

# PROTECT ILLINOIS

## 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 ILLINOIS

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

**Illinois received \$710 million NIH dollars in 2016, supporting 1,772 research and disease-prevention projects.**

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

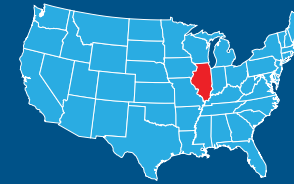
- A clinical trial to determine if a Mediterranean diet reduces obesity in older adults. Obesity can cause cognitive decline and cardiovascular diseases, and older adults have a high prevalence of obesity. Studies like this are critically important given the United States' rapidly aging population.
- Research on the effectiveness of using easy-to-disseminate, take-home workbooks to help skin cancer survivors' family members successfully perform skin self-evaluations. Family members have a greater risk of developing the cancer. Self-evaluations can increase early detection and survival.
- Research to determine if low-cost Vitamin D can alleviate depression among women with type 2 diabetes. More than 25% of women with diabetes suffer from depression, which can hinder their ability to manage their diabetes.



*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 ILLINOIS

## 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.*

## ILLINOIS NEEDS PREVENTION FUNDING

**Many Illinois adults suffer from preventable chronic conditions:**

- 29% are obese.
- 65,000 get diagnosed with cancer annually.
- 10% have diabetes.
- 30% have high blood pressure.

**The U.S. Prevention Fund is helping!**

Statewide the fund is improving access to vaccines, helping smokers quit, and ensuring more women get breast and cervical cancer screenings.

Local communities are benefiting too. For example:

- The McHenry County Department of Health received \$300,000 to support the Coordinated School Health program, which makes roads more accessible for pedestrian traffic, advances policies for smoke-free outdoor spaces like parks, and creates joint-use agreements between schools, communities, and groups to increase the number of areas for physical activity.
- The Central Illinois Wellness Council received \$2.4 million to deliver nutrition education programs to youth and low-income adults with young children.