

What You Need to Know About Chronic Disease

Chronic diseases include alcoholism, asthma, cancer, cardiovascular disease, depression, diabetes, and kidney disease. “Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems,” says the Centers for Disease Control and Prevention

“As of 2012, about half of all adults—117 million people—had one or more chronic health conditions. One of four adults had two or more chronic health conditions.

Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases—heart disease and cancer—together accounted for nearly 48% of all deaths.”

<http://www.cdc.gov/chronicdisease/overview/>

What it Costs: Eighty-six percent of all health care spending in 2010 was for people with one or more chronic medical conditions.

Look at the incidence of chronic disease in your state:

<http://www.cdc.gov/cdi/index.html>

Chronic conditions among people on Medicare. “More than 4 million — about 15%— have at least six long-term ailments. Those sickest seniors account for more than 41% of the \$324 billion spent on traditional Medicare,” says USA Today.

<http://www.usatoday.com/story/news/2015/06/05/medicare-costs-seniors-sick-chronic-conditions/27390925/>

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<https://www.nasi.org/discuss/2015/06/covered-white-house-political-battle-between-medical-special>

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