

Q and A

Why does Ohio need to focus on chronic disease?

- Ohio ranks 37th for health in the country but spends more per person on health care than all but 16 other states.
- Chronic diseases such as heart disease, stroke, diabetes and many cancers kill more people in Ohio than all other causes combined. They are among the most common, costly and preventable of all health problems in Ohio.
- Rates for the most preventable risk factors, including high blood pressure, obesity, tobacco use, physical inactivity and poor nutrition, are higher in Ohio than in many other states.
- Chronic disease costs Ohio more than \$57 billion every year in both healthcare costs and lost productivity from work.
- Without change, healthcare costs could nearly triple in the next two decades.
- Small changes in the health of Ohioans now can contribute to preventing more than 600,000 new cases of cancer, diabetes, heart disease and stroke in the future, and save Ohio more than \$1 billion.
- The risk for developing a chronic disease or associated risk factor is shaped by social and economic conditions. Many chronic diseases are more common and deadlier if you are a minority, live in poverty, did not go to college, or have a mental illness or a disability.

What is Ohio's Plan to Prevent and Reduce Chronic Disease: 2014–2018 (Chronic Disease Plan)?

- The Chronic Disease Plan is a five-year, priority-driven guide to prevent and reduce chronic disease in Ohio and ultimately improve overall population health.
- The Chronic Disease Plan includes cross-cutting objectives that will have impact on policies, systems and environments influential to chronic disease outcomes and health behavior change.
- The purpose of the Chronic Disease Plan is to guide stakeholders within each sector—schools and universities, community organizations, state and local governments, worksites, and healthcare systems—in aligning activities and leveraging resources to build communities that support health.

What does the plan hope to achieve?

- The Chronic Disease Plan's goal is to prevent and reduce the burden of chronic disease for all Ohioans.
- The objectives chosen for the Chronic Disease Plan fall within four Core Focus Areas:
 1. Making healthy behaviors easier and more convenient for more people.
 2. Improving the delivery and use of quality clinical services in order to prevent disease, detect diseases earlier and manage risk factors.
 3. Ensuring those with or at high risk for chronic disease have access to quality community resources in order to best manage their disease or risk factors.
 4. Providing data to inform, prioritize, deliver and monitor programs and population health.
- Long-term outcomes are focused on:
 1. Reducing the rates of the leading causes of death and disability: heart disease, stroke, diabetes and cancer.
 2. Increasing effective screening for many cancers, diabetes, blood pressure and cholesterol.
 3. Reducing risk factors such as tobacco use, obesity, physical inactivity and poor nutrition.

How was the plan developed?

The Chronic Disease Plan represents the collective efforts of experts who used national guidelines and state and local data to develop a coordinated approach to chronic disease prevention and health promotion. These experts come from public health, health care, business, education, transportation and planning, and state and local government.

How is the plan going to be implemented?

- The plan will be implemented by the Ohio Chronic Disease Collaborative.
- The Ohio Chronic Disease Collaborative consists of partners from many sectors—communities, schools, health care, worksites, government and public health—working together to leverage resources and maximize reach.
- The Ohio Chronic Disease Collaborative is open to all interested organizations/agencies, and members may participate as a stakeholder, objective partner or objective lead.

How can organizations/agencies get involved?

- Align with the larger statewide effort by using the Chronic Disease Plan to identify the evidence-based objectives that best fit your community's specific needs.
- Join the Ohio Chronic Disease Collaborative as objective partners and leads to share your progress and help meet the Chronic Disease Plan's performance measures.

Where can you learn more?

Visit www.healthy.ohio.gov/CDPlan