



THE HIGH PRICE OF CHRONIC DISEASE

Chronic conditions, such as heart disease, cancer, chronic lung disease and diabetes, are the leading cause of death and disability in the U.S. They are also a leading contributor to rising healthcare costs, accounting for billions in spending each year. Indirect costs including missed work, diminished productivity and lost wages contribute to the burden.

The good news is that, while common and costly, many chronic conditions are preventable or can be better managed with preventive and other appropriate care. With leading risk factors including obesity, smoking, lack of physical activity and excessive alcohol consumption, changes in lifestyle and diet could prevent or reverse chronic conditions for many.

 **90%**
of every healthcare dollar
goes to treating people with
chronic conditions¹

4 IN 10
U.S. adults have two or
more chronic conditions²

 **47%**
of the total cost of chronic
disease is related to obesity³

The national per capita
average total cost of
chronic diseases is
\$11,201⁴

Sources:

1. Centers for Disease Control and Prevention. "Health and Economic Costs of Chronic Disease." January 2020 <https://www.cdc.gov/chronicdisease/about/costs/index.htm>
2. Centers for Disease Control and Prevention. "Chronic Diseases in America" January 2020 <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>
3. Waters H and Graf M, Milken Institute. "The Costs of Chronic Disease in the U.S." August 2018. <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>
4. *ibid.*