

Chronic diseases such as heart disease, stroke, cancer and diabetes are the leading causes of death in Indiana. In 2007, more than 57% of all deaths were attributed to these four diseases. The financial impact of chronic diseases on Indiana's economy is substantial. In its milestone report, "An Unhealthy America: The Economic Impact of Chronic Disease," the Milken Institute (MI) illustrates the enormous economic cost of chronic diseases in the United States. Based on the State Chronic Disease Index of 2006, MI ranks Indiana the 23rd healthiest state. Utah was ranked as the healthiest state.

Economic Impact of Chronic Diseases in Indiana: 2003 (Annual estimated costs in billions)

Treatment Expenditures:	\$6.7
Lost Productivity:	\$22.7
Total Costs:	\$29.4

Most Common Chronic Diseases in Indiana:

Heart Disease and Stroke

- Heart disease was the leading cause of death (25.5%, or 13,715 deaths) in Indiana in 2007; stroke was the fourth leading cause of death (5.6% or 3,001 deaths) in 2007.
- In 2009, more than 31% of Indiana residents reported having high blood pressure, and nearly 40% of those screened reported having high blood cholesterol, a risk factor for developing heart disease and stroke.

Cancer

- Cancer was the second leading cause of death (nearly 24% of deaths or 12,750 deaths) in Indiana in 2007.
- More than 28,000 new cancer cases were diagnosed in Indiana in 2007, which includes nearly 3,892 new cases of breast cancer among women and about 3,050 new cases of colorectal cancer.

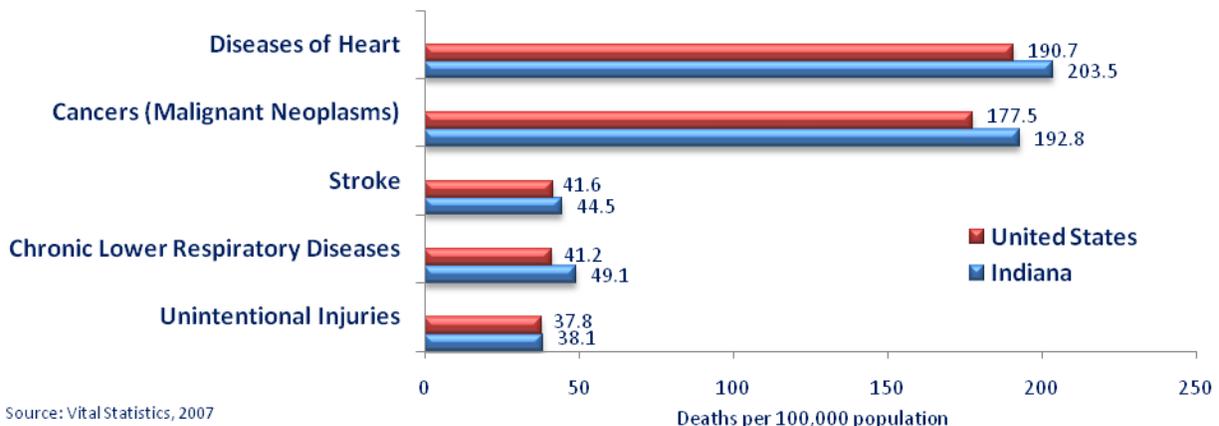
Diabetes

- Diabetes was the seventh leading cause of death (1,564 deaths) in Indiana in 2007. Although diabetes is considered to be underreported as the primary cause of death, risk of death among people with diabetes is about twice as high as people of similar age without diabetes.
- In 2009, more than 9% of adults reported being diagnosed with diabetes.

Arthritis

- Arthritis is one of the most common causes of disability in Indiana, with 30% of adults being diagnosed with the disease.

Leading Causes of Death in Indiana and United States (Age-adjusted, 2007)



Key Risk Factors

Tobacco Use

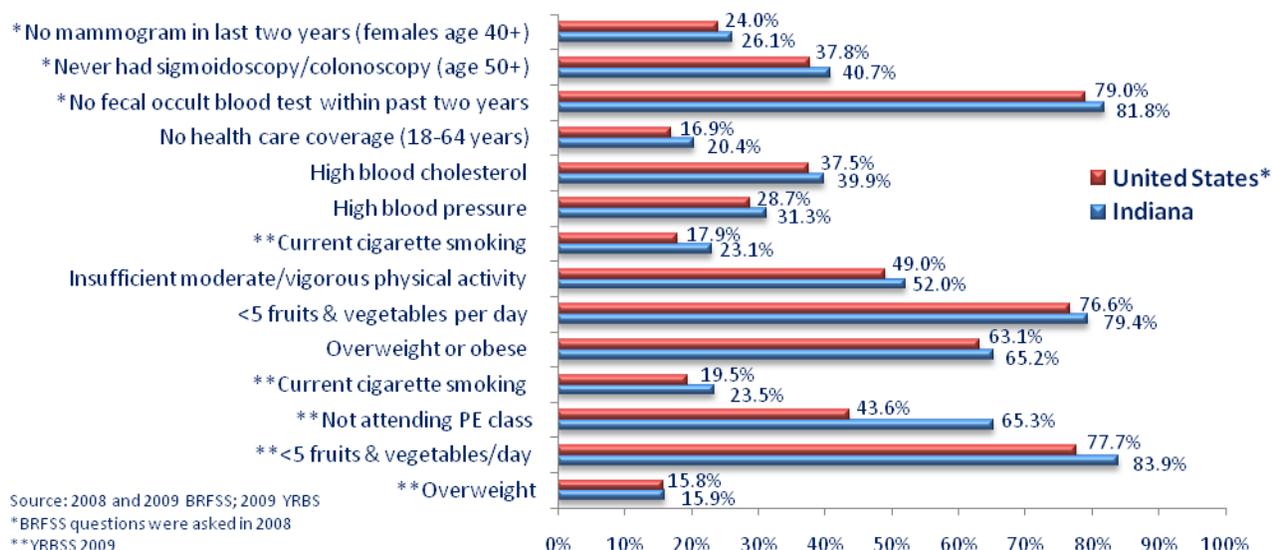
- Tobacco use is the single most preventable cause of death and disease in the United States. Each year, approximately 438,000 people in the United States die prematurely from smoking or exposure to second hand smoke, and another 8.6 million have a serious illness caused by smoking. For every person who dies from smoking, 20 more people suffer from at least one serious tobacco-related illness.

- Twenty-three percent of both adults and high school students in Indiana reported being current smokers in 2009.

Physical Inactivity, Fruit/Vegetable Intake, and Overweight/Obesity

- The prevalence of overweight and obesity has increased significantly for both adults and children in the past 30 years. Lack of physical activity and unhealthy eating contribute to obesity and a number of chronic diseases, including cardiovascular disease, diabetes, and some cancers.
- In 2009:
 - More than 65% of adults and 29% of high school students reported being either overweight or obese
 - More than 79% of adults and 84% high school students reported consuming less than 5 fruits and vegetables per day
 - Only 64% of adults reported having engaged in sufficient moderate/vigorous physical activity per week, whereas only 41% of Indiana high school students reported doing so.

Risk Factors and Preventive Services, Indiana and United States, 2008*, 2009**



What Can Be Done?

Cost-effective interventions to reduce the burden of chronic diseases in Indiana include:

- Cease smoking.
- Encourage more physical activity. Many cities and towns across Indiana still have barriers to outdoor physical activity, including the lack of sidewalks, lack of public open space or parks, and no walking or biking routes to local schools.
- Encourage higher consumption of fruits and vegetables.
- Reduce intake of foods containing high amounts of sodium and fat.
- Improve access to healthcare (more than 20% adults aged 18-64 reported having no health care in 2009).
- Follow guidelines for early cancer detection screenings.
 - **Mammography for women** (In 2008, more than 26% women aged 40 years and older in Indiana reported not having had a mammogram within the last two years).
 - **Sigmoidoscopy/colonoscopy or fecal occult blood test** (Up to 60% of deaths from colorectal cancer could be prevented if persons aged 50 and older were screened regularly. In 2008, 41% of adults aged 50 and older reported never having had a sigmoidoscopy or colonoscopy, and 82% reported not having had a fecal occult blood test within past two years.)

References

- DeVol, R. and Bedroussian, A. (2007). *An Unhealthy America: The Economic Burden of Chronic Disease*. Milken Institute, Santa Monica, CA.
- Behavior Risk Factor Surveillance System (BRFSS) data (2008, 2009); www.cdc.gov/brfss (Accessed August 30, 2010)
- Youth Risk Behavior Survey (YRBS) data (2009); www.state.in.us/isdh/21383.htm (Accessed August 30, 2010)
- Centers for Disease Control and Prevention's Chronic Disease website; www.cdc.gov/chronicdisease/index.htm (Accessed August 30, 2010)