

National Center for Chronic Disease Prevention and Health Promotion

At A Glance



Chronic diseases are responsible for 7 in 10 deaths each year, and treating people with chronic diseases accounts for most of our nation's health care costs. We know that many chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) helps people and communities prevent chronic disease and promotes health and wellness for all.



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

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

What We Do

With an FY 2021 budget of almost \$1.3 billion, NCCDPHP works to reduce the risk factors for chronic diseases, especially for groups affected by health disparities, which are differences in health across different geographic, racial, ethnic, and socioeconomic groups. To meet this goal, NCCDPHP works to:



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.

Why We Do It

Chronic diseases—such as heart disease, cancer, and type 2 diabetes—are the leading causes of death and disability in the United States. They are also leading drivers of the nation’s \$3.8 trillion in annual health care costs. Most chronic diseases are caused by key risk behaviors:



Tobacco use and exposure to secondhand smoke.



Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.



Lack of physical activity.



Excessive alcohol use.

These behaviors can lead to conditions such as high blood pressure or obesity, which raise the risk of the most common and serious chronic diseases.

How We Do It

Just as many of the same risk factors can cause or worsen most chronic diseases, many of the same approaches can prevent them or reduce their severity. NCCDPHP promotes chronic disease prevention efforts in four key areas, or domains. This approach to preventing chronic diseases and promoting health can help achieve NCCDPHP’s vision of healthy people in healthy communities.

Domain 1: Epidemiology and Surveillance

Measuring How Many Americans Have Chronic Diseases or Chronic Disease Risk Factors

CDC uses dozens of surveillance systems to collect data on chronic diseases and their risk factors. These systems—often the only source of such data—help epidemiologists understand how chronic diseases affect Americans.

Surveillance and epidemiology guide us in putting our resources to the best use. Without them, our prevention and control efforts would be guesswork.



Examples of Epidemiology and Surveillance

- ▶ Gathering information from multiple data sources, including behavioral risk factor surveys, birth and death certificates, registries of cancer cases and deaths, and health care systems.
- ▶ Measuring social and environmental factors that influence health, such as the number of fast food restaurants in low-income neighborhoods.
- ▶ Tracking policies that affect chronic diseases, such as those related to smokefree air, access to healthy foods, and community water fluoridation.
- ▶ Measuring the number of Americans who get health care preventive services, such as cancer screening, the “ABCS” of heart disease and stroke prevention (Aspirin use, Blood pressure and Cholesterol control, and Smoking cessation), and measures of diabetes control (e.g., hemoglobin A1C) and obesity (e.g., body mass index).
- ▶ Using health information technology to improve efficiency and timeliness of public health surveillance (e.g., to speed reporting to state cancer registries).

Domain 2: Environmental Approaches



Improving Environments to Make It Easier for People to Make Healthy Choices

Healthy environments promote health and support healthy behaviors in community settings such as schools, child care programs, and worksites. Approaches that improve the environment reach more people, are more cost-effective, and are more likely than individual approaches to have a lasting effect on population health.

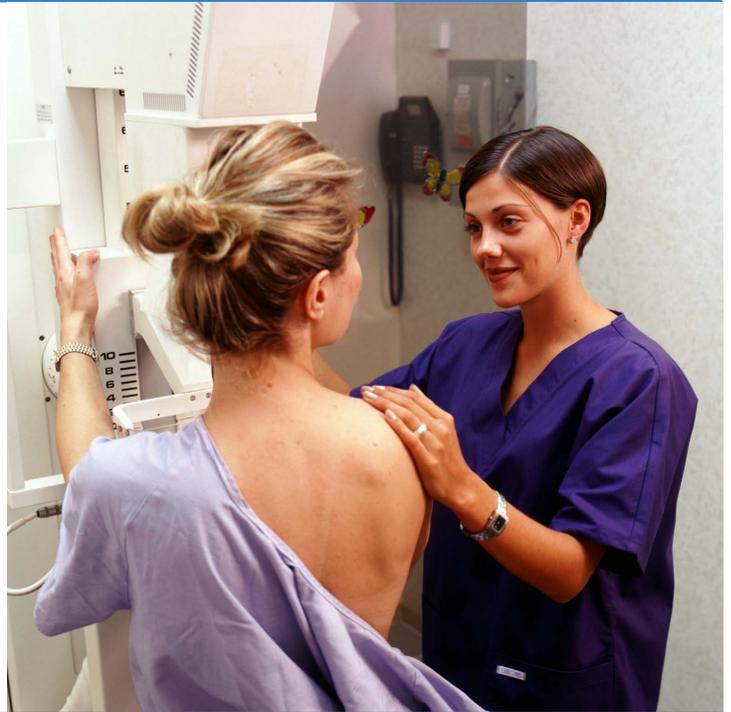
Examples of Environmental Approaches

- ▶ Passing smokefree air laws that cover all workplaces, restaurants, and bars to protect nonsmokers from exposure to secondhand tobacco smoke.
- ▶ Banning flavored cigarettes to make smoking less attractive to young people.
- ▶ Banning artificial *trans* fats from the food supply to reduce the risk of heart disease.
- ▶ Fluoridating community water systems.
- ▶ Increasing prices for unhealthy products—such as tobacco, alcohol, and high-calorie, low-nutrition foods and beverages—to reflect the medical and societal costs of their use.
- ▶ Designing communities to encourage walking and biking.
- ▶ Giving children the chance to be physically active in child care programs and schools.
- ▶ Increasing access to healthy foods and beverages—for example, through full-service grocery stores, farmers' markets, and healthier menu items in restaurants.

Domain 3: Health Care System Interventions

Strengthening Health Care Systems to Deliver Prevention Services That Keep People Well and Diagnose Diseases Early

The right health care system interventions can improve the use and quality of clinical preventive services. These services can help prevent disease or catch it early, reduce risk factors, and manage complications. Giving people better access to quality preventive services can reduce health disparities.



Examples of Health Care System Interventions

- ▶ Improving access to health care for populations with little or no access.
- ▶ Providing health insurance coverage of effective clinical preventive services.
- ▶ Paying for health outcomes instead of health services.
- ▶ Increasing use of health information technology and tools, such as reminders and clinical decision support.
- ▶ Measuring and reporting on health system changes—both successful and unsuccessful.
- ▶ Improving access to cancer screenings for people with little or no health insurance.
- ▶ Improving management of high blood pressure through best practices like team-based care.
- ▶ Increasing use of community health workers, patient navigators, and other allied health professionals to deliver high-quality care.

Domain 4: Community Programs Linked to Clinical Services



Connecting Clinical Services to Community Programs That Help People Prevent and Manage Their Chronic Diseases and Conditions

By linking people who have chronic diseases or chronic disease risk factors to community resources, CDC can help them improve their quality of life, prevent or slow down the disease, avoid complications, and reduce the need for more health care. Improved links between the community and clinical settings often mean that clinicians can refer patients to proven programs, ideally with community organizations and lay providers getting reimbursed by health insurance.

Examples of Community-Clinical Links

- ▶ Increasing the use of effective community-delivered interventions—such as chronic disease self-management programs, the National Diabetes Prevention Program, and smoking cessation services—through clinician referrals and health insurance coverage.
- ▶ Linking public health services, such as tobacco quitlines, to health care systems.
- ▶ Using health care workers—like pharmacists, patient navigators, and community health workers—to help people manage their own health.
- ▶ Educating people to become more involved in their own health care.

Our Impact



Since 2012, the *Tips From Former Smokers*® campaign has motivated over 500,000 cigarette smokers to quit for good.



The percentage of adults who meet physical activity guidelines increased from 44% in 2008 to 54% in 2017.



The percentage of adults who have their high blood pressure under control increased from 43.3% in 2005–2006 to 48.5% in 2015–2016.



Teen birth rates fell 55% from 2007 to 2017—an all-time low.



From 1999–2004 to 2011–2014, the percentage of low-income children with dental sealants increased 70%.



Over 297,000 people have participated in the National Diabetes Prevention Program lifestyle change program.

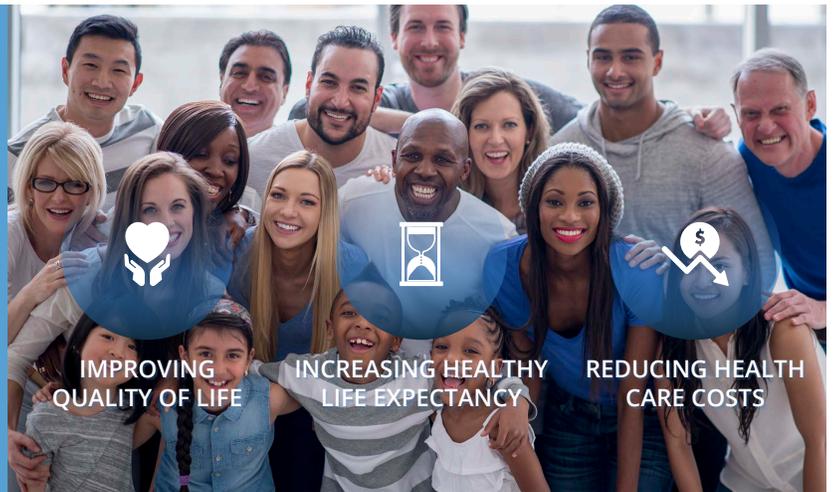


Since 1991, the National Breast and Cervical Cancer Early Detection Program has served 5.4 million women and found 65,879 cases of breast cancer and 207,727 precancerous cervical lesions.



From 2000 to 2014, 30% more schools offered at least 2 vegetables at lunch.

CDC's National Center for Chronic Disease Prevention and Health Promotion prevents chronic disease and promotes health for people of all ages.



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.

For more information, contact

Centers for Disease Control and Prevention
[National Center for Chronic Disease Prevention and Health Promotion](#)
1-800-CDC-INFO (232-4636); TTY 1-888-232-6348
Contact [CDC-INFO](#)

October 2019