

The Growing Crisis of Chronic Disease in the United States

Chronic Diseases: What Are They?

Chronic diseases are ongoing, generally incurable illnesses or conditions, such as heart disease, asthma, cancer, and diabetes. These diseases are often preventable, and frequently manageable through early detection, improved diet, exercise, and treatment therapy.

Chronic Diseases: Costing Lives, Reducing Quality of Life

Chronic diseases are the leading cause of death and disability in the United States.

- 133 million Americans – 45% of the population – have at least one chronic disease.¹
- Chronic diseases are responsible for seven out of every 10 deaths in the U.S., killing more than 1.7 million Americans every year.²
- Chronic diseases can be disabling and reduce a person's quality of life, especially if left undiagnosed or untreated. For example, every 30 seconds a lower limb is amputated as a consequence of diabetes.³

Chronic Diseases: Increasing Demand for Health Care and Driving Up Costs

People with chronic conditions are the most frequent users of health care in the U.S.

- They account for 81% of hospital admissions; 91% of all prescriptions filled; and 76% of all physician visits.⁴

Chronic diseases also account for the vast majority of health spending. In the U.S., total spending on public and private health care amounted to approximately \$2 trillion during 2005.⁵

- Of that amount, more than 75% went toward treatment of chronic disease.⁶
- That is equivalent to \$5,000 worth of spending per person on treatment of chronic disease⁷ – more than double what the average American spends on gasoline in a year.⁸
- In publicly funded health programs, spending on chronic disease represents an even greater proportion of total spending: more than 99% in Medicare and 83% in Medicaid.⁹

*Because the data used for these calculations only refers to the non-institutionalized population, it is likely that actual spending on chronically ill beneficiaries is higher since the rate of chronic illness is higher among the institutionalized population.

Chronic Diseases: Costing U.S. Employers and Employees

U.S. employers and employees are paying for the high costs of chronic disease through the increase in health costs associated with greater demand for and use of health care services.

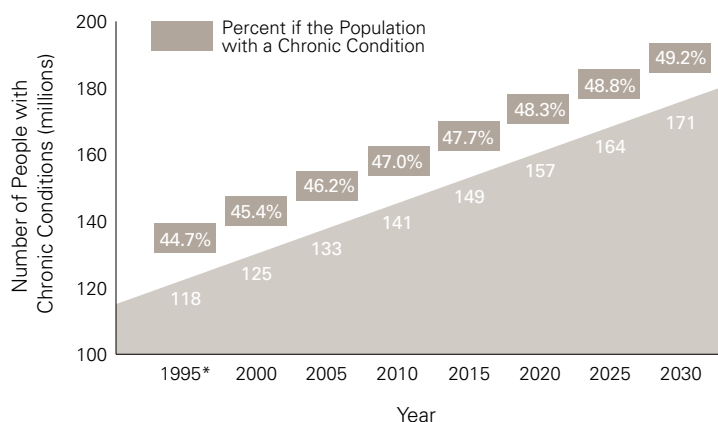
- Health care premiums for employer-sponsored family coverage have increased by 87% since 2000.¹⁰
- Health care coverage costs for people with a chronic condition average \$6,032 annually – five times higher than for those without such a condition.¹¹
- The total cost of obesity to U.S. companies is estimated at \$13 billion annually. This includes the “extra” cost of health insurance (\$8 billion), sick leave (\$2.4 billion), life insurance (\$1.8 billion), and disability insurance (\$1 billion) associated with obesity.¹²

Chronic Diseases: Costing Our Future

While today's situation is grave, the chronic disease crisis looms even larger tomorrow.

- By 2025, chronic diseases will affect an estimated 164 million Americans – nearly half (49%) of the population (see Chart 1).¹³

Chart 1: The Number of People with Chronic Conditions is Rapidly Increasing



Source: Wu, Shin-Yi, and Green, Anthony. *Projection of Chronic Illness Prevalence and Cost Inflation*. RAND Corporation, October 2000.

- Overweight rates have been climbing over the past few decades among children. About 9 million (or roughly one in six kids ages 6–19) were overweight in 2004 – more than triple the number of overweight children in 1980.¹⁴
- Given current trends, one in three children born in 2000 will develop diabetes over the course of a lifetime.¹⁵

Chronic Diseases: Often Preventable, Frequently Manageable

Many chronic diseases could be prevented, delayed, or alleviated, through simple lifestyle changes.

- The U.S. Centers for Disease Control and Prevention (CDC)¹⁶ estimates that eliminating three risk factors – poor diet, inactivity, and smoking – would prevent:
 - 80% of heart disease and stroke;
 - 80% of type 2 diabetes; and,
 - 40% of cancer.



¹Wu S, Green A. Projection of Chronic Illness Prevalence and Cost Inflation. RAND Corporation, October 2000.

²Centers for Disease Control and Prevention. Chronic Disease Overview page. Available at: <http://www.cdc.gov/nccdphp/overview.htm>. Accessed April 6, 2007.

³Boulton AJ, Vileikyte L, Ragnarson-Tennvall G, Apelqvist J. The Global Burden of Diabetic Foot Disease. *The Lancet*. November 12, 2005; 366 (9498): 1719–1724.

⁴Partnership for Solutions. Chronic Conditions: Making the Case for Ongoing Care. September 2004 Update. Available at: <http://www.rwjf.org/files/research/Chronic%20Conditions%20Chartbook%209-2004.ppt>. Accessed on April 17, 2007.

⁵Centers for Medicare and Medicaid Studies. Historical Overview of National Health Expenditures. Available at: http://www.cms.hhs.gov/NationalHealthExpendData/02_NationalHealthAccountsHistorical.asp#TopOfPage. Accessed on April 17, 2007.

⁶Centers for Disease Control and Prevention. Chronic Disease Overview page. Available at: <http://www.cdc.gov/nccdphp/overview.htm>. Accessed April 6, 2007.

⁷To get this number, total spending on chronic disease during 2005 (\$1.5 trillion) was divided by the total population (300 million Americans).

⁸U.S. Department of Labor, Bureau of Labor Statistics. Consumer Expenditure Survey page. Available at: <http://www.bls.gov/cex/#overview>. Accessed April 18, 2007.

⁹Partnership for Solutions. Chronic Conditions: Making the Case for Ongoing Care. September 2004 Update. Available at: <http://www.rwjf.org/files/research/Chronic%20Conditions%20Chartbook%209-2004.ppt>. Accessed on April 17, 2007.

¹⁰Kaiser Family Foundation and Health Research Educational Trust. 2006 Employer Health Benefits Survey. Available at: <http://www.kff.org/insurance/7527/>. Accessed: April 17, 2007.

¹¹Partnership for Solutions. Chronic Conditions: Making the Case for Ongoing Care. September 2004 Update. Available at: <http://www.rwjf.org/files/research/chronicbook2002.pdf>. Accessed on April 17, 2007.

¹²U.S. Department of Health and Human Services. Prevention Makes Common Cents: Estimated Economic Costs of Obesity to U.S. Business. 2003.

¹³Partnership for Solutions. Chronic Conditions: Making the Case for Ongoing Care. September 2004 Update. Available at: <http://www.rwjf.org/files/research/chronicbook2002.pdf>. Accessed on April 17, 2007.

¹⁴Centers for Disease Control and Prevention. Overweight and Obesity Data: Childhood Overweight: Overweight Prevalence. Available at: <http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/prevalence.htm>. Accessed on April 17, 2007.

¹⁵Laino C. One in three kids will develop diabetes. Web MD [serial online]. June 16, 2003.

¹⁶Mensah G. Global and Domestic Health Priorities: Spotlight on Chronic Disease. National Business Group on Health Webinar. May 23, 2006. Available at: <http://www.businessgrouphealth.org/opportunities/webinar052306chronicdiseases.pdf>. Accessed April 17, 2007.



PARTNERSHIP TO FIGHT
CHRONIC DISEASE

A VISION FOR A HEALTHIER FUTURE