



Healthy Communities, Healthy People

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Making a positive
impact on the health
of Floridians



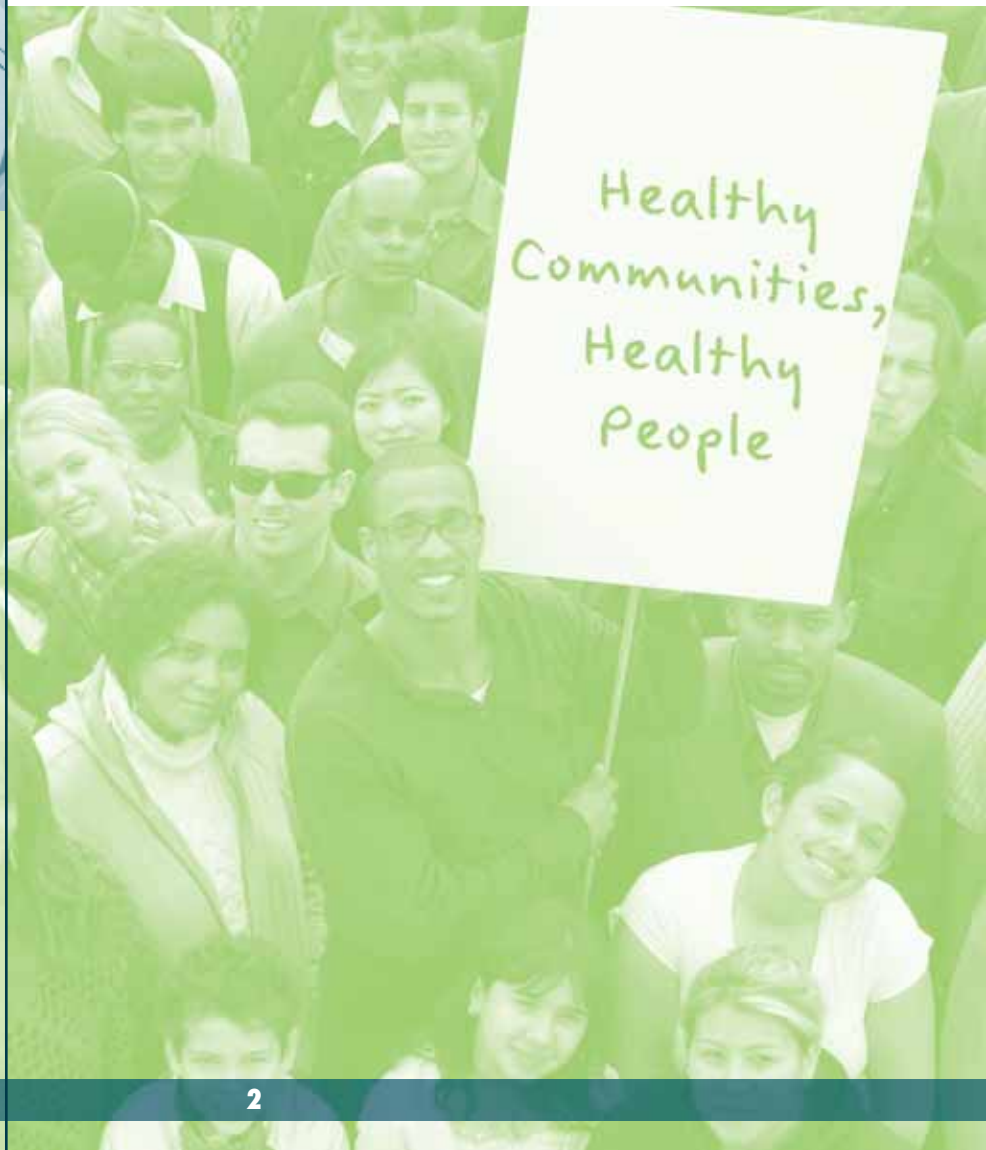
Executive Summary

THROUGH THE ENACTMENT OF SECTION 408.604 FLORIDA STATUTES IN 1992, the Legislature directed the Department of Health to develop a Healthy Communities, Healthy People Program, a comprehensive and community-based health promotion and wellness program designed to reduce major risk factors associated with chronic diseases. The Department accepted this responsibility as a challenge and an opportunity.

Chronic diseases directly and indirectly impact millions of Floridians with over ten million cases of seven common chronic diseases—cancer, diabetes, heart disease, hypertension, stroke, arthritis, and pulmonary conditions reported in 2003. Six of the top ten causes of death in Florida are attributed to chronic diseases with heart disease and cancer accounting for over fifty percent of all causes of death. Heart disease, cancer, diabetes, and arthritis are among the most prevalent, costly, and preventable of all health problems.^{4,7,16}

The Bureau of Chronic Disease Prevention and Health Promotion in the Florida Department of Health is dedicated to reducing the tremendous impact of chronic diseases on Florida's citizens and Florida's economy. Quality of life can be greatly improved and millions of dollars saved through enhanced systems for education, detection, treatment, and management of chronic diseases.^{4,5,6,16}

The Bureau of Chronic Disease Prevention and Health Promotion also facilitates policy and environmental changes that support healthy behaviors and make healthy living an easy choice.



Chronic Disease Burden

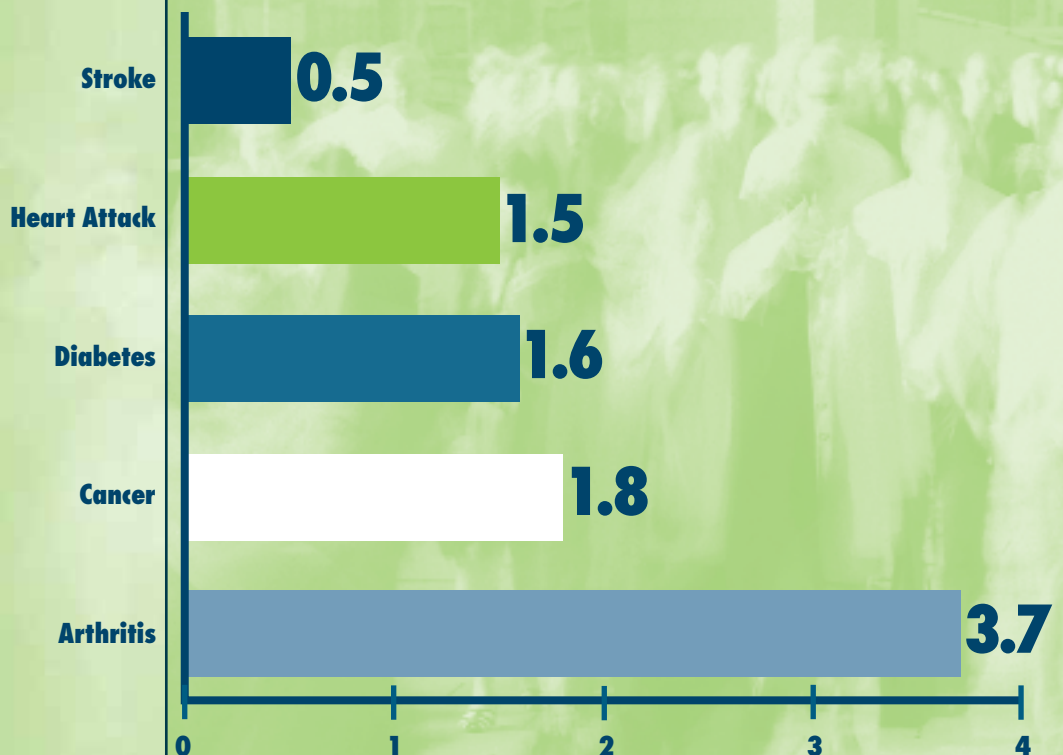
Prevalence of Chronic Disease in Adults in Florida

MILLIONS OF FLORIDIANS REPORT HAVING ONE OR MORE CHRONIC DISEASES. The true burden of chronic disease includes the impact on families, caregivers, employers, and the health care system.

In Florida:

- **3.7 million** (27%) adults reported a doctor told them they have some form of arthritis.
- **1.8 million** (12.4%) adults reported ever having cancer.
- **1.6 million** (10.7%) adults reported a doctor told them they have diabetes. In the past ten years, the prevalence of diabetes in Florida has increased by almost 70% from 6.3% of the adult population in 1998 to 10.7% in 2009.
- **1.5 million** (10.2%) adults reported ever having a heart attack, angina, or coronary heart disease.
- **450,000** (3.1%) adults reported ever having a stroke.⁴

Chronic Disease Prevalence in Millions, Florida

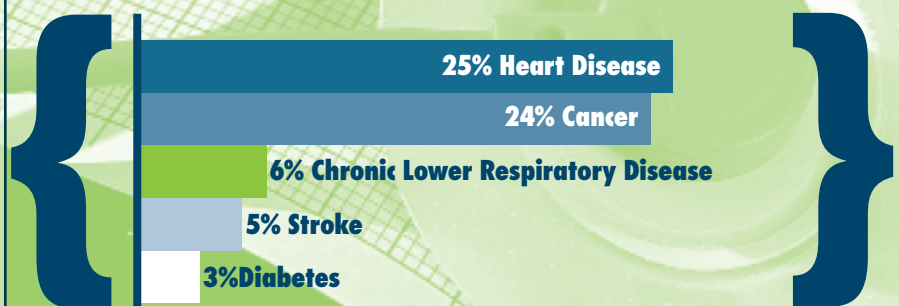
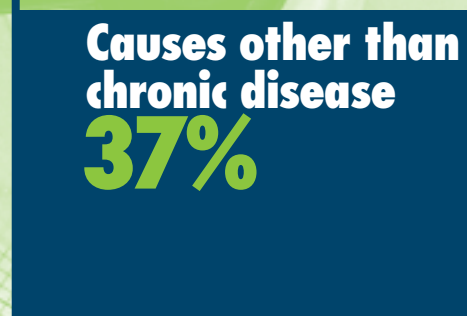
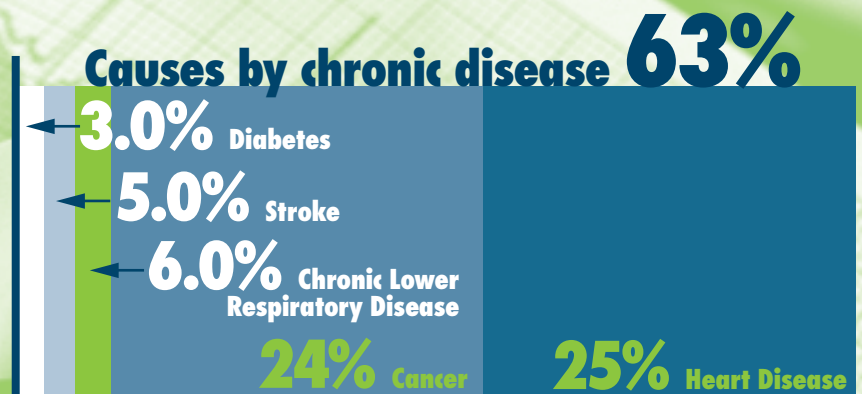


Mortality Statistics

CHRONIC DISEASES ACCOUNT FOR **63%** OF ALL DEATHS IN FLORIDA.

- **Heart disease** is the leading cause of death: 25% or 42,000 deaths
- **Cancer** is the 2nd leading cause of death: 24% or 40,500 deaths
- **Chronic lower respiratory disease** is the 3rd leading cause of death: 6% or 10,000 deaths
- **Stroke** is the 5th leading cause of death: 5% or 8,500 deaths
- **Diabetes** is the 6th leading cause of death: 3% or 5,000 deaths ^{7, 16, 19}

Major Causes of Death by Type, Florida



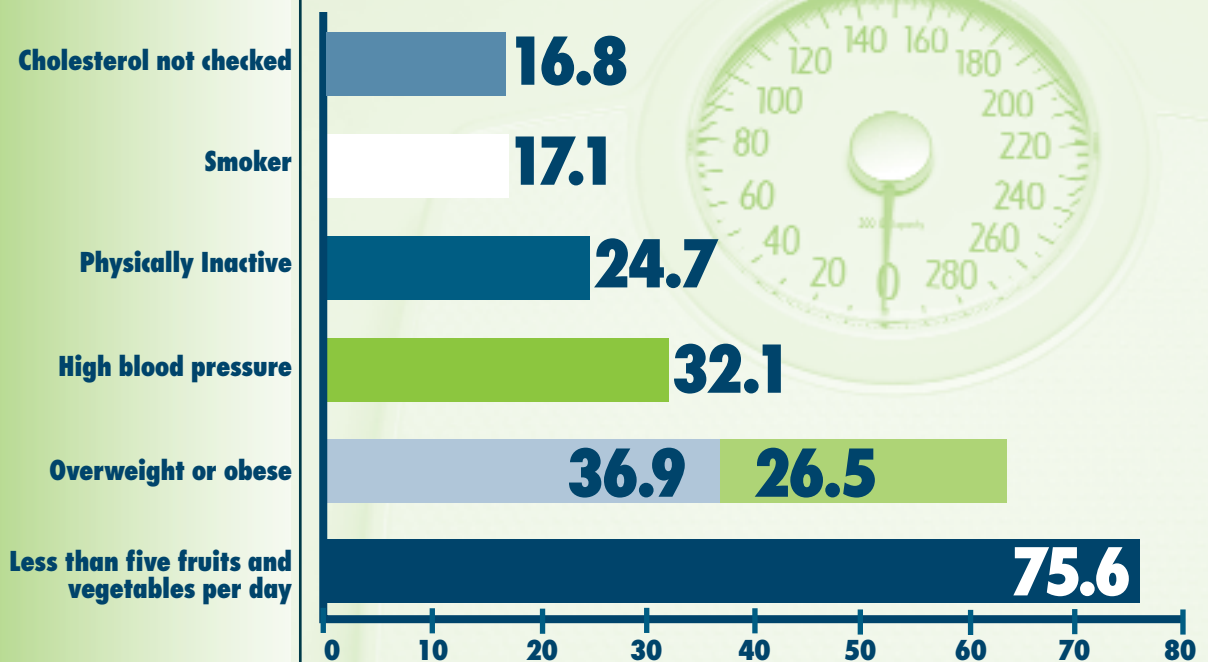
Modifiable Risk Factors

CHRONIC DISEASES DEVELOP OVER AN EXTENDED PERIOD OF TIME, often after prolonged exposure to one or more risk factors. Tobacco use and obesity are the first and second leading preventable causes of death. Since 1986, the prevalence of being overweight has increased nearly 80% while the prevalence of obesity has doubled. Rapidly rising obesity levels indicate an impending epidemic of chronic diseases and related treatment costs that threaten to overwhelm the public and private sectors. Adopting healthy behaviors such as eating nutritious foods, being physically active and avoiding tobacco use can prevent or control the devastating effects of these diseases.

In Florida (2009):

- **75.6%** of adults consumed less than five or more fruits and vegetables per day.
- **63.4%** of adults were overweight (36.9%) or obese (26.5%).
- **32.1%** of adults have been told by their doctor that their blood pressure was high.
- **24.7%** of adults were physically inactive.
- **17.1%** of adults were current smokers.
- **16.8%** of adults had not had their blood cholesterol checked in the last five years.⁴

Modifiable Risk Factors for Chronic Disease, Percent of Floridians Engaging in Behavior



Saving Money, Saving Lives

“Good health is an investment in economic growth.”

(Milken Institute, 2007)

The Cost of Chronic Disease

TREATMENT COSTS FOR CHRONIC DISEASES TOTAL BILLIONS OF DOLLARS EACH YEAR. The rapid growth of chronic disease cost lives, quality of life, and prosperity. These conditions also reduce productivity at the workplace, as ill employees and their caregivers are often forced either to miss workdays or to show up but not perform well. The impact of lost workdays and lower employee productivity results in an annual economic loss in Florida of over \$68.7 billion. Between treatment expenditures and lost productivity, the economic loss totals over \$86.3 billion. Experts estimate that chronic diseases are responsible for 83% of all health care spending.^{13,14}

- **96%** of Medicare spending and about 83% of Medicaid spending is for people with chronic conditions.
- **The average annual health care coverage cost** for people with a chronic condition is \$6,032, five times higher than for people without such a condition.
- **Health care spending for a person with one chronic condition** on average is two and a half times greater than spending for someone without any chronic conditions.¹³

The chart below illustrates the money spent per year by chronic disease type in Florida.

Costs of Chronic Disease by Type, Florida

| Chronic Disease | Money Spent (year) |
|------------------------|---|
| Arthritis | 7.6 billion (2003) |
| Cancer | 21.1 billion funded by Medicare for 5 years (projected for 2004–2009) |
| Coronary heart disease | 6.9 billion (2002) |
| Diabetes | 12.2 billion (2006) |
| Obesity | 3.9 billion with over one half funded by Medicare and Medicaid (2004) |
| Stroke | 3.1 billion (2002) |

1, 2, 8, 9, 13, 14, 15, 21

Return on Investment

RETURN ON INVESTMENT CAN BE MEASURED IN BOTH FINANCIAL AND HUMAN TERMS. For example, according to the Centers for Disease Control and Prevention, one of every four dollars spent on cancer in the U.S. goes toward the cost of breast cancer. Early detection can save up to 35% of the net costs of this care. In regards to cervical cancer, the five year survival rates are 92% when the cancer is confined to the primary site but as low as 13% once it has progressed and metastasized. The introduction of screening programs in areas previously lacking this preventive service reduced cervical cancer rates by 60–90% within three years.⁵

Worksite health promotion and wellness programs can reduce sick leave and health care costs by over 25%, reduce disability and workers compensation costs by over 30%, and overall, for every dollar spent on prevention, \$5.50 is saved on health care costs.¹²

Arthritis is the leading disability in Florida impacting about one in five adults. The evidence-based Chronic Disease Self Management Program, with an estimated cost of \$96 per person, has been proven to have a huge return on investment. Emergency room visits, hospitalizations, and use of healthcare resources are expected to increase with progressive disability, but this is not the case for those who have completed the Chronic Disease Self Management Program.^{16,17}

In 2010, the estimated cost of heart disease in the U.S. was \$316.4 billion, which includes healthcare, medications, and lost productivity. Heart disease deaths over the past few decades have declined, with 44% of the reduction attributable to a decrease in controllable risk factors including blood pressure, cholesterol levels, tobacco use, diet, and physical activity. Changes in behavioral risk factors, such as healthy eating and physical activity, impact many chronic diseases and can account for substantial reductions in state and federal expenditures.^{2,6,11}

A recent study reported in the American Journal of Public Health concluded that a 5% reduction in the prevalence of diabetes and high blood pressure could save the nation about \$9 million per year in medical costs in the near future. Additionally, savings would jump to \$24.7 billion a year when conditions relating to those health problems are affected. What this means for Florida is a short term savings of \$633.8 million and future savings of \$1.8 billion each year.²³

Who We Are

What We Do and Our Impact for Florida

ESTABLISHED IN MARCH 1998, THE BUREAU OF CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION has expanded its capacity to provide a comprehensive approach to preventing, detecting, and reducing complications of chronic diseases in Florida. The bureau currently houses the following programs: Heart Disease and Stroke Prevention, Diabetes Prevention and Control, Comprehensive Cancer Control, Breast and Cervical Cancer Early Detection, Colorectal Cancer Control, Arthritis Prevention and Education, Communities Putting Prevention to Work State and Territorial Initiative, and Healthy Communities, Healthy People.

Heart Disease and Stroke Prevention Program

The Heart Disease and Stroke Prevention Program focuses on control and reduction of high blood pressure and cholesterol through public and health care provider education.

IMPACT FOR FLORIDA: The Program has funded four school districts, serving more than 200,000 employees, to implement comprehensive employee wellness programs. As a result of support from the Heart Disease and Stroke Prevention Program, over 18,000 school district employees have received blood pressure education. Long term results will be evaluated to measure changes in sick leave, disability, workers compensation, and health care costs.

Through a partnership with Florida Association of Community Health Centers, 11 centers have adopted the Cardiovascular Disease collaborative, a system of providing improved quality of care. In addition, an increasing number of federally funded community health centers and county health departments are adopting computerized medical records for heart disease patients in order to enhance health care access and services.

Diabetes Prevention and Control Program

The Diabetes Prevention and Control Program focuses on preventing diabetes and increasing the number of people with diabetes who receive diabetes self-management education. Costs associated with diabetes complications and emergency care are reduced through these efforts as well as reductions in disability and premature death.

IMPACT FOR FLORIDA: The Diabetes Prevention and Control Program provided technical assistance to the Diabetes Advisory Council in preparing its annual recommendations to Florida's Surgeon General. The recommendations included Safe at Schools, a campaign to have personnel trained in routine and emergency diabetes care at every school in which a student with diabetes is enrolled. As a result, a new law encourages, but does not require, schools to have trained diabetes care professionals.

The program partners with federal, state, and local agencies and organizations to continue their efforts to impact the economic and human toll of diabetes.





Arthritis Prevention and Education Program

The Arthritis Prevention and Education Program helps community organizations use research-based, self-management and physical activity programs for adults. Guidance is provided to community organizations to expand and sustain health delivery systems that can support these types of programs.

IMPACT FOR FLORIDA: More than 10,000 adults have participated in the Centers for Disease Control and Prevention approved self-management and physical activity programs. The benefits to the participants of the programs include increases in mobility, social interaction, and mental function and decreases in doctor visits, hospitalizations, pain, medication use, and depression.

Comprehensive Cancer Control Program

The Comprehensive Cancer Control Program's main objective is to reduce the cancer burden through a collaborative effort with public and private partners across Florida. Statewide cancer control efforts are coordinated through the guidance of the Florida Cancer Plan Council, the Florida Cancer Control and Research Advisory Council, and through regional collaboration.

IMPACT FOR FLORIDA: The 2010 Florida Cancer Plan Priority Strategies were developed, which include to coordinate work of public and private entities; increase prevention, screening, and early detection; and increase access to resources and treatment.

Breast and Cervical Cancer Early Detection Program

The Breast and Cervical Cancer Early Detection Program is primarily a clinical program that promotes screening and early detection as the means to reduce deaths due to breast and cervical cancer. Detecting cancers at an early stage is the key to improved survival and decreased mortality rates. The program is available statewide with a network of over 200 providers.

IMPACT FOR FLORIDA: The program provided 10,781 mammograms for 10,503 women and 4,797 Pap tests for 4,772 women. These screenings detected 267 breast cancers, 2 invasive cervical cancers, and 49 pre-cancerous lesions or precancerous conditions. The program also developed a low-literacy breast and cervical cancer train-the-trainer educational toolkit.

Screen for Life: Colorectal Cancer Control Program

The Screen for Life: Colorectal Cancer Control Program provides limited screening to uninsured Floridians in three locations in the state and provides cancer navigation services to many others. The broader goal is for outreach and education to improve screening response for all those over age 50 in order to reduce the incidence, morbidity, and mortality from this preventable cancer.

IMPACT FOR FLORIDA: This was the first year the program was conducted. Projects included media campaigns in four cities, outreach activities, screenings for over 150 people, and four physician workshops in partnership with the American Cancer Society.



Communities Putting Prevention to Work

The Florida Department of Health created a two-year comprehensive prevention and wellness initiative funded under the American Recovery and Reinvestment Act (ARRA) of 2009. The goal of this initiative is to reduce risk factors associated with chronic disease, promote wellness in children and adults, and provide a positive, sustainable health change in communities. The program objectives are to increase the number of smoke-free environments in parks and recreation facilities, increase the number of schools participating in the Safe Routes to School Walking School Bus program for promoting physical activity, and to increase the number of school districts that support breastfeeding through worksite policy.

IMPACT FOR FLORIDA: In its first year the program has accomplished the following; 45 parks in the state now have smoke free policies, 25 schools have initiated a new walking school bus program, and 25,000 school district employees now work in facilities that allow worksite breastfeeding support.

Healthy Communities, Healthy People Program

The Healthy Communities, Healthy People Program provides technical assistance and resources to each of the 67 county health departments to develop and maintain strong partnerships to collectively impact identified local needs. The Healthy Communities, Healthy People Program focuses on education, and policy/systems/environmental changes at the county level to reduce chronic disease and risk factors.

IMPACT FOR FLORIDA: COUNTY LEVEL SUCCESS

POLICY CHANGE: Wakulla County, "Eat Smart" Child care centers and schools play a major role in providing nutritious food to children. By educating child care providers in basic nutrition, setting food policies, and sharing nutritional information with parents, young children's nutrition can be positively affected and the occurrence of childhood obesity may be reduced. Five schools and over 500 individuals (students, parents, and staff) were reached with the "Eat Smart" program, and eight nutrition/food service policies were implemented.

SYSTEM CHANGE: Bradford/Union County, "P2M: Partnering to Move" Bradford and Union counties report approximately 30% of their adult population is sedentary and 75% are overweight or obese. To positively influence the mindset of the community to embrace physical activity, the "P2M: Partnering to Move" project involved several community partners including schools, school nurses, a health care board, an elder organization, economic and health councils, a public library, and a local fitness center. Program facets include: four community-wide walks, a school walking program, diabetic walking program, and a family wellness challenge. This system change is impacting hundreds of people at all age levels.

ENVIRONMENTAL CHANGE: Okaloosa County, Breastfeeding Support The benefits of breastfeeding have long been established. Benefits include: lowering risks for certain illnesses and diseases and a positive impact on healthy weight for both the mother and child. To support nursing mothers returning to work in the Okaloosa School District, environmental improvements included providing a private area with a nursing footstool, providing a small refrigerator for pumped milk storage, and providing educational materials.



Implications

CHRONIC DISEASE COSTS EVERYONE: physical and emotional suffering for individuals and families, loss of productivity, increased health care costs, and loss of life. An emphasis on prevention and healthier lifestyles could reduce this burden. Public health stakeholders need to work together to address the devastating effects of chronic disease. We have a duty to help improve the health of Floridians, which will directly impact economic productivity. The overarching goal of the Bureau of Chronic Disease Prevention and Health Promotion is to decrease morbidity and mortality due to chronic disease. We have identified key strategies related to prevention, early detection, and management. Programs are charged to work collaboratively to effect policy/systems/environmental changes to provide sustainable positive impact on the percentage of adults at a healthy weight, a critical factor in chronic disease prevention and management.

The Milken Report projects if the nation remains on the current path, in 2023:

- **A 42 percent increase** in cases of the seven chronic diseases, a total of 230.7 million Americans.
- **\$4.2 trillion** in treatment costs and lost economic output.
- **All states stand to gain from a focus on prevention**, with total avoided costs (from lower treatment costs and higher productivity) ranging from 26 percent to 28 percent of the baseline projected costs in 2023.¹⁴

The Department of Health serves on the front line of public health. The Department is committed to safeguarding the health and livelihood of all citizens of Florida. The Bureau of Chronic Disease Prevention and Health Promotion understands the urgency of prevention and the need to implement evidence-based practice to reduce morbidity and mortality. An investment in good health is an investment in the economic growth and the vitality of Florida.



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For a detailed description of the Bureau of Chronic Disease Prevention and Health Promotion and its programs please visit <http://www.doh.state.fl.us/Family/chronicdisease/>

