Chronic Disease in NYS

More than 40% of adults in NYS live with a chronic disease.

These diseases are largely preventable.
Chronic Disease in NYS

Prevalence of Chronic Disease among NYS Adults by Disease Type

<table>
<thead>
<tr>
<th>Type of Chronic Disease</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>24%</td>
</tr>
<tr>
<td>Current Asthma</td>
<td>11%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>10%</td>
</tr>
<tr>
<td>Cancer</td>
<td>9%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>6%</td>
</tr>
<tr>
<td>Stroke</td>
<td>2%</td>
</tr>
</tbody>
</table>

Source: 2014 New York State Behavioral Risk Factor Surveillance System
Chronic diseases are responsible for approximately 60% of deaths and 25% of hospitalizations in NYS.
Causes of Death in NYS

Non-chronic disease deaths (41%)

Chronic disease deaths (59%)

Heart disease (29%)
Cancer (23%)
Stroke (4%)
Diabetes (3%)

Source: Vital Statistics of New York State, 2014
Hospitalizations in NYS

Non-chronic disease hospitalizations (75%)

Chronic disease hospitalizations (25%)

Heart disease (11%)

Arthritis (5%)
Cancer (3%)
Stroke (2%)
Diabetes (2%)
Asthma (2%)

Source: Statewide Planning and Research Cooperative System (SPARCS), 2014
Multiple Chronic Diseases

2 out of 5 adults New Yorkers live with at least one chronic disease.

The probability of having multiple chronic diseases increases with age.

Having one chronic disease increases the likelihood of having another.
Prevalence of Multiple Chronic Diseases in NYS

*Chronic diseases include arthritis, current asthma, stroke, coronary heart disease (heart attack or angina), diabetes (excludes diabetes in pregnant women), and cancer (any type, includes skin cancer).

Source: 2014 New York State Behavioral Risk Factor Surveillance System
New Yorkers with one or more chronic disease are more likely to report poor health and activity limitations than those without a chronic disease.
Chronic diseases have a disproportionate impact on vulnerable populations.
Prevalence of Asthma by Income & Race/Ethnicity in NYS

Source: 2014 New York State Behavioral Risk Factor Surveillance System
Prevalence of Diabetes by Income & Race/Ethnicity in NYS

Ever told - diabetes by income:
- <$25,000: 15%
- $25,000-$34,999: 12%
- $35,000-$49,999: 11%
- $50,000+: 6%

Ever told - diabetes by race/ethnicity:
- White, non-Hispanic: 9%
- Black, non-Hispanic: 14%
- Hispanic: 11%
- Other, non-Hispanic: 9%

Source: 2014 New York State Behavioral Risk Factor Surveillance System
Cervical Cancer Incidence and Mortality by Race/Ethnicity in NYS

Rates age-adjusted to the 2000 U.S. Standard Population
Source: New York State Cancer Registry, 2009-2013
Chronic Diseases are Costly

75% of health care spending in the U.S. goes toward treating chronic diseases.¹

Health care costs for a person with chronic conditions are five times greater than for someone without.²

For example, NYS spends almost $10.39 billion on tobacco-related health care costs every year.³

Sources:
1. Trust for America’s Health. Bending the Cost Curve, 2009
2. Partnership for Solutions. Chronic Conditions. Making the Case for Ongoing Care, September 2004
3. CDC Best Practices for Comprehensive Tobacco Control Programs, 2014
Chronic diseases are largely preventable.

Prevention costs less than treatment.
Causes of Chronic Disease

- Unhealthy Diet
- Physical Inactivity
- Tobacco Use
- Overweight/Obesity
- High Blood Pressure
- High Blood Glucose
- High Cholesterol
- Age/Heredity

Social determinants of health
What Determines Health?

Figure 1. Determinants of Health and Their Contribution to Premature Death.
Adapted from McGinnis et al.¹⁰
Chronic Disease in NYS

CDC estimates:
• 80% of heart disease and stroke
• 80% of type 2 diabetes
• 50% of cancer cases

Could be prevented if Americans:
• Stop smoking
• Eat healthy
• Get moving
Smoking is the leading cause of preventable disease and death in NYS and the U.S.

About 2.1 million adults in NYS smoke cigarettes. Smoking kills about 28,000 New Yorkers every year.
One in three adults consume fruit <1 time per day, and one in five consume vegetables <1 time daily.

36% of adults consume fast food weekly, and 22% drink at least one soda or sugary beverage every day.

Almost half of adults do not get adequate physical activity.

Source: 2013 New York State Behavioral Risk Factor Surveillance System
Unhealthy Behaviors and Addictions Begin Early

37.8% of NYS high school students consumed one or more sugary drinks daily.¹

7.3% high school students smoked a cigarette on one or more days in the past 30 days.²

Sources:
1. New York State Behavioral Risk Factor Surveillance System, 2009-2010
2. 2014 New York Youth Tobacco Survey
Obesity and Early Signs of Chronic Disease in Adult New Yorkers

- Obesity: 27%
- High blood cholesterol: 39%
- High blood pressure: 32%
- Pre-diabetes: 8%

Sources:
- a. 2013 New York State Behavioral Risk Factor Surveillance System
- b. 2014 New York State Behavioral Risk Factor Surveillance System
Childhood Obesity

34% of NY public school students (exclusive of NYC) are overweight or obese

40% of NYC public schools students ages 6-12 years are overweight or obese

31% of NY children ages 2-4 enrolled in WIC are overweight or obese

Sources:
NYS Student Weight Status Category Report System, 2012-14
NYC FITNESSGRAM, 2009-10
NYS Pediatric Nutrition Surveillance Report, 2011
For the first time in our history, children may face a shorter lifespan than their parents.
Communities where health is a priority, active living is promoted, disease is prevented, and residents naturally engage in behaviors leading to longer, healthier lives.
NYS’s Chronic Disease Prevention Programs

- Promoting safe, healthful behaviors as the natural choice
- Improving access to care and early detection of chronic diseases and conditions
- Supporting optimal management to avoid disease complications
Efforts to prevent and control chronic disease are advanced through the Division of Chronic Disease Prevention’s Chronic Disease Framework based on CDC’s four key domains.

- **Epidemiology and Surveillance** – collection, analysis, and dissemination of data and information to inform, prioritize, deliver, and monitor program activities and population-level risk factors, diseases, and health.

- **Environmental Approaches** – policy, systems, and environmental changes to increase and promote opportunities for physical activity, healthy eating, and access to healthy foods.

- **Health System Interventions** – evidence-based strategies to improve the quality of clinical care for individuals with, or at-risk for, chronic disease.

- **Clinical-Community Linkages** – increasing awareness and opportunities for individuals with, or at-risk for, chronic disease to access community programs and gain self-management skills.
Preventing Chronic Diseases: A Wise Investment for New York State
Medicaid and your Doctor can help you Quit Smoking
Medications are covered.
Call 1-866-NYQUITS for more help.

Treatment for nicotine addiction:
Medications and counseling double your patient’s success rate.

What if I never picked up that first cigarette?
In memory of Justin Scott Andrews, age 30
TUES. 2003
Call your doctor or 1-866-NYQUITS
Comprehensive Tobacco Control Works

Figure 2. Prevalence of Current Smokers by Socioeconomic Status Indicators and Mental Health Status in NYS, BRFSS 2011-2014

Source: New York State Youth Tobacco Survey, 2000-2014. Contact the Bureau of Chronic Disease Epidemiology and Surveillance, New York State Department of Health at (518) 473-0673 or type ‘StatShots’ in the subject line of an e-mail and send it to tsys@health.state.ny.us. StatShots can be accessed online at http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/
Bureau of Community Chronic Disease Prevention

- Obesity
- Diabetes and Prediabetes
- Asthma
- Heart Disease and Stroke
- Disability and Health
- Arthritis
Breastfeeding Promotion

Creating Breastfeeding Friendly Communities

Breastfeeding Quality Improvement in Hospitals Learning Collaborative

NYS Breastfeeding Friendly Practice Designation

Nutrition and Physical Activity

Creating Healthy Schools and Communities

Increase access to healthy foods

Provide opportunities for physical activity

Sodium Reduction in Communities

Equal Opportunity and Access

Increase health promotion opportunities and access to health care services

Collaborate across programs and agencies to ensure inclusion and integration of persons with disabilities

Disability and Healthy Communities Project
<table>
<thead>
<tr>
<th>Diabetes and Prediabetes</th>
<th>Quality Improvement in Health Systems</th>
<th>Clinical-Community Linkages</th>
<th>Prevention and Self-Management Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease and Stroke</td>
<td>Learning Collaborative model</td>
<td>Engaging and training Community Health Workers</td>
<td>Diabetes Self-Management Education (DSME)</td>
</tr>
<tr>
<td></td>
<td>Team-based care approach</td>
<td>Linking community pharmacists with patients and clinical care teams</td>
<td>Diabetes Self-Management Program (DSMP)</td>
</tr>
<tr>
<td></td>
<td>Evidence-based clinical care protocols</td>
<td>Multi-directional communication and referral between health systems and community-based service providers</td>
<td>National Diabetes Prevention Program (NDPP)</td>
</tr>
<tr>
<td></td>
<td>Health information technology</td>
<td></td>
<td>Home Blood Pressure Monitoring</td>
</tr>
</tbody>
</table>
Home and School-Based Services
- Self-management education
- Education for caregivers
- Linkages to clinical care
- Asthma control policies

Health System Activities
- Quality improvement
- Team-based care
- Coverage and reimbursement
- System-level linkages

Evidence Based Self-Management Programs
- Chronic Disease Self Management Program
  - Tomando Control de su Salud
  - EnhanceFitness

Increase infrastructure for program delivery
Embed program promotion and delivery into partner organizations
Media campaigns to promote physical activity and program availability
Adult Obesity Rates in the U.S. and NYS

Source: NYS BRFSS and CDC BRFSS

*US data is the median % from the 50 states and DC
14% Decline in Obesity among Low-income Children

Source: 2011 Pediatric Nutrition Surveillance Report
Bureau of Cancer Prevention and Control

Mission
Reduce the Burden of Cancer for All New Yorkers

What we do
Prevention, Early Detection, Follow-up Care and Support

How we do it (EBIs)
Health Systems Engagement
Policy Initiatives
Education / Media
Reducing the Burden of Cancer through Prevention
Increases in HPV vaccine uptake will help reduce the burden of cervical and head and neck cancers among others.

<table>
<thead>
<tr>
<th>Baseline (Source, Year)</th>
<th>2017 Comprehensive Cancer Control Plan Target</th>
<th>Trend Data</th>
<th>% Change from Baseline</th>
</tr>
</thead>
<tbody>
<tr>
<td>46.6% (CDC NIS-Teen, 2015)</td>
<td>59%</td>
<td>2011</td>
<td>2012</td>
</tr>
<tr>
<td></td>
<td></td>
<td>%</td>
<td>46.6</td>
</tr>
</tbody>
</table>
Reducing the Burden of Cancer through Early Detection

Mammography

Fecal Tests: FIT/FOBT

Pap Tests

Colonoscopy
Early Detection: 30% Increase in Colorectal Cancer Screening*

Break in graph corresponds with a change in survey methodology

*New York State adults aged 50-75 years with FOBT/FIT in the past year, OR sigmoidoscopy in the past 5 years with FOBT/FIT in the past 3 years, OR colonoscopy in the past 10 years, by BRFSS survey year from 2001 to 2014
Reducing the Burden of Cancer through Education, Media, Health Systems, and Policy

50 or older?

Getting screened for colon cancer is easier than ever.
Talk to your health provider and choose the best test for you.

Uninsured? Call 1-866-442-CANCER

Education and Media

Engaging Health Systems

Policies to Encourage Cancer Screening
Providing Follow-up Care and Support

The effects of cancer do not end with the last treatment.

2 Million

Nearly 2 million cancer survivors are alive today in NYS, and the number continues to rise.
Preventing Chronic Diseases is an Investment in NYS’s Future

Investing $10 per person per year in community prevention can save NYS more than $1.3 billion annually in health care costs within 5 years.

This represents a return on investment (ROI) for NYS of $7 for every $1.

Effective interventions prevent, reduce, or delay much of the chronic disease burden in NYS.
Questions?

Email the Bureau of Chronic Disease Evaluation and Research

BCDER@health.ny.gov

Subject: Chronic Disease Slide Deck