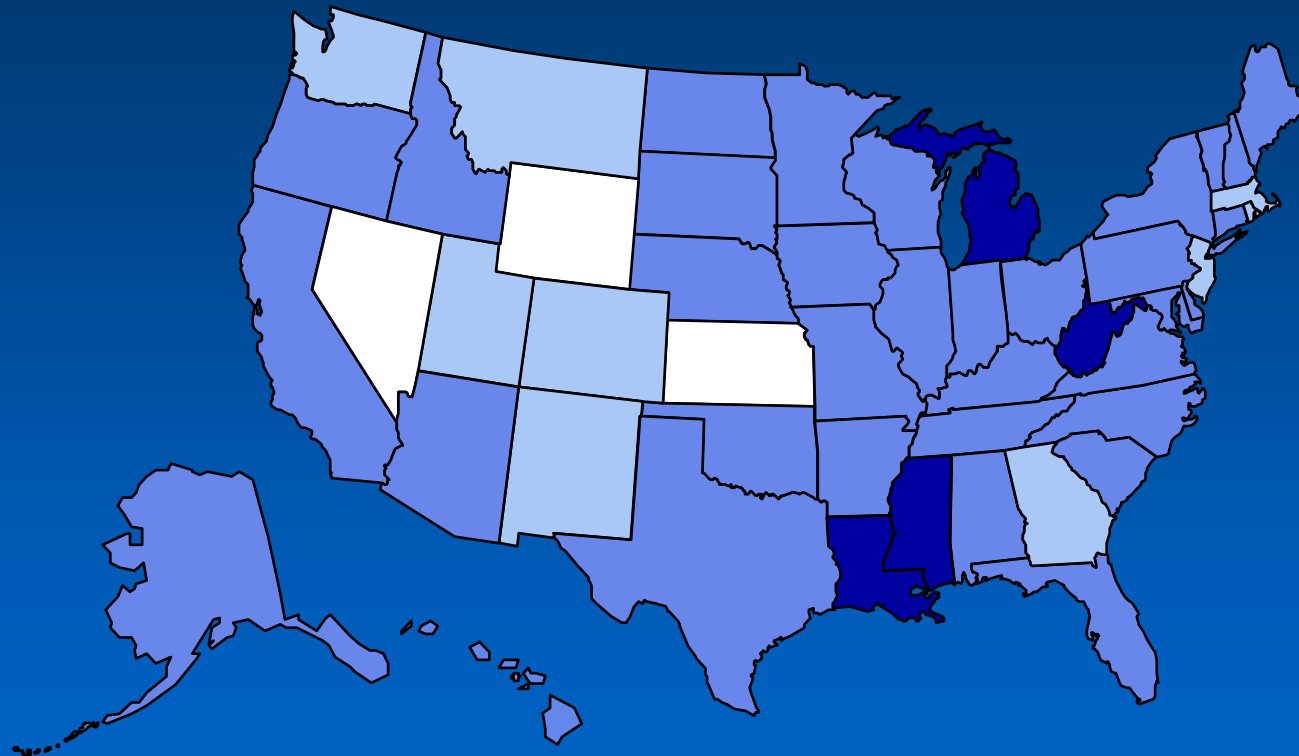




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1991

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

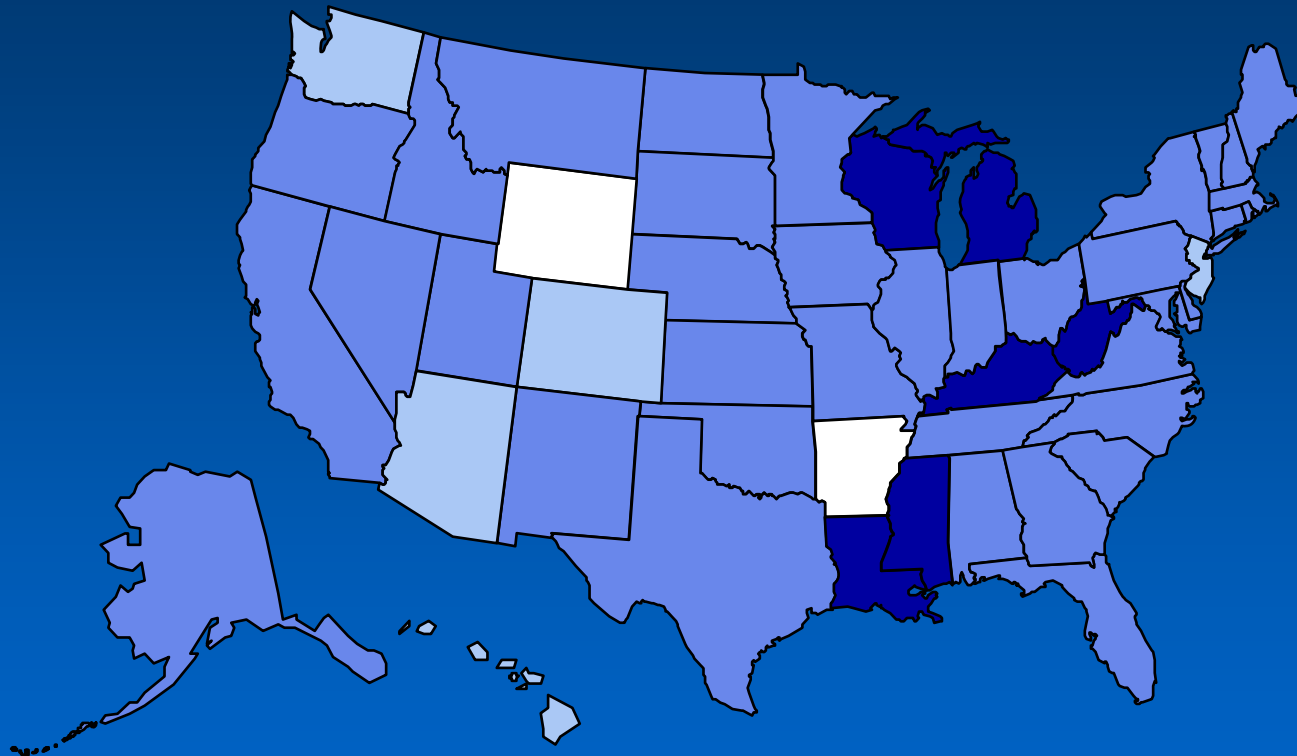


No Data   <10%   10%-14%   15%-19%

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1992

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

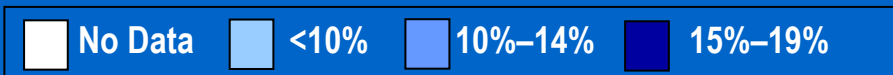
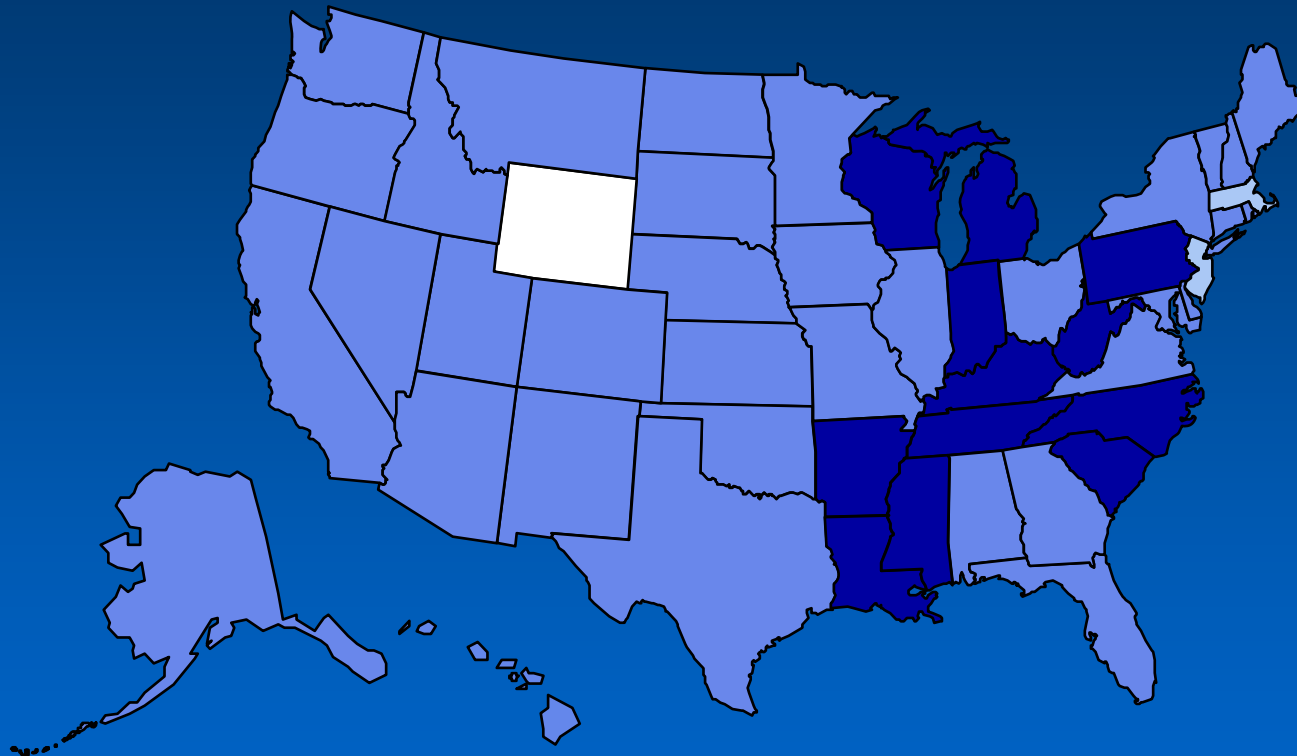


No Data   <10%   10%-14%   15%-19%

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1993

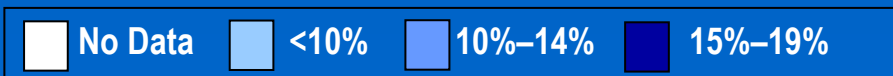
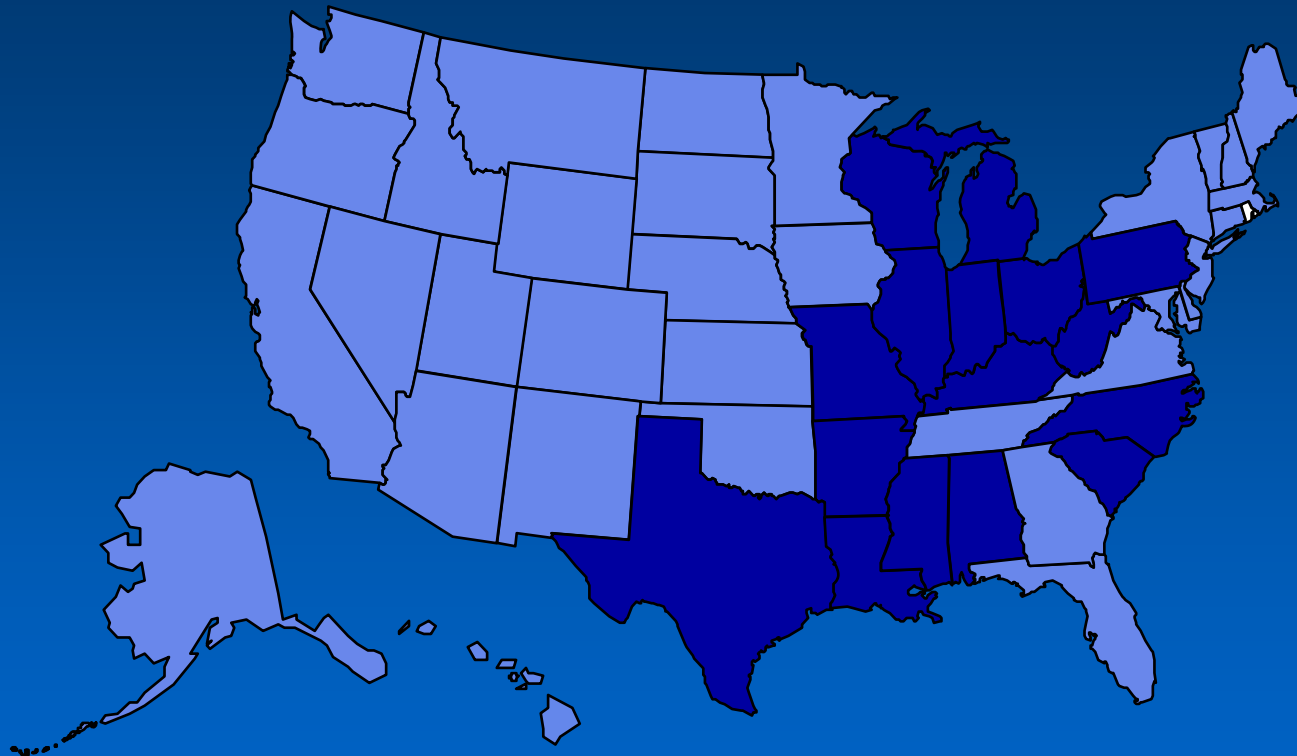
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1994

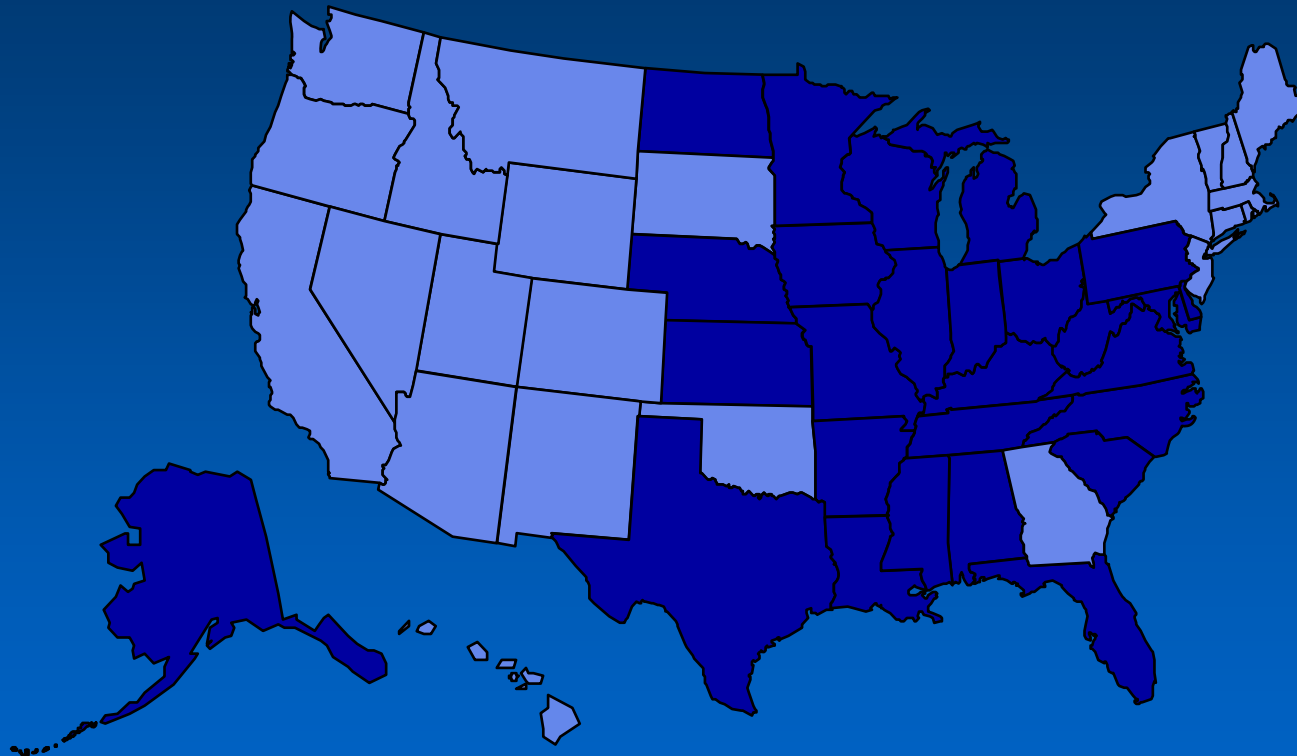
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1995

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

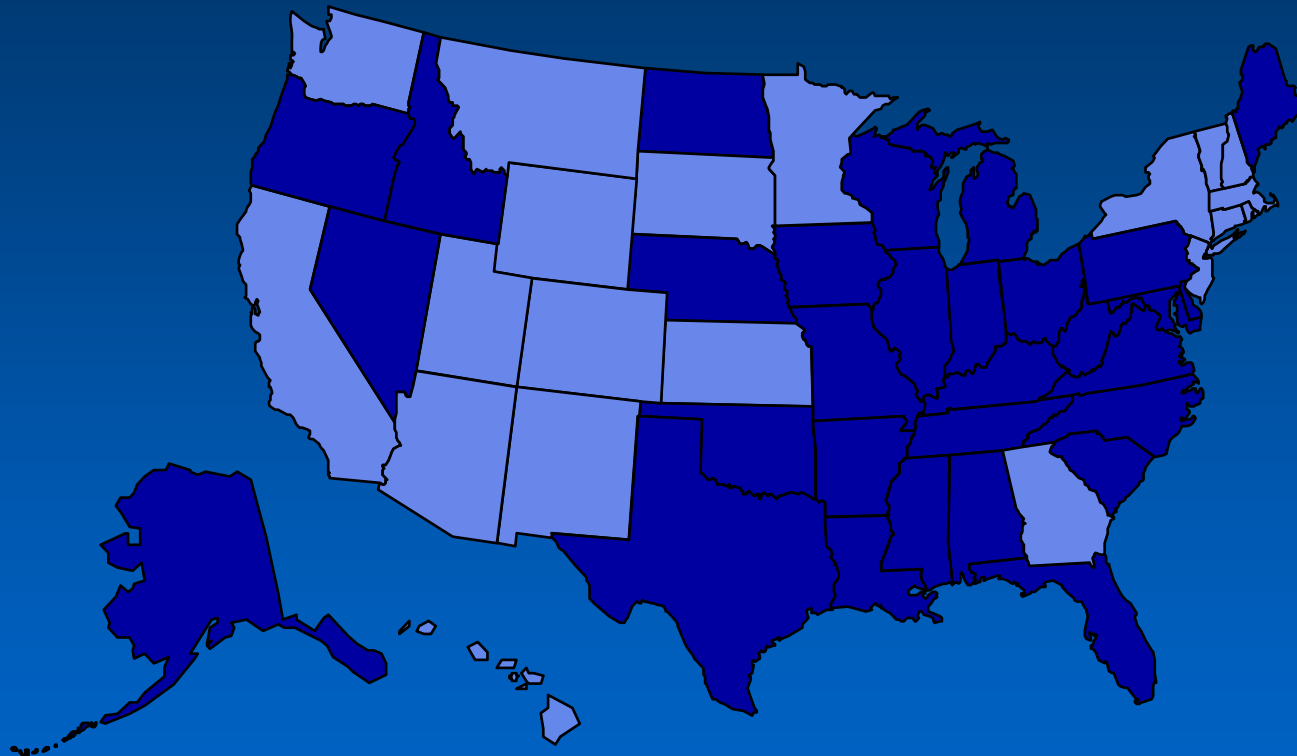


No Data   <10%   10%-14%   15%-19%

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

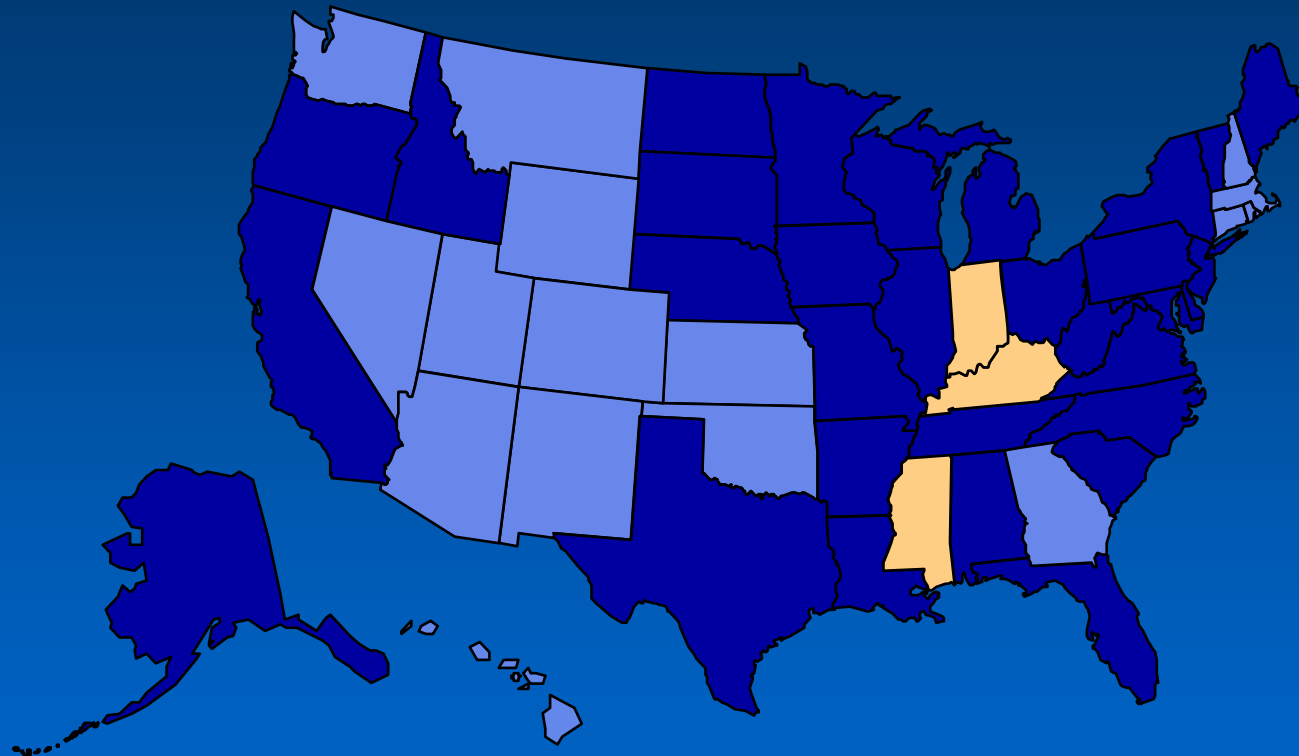


No Data   <10%   10%-14%   15%-19%

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

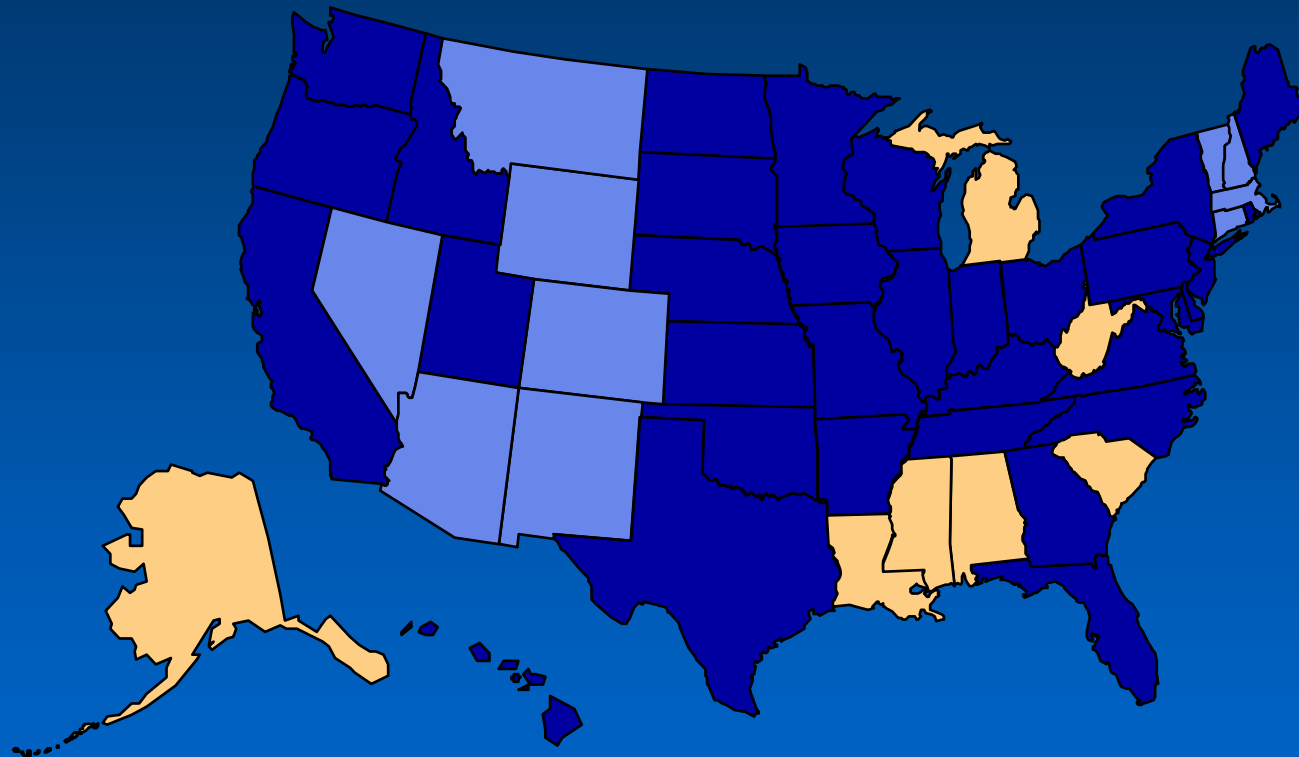


No Data   <10%   10%–14%   15%–19%    $\geq 20\%$

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1998

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



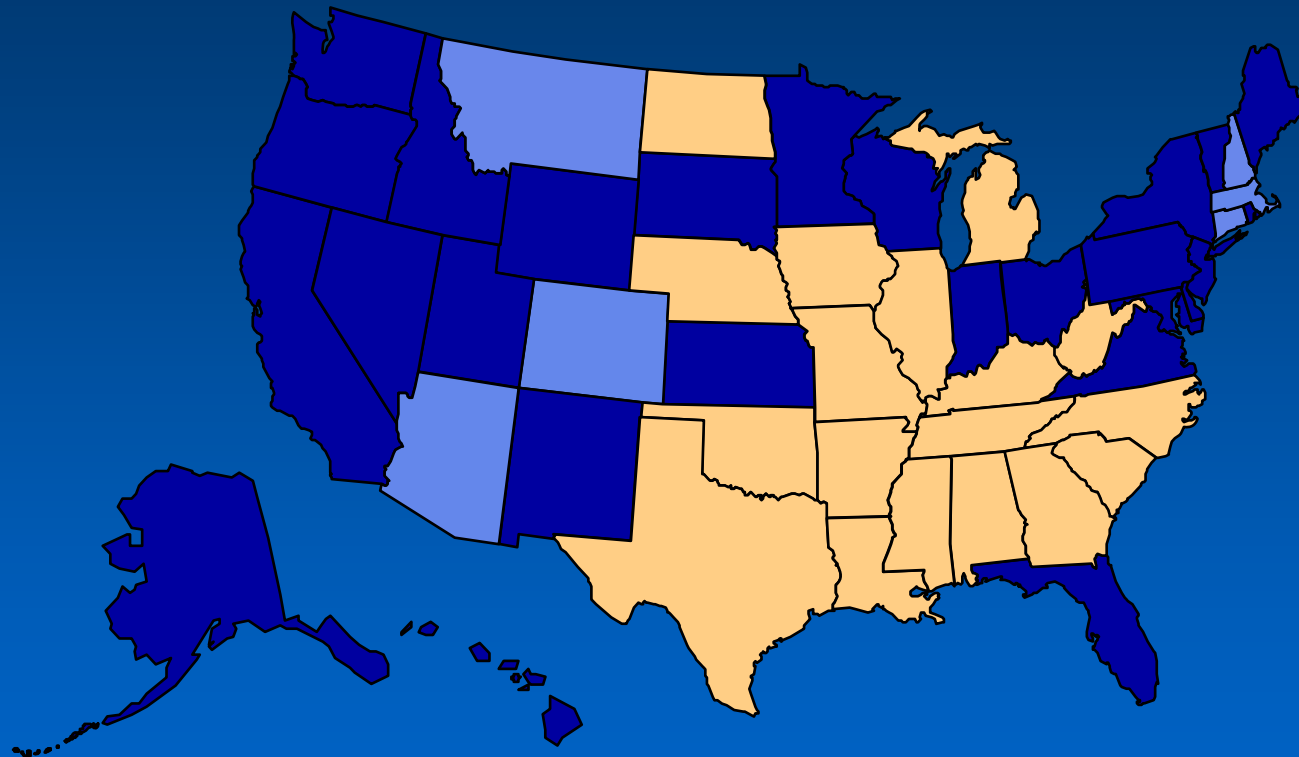
No Data   <10%   10-14%   15-19%    $\geq 20\%$



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1999

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

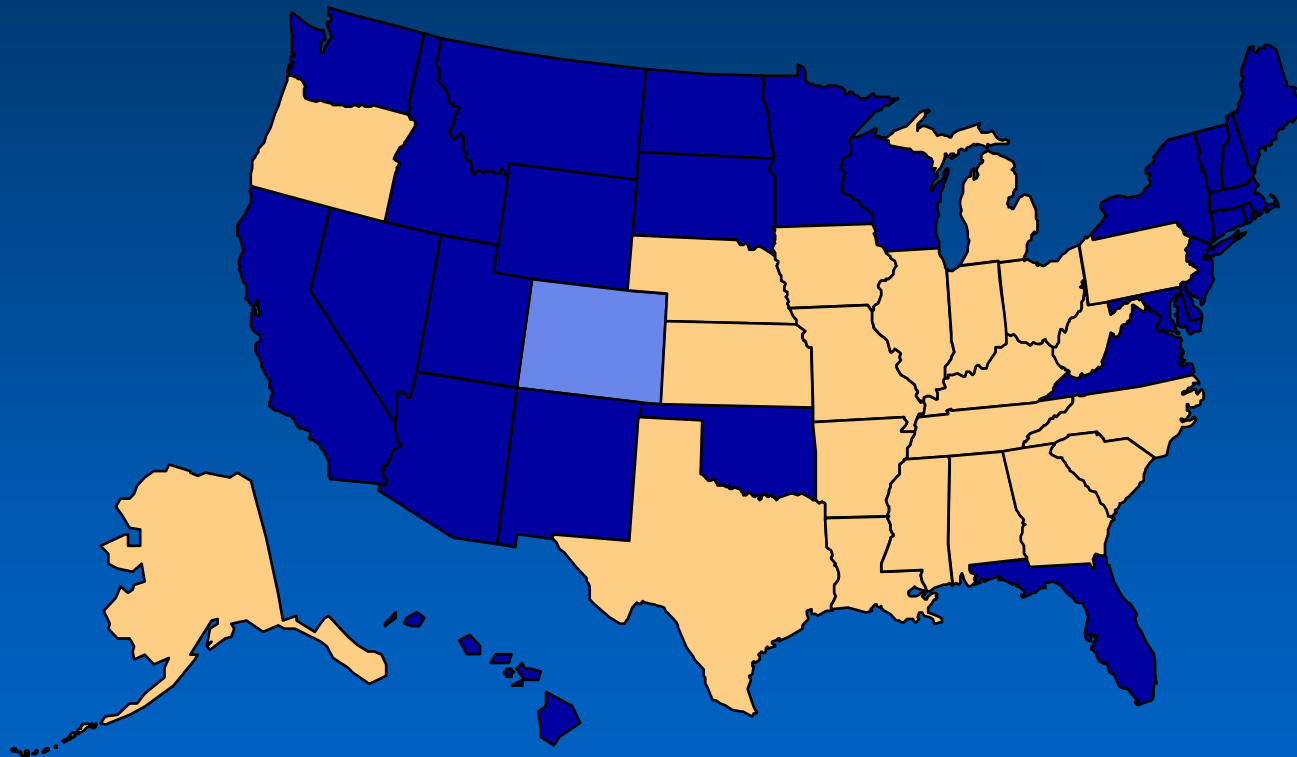


■ No Data   ■ <10%   ■ 10-14%   ■ 15-19%   ■  $\geq 20\%$

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2000

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

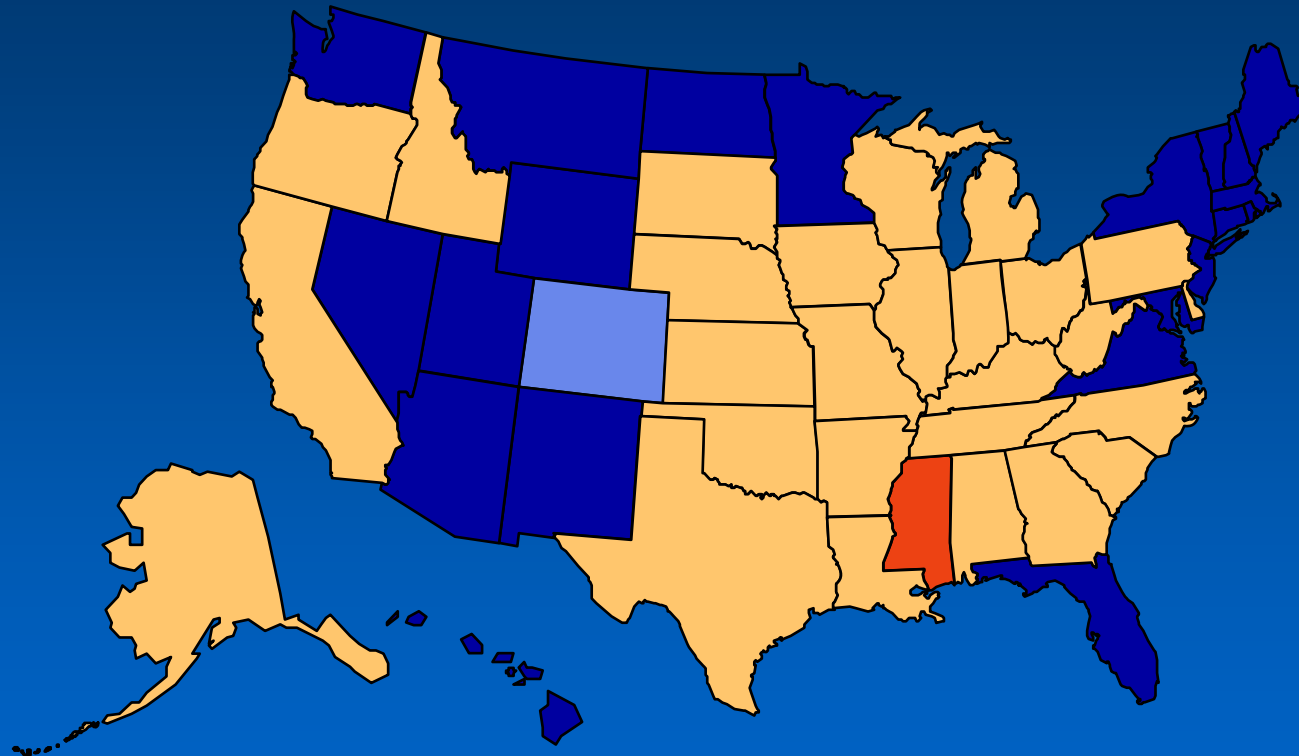


No Data   <10%   10–14%   15–19%    $\geq 20\%$

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2001

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%,  $\geq 25\%$

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



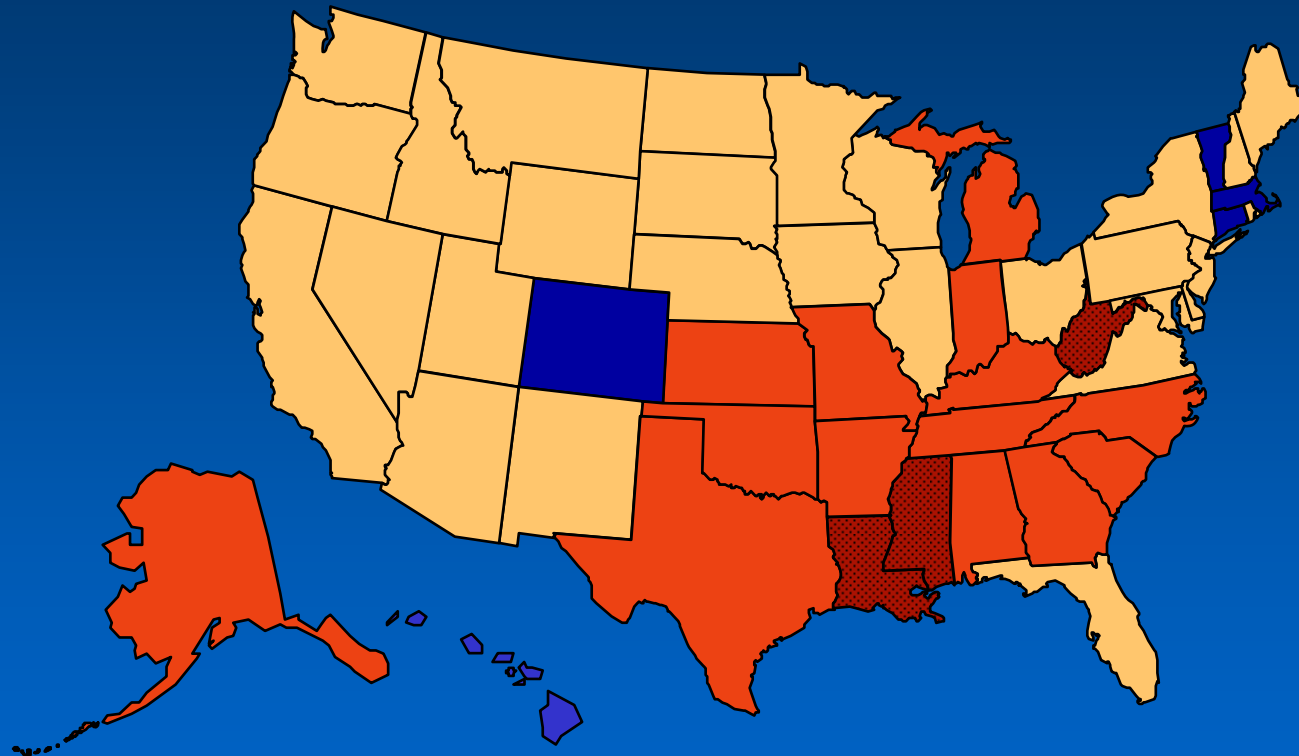
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2005

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

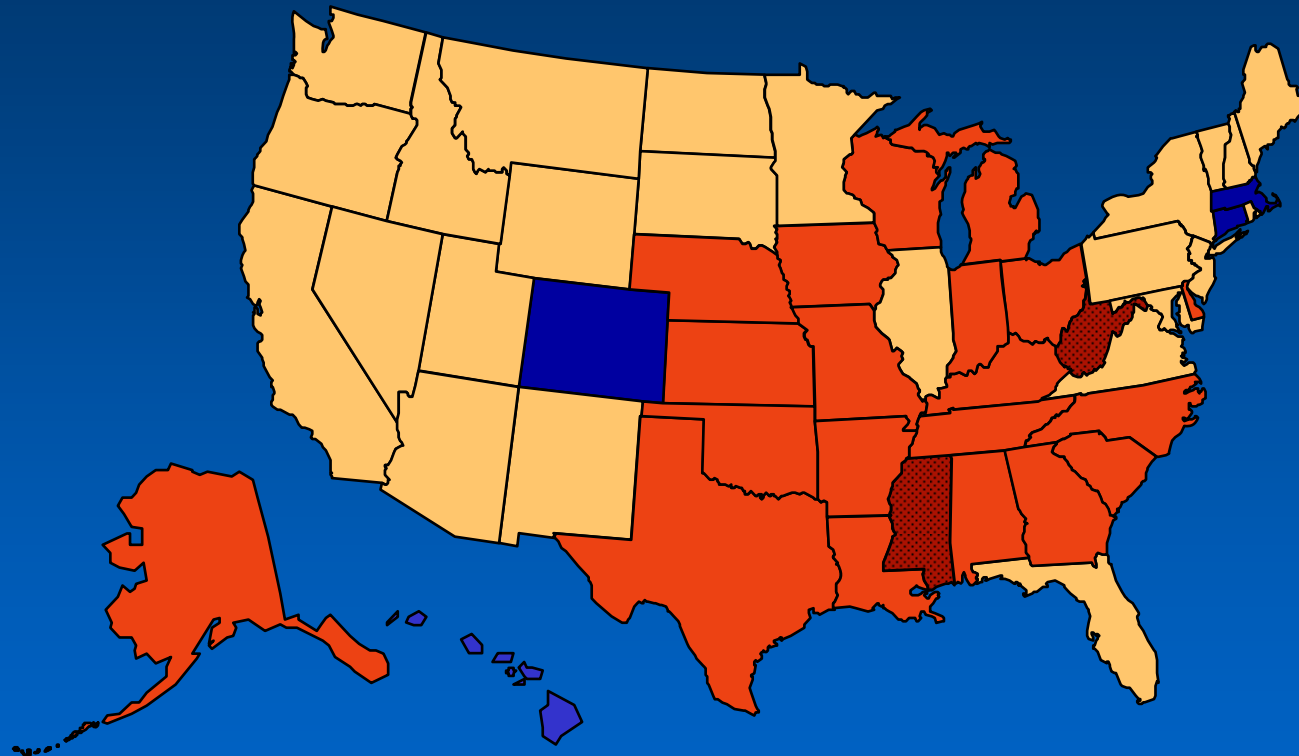


■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■  $\geq 30\%$

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2006

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



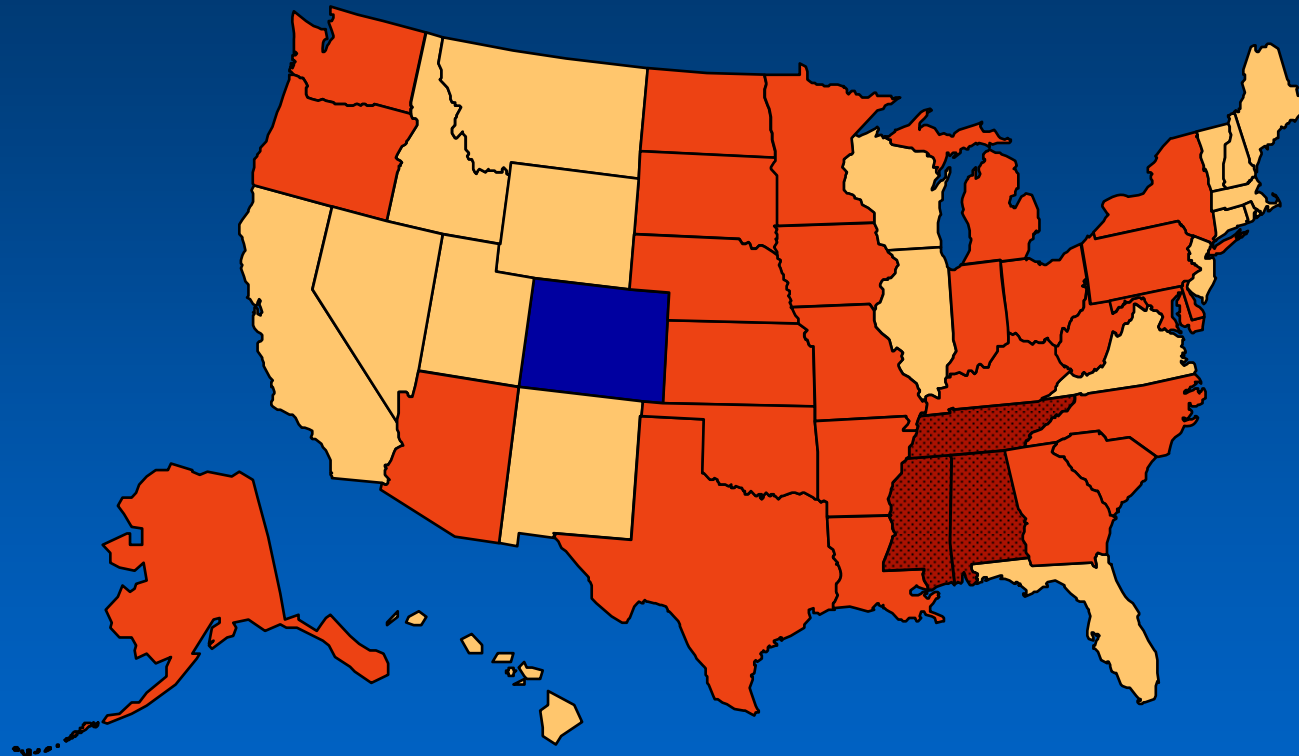
■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■  $\geq 30\%$



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2007

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

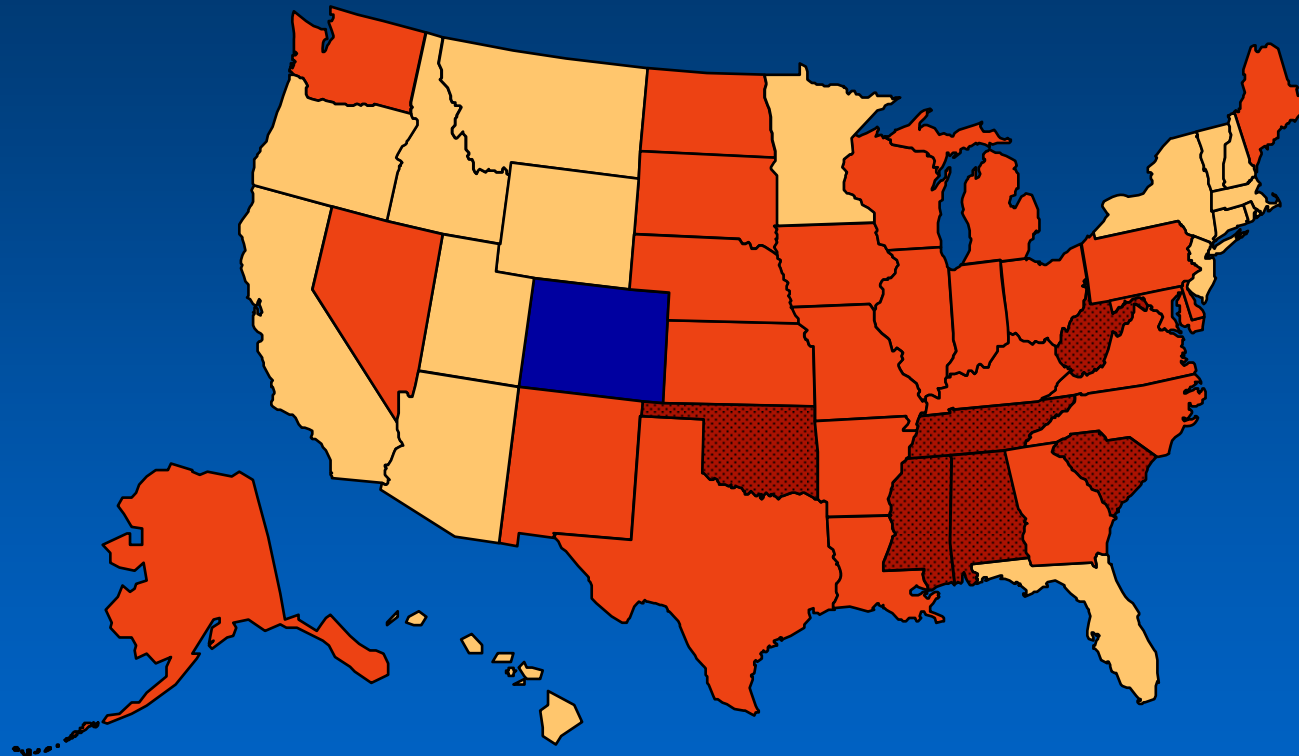


■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■ ≥30%

# Obesity Trends\* Among U.S. Adults

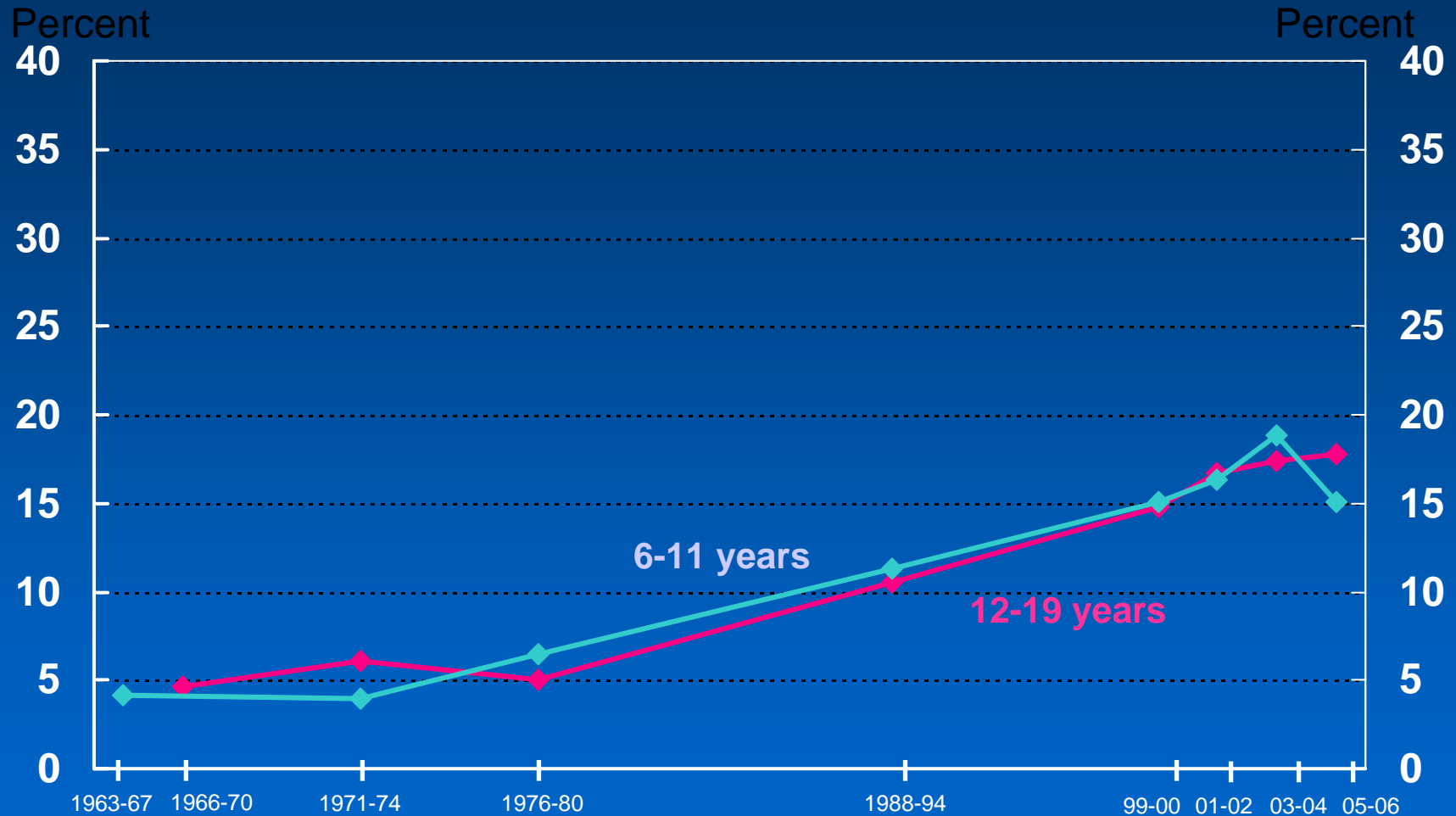
## BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■ ≥30%

# Trends in Obesity among Children and Adolescents



Note: High BMI is defined as BMI  $\geq$  gender- and weight-specific 95th percentile from the 2000 CDC Growth Charts.  
Source: National Health Examination Surveys II (ages 6-11) and III (ages 12-17), National Health and Nutrition Examination Surveys I, II, III and 1999-2006, NCHS, CDC.



Department of Health and Human Services  
Centers for Disease Control and Prevention



# Lifestyle Changes that Promote Sedentary Behavior



# How to weigh yourself and get the most accurate res



I can't believe I was doing it wrong all these years

# Alarming Facts

- Heart disease death rates **30% higher** for African-Americans than whites; stroke death rates **41% higher**.
- Diabetes higher among American Indians and Alaska Natives (**2.3 times**), African Americans (**1.6 times**), and Hispanics (**1.5 times**.)
- Vietnamese American women have a higher cervical cancer rate than any other ethnic group (**5 times** non-Hispanic white women.)
- African American **infants are 2.5 times more likely to die** before their first birthday.

- **What can communities do?**



# *Change the places that touch people's lives*















- **Why use policy change strategies?**

# **Improving Health and Safety: A Century of Achievements (through policy and environmental change!!)**

- Increased driver safety—road and vehicle design, seatbelt use.
- Increased pedestrian safety by implementing traffic-slowing measures.
- Nutritious school lunch programs.
- Fortification of the food supply over history.
- State legislation requiring mammography coverage.
- Elimination of tobacco in soldiers' rations; smoking ordinances and workplace decisions; excise taxes.

# Policy Change Works!

- **Attelboro, MA:** Created a more walkable and nutritious environment in the schools, health care settings, and the larger community.
- **Austin, TX:** Employee absences decreased by 44% and raising health care costs were rolled back from 27% to 9% per year.
- **Seattle, WA:** Case management patients with diabetes had a significantly greater improvement in HgA1C values and ER use declined.

# ***Changing the Places that Touch People's Lives***



**Los Angeles REACH:  
Moratorium on fast food**



**Pittsburgh PHC:  
Healthy foods in  
after school care**



**Pinellas County STEPS:  
daycare licensing PE req;  
PE in schools 5x/week**

- **What does it take?**



**“A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.”**

*-Margaret Mead*

# Collective Community Action

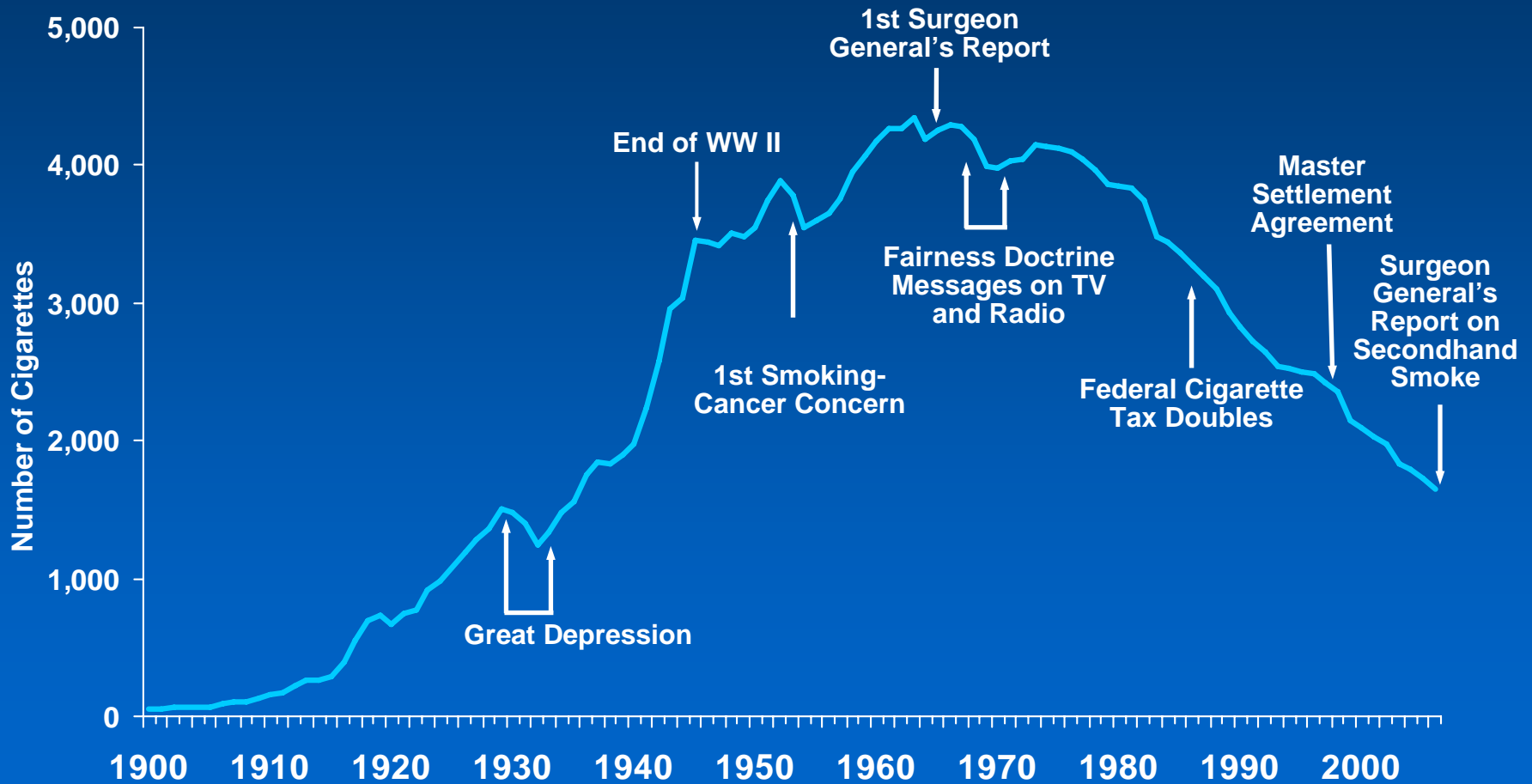


# Framing the Discussion in Diverse Communities

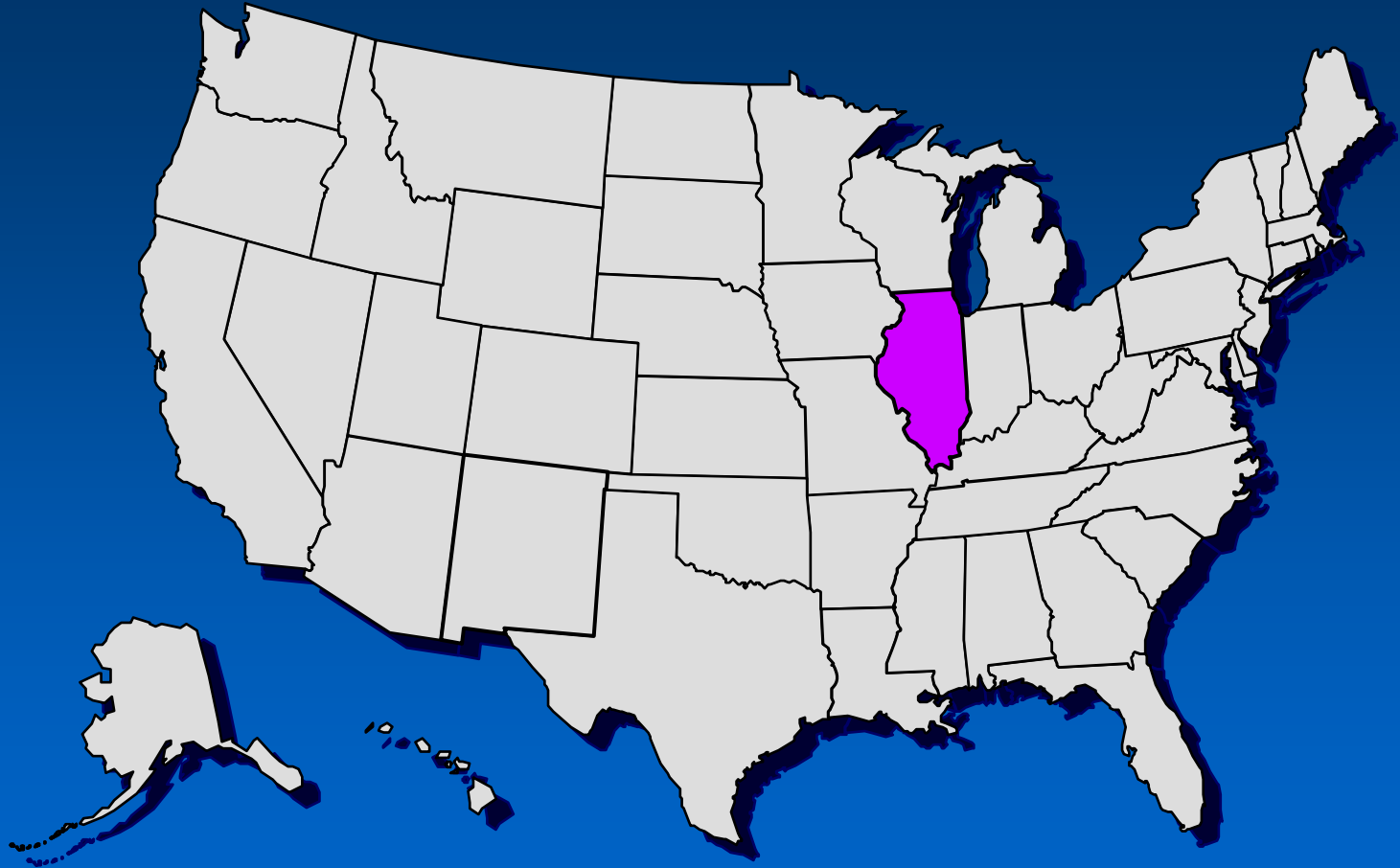


- **Why are we here?**
- **What can communities do?**
- **Why focus on policy change?**
- **What does it take?**

# Adult per Capita Cigarette Consumption Environmental and Policy Changes in the US 1900-2000



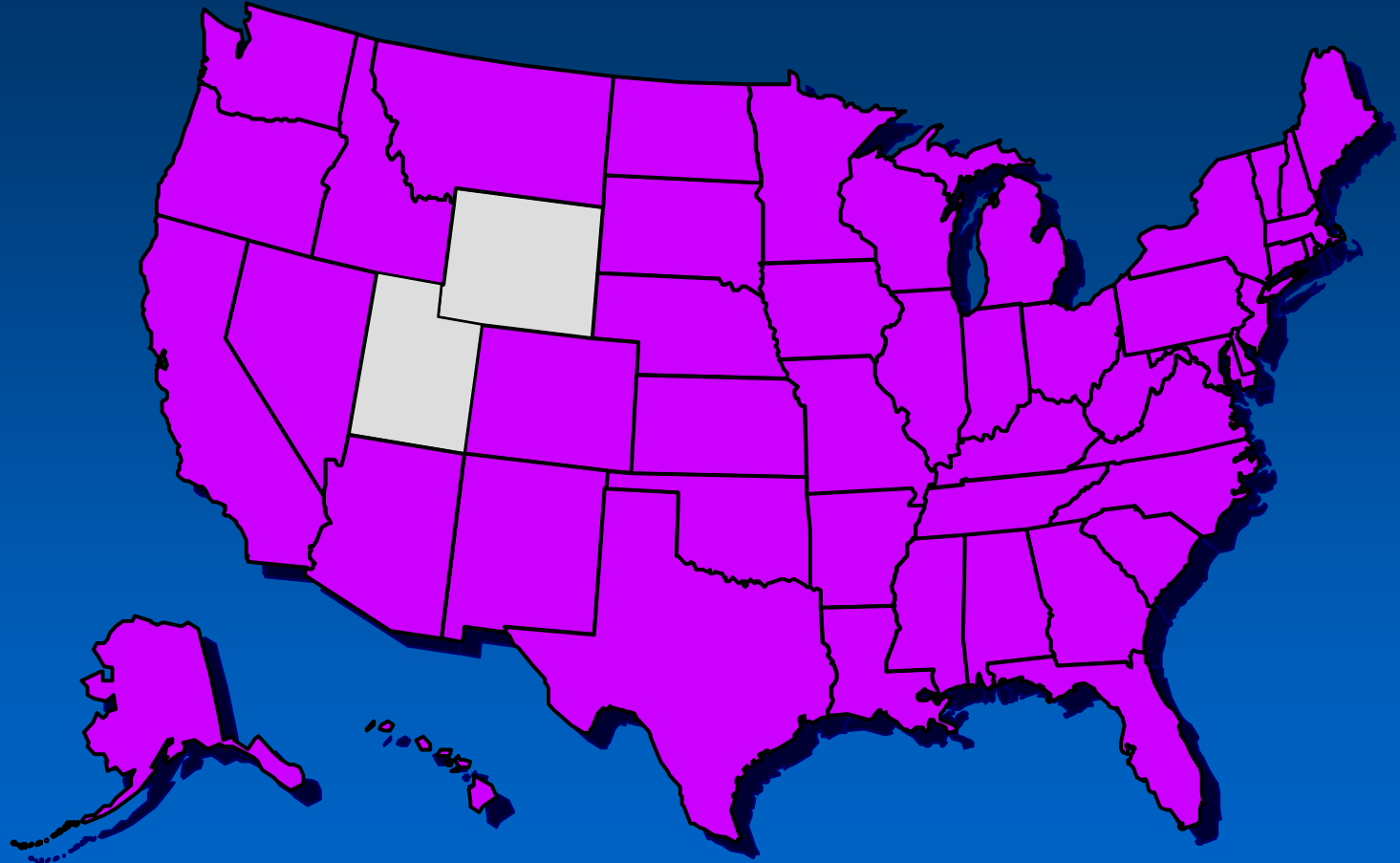
# Mandatory Reimbursement for Breast Cancer Screening, 1981







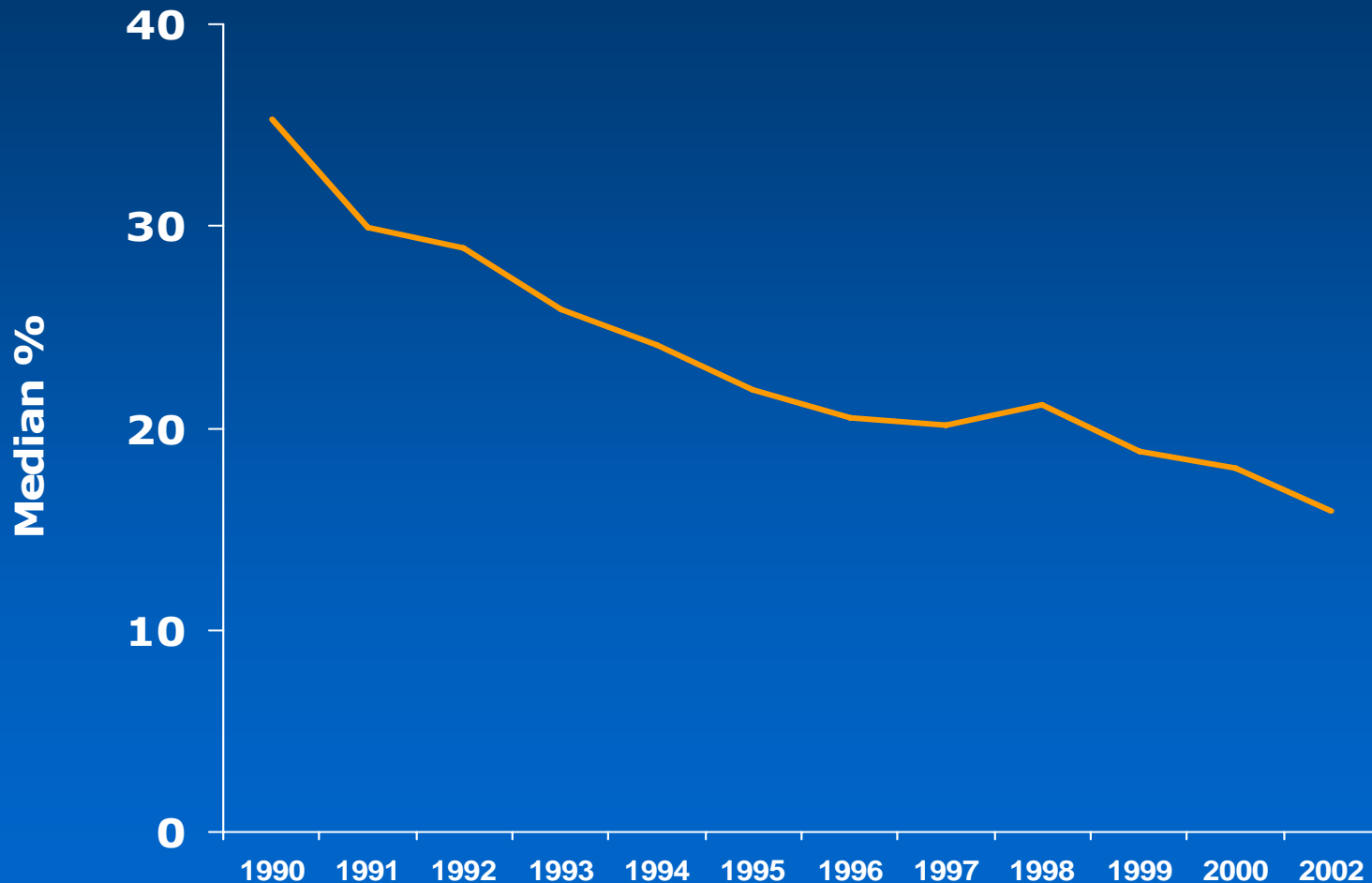
# Mandatory Reimbursement for Breast Cancer Screening, 2000





# Prevalence of Women Who Never Had a Mammogram, Ages 40 and Older BRFSS, 1990–2002

\*no data in 2001



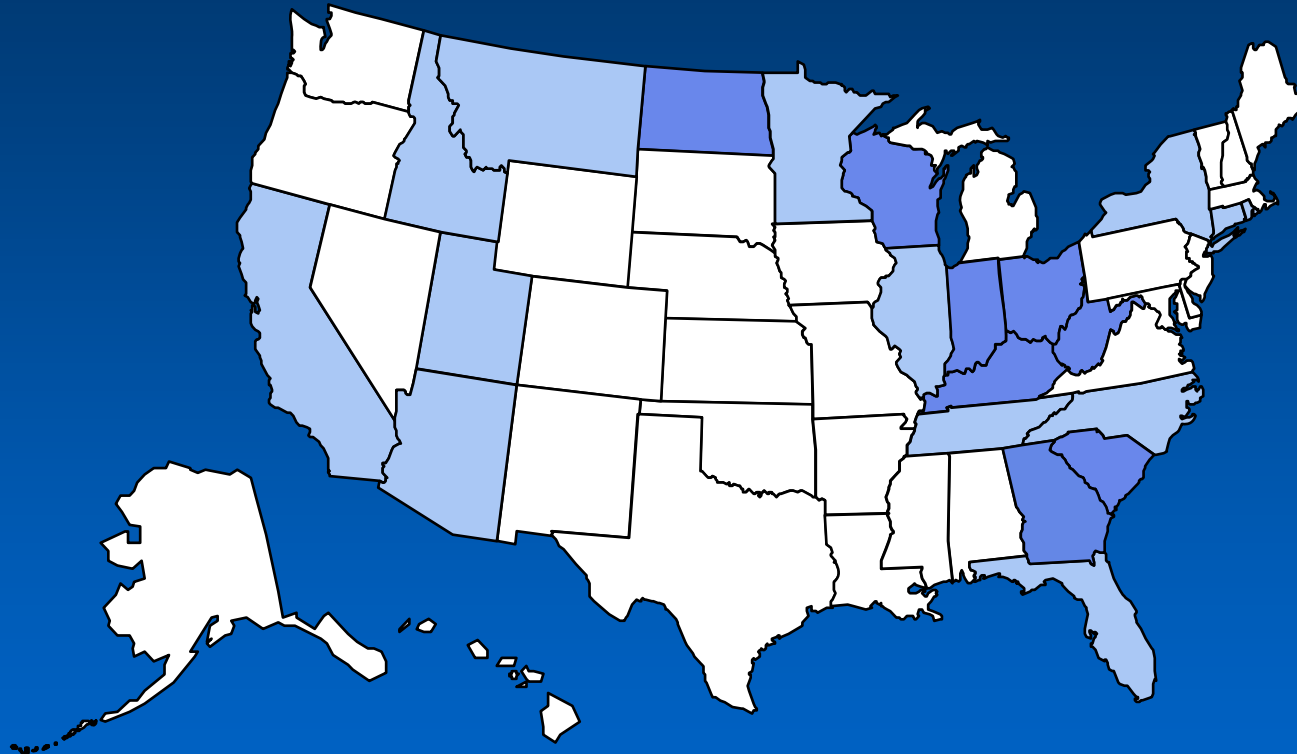
# Policy change works!

- **Attelboro, MA:** Created a more walkable and nutritious environment in the schools, health care settings, and the larger community.
- **Austin, TX:** Employee absences decreased 44% and rising health care costs were rolled back from 27% per year increase to 9% per year.
- **Seattle, WA:** Case management patients with diabetes had a significantly greater improvement in HbA1c values and their ER use declined.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1985

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



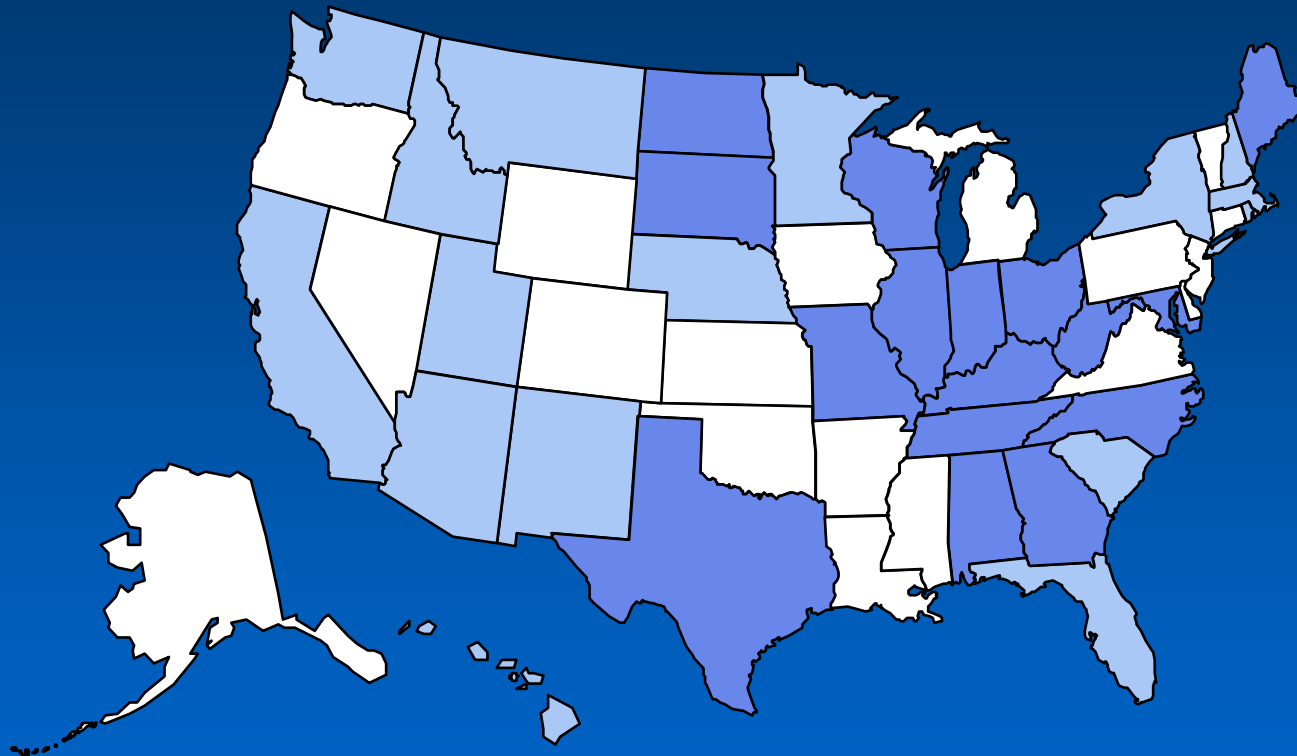
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

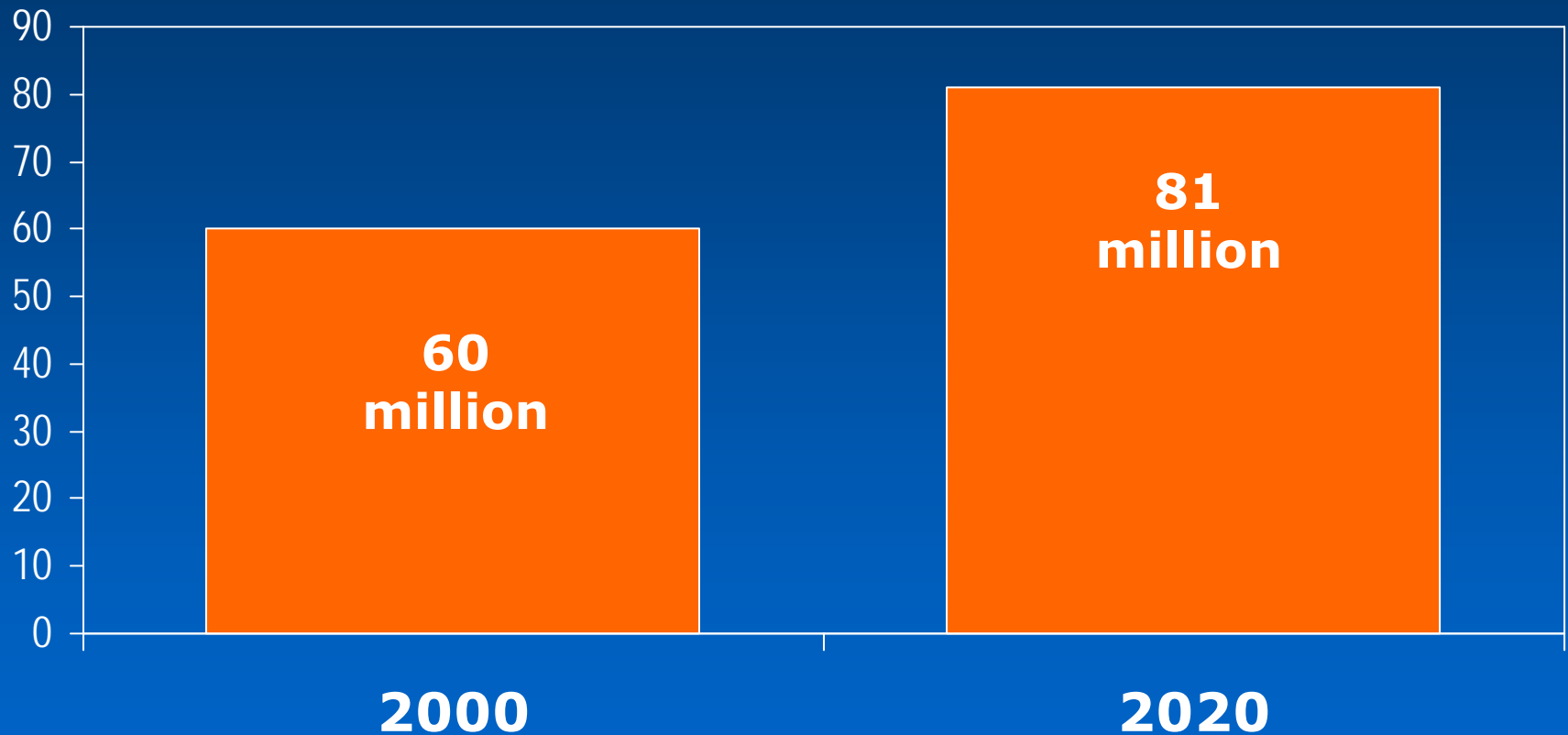


# Alarming Health Disparities

- Heart disease death rates **30% higher** for African-Americans than whites; stroke death rates **41% higher**.
- Diabetes higher among American Indians and Alaska Natives (**2.3 times**), African Americans (**1.6 times**), and Hispanics (**1.5 times**).
- African American **infants are 2.5 times more likely to die** before their first birthday.

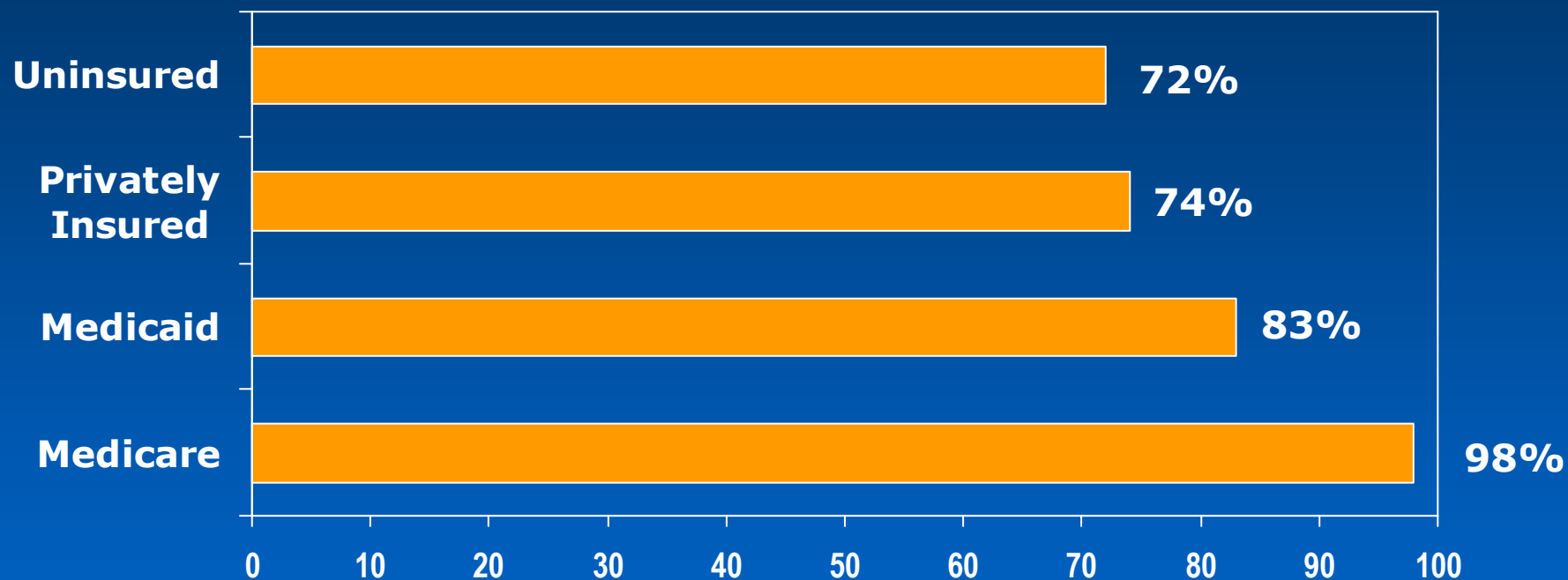


# Number of People with Multiple Chronic Conditions will Increase by 1/3 in 20 Years



Source: Partnership for Solutions, 2003

# 83% of all Health Care Spending Involved People with Chronic Conditions in 2001



Percentage of Spending on People with Chronic Conditions

Source: Medical Expenditure Panel Survey, 2001 and Partnership for Solutions