

# SOCIETY of BEHAVIORAL MEDICINE

Better Health Through Behavior Change

## PROTECT ARIZONA

### PROTECT NIH FUNDING

*Cuts to NIH funding would erode America's position as world leader in science and technology advancements that save and improve lives.*

- NIH research helps *prevent* cancer, obesity, heart disease, diabetes and other chronic diseases. Prevention saves lives *and* dollars.

**Arizona received \$173,425,012 NIH dollars in 2012, supporting 422 research and disease-prevention projects. NIH-funded awards by Arizona SBM members include:**

- **Determining how to ensure that a hard-to-reach, multicultural and underinsured population visits primary care clinics, where clinic navigators encourage them to undergo colorectal screening.**
- **A study to determine whether eating cruciferous vegetables while taking Tamoxifen therapy can improve its effectiveness and/or reduce its toxicity. Tamoxifen is frequently used for the primary prevention of breast cancer or to reduce the risk of its recurrence.**
- The NIH pumps millions of dollars into the economy, creating necessary medical research jobs.
- An engine of innovation, the NIH positions the US as a global leader in ground-breaking new research.

**In Arizona, NIH-funding created 4,197 jobs in 2012.**

### PROTECT THE PREVENTION AND PUBLIC HEALTH FUND

Created through the Patient Protection and Affordable Care Act (ACA), the Prevention and Public Health Fund represents a critical investment in our nation's physical and fiscal health. The Fund supports hundreds of health programs nation-wide that prevent such chronic and costly diseases as cancer, diabetes, heart disease, and obesity. These programs:

*Seventy-five percent of America's health care costs are related to preventable conditions!*

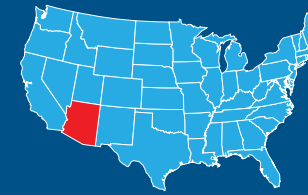
- Reduce or end tobacco use, a cause of life-threatening and fatal heart and lung diseases.
- Ensure that kids and adults receive immunizations. Immunizations protect troops as well – keeping them ready and able to maintain America's defenses.
- Target diabetes, teaching people how to adopt healthy eating habits and increase physical activity. These habits help prevent devastating outcomes associated with diabetes, such as amputation and blindness.

**In Arizona, the Prevention and Public Health Fund is...**

- **Supporting anti-tobacco education campaigns that include telephone-based tobacco cessation services and outreach community programs. A major cause of cancer as well as debilitating chronic lung and heart disease, tobacco use has devastating effects on individuals, families and on the nation's healthcare system.**
- **Preventing the spread of HIV/AIDS in high risk populations and communities by expanding testing opportunities and linking HIV-infected people with needed services.**
- **Providing medically underserved communities with better access to quality health care by training more public health providers to serve on the front-line of preventive medicine, health promotion and disease prevention.**

*The Society of Behavioral Medicine is a 2,200-member organization of scientific researchers, clinicians, and educators. They study interactions among behavior, biology, and the environment and translate findings into interventions that improve the health and well being of individuals, families, and communities.*

Society of Behavioral Medicine • 555 E. Wells St., Suite 1100 • Milwaukee, WI 53202 • [www.sbm.org](http://www.sbm.org)



## PROTECT ARIZONA

### PROTECT COMMUNITIES

Lacking adequate resources to battle them, many US communities face health and safety threats. The Centers for Disease Control and Prevention's (CDC) community grants strengthen communities. Children can run, play soccer, and shoot hoops in crime-free playgrounds and parks.

#### In Arizona...

- A \$200,000 CDC Small Community Transformation Grant to the Tohono O'odham Community Action (TOCA) organization, to help prevent chronic diseases and promote better health among residents of the Tohono O'odham Nation, in the Sonoran Desert of south central Arizona. The goal of the health initiative is to reduce obesity and type 2 diabetes in the community by creating access to and culturally-based interest in healthy local native foods. Such foods, furnished by local farmers and prepared in kid-friendly ways, have been used in cafeteria lunches and at after-school activities.

*CDC's community-based programs make healthy living easier for 130 million Americans. They foster tobacco-free, active living, and healthy eating – habits that prevent suffering and other costs associated with chronic diseases.*

### ADOPT A BALANCED APPROACH TO REDUCING THE DEFICIT

*As a solution to solving this nation's budget woes, cuts, alone, without parallel revenue increases, jeopardize preventive health services that control healthcare costs and allow Americans to take responsibility for their own health. Cuts would also reduce meals for needy seniors, food inspections, and HIV testing; they would decrease public health emergency preparedness and response capabilities – undercutting the very foundation that keeps American strong.*

A balanced approach is needed. Protecting prevention programs reduces and eliminates tobacco use, encourages healthy eating, promotes physical activity, and fosters medication adherence – behaviors shown to prevent obesity, diabetes, and other costly chronic illnesses.

A balanced approach ensures support for:

- National Institutes of Health research, which not only leads to discoveries that alleviate human suffering but also creates jobs in every state of America.
- The Centers for Disease Control and Prevention, which guards against the spread of deadly disease and prevents chronic disease.
- The National Science Foundation, which drives the stream of science, technology and engineering innovations that position America as a leader.

Preventive services such as childhood immunizations and breast, cervical and colon cancer screenings save millions of lives each year – and also save money. Fully funding and protecting these and other healthcare services will keep America prosperous and healthy.