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

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 | www.cdc.gov/chronicdisease
Since 1991, the National Breast and Cervical Cancer Early Detection Program has served more than 5.9 million women and found 73,775 invasive breast cancers, 4,991 invasive cervical cancers, and 229,101 precancerous cervical lesions.

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

The proportion of adults meeting aerobic physical activity guidelines increased from 44% in 2008 to 54% in 2018.

Teen birth rates fell 60% from 2007 to 2019—an all-time low.

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

Over 570,000 people have participated in the National Diabetes Prevention Program lifestyle change program.

From 2008 to 2018, 26% fewer secondary schools across states sold less nutritious snacks or beverages.

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

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