

BURDEN OF CHRONIC DISEASES

ST. LOUIS AREA AGENCY ON AGING

CHRONIC DISEASES

- Chronic diseases can be defined as diseases that have a prolonged course, that do not resolve spontaneously, and which a complete cure is rarely achieved.
- Characteristics of Chronic Diseases
 - Cause is unknown
 - Multiple risk factors
 - Long latency period
 - Prolonged course of illness

Chronic Disease Epidemiology and Control, 2nd Edition

MAJOR CHRONIC DISEASES

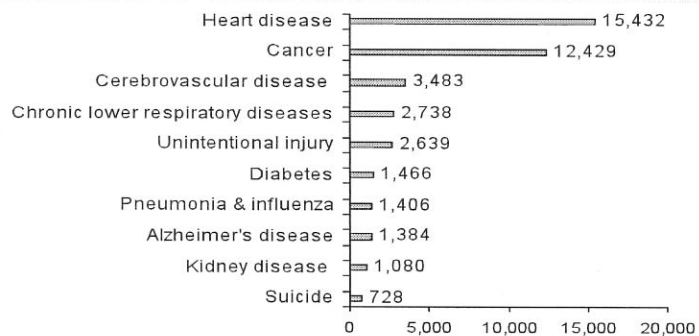
- **Cardiovascular Disease**
- **Cancer**
 - Lung
 - Colorectal
 - Breast
 - Cervical
 - Prostate
- **Diabetes**
- **Chronic Lung Diseases**
 - Asthma
 - Chronic Obstructive Pulmonary Disease
- **Arthritis and Other Musculoskeletal Diseases**
 - Osteoarthritis
 - Rheumatoid Arthritis
 - Osteoporosis
- **Chronic Neurologic Disorders**
 - Alzheimer's Disease
 - Parkinson's Disease

THE FACTS

- Chronic diseases are the leading causes of death and disability in the U.S.
- 7 out of 10 deaths are caused from chronic diseases.
- Heart disease, cancer, and stroke account for more than 50% of all deaths each year.
- In 2009, almost half of all Americans live with a chronic condition.
- 85% of health care costs are spent on chronic conditions.

Centers for Disease Control & Prevention; Robert Wood Johnson Foundation

LEADING CAUSES OF DEATH IN MISSOURI



Source: DHSS-MICA, 2004

CARDIOVASCULAR DISEASE (CVD)

- More than 1 in 5 Missourians have some form of CVD.
- More than 21,000 CVD deaths occur each year.
- CVD deaths remain high in Missouri compared to other states.

CANCER

- Cancer affects 3 out of 4 Missouri families.
- More than 28,000 new cases are diagnosed each year.
- Over 12,000 deaths from cancer occur each year.

DIABETES

- About 1 out of 3 people with diabetes are unaware of their condition.
- The number of children with Type II diabetes is increasing.
- Diabetes affects 12.2 million Americans 60 years and older - 23%.
- An additional 57 million Americans aged 20+ have pre-diabetes, increasing their risk of developing Type II diabetes, heart disease, and stroke.

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DIABETES

- Without appropriate management, diabetes can lead to:
 - Kidney failure
 - Blindness
 - Amputations
 - Cardiovascular diseases
 - Death due to flu and/or pneumonia complications

ARTHRITIS

- Arthritis is the most common cause of disability in America.
- In 2005, 32% of Missourians have physician diagnosed arthritis.
- About 15.5% of Missourians have certain activity limitations due to arthritis or joint symptoms.

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FOUR COMMON CAUSES OF CHRONIC DISEASES

- Lack of physical activity
 - More than 1 in 3 adults do not meet the recommended amount of physical activity.
- Poor nutrition
 - About 1 in 4 adults eat 5 or more servings of fruits and vegetables per day.

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FOUR COMMON CAUSES OF CHRONIC DISEASES

- Tobacco use
 - About 1 in 5 American adults smoke.
- Excessive alcohol consumption
 - Contributes to over 54 different diseases and injuries, including cancer of the mouth, throat, esophagus, liver, colon, and breast, liver diseases, and other cardiovascular, neurological, psychiatric, and gastrointestinal health problems

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OPPORTUNITIES & CHALLENGES

- Opportunities
 - Chronic disease are preventable
 - Prevention is cost-effective.
- Challenges
 - Widespread risk factors
 - Aging Population

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

- Helps individuals learn how to manage and improve their own health.
- Reduces health care costs.
- Focuses on obstacles common to people with any chronic condition.
 - Pain management
 - Nutrition
 - Exercise
 - Medication use
 - Emotions
 - Communicating with doctors

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

- Led by 2 trained facilitators who manage their own chronic health conditions.
- Workshops
 - 2 1/2 hour workshops over a six-week period
 - About 15-20 participants
- Effectiveness
 - Fewer emergency room visits and hospital stays.
 - Improved fatigue, shortness of breath, pain, social activity limitation, depression, and health distress.
 - Improved health behaviors and self-efficacy.

REFERENCES

1. Centers for Disease Control & Prevention: <http://www.cdc.gov/chronicdisease/overview/index.htm>
2. Missouri Department of Health & Senior Services: <http://health.mo.gov/ChronicDisease/BurdenofChronicDiseases.ppt>
3. National Council on Aging: <http://www.ncoa.org/press-room/fact-sheets/chronic-disease.html>