

## PREVENTION SAVES LIVES

Between 70-90% of leading chronic conditions (diabetes, heart disease, stroke, and cancers) can be PREVENTED through public health programs

### HEALTH BENEFITS

By a combination of not smoking, maintaining a healthy weight, engaging in moderate physical activity, consuming a healthful diet and limiting alcohol consumption,

90% OF TYPE 2 DIABETES,  
80% OF



## PREVENTION SAVES MONEY

16 billion annually within 5 years.



STROKE: \$67 BILLION  
HYPERTENSION: \$110B

from cigarette taxes

of total healthcare spending.

Indirect costs of employees' poor health to employers can be 2 TO 3 TIMES the cost of direct medical expenses.



# SOURCES

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3. Bradley CJ, Lansdorp-Vogelaar I, Yabro KR, Dahman B, Mariotto A, Feuer EJ, Brown ML. Productivity savings from colorectal cancer prevention and control strategies. *American journal of preventive medicine*. 2011 Aug 31;41(2):e5-14.
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