

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



PREVENTION SAVES MONEY

16 billion annually within 5 years.



→ STROKE: \$67 BILLION
→ HYPERTENSION: \$110B

from cigarette taxes

of total healthcare spending.

Indirect costs of employees' poor health to employers can be 2 TO 3 TIMES the cost of direct medical expenses.



Supported by the CDC, Prevention Research Centers work as an interdependent network of community, academic, and public health partners to conduct prevention research and promote the wide use of practices proven to promote good health.

WWW.CDC.GOV/PRC

SOURCES

1. American Diabetes Association. Economic costs of diabetes in the US in 2012. *Diabetes care*. 2013 Apr 1;36(4):1033-46.
2. American Heart Association. *Cardiovascular Disease: A Costly Burden for America Projections Through 2035*. Washington D.C. 2017. https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_491543.pdf.
3. Bradley CJ, Lansdorp-Vogelaar I, Yabro KR, Dahman B, Mariotto A, Feuer EJ, Brown ML. Productivity savings from colorectal cancer prevention and control strategies. *American journal of preventive medicine*. 2011 Aug 31;41(2):e5-14.
4. Caller TA, Ferguson RJ, Roth RM, Secore KL