

Why Invest In a Chronic Disease Program?



The Impact of Chronic Disease ¹

90% of U.S. healthcare spending is for chronic diseases

75% of deaths in the U.S. are from chronic disease

Chronic disease is the **#1 cause** of disability

Chronic Disease Prevalence ^{1,3,4,5}

49.6% of U.S. adults have **hypertension**

10.2% of U.S. adults have **Type 2 Diabetes**

68% of U.S. adults that have **diabetes** also have **hypertension**

60% of U.S. adults have at least 1 chronic disease

40% of U.S. adults have at 2 or more chronic diseases

Compared to adults aged 18-44 years old, incidence rates of diagnosed diabetes were higher among adults aged 45-64 and those aged 65+ and older²

Clinical Implications

Only one-half of the people with high blood pressure have their condition under control: ⁶

- When your blood pressure is high: you are 4 times more likely to die from a stroke, and you are 3 times more likely to die from heart disease.
- About 7 in 10 people having their first heart attack have high blood pressure.⁷

Reducing average population systolic blood pressure by only 12-13 mmHg could: ⁸

- Reduce stroke (37%)
- Reduce coronary heart disease (21%)
- Reduce deaths from cardiovascular disease (25%)
- Reduce deaths from all causes (13%)

Blood pressure control:

- Every 10 mmHg reduction in systolic blood pressure reduces complications related to diabetes by 12%

Among U.S. adults 18 years or older diagnosed with diabetes:

- 3.2% had an A1C value of 8% to 9%
- 14.6% had an A1C value higher than 9%⁹

With a reduction of HbA1C by 1%, we reduce health risks: ¹⁰

- Death from diabetes decreases by 21%
- Heart attacks decreased by 14%
- Microvascular complications decrease 37% and peripheral vascular disease decreases by 43%
- Every percentage point drop in A1C blood test results reduces the risk of eye, kidney and nerve disease complications by 40%

Diabetes Costs ¹¹

- The total direct and indirect estimated costs of diagnosed diabetes in the United States in 2017 were \$327 billion.
- Total direct estimated costs of diagnosed diabetes increased from \$188 billion in 2012 to \$237 billion in 2017; total indirect costs increased from \$73 billion to \$90 billion in the same period.
- Between 2012 and 2017, excess medical costs per person associated with diabetes increased from \$8,417 to \$9,601 (2017 dollars).

Among other benefits, chronic disease management programs help to increase medication adherence, decrease ER utilization, and decrease hospital inpatient admissions, resulting in an overall cost savings to the health plan and the employee.



Visit **ChronicCare.net** to find out more or request an appointment

Diabetes Costs ¹²

Medication Adherence: In a recent study, employees who were adherent to their prescribed medications yielded savings of the following amounts compared to their non-adherent counterparts:

- High blood pressure patients saved \$53,908 per year
- Diabetes patients saved \$53,756 per year

Inpatient Admissions (example): ¹³

- Compared to patients without high blood pressure, those with high blood pressure had 2.5 times inpatient costs
- Reducing blood pressure by 10/5 mmHg lowers the risk of coronary heart disease events by 22% and strokes by 41% over about 5 years
- Furthermore, medical costs during the year of an ischemic stroke are more than 10 times the cost of the average commercially insured working-age individual
- Recent study demonstrated that employees participating in varying types of disease management programs generated savings of \$136 per member per month driven in large measure by a nearly 30% reduction in hospital admissions

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2. cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf

3. Centers for Disease Control and Prevention, 2013 nccd.cdc.gov/Toolkit/DiabetesBurden/Home/Health

4. cdc.gov/nchs/data/factsheets/factsheet_nhanes.pdf

5. cdc.gov/diabetes/pdfs/data/statistics/national-diabetes_statistics-report.pdf

6. Centers for Disease Control and Prevention, 2014

7. Mozzafarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics-2015 Update: a report from the American Heart Association *Circulation*, 2015, e29-322

8. cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf

9. The United States of Diabetes: Challenges & opportunities in the decade ahead. United Health. November 2010-1-60

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12. newsroom.heart.org/news/adults-with-high-blood-pressure-face-higher-healthcare-costs

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