CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

CHRONIC DISEASES IN AMERICA

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 **$3.3 Trillion** in Annual Health Care Costs

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE

TOBACCO USE

POOR NUTRITION

LACK OF PHYSICAL ACTIVITY

EXCESSIVE ALCOHOL USE

NCCDPHP 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.

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

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OUR **IMPACT**

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

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

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 60% from 2007 to 2019—an all-time low.

From 1999–2004 to 2011–2016, the percentage of low-income children with dental sealants increased 75%.

Over 400,000 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 more than 5.6 million women and found 68,486 invasive breast cancers and 214,652 precancerous cervical lesions.

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

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