

PROTECT CALIFORNIA

PROTECT NIH FUNDING

Thanks in part to research funded by the National Institutes of Health (NIH), Americans live longer, healthier lives. Advances once thought impossible, like sequencing the human genome, happened because of NIH funding and opened a world of unprecedented opportunity.

NIH research saves lives. It helps prevent cancer, obesity, heart disease, diabetes, and other chronic diseases.

NIH research helps the economy. Every \$1 in NIH funding generates about \$2.21 in local economic growth. Discoveries from NIH-funded research also fuel the U.S. biomedical industry, which employs 1 million U.S. citizens and exports \$90 billion in goods and services annually.

But funding for NIH research is threatened. Inflation and sequestration have cost the NIH more than \$6 billion in purchasing power in the last decade. Less funding for research means:

- Slowdowns in developing new cancer drugs and finding effective strategies for preventing chronic diseases.
- The United States could lose its position as a world leader in science and technology.
- Fewer jobs in every state in the nation and the loss of promising researchers to other career paths.

NIH FUNDING BENEFITS CALIFORNIA

The National Institutes of Health (NIH) pumps billions of dollars into California's economy and creates necessary medical research jobs.

California received \$3 billion NIH dollars in 2016, supporting 6,895 research and disease-prevention projects.

Society of Behavioral Medicine members in California received NIH funding for projects including:

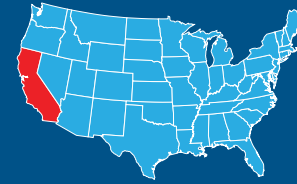
- Research to determine if church-based exercise classes help Latina adults become more physically active. Low physical activity rates among Latina adults contribute to their high rates of cancer and other chronic diseases. Churches play a central role in the Latino community and may be an ideal setting for promoting physical activity.
- A study tracking older adults for six years to determine whether neighborhood characteristics (like walkability and access to recreational opportunities) contribute to changes in their physical activity, weight, and overall health. Physical inactivity is the fourth leading risk factor for death in the United States, and older adults are the least active segment of the population. Results may help public officials engineer healthier communities.



Make NIH funding a national priority. Let's move forward—not backward.

The Society of Behavioral Medicine is a 2,300-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.

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PROTECT CALIFORNIA

PROTECT PREVENTION FUNDING

The health care system usually treats people after they become sick. More, however, can be done to *prevent* disease onset.

The nonpartisan Society of Behavioral Medicine and National Prevention Council are shifting the focus to prevention. The council's National Prevention Strategy seeks to "improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness."

We need more than a strategy. Prevention funding, like the U.S. Prevention and Public Health Fund, must be protected and increased. The public agrees—76% of Americans support increased funding for prevention programs.



The Prevention Fund supports services and programs that reduce tobacco use, increase physical activity, and improve nutrition, sparing millions of Americans the suffering and loss of life associated with obesity, diabetes, heart disease, cancer, and other preventable diseases. But more must be done—such preventable diseases continue to cause 70% of U.S. deaths and cost \$1.3 trillion in treatment costs and lost productivity every year. **Lives—and dollars—can be saved through prevention.**

Protect prevention funding—American lives depend on it.

CALIFORNIA NEEDS PREVENTION FUNDING

Many California adults suffer from preventable chronic conditions:

- 25% are obese.
- 172,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 29% have high blood pressure.

The U.S. Prevention Fund is helping!

Statewide the fund is improving access to vaccines, bettering the physical health of adults with serious mental illness, and ensuring more women get breast and cervical cancer screenings. Local communities are benefiting too. For example:

- Mandela Marketplace received \$500,000 to improve access to healthy food and beverage options in Alameda County, where high percentages of African Americans report eating fast food three or more times per week. Funds will incentivize new grocery store development, expand mobile produce stands, and increase the availability and affordability of healthy foods in schools.