

Public Value in the West

An initiative of the Western Extension Directors Association

Reducing health care costs



Relevance

Almost two-thirds of the growth in national healthy spending over the past 20 years can be attributed to Americans' worsening lifestyle habits and in particular to the epidemic rise in obesity rates. In 2012, Healthy People 2020 reported that 35.3% of adults and 16.9% of children 2-19 years were obese. If obesity rates continue on their current trajectories, by 2030, the Center for Disease Control and Prevention (CDC) reports that obesity rate in the Western US will range from 44-58%. Obese people spend 42% more on health services and 77% more on medications than normal-weight people.

Extension's Response

___(enter your state name) reached out to their clientele with the programming in the following areas:

(Insert the number of people trained in your state on each of the following program areas in which you do programming. For instance-- 200 people in Alaska quit smoking due to a smoking cessation program offered by Cooperative Extension.)

Alcohol and substance abuse prevention

(your University) Extension, U.S. Department of Agriculture and Colorado counties cooperating.

Extension programs are available to all without discrimination. April 2015

As of 2012, the CDC reports that about half of all adults—117 million people—have one or more chronic health conditions. One of four adults has two or more chronic health conditions. Chronic disease account for 7 out of every 10 deaths in the US and for more than 60% of total medical care expenditure. Two of these chronic diseases—heart disease and cancer—together accounted for nearly 48% of all deaths. For cases of heart disease and hypertension, 20-40% are attributed to diet and as much as 90% of diabetes cases may be due to overweight and obesity.

Poor diet and physical inactivity cause over 300,000 deaths in the US each year and are major contributors to disabilities that result from diabetes, osteoporosis, obesity, and stroke.

In 2011, more than one-third (36%) of adolescents said they ate fruit less than once a day, and 38% said they ate vegetables less than once a day. In addition, 38% of adults said they ate fruit less than once a day, and 23% said they ate vegetables less than once a day (CDC).

Each year, one in six Americans get sick from and 3,000 die of foodborne diseases. Reducing foodborne illness by 10% would prevent 5 million Americans from getting sick each year. Preventing a single fatal case of *E. coli* O157 infection would save an estimated \$7 million.

Results

Smoking Cessation multiply number of clientele who quit smoking by \$4260. (American Lung Assoc.) (eg. In Alaska, 200 clientele quit smoking saving \$856,200 in future health care costs)

Alcohol and substance abuse Save \$18 for every \$1 spent on youth programs. (US Health and Human Services, Substance Abuse Division)

Beverage Choice, Obesity, Energy Balance Each obese person spends an additional \$1429 per year on health costs. (Center for Disease Control and Prevention)

Breastfeeding Each non-breast fed infant spends an additional \$331 to \$475 in health care costs during the first year of life. (American Academy of Pediatrics)

Chronic Disease accounts for \$3 of every \$4 spent on Health care. That accounts for \$7,900 per American with a chronic disease. (Center for Disease Control and Prevention)

Diabetes Average cost of medical care of a individual with diabetes is \$85,500. 53% is due to diabetic complications. Learning how to prevent complications would save \$45,315. (*American Journal of Preventative Medicine*)

Farm Food Safety and Food Safet Cost \$1626 per food borne illness— (*Journal of Food Protection*)

Food Security

Gluten free cooking Healthcare costs for untreated celiac disease in the US is \$5000 to \$12,000 per year. (Celiac Support Association)

Gardening, more fruits and vegetables If Americans ate just **one more serving** of fruits or vegetables per day, this would save more than **30,000 lives** and **\$5 billion in medical costs**

each year. (Union of Concerned Scientists)

Fitness and Physical Activity Save \$3.50 per \$1 spent on wellness programs—*American Journal of Health Promotions*. Or Save \$350 per year on each employee on a wellness program—Partnership for Prevention. A sustained 10% weight loss will reduce an overweight person's lifetime medical costs by \$2,200–\$5,300 by lowering costs associated with hypertension, type 2 diabetes, heart disease, stroke, and high cholesterol. If 10% of adults began a regular walking program, \$5.6 billion in heart disease costs could be saved. (Center for Disease Control and Prevention) Older adults who visited a health club two or more times a week over two years incurred \$1,252 less in health-care costs in the second year than those who visited a health club less than once a week.

Decreasing Food Deserts Those who live more than 5 miles from a grocery store had a 20% higher level of obesity and were 23% more likely to have diabetes. (California Center for Public Health Advocacy)

Food Planning and purchasing

Food preparation, cooking 8% of clients enrolled in a cooking class perceived that their family ate more healthfully after the class.

Food Preservation

Heart Disease incidence of heart disease can be reduced by 50% with prevention programs. (World Health Organization). The average cost of a heart attack is \$38,500 during the first 90 days after the incident. (National Bureau of Economic Research). The estimated out of pocket costs for a heart attack range from \$5000 to \$8000. (American Cancer Society Cancer Action Network)

Stroke- Heart disease and stroke cost the nation \$312.6 billion/year in

Your institutions' logo here

Contact Information

____(enter your state name)

Contact information

Partners

Farmer's Markets

Local Farmer's

Community Garden's

Food Banks, Department of Health, State SNAP Office

Partners with SNAC (State Nutrition Action Coalition)

State Department of Education, Schools – Education (Feeding, Education, School Gardens)

Worksites

Refugees

USDA Fruit and Vegetable Program <http://>

www.google.com/intl/en/options/

Let's Move

Grocery Stores

Head start

Departments of Aging

By the Numbers

Funding for these programs came from:

USDA NIFA/EFNEP

USDA FNS

National Competitive grants programs

State/local Competitive grant programs

Local/Funding Insurance

(example: Blue Cross Insurance)

Corporations (example: