

# Adventist Health Priority Area Overview



## Chronic Disease Prevention

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.5 trillion in annual health care costs. Interventions may include community activities or social services targeted at improving health outcomes pertaining to chronic disease.

### IMPLICATIONS

**Health:** Many chronic diseases are caused by behaviors such as excessive alcohol and tobacco use, poor nutrition, and lack of physical activity.

**Cost:** Chronic diseases have significant economic costs in the United States. Preventing chronic diseases, or managing symptoms when prevention is not possible can reduce these costs.

**Heart disease and stroke:** More than 859,000 Americans die of heart disease or stroke every year—that's one-third of all deaths. These diseases take an economic toll, as well, costing our health care system \$199 billion per year and causing \$131 billion in lost productivity on the job.

**Cancer:** Each year in the United States, more than 1.6 million people are diagnosed with cancer and almost 600,000 die from it, making it the second leading cause of death. The cost of cancer care continues to rise and is expected to reach almost \$174 billion by 2020.



**Diabetes:** More than 30 million Americans have diabetes and another 84 million adults in the United States have a condition called prediabetes, which puts them at risk for type 2 diabetes.

## POTENTIAL PARTNERS



PUBLIC HEALTH DEPARTMENTS



HEALTH CENTERS



SCHOOL DISTRICTS

## SUBJECT-MATTER EXPERTS



PUBLIC HEALTH OFFICER



NUTRITION EXPERTS



REPRESENTATIVES FROM DISEASE SPECIFIC ORGANIZATIONS

## GLOSSARY OF COMMON TERMS:

**Case Management:** Also referred to as 'care coordination' or 'care management', case management is the process of helping an individual or family explore options and services based on a review of a person's or family's needs.

**Community Clinical Linkages:** Community clinical linkages help to connect health care providers, community organizations, and public health agencies to improve patients' access to preventive and chronic care services.

**Early Intervention:** Diagnosing and treating an illness when it first develops.

**Evidenced Based Practice:** Treatments that are supported by clinical research.

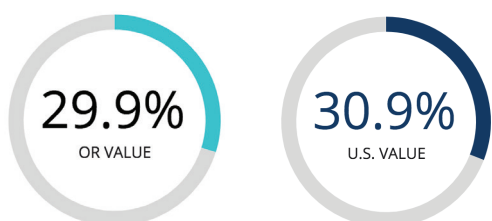
**Intervention:** An action intended to help treat or cure a condition.

**Noncommunicable:** Noncommunicable - or chronic - diseases are diseases of long duration and generally slow progression. The four main types of noncommunicable diseases are cardiovascular diseases (like heart attacks and stroke), cancer, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes.

**Patient-Centered Care:** Care that considers patients' cultural traditions, their personal preferences and values, their family situations and their lifestyles.

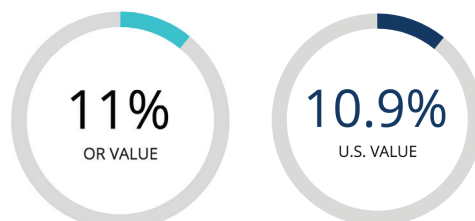
### Adults who are Obese

POM: 2018 | Sources: California Health Interview Survey/ Behavioral Risk Factor Surveillance System



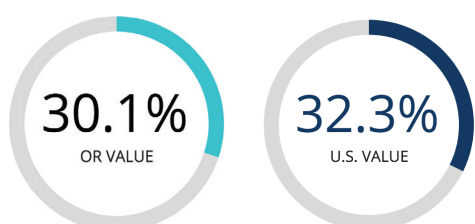
### Adults with Diabetes

POM: 2017-2018 | Sources: California Health Interview Survey/ Behavioral Risk Factor Surveillance System



### High Blood Pressure Prevalence

POM: 2016-2018 | Sources: California Health Interview Survey/ Behavioral Risk Factor Surveillance System



### Age-Adjusted Death Rate due to Heart Attacks

POM: 2016 | Sources: National Environmental Public Health Tracking Network



# Evidence Matters



Explore the County Health Rankings and Roadmaps “What Works for Health” tool to help find policies and programs that are a good fit for your communities health priorities: [www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health](http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health)

## RESOURCES

**American Academy of Pediatrics (AAP):** The AAP offers professional resources and education on its website including patient education materials and webinars.

**American Diabetes Association:** Type 1 and Type 2 diabetes management information, advocacy, research and practice resources are available on the ADA’s website. The health care professionals section contains clinical references, webcasts and patient education materials. The ADA offers cookbooks and meal planning tools for purchase.

**American Heart Association:** The AHA’s website has resources for healthy living, caregivers, professionals and educators. Consumer education content includes sodium reduction, weight management, healthy eating, physical activity, stress management and more.

**Centers for Disease Control and Prevention (CDC):** The CDC’s website contains information on chronic and communicable diseases, healthy living and emergency preparedness. Food safety resources and foodborne outbreak statistics also are available.

**Health and Medicine Division (HMD):** Provides public health, patient safety and health services access and coverage reports on its website. Also available are consensus studies on a wide variety of topics including food allergies, obesity prevention and sodium reduction.

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD):** The NIDDKD is an NIH institute which conducts and supports research on chronic diseases. Its website has condition-specific health information for consumers and funding opportunities for researchers.