



## Local Health Departments Prevent Costly Chronic Diseases

Chronic diseases such as cancer, diabetes, lung disease, and heart disease are the leading cause of death and disability in the United States. Much of what keeps people healthy happens outside of the doctor's office, in the places where people live, work, play, learn, and worship. Local health departments lay the groundwork for people to lead healthier and longer lives by encouraging healthy choices that prevent disease, promote resilient families, and strengthen the U.S. workforce.

Local health departments work with a wide range of multi-sector community partners to create conditions and policies that help people make healthy choices. For example, local health departments help people avoid tobacco use, become more physically active, and access healthier food. They help identify people with chronic diseases and connect them to appropriate services. These proactive measures contribute to the prevention of chronic diseases, saving money in the healthcare system and increasing productivity.

The President's FY2019 budget proposes to eliminate the current mechanism through which chronic disease programs are funded at the Centers for Disease Control and Prevention (CDC). The President's budget proposes to merge funding for CDC chronic disease programs, such as heart disease and stroke prevention, diabetes prevention, and tobacco prevention and control, into the America's Health Block Grant, giving discretion to the states about what they would fund. Cutting and merging funding for the chronic disease programs would harm local health departments' ability to effectively address chronic disease issues in their communities by squeezing state budgets and weakening transparency and accountability with federal agencies. NACCHO supports maintaining the existing funding mechanism and providing state and local health departments with sustained resources to adequately address the nation's leading causes of death and disability.

### NACCHO Recommendations

To promote healthy living and prevent disease, the National Association of County and City Health Officials (NACCHO) recommends the following in fiscal year (FY) 2019:

#### Centers for Disease Control and Prevention (CDC)

The President's FY19 Budget proposes consolidating the following three programs in the America's Health Block Grant:

##### HEART DISEASE AND STROKE PREVENTION

FY18: \$140 million

FY19 NACCHO Request: \$160 million

Heart disease is the leading cause of death for both men and women. The Heart Disease and Stroke program supports evidence-based heart disease and stroke prevention programs in all 50 states and Washington, DC. Funding is also granted to 17 states and 4 cities (San Diego, Los Angeles County, New York City, Philadelphia), half of which must be awarded to high burden communities. These programs target at risk populations and promote healthy eating and exercise and reduce sodium intake, which can lead to high blood pressure and heart disease.

##### DIABETES PREVENTION

FY18: \$148 million

FY19 NACCHO Request: \$170 million

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The annual cost of offering the National Diabetes Prevention Program is about \$500 per participant, which is 15 times lower than the \$7,900 spent on diabetes care per patient each year for those who progress to type 2 diabetes. (Source: CDC)

Diabetes is a chronic disease that affects more than 20 million people and can cause serious health complications including heart disease, blindness, kidney failure, and amputations. CDC funds diabetes prevention and control activities in all 50 states and Washington, D.C. Funding is also granted to 17 states and 4 cities (San Diego, Los Angeles County, New York City, Philadelphia), half of which must be awarded to high burden communities. These programs implement evidence-based approaches which support diabetes self-management education and diabetes prevention lifestyle change.

#### TOBACCO PREVENTION AND CONTROL

FY18: \$210 million

FY19 NACCHO Request: \$210 million

Tobacco use is the leading cause of preventable death and disease in the United States. The National Tobacco Control Program provides funding and technical support to state health departments, tribes, and national networks. The program's primary goals are to eliminate secondhand smoke exposure, promote quitting tobacco use, prevent initiation, and eliminate

disparities. Local health departments collaborate with national, state, and local partners to reduce tobacco use among adults and youth in their communities.

#### RACIAL AND ETHNIC APPROACHES TO COMMUNITY HEALTH (REACH)

FY18: \$51 million

President's FY19 Budget: 0

FY19 NACCHO Request: \$51 million

The REACH program is aimed at reducing racial and ethnic inequities in health status. REACH funds state and local health departments, tribes, universities, and community-based organizations. REACH uses community-based, participatory approaches to identify, develop, and disseminate effective strategies for addressing health disparities across a wide range of priority areas such as cardiovascular disease, diabetes, obesity, asthma, and immunization. In many REACH communities, local health departments serve as central coordinating organizations because of their success in community-based public health outreach.

Tobacco prevention and control is one of the "best buys" in public health. States with strong tobacco control programs see a \$55 return on every \$1 investment, mostly from avoiding costs to treat smoking-related illness. (Source: CDC)



#### About NACCHO

The National Association of County and City Health Officials is the voice of more than 3,000 local health departments across the country. These city, county, metropolitan, district, and tribal departments work every day to ensure the safety of the water we drink, the food we eat, and the air we breathe.

#### FOR MORE INFORMATION, PLEASE CONTACT:

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The mission of the National Association of County and City Health Officials (NACCHO) is to be a leader, partner, catalyst, and voice with local health departments.

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# NACCHO

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The National Connection for Local Public Health

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