

Chronic Diseases in the United States

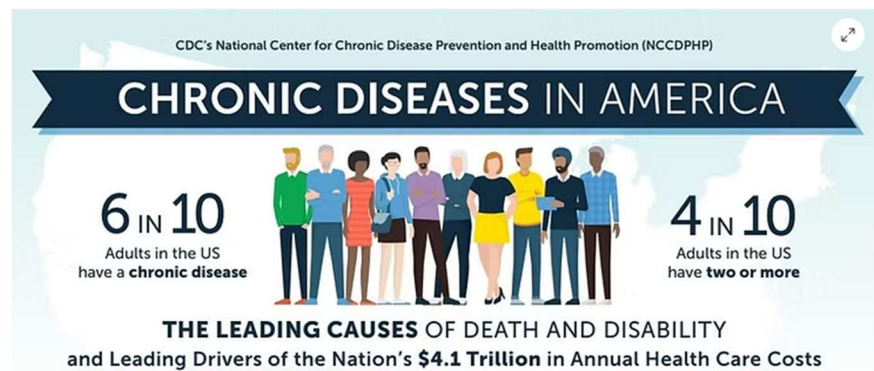
Science Facts and Analysis from Science for Georgia

The CDC defines chronic diseases as health conditions that last one year or more and require ongoing medical attention and have the ability to limit daily activity. Chronic diseases account for the overall majority of illness, disability, and death in the U.S. and are the leading causes for increasing healthcare costs.

Statistics on chronic disease in the U.S.

What are the leading chronic diseases in the U.S.?

- Obesity
- Heart Disease
- Type II Diabetes
- Cancer
- Respiratory disease (asthma, COPD)



Chronic diseases account for over 90% of nation's \$4.5 trillion annual healthcare costs.

Reducing the burden of the chronic disease epidemic is crucial for saving lives, reducing morbidity, lost productivity, and healthcare costs.

What are some risk factors for chronic disease?

- Smoking
- Poor nutrition
- Physical inactivity
- Excessive alcohol use
- Social determinants of health (income/access to care/education)

What are some prevention strategies to mitigate chronic disease?

Many chronic diseases are preventable and can be linked to everyday behaviors and environmental factors. People can reduce their risk of chronic disease burden by engaging in healthy behaviors. Evidence-based health programs and adopting habits like eating a balanced diet, regular physical activity, quitting smoking, regular sleep, and keeping up with recommended screenings can lower your risk of developing chronic disease conditions.

About Science for Georgia: Science for Georgia is a 501c3 dedicated to bridging the gap between scientists and the public through training, outreach opportunities, and direct contact with the public, policymakers, and the press. Science for Georgia highlights how science can impact people's lives and advocates for the responsible use of science in public policy.