NCSL
Public Health and Disease Prevention
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Improving the Health of our Nation

Increase Access  Improve Quality  Contain Costs
The Public Health Enterprise

State  Local  National

Patient Protection and Affordable Care Act

Actual bill shown is 1,990 page House version
How is our nation doing?

The U.S. Census Bureau indicates:

- 43 countries exceed the United States in life expectancy
- 40 countries have lower infant mortality rates than the United States.

U.S. Census Bureau, International Data Base, http://www.census.gov/ipc/www/idb/

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Children and Asthma

Current asthma prevalence among children 0–17 years of age, by state, annual average for the period 2001–2005

Prevalence of Smoking among US adults in 2008

Data Source: Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data (BRFSS). Downloaded from statehealthfacts.org.

Prevalence of Diabetes among US adults in 2007

Data Source: BRFSS. Downloaded from CDC’s Division for Heart Disease and Stroke Prevention, Data Trends & Maps Web site.
Cost of Chronic Conditions is both Personal and Financial

Care for people with chronic conditions accounts for

- 78% of health care spending
- 76% of hospital admissions
- 72% of all physician visits
- 88% of all prescriptions filled

Making Links to Actual Causes of Death

- Diet & Activity Patterns
- Tobacco
- Alcohol & Drugs
- Heart Disease
- Cancer
- Stroke
- Diabetes
- Injuries & Violence
Savings Health Care

- 5% Reduction in Diabetes and High Blood Pressure rates
  Yield >$5 billion in savings

- 5% Reduction in Heart Disease, Kidney Disease, and Stroke
  Yield >19$ Billion in savings

Small Savings Can have Big Impact on Health

- A 5% to 10% reduction in total weight can lead to positive health benefits such as reducing RISK for diabetes

- Physical activity even without weight loss can prevent or reduce risk for heart disease, hypertension
States: Impact of 7 Chronic Diseases

"All states stand to gain from a focus on prevention" with total avoided costs 

- Total avoided costs from lower treatment costs and higher productivity ranging from 26% to 28%

- Estimated the highest % savings in:
  - Washington State
  - Mississippi
  - Delaware
  - North Dakota

*Milken Institute; An Unhealthy America, The Economic Burden of Chronic Disease, Oct. 2007*
### Public Health Saves Healthcare Dollars

<table>
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<tr>
<th>Initiative</th>
<th>Savings for Every $1 Spent</th>
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<td>$5.60</td>
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<td>Immunizations</td>
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<td>Smoking Cessation for Pregnant Women</td>
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ASTHO analysis of national data
References on www.astho.org

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### Evidence Based Practice

- Effective community-based interventions in public health
  [www.thecommunityguide.org](http://www.thecommunityguide.org)

- US Preventative Services Guide
  [www.ahrq.gov/CLINIC](http://www.ahrq.gov/CLINIC)
The Cost of Smoking and other Tobacco Use

- Tobacco use costs the U.S. more than $180 Billion Annually in health care expenditures and lost productivity.
- Lifetime health care costs for individuals who smoke are $17,500 higher than for those who do not smoke.
- Secondhand smoke alone costs more than $10 Billion Annually in health care expenditures.
Pregnancy and Smoking

- Up to 20% of pregnant women smoke, causing 20% of all low-birth weight births.
- More than half of all women (52%) who quit during pregnancy started smoking again two to six months after delivery.

Tobacco Use and Health Reform

Patient Protection and Affordable Care Act,
Title IV Sec. 4107

- Requires all states to provide Medicaid coverage for tobacco cessation services and nicotine replacement therapies (NRT's) for pregnant women effective October 1, 2010.
The Many Costs of Unhealthy Lifestyles

Obesity costs our nation’s health system $75 – $112 Billion per year

Obesity is the single largest driver of rising health care costs (31%)

Health Disparities

Rural areas and inner cities often lack accessible healthy food options.
National Menu Labeling
PPACA Title IV Sec. 4205

- Requires food service chains with >20 establishments to disclose calories on menus and menu boards
- Requires businesses owning >20 or more vending machines to list, near the food item the number of calories
- July 2010 Rules of Implementation
- March 2011 Regulation

Start your day with 1520 mg!

WARNING: single menu items with can contain more sodium than most people should consume during an entire day. Excessive sodium intake is associated with hypertension and can cause stroke
Vaccine Preventable Diseases

Vaccination Rates Among Children Aged 19-35 Months
2005

National Coverage = 76%

*4+DTP, 3+Polio, 1+Measles-containing vaccine, 3+Hib, 3+HepB, 1+Varicella

Source: CDC National Immunization Survey 2005
One-Third of U.S. Adults ≥65 Years Are at Risk for Pneumonia
Nearly 13 Million Adults 65 Years and Older* Did Not Receive Pneumococcal Vaccine in 2007

Source: Behavioral Risk Factor Surveillance System Survey Data, 2007
Coverage data for additional Pacific territories not available.
*2007 U.S. Census data

Immunization

At least 5 Sections of the PPAACT provide opportunities to improve immunizations for children, young adults and older adults

- Title IV, Sec 4204
  Creates demonstration grants to states to improve access to immunizations

Annual Authorization

- Section 317 Immunization Program
- Demo grants to states

Mandatory

- $200M over 4 yrs in School Based Clinics yet not specific to IMZ
Impact of Budget Cuts on States

- 83% of state health departments lost jobs
- 76% made cuts in FY 09 and FY10
- 38% expect to lose more staff through layoffs and attrition

State Examples of impact
- Eliminated Asthma Program
- Eliminated Teen Pregnancy Program
- Reduce immunizations
- Reduce eligibility for maternal child health programs
Prevention and Public Health Fund (Title IV, Sec 4002)

Purpose:

“to provide for expanded and sustained national investment in prevention and public health programs to improve health and help restrain the rate of growth in private and public sector health care costs.”

Funding is Mandatory

- FY 2010 – $500 Million
- FY 2011 – $750 Million
- FY 2012 – $1 Billion
- FY 2013 – $1.2 Billion
- FY 2014 – $1.5 Billion
- FY 2015 – $2 Billion
FY 2010: $500M Prevention and Public Health Fund

- $250M Primary Care Workforce

- $250 M Prevention and Wellness
  - Community and Clinical Prevention $126M
  - Public Health Infrastructure ($70M)
  - Research and Tracking ($31M)
  - Public Health Tracking ($23M)

FY 2010: $500M Prevention and Public Health Fund

- Research and Tracking $31M
  - Surveillance $21M
  - Community Prev. Taskforce $5M
  - Clinical Prev. Taskforce $5M

- Public Health Training $23M
  - Public Health Workforce $8M
  - PH Training Centers $15M
FY 2010:  
$500M Prevention and Public Health Fund

- Community and Clinical Prevention $126M  
  - Putting Prevention to Work $74M  
  - Primary and Behavioral Integration $20M  
  - Obesity Prevention $16M  
  - Tobacco Cessation $16M  

- Public Health Infrastructure $70M  
  - Public Health Infrastructure $50M  
  - Epi and Lab Capacity grants $20M

MCH–Home Visiting Programs

*Title II Sec. 2951*

Mandatory Funding:  
$1.5 Billion over 5 years

- Grants to states to deliver services under early childhood home visiting programs to improve MCH, school readiness, and socioeconomic status and to reduce child abuse, neglect, and injuries
Contact Information

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References and Resources

- Patient Protection and Affordable Care Act, March 2010.
- Congressional Research Service (CRS)
- Healthreform.gov
- Centers for Disease Control and Prevention, Chronic Disease Cost Calculator.
References and Resources

- Centers for Disease Control Community Preventative Services Guide
  www.thecomunityguide.org

- US Preventive Services Task Force
  www.ahrq.gov/CLINIC